LITTLE WINGS

SOARING TOWARDS ZERO BULLYING

TEACHER RESOURCE PACK

Created by Katie McIntyre
On behalf of Little Wings

OVERVIEW OF THE TEACHER RESOURCE PACK

This Teacher Resource Pack is specifically designed to support teachers in seamlessly integrating the Soaring Toward Zero Bullying program into their educational institutions, with a focus on tailoring it to the unique needs and circumstances of their students. Designed to be a versatile resource, it offers two distinct implementation pathways to accommodate schools' preferences. These resources allow schools to independently execute the full program, affording them the flexibility to customise it according to their students' requirements and the school's specific environment. This autonomy allows educators to align the program with their existing curriculum and policies effectively. The 10-week program outlined in the Teacher Resource Pack and in the Student Activities Resource Pack links directly to the Achievement Standards and Content of the Australian Curriculum – Health and Physical Education for years 5 to 8.

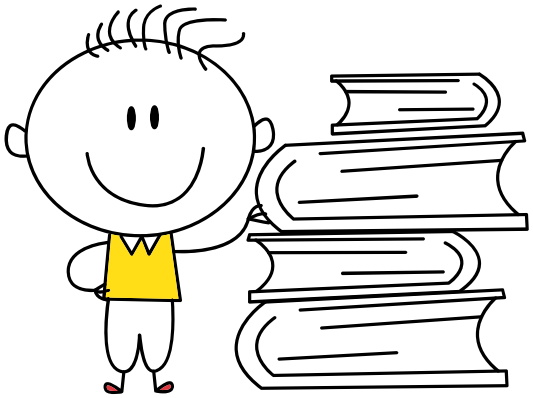
To support the implementation of the 10-week program, Little Wings offers a series of short videos, aimed at supporting the developing understanding of students. We are committed to supporting the unique needs of children and families in rural and remote areas, ensuring they have equal access to the benefits of this program so presentations are available in a readily available video format. At Little Wings, we are committed to supporting schools in the ongoing commitment to providing safe and inclusive learning environments and to nurturing a supportive and respectful atmosphere for all students within their educational communities. We encourage schools to explore the resources and implement the ideas in their school. Together, we can make a significant impact in creating safe and inclusive spaces for learning and growth.

WE KNOW IT'S THE LITTLE THINGS THAT MAKE A GIGANTIC IMPACT

WHAT IS INCLUDED IN THE TEACHER RESOURCE PACK

This program includes a range of resources to support implementation of the Soaring Toward Zero Bullying Program in your school including:

- **An Overview of Program:** A brief introduction outlining the purpose and content of the program.
- **Details of the Team:** Introduction to the team members involved in the program's implementation.
- **Information about Little Wings:** Information about Little Wings and the role of the organisation in supporting children and families.
- **Contact Information:** Contact details for inquiries or further information related to the program.
- **Details related to preparing for Participation:** Guidelines for schools on how to implement the program in their schools.
- **A program Outline:** An overview of the 10-week program outlining the program's components and sequence. This is supported by the learning resources provided in the Student Activities Resource Pack.
- **Suggested Follow-Up Activities:** Suggestions for post-program activities to reinforce and apply the content that is covered in the program.
- **Curriculum Alignment Information:** Information on how the program aligns with the Australian Curriculum.
- **An Implementation Guide:** Instructions for schools on running the program.
- **Frequently Asked Questions:** Answers to common questions that may arise during the program.
- **Post-Program Guidance:** Information on what participants should expect before during and after the program.
- **Additional Support:** Details on where to find extra support or resources related to the program's topic.
- **Suggestions for Parental Engagement:** Tips to facilitate communication with parents.



THE LITTLE WINGS MISSION

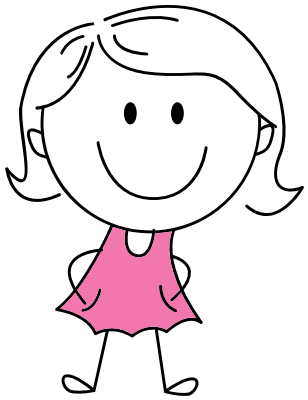
Little Wings is a non-profit organisation with a vital mission: to offer crucial transport assistance to seriously ill children and their families in rural and regional areas of NSW, ACT, and QLD.

Our primary aim is to alleviate the challenges faced by these families, particularly when their children require specialised medical care that's only available in major cities or towns.

