

## Dear GroundED Families,

After listening to families and reflecting on Term 1, we'll be running two separate groups this term so the girls can feel more comfortable, supported, and connected with others at a similar stage.

Here's the plan:



### **Group 1: Year 6 & 7 girls (3:30pm–5:00pm)**

A strong focus on friendships, navigating “girl world”, and building confidence in relationships.

We'll gently guide conversations around inclusion, communication, and feeling secure within themselves.

### **Group 2: Year 8 & 9 girls (5:00pm–6:30pm)**

A slightly more mature focus on healthy habits, goal setting, managing time, sleep, and building routines that support school and life.

This group is all about helping girls feel more in control and less overwhelmed.

Both groups will still experience the heart of GroundED Girls:

- Phones off, space to breathe
- Movement (strength + yoga-style sessions)
- Practical planning for the week ahead
- Open, supportive conversations
- Gentle education around wellbeing (including cycle awareness, sleep, and stress)

Everything we do is built around our VIBES pillars: **V**ital Nutrition, **I**ndividual Planning, **B**uilding Strong Relationships, **E**xercise, and **S**leep.

### **Term 2 Dates (Sundays):**

May 3, May 10 (Mother's Day special), May 17, May 24, May 31 (later session), June 14


 **Location:** Well Soul Studio

### **Times:**

Year 6/7: 3:30–5:00pm

Year 8/9: 5:00–6:30pm

(Girls are always welcome to stay for the full time if that helps with logistics)

 **Purchase tickets here:**  
<https://events.humanitix.com/grounded-girls-term-2-2026>

♥ **GroundED** **Girls** **past** **students:**  
Use discount code **GGVIP**

More than anything, GroundED Girls is about giving your daughter a space to feel better — not adding more pressure.

If your daughter has been feeling a bit overwhelmed, navigating tricky friendships, or just needs a space to reset each week, this is exactly what this program is designed for.

If you have any questions at all, just reply to this email — I'm always happy to chat.

Phoebe



GroundED Girls is a 6-week program that runs on Sundays, designed to support girls through the key pillars of wellbeing during their teen years.

Each week, we focus on building simple, practical habits through our **VIBES framework**, giving girls the tools and confidence to feel more balanced, capable, and in control.

📍 **Where:** Well Soul Studio, Echuca

🕒 **When:** Sundays

👧 **Who:** Students in Years 6, 7, 8 and 9

Over the 6 weeks, we explore:

**Vital Nutrition** – Understanding food choices that support energy, mood, and overall wellbeing

**Individual Planning** – Creating realistic weekly plans and learning to manage time with confidence

**Building Relationships** – Navigating friendships, communication, and connection with self and others

**Exercise** – Moving the body in a way that builds strength, confidence, and enjoyment

**Sound Sleep** – Developing habits that support rest, recovery, and emotional balance

GroundED Girls is about helping girls feel better in their everyday lives – with practical tools they can actually use.

