

FAQs

Answers to frequently asked questions



TEACHERS FAQS

1. WHAT WORKSHOPS ARE OFFERED TO SCHOOLS?

We deliver workshops for both primary and secondary schools.

Each workshop is tailored to suit the developmental needs of students, and issues common to year levels.

The workshops we offer schools and students are:

- Primary School workshops for Grade 5 & 6 students.
- Secondary School Workshop for students from Years 7 to 12.
- Grounded for young people aged 14-16 year olds.
- Heroes Days for Year 9s.
- Leadership Days for Year 9 & 10 students.
- Finding Heroes for teachers.

Check out the workshop section of the website to find out what workshops are available in your area.

2. WHAT IS REQUIRED FROM SCHOOLS DURING A WORKSHOP?

A teacher and student wellbeing professional are required to attend all Primary and Secondary School workshops delivered by Reach in schools.

We understand that this is not always possible for a range of reasons – but please ensure you contact us if it's not possible, so we can discuss alternative arrangements with you.

For other Reach workshops – like Leadership Days and Heroes Day - a teacher is required to attend the workshop.

For Grounded, we don't require a teacher's presence at the workshops - because our team of wellbeing professionals attend.

But, we do strongly recommend teachers follow up with students and seek secondary consultation from Reach's wellbeing team, if required.

3. DOES REACH SUPPORT INDIVIDUAL STUDENTS?

Reach doesn't provide individual support to young people attending workshops – we think this follow up is best placed with the school and the supports that exist within a young person's network.

However, Reach's Wellbeing Team are available to chat to and can provide help on a number of issues like:

- They can provide info and support to secondary school staff to help understand the workshop experience and impact on students.
- They can also discuss and offer suggestions to facilitate supported referrals, for individual students; and
- The wellbeing team can offer secondary consultation to school staff, for individual students.

4. HOW SOON CAN A FOLLOW-UP BE ARRANGED?

A follow up workshop is a great way to extend upon the ideas and learning's introduced in the first workshop.

After the initial workshop, we recommend a follow up workshop at least 1-2 months later.

In this way students are encouraged to re-examine the issues and themes that were introduced in the first workshop and an environment is created that again allows them to openly communicate and express how they feel.

5. HOW CAN WE CONTINUE THE WORK STARTED BY REACH IN OUR CLASS?

There are a couple of ways teachers and school staff can extend the Reach experience for their students after a workshop:

1. Ask students to write a positive message they can take away from the day, or to create a positive affirmation that will remind them of something that stood out for them.
2. Bring the group together for a de-brief after the workshop.
3. You can also ask home group teachers to follow up with students - simply by asking them how they're feeling and any other responses they had, after the workshop has concluded. There's value in this simple follow up connection and conversation.
4. Teachers can also attend Finding Heroes – it's a great way to build the capacity and skills to create spaces where young people feel safe and connected. You can check out more info about Finding Heroes in the workshop section of the website.

SCHOOL WORKSHOP FAQs

1. CAN THE WORKSHOP BE RUN IN A CLASSROOM?

Primary and Secondary School Workshops are delivered in the school.

The physical space is an important component that complements a Reach workshop.

It's important to the success of the workshop and wellbeing of the students that the workshop space is quiet, private and carpeted area that can comfortably accommodate the students.

Please note - large auditoriums and/ or gyms are not suitable spaces for a Reach workshop.

If you're uncertain about the space you're planning to use for the Reach workshop, please contact us to chat through the options and requirements.

2. WHEN SHOULD THE WORKSHOP BE HELD?

Primary and Secondary School Workshops are delivered during the school term.

We work in partnership with schools to determine the best timing for students and the school.

From experience, the important things to consider are:



THE TIME OF DAY

We recommend that workshops are scheduled earlier in the school day (before lunch).

This enables students to seek support if they need - through the remainder of the day.

This is important because a Reach workshop provides students with an opportunity share things that are important to them and think about the things differently by considering other perspectives.

Some students may leave the workshop in a reflective space. If this is the case, these students may benefit from or seek a follow up conversation with a staff member of student support service.

THE TIME OF YEAR

Workshops can be held any time during the school year, except for the last two weeks of term 4.

We don't recommend scheduling workshops for the last weeks of term 4 because there's often limited time for the messages and themes introduced through the Reach workshop to be reemphasized and built upon through the school year.

3. CAN MORE THAN ONE WORKSHOP BE BOOKED PER DAY?

We don't recommend students attend two different Reach workshops in one day.

It's important after workshop that students have an opportunity to reflect on the content and themes before attending another workshop.

However, it's possible to book the same workshop more than once in a day – which may be appropriate if you have a large number of students in a particular year level and you would like them all to participate in a Reach workshop.

