



MATER DEI CATHOLIC COLLEGE

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20 March 2019

Dear Parent/Carer,

Year Nine girls have their Wellbeing Week 25-29 March 2019. Days one to three are onsite at the Marian Centre and days four and five will be off campus. Please sign and return the attached permission note to the front office by Tuesday, 26 March 2019.

Monday - Tuesday CEDWW Psychologist's Anne Hodkinson and Kylie Campbell have programmed two days of content exploring resilience, values, strengths and coping styles. This self development opportunity for the girls will be informed by the Adolescent Coping Scale (ACS-2) and the Values In Action Questionnaire which are self report measures for youth.

Wednesday MDCC Transitions and Pathway Specialist, Richard O'Connell will lead our Students through a workshop focused on future careers and personality profiling. Female professionals, tradespeople, sportswomen and members of the community have been invited to come and share their story into their chosen field with our Students in a 'Career Speed Dating' session. Following this our Students will hear advice from the Women's Health Centre on healthy relationships and financial independence for women. We will have a prayer and liturgy focus on friendships, healing and hope.

Thursday Corrie Buchanan from The Body Mantra presents the 'Girls on Fire' Program, which is designed to support adolescent girls to love how they look and feel, giving them the confidence to do their best at school and be excited about their future. The focus is on positive body image, yoga, meditation and mindfulness. To view their website, please visit <https://www.bodymantra.com.au/>.

Friday Dannielle Miller (Author and Life Coach) CEO of Enlighten Education presents 'The Butterfly Effect'. This program is designed to inspire and transform young women; reconnecting with core personal values and self-belief lost in adolescence; feminism; fashion and social labeling; financial literacy; study and workplace skills; personal safety; journal writing; stress management; and having healthy friendships. To view their website, please visit <http://www.enlighteneducation.com/>.

- Offsite Excursion Dates:** Thursday 28th & Friday 29th March
- Departure/Return time and place:** Front of the College 9.00am - 3.00pm
- Excursion venue:** Wagga Boat Club
- Transport:** Students will be walking to and from the Boat Club
- Cost:** Program cost is \$100 and has been added to your Fee Account Statement for Term 1.
- Student requirements:** Students will need to bring their lunch and a drink bottle both days. Morning Tea will be provided. Students who have special dietary needs are encouraged to bring their own.
- Dress:** Modest, Casual Clothing may be worn on Monday, Tuesday, Thursday and Friday. On Wednesday Students must wear their full Summer Uniform, as they will be meeting with members of the public. On Thursday, Activewear will be most appropriate for engaging in the Yoga/Meditation Sessions.
- Other relevant details:** Students will need their charged devices on Monday, Tuesday and Wednesday. On Thursday Students will need to bring a Yoga Mat or a Towel to participate fully in the sessions. A small cushion to sit on (both days) is also advisable and a pencil case on Friday.
- Teacher in Charge:** Mrs Amelia Bright

Mr Daryl Lawrence
Assistant Principal

Mrs Amelia Bright
Teacher in Charge

**Mater Dei Catholic College
Year 9 Girls Wellbeing Days**

Parent/Carer Authorisation

I give permission for _____ of Year 9, to participate in the
Student name

Year 9 Girls Wellbeing Days off site at the Wagga Boat Club

on Thursday 28th & Friday 29th March, 2019

I have read the information above and give permission for the teacher in charge to seek medical attention if warranted.

I **do/do not** give permission for my child to be photographed whilst on this excursion.

Date: _____ Parent/Carer signature: _____

Emergency Contact Name and Phone No: _____

Please indicate any medical condition/s that may be relevant to your child's participation in this event

Organising Teacher: Mrs Amelia Bright

Please return signed permission note by Tuesday 26th March, 2019