

# Pathways to Wellbeing at Gorokan High School



## CONNECT SUCCEED THRIVE

Gorokan High School is committed to ensuring both the educational development and the physical, spiritual, social and emotional growth of our students and their families. As an educational provider, we aim to achieve this by acknowledging the specific needs of our diverse community; implementing the following elements into our everyday lives:

**CONNECT:** We will aim for our students to actively connect to their learning, have positive and respectful relationships and experience a sense of belonging to their school and community,

**SUCCEED:** We will aim for our students to be respectful, value, encourage, support and feel empowered to succeed. We will produce global citizens who are cooperative and are able to navigate their way through life

**THRIVE:** Our students will grow and flourish, do well and prosper and be empowered to succeed in their future endeavours

### Learning and Wellbeing Contacts

Principal – Mr. Samuel Ricketts

Deputy Principal of Year 8 – Mrs. Kim Costa

ABED – Lesley Armstrong

Head Teacher Welfare – Mrs. Erin Manu (Tuesday-Friday) Mrs. Lauren Goldie (Monday)

Year Advisor Year 8 – Mr. Matt Pascoe

School Counsellor – Mrs. Kris Carmody

## School Based Initiatives and Programs at Gorokan High School



Gorokan High School takes pride in initiating purposeful and age appropriate programs that reflect the needs of every year group. Below is a list of programs that engage our students throughout Year 8. These aim to foster and build a range of skills, supporting their educational, social, emotional, physical and spiritual wellbeing. We run these programs alongside the required curriculum subjects in order to support development of the whole child and their families.

### **National Day of Action against Bullying: (Whole School)**

Students in Year 8 participate in carefully selected lessons that reflect our school "Peer Conflict" policy. Students learn about the impact of bullying and learn strategies encouraging students to actively speak out about peer conflict. This day is run on the National Day of Action against Bullying.



### **Immunisation program: (Catch up immunisation for students who have missed Year 7 immunisations)**

New South Wales Health run the Immunisation program every year through Gorokan High School. Each student has the opportunity to have his or her age appropriate vaccination in accordance with the National Immunisation Scheme. Notes provided need to be returned to the school, before the immunisations take place.

### **Rock 'n' Water: (Whole cohort)**

Rock and Water is a program that follows a series of exercises and games used to develop confidence and self-reflection in Gorokan High School Students. The games are martial arts based, and students learn to block, hit strike shields, stand strong, negotiate using "rock" or "water" verbal approaches, walk away from a fight, consider alternatives to aggression, and develop understandings about who they are, their intuitive feelings and their personal direction.

**Rage: Re-navigating Anger and Guilty Emotions:** (Select students-teacher referral process)

RAGE is an award winning six week anger management course for adolescents aged between 11 and 17. It was initially created by Kenneth Nathan and Carol Musgrave whilst working for Richmond Community Services Inc. Because of the success of the course it was later incorporated into a resource funded by the Department of Community Services' Strategy to Reduce Violence Against Women and called, "Breaking Point Breaking Through." RAGE is a strength based solution focused program that is hands on, practical and also fun for kids. Parents, carers and teachers have commented on how this course has helped them and their children deal with the most misunderstood human emotion, anger.

**Gossip Girl:** (All girls in Year 8-school based initiative)

A program created by our very own teachers to address the specific needs of our girls at Gorokan High School. The program deals with managing peer conflict, building resilience, understanding the impact of your words towards others and a number of other issues that can arise with girls of this age. Each year the program can change and adapt to suit the needs of our cohort.

