

Dear parent/caregiver,

Your child has self-nominated to participate in the upcoming Rock and Water program, which will be run by Justin Cogley, one of our school counsellors who is a trained facilitator in the program. He will be assisted by our Student Support Officer, Alice Dunn.

The Rock and Water program is a social skills and self-defense training program developed by Dutch educator and psychotherapist Freerk Ykema. It is designed to empower individuals, particularly children and teenagers, with the tools to develop self-awareness, self-confidence, and effective communication skills. The program combines physical exercises, role-playing, and discussions to promote personal growth, enhance social interactions, and prevent bullying.

The 10 session program is due to begin at the start of Term III and run into Term IV. It will be held on a Friday afternoon in the last period of the day. Should you agree for your child to participate in the program, then he will be expected to catch up on any work that he misses as a result of his participation.

Your child will have permission to wear his sport's uniform to school on the day of the program.

Background Information

Below is a summary of the program aims, themes and hopefully, the outcomes that your child will experience.

1. **Self-awareness and emotional regulation:** The program emphasizes self-reflection and helps individuals become more aware of their thoughts, emotions, and physical sensations. Participants learn strategies to manage their emotions, reduce stress, and develop a sense of inner balance.
2. **Self-confidence and assertiveness:** The Rock and Water program aims to build self-confidence and assertiveness through physical exercises and body awareness. Participants learn how to stand their ground, express themselves effectively, and set personal boundaries, leading to increased self-esteem and resilience.
3. **Social skills and empathy:** The program focuses on improving social skills and promoting positive interactions with others. Participants learn to recognize and respect different perspectives, develop empathy, and communicate effectively. This enhances their ability to build healthy relationships and resolve conflicts peacefully.
4. **Bullying prevention and self-defense:** The Rock and Water program includes self-defense techniques and strategies to address bullying situations. Participants learn how to recognize and avoid potential conflicts, assertively respond to bullying behavior, and de-escalate confrontations when necessary. This empowers them to protect themselves and others in a non-violent manner.
5. **Personal growth and resilience:** Through the Rock and Water program, individuals develop a greater sense of self-awareness, self-control, and emotional resilience. They learn to overcome challenges, develop a positive mindset, and adapt to different situations, leading to personal growth and increased overall well-being.
6. **Positive school climate and community building:** The program fosters a positive and inclusive environment. It promotes cooperation, respect, and understanding among participants, creating a sense of community and reducing the likelihood of conflicts and bullying.

The Rock and Water program has been praised for its effectiveness in promoting personal development, improving social skills, and preventing bullying. It equips individuals with valuable tools to navigate various social situations, build healthy relationships, and face challenges with confidence.

Permission

I, _____ give permission for my child _____ to participate
PRINT NAME **PRINT NAME**

in the Rock & Water Program. I understand that it involves physical exercises and exertion that has the potential for injury. I understand that my child will need to catch up on the learning that they miss when participating in this program.

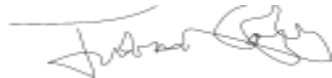
Parent/Carer Signature

Date

Contact

If you have any questions about the program, please contact Justin Cogley via email at justin.cogley@det.nsw.gov.au

Kind Regards,



Justin Cogley
School Counsellor