



23 June 2022

Dear Parents and Carers

**RE: YEAR 12 WELLBEING DAY**

On **Wednesday 29<sup>th</sup> June**, Year 12 students will be attending a **Wellbeing Day** at school. The event will begin at 9:00am in the ERC with students attending a seminar, "*Secret Bloke's Business*". The presentation will be led by Brent Sanders, a former policeman and now a motivational public speaker. Brent will address three key elements: taking responsibility for yourself and your actions, making right choices and the importance of respect and self-discipline.

**The following topics will be covered:**

- Dealing with peer pressure (drink driving)
- Actions and consequences
- Alcohol and drugs
- Self-discipline and respect
- Aggression vs Assertion
- Motivation
- Learning from your mistakes
- What is date rape?
- Consent - When "No" means "No"
- Ten essential keys to success

Students will be given the opportunity for open discussion and question time with Brent Sanders. Our previous Year 12 students have found this seminar valuable. "*We found that participating in this workshop allowed us students to relate to the various struggles of being a young man and to reflect upon what it means to be a man in today's contemporary society.*" (2019 Student Reflection)

Year 12 students from St Joseph's will join our students for lunch. The College will provide finger food for all Year 12 students, but they are encouraged to bring their own drinks and lunch.

After lunch, all Year 12 students from both Colleges will come together for a presentation by **HeadSpace** to discuss coping skills for now and the exams, plus a discussion about life after school. This will be followed by a *Reflection Session* lead by a group of St Edward's and St Joseph's Prefects. This is an opportunity for reflection and discussion on what they have learnt that day, the importance of creating and maintaining respectful relationships and acting responsibly. The day will conclude at 3pm.

**What to wear:** Students can wear **casual clothes** as we want them to feel comfortable throughout the day.





**ST EDWARD'S**  
**COLLEGE**  
WHERE YOUNG MEN ACHIEVE



13 Frederick St, East Gosford, NSW 2250



(02) 4321 6400



info@stedwards.nsw.edu.au



www.stedwards.nsw.edu.au

**What to bring:** Students should bring morning tea, extra lunch and a drink. If they have **Extension classes** in the morning, they are expected to attend so will need their workbooks for that lesson. Students will not need paper or pens for the seminars.

I encourage you look at the following link <https://www.brentsandersconsulting.com.au/schools-universities/> as it would be beneficial for you to know what is being discussed and presented. Please have a conversation with Nathan about what he has learned about respect, acting responsibly and the key issues confronting young men today. For further information please feel free to contact me.

Regards

Mrs Anthea Pearson  
Wellbeing Coordinator  
[apearson@stedwards.nsw.edu.au](mailto:apearson@stedwards.nsw.edu.au)

Phone: 02 4321 6400  
Email: [info@stedwards.nsw.edu.au](mailto:info@stedwards.nsw.edu.au)

