**Robert Townson High School**

**Wellbeing Initiatives**

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| **STAGE 4 - Year 7/8** |
| **Focus areas:** *Bullying, resilience and conflict resolution* |
| **Wellbeing Initiative** | **Description** | **Provider** | **Students** | **Frequency** | **T1** | **T2** | **T3** | **T4** |
| Aim Higher |  | Gibber | All students | One period |  |  | ╳ |  |
| Cyber safety |  | Uniting | All students | One period |  |  |  | ╳ |
| Links to Learning  |  | MTC | Student referrals | Fridays |  |  | ╳ | ╳ |
| Artucation |  | Youth Solutions | ATSI & select students | Wednesdays T2: Wks 2-7p.1-2 |  | ╳ |  |  |
| Bridges to Youth mentoring |  | Uniting | Student referrals | One period (weekly) |  |  | ╳ | ╳ |
| Rock and Water |  | School (Welfare) | HIU students & select boys | Two periods (weekly) |  |  | ╳ | ╳ |
| Police talks  |  | Police Youth Liaison Officer  | All students | One periodT2: Wk 9 26.2.19 |  | ╳ |  | ╳ |
| Student Growth Plans |  | School (Year Adviser) | All students | Once a Week over 5 weeks |  |  | ╳ |  |
| Vaccinations |  | NSW Health | All students | Whole dayT2: Wk 3 8.5.19 |  | ╳ |  | ╳ |
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| Respectful relationships  |  | Uniting | All students | One period |  |  |  | ╳ |
| Bridges to Youth mentoring  |  | Uniting | Student referrals | One period (weekly) |  |  | ╳ | ╳ |
| HYPE Program |  | MDIS | Select boys | Tuesdays p.2T2: Wks 2-9 |  | ╳ |  |  |
| Year 8 camp |  | School (Year Adviser) | All students | Three daysT4: Wk18 - 20.11.19 |  |  |  | ╳ |
| Rock and Water |  | School (Welfare) | HIU students & select boys |  |  |  | ╳ | ╳ |
| Police talks  |  | Police Youth Liaison Officer  | All students | One period |  | ╳ |  | ╳ |
| Student Growth Plans |  | School (Year Advisor) | All students | Whole week | ╳ |  | ╳ |  |

