

Wellbeing Programs and Initiatives at BHS							
Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Whole School	Staff
What we already do							
<b>Transition</b> <ul style="list-style-type: none"> <li>Expo Night</li> <li>Adventure Program</li> <li>Primary School visits</li> <li>Orientation Day</li> <li>Year 7 Parent BBQ</li> <li>Camp</li> <li>Year 7 sport Term 1</li> </ul> <b>Peer Support</b> <ul style="list-style-type: none"> <li>4 sessions over terms 1 and 2</li> </ul> <b>Aboriginal Ed</b> <ul style="list-style-type: none"> <li>Community Morning Tea (T2)</li> <li>AIME taster day (T4)</li> <li>Reconciliation Morning Tea</li> <li>Lord Mayor's Luncheon</li> </ul> <b>Outside Providers/ Programs</b> <ul style="list-style-type: none"> <li>Brainstorm : Verbal Combat – related to Bullying</li> </ul> <b>Support from Year Adviser</b> <ul style="list-style-type: none"> <li>Preparation of Personal Learning Plans for students at risk based on reports (sem 1 and 2)</li> </ul>	<b>Support from Year Adviser</b> <ul style="list-style-type: none"> <li>Preparation of Personal Learning Plans for students at risk based on reports (sem1 and 2)</li> <li>FunDay excursion for whole year in place of a camp.</li> </ul> <b>Outside Providers/ Programs</b> <ul style="list-style-type: none"> <li>Brainstorm: The Hurting Game – related to bullying</li> </ul> <b>Aboriginal Ed</b> <ul style="list-style-type: none"> <li>Community Morning Tea (T2)</li> <li>AIME taster day (T4)</li> <li>Reconciliation Morning Tea</li> <li>Lord Mayor's Luncheon</li> </ul> <b>Leadership</b> <ul style="list-style-type: none"> <li>SRC membership</li> </ul>	<b>Leadership</b> <ul style="list-style-type: none"> <li>Peer Support Training</li> <li>Supervision of Year 6 at Orientation Day</li> <li>SRC Membership</li> <li>CoS Leadership program</li> </ul> <b>Outside Providers/ Programs</b> <ul style="list-style-type: none"> <li>Brainstorm: Cyberia – related to cyberbullying</li> <li>Police Talks re relationships and drugs</li> <li>FunDay excursion for whole year in place of a camp.</li> <li>SRC Camp</li> </ul> <b>Support from Year Adviser</b> <ul style="list-style-type: none"> <li>Preparation of Personal Learning Plans for students at risk based on reports (sem1 and 2)</li> </ul> <b>Aboriginal Ed</b> <ul style="list-style-type: none"> <li>AIME at Novotel/UOW</li> <li>Community Morning Tea (T2)</li> </ul>	<b>Leadership</b> <ul style="list-style-type: none"> <li>Peer Support Activities – 4sessions over terms 1 and 2</li> <li>SRC Membership</li> <li>Leadership Camp (Cockatoo Island)</li> </ul> <b>Aboriginal Ed</b> <ul style="list-style-type: none"> <li>AIME at Novotel/UOW</li> <li>Community Morning Tea (T2)</li> </ul> <b>Outside Providers/ Programs</b> <ul style="list-style-type: none"> <li>Brainstorm: Cheap Thrills – related to risk taking behaviour</li> <li>SRC Camp</li> </ul> <b>Support from Year Adviser</b> <ul style="list-style-type: none"> <li>Preparation of Personal Learning Plans for students at risk based on reports (sem1 and 2)</li> </ul> <b>Support from Careers Adviser</b> <ul style="list-style-type: none"> <li>TAFE programs as required</li> <li>Transition to work programs as required</li> </ul>	<b>Leadership</b> <ul style="list-style-type: none"> <li>SRC membership</li> <li>Voting for Captains</li> </ul> <b>Other Programs and outside providers</b> <ul style="list-style-type: none"> <li>Crossroads including activities with outside providers</li> <li>Red Cross Blood Bank</li> </ul> <b>Aboriginal Ed</b> <ul style="list-style-type: none"> <li>AIME at Novotel/UOW</li> <li>Community Morning Tea (T2)</li> </ul> <b>Support from Year Adviser</b> <ul style="list-style-type: none"> <li>Preparation of Personal Learning Plans for students at risk based on reports (sem1 and 2)</li> <li>Year 12 Jackets</li> <li>Support from HTTL re progress in Prelim</li> </ul> <b>Support from Careers Adviser</b> <ul style="list-style-type: none"> <li>TAFE programs as required</li> <li>Transition to work programs as required</li> </ul>	<b>Leadership</b> <ul style="list-style-type: none"> <li>Senior Executive SRC Captains and others</li> <li>Running of assemblies/merit assemblies</li> </ul> <b>Mentoring</b> <ul