

27 August 2025

Dear Parents/Guardians,

Mercy Regional College is excited to announce the **Mercy Dip for Mental Health**. This event is designed to raise awareness of mental health issues and highlight the benefits of cold-water therapy, while raising funds for the *Let's Talk Foundation*.

📍 **When & Where**

- **Friday 5 September**
- **7:00am at Lake Bullen Merri (South Beach)**
- A short **5–10 minute dip** in the lake

After the dip, participants will return to Mercy Regional College where showers will be available. Bacon & egg rolls and hot drinks will also be served for **\$10 per person** (cash and EFTPOS available on the day). Payment can also be made prior to the event through the attached **TryBooking link**: <https://www.trybooking.com/DFAXY>



📍 **Who Can Join?**

This event is **open to all members of our community** – students, staff, families, and friends. You don't have to get in the water to be involved; everyone is welcome to come along, enjoy breakfast, and support the cause.

📍 Supervision & Transport

Mercy Regional College staff and qualified lifeguards will be present at the lake. Bus transport will be available back to school if required.

📍 Registration & Consent

- Students have received a **Google Form** to indicate their participation and any transport/breakfast needs.
- Please ensure all dip participants are **pre-registered** via the TryBooking link or QR code provided.

This is a great opportunity for our students to support an important cause, challenge themselves, and share in a memorable community experience. If you have any questions, please contact the College on **5593 2011**.

Be brave. Get involved. Do the Mercy Dip!

<https://www.trybooking.com/DFAXY>



Yours sincerely,

Mrs Berni Sinnott
Senior Years Community Leader

Mrs Emily Stephens
Assistant Principal – Wellbeing & Engagement