We can organize for workshops to be facilitated concurrently or at different times throughout the day by our crew.

4. IS THERE A PREFERRED ORDER TO THE WORKSHOPS?

Each workshop is designed to be a discrete experience – and whilst prior participation in a Reach workshop will always add to the experience, it is not a requirement for any of our workshops.

Having said that, we have an order of workshops that we recommend that is based upon the themes and content of each workshop and the developmental needs of adolescents.

You can refer to this preferred order of primary school and secondary schools workshop themes in the workshop section of the website.

5. HOW MANY STUDENTS CAN PARTICIPATE IN A SCHOOL WORKSHOP?

The majority of workshops are designed to be delivered to all the students in a year level.

We conduct workshops for groups of approximately 20 to 70 young people.

And all workshops are designed to ensure each student has a chance to actively participate.

For Primary school workshops we recommend a maximum of 25 students for workshop.

For Secondary School Workshops we recommend a maximum of 30-50 students for Year 7 & 8 workshops and a maximum of 70 students per workshop for Year 9 – 12.

If your school is co-ed, we don't recommend separating the sexes, as mixed gendered groups generally result in more effective workshops.

We generally also don't recommend separating special needs students from the rest of their year level for workshops, as the diverse mix of students often lends itself to a more effective session.

6. CAN WE COMBINE DIFFERENT YEAR LEVELS IN A WORKSHOP?

Generally we recommend that year levels are not combined due to the significant variation in developmental stages across age groups.

For smaller regional schools, and for those schools that have combined classes, it may be possible / preferable to deliver one workshop to combined classes (for example we could deliver workshops to small groups of year 7s and 8s or year 9s and 10s or year 11 and 12s).

You can chat to Reach about your schools and student's requirements.

7. WHAT IS REQUIRED FROM SCHOOL STAFF DURING A WORKSHOP?

We strongly recommended that a member of the schools wellbeing team (like a student Wellbeing coordinator or a school counsellor) participates in the workshop.

For some young people the workshop provides a space for them to safely revisit challenging emotions and feelings, which can leave them in a reflective space – which can be expressed with tears and emotions.

By having a member of the school's wellbeing team at the workshop, students can be encouraged to seek support from them and the staff member will have a heightened awareness of who would benefit from additional support and follow up.

We do understand that this is not always possible for a range of reasons – but please ensure you contact us if it's not possible, so we can discuss alternative arrangements with you.

Also – it's important that a secondary school staff member is present for the whole Reach workshop.

This is because the role of this staff member is to provide overall supervision and direct the group in the case of an emergency. However, the teacher isn't required to discipline the students - the Reach crew are trained to manage the dynamics within the group.

Lastly, we encourage Secondary school staff members to participate in the workshop alongside young people.

This provides them with a deeper understanding of work and what their students are experiencing.

Also, the experience of teachers and students participating along side each other can actually to strengthen the relationship between the teacher and their students.

WORKSHOPS FOR TEACHERS

1. WHAT PROFESSIONAL DEVELOPMENT DO YOU PROVIDE FOR TEACHERS?

Reach offers a unique professional development workshop for teacher called Finding Heroes, which has been endorsed by the Australia Professional Standards for Teachers.

Finding Heroes is designed to provide teachers with the skills to deliver Reach work in the classroom.

The workshop helps participants gain a further understanding (through experience) of Reach's work and philosophy with young people. We've also been told by many teachers that the workshop helped re-inspire their passion for teaching and working with young people - which is pretty cool!

Finding Heroes is a one-day experiential workshop designed and delivered by Reach crew - who have been effectively engaging and inspiring young people for several years.

The workshop introduces teachers to integrated online resource kit, featuring six modules and more than 20 classroom-based activities providing innovative ideas and techniques derived from an evidence-based framework.

2. WHAT ARE THE BENEFITS OF THE FINDING HEROES WORKSHOP FOR TEACHERS?

Finding Heroes aims to give teachers:

- Increased confidence in bringing wellbeing content into the classroom.
- Easily accessible wellbeing tools, resources and activities that have been tried and tested to be used in a classroom context.
- An improved understanding of how to communicate with young people about their wellbeing.
- Practical strategies to engage students effectively.

3. WHO CAN ATTEND FINDING HEROES?

Finding Heroes is designed for Teachers, Wellbeing staff and Youth Workers.

4. CAN FINDING HEROES BE DELIVERED IN SCHOOLS?

Yes, the Finding Heroes team can come to your school and deliver a full day professional development workshop for up to 50 teachers.

This whole school approach will support the integration of the Finding Heroes curriculum.