

14 May 2024

WHAT'S THE BUZZ? PROGRAM

Dear Families,

Your child has been selected to take part in the wellbeing and social skills program 'What's the Buzz?', run by Christine Falco (R-6 Wellbeing Leader) and Katie Rogers (Pastoral Care Worker).

'What's the Buzz?' is a program designed to help children and young people develop social and emotional awareness. The program will run for 10 weeks and take place on Wednesday's from 11:00-11:50am during class time - beginning on Wednesday 22 May 2024 (Term 2, Week 4).

The program will involve exploring the following:

- Group norms and team building skills.
- Identifying social cues: reading facial expressions and body language.
- Verbal and non-verbal forms of communication.
- Establishing and maintaining positive relationships.
- Exploring feelings and emotions.
- The body's Early Warning Signs.
- Emotional regulation tools.
- Triggers.
- Winning and losing gracefully.
- Coping with change.

Please complete the permission slip below and **return this and the pre-questionnaires to Junior School Student Services by Tuesday 21 May 2024.**

If you have any questions or concerns, please do not hesitate to contact Christine Falco. Phone: (08) 8165 4700 Email: Christine.falco427@schools.sa.edu.au

We look forward to the exciting opportunity that 'What's the Buzz' will bring to your child.

Kind regards,



Christine Falco
R-6 WELL-BEING LEADER



Katie Rogers
PASTORAL CARE WORKER

Please return the slip below to R-6 Student Services by Tuesday 21 May 2024.

I, _____ give permission for _____ to

participate in a 10-week 'What's the Buzz?' social and emotional skills programme

starting on Wednesday 22 May 2024 which will be run by Christine Falco and Katie Rogers.

Signed _____ Date / /



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T/A South Australian
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