



Phoenix Soar - Wellbeing Program - Years 5-6

Dear Parents/Carers,

We have been fortunate enough to secure a free wellbeing program facilitated by the South East Melbourne Phoenix Basketball team. Please read below for more information on how it links with the Victorian Curriculum.



Dates:	<p>The free program will run over 4 weeks.</p> <p>Students will attend a 50 minute session on the following dates:</p> <ul style="list-style-type: none">• Thursday, 2 June• Thursday, 9 June• Thursday, 16 June• Thursday, 23 June
Program Information:	<p>Phoenix Soar is a brand new Mental Health and Wellbeing Program for Yr 5 & 6 students. The program combines athlete storytelling, group discussion, classroom activities and game-based learning on the court.</p> <p>The program is run over four weeks and covers the following concepts:</p> <ul style="list-style-type: none">• Character Strengths• Recognising Emotions• Managing Emotions• Help Seeking <p>Students are provided with a workbook and encouraged to share what has been covered in each session with parents/guardians to foster open conversations and communication.</p> <p>All of the curriculum is aligned to the Victorian Government's Rights, Resilience and Respectful Relationships curriculum and delivered by trained facilitators.</p> <p>For more information follow the link: https://www.semphoenix.com.au/pages/phoenix-soar</p>

DANIELLE CURTOIS

Physical Vibe

Wednesday, 25 May 2022