



DBY

HOW TO REGISTER

ELECTRONIC FORM

Download and complete the fields of the interactive PDF on screen, then 'Save As' with the file name **DBY-KRY_[Your Name]_register** then click on the **REGISTER NOW** button to submit the completed form direct to Pathways to Resilience Trust.

Forms are available from both the Pathways to Resilience and BUSHkids websites:

<http://www.pathwaystoresilience.org/links/dalby-kingaroy>

<http://bushkids.org.au/what-we-do/events>

– as can also be found at the end of this Prospectus document.

VIA PATHWAYS WEBSITE

Please visit the Pathways to Resilience Regional Tour / Bundaberg page and follow the links there:

<http://www.pathwaystoresilience.org/links/dalby-kingaroy>

BY EMAIL TO PATHWAYS

Print out a hard copy of the blank form, print clearly in black or blue pen, then scan and email the completed form to Pathways to Resilience Trust at:

community@pathwaystoresilience.org

We will then send you a confirmation email.

MORE INFORMATION

Please contact Pathways to Resilience Trust directly:

Phone: 0447 032 339 or 3169 2400

Please note: All sessions in both Dalby and Kingaroy are FREE – thanks to the support of the Commonwealth Government and our friends and partners at BUSHkids – and all members of the community and childcare, education and health professionals are welcome to attend.

Pathways to Resilience Trust

Building Resilience in Children Regional Tour

DALBY & KINGAROY

Monday 20th – Friday 24th July 2015

DALBY : BUSHkids Centre, 33B Archibald St

KINGAROY : Kingaroy State School

Inside this booklet

- About Pathways to Resilience Trust
- Meet our trainers
- About the partnership of ongoing support with BUSHkids and UnitingCare to ensure sustainability
- About the Tour and what's on offer
- Facilitator training
- Professional development
- School visits
- Parent and community sessions
- Tour calendar
- Workshops synopsis and information flyers

Enrolments and enquiries

- Registration options listed at left
- Pathways to Resilience contact details at left

REGIONAL TOUR 2015 PROGRAM

in association with



Australian Government
Department of Social Services



Royal Queensland Bush Children's Health Scheme
Serving children and families across Queensland for 80 years



Pathways to Resilience Trust is grateful for the support of all our partners in bringing you our 2015 regional tour:



Amanda Flynn Charity Ltd.
Caring for sensitive young Australians



The Pathways to Resilience Trust is a charitable organisation established in August 2007 with the specific purpose of promoting social and emotional learning and resilience in children, adolescents and families, and to assist in the prevention of anxiety, depression and youth suicide. This is facilitated through education, mental health promotion and advocacy.

The Trust works on the implementation of social and emotional learning programs with children and families in schools and communities of low social-economic status; culturally and linguistically diverse backgrounds, including refugees and people of Indigenous heritage in rural, regional and remote areas, including those affected by drought or natural disasters.

Our Vision

“Our vision is to see an Australia where young people and their families, regardless of location and background, are resilient, socially and emotionally competent and happy.”



Our Trainers

James Ryan, Training Manager

James has a long background in education – first as an outdoor educator, then high school special needs, and now as an adult educator. He focuses on neuroscience and mindfulness and how these – very popular sciences – go about increasing our social and emotional skills and overall wellbeing. With many sideline interests such as cross-triathlon, mountain biking, rites of passage and chocolate, he attempts to weave these interests into the fabric of his presentations. Above all he enjoys the process of passing on knowledge, ideas and skills that he hopes will allow young people to become independent and empowered.

Laura Pearcey LLb (Hons) PGCE

Laura is a passionate educator with over eight years’ experience of working within the education sector as an education officer and teacher. Her current focus concerns the building of academic resilience using the core competencies of social, emotional learning to increase engagement and attainment amongst learners, especially during the transitional stages of a child’s education. Laura is currently delivering several programs that encompass the innovative concept of Stanford Professor Carol Dweck’s ‘Growth Mindset’ to foster resilience, tenacity and success for both educators, learners and the wider community.

