

The Hamilton and Alexandra College young boarders lifeskills program.

The lifeskills program is a unique addition to the boarding experience of younger boarders. With the caring nature of our House Mother and their capacity to guide young boys and girls, the lifeskills program aims to graduate our boarders into boarding life.

HEALTHY HABITS

This term the focus is on the younger boarders developing 'healthy habits' in all areas of their boarding life which will lay a positive grounding for the years ahead.

These include mind, sleep / rest, sport / healthy bodies, diet and study.

We will talk about setting goals for the term and how to achieve them. The 'Golden Check-in' will be used as a way of identifying how the boarders are travelling this term.

Term 2

Week	Topic
1	Welcome back Anzac Reflection
2	Goal setting for term -what do you want to achieve this term -how are you going to do this? -What do you need to do to prepare for the task ahead?
3	Healthy Habits – sleep / rest Look at 7 types of rest, what works for you, what doesn't, develop night routines
4	Healthy Habits – Mind Presentation on mindfulness by Kate Couchman Practice mindfulness exercises
5	House Mother to catch up with all younger boarders and 'check-in'
6	Prepare and organise for exams Develop exam study timetable Presentation on study / exam tips by Ben Hawthorne (TBC) Look at your homework routines, are they excellent, sound or fair? How can they improve?
7	Exam week – support and encourage Hot chocolate and tim tams
8	Healthy Habits – Sport / Bodies Visit to Gen Health, Sophie , exercise physiologist to conduct an education session about exercise / importance of strength training / recovery and then a mini circuit to inspire boarders (TBC)
9	Healthy Habits – Diet Presentation on a healthy diet for active boarders by Jodie Nelson, Dietitian (TBC) Prepare a healthy supper to celebrate end of term

- With the guest speakers a boarder will need to invite the appropriate guests, introduce them, thank them and organise a small gift of appreciation