We understand the immense burden these families bear—financially, emotionally, and physically—due to the extensive travel involved in accessing essential medical treatment. Little Wings was born out of the desire to ease the journey for these families. Our journey began by assisting children undergoing cancer treatment at The Children's Hospital in Westmead, Sydney. Over time, we've expanded our services to support seriously ill children receiving treatment at The Sydney Children's Hospital Network, The John Hunter Children's Hospital in Newcastle, and Royal Far West in Manly.

Today, our commitment remains unwavering. We are dedicated to supporting children facing serious illness, recognising the profound impact it has on both them and their families. Our goal is to provide meaningful transport support and keep families together during some of their most challenging moments.

Little Wings strives to make it easier for families to attend regular medical appointments and offers children a much-needed respite during their treatment by bringing them home for quality time with loved ones mitigating the physical, emotional, and financial toll of receiving life-saving medical treatment.



THE TEAM

Teagan, a remarkable survivor and advocate for young people, has emerged as a strong voice against bullying. Having lived experience of bullying, she carries a profound commitment to ushering in change for younger students.

Teagan's resilience and dedication are the driving force behind the program, serving as an inspiration not only to those who have suffered but also to those who aspire to make a difference. Her unwavering advocacy embodies the spirit of transformation, bringing hope and empowerment to countless young individuals facing similar challenges.

Clare, the CEO of Little Wings, is a passionate advocate for the care of seriously ill children. She is deeply committed to easing the travel burden and supporting these children and their families. Clare's unwavering dedication underscores the importance of ensuring that seriously ill children receive the specialised care they require, striving to make their difficult journeys more manageable. Her leadership continues to drive positive change and make a lasting impact in the lives of these courageous young individuals and their families, providing them with essential care, compassion, and hope.

Katie, the COO of Little Wings, is a dedicated advocate for the well-being of seriously ill children. With her extensive experience as an educator and researcher, she brings a unique perspective to the organisation's mission. Katie is deeply committed to easing the travel burden and supporting these children and their families. Her expertise in education and research enhances Little Wings' ability to tailor its programs to meet the specific needs of these children. Katie's leadership plays a vital role in ensuring that Little Wings continues to provide essential care, compassion, and hope to seriously ill children.

Josh, a former NRL player, is an ardent champion of the Little Wings' mission. His unwavering support for the program demonstrates his dedication to making a difference in the lives of seriously ill children. Beyond his athletic achievements, Josh stands as a strong advocate for the power of kindness. His influence extends beyond the field, inspiring others to join in fostering a more compassionate and supportive world. Josh's commitment to Little Wings exemplifies how individuals can come together to create a positive impact and uplift those facing adversity, embodying the spirit of kindness and empathy.

LITTLE PEOPLE BIG PERSONALITIES

THE PROGRAM

The development of the Soaring Toward Zero Bullying program is deeply connected to Little Wings' core mission of supporting seriously ill children and their families.

Serious illness and injury, along with the subsequent treatments, often bring about significant impacts on children's lives. These effects can range from subtle to pronounced, visible to hidden, but all have the potential to disrupt a child's social and educational experiences.

Children grappling with health challenges may find themselves out of school for extended or intermittent periods, reducing their contact with friends and social groups. This isolation can be emotionally challenging, and in some cases, it may even lead to experiences of bullying. Children undergoing serious medical treatments may appear different or require accommodations which can sometimes be difficult for their friends to understand.

The inspiration for this program emerged from the remarkable journey of a young survivor of bullying—one who displayed immense courage in sharing her story. Little Wings recognised the urgent need to address the profound impact of bullying on children who may appear or feel different due to their health conditions. Our primary goal is to foster empathy and understanding among children.

We want to instil in children the belief that kindness is universal, transcending differences in appearance or experiences. It's perfectly normal for children to feel uncertain or uncomfortable with what they don't understand, but we aim to equip them with strategies for responding to those differences with compassion rather than fear or judgment.

Additionally, our program seeks to educate children about what to do when they witness bullying. By promoting empathy, teaching kindness, and providing tools to combat bullying, we hope to create a more inclusive, supportive, and respectful environment for all children, especially those who are grappling with serious illnesses.

Soaring Toward Zero Bullying is an extension of our commitment to making a difference in the lives of sick children. It is our belief that through education, understanding, and kindness, we can help shape a more compassionate and inclusive world for all children, regardless of their unique challenges.

