



Geelong High  
Enhancement of Students Program  
Term 2 - 2009



# ENHANCEMENT of STUDENTS PROGRAM (ESP)





Geelong High  
Enhancement of Students Program  
Term 2 - 2009



It is with much pleasure that we provide you with a brief summary of a student enhancement program for referred students from Geelong High during term 2 - 2009.

The youth development program has the primary focus of enabling positive behaviour change and a secondary focus on strengthening & building relationships between young people, police, teachers and other community members which ultimately results in enhancing community connectedness and resilience of students at risk.

The **4** key objectives of the youth development program will be:

- 1. To enable positive and long lasting behaviour change (Cognitive Behaviour Therapy)***
- 2. To strengthen relationships & enhance positive life skills.***
- 3. To increase self esteem through adventure based activities and other experiences.***
- 4. To provide quality adventure based experiences & improve school retention.***

It is anticipated that 10 students, 1 teacher & 2 group leaders would participate in weekly day programs (1 day session each week over 8 weeks) with instructors from Boiled Frog Adventures & Groundswell & other appropriate service providers over the school term. All activities are developed and delivered following Department of Education Guidelines and Standards

A term program would include:

- Ice Breakers & Trust Initiatives - Boiled Frog & Groundswell
- Big Swing & High Ropes Course - YMCA & Boiled Frog
- Raft Building - Boiled Frog & Groundswell
- Surfing - West Coast Surf School & Boiled Frog
- Breaking Down the Barriers & De-brief - Groundswell & Boiled Frog
- Anger Management - Groundswell
- Healthy Outlook, Healthy Body, Healthy Minds - Glastonbury & Boiled Frog
- Drug Education - Beyond the Binge
- Celebration & Awards - Geelong High, Boiled Frog, Groundswell

The enhancing students program would be conducted at various locations in and around Anglesea on the iconic Great Ocean Road, Geelong & Geelong High and the program is quality assured and fully insured by both leading services and any contracted providers.

The key facilitators will conduct a brief overview of weekly day programs, professional backgrounds and commence the team building activities as set out in the 8 week program.



Geelong High  
Enhancement of Students Program  
Term 2 - 2009



The student enhancement program consists of two key learning areas being adventure activities (physical health) and cognitive change (student health & well-being) - mentoring & experiential learning.

It is anticipated that the program will achieve a balance between structured activities whilst enabling creative and fluid outcomes based on both individual and group needs assessed throughout the course of each day and embedded in this 8 week program. The facilitators will ensure that all participants are empowered and that mutual respect is the foundation of all activities and workshops. Access and equity are essential elements in fostering positive learning & providing adventure based environments and positive health and learning outcomes.

***DAY Program Week 1 @ a glance!***

Time:	Activity or Workshop: Introduction	Risk rating:
10.00 - 10.30	Welcome & introduction – Introduction of Day Program Activities. Risk management & aims and objectives	low
10.30-11.30	Trust and team work activities - held at Anglesea Main Beach & Camp Wilkin if weather is an issue.	medium
11.30-12.30	Breaking Down the Barriers Exercise - Group Work and Problem Solving.	low
12.30-1.30	Lunch & refreshments – informal games time!	low
1.30-3.00	*Surfing Program - West Coast Adventures	medium
3.00 -	De-brief & review next week's activities - travel back to Geelong	low

***DAY Program Week 2 @ a glance!***

Time:	Activity or Workshop: Challenge by choice	Risk rating:
10.00 - 10.30	Welcome & introduction – Introduction of Day Program Activities. Risk management & aims and objectives	low
10.30-11.30	*Big Swing at YMCA Camp Site - Anglesea	medium
11.30-12.30	*Big Swing Continues & Group Base Ball Game - Camp Oval	medium
12.30-1.30	Lunch & refreshments – informal games time!	low
1.30-3.00	*High Ropes Course	medium
3.00 -	De-brief & review next week's activities - travel back to Geelong	low

***\*Sub contractors are YMCA Recreation Camp & West Coast Adventures***



Geelong High  
Enhancement of Students Program  
Term 2 - 2009



***DAY Program Week 3 @ a glance!***

Time:	Activity or Workshop: Team Building	Risk rating:
10.00 - 10.30	Welcome & introduction – Introduction of Day Program Activities. Risk management & aims and objectives	low
10.30-11.30	Mountain Bikes Program - Anglesea Trails	medium
11.30-12.30	Mountain Bikes Program - Anglesea Trails	medium
12.30-1.30	Lunch & refreshments – informal games time!	low
1.30-3.00	Raft Building - Anglesea River (Wray Street)	medium
3.00 -	De-brief & review next week's activities - travel back to Geelong	low

***DAY Program Week 4 @ a glance!***

Time:	Activity or Workshop: Our Coast , Our Backdoor	Risk rating:
10.00 - 10.30	Welcome & introduction – Introduction of Day Program Activities. Risk management & aims and objectives	low
10.30-11.30	Beach Program - Snorkeling @ Urquhart's Bluff or Pt Road knight.	medium
11.30-12.30	Beach Sculptures & Beach Games	low
12.30-1.30	Lunch & refreshments – informal games time!	low
1.30-3.00	Art & Graphic Design Session @ Camp Wilkin	low
3.00 -	De-brief & review program - travel back to Geelong	low

