



# **YOUTH WELLBEING IMPACT REPORT**

## **Term Three 2025**

## TERM THREE 2025

# Youth Wellbeing

In term three 2025, Liz partnered with Heather, Jodie & Chris to deliver Seasons for Growth - our 8 week Change, Loss and Grief course - to 15 learners over 3 courses in 3 schools in the Orewa Kahui Ako (OKA).

Between week 2 and week 10 of Term Three, 'Seasons for Growth' was delivered on Tuesday in Silverdale Primary, Orewa Primary and Wainui Primary. Each group had between 4 - 6 students who had been selected by the teachers and SENCO/DP/Wellbeing staff.



# Youth Educator Feedback

## Highlights

- Having the voluntary support of Heather, Jodie, and Chris this term allowing us to deliver the Seasons for Growth programme into three schools.
- Seeing how eager the learners are to attend our sessions each week.
- Observing the students offering each other support and encouragement
- Students high level of engagement & participation in the activities

## Student Stories:

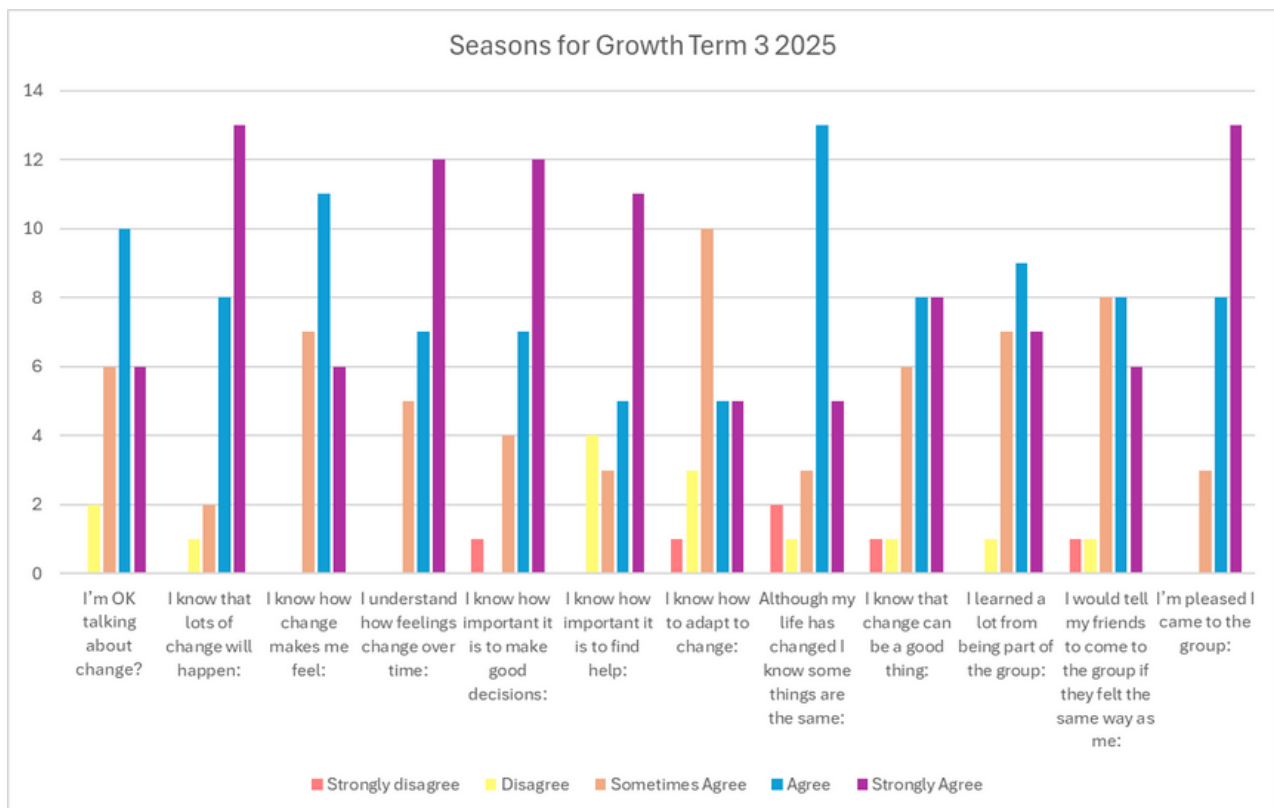
A few examples of the success we saw in term 3 Seasons for Growth include one learner finding a place of safe connection and developing new friendships through attending the programme, and one learner expressed that they no longer felt alone, as they have learnt that change is something we all experience and they found comfort in knowing others could understand them.

Facilitating and encouraging group participants to provide peer support is an important part of the Seasons for Growth programme, so it was extremely rewarding seeing and hearing one particular learner comforting and empathising with another learner, when they shared their personal story of loss and change.

TERM THREE 2025

# Learner Feedback

|                                                                               |     |
|-------------------------------------------------------------------------------|-----|
| I'm OK talking about change?                                                  | 76% |
| I know that lots of change will happen:                                       | 83% |
| I know how change makes me feel:                                              | 75% |
| I understand how feelings change over time:                                   | 77% |
| I know how important it is to make good decisions:                            | 86% |
| I know how important it is to find help:                                      | 78% |
| I know how to adapt to change:                                                | 74% |
| Although my life has changed I know some things are the same:                 | 82% |
| I know that change can be a good thing:                                       | 85% |
| I learned a lot from being part of the group:                                 | 86% |
| I would tell my friends to come to the group if they felt the same way as me: | 77% |
| I'm pleased I came to the group:                                              | 90% |



**TERM THREE 2025**

# **Learner Feedback**

**What was the most important thing that you think you learned in your group?**

- Learning with others
- To let out how you feel makes you feel better
- Being kind
- It's ok to feel sad, lonely, angry or disappointed
- Feelings change
- Change happens to everyone
- Changes and feelings are like seasons, they don't stay the same, they come and go
- We change and grow
- About how change is happening
- Seasons change and I grow
- Seasons

