



James Sheahan Catholic High School Orange

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15 May 2017

Dear Parents/Carers

YEAR 9 SPARK & IGNITE Program

The year 9 cohort will have the opportunity to participate in a full-day program prepared by the Burn Bright organization. This program was developed with the purpose of allowing students to reflect on a deeper level, their progression in life and how they move through adolescence into adulthood.

Managing the course of Adolescence is fraught with difficulties and many haven't had the opportunity to 'pause' – and contemplate their course- their choices and actions and their values. They forge ahead struggling and surviving in a changing, complex and stressful world. This program aims to encourage young people to contemplate leading respectful, healthy and positive lives.

SPARK (Girls) helps young women build confidence, understand their values and build their capacity to be resilient.

IGNITE (Boys) challenges the traditional concepts of manhood & helps young boys reflect on living respectful and positive lives.

Program Structure:

- Full day – delivered by a small team of Burn Bright facilitators
- Gender division – same content but with different focus areas

Program Content:

- Building Positive Relationships
- Self Discovery – exploring personal values
- Resilience – key tools to apply to life

Date: Friday 26 May 2017

Venue: James Sheahan

Yours sincerely

Norma Bongini
School Counsellor