



CENTENARY HEIGHTS STATE HIGH SCHOOL

Safety - Respect - Learning

13 March 2020

Dear Parent/Carer

Your child has been invited to participate in a new program being delivered at school. The program "GET REAL INSTITUTE" will be run during morning tea on Wednesdays from 11:15am.

GET REAL is designed to enhance the resilience, self-esteem, understanding of personal values, goals and motivators, overcome stress and mental strains, and tools to help young people to thrive in life.

The program is delivered by Jason Berry (Our School Chaplain) with the assistance of a range of other support staff and external guests. The program will be supervised by school teaching staff where needed.

Each week on a Wednesday the students will meet with Jason and other staff onsite for a session consisting of discussions, team building games and other physical activities.

Topics will include:


- Communication Skills
- Building Trust
- Team building
- Respectful relationships
- Emotional resilience
- Improved Academics
- Self-care/Time Management
- Goal Setting
- Self-worth/value
- Managing Emotions
- Passion and purpose
- Healthy body

The program will commence on Wednesday 18th March and continue throughout term 2.

There is no cost to students for involvement in the program.

If you would like your child to participate in the program please complete the permission slip below and return it to the Textbook Office by Tuesday 17th March 2020.

Should you have any queries regarding the program please contact Deputy Principal Mr Mick Floyd during business hours.


Mick Floyd
Deputy Principal


Maryanne Walsh
Principal

I, _____ (parent name) give permission for my child

_____ to participate in the GET REAL program.

Signature: _____ Date: _____

A Gateway School to the Wine Tourism Industry

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