



Ambarvale High School

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Principal: Ms L Barnott-Clement, M.A., M.Ed., B.A., Dip.Ed.
Deputy Principal: Ms S Arts, M.Ed., B.Sci., Dip.Ed.
Deputy Principal: Ms E Fitzgerald, B. Health Science, Dip.Ed.

Bite Back Program Year 8, 9 and 10

Dear Parent

During Term 3 2021, Ambarvale High School will be running a Bite Back Program for students in Years 8, 9 and 10.

The workshop will be delivered by the school's Student Support Officer, Natalie Phillips using an online program through Black Dog Institute. The program will run for 6 weeks, every Tuesday during Period 2.

What is Bite Back?

Bite Back uses a combination of fun, interactive activities, quizzes, animations and information across nine positive psychology domains including gratitude, optimism, flow, meaning, hope, mindfulness, character strengths, healthy lifestyle, and positive relationships. Bite Back also provides information about the benefits of increasing wellbeing, strategies to develop skills in each of the positive psychology domains, and links to other relevant resources.

If you would like any more information about Bite Back please contact Natalie Phillips on 46271800. If you **DO NOT** wish your child to participate in this Workshop, please sign and return the section below by Wednesday, 21 July 2021.

Ms L Parkin
Head Teacher Wellbeing
21 June 2021

Natalie Phillips
Student Support Officer

Bite Back Program Permission Note

I, _____ **DO NOT** give permission for my child _____, to participate in the Bite Back Program, which will be taking place throughout Term 3, 2021. I understand that a non-reply will be considered as consent.

Parent Signature: _____ Date: _____

Parent Contact Phone Nos: _____ (day) _____ (mobile)

Please sign and return to Ms Phillips in the Wellbeing Hub