***Groundswell , Camp Wilkin & Boiled Frog will deliver above activities.***



Geelong High  
Enhancement of Students Program  
Term 2 - 2009



***DAY Program Week 5 @ a glance!***

Time:	Activity or Workshop: <b>Breaking Down the Barriers</b>	Risk rating:
10.00 - 10.30	Welcome & introduction – Introduction of Day Program Activities. Risk management & aims and objectives	low
10.30- 11.30	Court House Youth Arts Centre - Students, Police, Health Workers involved in group and reflective activities.	medium
11.30- 12.30	Pushing the boundaries - students, police & youth workers	low
12.30- 1.30	Lunch & refreshments – informal games time!	low
1.30- 3.00	Clockwork Young People's Health Service - Overview	low
3.00 -	De-brief & review program - travel back to Geelong High	low

***DAY Program Week 6 @ a glance!***

Time:	Activity or Workshop: <b>Anger Management</b>	Risk rating:
10.00 - 10.30	Welcome & introduction – Introduction of Day Program Activities. Risk management & aims and objectives	low
10.30- 11.30	Commence Program @ Camp Wilkin Anglesea - Multi Purpose Rm	medium
11.30- 12.30	Real Anger Management - Real Solutions	low
12.30- 1.30	Lunch & refreshments – informal games time!	low
1.30- 3.00	Art & Graphic Design Session @ Camp Wilkin	low
3.00 -	De-brief & review program - travel back to Geelong	low

***Groundswell , Camp Wilkin, Clockwork & Boiled Frog will deliver above activities.***



Geelong High  
Enhancement of Students Program  
Term 2 - 2009



***DAY Program Week 7 @ a glance!***

Time:	Activity or Workshop: <b>Healthy Outlooks, Healthy Minds</b>	Risk rating:
10.00 - 10.30	Welcome & introduction – Introduction of Day Program Activities. Risk management & aims and objectives	low
10.30- 11.30	What is a healthy outlook and what strategies can make a real difference to mental and physical health - workshop.	medium
11.30- 12.30	Health workshop - relaxation	low
12.30- 1.30	Lunch & refreshments – informal games time!	low
1.30- 3.00	Drug Education Session - Beyond the Binge	low
3.00 -	De-brief & review program - travel back to Geelong	low

***DAY Program Week 8 @ a glance!***

Time:	Activity or Workshop: <b>Celebration &amp; Awards</b>	Risk rating:
10.00 - 10.30	Welcome & introduction – Introduction of Day Program Activities. Risk management & aims and objectives	low
10.30- 11.30	Digital camera project - students to create a collage of images taken during the program to present to the school at the awards ceremony.	low
11.30- 12.30	Digital design workshop continues.	low
12.30- 1.30	Lunch & refreshments	low
1.30- 3.00	Guest speaker - digital collage presented to school and students receive awards.	low
3.00 -	De-brief & review program - with all staff.	low

***Program background***

Groundswell & Boiled Frog were approached by Geelong High in late 2008 to develop and deliver an 8 week student enhancement program for year 7 students from disadvantaged & marginalized backgrounds, which would enable positive behaviour change, improve school retention and build community relationships - young people, police, teachers & youth workers etc.



Geelong High  
Enhancement of Students Program  
Term 2 - 2009



Mark Braun & Paul Weight will deliver weekly day program activities drawing from 2 decades of service experience and long working relationships with the Police, Schools & many NGO's in and around Geelong.

Groundswell will be responsible for health promotion, counselling and design elements of the day program and both services are covered by relevant insurances for detailed activities in this program. All staff have undertaken Working With Children's Checks / Police Checks and have tertiary qualifications in welfare, education and adventure service provision.

All sub contracted adventure services and health services have relevant qualifications and insurance under legislation and quality assurance.

***Participation:***

Participation is strongly encouraged to enable the best possible outcomes of the program whilst an agreed approach is best described as challenge by choice. In the event that an activity or program element is deemed not suitable we welcome full support and encouragement in an observational capacity. Please ensure that all relevant information has been included in the medical and program participation forms prior to commencing the program. Teaching staff are to fully participate in the program or as deemed appropriate by both the individual and service provider and also assist with student management issues as required.

***Insurance:***

This is covered by both the service provider and your employer and includes work cover and public indemnity insurance and other insurances.

***Evaluation:***

Evaluation will occur during and after the program to ensure aims and objectives are achieved and that any enhancements can be made. All participants are given the opportunity and are strongly encouraged to provide feedback via completing an evaluation form and or direct communication with facilitators.

All information collected and stored will be in accordance to information privacy legislation.

A brief report will be provided to your school, agency or service following the conclusion of the program via email and in PDF.

***Qualifications:*** All staff engaged by Boiled Frog Adventures & Groundswell Health Promotion are fully qualified and experienced – please refer to facilitators resumes & other documentation.

**Websites:** [www.groundswelldesign.com.au](http://www.groundswelldesign.com.au) or [www.boiledfrogadventures.com.au](http://www.boiledfrogadventures.com.au)

For further information contact either Mark Braun on 0411396649 or Paul Weight on 0434438374.

**The Student Enhancement Program estimate is: \$4,864 including GST.**