

Student Wellbeing Programs – Kiama High School

Wellbeing Team:

Members meet weekly to discuss and then liaise with the whole staff on the individual wellbeing status, support strategies and individual learning needs of students, so that each student can fulfil their potential personally, academically and culturally. Two counsellors are engaged at Kiama HS, Nathan Vickery (Mon – Wed), Michelle McColl (Thurs – Fri).



Wellbeing days:

Kiama High School dedicates whole days in each year group, as needed, to providing students with the knowledge and skills to cope with many wellbeing related issues. The wellbeing days explore themes such as resilience, anti-social behaviour, awareness of peers, cyber safety, mental health, sexual health, risk taking, gender issues, relationships, healthy lifestyles, rights and help seeking. Each year group has themes designed specifically for the needs of the cohort. A variety of agencies are engaged with KHS to assist in delivering these workshops.

Wellbeing Programs:

Students may be referred or self-nominate to be included in the wellbeing programs that operate within the school (See table over).

Program Name	Year/Gender Targeted	Purpose
Peer Support Program	All Year 7 Students	Regular activities in small groups led by trained Year 11 Peer Support leaders, to ensure Year 7 students are guided and supported well for a smooth transition into high school.
Teen Mental Health First Aid Course	All Year 8 & 10 students	3.5 hour course, which teaches students to provide mental health first aid to their friends. Also Information about different types of mental health problems and mental health crisis situations in young people, and the relationship between thoughts, feelings and behaviours.
Shine Program	Year 8 Girls	One period per week, personal growth program developing self-worth, resilience, self-esteem and confidence of girls to motivate and achieve goals.
Strength Program	Year 8 Boys	One period per week, personal growth program building confidence, self-awareness, courage, decision-making and problem solving skills.
Smooth Sailing Mental Health Program	All Year 9 Students	Designed by the Black Dog institute, Smooth Sailing is a web-based mental health program that aims to reduce depression and anxiety in high school students, while also increasing support and efficiency for school counsellors.
Top Blokes Mentoring Program	Year 9 Boys	16 workshops targeting social issues such as masculinity, healthy relationships, mental health, anger management, drugs, leadership and teamwork.
Monty's Boys Group Program	Various Boys	Weekly workshop developing trust, respect & connection between boys. Based around the rites of passage, themes such as: masculinity, safety, emotional literacy and goal setting are explored.
Young Women's Program	Year 10 Girls	A one day per week, joint initiative with the Kiama Youth Centre. Designed to develop life skills to effectively cope with difficult or anxiety provoking situations, build resilience and provide a forum for education. Topics discussed include: sexual health, relationships, self-esteem, mental health, drugs, alcohol and nutrition.

Young Men's Program	Year 10 Boys	A one day per week, joint initiative with the Kiama Youth Centre. Aimed at developing the self-esteem and confidence of boys who may be struggling academically or socially. It explores a variety of issues affecting young men and help to engage them by promoting healthy lifestyles and developing youth networks with service providers.
Young Person's Program	Year 10 Students	A joint initiative with the Kiama Youth Centre. Designed to develop leadership, self-esteem and confidence and provide education on youth related topics around legalities, employment, peer pressure and anti-social behaviour.
LGBTQ+ Group	All Students	Newly formed student group aimed to support, provide proactive action and social activities to promote an inclusive and well-informed community at our school.
Event Management Program	Year 10 Students	This project aims to empower local young people by providing them with the skills to effectively plan, manage and coordinate a youth friendly event for the Youth of Kiama, whilst supporting a charitable organisation. Students gain skills in governance, budgeting and finance, marketing and risk management. In addition, students set up E-Portfolio's with group career guidance.
Links to Learning	Year 10 Students	A joint initiative with the Kiama Community College to develop a sense of relevance and value in education. Personal development, skills for life and Career exposure are the focus areas.
Youth Worker in Schools	All Years	This Program is designed to provide positive mentorship, address issues or concerns related to the welfare of the students and to work with the teachers in allowing students to reach their full potential.

Teacher Mentor Program	All Years	The Senior Program assists with study and organisational skills and to achieve their academic goals. The Junior Mentor program targets those students who have difficulty coping with home, school, homework, or their behaviour. Teachers map out strategies for finding some purpose and direction and to give ongoing encouragement.
Breakfast Program	All Years	Free breakfast provided on a Mon & Wed through KHS canteen.
Volunteering Awards Program	All Years	Students willing to play a wider role in their community are encouraged to be involved in school & community volunteering and service learning projects throughout the year.
Australian Indigenous Mentoring Experience (AIME)	Aboriginal and Torres Strait Islander Students	Weekly tutoring at KHS and UOW mentoring program that provides indigenous students with the skills, opportunities, belief and confidence to set and achieve successful goals.