

## Rock and Water Yr3&4

Rock and Water is a 9 week active skills training course which, through specific exercises and games, children develop self- awareness, self -confidence and respect for others; enabling them to play together, work together and live together in a world that changes daily. The themes being taught in this program include: strength, self-assurance, cooperation, communication, intuition, perception, honesty, focus, resilience, empathy and self-control.



## Esteem Designz

A program for girls that utilizes the concepts of art and craft to help girls develop expression and to reveal the value and worth of each girl. The program runs for 7 weeks, and each week we work on a different craft while exploring the issues that girls are facing in their groups. Girls are given gentle opportunities to explore ideas and concepts of self-esteem and their own identity.



## Seasons for Growth

A small group that runs for 8 weeks during term and helps students who have been through the death of a loved one, or separation/divorce in their home. It covers topics like: How to handle my feelings, making good choices and seeing the hope. It is run separately for infants, years 3&4 and years 5&6.



## SUPA CLUB



Is a voluntary group that meets twice a term at lunch time to learn more about the Bible, talk about life and play some games. It is run by the local youth worker at St. Matthew's Uniting Church, Mr Chris Eagles. Permission forms are available from the canteen.