

Youth Wellbeing Impact Report

Term Two 2024

In term two 2024, Liz and Ashlea have delivered 'Change Up' - our 6 week anger management course to 24 learners in five primary schools in the Orewa Kahui Ako (OKA), and for the first time 'Stormbirds' was delivered to 9 learners in two groups at Wainui School.

Change Up

Between week 2 and week 8 of Term Two, 'Change Up' was delivered in Dairy Flat School, Orewa Primary and Ahutoetoe School on a Tuesday, and Silverdale Primary, Orewa Primary and Wainui Primary on a Thursday. Each group had between 3-7 students who had been selected by the teachers and SENCO/DP/Wellbeing staff.

Stormbirds

In term one Tess Bruce, local school counsellor (Northgate attendee) reached out to SALT to see if we would be able to support learners at Wainui who had been adversely affected by the weather events. In consultation with the school, Liz created a quick survey that was distributed to all the learners at Wainui School to see who would benefit from our Stormbirds programme. From this it was identified that 10 learners would benefit.

Stormbirds is an education program that supports children and young people to develop the knowledge, skills and attitudes required to understand and manage experiences of change and loss following natural disasters. Between week 1 and week 8 of Term Two, two Stormbirds courses were delivered at Wainui School.



Educator Feedback

Stormbirds Highlights

Ash and I were both excited to have an opportunity to deliver this programme for the first time, and extra pleased that there were two groups to do it with.

The process of preparing for Stormbirds ended up being a great team building time for Ash and I as we applied the training we had learnt and prepared resources for this programme.

Stormbirds is a very short programme, due to it only being over 4 sessions, so there was less time to develop deeper connections with the learners. We did note that the groups of learners enjoyed the interactive parts of the sessions, so we made extra effort to include as many of those opportunities as possible.

One highlight was seeing some of the learners realise that they actually already have some really great coping strategies for keeping themselves and others safe during a natural disaster.

Another was listening to them share and realise that they are not alone in their fear/anxiety.



Student Feedback

Stormbirds:

A highlight from Stormbirds was seeing some of the learners realise that they actually already have some really great coping strategies for keeping themselves and others safe during a natural disaster.

The feedback we received from the learners who completed the Stormbirds programme indicated that they'd all learnt that:

- They are safe and things are getting better
- Life is always full of changes for them and their friends
- There are people who can help them when things are hard

5 out of 7 learners also indicated that they now know that their feelings are OK.
3 out of 7 learners now know they can plan things to help make them feel better.

When asked what was the most important thing you learnt in Stormbirds they said:

- That life changes
- That everything changes
- Life is changing all the time
- That we can evacuate if there is a severe storm

Things they liked about the programme:

- Throwing around the soft toy while they learnt
- Being here and learning not to be scared
- Being part of the group and meeting new people
- Learning about storms and what you can do
- Everything!

Things they didn't like:

- When it rained
- That some people still get scared
- And one learner said: When I'm told what to do!

When asked what would they like to learn more about? They replied:

- Not being scared
- Planning things to help them feel better
- Storms
- The actual Stormbirds (Eastern Koels)

**These topics they've indicated would be great for school to further support the learners with.*

Thoughts they had about the Stormbird Companions/Presenters were:

- They're cool
- They're teachers
- They are very nice

Educator Feedback

Change Up Highlights

A personal highlight for term 2 was having a student that knew she was moving school, but didn't know what day, finish the program (and seeing how happy she was each week to be back for the next session)

My highlight for the Term 2 well-being programme Change Up was most definitely the boy from Wainui who was a type 1 diabetic on an insulin pump. He'd often have low BG readings at the start of our sessions (due to running around the playground at lunchtimes) thankfully I knew exactly how to help him due to my own son having the same condition, Continuous Glucose Monitor, and pump system. As a result the staff verbalised their gratitude, that they knew they could relax and have a break from having to monitor and deal with his medical needs while he was with us. The learner himself relaxed knowing I knew exactly what to do and used the exact 'diabetic language' he was familiar with to check in on his management.

Another highlight was reading the feed back forms and a student writing 'This is the best, it made me happy not having to hold in what had happened to me in the past. I'm going to miss this.'



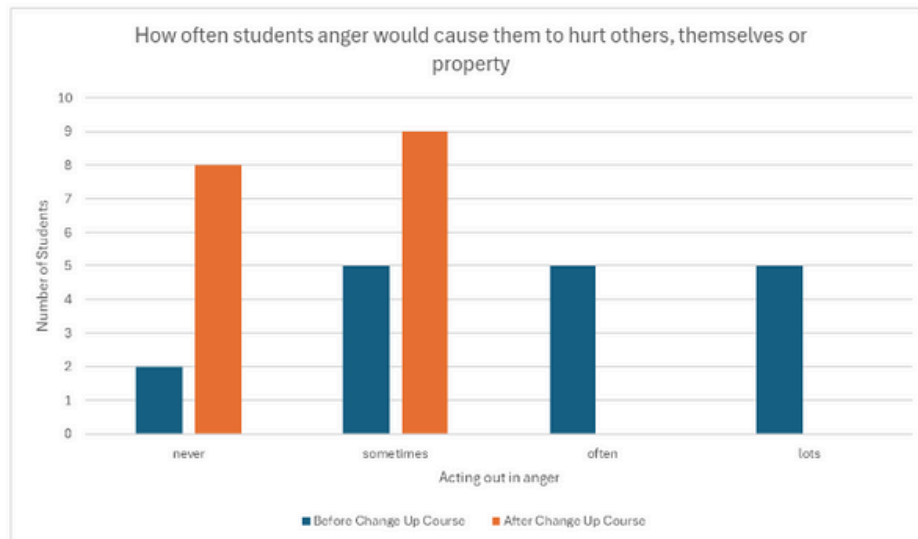
Student Feedback

Change Up:

At the end of the programme the learners were asked how often their anger would cause them to either hurt others, themselves or property, both before and after the Change Up programme.