PROGRAM OUTLINE:
SOARING TOWARD ZERO BULLYING

(10-WEEK CURRICULUM FOR MIDDLE YEARS)

The following is an overview of the Soaring Toward Zero Bullying Program which is aligned with the Australian Curriculum – Health and Physical Education. It is supported by the Student Activities Resource Pack which provides a range of resources related to each weeks learning objective.

WEEK ONE:
INTRODUCTION

- Overview of the program's purpose and goals.
- Establishing a safe and inclusive learning environment.

WEEK TWO:
HOW ARE PEOPLE DIFFERENT?

- Exploring diversity and the uniqueness of individuals.
- Recognising differences in abilities, backgrounds, and experiences.

WEEK THREE:
THE MANY TYPES OF DIFFERENCE

- Delving deeper into various forms of diversity, including cultural, physical, and cognitive differences.
- Fostering awareness of different perspectives and backgrounds.

WEEK FOUR:
HOW WE REACT TO DIFFERENCE

- Discussing common reactions to differences, such as curiosity, fear, or discomfort.
- Encouraging open dialogue about feelings and reactions.

WEEK FIVE:
UNDERSTANDING OUR REACTIONS

- Examining the reasons behind our reactions to differences.
- Promoting self-awareness and reflection.

WEEK SIX:
HOW TO REACT WITH KINDNESS

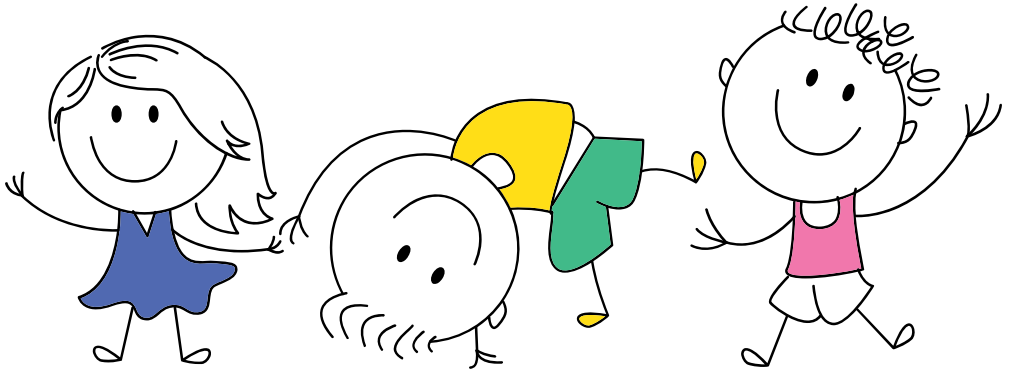
- Introducing the concept of kindness as a response to differences.
- Discussing the positive impact of empathy and understanding.

WEEK SEVEN:
WAYS TO REACT WITH KINDNESS

- Exploring practical ways to show kindness and support to others.
- Discussing the importance of inclusive language and behaviour.

WEEK EIGHT:
WHAT IS BULLYING?

- Defining bullying and distinguishing it from other conflicts.
- Understanding the various forms of bullying, including verbal, physical, and cyberbullying.



WEEK NINE:
HOW TO RESPOND TO BULLYING

- Empowering students with strategies to respond to bullying, including seeking help from trusted adults.
- Promoting a culture of reporting and intervention.

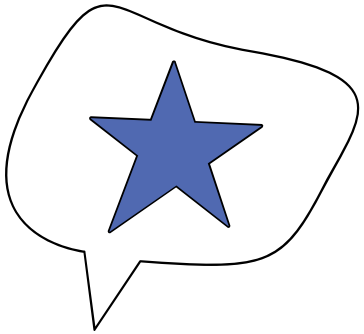
WEEK TEN:
DEMONSTRATING OUR LEARNING

- Students showcase what they've learned through creative projects, presentations, or discussions.
- Reflecting on personal growth and the importance of empathy and kindness.

WEEK ELEVEN (OPTIONAL):
CELEBRATING SOARING TOWARD ZERO BULLYING

- Closing ceremony to celebrate the successful completion of the program.
- Reinforcing the message of empathy, kindness, and zero tolerance for bullying.
- Optional Little Wings presentation.

