



10<sup>th</sup> August 2020

Dear Parent/Caregiver

Students are required to participate in the **Life Ready** program as part of the NESA requirements for senior students.

**Life Ready** is a mandatory program for students in Years 11 and/or 12 in NSW government schools and will be delivered on Thursday, 13<sup>th</sup> and Friday, 14<sup>th</sup> August 2020 at the Tumut Baptist Church, Cnr of Snowy Mountains Highway and Bundurra Crescent, Tumut.

**Students are to arrive at the Tumut Baptist Church for roll call by 9.00am and will be dismissed at 3.05pm both days.** Recess and lunch will be provided on the 2 days and students are encouraged to bring along a water bottle.

**Life Ready** 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.

**Life Ready's Focus areas explore:**

- Personal identity
- Mental health and wellbeing
- Relationships
- Sexuality and sexual health
- Drugs and alcohol
- Safe travel.

Over the 2 days the students will be engaging in the Love Bites program delivered by trained staff from Tumut Regional Family Services.

**Love Bites** is a Respectful Relationships Education Program for young people aged 15-17 years. The overall aim of the program is to equip young people with the knowledge needed to have respectful relationships, encourage and develop their skills in critical thinking and assist them in being able to problem solve and communicate effectively.

In accordance with the school's **Audiovisual Materials in Schools policy** we are advising that the following documentaries will be shown. "**The Mask You Live In**" and "**Embrace**". These have been approved for use by the Principal. If there are any concerns about this please contact Mr Somerville or Mr Taylor at the school.

There will also be workshops on study skills / time management leading into the HSC during these two days.

Parents/caregivers need to understand and appreciate that some issues are of a controversial nature. A number of experts in their fields, including local Community Health workers and Mental Health advocates have indicated a desire to be involved in this course. Should you have any concerns please contact the coordinator who is indicated at the bottom of this sheet.

**All students have been invoiced \$35.00 to help cover the cost of this program.** If you have not yet made this payment please do so online via our website <https://tumut-h.schools.nsw.gov.au/> under 'Make A Payment' or through the Skoolbag App under Parent Online Payments (POP). Payments can be

made online by either Debit Card or Credit Card. If you require assistance in doing this please call the office on 6947 0600 as we are happy to guide you through the process.

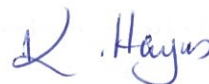
As this is a school event additional cleaning and hygiene measures will be in place to minimize the risk of infection. This will include additional cleaning of surfaces and additional hygiene measures for food preparation and distribution. Physical distancing requirements between students and adults will be adhered to. All school PBL expectations will apply to the venue and course.

If your child has any food allergies or dietary requirements please indicate on the **attached form and return to the school office by Wednesday 12<sup>th</sup> August, 2020.**

Yours faithfully



Mr A Somerville  
Head Teacher Wellbeing



per Mr D Dixon  
Principal

***Life Ready* Program**  
**Thursday 13<sup>th</sup> and Friday 14<sup>th</sup> August 2020**

**Please return by Wednesday 12<sup>th</sup> August**

Student's Name: .....

Medical Conditions: .....

Medication Required: .....

Will your child have this medication with them? **Yes / No**

**Any Allergies: Yes / No** If so what is your child allergic to: .....

.....

**PLEASE OUTLINE ANY SPECIAL DIETARY REQUIREMENTS** (include any possible reaction to inappropriate diet):

.....

**I give / do not give** permission for my child to receive medical treatment in case of emergency.

I consent to the use of the documentaries ***Embrace*** and **The Mask You Live In** to be shown.

I have made a payment online of \$35.00 and my receipt number is: .....

I have already made a \$35.00 payment to the school for the Life Ready Program.

Parent/Caregiver Name: .....

Parent/Caregiver Signature: ..... Date: .....

Contact Phone Numbers: .....

