

## Wellbeing Interventions & Programs

Program	Description	Times
Youth Clinic	In partnership with Hunter New England Health. The clinic conducts comprehensive screenings for emerging health concerns spanning physical, sexual, and mental health domains.	Tuesdays
Drop In with SSO (Hayden)	1:1 time with SSO. Students to seek support for brief intervention, advice and information and referrals.	Recess Lunch
My Strengths	1:1 support with SSO; survey and support to identify students' 5 personal strengths	As requested by LST team
Perfect Presence (20 Week)	Group Program & Individual Support Planning Resilience, Wellbeing, Mental Health, Healthy living/body/mind.	Mondays and Tuesdays (Term 1)

Top Blokes	Peer-Mentoring program for young men to develop healthy lives and behaviours	Thursdays periods 1 and 2
Salvation Army	Salvation Assistance Line - Monday - Friday 9-4pm for parents. Urgent financial assistance, crisis support only.	
Breakfast Club	Hot breakfast provided 3 days per week	Tuesday -Thursday 8-8.30am
Hubway	Breakfast in schools Foodbank	Monday and Friday
Lunch Packs & Food Provision	Students and their families who require support with food assistance.  Lunch Pack – water, sandwich, yoghurt pouch, snacks  Food Provision – Fortnightly Food hampers	Daily (Lunch Packs)  Friday fortnightly (Food Hamper)
Dress for Success	Job ready program, the aim is to empower women in providing a network of support, professional attire, and development tools to help women thrive in the workplace.	1 session per term

Rock & Water	Self-Awareness, and increased self-confidence and social functioning, anti-bullying, decision making regarding violence	6 Weeks
Impact Academy And On Her Game	Collaboration with NRLW Premiership-winning Newcastle Knights and the skilled female athletes from the Hunter Wildfires Rugby Union team to deliver programs with the aim to enhance self-efficacy, health, wellbeing, positive relationships, and sport skills.	Term
Fit 4 Life	Boxing, Muay Thai, MMA, physical fitness, and resilience	Tuesdays Recess & Period 3
I-RESPECT	Teaching boys about healthy and respectful manhood to better support each other emotionally and hold each other to account, while ensuring girls and women are safe and considered equal.	TBC
SHINE	Young Women's Program, positive life skills, bullying, body positivity, communication	Friday 19th June 1 Full Day

	skills, relationship, and social skills	
RAGE	RAGE is designed for young people who have difficulty controlling their emotions.	TBC 6 weeks
Love Bites Junior	<p>Healthy Relationships:</p> <p><b>Year 7 - #friends</b> - themes of communicating mindfully, warning signs of abusive behaviour, power in relationships, responding to concerns as bystanders, seeking help and rights and responsibilities in relation to sharing sexualised image</p> <p><b>Year 8 - Respectful Relationships</b> - respect in relationships, gender roles and stereotypes, gender and relationships, jealousy, sexual harassment and homophobia, challenging harassment, discrimination, and gender stereotypes and seeking help</p>	TBC

Love Bites	Respectful Relationship Education: <i>Relationship Violence &amp; Sex and Relationships</i>	TBC Weeks 4 to 6 (Year 11)
Seasons for Growth	Understand and cope with experience of change, grief, and loss.	TBC
Teen Mental Health First Aid Training	Accredited Mental Health First Aid Training	TBC
Study Without Stress	Targets difficulties many students have in coping with building stress during final years of schooling	Weeks 7 & 8
The Resilience Doughnut	Resilience program that looks at building support strategies through a holistic network of personal strengths	
The Resilience Project	Emotionally engaging programs and provides evidence-based, practical wellbeing strategies to build resilience.	

Rhythm 2 Recovery	Hand drumming musical program exploring positive communication and expression	
Cool Kids	Program supporting students to learn and manage anxiety linked behaviours.  <i>Education program – not substitute for counselling</i>	
Monday Morning Mindfulness	Guided meditation with SSO	Monday recess
Mindfulness Activities	Creative Arts and Other Activities (graphic design, laser cut model making, colouring, graffiti canvas work, painting, Inspire and Acquire art board, murals, music, miniature landscapes, Warhammer 40K figures)	Upon need and request
Chess & Strategy Games		Tuesday Lunchtime
Young Writers Group	A space for writers to collaborate and work on personal writing projects	Tuesday 3.10pm – 4.30pm

Crafternoon	Create art projects that you won't see at school, fostering individual creative projects, mindfulness projects	Tuesdays 3.10pm – 4.30pm
Roleplay Wednesday with Joely	Mature RPG game "Call Of Cthulhu" (experienced players, drama students)	Wednesday 3.10pm – 4.30pm
Youthcast	Supporting Podcasting projects and production -	Wednesdays, recess and lunch
Cut to Class	Online Content Creation, Filmmaking, Sketch Comedy, Documentary	Thursdays, recess and lunch
Dungeons And Dragons	(The Wild Beyond the WitchLight Campaign)	Thursday & Friday, 3.10-4.30
Trivia Game Show	Game shows with SSO and prizes to be won	Friday recess
Karaoke Lounge Show	Singing with SSO	Friday lunch
Sign Making Skills	Designing and producing various signage for the school	ongoing

Film by the Sea	Junior and Senior Student Film Production Groups	Terms 2-4
Creating Chances	A youth development program that empowers young people through sports, mentoring, and leadership opportunities	Terms 2,3 & 4
Pride Club	Open to any student who would like support with or who supports friends and/or family from the LGBTQIA+ community	Every Wednesday lunchtime