Sustainability assured through a partnership of ongoing support with



Sustainability is very important to the Pathways to Resilience Trust and we are very grateful to be entering into a partnership of support with BUSHkids and Uniting Care Community. Having wonderful teams of professionals on the ground to follow up and provide ongoing support to the Bundaberg Community is of enormous assistance.

The Royal Queensland Bush Children’s Health Scheme (BUSHkids) is a not for profit organisation providing primary health care in collaboration with other government and non-government organisations in regional communities. BUSHkids was established in 1935 and has provided vital health services for rural children for the past 80 years.

UnitingCare Community is a leading provider of community services in Queensland and prides itself on client-focused care. They provide many important services to Queenslanders within key service areas of crisis support, child and family wellbeing and disability support.

BUSHkids and UnitingCare Community build capacity in local communities to identify and respond to children and families who are at risk of poor health, educational and social outcomes. In partnership with educators and other Allied Health providers, BUSHkids and Uniting Care Community supports the delivery of evidence-based group programs to meet the identified needs of local communities by:

- Supporting the local community with the facilitation of group sessions, and in particular, managing emotional responses and challenging behaviours.
- Providing ongoing support to children and their families
- Providing support and professional advice to partners in the local community.

Proud to be in a collaborative partnership with



What's on offer

This tour builds on the work the Pathways to Resilience Trust has been conducting online, training teachers to facilitate social and emotional learning programs in rural, regional and remote schools within Queensland. The first 2015 tours, to Emerald and the Central Highlands, and to Bundaberg, have been extremely successful and rewarding for all who attended: thank-you!

As part of our consultation and research process it has been identified that regional visits would be an advantage to enhance the existing skills developed to build greater resilience in communities and to assist in the embedding of these skills for long term sustainability.

To help you determine which professional development would support you and your educational setting, and which workshops are of wider general interest to parents and the community, you will find a snapshot and calendar below and, on the following pages, a synopsis about the workshops.

FREE professional development, and FREE sessions for the community – in BOTH Dalby and Kingaroy – includes:

- Neuroscience for Educators (Dalby)
- An Introduction to Mindfulness (Dalby)
- FRIENDS FOR LIFE (Dalby) – facilitator training
- Building Resilience in Families (Dalby)
- The ABCs of Social and Emotional Learning (Kingaroy) – for parents and caregivers
- FUN FRIENDS (Kingaroy) – split over two evening sessions

School visits in Dalby and district:

Some schools have already booked FREE visits by the team, and places are available in the program for additional schools to register their interest – please email community@pathwaystoresilience.org or call 3169 2400 or 0447 032 339 to enquire.

If you are already using the FRIENDS programs in your school we can visit your classroom to facilitate a session of the program or work with you to offer support.

		DALBY sessions		KINGAROY sessions		Dalby school visits					
		Monday 20th		Tuesday 21st		Wednesday 22nd		Thursday 23rd		Friday 24th	
Morning				School Visits	9.00am–10.30am ABCs for Parents <i>Laura Pearcey</i>	8.30am–3.30pm Friends for Life Facilitator Training <i>Presenter: James Ryan</i>		School Visits		School Visits	
Afternoon	4.00pm–7.00pm Fun Friends Part 1 <i>Laura Pearcey</i>	4.00pm–5.30pm Neuroscience for Eds and Parents <i>James Ryan</i>			4.00pm–7.00pm Fun Friends Part 2 <i>Laura Pearcey</i>						
Evening		6.30pm–8.00pm Intro to Mindfulness <i>James Ryan</i>						6.30pm–8.00pm Building Resilience in Families All welcome <i>Presenter: James Ryan</i>			

Neuroscience for Educators – DALBY

See information leaflet (opposite).

