

# Wellbeing Incursion for Grades P-4:

## Why Worry Wally?



**Complement your school's wellbeing program with an evidence-based incursion about managing worries**



Presented by **Rick Foster** (author of *Why Worry Wally?*) and **Andy Parthenopoulos** (primary school teacher and Positive Education expert), this interactive session incorporates a **book reading and rich discussion** to help students better understand and address their worries.

### Benefits of the incursion:

- Immersive activities tailored to each year level are **inclusive of all students** and encourage both active participation and the development of emotional literacy.
- Aligned with **existing wellbeing and positive education frameworks**, allowing teachers to further embed the learning in the classroom environment to support students at risk.
- Presented by a **professional author and experienced classroom teacher** who are informed by the Victorian Curriculum, FISO 2.0, Resilience Rights and Respectful Relationships, and the Australian Student Wellbeing Framework.
- Your school will **receive a hardcover copy of *Why Worry Wally?***, and a tailored follow-up recommendation report based on our data collection.

### GR P-4 STUDENTS WILL LEARN

That everybody faces worries sometimes, including at school, and that's OK

That talking about worries with trusted people rather than hiding them is the best way to handle them

To develop strategies to independently manage worries and know when to seek help

*"Thank you so much for the fabulous workshop today. The children really enjoyed every moment. We loved the book and all the activities that we did. We had an amazing experience!" - Veronica Paps, Grade 1 Curriculum Leader, Montrose PS*

### The Why Worry Wally? Incursion is:

- Approved by mental health professionals and informed by best-practice positive psychology interventions
- Aligned with the Kids Helpline, incorporating video messages that inform students of how to seek further help if needed

Contact us for a detailed program outline and no-obligation quote to fit the needs of your school

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### What school leaders, teachers and students are saying about the Why Worry Worry? Wellbeing Incursion



*"If you are looking for a wonderful way to show your students how to deal with their worries, then look no further than Rick Foster's brilliant picture story book 'Why Worry Wally?' - Sue Leighton-Janse, Principal, Mordialloc Beach PS*

*"While having another opportunity to engage with Rick and Andy, our students gained so much insight into the types of worries and were able to make connections to their own experiences." - Stefanie McNeil, Team Leader, Mother Teresa Catholic Primary School*

*"Rick and Andy did a wonderful job delivering this incursion. The students were engaged from the beginning and a safe space was created for our kids to feel comfortable. Thank you for visiting our school." - Hayden Basaraba, Level 3/4 Curriculum Leader, Seaholme PS*

*"Having Rick and Andy read through the book during the incursion and discussing the BEATS acronym really helped our students establish comprehension around anxiety and understanding of each other." - David Price, Wellbeing & Engagement, Rushworth P-12 College*

*"Thank you for reading to us today. You are so kind. We loved the book and all the activities that we did." - Grade 1 Students, Montrose PS*

### SUPPORT THE GOALS OF YOUR SCHOOL'S SSP

**Mental Health & Wellbeing now a DET priority:**  
"Recommendation 17 of the landmark 2021 Royal Commission into Victoria's Mental Health System recognised the important role schools play in providing universal support for the mental health and wellbeing of young Victorians. In response, the department established the Schools Mental Health Fund which focuses on positive mental health promotion and whole-school approaches."

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As a Tier 1 (Positive Mental Health Promotion) program, the data and recommendations provided following this incursion will help shape your whole-school approach to student wellbeing, such as:

#### High Impact Wellbeing Strategy #7:

Promote coping strategies and facilitate referrals (Support students to identify personal emotional responses)

#### The Australian Student Wellbeing Framework (ASWF) Principles:

**Partnerships** - Families and communities collaborate as partners with the school to support student learning, safety and wellbeing.

**Student Voice** - Students are active participants in their own learning and wellbeing, feel connected and use their social and emotional skills to be respectful, resilient and safe.