**Intense small group girls program:** (School based initiative-4 students-teacher referral process)

Over the course of the program, chosen participants will complete 8 different topics on issues through discussions, activities and games. These are topics that are affecting young women or issues they may be facing. The goal is to help build self-confidence and help empower young women to be the best versions of themselves. The topics include;

Building resilience and Positive mindset

Confidence Building and Self – Awareness

Discovering Strengths and Goal Setting

Nutrition, Hydration and Physical activity

Conflict Management

Mental Health and building supportive networks

**Managing the Bull:** (select students Year 7 to 9-teacher referral process)

Teasing, taunting and other forms of bullying can cause serious emotional harm to children that can last all throughout their lifetime and impact upon their future life goals and relationships. Ignoring or excusing the behavior only perpetuates the situation. Managing the Bull is a course that builds resilience in teens through games, activities and discussions. In a safe, supportive environment, participants will learn to:

Recognise bullying

Discover inner strengths

Build self-esteem

Communicate effectively

Deal with cyber-bullying

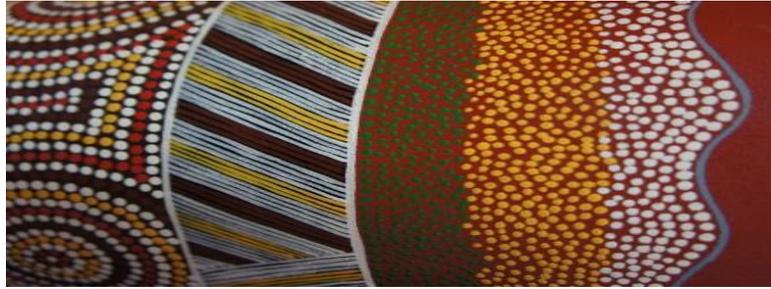
Build support networks

Use personal protection plans

**Digital Citizenship:** (Whole cohort - Year Adviser Initiative)

Digital citizenship is about confident and positive engagement with digital technology. A digital citizen is a person with the skills and knowledge to effectively use digital technologies to participate in society, communicate with others and create and consume digital content. This program aims to guide students in acknowledging themselves to be digital citizens from the beginning of their use of technology, students should come to recognise the importance of protecting their private information online, the value of taking responsibility for themselves and their actions, and the necessity of treating others with an appropriate standard of behaviour online.





We are committed to closing the achievement gap for Aboriginal students. We know that we need to learn about, nurture and value the cultural identity of our Aboriginal students in order to assist them to be successful learners.

### **Sista Speak**

The program is designed to inspire and motivate young women about the importance of education and to raise awareness about the diverse career paths available to them, focusing specifically on issues of self-esteem, identity, hygiene, sexual health, careers, culture, leadership, positive lifestyle choices and economic independence. By exploring different career options and hearing positive stories from successful men and women in their community as well as taking part in team activities. Our staff members adapt the program to suit the individual needs of the girls participating in the program.

### **Didge Group**

Our boy's didge group meets regularly to learn the art and history of Yidaki (didgeridoo). Our boys group is widely known throughout the community and is well respected by both the Aboriginal and non-Aboriginal community.

### **Aboriginal Dance Group**

Our girls Aboriginal Dance Group performs regularly for the community and the school. Our girls group is widely known throughout the community and is well respected by both the Aboriginal and non-Aboriginal community.

### **Aboriginal Art**

Our Aboriginal students get the opportunity to work with a local Aboriginal Artist in a small environment to learn the history behind the intricate details of Aboriginal Art. Looking around our school and seeing their final products displayed brings our student community together under the wonderful creations that they dedicated themselves to producing.

### **Narromine Trip**

Our young boys go west for a week to experience Bush Life. The local lands council are very kind and provide the boys with shed accommodation and plenty of food to keep them comfortable. Fishing, Yidaki making, Astrology, touch football and site visits keep the boys very active.

### **Let's have a Yarn – Year 8 Term Two** (Date to be confirmed)

A new initiative from the Wellbeing team this year. Come down to ABED and have a yarn with our wonderful teachers and staff about the learning and wellbeing of your child.

