

Wadalba Community School

Progress with Pride



Unlocking the Brilliance in Each of Us

Dear parent/ guardian,

Each year, Year 7 participate in the internationally recognised program, Rock and Water. The aim of the program is to support people of all ages to build resilience, confidence and develop relational capacity.

Trained facilitators provide weekly sessions involving a range of games and activities, competitions, warm ups, learning to control ourselves physically using strike shields, some self-defence, meditation and group conversations.

For more details, you can visit <http://www.rockandwater.com.au/>. An excerpt from this site provides a brief overview of the program:

"The Rock & Water program is an experience that provides young people and adults a pathway to self-awareness, and increased self-confidence and social functioning.

Each participant of the Rock & Water program undergoes a journey of self-awareness as they learn about responding to life with either a "rock" or a "water" attitude. The use of symbolism is central to the success of the Rock & Water program and the reason why young people are drawn to the program. The program is an excellent tool to support young people in finding their grounding, learning how to centre oneself and learning how to self-manage in social settings."

Due to the physical nature of the program students will be required to remove their shoes each session for safety. As with any other school activity, if a student is unwell/ unable to participate in a session, a signed note must be provided prior to the activity so accommodations can be made. Rock and Water is a compulsory school activity that will be held throughout sport time for 10 weeks. Full student participation is expected.

Students will engage in this program in house groups for a single term and rotate sport activities for the remaining 3 terms. We look forward to working with your child to help them develop their skills and confidence in High School.

Sincerely,

Brad Glachan

Deputy Principal



Education

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