



YOUTH WELLBEING IMPACT REPORT

Term One 2025

TERM ONE 2025

Youth Wellbeing

As 2025 began, all schools we worked with in 2024 acknowledged the impact and value of these Wellbeing programmes for the students and their wider community. However due to a change in national educational focus, the Orewa Kahui Ako is now unable to fund these important programmes, so the future of this initiative continues to be uncertain.

It is with much gratitude that we acknowledge Rotary Silverdale for sponsoring the Term One Change Up programmes through the funds raised at their Orewa Eats & Beats event in November 2024.

We were excited to welcome Nukumea Primary School to the group of schools we are delivering Wellbeing programmes to, with Change Up being delivered to 34 students in 6 schools during Term One 2025.

Youth Educator Feedback

Highlight

Going through the feedback forms and seeing how much improvement the kids have made and reading some comments about the difference it has made in their friendships.



Student Story

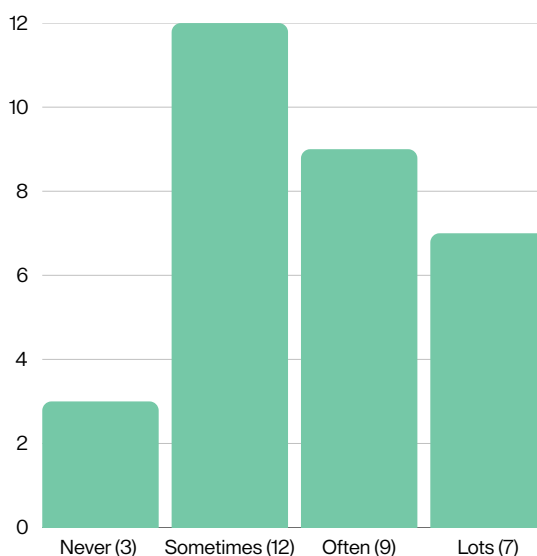
One student talking about how excited she was to be receiving a bigger calming kit , as her little box from last time was overflowing. Realising that she was using the tools provided. Her feed back scores had gone from used to hurt others/herself/property lots to sometimes.

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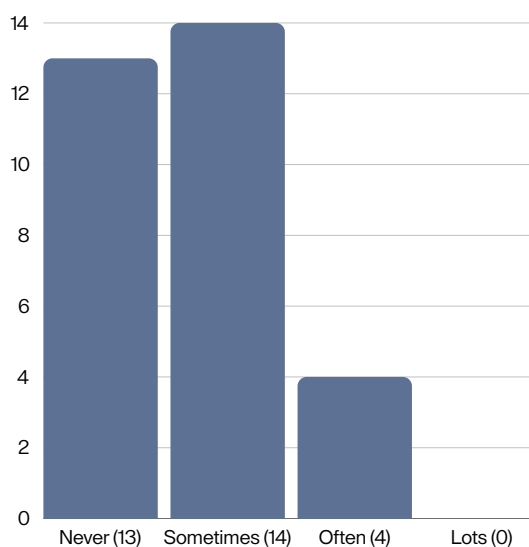
Learner Feedback

BEFORE doing 'Change Up' how often would your anger cause you to hurt others, yourself or property?

Note - of the 3 learners that said 'never',
2 of these learners had already completed
this programme with SALT in the past)



AFTER doing Change Up how often does your anger cause you to hurt others, yourself, or property?



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Learner Feedback

What did you learn that you didn't know before?

- PMR - Progressive Muscle Relaxation techniques
- Anger rules
- Lazy 8 breathing technique
- Your thigh has calming nerves in it
- Soothing using your 5 Senses
- 5 Friends muscle relaxation
- Ways to manage my anger
- Relaxation
- Meeting and getting to know Liz and Ash
- Sound of waves calms me
- Calming positions
- That I find loud fidgets are annoying
- How to calm down
- That a certain learner makes me frustrated
- Everything!
- We can change our behaviour by changing our thinking



What is something you liked about Change Up?

- Being with a friend
- Prizes
- Putty
- Using our 5 senses
- The games we played
- Eating a marshmallow
- Skipping class work
- How fun it was
- Lazy 8 breathing
- I didn't have to bite my tongue (we interpret this as meaning they were allowed to have their say)
- Everything except the smelling
- Slinky
- Pokémon card prizes
- I liked watching the bubble timer
- I didn't cry because it was fun
- M&Ms game
- Being kind
- Everybody in this group is nice to me
- Spending points on prizes
- Hide and seek
- Fun music
- Meeting new friends
- Everything!

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Learner Feedback

What is something you did not like about Change Up?

- When others are too loud
- Nothing
- When I didn't want to do something but I had to
- That I missed one or two of the sessions
- Leaving SALT
- Missing out on fun stuff in class
- When learners yelled out instead of putting their hand up
- Smelling some stuff
- Having to change classroom space partway through the programme
- Didn't like missing out on playing with a new student in my class
- A certain learner's fidgets



Anything else you'd like to say?

- Fun playing Hide and Seek
- Tasting a skittle
- I loved to do Change Up it was so fun
- I will miss Ash and Liz
- I loved the smells!
- Five finger breathing
- I'll miss this
- I like playing the River/Bank game
- I liked not having to be in my own classroom for an hour
- River/Bank game was hard
- I want to come again
- It helped me make good choices to sit by myself so I don't get distracted
- I want more candy
- Thank you, I want to do it some more
- Can we do this again next year?
- I loved the programme
- I now have more friends
- I love it here
- It's the best I like it
- I love hanging out with Liz
- Happy this is our last session but I will miss it