

**Reach Rookys program is a series of four 90min workshops aimed at building resilience and self esteem in grade 5 & 6 students.**

## **How many students can participate in each Rookys workshop session?**

*Maximum of 30 students per workshop*

This is to ensure that each young person has a chance to actively participate in the workshop. The facilitator can then encourage individual expression and open communication within the group, as well as providing individual attention if required.

## **How long does a Rookys workshop run for?**

*Workshops run for approximately 90 minutes.* The workshop facilitator may run a few minutes longer if they feel there are issues that need to be addressed within the group. It is recommended that when booking the workshops there is a 30 minute break between workshops, this allows time for the facilitator to follow-up on any issues (e.g. bullying, trauma, death, divorce) with the attending teacher if necessary.

## **Can teachers attend the workshop?**

*Classroom teachers are required to attend the workshops. You may also wish to also have a student welfare representative present during the workshop.*

Teacher attendance at the workshop is essential to ensure appropriate student follow-up requirements are fulfilled if necessary (see below). It is important that the teacher stays in the room for the whole of the workshop. Teachers are welcome to take part in the workshop as a participant, as we have found that students enjoy this time to connect with their classroom teacher.

## **How many workshop sessions can we book for one day?**

*There is a minimum of 2 workshop sessions to be held in a day.*

If you only require one workshop, due to student numbers, you will still be charged the minimum payment of \$220 + \$22 GST.

*Maximum number of workshop sessions in a day depends on student numbers and facilitator availability.*

We recommend that students experience a maximum of one Rookys workshop session per fortnight. Please contact the Rookys Program Manager to discuss how many workshops you require.

## **Can we combine different year levels for a single workshop session?**

*We recommend that year levels are not combined* due to the significant variation in developmental stages across age groups. This can be negotiated if there are composite classes. Please discuss your student's requirements with the Program Manager.

## **How much time does my class need in between the different workshops in the series?**

We recommend that students experience a maximum of *one workshop per fortnight*. This provides them with the time and space to comprehensively explore the workshop themes and messages, and to implement some of the tools they have learnt. Allowing student's time for discussion and reflection with their peers improves the long lasting impact of the workshops. *We recommend follow-up workshops 1-2 months after the initial workshop.*

## **Where should the workshops be held?**

*Our facilitators will come to your school to deliver the workshop.* We require a large, quiet, private, carpeted area that comfortably holds the students. A large classroom, hall or gym are suitable venues.

## **What equipment do we require?**

Please supply the attending facilitators with a whiteboard and markers, and a jug of water and glasses.

## **When should the workshop be held?**

We recommend that Rookys workshops are held in the morning, as students are generally more alert. Fridays not recommended as it is important that the students have time to access to school welfare services and/or their class teacher after the workshop if they feel the need to address an issues that may have been brought up for them in the workshop. The workshops are delivered throughout the school term, except for the last week of term, as students will experience a more positive impact from the workshops if they have time to interact and affirm the messages within the school environment.

## **What are the themes covered in each workshop?**

### **WORKSHOP 1**

*May be delivered to students in grade 5 and/or 6.*

*We recommend the two year levels experience this workshop in separate groups.*

The initial workshop in the series encourages lateral thinking and celebrates differences among classmates. A more positive peer connection within the group is developed by investigating the impact and issues arising from bullying.

### **WORKSHOP 2**

*May be delivered to students in grade 5 and/or 6 as a follow-up to Workshop 1. We recommend the two year levels experience this workshop in separate groups.*

The second workshop in the series challenges participants to explore limiting behaviours and to develop personal accountability for improving the school experience for themselves and others. The workshop also introduces techniques for working in teams and strategies to cope with setbacks.

### **WORKSHOP 3**

*Recommended for grade 6 students, however may be delivered to grade 5 students with consultation of the Rookys Program Manager.*

This workshop introduces how ordinary people are Heroes in everyday life. Activities encourage empathy and awareness for others and individual authentic expression. An important component of this workshop is helping students identify their dreams, passions and life goals.

### **WORKSHOP 4**

*Recommended for students in grade 6 only. This workshop deals with the issues that may face students in the transition to secondary school.*

The last workshop in the series emphasises the importance of broadening one's perspective and identifying things that are holding them back. Through positive choices and forward thinking, the workshop aims to increase self awareness and build resilience, especially in times of change.

## BOOKING EXAMPLE:

If you are looking to **start a new Rookys booking plan** for your school, the booking plan could look like this:

WHEN	WHO	WORKSHOP
Term 1	Grade 5 & 6	Workshop 1
Term 2	Grade 5 & 6	Workshop 2
Term 3	Grade 6 only *Grade 5s will have this workshop the following year	Workshop 3
Term 4	Grade 6 only *Grade 5s will have this workshop the following year	Workshop 4

The next year you would move into an **ongoing yearly Rookys booking plan**. A typical year of an ongoing Rookys booking plan could look something like this:

WHEN	WHO	WORKSHOP
Semester 1	Grade 5	Workshop 1
Semester 1	Grade 6	Workshop 3
Semester 2	Grade 5	Workshop 2
Semester 2	Grade 6	Workshop 4

## What support does the school need to provide to students?

Due to the nature of the workshop, sensitive issues such as bullying, trauma, death and divorce may be raised by students and discussed during the course of the workshop. Follow-up may be required with some young people.

It is the responsibility of the school to provide this follow-up. For this reason, **we require that the class teacher or welfare coordinator is present during every workshop**, in order to understand the context, and to initiate follow-up with any student as necessary.

We also recommend that the school provides an opportunity for teachers and students to de-brief the session through feedback or an open discussion to normalise reactions and ensure support. Our Youth Support team is also available for secondary consultation.

Reach runs a Professional Development program for educators and youth professionals. This PDI accredited program is available to all interested teachers, and is an excellent way for teachers to better understand the work of Reach, and continue to explore workshop themes with their students. Please ask Reach for more information.

## **What should we do with students after the workshop?**

We suggest that workshops are followed directly by either recess, lunch or some free time, so that students can reflect on the issues and themes explored in the workshop, talk with one another, and if required, seek support. It is useful for the student welfare personnel who attended the workshop to remain in the same vicinity as the students after the workshop so that they are easily accessible and able to observe their behaviours.

## **How does Reach follow up with the students?**

After a workshop the Reach Facilitator will endeavor to be available to talk to students, and the teachers and student welfare personnel if they feel any students require individual follow up.

**Reach's Youth Support Team of psychologist and social workers are also available for secondary consultation where necessary on 03 9412 0900.** Please feel free to call them to discuss any queries or concerns your school's welfare department may have about the workshops.

After the initial workshop, we recommend delivery of a follow up workshop 1-2 months later. In this way students are encouraged to re-examine the issues and themes that were introduced in the first workshop. An environment is created that again allows them to openly communicate and express how they feel.

**If you have any other questions or would like to make a booking for this program, please contact:**

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