



## Wellbeing at Secret Harbour

We are currently in the process of implementing a new program into our school called Highway Heroes.

The program is a health promotion and prevention program for teachers to introduce and consolidate social and emotional skills with primary age children between 5-12 years of age.

Highway Heroes aims to develop children's' proactive skills (forming friendships, gaining inclusion, thought/mood management) and reactive skills (dealing with play refusals, friendship difficulties, teasing and bullying) by using tools,

resources and activities with structured stand-alone modules and lesson plans on particular topics such as Resilience and Bullying.

The program utilises an overarching metaphor of travelling along the 'Highway of Life' and becoming a 'Highway Hero'. By acquiring and learning 'Highway Tools', children are encouraged to successfully deal with the inevitable 'Bumps and Hazards' they may encounter along the way.

Look out for some home activities for your information and to complete together at home.

- **Parent Information:** an explanation of the content of the day's lesson, relevance to the area of social and emotional skill building, and suggestions for incorporating the learning into the home/family environment.
- **Home Activities:** activity sheets for brief home completion on the lesson's topic. Includes suggestions for parental involvement.

Happy travels Highway Heroes!

**Miss Smith**

Wellbeing Coordinator