



21 March, 2021

Dear Parent/Carer,

The wellbeing team have organised a Reach personal development workshop in Term 1 week 9 for your young person. The aim of the workshop is to:

- Enhance the social and emotional skills of students
- Build their resilience and self-esteem
- Encourage students to reflect on their behavior and its impact
- Promote self-awareness and optimism
- Provide fun and meaningful experiences.

Reach's group-based workshops are designed to promote the mental health and emotional wellbeing of young people. Their school workshops have been designed to build students self-belief and develop their skills to have positive peer to peer relationships at school.

Reach workshops aim to build self-efficacy in young people and support them to develop the social and emotional skills they need to be resilient and make positive life choices. To achieve this, Reach encourages young people to push their comfort zones in order to create connections with others that can support them to discover these strengths and build their self-belief.

In Reach's years of experience working with young people, they have recognised that this process can sometimes be challenging and confronting for young people – at times during and after workshops students may experience heightened emotional reactions. To support students in this process of personal development and discovery, the highly-trained workshop facilitators engage with young people to create safe spaces. They also work closely with the school's wellbeing professionals – who are required to be present at all workshops and offer support and follow-up to students, when and if required.

To assist your young person de-brief their experience and integrate the learning into their life, we would also encourage you to talk to your young person about their experience of the Reach workshop at the end of the school day.

Reach is an independent, for-purpose youth organisation, established in 1994 by Jim Stynes OAM and Australian film director, Paul Currie.

Reach's group-based workshops create safe and supportive spaces where teenagers can connect and share stories honestly; spaces where they can experience belonging, discover their strengths, and build their self-efficacy and resilience.

If you have any questions or concerns regarding your young person's participation in Reach's **Secondary School** workshops, please contact Glenda McCarthy or Rachael Howard on 8958 5000. For further information about Secondary School Workshops or Reach please visit reach.org.au.

Yours Sincerely,

Joanne Alford
Principal