

# Pathways to Wellbeing at Gorokan High School



## CONNECT SUCCEED THRIVE

Gorokan High School is committed to ensuring both the educational development and the physical, spiritual, social and emotional growth of our students and their families. As an educational provider, we aim to achieve this by acknowledging the specific needs of our diverse community; implementing the following elements into our everyday lives:

**CONNECT:** We will aim for our students to actively connect to their learning, have positive and respectful relationships and experience a sense of belonging to their school and community,

**SUCCEED:** We will aim for our students to be respectful, value, encourage, support and feel empowered to succeed. We will produce global citizens who are cooperative and are able to navigate their way through life

**THRIVE:** Our students will grow and flourish, do well and prosper and be empowered to succeed in their future endeavours

### Learning and Wellbeing Contacts

Principal – Mr. Samuel Ricketts

Deputy Principal of Year 10 – Mr Andrew Collins

Deputy Principal of Year 11 – Mrs Kim Costa

Deputy Principal of Year 12 – Mrs Shanie Singleton

Head Teacher Welfare – Mrs. Erin Manu (Tuesday-Friday) Mrs. Lauren Goldie (Monday)

Year Adviser Year 10 – Mrs Kim McLean

Year Adivser Year 11 – Mr Jeff Costa

Year Adviser Year 12 – Mrs Lauren Goldie

Learning and Support – Mrs. Erin Osborne, Mrs. Lauren Goldie, Ms. Alana Folkes

Senior Learning Support – Mrs Cheryl Kelly

School Counsellors – Mrs. Kris Carmody



Gorokan High School takes pride in initiating purposeful and age appropriate programs that reflect the needs of every year group. Below is a list of programs that engage our students throughout Year 10-12. These aim to foster and build a range of skills, supporting their educational, social, emotional, physical and spiritual wellbeing. We run these programs alongside the required curriculum subjects supporting the whole child and their families.

### **National Day of Action Against Bullying – (Whole School)**

Students in Year 10-12 participate in carefully selected lessons that reflect our school “Peer Conflict” policy. Students learn about the impact of bullying and learn strategies encouraging students to actively speak out about peer conflict. This day is run on the National Day of Action against Bullying.



### **Immunisations (Year 10 – 3 and 4th of June: Meningococcal ACWY)**

New South Wales Health run the Immunisation program every year through Gorokan High School. Each student has the opportunity to have his or her age appropriate vaccination in accordance with the National Immunisation Scheme. Notes provided need to be returned to the school, before the immunisations take place.

### **Love Bites : Run by NAPCAN (Year 10)**

**Love Bites** is a Respectful Relationships Education Program for young people aged 15-17 years. It consists of two interactive workshops: one on Relationship Violence, and one on Sex and Relationships, followed by creative workshops and community campaigns. Love Bites is a flexible model with options to use a full day or multi session delivery approach. The program emphasises the importance of a whole-of-school commitment to respectful relationship education.

LOVE BiTES aims to provide young people with a safe environment to examine, discuss and explore respectful relationships. All Love Bites programming takes a strength-based approach and views young people as active participants who are able to make choices for themselves and their relationships when supported with information and opportunity for skill development.

### **iTrack:** (Year 10 Facilitated by Smith Family)

iTrack is an online mentoring program for high school students in Years 9 to 11. Students are matched with a supportive adult (other than a teacher or parent) who volunteers as a mentor and provides the student with general encouragement and advice and guidance about workplace, study and career opportunities. Students and mentors communicate over an 18 week period. Last year, 88% of the students who participated in *iTrack* said that their mentor has helped them to be more positive about their future career and study options.

### **Certificate 1 in Financial Services:** (Year 10 Facilitated by Smith Family)

Certificate I in Financial Services is a short course focusing on the essentials of money management and developing skills to achieve financial goals. Completion of all five elements and an assessment results in gaining the qualification of FNS10110 Certificate I in Financial Services. 91% report that they were confident making financial decisions 3 months after completing the program.

### **Top Blokes** (Year 9-10 Boys)

The Junior Top Blokes Mentoring Program is a 16-week mentoring program for male students aged 14-17 years. Delivered in high schools and community settings, this program uses a prevention and early intervention framework to provide an environment that fosters critical thinking so they can build self-efficacy and the skills to lead healthy and safe lives. The program's principles focus on strength-based, harm minimisation and innovative mentoring delivery methods, to engage boys at a formative stage in their lives.



### **Aspiring Leaders Program** (ALPS: 10-11: School based initiative)

Fostering a culture of success is integral to the development of our students at Gorokan High School. The Aspiring Leaders Program aims to develop the social and emotional skills of our students who are elected by staff as exhibiting leadership qualities and giving them an opportunity to develop and nurture those skills under the mentorship of specific staff. Students run through leadership and teamwork skills, identify the qualities needed to be an effective leader and are given roles and responsibilities throughout the school to implement the skills learnt.