Out of the 17 learners that were able to give feedback. They indicated:

- 1 x went from lots to never.
- 4 x went from lots to sometimes.
- 5 x went from sometimes to never.
- 5 x went from often to sometimes.
- 2 x went from never to never.



Which overall indicates a significant improvement in the positive way they're now able to deal with their anger.

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

- Lots of ways to calm down.
- The Anger rules.
- Meeting Ash and Liz.
- Anger.
- 5 friends Calming technique.
- What objects help calm me.
- 5 part model.
- Lazy 8 breathing technique.
- How to calm down better.
- Progressively things get better.
- Progressive muscle relaxation.
- Everything!

Student Feedback

What was something you liked about Change Up?

- The 'Do Have Fun' rule.
- Now I'm upstairs in my brain while at school.
- The sensory toys.
- Everything.
- We got to eat stuff.
- The fun games.
- Missing out on schoolwork.
- Kind presenters.
- Prizes.
- Meeting Ash and Liz and the whole group.
- All of it!

What didn't you like about Change Up?

- Seeing my friend feel upset
- The modelling clay prize
- Missing out on literacy tumble
- If people argued or disagreed in the group
- That I can't do this programme everyday
- Seeing a friend feel sad
- Nothing

Anything else you'd like to say?

- This is the best, it made me happy not having to hold in what had happened to me in the past. I'm going to miss this.
- I love this day!
- I will miss you.
- The stickers and clay prizes, I liked a lot!



Schools' Feedback

Schools evaluation:

95% very satisfied with the implementation of the programmes

85% significant impact on the student

75% significant impact on the school

75% significant impact on the families

Benefits observed:

- Not so much aggression. Students able to de-escalate a bit more quickly. Students with tools to deal with big emotions
- Students are implementing strategies shared to regulate emotions, angry outbursts are lessening, students are enjoying participating. The facilitators are extremely sensitive and empathetic.
- Learners are very open to talk about what they have been learning in Change Up which is great. I think it has given them a greater emotional literacy to draw upon.
- The children attending love being there. We see noticeable improvements while attending.

Improvements we could make:

- Happy with the programme as it is
- One parent asked for more emphasis on social skills and discussion around other emotions rather than just anger...
- While we see huge improvements in self regulation while they attend SALT classes, when the classes finish, some of the children regress. How can we keep the momentum going for these kids?

Our programmes

Change Up

TERM: One & Two

TOPIC: Anger Management

DURATION: 6 weeks

SESSION LENGTH: 45-60mins

YEAR LEVEL: Year 2-6

AGE RANGE: 6-11 years

GROUP SIZE: 4-6 participants
(age range no more than 2 years)

- Learners who have difficulty managing their emotions, and have ineffective coping strategies.
- A learner's presentation may include: anger outbursts, harmful behaviours ranging from poor choices up to self harm, frustration, difficulties in the parent/child relationship.
- Preferably the children attending the group will have at least one adult (parent/caregiver) supporting their learning through the homework.
- Preferably children will have a school staff member who is aware of their skills development and also available to support homework.
- No active abuse occurring at home and a stable home environment if possible.

Seasons for Growth

TERM: Three

TOPIC: Change, loss and grief

DURATION: 8 weeks

SESSION LENGTH: 60mins

YEAR LEVEL: Level 1 - Year 2-4

Level 2 - Year 5-6

Level 3 - Year 7-8

AGE RANGE: Level 1 - 6-8 years

Level 2 - 9-10 years

Level 3 - 11-12 years

GROUP SIZE: 4-8 participants

- Learners who have experienced any form of change/trauma/loss. Whether it's through death, separation, divorce, or any other significant loss events - such as having moved town/school/country etc.
- PLEASE NOTE: For a child that's experienced massive trauma, there should be a minimum of 6 months since the event occurred, before they attend this programme.

Our programmes

Equip

TERM: Four

TOPIC: Emotional regulation, coping skills, stress management

DURATION: 6 weeks

SESSION LENGTH: 60mins

YEAR LEVEL: Year 6-8 (possibly 9)

AGE RANGE: 10-13 years

GROUP SIZE: 6-20 participants

- Learners who have difficulty managing their emotions, and have ineffective coping strategies.
- A learner's presentation may include: low mood/withdrawn, anxious behaviours, self-harming behaviours, anger outbursts, difficulties in the parent/child relationship.
- Preferably the children attending the group will have at least one adult (parent/caregiver) supporting their learning through the homework.
- Preferably children will have a school staff member who is aware of their skills development and also available to support homework. No active abuse occurring at home and a stable home environment if possible.
- Reasonable intellectual ability to grasp concepts and complete written tasks is required.

Storm Birds

TERM: Two (if needed)

TOPIC: Adverse weather

DURATION: 4 weeks

SESSION LENGTH: 60mins

YEAR LEVEL: Year 1-6

AGE RANGE: 5-10

GROUP SIZE: 4-7 participants

- Learners affected by experiences of change, loss and grief resulting from natural disasters (adverse weather events)
- Provides an opportunity for participants to learn the knowledge, skills and attitudes required to understand and respond well to such experiences.