



3rd May 2021

Dear Parent / Caregiver

Senior 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 Year 12 in all NSW government schools.

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

During Term 2 Year 11 students will be participating in the following activities:

1. Rotary Youth Driver Awareness Program (RYDA) – Wagga Wagga Showground Friday, 14th May 2021

This driver awareness workshop fulfils the Safe Travel component of the Life Ready program and will be of great benefit to all students. This practical and powerful workshop challenges them to change the way they think about road safety and will lay the foundation for safe road use throughout their lives. It focuses on cognition development, building and increasing social competency and resilience and motivating low risk behaviour. Facilitators work with students to develop and practice personalised strategies and life skills which will help them respond positively to challenges on the road, both as drivers and highly influential passengers.

RYDA uses techniques that aim to empower students positive actions. The workshop does not contain graphic images or seek to evoke emotions such as grief or fear. However, due to the nature of the topic, there is a chance that these emotions will be triggered if a student has their own experience with trauma.

Students will learn to:

- Identify crash factors and how they are preventable
- Appreciate how personal factors affect risk
- Develop personal strategies and plans, and consider self-monitoring of actions long term
- Approach driving as a social responsibility

Transport to and from the Wagga Wagga Showground is being provided by Goodes Coaches and Allen's Coaches departing Tumut High School at 7.30am and returning at 3.30pm. Ms Sturt, Ms Perry and Ms Norton will be the supervising teachers on board and in attendance for the day.

A sausage sizzle is being provided by the Rotary Clubs of Wagga for lunch, however students will need to bring additional snacks and their own refillable water bottle. Students will also need to wear full school uniform and bring a pen.

2. Love Bites Program / Study Skills / Time Management – Tumut Baptist Church Tuesday, 18th and Wednesday, 19th May 2021

Love Bites is a Respectful Relationships Education Program for young people aged 15-17 years. The 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 Audio-Visual 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. Some topics are of a controversial nature and 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 Mr Somerville or Mr Taylor on 6947 0600.

Additional workshops will also be conducted to assist students with their HSC preparation.

Students are to arrive at the Tumut Baptist Church, corner of Snowy Mountains Highway and Bundarra Crescent by 9.00am each day and will be dismissed at 3.05pm. Students may wear comfortable casual clothing on these two days. A number of Tumut High School staff will be in attendance on both days.

A sausage sizzle is being provided for lunch on both days, however students will need to bring their own snacks and refillable water bottle.

Students have been invoiced an amount of \$50.00 to assist in covering the cost of delivering the **Life Ready** Program and this amount is to be paid as soon as possible via our school website <https://tumul-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 a 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.

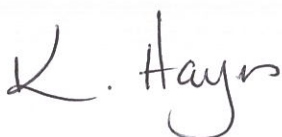
If you are having difficulty in meeting this expense, please contact the Principal.

Under DOE strict COVID-19 Guidelines if your child presents with any cold or flu like symptoms, or has an elevated temperature, on the day or in the days leading up to the dates listed above, they will not be able to attend.

As per NSW Health Guidelines all social distancing rules will be encouraged, and all students and staff are to be compliant with the Goodes Coaches, Wagga Wagga Showground and Tumut Baptist Church COVID-19 plans.

Please complete the Permission slip and return to the office by recess on Wednesday, 12th May 2021.

Yours faithfully



per
Mr D Dixon
Principal



PERMISSION SLIP

Year 11 *Life Ready* Program

Friday, 14th May 2021 – RYDA, Wagga Wagga Showground
Tuesday, 18th & Wednesday, 19th May – Tumut Baptist Church

Please return to the school office by Recess, Wednesday, 12th May 2021

Student's Name: _____

Medical Conditions: _____

Medication Required: _____

Will your child have this medication with them? **YES / NO**

Dietary / Food Intolerance: _____

I understand that:

- my child will be attending RYDA at Wagga Wagga Showground on Friday, 14th May 2021 and transport is being provided by Goodes Coaches and Allens Coaches
- my child will be attending the Tumut Baptist Church on Tuesday, 18th and Wednesday, 19th May 2021 and is required to make their own way there, and home at the end of each day
- my child will be viewing the documentaries "**The Mask You Live In**" and "**Embrace**"

Parent / Caregiver Name: _____

Parent / Caregiver Signature: _____ Date: _____

Contact Phone Numbers: _____

