



## Ambarvale High School

Thomas Rose Drive Rosemeadow NSW 2560

PO Box 90 Campbelltown NSW 2560

Phone: (02) 4627 1800 Fax: (02) 4628 5289

Email: ambarvale-h.school@det.nsw.edu.au

Principal: Ms L Barnott-Clement, M.A., M.Ed., B.A., Dip.Ed.

Deputy Principal: Mr D Macpherson, Dip.Teach.

Deputy Principal: Ms S Arts, M.Ed., B.Sci., Dip.Ed.

### Educational Incursion Information Life Ready Program Mandatory Stage 6 Program

Dear Parent

Life Ready is a mandatory program for students in Years 11 and/or 12 in NSW government schools. It is designed to help senior students address issues of health, safety and wellbeing at a time when they face significant changes and challenges in their lives. Life Ready aims to prepare and support these students as they encounter situations related to identity, independence and their changing responsibilities.

On Wednesday, 7 August 2019 and Thursday, 8 August 2019, Year 11 students will be involved in a variety of workshops and activities. The course will be run at Ambarvale High School. **There will be no normal classes on these days for Year 11.**

The mandatory course is divided into 6 relevant and contemporary learning contexts of which students will complete through a range of workshops and presentations. These include:

- Independence
- Mental Health and Wellbeing
- Respectful Relationships
- Sexuality and Sexual Health
- Drugs and Alcohol
- Safe Travel

Guest speakers and presenters from the following organisations will be conducting talks/workshops over the two days alongside staff here at Ambarvale High School.

Traxside  
Positive Life NSW  
Headspace

Youth Solutions  
School Liaison Police Officer – NSW Police  
L Trent Driving School

If students fail to attend either of these days for any reason they must submit a Doctor's Certificate and also complete an in-depth written task in order to complete the requirements of this course.

**When:** Wednesday, 7 August and Thursday, 8 August 2019

**Where:** Ambarvale High School

**Cost:** Nil

**What to bring:** Students need to be in PE uniform as there are practical activities

**Supervising Teacher/s:**

**Emergency Care**

**First Aid Certificate**

**Teacher in Charge:** Ms C Wilson

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If you have any concerns or questions regarding the Life Ready Program please do not hesitate to contact Ms Wilson on 4627 1800.

Ms L Barnott-Clement  
Principal  
22 July 2019

Ms C Wilson  
Head Teacher Wellbeing