

THRIVE is a 3-Day Holiday Program which will help tween girls transition from Primary School to Secondary School with confidence and ease.

The Program runs for 3 DAYS on **January 20, 21, 22, 2024** from **10:00am - 3:30pm**.

This program is aimed to empower young girls about to start Secondary School with the tools that they already possess from within to help them navigate new and unfamiliar situations.

Using a range of activities including role play, mindfulness, games and creative expression, we will cover topics around-

- Thoughts & self talk, peer pressure, social media, expectations, beliefs, values, strengths, anxiety, confidence and time management. The details of the program have been sent via email. Parents & carers are expected to read the information carefully so that they are fully aware and happy with the contents of each session. It is the responsibility of the parents to bring up any concerns or questions as they arise around the program content or their child.
- Participants need to bring with them to each session an A3 sketch pad, pencil case with felt tips & colouring pencils, a named water bottle and a nut free lunch. Light snacks and refreshments will be provided.

PARENT/CARER CONSENT

- I give permission for my child to attend the **THRIVE** 3-Day Program on the **20th-22nd January 2024**. I have read the outline of the program and agree to the content which will be presented to the participant.
- I commit to bringing my child to the venue at **10:00am** every morning and picking her up promptly at **3:30pm**.
- I understand that it is my responsibility to inform Carolina Andersson of any allergies or areas of concern which may be relevant to the safe running of the program.
- I understand that the fee I have paid is non-refundable, and that there are no make-up classes possible.
- I understand that this program is not a form of therapy, but an educational, fun workshop where tools and strategies will be shared and learned which can be used in my child's day to day life.
- Should any sensitive information be shared during the sessions, I understand that the program leader (Carolina Andersson) cannot be held responsible for this, but that she will ensure she will keep it confidential to the best of her ability, and that the children understand the value of confidentiality before the start of each session.