Tomorrow, our Year 5 and 6 students will attend the first of 2 workshops run by The Reach Foundation. These sessions are an early-intervention approach to support the important middle years, as young people transition from primary to secondary school.

The workshops incorporate fun and creative activities that encourage students to explore themes like bullying and the importance of empathy; understanding and appreciating difference; and the impact of our beliefs on our behaviour.

**Workshop 1 (Thursday 16th April)**

Aims to create a more positive peer connection by investigating the impact and issues arising from bullying. Encourages lateral thinking and celebrates differences among students

**Workshop 2 (Thursday 18th June)**

Challenges participants to explore limiting beliefs and behaviours, with the aim of improving the school experience for themselves and others. The workshop also introduces techniques for working in teams and strategies to cope with setbacks.

**WORKSHOP OUTCOMES**

- Improved resilience and self-belief.
- Enhanced emotional and social skills.
- Improved connections with peers.
- The use of positive coping strategies which can be applied in their lives

Later in the year, our Year 6 students will have the opportunity to attend a further 2 workshops which our Year 5’s will be offered in 2016. These sessions focus on:

**Workshop 3 (Year 6 only on Thursday 16th July)**

Introduces students to how ordinary people can be heroes in everyday life. Activities encourage empathy, self-awareness and individual authentic expression. An important component of this workshop is helping students identify their dreams, passions and life goals

**Workshop 4 (Year 6 only on Monday 19th October)**

Encourages students to identify their perspective and the things that may be holding them back. Through positive choices and forward thinking, the workshop aims to increase self-awareness and build resilience, especially in times of change.

*If you don’t wish for your child to attend these 2 session, please write a note in your child’s diary.*

Heidi Bampfield
Assistant Principal