

Kelmscott Homeschool Group – Roleystone Hall

Term 4: Mondays 15 Oct, 22 Oct, 5 Nov, 12 Nov, 19 Nov, 26 Nov, and 3 Dec

No classes Monday 29 October due to the HBLN sports day

Junior Awake – Mindfulness and sustainable mental health

Ages: 5-11 (PP-Year 6)

Your child aged 5-6 may require your assistance.

Time: 12:00-12:50

Location: Verandah, Roleystone Hall

Senior Awake – Mindfulness and sustainable mental health

Ages: 11-16

Time: 10:50-11:40 OR 13:10-14:00

Location: verandah, Roleystone Hall

Instructor: Christyne Williams. Christyne is an outgoing, engaging, and vibrant instructor who brings a wealth of experience to our group. She is very adapt at working closely with children of all ages and abilities and making them feel comfortable and safe in her classes.

Cost: \$65/student (HEWA), \$78/student (non-HEWA)

AWAKE looks at these issues:

Aware of what they know and feel

What they need - information, skills, support

Authenticity - Be themselves and face the fears

Keeping eyes forward - Look ahead opportunities, possibilities, and change

Everyday mindfulness - be in the now, present and awake

How they can be intentional in their decision making

How to respond, not react

We work at ways to be confident in how we interact with others and strategies for managing challenging behaviours; our own as well as theirs.

Positive listening and speaking skills are covered.

Positive mental health is discussed and what we need to remain mentally, emotionally, and physically healthy.

We look at daily habits, eating, sleeping, rest, and activity.

The program is fun, engaging, age appropriate, and respectful of other cultures and beliefs. Children of all abilities are welcome.