### **Aboriginal Educational Tutoring Program**

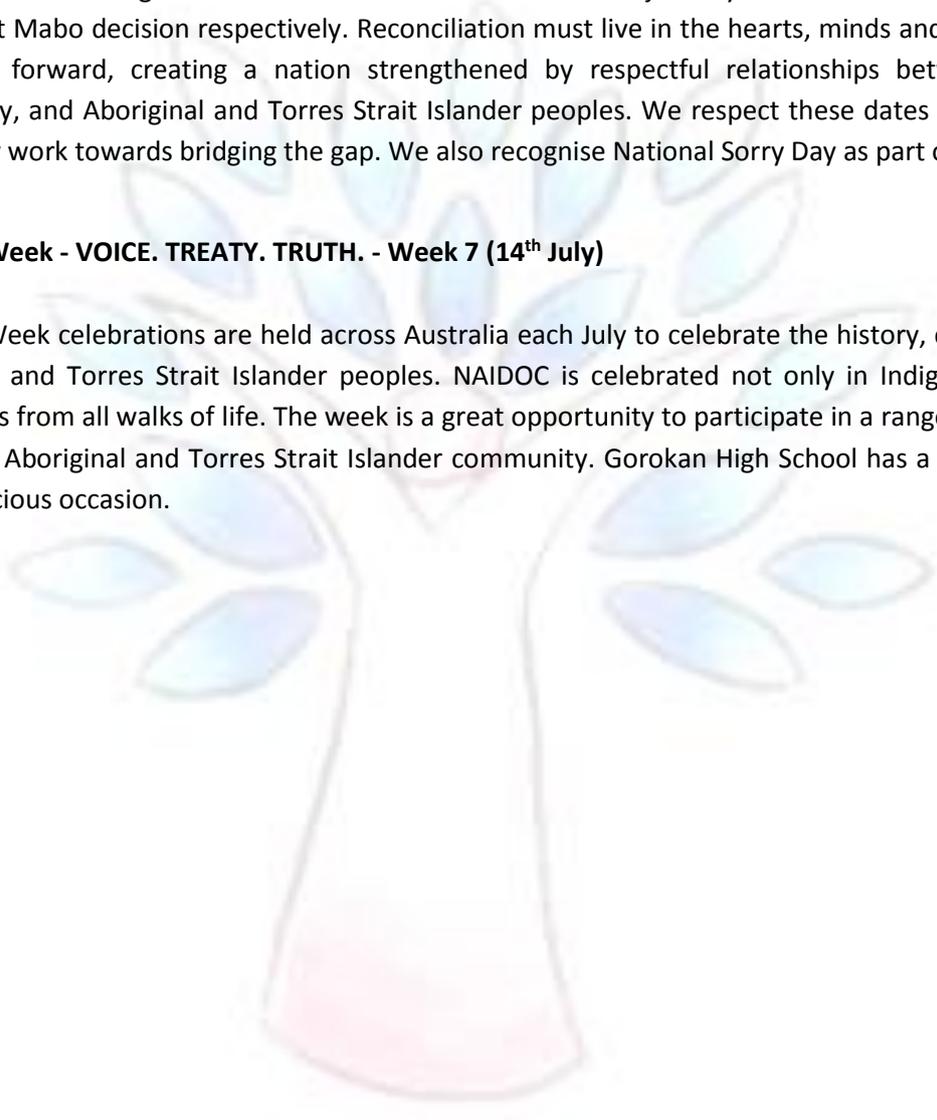
Our Aboriginal Educational Tutoring Program attempts to help “Close the Gap” in Numeracy and Literacy and assist in the educational support of our Aboriginal and Torres Strait Islander students and families. Tutoring is available in class or during Period one and two every day in the Aboriginal Education Unit with specific teachers.

### **National Reconciliation Week and National Sorry Day - 26<sup>th</sup> May to 3<sup>rd</sup> June**

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively. Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples. We respect these dates at Gorokan High School and constantly work towards bridging the gap. We also recognise National Sorry Day as part of the reconciliation process.

### **NAIDOC Week - VOICE. TREATY. TRUTH. - Week 7 (14<sup>th</sup> July)**

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community. Gorokan High School has a long tradition of celebrating this auspicious occasion.





Gorokan High School has a long and proud history of supporting our families in the community. We have developed strong links with local service providers who engage with the school on a regular basis in order to improve the education outcomes of our students and their families.



**Phoenix Youth Support Service**



**YERIN**  
Eleanor Duncan  
Aboriginal Health Centre



**Samaritans**