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| **STAGE 5 - Year 9/10** |
| **Focus areas:** *Risk taking behaviours and healthy life choices* |
| **Wellbeing Initiative** | **Description** | **Provider** | **Organiser** | **Students** | **Frequency** | **T1** | **T2** | **T3** | **T4** |
| Life Choices Presentation | Free presentation with some confronting themes but students gave it positive feedback.  | Life Choices Foundation | Year Adviser | All students | ~90 minute presentation/car viewing | ╳ |  |  |  |
| Police Talk | PYLO [Alan Clapham](https://docs.google.com/document/d/1i1x21jFl-Bn9wVrOUsaseAWct97pSR_bOknLXBh1JDo/edit) to discuss themes about maintaining appropriate positive relationships with other youth. Conflict resolution. | Police Youth Liaison Officer | Year Adviser | All students |  One period |  | ╳ |  |  |
| Healthy Relationships | Separates males and females for a workshop - 30 students per group.  | Junction Works | Year Adviser | All students | One period |  | ╳ |  |  |
| SHINE | SHINE Girls is a program run by Hillsong to support confidence in a group of girls. Preferably a small group of targeted students.  | Hillsong  | Year Adviser | Targeted Students |  |  | ╳ |  |  |
| SELFY | The Social and Emotional Learning For Youth (SELFY) Program is designed to equip young people with the knowledge and skills to meet the ongoing challenges they face in their daily lives. During adolescence, students can face a variety of challenging situations, including increased independence, peer pressure and exposure to social media. | LMA | Year Adviser | All students | TBD |  |  |  |  |
| [Mental Fitness](https://www.blackdoginstitute.org.au/education-services/mental-fitness/) | Students will learn the importance of mental fitness and be shown practical ways to build their mental strength, flexibility and endurance. Will also take part in activities that can help improve overall wellbeing and resilience. | The Black Dog Institute | Year Adviser | All students | 30 minute presentation |  |  | ╳ |  |
| DAIR  | [DAIR](https://youthsolutions.com.au/project/drug-alcohol-and-resilience-education/) (Drug and Alcohol Information and Resilience Skills) is a drug and alcohol harm prevention and health promotion program for young people aged 12 – 18 years. | Youth Solutions | Year Adviser | All students | 3 x 2 period sessions |  |  |  | ╳ |
| Youth Frontiers | [Youth Frontiers](https://www.youth.nsw.gov.au/youth-mentoring/youth-frontiers) is an initiative of the NSW Government that targets students aged 12-16 years, with the capacity to benefit from the support of a mentor. | MTC Australia | Year Adviser | Targeted students (males & females) | 1 weekly session1 semester | ╳ | ╳ |  |  |
| RoadSet | An online program aimed at Year 9 students regarding road safety. |  | Year Adviser |  | 90 minute session on devices |  |  | ╳ |  |
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| Police talks: Risk-Taking Behaviours |  | Police Youth Liaison Officer  | Year Adviser | All students | One period |  | ╳ |  |  |
| Tomorrow Man  |  | Tomorrow Architects | Year Adviser | All males | Two periods | ╳ |  |  |  |
| Tomorrow Woman |  | Tomorrow Architects | Year Adviser | All females | Two periods | ╳ |  |  |  |
| Sexual health workshop |  | Traxside | Year Adviser | All females |  Two periods |  |  |  | ╳ |
| Sexual health workshop |  | Traxside | Year Adviser | All males |  Two periods |  |  |  | ╳ |
| Transition meetings  |  | School | Head Teacher LWB | Students with Identified Needs | Week 4 |  |  | ╳ |  |
| DSA Employment Solutions Workshop |  | Careers Adviser | Head Teacher LWB / Careers Adviser | Students with Identified Needs |  |  |  |  | ╳ |
| Careers Interviews | Student meetings to discuss subject choices and future goals.  | School | Careers Adviser | All students |  |  |  |  | ╳ |
| ~~Student Growth Plans~~ |  | ~~School~~ | ~~Year Adviser~~ | ~~All students~~ | ~~Whole week~~ | ~~╳~~ |  | ~~╳~~ |  |
| Vaccinations |  | NSW Health | Head Teacher LWB | All students | Whole day |  | ╳ | ╳ | ╳ |

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| **STAGE 6 - Year 11/12** |
| **Focus areas:** *Study skills and stress management* |
| **Wellbeing Initiative** | **Description** | **Provider** | **Students** | **Frequency** | **T1** | **T2** | **T3** | **T4** |
| U Turn the Wheel |  | Various | All students | Whole day |  | ╳ |  |  |
| Study skills  |  | Elevate | All students | Whole day |  |  |  | ╳ |
| Stress management |  | Elevate | All students | Whole day | ╳ |  |  |  |
| Exam preparation |  | Elevate | All students | Whole day |  |  |  |  |
| University Open Days  |  | Universities | Select students | Whole day | ╳ |  |  |  |
| Transition meetings  |  | School (Welfare) | Select students | Week 4 |  |  | ╳ |  |
| Student Growth Plans |  | School (Year Advisor) | All students | Whole week | ╳ |  |  | ╳ |

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| **WHOLE SCHOOL** |
| **Wellbeing Initiative** | **Description** | **Provider** | **Students** | **Frequency** | **T1** | **T2** | **T3** | **T4** |
| Breakfast Club |  | Whole school | All students | Tue/Fri mornings | ╳ | ╳ | ╳ | ╳ |
| Welfare Room |  | School (Welfare) | All students | Daily | ╳ | ╳ | ╳ | ╳ |
| Harmony Day  |  | Whole school | All students | Whole day | ╳ |  |  |  |
| National Day of Action Against Bullying and Violence |  | Whole school | All students | Whole day | ╳ |  |  |  |
| R U OK? Day |  | Whole school | All students | Whole day |  |  | ╳ |  |
| Dental visit |  |  | All students | Week 2 |  |  | ╳ |  |
| Optometrist visit |  |  | All students | Week 6 |  |  | ╳ |  |
| Anger Management Workshops |  | Junction Works | Targeted Students | Ongoing | ╳ | ╳ | ╳ |  |