This 10-week program is designed for students in years 5-8 and aligns with the Australian Curriculum – Health and Physical Education, fostering a culture of respect, empathy, and inclusion while equipping students with valuable skills to address and prevent bullying. It is supported by the Soaring Toward Zero Bullying Student Activities Resource Pack which includes detailed lesson plans for each of the 10 lessons.



CURRICULUM LINKS TO THE ACHIEVEMENT STANDARDS

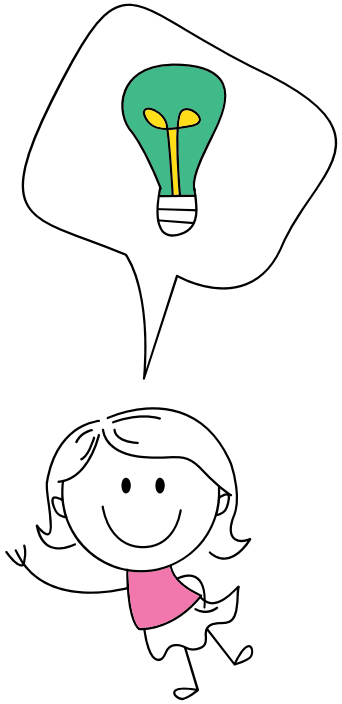
The Soaring Toward Zero Bullying Program supports the following Achievement Standards of the Australian Curriculum - Health and Physical Education in the Health and Physical Education F-10 Strand: Personal, Social and Community Health. The program aligns with the achievement standards for The Australian Curriculum - Health and Physical Education for students in years 6 to 8 including the following achievement standards.

YEAR 5 – 6 ACHIEVEMENT STANDARD

By the end of Year 6, students explain how different factors influence identities. They propose strategies to manage emotions, developmental changes and transitions. They propose strategies to demonstrate respect, empathy and inclusion. They explain how stereotypes influence roles and responsibilities. Students explain how communication skills, protective behaviours and help-seeking strategies keep themselves and others safe online and offline. They analyse health information to refine strategies to enhance their own and others' health, safety, relationships and wellbeing. Students refine and modify movement skills and apply movement concepts across a range of situations. They transfer movement strategies between situations and evaluate the impact on movement outcomes. Students propose strategies to promote physical activity participation that enhance health, fitness and wellbeing. They describe contributions they can make as a group and team member to support fair play and inclusion across a range of movement contexts.

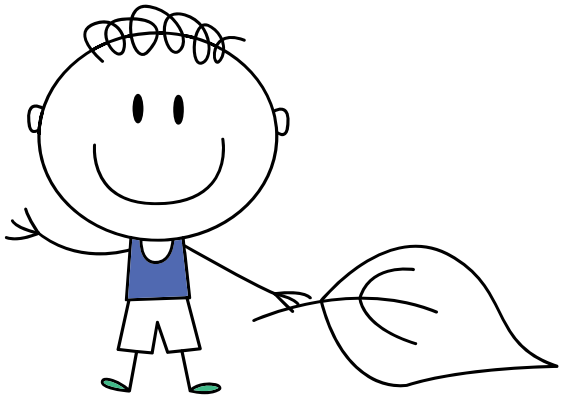
YEAR 7 – 8 ACHIEVEMENT STANDARD

By the end of Year 8, students analyse factors that influence identities, emotions and responses to change, and describe strategies to respond to these influences. They analyse how stereotypes, respect, empathy and valuing diversity influence relationships. Students analyse the effectiveness of assertive communication strategies, protective behaviours and help-seeking strategies applied online and offline. They analyse health information and messages to propose strategies that enhance their own and others' health, safety, relationships and wellbeing. Students apply and transfer movement skills and movement concepts across a range of situations. They implement and evaluate the effectiveness of movement strategies on movement outcomes. Students propose and evaluate strategies designed to achieve personal health, fitness and wellbeing outcomes. They select, use and refine strategies to support inclusion, fair play and collaboration across a range of movement contexts.