Monday 20th July, 3.30pm – 5.30pm

FREE session, presented by James Ryan – everyone welcome

Introduction to Mindfulness – DALBY

See *Mindfulness for Educators* information leaflet (following page)

Monday 20th July, 6.30pm–8.00pm

FREE session, presented by James Ryan – everyone welcome

Building Resilience in Families – DALBY

Life for any family includes ups and downs, challenges and unexpected twists and turns in the road. A family's ability to negotiate this journey and keep going depends on the skills they are working on along the way. There are certain skills and strategies that have been identified as important for the development of resilience. Some are internal skills we can build and develop, whilst others external, which encompass the relationships in children's lives. Families can draw upon these skills to build successful strategies to bounce back after challenging times.

Thursday 23rd July, 6.30pm–8.00pm

FREE session, presented by James Ryan – everyone welcome

ABCs of Social and Emotional Learning for Parents and Caregivers – KINGAROY

The session explores the principles of social and emotional learning and resilience skills development in children. Step by step It gives parents and caregivers an overview of the skills taught in the Fun Friends Program and gives ideas and examples that can be used at home to foster resilience skills at home and allows children to practise the skills they have learnt at school.

Tuesday 21st July, 9.00am-10.30am

FREE session, presented by Laura Pearcey – everyone welcome

Friends for Life – DALBY

The opportunity to learn social and emotional strategies to build a greater understanding of their identity and strengths, how relationships are developed, making decision in social contexts and regulating emotions enables students to have greater success both in their social world and in their ability to achieve success in schooling. Strategies in social awareness such as developing a heightened understanding of the perspective of others and empathy whilst learning self management strategies provide a sound platform for negotiating difficult situations in life and accessing the skills needed to enjoy learning. FRIENDS teaches emotional resilience that will stay with children for life and equips children with practical useful strategies for dealing with life's challenges.

Wednesday 22nd July, 8.30am–3.30pm

Free session, includes lunch and materials, presented by James Ryan – facilitator training

Fun Friends – KINGAROY

Children gain emotional and social intelligence necessary to help them flourish, developing skills and understanding to engender a sense of belonging and connectedness. Along with social awareness, an ability to express feelings and regulate emotions, this supports a smooth transition to school, with improved confidence and relationship skills. An empowering program for children, parents and teachers, these resilience strategies help children be happy and resilient whatever life challenges come their way.

Monday 20th July, 4.00pm–7.00pm (Part 1)

Tuesday 21st July, 4.00pm–7.00pm (Part 2)

Free sessions, includes materials, presented by Laura Pearcey – facilitator training

Neuroscience for Educators

An overview

1.5 Hours



“...through understanding how students’ brains actually work and using that knowledge to benefit classroom learning, we may be able to positively influence classroom education -Louis Cazolino, *The Social Neuroscience of Education*”

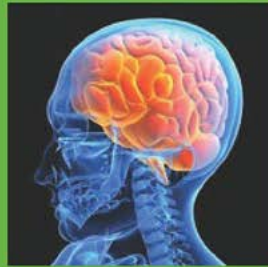
COURSE OVERVIEW

To give educators an overview of how the learning from neuroscience impacts social, emotional and academic learning in the classroom

TOPICS COVERED

- The amazing brain
- The mind
- The developing brain
- Neuroplasticity made simple
- The brain’s bias
- Hand model of the brain
- The social brain
- Importance of the pre-frontal cortex
- Foundations of brain architecture

“Shaped a little like a loaf of French country bread, our brain is a crowded chemistry lab, bustling with nonstop neural conversation”
-Diane Ackerman



EXPECTED OUTCOMES

- This training will help you begin to:
- Understand the implications neuroscience has for educators, especially in the area of social and emotional learning.
 - Identify a number of ‘neuro friendly’ principles to help kids build ‘better’ brains

COST

Please enquire for Face to Face or online presentation

Early Years Learning Framework Outcomes

Outcome 1 Children have a strong sense of identity
Outcome 3 Children have strong sense of wellbeing
Outcome 4 Children are confident and involved learners

National Quality Standards

Area 2 Children’s health and safety
Area 4 Staffing Arrangements
Area 5 Relationships with children

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Mindfulness for Educators

The Potential for Educators

1.5 Hour



“

Mindfulness gives us the ability to stay calm and present, to gently and wisely transform our difficult experiences into understanding

”

COURSE OVERVIEW

The aim of the Mindfulness for Educators introduction is to present the concept of mindfulness, look at the benefits of mindfulness and to explore how it might be introduced into the centre.

