






## Ripley Valley State Secondary College Support Programs

The purpose of this document is to outline some of the internal support programs that are offered at Ripley Valley State Secondary College. These programs are generally free for students and are administered by our Student Support Services (SSS) team throughout the year. Referral to the programs can be made by Year Level Support staff and SSS staff.

Provider	Description
	<p><b>Resourceful Adolescent Program (RAP)</b>  <b>Who:</b> Students in Years 7 and 8  <b>When:</b> English and Maths Extension Lines in Term 1 and Term 4  <b>Where:</b> Coaches Room  <b>What:</b> RAP was developed to build resilience and promote positive mental health in teenagers. The program specifically aims to prevent teenage depression and related difficulties. It engages participants to think about what it means to be resourceful, as well as develop new strategies that will build their resilience. The program addresses issues such as managing stress, managing emotions, building self-esteem, promoting family harmony, and keeping peace with others.</p>
	<p><b>Rock and Water Program</b>  <b>Who:</b> Students in Years 7, 8, 9 and 10  <b>When:</b> Thursday on rotating roster in Term 1 and Term 2  <b>Where:</b> Coaches Room  <b>What:</b> Rock and Water is a program designed to decrease bullying and depressive feelings, and increases self-esteem, self-regulation and social acceptance. It also aims to build self-confidence, self-respect and self-reflection through psychophysical training. Rock and Water is delivered as a course of lessons consisting of different exercises and games.</p>
	<p><b>Love Bites Program</b>  <b>Who:</b> Students in Years 10, 11 and 12  <b>When:</b> End of Term 3 and start of Term 4  <b>Where:</b> Coaches Room  <b>What:</b> Love Bites is a highly regarded program that aims to provide young people with a safe environment to examine, discuss and explore respectful relationships. Love Bites Programs take a strengths-based approach and views young people as active participants who are able to make choices for themselves and their relationships when supported with information and opportunity for skill development.</p>

 <p>Peer Skills</p>	<p><b>Peer Skills</b></p> <p><b>Who:</b> Student Mentors – by Application</p> <p><b>When:</b> Term 4, Week 10</p> <p><b>Where:</b> Coaches Room</p> <p><b>What:</b> Peer Skills is an evidence based 2-day training program that provides training and resources to students in order to help themselves, their friends and peers in a safe and effective way. This program gives students a chance to: increase their skills in peer support; relate positively to others; and feel more confident about getting help for yourself or a peer in need.</p>
 <p>Seasons for Growth®</p>	<p><b>Seasons for Growth</b></p> <p><b>Who:</b> Any student</p> <p><b>When:</b> As required</p> <p><b>Where:</b> SSS</p> <p><b>What:</b> Seasons for Growth aims to support young people to understand their feelings, help them develop skills for coping, restore self-confidence and educate them about the grief process. The program is underpinned by evidence about resilience, emotional competence and identity. Currently offered in a 1:1 setting with our school Chaplain.</p>
	<p><b>Strength Program</b></p> <p><b>Who:</b> Any student</p> <p><b>When:</b> Thursday rotation</p> <p><b>Where:</b> Coaches Room</p> <p><b>What:</b> Strength is a unique personal development and group mentoring tool that uses an inspirational, practical and experiential approach to learning. This program is founded upon the premise that every life counts and has intrinsic value, and fosters an awareness of this belief. As a result, participants are equipped to become effective global citizens for the future.</p>
 <p>FRIENDS RESILIENCE</p>	<p><b>FRIENDS Resilience Program</b></p> <p><b>Who:</b> Any student</p> <p><b>When:</b> As needed</p> <p><b>Where:</b> Online</p> <p><b>What:</b> FRIENDS Resilience Program is a web-based program based on cognitive-behavioural therapy, which has been proven to be highly effective in treating anxiety &amp; depression. All resources are found online, login details will be emailed to you once you're are happy for your child to participate.</p>
	<p><b>RAGE (Renegotiating Angry and Guilty Emotions) Program</b></p> <p><b>Who:</b> Students in Years 7 and 8</p> <p><b>When:</b> Thursdays on rotating roster in Term 4</p> <p><b>Where:</b> Coaches Room</p> <p><b>What:</b> RAGE is an award-winning anger management course designed for adolescents aged between 11 and 17. RAGE is a strength-based solution focused program that is hands on, practical and also fun for students. Topics explored throughout this program include; the many faces of anger, the 4T's anger cycle, healthy expressions of anger, getting through the guilt of anger and, relaxation, exercise and diet. RAGE is run as a six week course (one session per week).</p>