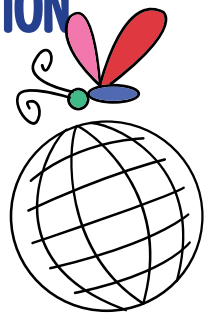


CURRICULUM LINKS TO THE AUSTRALIAN CURRICULUM CONTENT

SUB STRAND	YEAR 5-6	YEAR 7-8
Being healthy, safe and active sub-strand	Help-seeking: Investigate community resources and ways to seek help about health, safety and wellbeing (ACPPS053) – Making healthy and safe choices: Plan and practise strategies to promote health, safety and wellbeing (ACPPS054)	Help-seeking: Practise and apply strategies to seek help for themselves or others (ACPPS072) – Making healthy and safe choices: Investigate and select strategies to promote health, safety and wellbeing (ACPPS073)
Communicating and interacting for health and wellbeing sub-strand	Interacting with others: Practise skills to establish and manage relationships (ACPPS055) – Understanding emotions: Examine the influence of emotional responses on behaviour and relationships (ACPPS056)	Interacting with others: Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074) – Understanding emotions: Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (ACPPS075)



TIPS FOR SUCCESSFUL IMPLEMENTATION OF THE SOARING TOWARD ZERO BULLYING PROGRAM



Promoting a program like Soaring Toward Zero Bullying in a school is crucial for its success. Below are some ideas you may like to use to promote the program in your school.

SCHOOL ASSEMBLIES:

Use school assemblies to introduce the program, explain its objectives, and generate excitement among students.

INFORMATION SESSIONS:

Conduct information sessions for teachers and school staff to familiarise them with the program's content and goals.

STUDENT COUNCIL INVOLVEMENT:

Engage the student council to champion the program and encourage student participation.

PEER AMBASSADORS:

Select student peer ambassadors to act as program advocates and role models.

PROGRAM LAUNCH EVENT:

Organise a program launch event with guest speakers or activities that highlight the program's importance.

SCHOOL SIGNAGE:

Create and display posters and signs around the school featuring the program information, key messages, and even student contributions.

INCORPORATE IT INTO THE CURRICULUM:

Align program activities with existing curriculum to reinforce its importance within the educational framework.

REGULAR ANNOUNCEMENTS:

Use morning announcements or newsletters to provide updates on program activities and achievements.

SOCIAL MEDIA CAMPAIGN:

Utilise the school's social media platforms to share program updates, success stories, and resources with the school community.

By implementing these ideas, you can raise awareness, engage students, teachers, and parents, and create a supportive environment for the program's successful implementation in your school.

SUPPORTING PARENTS TO UNDERSTAND THE PROGRAM

We have found that supporting parents in understanding and engaging with the Soaring Toward Zero Bullying program supports its success. Here are some ideas you may like to consider to help parents better understand and participate in the program:

PARENT INFORMATION SESSIONS:

Host information sessions or workshops specifically for parents to explain the program's goals, content, and how they can support their children's participation.

ONLINE RESOURCES:

Create a dedicated webpage or section on the school's website with program details, resources, and updates accessible to parents.

INTERACTIVE WORKSHOPS:

Organise workshops that encourage parent participation, such as discussions on bullying prevention or strategies for promoting kindness at home.

PROGRAM MATERIALS:

Provide parents with program materials, such as brochures or pamphlets, outlining key program components, objectives, and expectations.

NEWSLETTERS:

Include regular updates on the program in school newsletters to keep parents informed of ongoing activities and achievements.

PARENT-STUDENT ACTIVITIES:

Arrange joint activities or projects that involve both parents and students in program-related discussions and initiatives.

OPEN HOUSE EVENTS:

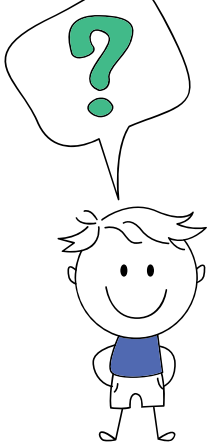
Host open house events where parents can explore their child's school environment, including displays related to the program.

FEEDBACK MECHANISM:

Establish a feedback mechanism, such as surveys or suggestion boxes, to gather input from parents on the program's effectiveness and any areas for improvement.

These ideas will not only help parents understand the program better but also encourage their active involvement and support, fostering a stronger partnership between the school and families in promoting a culture of kindness and bullying prevention.

FREQUENTLY ASKED QUESTIONS ABOUT THE SOARING TOWARD ZERO BULLYING PROGRAM



Promoting a program like Soaring Toward Zero Bullying in a school is crucial for its success. Below are some ideas you may like to use to promote the program in your school.

How does the program address and differentiate between different types of bullying behaviours?

