

Wellbeing Programs

Run internally by VHS staff

Free to be me

Body image is a combination of the thoughts and feelings that you have about your body and impacts how we relate to others and the world around us. Free to be me supports students to reflect on those thoughts and feelings.

Run Beyond

Success isn't just crossing the finish line. That's just the start! Students commit to giving up their own time to complete this program and they work towards the completion of a Goal Race of between 10km and a half-marathon in length.

Active Boys

High intensity exercise for 20 minutes in the middle of the day. Aims to increase blood flow to the brain and therefore improve concentration, allowing a greater focus on learning. This program is for boys presenting with ADHD type behaviours ie. trouble focussing in class, easily distracted and lots of energy to burn.

Seasons for growth

Supporting young people to understand and respond to the issues experienced associated with death, divorce, diagnosis or significant change and loss.

Brave

An online program developed by The University of Queensland that uses CBT for Low level intervention for students experiencing anxiety, worry and fears. This is a program for young people of any age.

Contact

If you or your child would like to access these programs or learn more, please contact our front office to speak to our wellbeing team.