TOPICS COVERED	EYLF	NQS
<ul style="list-style-type: none"> • What mindfulness is • What mindfulness isn't • The benefits of mindfulness • Basic practices • The mindful classroom • Curriculum/programs that use mindfulness • Other resources to investigate • Taking the next step 	<ul style="list-style-type: none"> • Outcome 1 : Children have a strong sense of identity • Outcome 2 : Children are connected with and contribute to their world • Outcome 3 : Children have a strong sense of wellbeing • Outcome 4 : children are confident and involved learners • Outcome 5 : Children are effective communicators 	<ul style="list-style-type: none"> • Area 2 : Children's health and safety • Area 4 : Staffing arrangements • Area 5 : Relationships with children

COST	Please enquire for Face to Face or online presentation
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“Mindfulness practices helps me when I am angry at home. It helps me calm down.”

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Building Resilience in Families

Learn as a family how to develop strengths and gather supports that build resilience.
90 minutes



Pathways to Resilience Trust



Life for any family includes ups and downs, challenges and unexpected twists and turns in the road. A family's ability to negotiate this journey and keep going depends on the skills they are working on along the way.

There are certain skills and strategies that have been identified as important for the development of resilience. Some are internal skills we can build and develop, whilst others external- which encompass the relationships in children's lives.

Families can draw upon these skills to build successful strategies to bounce back after challenging times.

Presentation Topics

One of the keystones for me about resilience is that it is very hopeful – that building it is an ongoing process and you're never too old to learn. This is a hopeful message for any parent." - Parent



- Self regulation
- Thinking skills
- Knowing your strengths
- Positive outlook
- Participation in family life
- Relationships
- Role models
- Support people

Expected Outcomes

Enhance understanding of the importance of interactions, connectedness and relationships in assisting children to develop resilience

Cost: Please enquire for Face to Face or online talk



Pathways to Resilience Trust

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W: www.pathwaystoresilience.org
E: community@pathwaystoresilience.org

PATHWAYS TO RESILIENCE TRUST
 Professional Development and Facilitator
 Training by Educators for Educators



Pathways to Resilience Trust

For further information please contact Kathleen
community@pathwaystorresilience.org m. 0447132339



Fun Friends (4-7 years)

Online or Face to Face Facilitator Training

Fun Friends gives children a tool kit of strategies and skills to build social skills and emotional wellbeing necessary to help them flourish and become more resilient.

The program scaffolds a smooth transition to school as children develop further skills in social awareness, being brave, and an ability to express feelings and to regulate their emotions. Fun Friends has been shown to significantly help children improve their confidence and relationship skills. It is an empowering program for children, parents and teachers in life skills and resilience strategies.

Fun Friends will provide children with the necessary skills to help them be more resilient and able to manage challenges in their lives

Early Years Learning Framework

- Outcome 1 : Children have a strong sense of identity
- Outcome 2 : Children are connected with and contribute to their world
- Outcome 3 : Children have a strong sense of wellbeing
- Outcome 4 : Children are confident and involved learners
- Outcome 5 : Children are effective communicators

National Quality Standard Elements

- Area 2 : Children’s health and safety
- Area 4 : Staffing arrangements
- Area 5 : Relationships with children



Pathways to Resilience Trust is grateful for the support of BUSHkids in the design and preparation of this Prospectus and other materials and for their assistance in helping facilitate and promote our 2015 Tour.

bushkids.org.au



Australian Government
 Department of Social Services