### **Year 11 Retreat:** (School based initiative)

The cohesion and sense of belonging of a year group is integral to their development both educationally and emotionally. The two day retreat focusses on guiding students through both their educational requirements moving into the senior years (two sessions run by Careers and the Deputy Principal) and assisting student wellbeing (two sessions run by PDHPE and the Year Advisor and HT Welfare). Topics covered range from NESA requirements, nutrition and holistic wellbeing, career development, goal setting topped off with a trip to Myuna Sport and Rec camp to bond as a year group and push their physical and mental limits. Students receive a letter on their leaving/graduation day that is written during this retreat, reminding them of how far they have come.

#### **RYDA (Year 11 Road Safety Workshops)**

RYDA is a series of practical and powerful workshops for high school students that challenge students to change the way they think about road safety and lay the foundation for safe road use throughout their lives.

RYDA focuses on cognition development, building and increasing social competency and resilience and motivating low risk behaviour. Facilitators work with students to develop and practise personalised strategies and life skills which will help them respond positively to challenges on the road, both as drivers and highly influential passengers.

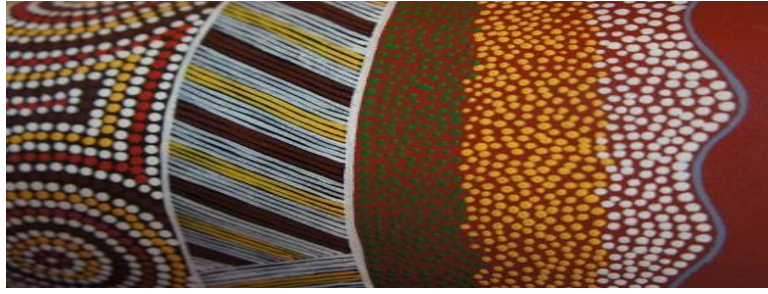
#### **Year 12 Wellbeing Day (School based initiative)**

As the senior years progress, we continually provide our senior students with the support both educationally and emotionally. The wellbeing day for Year 12 runs in conjunction with the Year Advisor and the Head Teacher Welfare to 'check in' with students before they sit their HSC. Students are also transported to the HSC venue to ensure they are well prepared for the start of their examinations. Each year, the sessions organized for this day are tailored to the wellbeing needs of the students and encompass some of the challenging and often 'difficult to talk about' subjects.

#### **SSS (Supported Senior Study-school based initiative)**

Monday and Wednesday from 2.30pm until 4.15pm we offer our senior students in Year 11 and 12 a quiet place to study and work towards their educational goals. They have access to the library and computes and two staff members are available to assist them. We also provide afternoon tea for our students.





We are committed to closing the achievement gap for Aboriginal students. We know that we need to learn about, nurture and value the cultural identity of our Aboriginal students in order to assist them to be successful learners.

### **Sista Speak**

The program is designed to inspire and motivate young women about the importance of education and to raise awareness about the diverse career paths available to them, focusing specifically on issues of self-esteem, identity, hygiene, sexual health, careers, culture, leadership, positive lifestyle choices and economic independence. By exploring different career options and hearing positive stories from successful men and women in their community as well as taking part in team activities. Our staff members adapt the program to suit the individual needs of the girls participating in the program.

### **Didge Group**

Our boy's didge group meets regularly to learn the art and history of Yidaki (didgeridoo). Our boys group is widely known throughout the community and is well respected by both the Aboriginal and non-Aboriginal community.

### **Aboriginal Dance Group**

Our girls Aboriginal Dance Group performs regularly for the community and the school. Our girls group is widely known throughout the community and is well respected by both the Aboriginal and non-Aboriginal community.

### **Aboriginal Art**

Our Aboriginal students get the opportunity to work with a local Aboriginal Artist in a small environment to learn the history behind the intricate details of Aboriginal Art. Looking around out school and seeing their final products displayed, brings our student community together under the wonderful creations that they dedicated themselves to producing.

### **Narromine Trip**

Our young boys go west for a week to experience Bush Life. The local lands council are very kind and provide the boys with shed accommodation and plenty of food to keep them comfortable. Fishing, Yidaki making, Astrology, touch football and site visits kept the boys very active.

### **Let's have A Yarn – Year 10-12 (Date to be confirmed)**

A new initiative from Wellbeing team this year. Come down to ABED and have a yarn with our wonderful teachers and staff about the learning and wellbeing of your child.

### **Aboriginal Educational Tutoring Program**

Our Aboriginal Educational Tutoring Program attempts to help Close the Gap in Numeracy and Literacy and assist in the educational support of our Aboriginal and Torres Strait Islander students and families. Tutoring is available in class or during Period One and Two every day in the Aboriginal Education Unit with specific teachers.

### **National Reconciliation Week and National Sorry Day 26<sup>th</sup> May-3<sup>rd</sup> June**

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively. Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples. We respect these dates at Gorokan High School and constantly work towards bridging the gap. We also recognise National Sorry Day as part of the reconciliation process.

### **NAIDOC Week 7-14 July - VOICE. TREATY. TRUTH.**

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community. Gorokan High School has a long tradition of celebrating this auspicious occasion.



Gorokan High School has a long history of supporting our families in the community. We have developed strong links with local service providers who engage with the school on a regular basis in order to improve the education outcomes of our students and their families.



**Phoenix Youth Support Service**



**YERIN**  
Eleanor Duncan  
Aboriginal Health Centre



**Samaritans**