



Niagara Park Public School

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THE ROCK AND WATER PROGRAM

Dear Parent/Carer,

This year Niagara Park Public School is commencing the Rock and Water program with Year 5 students.

This program is designed to provide students with self-confidence through self-awareness and to develop personal strategies against bullying. Students will develop a growing awareness of themselves on their path to adulthood. Specifically, the focus is on:

- Practical Anti-Bullying strategies
- Self-confidence, self-awareness, and self-control
- Communication skills and interpretation of body language cues
- Alternatives to aggressive verbal and physical responses
- Thinking and being in control, through grounding, centeredness, and mental focus
- Boundary awareness

Rock is the symbol used in the program for standing fast for what you feel is right and worth defending.

Water is the symbol of strength through cooperation and communication.

The schedule for delivering the program is as follows:

Term 2- Year 5 students from 5/6D

Term 3- Year 5 students from 4/5H

Term 4- 5G and 5T

This term the Rock and Water Program will be conducted each Friday from 9:00am to 10:00am. Kylie Williams and Kerry Hennessy, who are both accredited Rock and Water trainers will lead the group.

Normal sports attire is required and all students will be expected to participate in all aspects of the Rock and Water Program, including physical activity, discussion, and written responses.

Yours sincerely,

Kylie Williams
Learning & Support Teacher