



## STUDENT WELLBEING ACTION TEAMS (SWAT): Information for parents/guardians

Dear Parent/Guardian,

Congratulations! Your young person has been nominated by their School to be a part of Maroondah City Council's '**SWAT program – Student Wellbeing Action Teams**'. This leadership program is a long-standing, successful development program for a select group of senior school students from across the City of Maroondah. With a strong focus on wellbeing, the program includes a 1 day SWAT Summit and 3 day SWAT Retreat, an evening catch up and ongoing project support within the school. The program is open to Year 10 students from multiple schools across the City of Maroondah. Each school is able to nominate 2-4 students who are deemed suitable.

### **Key dates:**

#### **Summit**

*A one day leadership workshop*

Thursday the 2<sup>nd</sup> of May

9am - 2:30pm

Aquinas College - Great Ryrie St, Ringwood

\*casual dress

#### **Retreat**

*A three-day wellbeing camp*

Monday the 13<sup>th</sup> - Wednesday the 15<sup>th</sup> of May

Presentation Family Centre, Balnarring

(further information below)

#### **Initial project meeting**

*A planning meeting with students and teacher liaison at respective schools*

20<sup>th</sup> - 24<sup>th</sup> of May

Within the schools

#### **Contact us**

**Phone** 9204 5704 **Email** [youth@maroondah.vic.gov.au](mailto:youth@maroondah.vic.gov.au) **Mail** PO Box 156, Ringwood 3134

[www.maroondahyouth.com.au](http://www.maroondahyouth.com.au)

**The Human Development Workshop**

*A project and decision making workshop*

Monday the 22<sup>nd</sup> of July

4-7pm

EV's Youth Centre - 212 Mt Dandenong Rd, Croydon

**Presentation evening**

*A celebration of achievement*

Thursday the 17<sup>th</sup> of October

Aquinas College - Great Ryrie St, Ringwood

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## **Retreat details**

Drop off and pick up point will be at EV's Youth Centre – 212 Mt Dandenong Rd, Croydon VIC 3136

**TIME:** Drop off at EV's Youth Centre at 8:30am on Monday the 13<sup>th</sup> of May  
Pick up from EV's Youth Centre at 3:00pm on Wednesday the 15<sup>th</sup> of May

## **Camp-site details**

Presentation Family Centre  
22 Balnarring Beach Rd, Balnarring VIC 3926

The camp-site contains 6 self-contained cottages (we will be using 5 of these) excellent outdoor facilities and a large recreational room.

## **Staffing details**

The retreat will be staffed by 4 Maroondah City Council Youth Workers;

Lead worker: Rachelle Jones 0418 488 279  
Support worker: Annette Degenhardt  
Additional youth work team; Marcus Kelly and Meena Chockalingham

## **Student expectations**

Students must comply with instructions given to them by staff throughout the duration of the retreat.

Students will assist in food preparation and ensuring that cottages and recreational spaces are kept clean at all times.

Students 'challenge by choice'. To get the most out of the students we aim to challenge the students to step out of their comfort zones. This will be done within their own level of comfortability.

## **Supervision and Safety**

Students will remain on the camp-site at all times unless scheduled and supervised by Youth Workers.

There are no 'high risk' activities involved in the retreat (giant swing, high ropes etc).

There will be no water activities involved in the retreat.

All staff attending hold a current certificate 2 in first aid. First aid kit will be available at all times.

A medical centre is located in close proximity to the camp-site.

Although highly unlikely, in the case of an emergency all emergency contacts will be contacted once safe to do so.

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## **Transportation**

All students are required to **meet** at EV's Youth Centre – 212 Mt Dandenong Rd, Croydon on **Monday the 13<sup>th</sup> of May at 8:30am**. Students will travel by private coach to the camp-site.

Students are to be **collected** from EV's Youth Centre – 212 Mt Dandenong Rd, Croydon on **Wednesday the 15<sup>th</sup> of May at 3:00pm**.

## **What to bring**

- Sleeping bag *or* doona & sheet
- Pillow case (welcome to bring your own pillow)
- At least 1 pair of closed toe shoes
- Waterproof jacket
- Warm clothes (we advise you to check the weather forecast before packing)
- Enough clothes for 3 days
- PJ's
- Towel
- Toiletries
- A drink bottle

## **Optional extras**

- Snacks (depending on student allergies, snack restrictions may apply. We will confirm closer to the date)
- Mobile phones
- Reading books or other small manageable recreational items (there will be some free time)

## **What *not* to bring**

- NO alcohol of any kind
- We advise that you limit your valuables (jewellery etc) – these will be your own responsibility
- We advise that you limit your electronic devices – these will be your own responsibility

We look forward to working with your young person within this program.  
Kind Regards,

Rachelle Jones  
Youth Development Worker – Maroondah City Council

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