



# After School PROGRAM

For girls in Grade 5 & 6

Monday 9th, 16th & 23rd August | 3-4pm

Our 'Beauty - The Real Picture' Program is a feel-good program, focused on the development of healthy self-esteem and positive body image. Girls' will gain confidence in who they are and will learn what makes them unique and beautiful.



COST: \$30 PER STUDENT

FOR MORE INFORMATION ABOUT THIS PROGRAM VISIT:

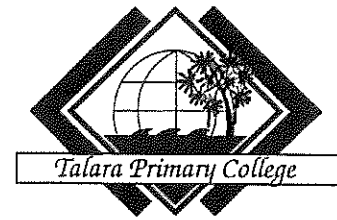
[WWW.HEADSTARTPSYCHOLOGY.COM.AU/BEAUTY-THE-REAL-PICTURE](http://WWW.HEADSTARTPSYCHOLOGY.COM.AU/BEAUTY-THE-REAL-PICTURE)

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## Beauty – The Real Picture for Year 5&6 Girls

A program that empowers girls to stand up and feel good about themselves 😊

### What is the Program About?

'Beauty–The Real Picture' program has been developed for girls in Grade 5 & 6. The key focus of the program is on understanding and improving self-esteem and body image. The students are provided with information to assist them to understand factors that contribute to developing self-esteem, and shaping views on body image. Students will challenge their ideas about true beauty and what it means and will learn how to improve their self-esteem and body image by identifying their true beauty, both inside and out.

### What does the Program achieve?

It is well documented that self-esteem and body image are prevalent issues for pre-teen and teenage girls, particularly as we live in a society that is focused on beauty and perfection. Statistics suggest that girls with low self-esteem are more likely to engage in negative activities and experience mental health concerns. The best strategy to manage this is by engaging early intervention services. The program has been designed for this age group with early intervention in mind, to engage girls around these topics while their opinions of themselves are still forming.

Girls complete the program feeling more informed and aware of the things that influence self-esteem and body image, particularly the media's role. They gain insight into how they feel about themselves and their bodies, and address how to begin changing these views through identifying their unique and beautiful qualities, and accepting and embracing who they are.

### Program Content

'Beauty – The Real Picture' program consists of three separate sessions that run for one hour.

The first session lays the foundations for the program, by exploring the concepts of self-esteem and body image. Throughout the session the girls will identify whether they have high/low self-esteem and a healthy/unhealthy body image. We look at how and why we develop these views of ourselves.

The second session focuses on the role that media and society have in shaping our views on body image. Through the use of multimedia, the girls gain an understanding of the lengths the media go to in order to create the 'perfect person'. This session also explores how the experience of puberty affects how we feel about ourselves.

The third and final session explores the reasons behind individual body shape and size and empowers and encourages the girls to accept their physical appearance. Participants will build self-esteem through identifying their individual and unique set of skills and qualities. In addition, the girls will learn the importance of focusing on inner beauty as opposed to external characteristics.

The program is delivered in a fun and interactive way using multimedia, workbooks, activities and discussion.

- ✓ The program will run in our IAC over 3 Mondays – 9, 16, 23 August from 3:00-4:00pm.
- ✓ The cost is \$30.00. Families will be invoiced once permission forms have been returned.
  - ✓ Students would be required to supply their own afternoon tea.
  - ✓ There are only 40 spots available so it's first in first served 😊

If you wish your child to participate in this program, please return the attached permission slip before Monday July 26<sup>th</sup>. Any questions, please contact myself on 5438 3777.

Kristy Walton  
Deputy Principal

# Talara Primary College Activity Consent Form

**Beauty the Real Picture**  
**Cost: \$30**  
**Invoice sent once Permission Form returned.**

## Consent

Please complete the required information and check all appropriate boxes below to indicate your agreement/consent:

- I have read all of the information contained in this form in relation to the activity (including any attached material) and I am aware that the Department of Education, Training and Employment does not have personal accident insurance cover for students.
- I give consent for my child, \_\_\_\_\_ (print child's name) in class \_\_\_\_\_ (print class details), to participate in the activity detailed above.
- I agree to pay to the school the costs detailed above for my child's participation in the activity.
- In the event of an accident or illness, I authorise school staff to obtain or administer any medical assistance or treatment my child may reasonably require, including contacting my child's doctor.
- I have provided the school all relevant details relating to my child's medical or physical needs on enrolment and where relevant have updated this information.
- I accept liability for all costs incurred in obtaining such medical assistance or treatment (including any transportation costs) and undertake to reimburse the State of Queensland (via the Department of Education, Training and Employment) the full amount of any costs incurred on my child's behalf.

Parent/Carer NAME: \_\_\_\_\_  
(Please Print)

Parent/Carer's Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Payment Options:

1. Bpoint – Online method. Click on hyperlink bottom left of invoice
2. QKR – Online App that can be downloaded to make any school payments
3. Eftpos/Cash – Payment can be made at school office
4. QParents – Online App created by Education Queensland
5. Centrepay – Use Centrepay to arrange regular deductions from your Centrelink Payment

**REFUND POLICY:** Refund requests due to non-participation must be submitted to the office for consideration within 3 weeks of the excursion date. Refer to the College Prospectus - Student Finances (section H8) for more information.

## Privacy Notice

The Department of Education, Training and Employment is collecting the personal information requested in this form in order to:

- obtain lawful consent for your child to participate in the activity;
- help coordinate the activity;
- respond to any injury or medical condition that may arise during, or as a result of the activity; and
- update school records where necessary.

The information will only be accessed by authorised school staff and will be dealt with in accordance with the confidentiality requirements of s.426 of the Education (General Provisions) Act 2006 (Qld) and the Information Privacy Act 2009 (Qld).

The information will not be disclosed to any other person or agency unless it is for a purpose stated above, the disclosure is authorised or required by law, or you have given DET permission for the information to be disclosed.

## Activity Risks & Insurance

The activity outlined above carries an inherent risk of physical injury occurring. Please note that the Department of Education, Training and Employment does not have personal accident insurance cover for students. If your child is injured as a result of an accident or incident, all costs associated with the injury, including medical costs are the responsibility of the parent/carer. Some incidental medical costs may be covered by Medicare. If you have private health insurance, some costs may be also be covered by your provider. Any other costs must be covered by parents/carers. It is up to all parents/carers to decide what types and what level of private insurance they wish to arrange to cover their child. Please take this into consideration in deciding whether or not to allow your child to participate in this activity.

 Queensland Government

Uncontrolled copy. Refer to the Department of Education, Training and Employment Policy and Procedure Register at <http://ppr.det.qld.gov.au/> to ensure you have the most current version of this document.

TRIM 12/330679