

SRC - Crazy Sock Day

Last Friday was “Crazy Sock Day”, organised by the Student Representative Council. It aimed to raise awareness and some much needed financial support to the ‘SockItToME/CFS’ Foundation. The SRC are proud to announce that the school community raised a total of \$407.

People who suffer from ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome) experience a range of symptoms that significantly impact on their quality of life. These include a lack of energy, brain fog, pain, sleep problems and flu like symptoms.

This event is especially important to us at Seacliff, as one of our teachers was diagnosed with ME/CFS in 2018. Ms Angus came to Seacliff in 2015 and taught many of our current students. Since her ME/CFS diagnosis, Ms Angus has been too unwell to return to work. She is, however, working hard to raise awareness and money to support those, who like her, have been diagnosed with ME/CFS.

