



Ku-ring-gai High School

inspire, challenge, create

WELLBEING PROGRAM – TERM 1, 2019

At Ku-ring-gai High School we prioritise the wellbeing of all students and staff. We have a strong wellbeing structure to support our students; in addition to all school staff, we specifically have Year Advisers & Assistant Year Advisers, Head Teacher Year Groups, a Wellbeing Coordinator, School Counsellor, Deputy Principal and Principal who are all invested and committed to ensuring all of our students CONNECT, SUCCEED and THRIVE.

Each year group has diverse needs and concerns that we aim to address during whole school assemblies, roll calls and in particularly our fortnightly Year Meetings. Once a fortnight, each year group meets with their Year Adviser & Assistant Year Adviser along with their roll call teachers and Head Teacher Year Group to participate in a wellbeing focused session.

Positive Psychology philosophy guides and is underlying each of our wellbeing sessions with the positive emotions, engagement, positive relationships, meaning and accomplishment (PERMA) framework. Positive Psychology is an area of psychology, founded by Professor Martin Seligman, that shifts the focus from what is clinically wrong, to the promotion of wellbeing and the creation of a satisfying life filled with positive emotions, engagement, positive relationships, meaning and accomplishment. Research has shown that there are identified strategies and skills that allow people to navigate the challenges of life more effectively and enjoy life despite the upsets. Our sessions are aiming to address the pillars of PERMA. We hope that by addressing these, we will support our students to develop strategies and skills to navigate life's challenges with resilience.

We have provided an overview of the sessions we have facilitated throughout Term 1 and the remaining sessions for this term, we will continue to update you as our year continues.

The 2019 Year Advisers & Assistant Year Advisers are:

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Mr Tommy Noh Ms Anne Barker	Mr David Steptoe Mr Timothy Fryirs	Mr Scott Hegarty Ms Maddi Shume	Mr Jackson Redshaw Ms Eloise Johnston	Ms Kirralee Julius Mr Michael Tarrant	Mr Rand Hennessy Mr Alex Brattoni



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	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Week 2	<p>Preparation for camp</p> <p>Introduction to Wellbeing Team and available support.</p>	<p>Goal setting and setting the focus for 2019.</p> <p>Introduction to Wellbeing Team and available support.</p>	<p>Introduction to goal setting and setting the focus for 2019.</p> <p>Introduction to Wellbeing Team and available support.</p>	<p>Changes & Challenges: Goal setting in 2019</p> <p>Introduction to Wellbeing Team and available support.</p> <p>Presentation by Head Teacher Year: Expectations of senior students at Ku-ring-gai High School.</p>	<p>Combined Stage 6:</p> <p>Address by School Principal: Responsibilities and expectations of Senior Students at Ku-ring-gai High School</p>	
Week 4	Ku-ring-gai Recognition System: Bronze and Silver Awards presented to eligible students.					
	<p>Camp Reflection: challenges, overcoming fears and forming new friendships</p>	<p>Bullying workshop: What does it look like?</p> <p>What to do if it is happening to you or someone you know?</p> <p>Who can help?</p>	<p>Team building and development of Year group culture & identity.</p> <p>Head Teacher Year presentation on expectations/guidelines for Stage 5 students at KHS.</p>	<p>Presentation by Head Teacher Secondary Studies: Assessment requirements, including NESA policy & procedures</p>	<p>Productive time management and planning for success.</p>	<p><u>Study Tips & Time management:</u> “Valuing Time and organising time”</p> <p>Year Adviser initiative - Acts of Kindness</p> <p>Presentation by Head Teacher Secondary Studies about Disability Provisions for HSC.</p>



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Week 6	<p>Guest speaker:</p> <p>“Young People and the Law” presentation by Police Liaison</p> <p>Student Representative Council nominee speeches</p>	<p>Guest speaker:</p> <p>“Young People and the Law” presentation by Police Liaison Officer</p>	<p>Goal development, using SMART mnemonic.</p>	<p>Goal setting for 2019: continuation</p> <p>The Greater Good: Group work to identify a charity for the year group to support throughout the year. Students brainstorm initiatives to raise awareness.</p> <p>Presentation pitch for each group to be presented in Term 2.</p>	<p>Study skills workshops - students elected 2 of the following:</p> <p>Managing time and establishing effective study routines</p> <p>Managing major works in Stage 6</p> <p>Managing stress</p> <p>Writing skills</p>	<p>Study Tips & Time management: “Overcoming/avoiding Procrastination”</p> <p>How to avoid exam stress through a focus on personal strengths</p> <p>Acts of Kindness Reflection on Acts of Kindness: -Was it immediate / spontaneous or planned? -How does planning affect the sincerity of kindness?</p>
Week 8	<p>Full School Assembly: <i>Bullying. No Way! Take action every day.</i> Day of Action against Bullying and Violence</p>					
Week 10	<p>Ku-ring-gai Recognition System: Bronze and Silver Awards presented to eligible students.</p>					
	<p>Transition Focus – Evaluation of Year 7 first term.</p>	<p>Team-building games</p> <p>Reflection on Police Liaison presentation and National Day of Action against Bullying and Violence</p>	<p>Reflection on National Day of Action against Bullying</p>	<p>Student Talent Enrichment Performances</p>	<p>Reflection on National Day of Action against Bullying and Violence.</p> <p>Building relationships.</p>	<p>Team Building activities</p>