style="list-style-type: none"> <li>Provision of teacher mentors as required</li> <li>HSC Forum</li> <li>Careers market</li> <li>Discovery Day at UOW</li> <li>Support for HTTL re HSC progress checks</li> </ul> <b>Other Programs and outside providers</b> <ul style="list-style-type: none"> <li>Red Cross Blood Bank</li> </ul> <b>Aboriginal Ed</b> <ul style="list-style-type: none"> <li>AIME at Novotel/UOW</li> <li>Community Morning Tea (T2)</li> <li>AIME transition to work as required</li> </ul> <b>Wrap up activities</b> <ul style="list-style-type: none"> <li>Graduation</li> <li>FunDay Picnic</li> <li>Formal</li> <li>HSC results breakfast</li> <li>Fundraising</li> </ul>	<b>Annual events</b> <ul style="list-style-type: none"> <li>Eggstravaganza</li> <li>White Ribbon Day</li> <li>Carnivals – include MORE side activities such as music; BBQ etc to encourage participation and attendance</li> <li>White Ribbon Day</li> </ul> <b>Term Events</b> <ul style="list-style-type: none"> <li>Year meetings – SRC reps to be more involved</li> <li>Awards Assemblies</li> </ul> <b>Extracurricular Activities</b> <ul style="list-style-type: none"> <li>Duke of Ed</li> <li>Sporting Teams</li> <li>Chess team</li> <li>Debating team</li> </ul>	<b>Social events</b> <ul style="list-style-type: none"> <li>Friday sippers</li> <li>End of term get-togethers</li> <li>Friday morning tea and raffles (1 – 2 x per term)</li> <li>Sport's star of the week</li> <li>Footy tipping</li> <li>Book week morning tea</li> <li>Kris Kringle/Birthday Buddies</li> </ul>
What we could be doing as well to increase wellbeing							
<ul style="list-style-type: none"> <li>Targeted roll call group - mentees</li> </ul>	<ul style="list-style-type: none"> <li>Targeted roll call group - mentees</li> </ul>	<ul style="list-style-type: none"> <li>Targeted roll call group - mentors</li> </ul>	<ul style="list-style-type: none"> <li>Study Skills Part 1 – Getting organised (TBA)</li> <li>Targeted roll call group - mentors</li> </ul>	<ul style="list-style-type: none"> <li>Peer-to-peer mentoring</li> <li>Study Skills Part 2 –Time management (TBS)</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Study Skills Part 3 – getting it all together (TBA)</li> <li>Relaxation and Meditation techniques</li> <li>Red Cross Blood Bank</li> </ul>	<ul style="list-style-type: none"> <li>Anti-bullying Day (March)</li> <li>Harmony Day (March)</li> <li>Increased role of Houses to encourage connection to “tribe”</li> </ul>	<ul style="list-style-type: none"> <li>Review systems and procedures and rationalise outdated practices that waste time</li> <li>Provide more time for faculty business</li> <li>Recognition of what staff do as people – profile a staff member in the newsletter on face book</li> <li>Red Cross Blood bank</li> </ul>
• Introduce and Implement MINDMATTERS							
Main issues raised with Year Adviser						<ul style="list-style-type: none"> <li>Volunteering and Charity work across the whole school</li> <li>Nerd Herd (see <a href="http://www.menai-h.schools.nsw.edu.au/gallery/nerdherd">http://www.menai-h.schools.nsw.edu.au/gallery/nerdherd</a> )</li> </ul>	
<ul style="list-style-type: none"> <li>Bullying and harassment and lack of resilience</li> <li>Overanxious parents</li> </ul>	<ul style="list-style-type: none"> <li>Friendship group changes and adjustments</li> <li>Self-image</li> <li>Drugs, smoking alcohol issues begin to emerge</li> </ul>	<ul style="list-style-type: none"> <li>Girls friendship groups breaking up</li> <li>Beginning of anxiety and depression</li> <li>Self-image</li> <li>Drugs, alcohol and smoking</li> </ul>	<ul style="list-style-type: none"> <li>Alcohol and Drugs and Parties</li> <li>Self-harm</li> <li>Being safe and responsible</li> <li>Subject choices for Year 11/12</li> </ul>	<ul style="list-style-type: none"> <li>Adjusting to Senior Workload</li> <li>Wanting to leave</li> <li>Anxiety</li> </ul>	<ul style="list-style-type: none"> <li>Work completion</li> <li>Relationship issues with Parents and peers as well as more serious relationships with girl/boy friends</li> <li>Exam stress/anxiety</li> </ul>		

		• Becoming sexually active			• Wanting to leave	
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