### Connecting Community for Kids Community for



Connecting Community for Kids is a <u>collective impact</u> initiative dedicated to improving the well-being and development of children and families across communities. We work closely with the community, service providers and government to drive change.

"Education is for improving the lives of others and for leaving your community and world better than you found it." -Marian Wright Edelman.

### Transition from Primary to High School Workshops

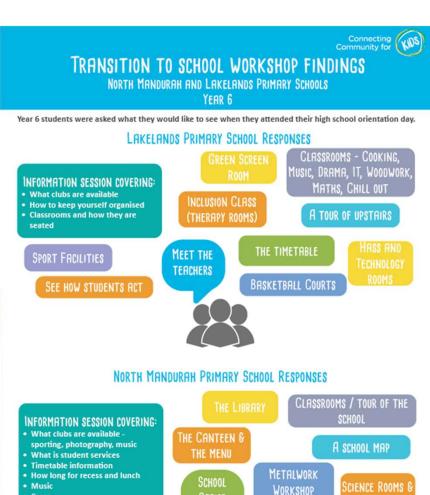
#### Years 5s and 6s

- North Mandurah PS (Pictured)
- Lakelands PS

#### Year 7s

- John Tonkin College
- Coastal Lakes
  College





Dissecting animals (Biology)
 Is there a chaplain

How we can help next years Year 6

Surf science
 Making sculptures

# 1. HOW DID STUDENTS FEEL ABOUT STARTING YEAR 7?

43% It was extremely cool and exciting as I did not know what to expect I was scared that none of my and I couldn't wait to make new friends would be in my class utited friends I felt a bit uncertain because I I was nervous to see who was going didn't know what to expect going to be in my class and I was scared I to a new school for the first time wouldn't make any friends

# 5. WHAT HELPED YOU MAKE THE TRANSITION INTO YEAR 7?



# 6. WHAT COULD OF BEEN DONE DIFFERENTLY TO MAKE THINGS EASIER FOR YOU?



or help in Year 6



Have a better understanding of expectations



Having friends to share things with



30% More help from services outside of school



16% More support from family



Something else

## **Black Swan** Lake 'Mallee'

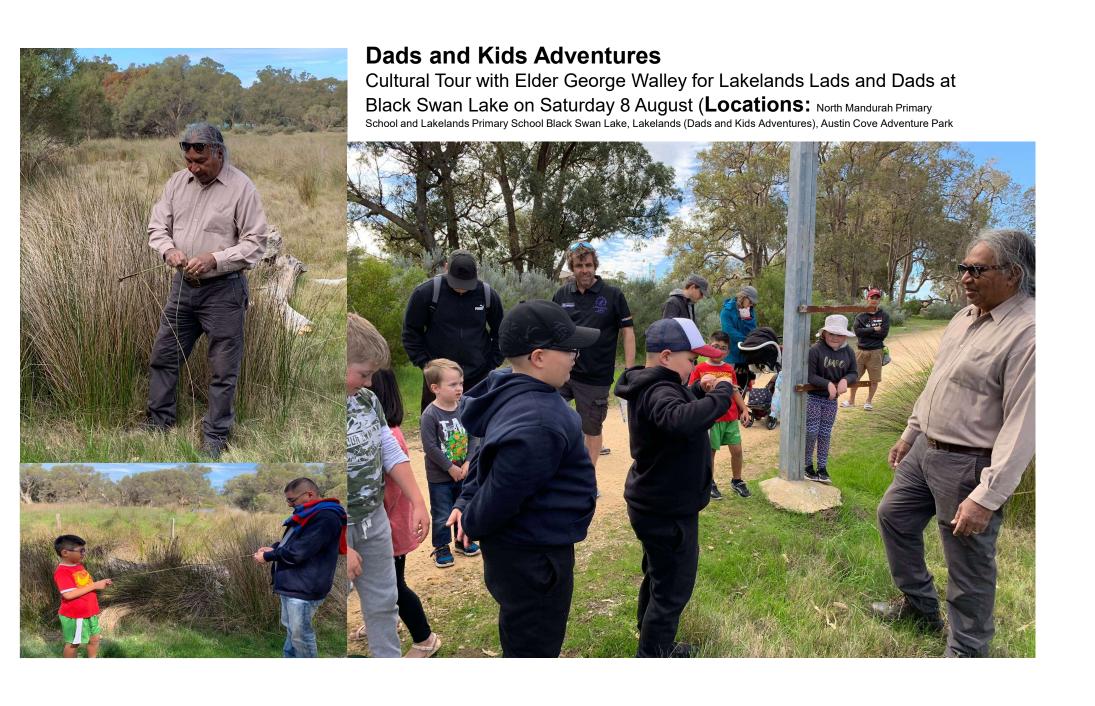












### Zero2Hero

## **Camp Hero**

## 30 August – 03 September 2021

Camp Hero is a 4-day youth leadership training camp that brings together students, mentors, and experts, around the vision of equipping young people to become mental health leaders and ambassadors in their community.

The program has been designed to cover a wide range of topics that help to develop communication and leadership skills, as

#### Pre and post camp snapshot

Median score out of 10	Pre camp	Post Camp
Knowledge levels	5.6/10	9.0/10
Confidence levels	6.3/10	8.3/10

"I found Camp Hero changed my life completely; it was absolutely amazing," she said.

"I feel the camp has given me the training to help save my friends lives."





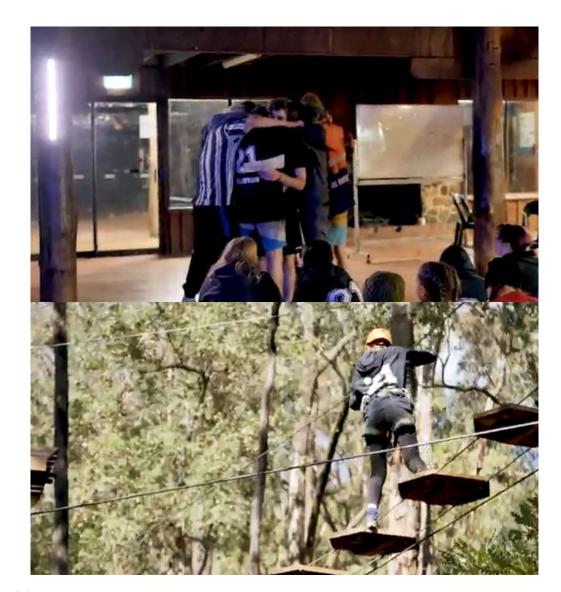
The pre-camp surveys address two key areas. The first area is the participants self rating their "knowledge regarding" five key areas on mental illness including:

- 1. anxiety and depression;
- 2. recognising the warning signs associated with suicide;
- 3. offering support to someone experiencing anxiety or depression;
- 4. the ability to manage personal mental health; and
- 5. the mental health services available.

The second area is a personal rating of the participants **confidence levels** against:

- 1. relating to friends;
- 2. relating to parents;
- 3. self-expression;
- 4. leadership; and
- 5. self awareness.

"It's okay to be vulnerable, and if anything, vulnerability is actually a strength," she said.



<sup>&</sup>quot;That's the only way we can have real change when it comes to mental health.