	<p><b>YSC Girls Group</b></p> <p><b>Who:</b> Girls in Years 7, 8 and 9</p> <p><b>When:</b> Maths and English Extension Lines in Term 3</p> <p><b>Where:</b> SSS - J207</p> <p><b>What:</b> Girls' Group is designed to offer a fun and engaging way for female student to explore a range of topics including; self-esteem, confidence, friendships, body image, self-care, mindfulness and goal setting. Throughout this program, students will utilize arts and crafts to create and develop their own reflective journal that they can keep and reflect back on as needed.</p>
	<p><b>SHINE Program</b></p> <p><b>Who:</b> Girls in Years 9 and 10</p> <p><b>When:</b> Term 3</p> <p><b>Where:</b> Coaches Room</p> <p><b>What:</b> SHINE is a personal development and group mentoring tool that promotes positive self-esteem. The program challenges girls to find the courage to accept who they are, to make healthy choices and live to their full potential.</p>
	<p><b>Boys Group</b></p> <p><b>Who:</b> Boys in Years 7 and 8</p> <p><b>When:</b> Thursday rotation in Terms 1 and 3</p> <p><b>Where:</b> SSS Lunch Room</p> <p><b>What:</b> Boys Group is a program designed around building community within a small group of students while exploring a range of topics together such as: Confidence, Respect, Responsibility, Purpose and Perseverance. Exploration of topics have been designed to be engaging, fun and will be explored through discussions, videos, activities and interactive games.</p>
	<p><b>Chillax Program</b></p> <p><b>Who:</b> Students with anxiety or ADHD</p> <p><b>When:</b> Thursday rotation in Term 2</p> <p><b>Where:</b> Coaches Room</p> <p><b>What:</b> CHILLAX is a 6-week skill building course that aims to help young people manage their ADHD symptoms and channel them into constructive zones.</p>
	<p><b>Indigenous Boys Program</b></p> <p><b>Who:</b> Boys who identify as Aboriginal or Torres Strait Islander</p> <p><b>When:</b> Wednesday Session 4 in Term 2 and Term 3</p> <p><b>Where:</b> F1.25 (Art Courtyard)</p> <p><b>What:</b> This program is run by members of the Boorrumpah Goupong Aboriginal Corporation. It consists of Ugarapul cultural knowledge, language and stories from Ipswich and the surrounding areas. The program works to build students' understanding of: self and family history; self-respect; perseverance; culture; and self-reflection.</p>

<p style="text-align: right; font-size: small;">Department of Education</p>  <p style="text-align: center; font-size: large; font-weight: bold;">Speech-language therapy services</p>	<p><b>Reading Club</b></p> <p><b>Who:</b> Students identified in PAT testing</p> <p><b>When:</b> Monday Session 1 and Wednesday Session 4</p> <p><b>Where:</b> SSS</p> <p><b>What:</b> Run by the school’s Speech Language Pathologist, Reading Club supports students to work on improving their reading and literacy skills. The group runs twice per week, and focusses on building the foundation skills needed to develop reading comprehension, fluent and accurate reading, as well as practicing using assistive technology.</p>
	<p><b>Homework Club</b></p> <p><b>Who:</b> All students</p> <p><b>When:</b> Tuesday and Thursday afternoons – 3:30pm – 4:15pm</p> <p><b>Where:</b> CG01</p> <p><b>What:</b> Students receive group support from Teacher Aides for the duration of the session. Students who engage are provided with a snack for afternoon tea. Students are expected to engage in set homework and assessment tasks during the session.</p>
	<p><b>Defence Club</b></p> <p><b>Who:</b> All students who are part of a Defence Family</p> <p><b>When:</b> Monday’s at SBR</p> <p><b>Where:</b> SSS – J207 (Drop Zone)</p> <p><b>What:</b> Defence Club is a space where students can get to know the Defence School Mentor, meet other students of ADF families, engage in activities, listen to music, watch videos, enjoy snacks or decompress if you are having to cope with the extra challenges being in a Defence family presents.</p>