

## Exciting Group Programs for KPS Students

At Keelonith Primary School (KPS), we are excited to offer two fantastic group programs this year, led by our school psychologist, Stephanie Roberts, aimed at enhancing the social and emotional wellbeing of our students. These programs are designed to support children in developing crucial life skills while providing a fun and supportive environment.

### Brick Club (Grades 2, 3, and 4)



We know that all children deserve opportunities to connect, build friendships, and enhance their social skills. However, many children need additional support to strengthen their communication, collaboration, and problem-solving abilities. That's where *Brick Club* comes in!

*Brick Club* is a playful, low-anxiety program where children can work together to create LEGO® models, fostering teamwork, creativity, and social interaction. The program uses the *Brick-by-Brick®* methodology, developed by Play Included, which is endorsed by the LEGO Foundation. This unique approach helps children build confidence, improve their emotional wellbeing, and enhance social skills in a relaxed setting.

Children will take on different roles within the group – Engineer, Supplier, and Builder – and collaborate to construct their LEGO models. Through this, they develop essential life skills like communication, joint decision-making, motor skills, and problem-solving while enjoying a shared passion for LEGO.

### Cool Kids Program (Grades 3, 4, 5, and 6)

The *Cool Kids* program is designed for children who struggle with anxiety, helping them and their parents learn practical skills to manage anxious feelings. Based on Cognitive Behavioural Therapy (CBT), this structured program focuses on building confidence and coping strategies.

Developed by Macquarie University, the *Cool Kids* program has been used globally and shown to significantly improve children's emotional wellbeing. Topics covered include understanding anxiety, realistic thinking, coping skills like relaxation, and facing fears step-by-step.



This program will run during school hours for students in Grades 3 to 6. Children will participate in 10 group sessions, each lasting about an hour. During the program, children will be encouraged to practice their new skills both at home and school.

The *Cool Kids* program is ideal for students who experience anxiety related to separation fears, social situations, specific phobias, or general worries. By completing the program, children typically experience increased confidence, improved social connections, and a decrease in anxiety symptoms.

### **Registering Your Child**

If you believe your child would benefit from either *Brick Club* or *Cool Kids*, please contact Stephanie Roberts via email at [stephanie.roberts@education.vic.gov.au](mailto:stephanie.roberts@education.vic.gov.au) or speak with your child's classroom teacher.