Years 11 & 12 Annual Student Wellbeing Program (formerly WOW)
Thursday March 19th 2015

All students in Years 11 & 12 will participate in the annual Well Being Program on the above date. This year a field study day will occur for all Years on this date. For Year 11-12 the field study is the well being program. Years 11 & 12 will attend school at the normal time and take part in a program of workshops, presentations and performances throughout the day. These support student welfare and well being programs across the curriculum, with particular emphasis on:

- **Study skills for maximising HSC performance, through motivation, goal setting, time management and exam technique**
- **Managing and coping skills for young women experiencing a range of challenges and opportunities in 2015-16.**

**The cost of Week of Well Being for each student is $25.** Please pay the amount to Office C by Monday, March 16th (Term 1 week 8) See your Year Adviser or Head Teacher Welfare Ms Ronayne if there are any financial concerns. A deposit of $10 can be paid by March 16th, and the rest paid off over the next 2-3 weeks.

For 2015 the theme of Week of Well Being will be:

The Year 11-12 program for the day on March 19th will include:

- **Study Skills by Elevate Education** (please see their website for more resources) – time management as a senior student for Year 11 and “Ace the Exams” for Year 12.
- **Headspace** presentation – promoting mental health for young people - coping, resilience and managing.
- **Legal Aid NSW** presentation on cybersafety for Year 11 – the range of your digital footprint is wider than you ever imagined; and a recap of cyberissues for Year 12 + an overview of the law and young adults, your rights and responsibilities.
- **Campsie Library** Homework and Tutoring Program for Stage 6 students; plus an introduction to the State Library’s online resources.
- **A juggling skills performance – YOU CAN DO IT TOO!** - Self esteem, self confidence, self discipline, self determination.
- **Drama performance – Zeal Theatre KING HIT** - positive relationships as a young adult, safe partying and managing risks & responsibilities – this will be on March 12th, the week prior, during Personal Best and part of P3.
• ADDITIONALLY during the Years 7-10 Week of Wellbeing in August, Years 11-12 may have the option of attending the 2015 Motivational Media big screen audio visual show “Jigsaw” in P4, Thursday Aug 13 (Year 12 classes usually run as normal; although LC students may attend).

*Areas of the student well being curriculum to be covered will include: self esteem, body image, anti-bullying, anti-racism, anti-discrimination, resilience, coping and stress, positive relationships, making safe choices and reducing risk of harm.*

Please complete the acknowledgement slip below and have your daughter return it to their Year Adviser by Friday March 13th (week 7). Payments should be made to Office C by the Monday of the following week.

Yours sincerely,

Sue Holden
Principal
March 2nd, 2015

---

Student Name ___________________________________________ Year 11 12 (circle your Year)

I / We understand our daughter / ward will attend the Well Being program for her Year group at the school on March 19th 2015 (&, as will be confirmed, on March 12th and August 13th)

Signed: ____________________________ (Parent /Guardian)