

16 February 2024

Dear Parents

RESILIENT KIDS PROGRAM – CENTACARE

Walcha Central School and Centacare New England North West will be running a Resilient Kids program during school hours for students in 5/6G.

The Resilient Kids program has been delivered in schools for the past 10 years with positive outcomes.

The program aims to:

- Develop resilience
- Increase self-esteem
- Increase ability to cope
- Enhance communication skills

Resilient Kids is a free 5-week program which covers the topics of:

1. Resilience
2. Self-Esteem and Strengths
3. Feelings
4. Communication
5. Problem Solving

For your child to be a part of this opportunity for skills development, please complete the attached Request for Service form from Centacare.

If this form is not completed, your child will unfortunately not be allowed to participate.

If you have any questions about the Resilient Kids program, please don't hesitate to contact the school on 6777 2777.

Your sincerely

Jodie McAlister
ASSISTANT PRINCIPAL
CURRICULUM & INSTRUCTION

Amanda Cooper
PRINCIPAL

AGENCY Form: Request for Service / DSS Data Collection – Schools (RSRP)

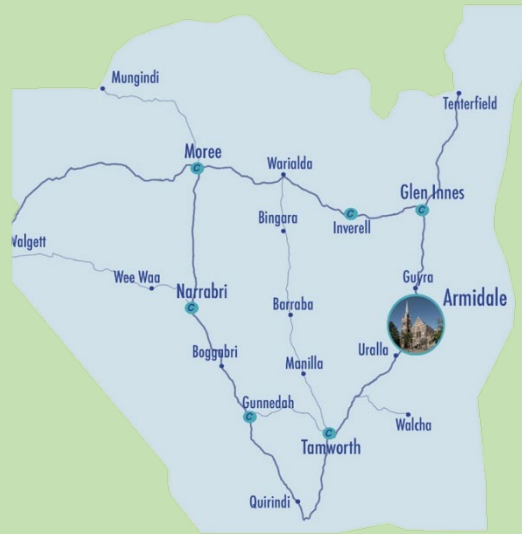
| | | | |
|---|-------------|---|---|
| CHILD / YOUNG PERSONS INFORMATION: | | Client No: _____ | |
| Surname: | First Name: | D.O.B: | Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female |
| Address: | | Postcode: | |
| Home Phone: | | Mobile: | |
| Country of Birth: | | | |
| Does the child/young person identify as Aboriginal? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Does the child/young person identify as Torres Strait Islander? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| If Yes, do they require an ATSI Liaison Officer? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Does the child/young person identify as being from a Cultural Linguistically Diverse background? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| If Yes, do they require a CALD Liaison Officer? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Main language spoken at home: | | | |
| Does the child/young person have any one or more of the following impairments? | | <input type="checkbox"/> Intellectual | <input type="checkbox"/> Learning |
| | | <input type="checkbox"/> Sensory | <input type="checkbox"/> Speech |
| | | <input type="checkbox"/> None | <input type="checkbox"/> Psychiatric |
| | | | <input type="checkbox"/> Physical/Diverse |
| If Yes, please provide details: | | | |
| Are any of your children under the care of the Minister? <input type="checkbox"/> Yes <input type="checkbox"/> No | | | |
| Does your child have any allergies or dietary requirements? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| If Yes, please provide details: | | | |
| Parent/Caregiver Information: | | | |
| Surname: | First Name: | D.O.B: | |
| Address: | | Postcode: | |
| Home Phone: | | Mobile: | |
| Relationship to child/young person: | | | |
| Do you identify as Aboriginal? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Do you identify as Torres Strait Islander? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| If Yes, do you require an ATSI Liaison Officer? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Do you identify as being from a Cultural Linguistically Diverse background? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| If Yes, do you require a CALD Liaison Officer? | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Does the parent/ caregiver have any one or more of the following impairments? | | <input type="checkbox"/> Intellectual | <input type="checkbox"/> Learning |
| | | <input type="checkbox"/> Sensory | <input type="checkbox"/> Speech |
| | | <input type="checkbox"/> None | <input type="checkbox"/> Psychiatric |
| | | | <input type="checkbox"/> Physical/Diverse |
| Current Court Orders: <input type="checkbox"/> Yes <input type="checkbox"/> No | | Current AVO: <input type="checkbox"/> Yes <input type="checkbox"/> No | |

Rural Schools Resilience Programs (RSRP)

is designed to increase resilience and wellbeing amongst students, families, the school and the wider community.

