

Wellbeing Programs 2021



PACE Program

This is a small group program with students from Years 7-10. The program focuses on developing self-esteem and resilience amongst students, identifying personal strengths, and engaging in positive activities.

MTC Opportunity Hub

A federally funded program for ATSI students in need from age 15 and over. Students meet individually with a mentor each term to help them obtain part-time jobs, work experience, and introductory courses for disengaged students.

This program is designed to repair damaged relationships between students. It aims to reduce bullying as well as improve students social and emotional skills. 30 students from Years 10, 11 and 12 have been trained as Peer Mediators. They work in pairs to assist students to reach a peaceful and lasting solution and resolution for their issues.

Peer Mediation Program

RAGE

This program is designed for young people to develop skills in recognising angry emotions, identifying personal triggers and learning new strategies for taking control of anger and expressing it in a healthy way.

Paws Pet Assisted Therapy Program

This program offers a unique and proactive approach to promoting student wellbeing at school. Friendly dogs and volunteers help students de-stress at the most challenging times, enabling them to concentrate on achieving their personal and academic goals.

Art Therapy

The aim of this program is to allow students to express themselves verbally and/or through art. The program includes literature and discussions and focuses on improving self esteem.

Click, Clack, Chit & Chat

This year we have relaunched our female mentor program where students from Years 10, 11 and 12 mentor junior female students in an informal setting. This year, the students have elected to knit and crochet - CLICK CLACK, whilst exploring the joy of life, learning, friendship and healthy relationships - CHIT CHAT. We meet Friday, Week B at lunch in the Wellbeing Hub.

Job Space

This program is aimed at students 15 years and older. It is a valuable experience for all students involved, and aims to equip them with some extremely important skills in obtaining a job including tips for writing a resume.

Glow up is a fantastic program for our Year 7-12 girls and is focused on promoting self love, improving self esteem, and creating strong relationships with the women in our lives.

Glow Up

Futsal Club is an opportunity to be active and form bonds with people of shared interests while supporting your wellbeing. It is also a great opportunity to develop your communication, teamwork and leadership skills. Suitable for all year groups.

Futsal

This program is run by Campbelltown Police MCLO, Ta'ane Tupola, and focuses on developing self-esteem and resilience amongst students, identifying personal strengths, and engaging in positive workshops. Tailored for students in Year 7-10.

Gardening Program

Bite Back

A positive psychology program designed to improve the wellbeing and resilience for young people aged 13-16.

A first for Ambarvale High School, our students have formed links with a local Zonta Club. Zonta is an international organisation recognised by the United Nations. Zonta members work to empower women throughout the world through service and advocacy. Our students are working with Zonta to create our own Z Club. All students are welcome and encouraged to attend. We meet fortnightly on a Friday, Week A at lunch in the Wellbeing Hub.

Z Club

Links to Learning

This program supports students in Years 8-10 to re-engage with school and reach their potential. The program is aimed at students facing barriers to participating in mainstream education and supports them to engage with learning at Ambarvale High School.