



SCHOOL EXCURSION / INCURSION NOTIFICATION

Dear Parent/Caregiver, an excursion/activity has been organised for your child.

Excursion / Incursion	Study Without Stress (SWOS) Group
Date	Thursday 26th October 2023, Thursday 2nd November 2023, Thursday 9th November 2023, Thursday 16th November 2023, Thursday 23rd November 2023, Thursday 30th November 2023
Year / classes involved	Self Nominated Yr 11 Students
Location	Staff Common Room
Purpose	6 week wellbeing group for self-nominated Yr 11 students addressing stress management and CBT skills for school.
Start time	12:30pm Turrumurra High School
End time	1:30pm
Transport	
Cost	\$10.00
Dress requirements	
Food	
Equipment	Paper and pen for note taking
Organising teacher	Alice Dunn
Teachers attending	Alice Dunn
Additional information	This group will be run during lunch/sport time on Thursday afternoons.
Educational outcomes	Study Without Stress (SWoS) is a small group program for students in years 10 to 12 that equips them with knowledge and practical tips on how to approach and overcome the stress associated with heavy workload and exams in the final years of high school. The program uses Cognitive Behaviour Therapy (CBT) techniques to help participants get the most out of their final years at school whilst keeping stress to a manageable level.
Consent Form and Payment due to Office by	Friday 20th October 2023

General Information Concerning Excursions / Incursions

1. Excursions and Incursions form an integral part of the curricula by providing enriching experience

