



## Chaplain's Chat

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### ***Greetings White Gum Valley Primary School Community,***

I hope you all had a wonderful school holidays and are ready for Term Two!

In this newsletter I wanted to share about a program that I am running in term two through the school called G.R.I.T, it stands for: Growth, Resilience, Integrity and Traction. This program will be for our student councillors to help equip them in their role. The program was created by Youth Care to increase leadership skills and is done through: experimental learning processes, challenging activities, and followed by a debrief. The challenges and activities target learning areas such as: problem solving, trust, communication, group roles, resilience, giving and receiving honest feedback, goals and strategy, social awareness, emotional awareness, leadership and self-care. For our first lesson we started with trust building games and games that involved getting to know each other. We then created our working agreement and finished up with a debrief.

One of the activities we did was a game called Trust Walk. This game involved a pair of students having to work together to guide the blind folded person through the obstacle course. One student was having to use their voice; problem solve the course to help guide their peer. Whilst the blind folded person had to trust the other person to guide them safely through the course. This was one of the activities we did in session one to create, trust, resilience, and group bonding. Then we did a discussion on the value and need for trust in our lives. Also we discussed that the obstacle course can represent the challenges that we can sometimes face in our life's journey, that we build resilience through challenges, and that it's important to have people that we can trust to help guide us through those challenging times.

Have a great month of May, from your Chappy!

*\*Here are some photos below from the Trust Walk game including the winning teams trophy:*