The program is delivered face to face and support growth in:

- Resiliency
- Trauma and Grief Recovery
- Emotional Regulation
- Anxiety
- Personal Wellbeing
- Problem solving
- Building self esteem
- Strengthening relationships



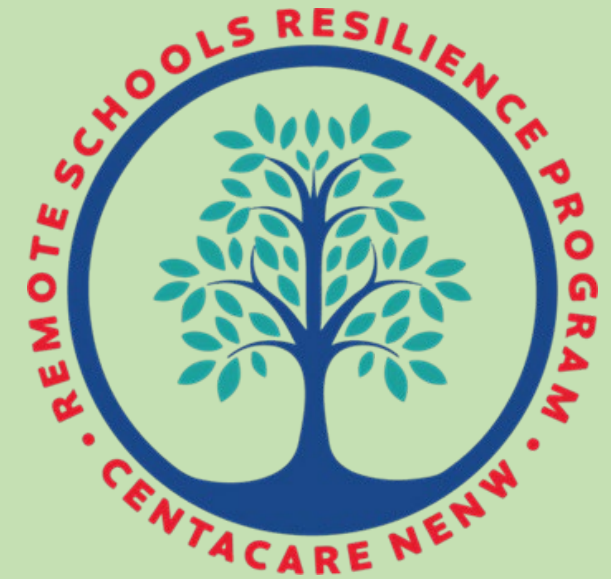
Our Offices are located in:
Armidale | Glen Innes | Gunnedah |
Inverell | Moree | Narrabri |
Tamworth | Walgett | headspace
Tamworth

With outreach services provided
across the diocese.

Contact Us:



Centacare NENW acknowledges
the traditional custodians of this
land and pays respects to the
elders both past and present.



Rural Schools Resilience Program (RSRP)

Provides Individual Support,
Groups and Counselling to





Centacare NENW is a social services agency delivering mental health and wellbeing supports across New England North West region.

Through the delivery of these services, a gap has been identified with smaller remote schools often missing service provision that is readily available in the larger regional centres.

The aim of the program is to increase resiliency amongst students, increase mental health and emotional wellbeing of students, the wider family, the school and wider community.

The program will involve a mix of counselling, tailored groups for students, individual supports for

A Counsellor will work alongside the facilitators and deliver counselling sessions to students, staff and identified family members.

A focus of this position will also be working with teachers to increase their ability to apply therapeutic approaches for students who may have experienced trauma.

The following programs are available to rural remote schools:

Seasons for Growth

Seasons for Growth is a grief and loss program that uses the imagery of the seasons to illustrate the experience of grief. It explores the impact of change and learn new ways to respond to these changes and runs for 8 weeks.

Resilient Kids (6-12years)

Resilient Kids aims to develop resilience, increase ability to cope with change, provide opportunities for self-expression, increase self-esteem, reduce feelings of isolation and enhance kids' communication abilities. It

RAGE (Re-navigating Anger and Guilt Emotions) (11-17 years)

RAGE is a 6-week strengths based course that aims to develop a young person's ability to manage overwhelming emotions such as anger and guilt.

Rules in Relationships Rules in Relationships was created in response to the growing concerns of teenage relationship abuse directed toward women and young girls. The course is an early intervention consisting of 8 modules with fun activities and discussions designed to equip adolescent males with the knowledge and skills to abstain from relationship abuse.

Fusion

Is a fun interactive team building program which highlights qualities to strengthen relationships, As a group we will navigate through games using problem solving, leadership and power of teamwork

Stormbirds currently unavailable

Stormbirds is a small group program aimed at managing the changes