The program provides a comprehensive approach to bullying prevention and intervention. This includes defining bullying and recognising warning signs, outlining strategies for responding to different types of bullying, including reporting procedures, conflict resolution, and support mechanisms and discussing proactive measures and initiatives to prevent bullying from occurring in the first place, emphasising the importance of creating a safe and inclusive school culture. Kindness and empathy form a significant part of the Soaring Toward Zero Bullying Program.

How does the program support students in developing empathy and kindness towards their peers?

The program supports students in developing empathy and kindness by incorporating lessons and activities that encourage perspective-taking, fostering understanding of others' experiences, and promoting acts of kindness. Through discussions, role-playing, and real-life scenarios, students learn to put themselves in others' shoes, understand the impact of their actions, and develop the skills to respond with empathy and kindness when faced with differences or conflicts. Additionally, the program emphasises the importance of creating a supportive and inclusive school environment where kindness and empathy are valued and practiced by all.

How can parents actively support and reinforce the program's messages at home?

Parents can actively support and reinforce the program's messages at home by engaging in open conversations with their children about bullying, differences, and kindness. They can also model empathy and respectful behaviour, encourage their children to share their experiences, and provide guidance on conflict resolution and empathy-building exercises. Additionally, parents can stay informed about the program's activities and resources, attend related workshops or meetings, and collaborate with the school to ensure a consistent message of empathy and kindness both at school and at home. This partnership between parents and the school plays a crucial role in reinforcing the program's impact.

How can the program involve and empower students themselves in taking an active role in preventing bullying and promoting kindness within the school community?

The program actively involves and empowers students to take an active role in bullying prevention and kindness promotion by providing opportunities for student leadership and engagement. As an extension of the program, the school may choose for students to participate in peer mentoring programs, student-led initiatives, or serve as ambassadors for the program. They learn about their roles in creating a safe and inclusive school environment, including recognising and reporting bullying, standing up for peers, and organising kindness-focused activities. Empowering students in this way not only enhances their understanding but also encourages a sense of ownership and responsibility for promoting a culture of respect and kindness within their school community.

What are the costs associated with participating in the Soaring Toward Zero Bullying program?

The Soaring Toward Zero Bullying program is entirely free for participating schools and students. There are no associated costs for schools or families to implement or engage with the program's activities and resources. This ensures that the program is accessible to all, with the primary focus being on fostering a safe and inclusive school environment and promoting kindness and empathy among students.

How long does the Soaring Toward Zero Bullying program typically run for?

The duration of the Soaring Toward Zero Bullying program can be tailored to the specific needs of each school, but it is designed to be completed in approximately one term. The core program consists of a 10-week unit plan, but schools have the flexibility to adapt the timeline based on their scheduling preferences and educational goals. Generally, if a school chooses to include a presentation session with Little Wings, that typically add an additional hour to the program. The program's flexibility allows schools to customise the implementation to best suit their students' needs and availability.

What is involved in the Little Wings presentation?

The Little Wings presentation typically involves both an in-person and video component, designed to engage and educate students on the organisation's mission and the importance of kindness and support for seriously ill children. During the presentation, students have the opportunity to watch a video that showcases Little Wings' work and its impact on the lives of seriously ill children and their families. Following the video, there is dedicated time for students to ask questions and interact with the presenter, allowing them to gain a deeper understanding of the program's objectives and how they can contribute to creating a more empathetic and inclusive school environment.

What should I do if I want Little Wings to present in my school?

If you are interested in having Little Wings present in your school, the first step is to contact Little Wings directly to discuss presentation options and your school's eligibility. Then you can schedule a presentation that aligns with your school's needs and preferences. They will provide you with information on available dates, content, and any additional details required to facilitate a successful presentation in your school.

What additional support or resources can my school access from Little Wings beyond the presentation?

The Teacher Resource Pack, Student Activities Resource Pack, The Presentation, and related resources are the primary offerings provided by Little Wings to support the Soaring Toward Zero Bullying program. Our organisation's primary mission is to transport seriously ill children from rural and remote communities to access vital medical services. If your school ever encounters students who may require our transport services, please consider reaching out to us for support in that regard.

Are there any specific resources or materials available from Little Wings that our school can use to integrate the program's content and mission into our educational curriculum?

Yes, Little Wings provides a Teacher Resource Pack and Student Activities Resource Pack as well as presentation materials as part of the program. These resources are designed to support schools in integrating the program's content into their current curriculum plan. These resources include materials that align with the program's objectives, making it easier for you to incorporate bullying prevention and kindness promotion into lessons.

