

# Youthworkers in Rawhiti Primary School Mid Year Report 2019



**Matt Barnes**

9th year in FT Youthwork

*Loves: Hunting, Surfing, Basketball, Food and the Outdoors.*

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**Melissa Moore**

2nd Year Youthwork Intern

*Loves: Netball, Creative Activities, Family*

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## CURRENT TIMETABLES

**Monday** 2-4pm Basketball training

**Tuesday** 9-11am Tangaroa boys group  
3-5pm Basketball Game

**Wednesday** 8-9am Basketball training  
11am-1pm Taane Mahuta Group  
Break support & Mentoring

**Thursday** 2:15-3pm, Basketball training

**Friday** 12-3pm, Friday Winter Sports

**Wednesday** 9.30-12.30pm

Tangaroa Girls Group, break support.  
Tawhirimatea girls group

**Thursday** 11:00-2:00pm

Tane Mahuta girls group,  
Winter sport Netball training

**Friday** – 11:15-3:00pm

Tangaroa Support, Friday Winter Sports

## PURPOSE & HISTORY

Youth work is the process of creating an environment where young people can engage in informal educational activities, support a young person's development and help them build healthy connections with family, peers, and their community. It encompasses role modelling, being accessible to young people and being around to help young people make good choices.

*"Our Youth Alive Trust workers are a very important part of our school. They serve as fabulous role models and mentors to our students, and are a massive help to us in areas including mentoring, running sports teams, camps, and trips, and running personal development groups. I know that we are very lucky to have people of this quality in our school, and they have a hugely positive impact on the culture of our school, helping to create a caring environment and making our students feel, accepted and cared about."*

*Andrew Redmond (Tangaroa Teacher)*

## Programs and Support

- Surfing
- Camps
- Mentoring
- Basketball
- Friday Winter Sports
- Boys Groups
- Girls Groups
- Break Time Support
- Community Activities

## SURFING

One of Matt's passions is surfing, being able to surf during work time is a dream come true! He loves to share his passions with others, so school surfing is a highlight of summer terms being able to offer a unique skill to Rawhiti senior students. Many of the young people have gone on to take it up as a positive sport during their own time, and some have even joined the North Wai board riders club because of getting to first try it out at school.

It was awesome to have the opportunity with Rawhiti's support to head down to Dunedin for a weekend with Andrew Redmond to complete the Level 1 Surf instructors qualification. Now we can not only offer surf lessons but surf lessons to the same standard you would expect from a professional surf school!



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## YEAR 5 & 6 CAMPS

Matt tagged along to the week of year 5 & 6's camps out at Wiapara. "I find these camps great opportunities to connect with a wider range of young people than usual as well as a good chance to meet a few more of their parents. Camps are such a right of passage in NZ so it's great to be able to help out with as many of them as possible." If you'd like us to be a part of one-off school activities outside of our usual hours, get in touch and we'll see if we can help.



## BASKETBALL

Matt is coaching two Year 7/8 basketball teams at Rawhiti with the assistance of ex-North New Brighton student Monti Nicholls each Monday afternoon. Practices are run 3 times a week, with games on Tuesday afternoons. For several young people this is their first time playing in a competitive setting. It's really great to watch both the beginners and advanced players develop their skill sets in this hugely popular sport at this age.



One of the big perks of coaching sports teams is it that the sport becomes a tool for positive youth development. While the sport is the main focus, young people involved learn valuable life lessons in responsibility, team work, commitment and pushing themselves (even when things are tough). The privilege of coaching allows many opportunities to speak positively into the participants lives.

## STRENGTHS EXPLORER

Matt has been working with the Y7/8's to help all the students complete Strengths Explorer. It is aimed at 10-15 year olds and highlights 10 strength themes. It's interesting how dominant some themes are within the class. Students that have done it are valuing the process and really enjoying discovering more about themselves. Comments include, "I like to achieve stuff and focus on it for a long time. I don't do one thing and never finish it", "people depend on me and I help them", "can be hard because I over think things like everyday things But it is good because it helps me do more", and "it works well with competing and achieving because I can feel the way other people are feeling when they win or lose."



## MENTORING

Matt & Melissa are both available to catch up 1-on-1 with individual students where needed. These can be informal one offs or a more formalised weekly catch up time.

Matt has a basic counselling skills qualification so can take the conversations to a deeper place to help the young person positively process through more major life events. If you do have a young person that you feel doesn't quite need to see Sandy or Mana Ake but could do with a 1-on-1 chat, do contact us to see if we can help.





## FRIDAY SPORT

This year both Matt and Melissa are helping out with Friday afternoon sports. Matt is helping run the y 7/8 capture the flag team, while Melissa is running the y 7/8 Netball team. These Friday afternoons are great ways to connect with the young people while also having a bunch of fun and being able to help them develop key life skills and lessons.



## EXTRAS

We help in a number of other areas of the school. The Youth workers are often around during break times, which is a great opportunity to connect with all of the young people in the school on a more informal basis, as well as helping out the duty teacher and running the odd game. We are always keen to be involved in the extras of school life like camps, trips and events!



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## BOYS GROUPS

Over Term 2 Matt has been running boys groups in both year 5/6 classes and the year 7/8 classes. Both these groups have a strong focus on mental health, how the brain works, managing emotions and building resilience. The programme is based on counselling and youth development theory and practice, with the aim of equipping the boys with key tools to look after themselves and others. If we are able to equip them to know how to handle tough situations then the need for more intensive interventions decreases. While it is a challenge to talk with boys about their emotions and mental health they really engage and are super thankful that an adult would take the time to teach them about these things. From the feedback, 100% of the boys said they would recommend to their mates to do one of these groups. When asked about how they felt after doing the course compared to before, the boys overwhelmingly felt that they were more confident, able to handle stressful situations better, better able to understand and manage their emotions, more able to work through their thoughts positively, could connect better with others and felt more able to say what they need to say. From the last group, 2 came to Matt for 1-on-1 conversations to help work through what was going on for them.



## GIRLS GROUPS

Melissa has been running girls groups with both Year 7/8s and Year 5/6s. The programme has been very tough for some as it focuses on family relationships, friendships and also their relationship with themselves. It has been interesting to have some very deep discussions and seeing the changes in everyone from week to week. 'One young lady was really struggling with friendships and was debating moving school as she felt alone and unwanted in her friend group. Throughout the six week sessions with her and four other girls, Melissa was able to connect her in and build their relationships with each other. We are happy to now see her running around the school grounds with a group of girls and a smile on her face.' From the feed back received from the girls, they are very happy to have another familiar face around school who cares about them. For some it is the highlight of their week.



## COMMUNITY ACTIVITIES

We see many Rawhiti students at our other community activities, particularly our weekly clubs such as Rock Solid, Boys & Girls Clubs, as well as holiday programmes. Recent highlights include the Father & Son Camps and the many students learning instruments with our Amplify School of Music both in and outside of school, including band gigs!

