

# Youthworkers in Rawhiti Primary School Report 2021



**Jayden Wall**

2nd Year in FT Youthwork

*Loves: Photography & multimedia and disc golf.*

✉ jayden.wall@yat.org.nz



**Melissa Moore**

4th Year Youthworker

*Loves: Netball, Creative Activities, Family*

✉ melissa.moore@yat.org.nz

## TERM 4 TIMETABLES

### **Tuesday 10:00am - 2:00pm**

Strengths Explorer, break time support, classroom support.

### **Thursday 12:00am - 1:00pm**

Lunch time activity or support

### **Friday 9:00am - 1:00pm**

Surfing support, break time support, Mentoring.

### **Tuesday 11-12noon**

Girls Group

### **Wednesday 9.00-2pm**

Surfing support, Girls Group, lunch time activity or support

### **Thursday 12.00-2.00pm**

lunch time activity or support. Mentoring.

### **Friday 9:00-11am**

Surfing support

## THE ROLE OF A YOUTHWORKER

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.

*“Children and adolescents who have a formal or informal “mentor-like” relationship with someone outside their home are less likely to have externalizing behaviour problems (bullying) and internalizing problems (depression). This group is also more likely to complete tasks they start, remain calm in the face of challenges, show interest in learning new things, volunteer in the community, engage in physical activities, participate in out-of-school time activities, and be engaged in school. Additionally, those who have a caring adult outside the home are more likely to talk with their parents about “things that really matter.”*

*Caring Adults: Important for Positive Child Well-Being Research 2013*



## Programmes and Support

- Boys Groups
- Girls Groups
- Mentoring
- Friday Winter Sports
- School Camp
- Surfing
- Thursday Lunch Activity
- Break Time Support
- Community Programmes



## GIRLS GROUPS

Melissa has been running Girls Groups with Years 7-8s and Years 4-6s. The programme focuses on friendships, feelings, words of affirmation and building greater self confidence. It has been great seeing the excitement from the girls this year and seeing the positive changes in their confidence week to week.

Throughout the year I have had a few girls come to my sessions feeling drained and 'done' for the day. Girls group has been a safe place for them to re-energize. Some feedback I have received said, "I'm glad I am in Girls Group. I wish girls group wouldn't end because it's so amazing" also "You have made me and the girls day - amazing". It has been a good year getting to connect with more girls and support them through school.



## THURSDAY LUNCH TIME ACTIVITIES

This year Jayden and Melissa have been running a lunchtime activity most Thursdays. This has been a great chance to connect with the wider school while the seniors are away at Technology. They have both been able to connect with students from classes they're not involved in.

This has had a great response from students with many of them requesting games and activities. Almost every day they're being asked "Are you doing games at lunch today?". Some games that we have run include a Frisbee competition, giant jump rope, circus skills, capture the flag and several games in the gym on those cold raining days.



## SURFING

On Wednesday and Friday mornings we are at North Brighton Beach with some of the intermediate students. Surfing has been a fantastic way to connect with the young people as we are able to learn, laugh and have fun together. One young boy had never done surfing before and was quite nervous about the experience. I went in the water with him and held his board while he got his balance. I encouraged him to start paddling and gave his board a push, he was able to catch the wave and was so proud of his efforts. Surfing is a great thing that Rāwhiti school provides as it's building skills, competence and confidence that can be used locally for the rest of their lives!



Grace Vineyard Beach Campus,  
111 Seaview Road,  
New Brighton, Christchurch

☎ 03 388 1001

✉ [office@yat.org.nz](mailto:office@yat.org.nz)

🌐 [www.yat.org.nz](http://www.yat.org.nz)



## FRIDAY SPORT

This year both Jayden and Melissa helped out with Friday afternoon sports. Jayden refereed and coached the Year 7 & 8 Capture the Flag team, while Melissa coached the Y 7-8s Netball team. These Friday afternoons not only help them develop sporting skills, but leadership skills, the art of winning and losing and teamwork! Plus we both love sports!



## 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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Grace Vineyard Beach Campus,  
111 Seaview Road,  
New Brighton, Christchurch

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✉ office@yat.org.nz

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## BOYS GROUPS

Throughout the year Jayden has been running several groups. He has been running a Strengths Explorer workbook with several intermediate boys through the year. This programme helps our young people discover and understand how they operate. Their strengths are not necessarily things they are good at but things that motivate them. The feedback from the boys was great. After the first session the boys were surprised at how 3 strengths were able to so accurately describe themselves. One of the boys said "Oi, this is totally me!". It was really great to see their own recognition.

Jayden also worked alongside Carol from Mana Ake in running a friendship group in Tāwhirimatea. It was great to work alongside someone else in the school to be supporting boys in developing friendships and working towards understanding their own emotions. Each session ended with a team challenge. As the sessions progressed the boys noticeably got better at working as a team and each taking the lead of the group.

## YEAR 7 & 8 CAMP

Both Jayden and Melissa went to Wainui with the Year 7 and 8's for their camp. It was another great opportunity for us to spend some less structured time with the young people. We love to give them extra encouragements and see them pushed out of their comfort zone! It also gave us a chance to connect more with your teachers and some of the parents who came a long too.



## MENTORING

Jayden & Melissa catch up 1-on-1 with individual students during the week that are referred by teachers. These can be informal one offs or a more formalised weekly catch up time. If you do have a young person that doesn't quite need Sandy or Mana Ake but could do with a 1-on-1 chat, do contact us or Paul, who signs off on our timetable.

## COMMUNITY ACTIVITIES

We see many Rāwhiti students at our other community activities, particularly our weekly clubs such as Rock Solid, Boys & Girls Clubs, holiday programmes and the many students learning instruments with our Amplify School of Music. It's great to see a number of them becoming volunteers and even one joined our staff recently!