How can our school community contribute to Little Wings' mission to transport seriously ill children from rural and remote communities?

Your school community can contribute to Little Wings' mission by helping us raise awareness about our services and the need for support among seriously ill children in rural and remote areas. While fundraising is one way really positive way to support us, there are also non-financial ways to make a difference. You can engage in activities that promote kindness, empathy, and inclusivity within your school and community, aligning with the values of Little Wings. Additionally, if you ever come across families or students in need of our transport services, please consider connecting them with us. Your support, in any form, is deeply appreciated and helps us fulfill our mission of assisting seriously ill children and their families.

When can the Soaring Toward Zero Bullying program be implemented?

The Soaring Toward Zero Bullying program can be implemented at a time that best suits the needs and schedule of your school. It is beneficial at any time during the school year, as its content is designed to foster a culture of kindness, empathy, and bullying prevention regardless of the timing. Whether you choose to start the program at the beginning of the school year, mid-year, or as part of a specific bullying prevention initiative, its positive impact on students and the school community remains consistent. The flexibility of implementation allows schools to tailor the program to their unique circumstances and educational goals.

How is the program tailored to different age groups or grade levels?

The Soaring Toward Zero Bullying program is tailored to different age groups and grade levels to ensure its relevance and effectiveness. The curriculum and activities are adjusted to align with the developmental stages and needs of students at various grade levels. For example, the program may include age-appropriate discussions, scenarios, and role-playing exercises that resonate with elementary, middle, and high school students. This customisation ensures that the program's content and approach are engaging and relatable for students of all ages, making it accessible and impactful in diverse educational settings.

What should I do if I'm concerned about bullying in my school?

If you're concerned about bullying in your school, it's essential to take action to address the issue effectively. Here are some steps you can consider, however schools should always implement strategies that are most appropriate to their school, students and community:

1. **Report the Concern:**
   Report any incidents or concerns about bullying to your school's administration or designated staff members responsible for handling bullying cases.

2. **Document Incidents:**
   Keep a record of any bullying incidents, including dates, times, locations, and details of what happened. This documentation can be valuable when addressing the issue.

3. **Talk to the Victim:**
   If you're aware of a bullying victim, offer your support, listen to their concerns, and encourage them to report the incidents to school authorities.

4. **Engage with Teachers and Staff:**
   Discuss your concerns with teachers, counselors, or school staff members who can help address and investigate the issue.

5. **Involve Parents:**
   Inform the parents or guardians of both the victim and the perpetrator about the bullying incidents, keeping them informed of the situation.

6. **Promote Prevention:**
   Advocate for anti-bullying programs, awareness campaigns, and initiatives within your school to prevent bullying and foster a culture of kindness and respect.

7. **Seek Professional Help:**
   If the situation escalates or involves serious physical or emotional harm, consider involving mental health professionals, counsellors, or external support organisations.

8. **Follow School Policies:**
   Ensure that your school follows its established policies and procedures for addressing bullying and maintaining a safe and inclusive learning environment.

Remember that addressing bullying requires a collective effort from the school community, including students, teachers, parents, and school staff. By taking action and working together, you can help create a safer and more supportive school environment for all students.

Can Little Wings provide counselling and follow-up services?

Little Wings primarily focuses on providing transportation services for seriously ill children and their families in rural and remote areas so is unable to provide counselling services that would be required in this area. While our organisation does not offer counselling or follow-up services directly, you may find the following contacts helpful to connect families in need with appropriate resources and support networks. It's essential to seek assistance from mental health professionals, counsellors, or local support organisations for counselling and follow-up services when required.

National

- Health Direct – 1800 022 222
- Parentline – 13 22 89
- Life line – 131114
- Kids helpline – 1800551800
- Medicare Public Enquiries line – 132 114
- Pregnancy, Birth and Baby – 1800 882 436
- Pregnancy, Birth and Baby – 1800 882 436
- Ronald McDonald House Phone – 1300 307 642
- Canteen – 1800 431 312
- HeartKids Helpline – 1800 432 785

New South Wales

- Parentline NSW – 1300 130 052,
- Careline 1300 CARING or 9794 2350
- Tresillian Parent's Help Line – 1300 272 736

