



## **YEAR 7 WELLBEING DAY**

Dear Parent/Caregiver

Student Welfare is integral to all aspects of school life at Henry Kendall High School and as a school community we aim to ensure that a safe and supportive environment and culture is created and maintained at all times.

To reinforce this positive culture, the Henry Kendall High School Welfare Team are conducting a **Wellbeing Day** for Year 7 on Friday 4 August 2017. The focus of the day will be positive relationships. It will also target the negative consequences of peer conflict, explain the school peer conflict policy and discuss useful strategies to counteract peer conflict both, as an individual and year group.

The program will involve the following:-

- Session 1 – Headspace
- Session 2 – Deputy Principal Presentation
- Session 3 – Rock and Water Workshop
- Session 4 – Team building exercises
- Session 5 – Group consolidation task

Students are to wear their PE uniform on the day. A BBQ lunch will be provided. The Welfare Team look forward to a challenging and rewarding day with the Year 7 cohort.

If you have any questions, then please contact the Year Adviser on 4325 2110.

The group will be supervised by Middle School teachers

Yours faithfully

Mr Andrew Backhouse  
**Principal**

Mrs Tracy Smith  
**Head Teacher  
Student Services**

Miss Cassandra McLennan  
**Year 7 Adviser**

25 July 2017