




Bundaberg North State High School

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 Bundaberg North State High School

AMAYDA Resilience Program

This year Bundaberg North State High School has a focus on supporting students to positively manage conflict situations, and improve their resilience. Our school has previously communicated that we have been working towards the implementation of the new [AMAYDA Resilience Program](#), and we are excited to announce the program will be commencing Tuesday 9th May. The ten-hour program will be completed fortnightly over three school terms in Big RAS classes. The program focuses on bullying prevention, resilience and mental health to foster academic improvement. The program will be completed by all grades and is designed to help produce the ideal learning environment where students and staff feel safe, appreciated, respected, liked and happy.

Bullying and violence are not tolerated in Queensland state schools. Bundaberg North State High is committed to making our school a safe and supportive place to learn. The program will be most effective at creating positive school culture with whole school engagement.

Prior to the program commencing, Mr Jeff Horn (former World Boxing Champion) will visit our school on Friday 5th May to present a talk on "how to become a champion" to the staff and students. In the presentation Jeff will speak to students about the program and why it is important.

Bundaberg North State High School and Shalom Catholic College are the only two schools in Bundaberg to be selected for the program. Parents from both schools have been invited to attend an information session at Shalom with Jeff Horn, 7pm Thursday 4th May, in their Performing Arts Centre.

We believe that this program will be an important part of our school's efforts to promote the well-being and success of our students. We are confident that it will help our students to become more resilient, confident, and successful in all aspects of their lives.

For further information on the [AMAYDA Resilience Program](#) please click on the link.

If you have any questions or concerns regarding your student's involvement, please do not hesitate to contact us by using the link below.

<https://bundabernorthshs.schoolzineplus.com/form/61>

Robyn Kent
Principal

Mick Findlay
Deputy Principal