Queensland

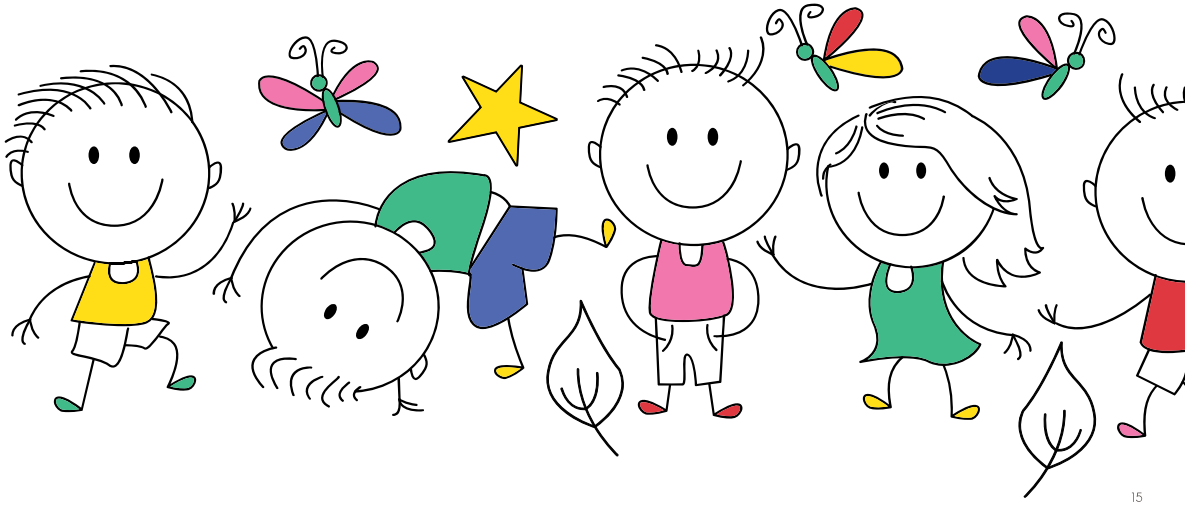
- Child Health Phone Support – 13 HEALTH (13 43 25 84)
- Parentline Queensland – 1300 301 300
- Childrens Health Queensland Helpline – 1800 432 785

Victoria

- The Maternal and Child Health Line – 13 22 29
- Parentline Victoria – 132 289

South Australia

- Child and Family Health Service Phone – 1300 733 606
- Parent Helpline South Australia – 1300 364 100



CELEBRATION AND FOLLOW UP TO THE PROGRAM

Follow-up and celebration activities are essential components of the Soaring Toward Zero Bullying program. These activities reinforce the program's core messages and help sustain a culture of kindness and empathy within the school community.

Here are some ideas for follow-up and celebration activities:

1. Kindness Challenge: Encourage students to participate in a kindness challenge where they perform acts of kindness for a set period. Recognise and celebrate their efforts with certificates or awards.
2. Bullying Prevention Month: Designate a month as Bullying Prevention Month and organise events, workshops, and awareness campaigns throughout the month. Use this time to revisit program concepts and emphasise their importance.
3. Student-Led Initiatives: Empower students to take the lead in organising anti-bullying and kindness initiatives, such as peer mentoring programs or awareness-raising events.
4. Kindness Wall: Create a physical or digital Kindness Wall where students can post notes or messages highlighting acts of kindness they've witnessed or experienced.
5. Art and Creativity: Organise art contests, poetry slams, or creative projects that allow students to express their understanding of kindness and empathy through artistic means.
6. Community Outreach: Extend the program's message to the wider community by engaging in community service or outreach activities that promote kindness and inclusivity.
7. Parent Involvement: Involve parents in follow-up discussions and workshops to reinforce the program's values and encourage consistent messaging at home and school.
8. Kindness Awards: Recognise and celebrate students, teachers, and staff who demonstrate exceptional kindness and empathy with awards or acknowledgments.
9. Program Anniversary: Mark the anniversary of program implementation with a celebration, reflecting on achievements and discussing future goals.
10. Collaborative Projects: Collaborate with other schools or organisations to work on kindness-themed projects, fostering a sense of unity and shared purpose.

These follow-up and celebration activities not only reinforce the program's impact but also create a positive and supportive school environment where kindness and empathy are celebrated and valued.

LITTLE WINGS

HERE FOR THE HIGHS AND LOWS

www.littlewings.org.au
02 9709 2570 - General enquiries
0439 684 642 - Flight related enquiries

Illustrations by Muchamad Wahid
Designed by Tam Nóbrega