Rock and Water Primary School - School Wide

This training aims to answer three crucial questions concerning Rock

- Can we teach Rock and Water to the youngest boys and girls at school?
- Is it possible to apply Rock and Water throughout the entire primary school in order to promote a continuous flow of learning starting from Kindergarten through to the final years?
- Can the exercises, insights, theory and methods be conveniently collected in a manual, enabling the teacher/trainer to reach maximum results with a minimum of preparation?

The answer to these questions is an unconditional "YES".

Meeting the demand of teachers and trainers working with young children, Rock and Water in primary schools focuses on the translation of Rock and Water principles to all grades of primary education and all situations that occur at school on a daily basis.

Training and Manual

The accompanying manual describes in detail the psychological profile of students in each age group, giving special emphasis to the development of their (social) identity. We have carefully selected new and existing Rock and Water exercises to support students in each stage of their development. This workshop will provide you with new insights and practical material on why each exercise is suited for every student in each grade. You will learn new ways to put Rock and Water to good use in your school.

The manual includes over 120 lessons designed to suit each grade, 80 professional pictures and a full colour lay-out. There are dozens of practical tips and strategies for keeping order, dealing with organisational issues and connecting with the students. The manual will assist the teacher/trainer to improve their skills and maximize the result of each lesson and training.

Each lesson is supported by questions that can be used to reflect on that specific exercise.

There is also a whole section dedicated to exercises and assignments that can be used to continue the program in the classroom. These exercises are designed to meet each student’s favourite learning style leaving room for creativity and imagination, both for them and the teacher/trainer.

Supported by the central themes and the physical-social structure of the Rock and Water Program, this practical and detailed new resource is a must have for every Rock and Water teacher/trainer working with young boys and girls and a valuable new addition to the Rock and Water Program.

The Gadaku Institute and Family Action Centre encourages participants to complete the accredited 3 day Rock and Water Program which will provide you with the full understanding and concepts on the Program before attending specialised workshops.

Workshop details

When: Tour dates are scheduled across Australia annually

You will receive:
- 2 days intensive training with a Master Instructor
- Primary School-school wide Manual
- Catering

Cost: $561.00 training package
- $881.00 training, package + resource package

Workshops Times:
Registration: 8.15 for 8.30am start – finishing at 5.00pm
(Visit the website below for all the details)

www.newcastle.edu.au/rw

For enquiries contact:
Family Action Centre, University of Newcastle, University Drive, Callaghan NSW 2308
p. +61 2 4921 6403 l f. +61 2 4921 8686 l e. FAC-events@newcastle.edu.au l w. www.newcastle.edu.au/rw
Rock and Water Primary School Wide Specialisation

Rock and Water is a self development program designed to enhance children’s resilience skills; monitor and identify their reactive behaviour patterns when placed in times of stress; develop their capacity to work effectively in a group situation by analysing how relationships are strengthened and to stand with focus and determination as an individual. It strengthens a child’s inner motivation and drive and can compliment any existing resilience program run within your organisation or school.

Rock and Water is unique in its delivery because of its emphasis on kinaesthetic learning patterns. The program is a series of physical exercises that evoke a physical and psychological response. Students learn to feel how their body reacts to situations and develop skills to control how their body responds by recognising the cues. They are made aware of how others respond and have opportunity to discuss how their social competency can be enhanced by following a series of steps to promote open and honest communication in the playground, classroom and wider community.

The Rock and Water course has a unique teaching methodology. The Primary School program involves 121 separate exercises that are designed to foster and enhance growth from the age of 5 to 12. These exercises have been designed to reflect the developmental capabilities of the children. This course contains a brief psychological sketch of primary school children and the various stages of development linked to these are the different developmental challenges they face and which in turn are connected to specific Rock and Water themes and exercises.

Rock and Water is characterised by a psychophysical didactic method. Simply put starting from a physical perspective, mental and social skills are presented and mastered. This course looks into learning through experience and actions and learning through expressing oneself and conversation. Both these two are as important as each other and they together create an intense learning process.

The program is strongly physical in nature and supported by short discussion session in groups offering space for self-reflection. This approach was chosen because boys have a physical presence in the world and boys have difficulty putting their thoughts and feelings into words. Through this teaching method boys are taught to control and harness their energy and girls learn they are stronger than they thought. Rock and Water can runs for eight weeks which fits neatly into any school term. Ideally this course would be given 45 minutes a week and the new Primary Course enables this to start in the foundation infant years and developmentally grows with the children until year six.

Specific topics include:
Confidence, being a member of a group, emotional control, body awareness, working together, body language, intuition and listening, non-verbal cues, boundaries and mastering your emotions.
During the eight week course we discuss the following key issues:

* Safety
* Integrity
*Self control
*Confidence
*Respect
**Rock and Water**

**Primary School - School Wide**

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PERSONAL DETAILS

1st Person  Title _______ Given Names ___________________________ Surname ___________________________
Position ___________________________
Email (essential) ___________________________

2nd Person  Title _______ Given Names ___________________________ Surname ___________________________
Position ___________________________
Email (essential) ___________________________

Organisation ___________________________ Contact ___________________________
Postal Address ___________________________
Town/City ___________________________ State ___________________________ Postcode ___________________________
Phone ___________________________ A/H contact (essential) ___________________________
Fax ___________________________ How did you hear about the training? ___________________________
Dietary Requirement ___________________________

(Requests for Halal or Kosher meals may incur additional costs, please contact our office for more details)

ATTENDANCE COSTINGS

2 Day Training $561 pp (inc gst, catering and manual) or $881 pp (inc GST, catering, manual, theory book, basic exercise DVD, Bringing it Together - 22 case studies,
R&W Boys & Girls Poster packs 1 & 2 and NEW certificate pack)

Please note you will receive the supporting resources by post and the manual at the training.

PAYMENT DETAILS : CHEQUE / CREDIT CARD / ONLINE

This completed form is your Tax Invoice for the purposes of GST. An Invoice Receipt will then be issued confirming payment

Number of people attending @ $ 561 _______
Number of people attending @ $ 881 _______

TOTAL COST (inc gst) $_________________________

☑ CHEQUE - Make cheque payable to: The University of Newcastle

☑ CREDIT CARD Please debit my ☑ VISA ☑ MASTERCARD EXPIRY DATE _______/_______
CARD NUMBER ___________ / ___________ / ___________ / ___________

NAME OF CARDHOLDER ___________________________
SIGNATURE ___________________________ CARDHOLDER'S CONTACT NO. ___________________________

REGISTER ONLINE @ www.newcastle.edu.au/rw

LIABILITY WAIVER  All participants listed on this registration must read and sign below.

I agree and acknowledge that I am undertaking participation in the Rock and Water training and activities at my own free will and intentional act. I am fully aware that possible physical injury might occur to me as a result of my participation in this event. I give this acknowledgement freely and knowingly and that I am as a result able to participate in the events and I do hereby assume responsibility for my own well-being.

Participant 1 Signature: ___________________________
Participant 2 Signature: ___________________________

CANCELLATION POLICY  Written requests for registration refunds must be postmarked or emailed 2 weeks prior to the commencement date and will then be refunded (less $80.00 processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registration can be transferred to another participant for the same workshop. No refunds are given for no-shows. In the event of unforeseen circumstances The Family Action Centre reserves the right to change or cancel workshops.

The Family Action Centre is a not for profit organisation. By attending events or purchasing resources from the FAC you are supporting the development of further resources and continued delivery of professional development training.

We will keep you informed of future training opportunities. ☑ I DO NOT wish to be added to the promotional database