



Pro-social programmes or events currently facilitated by the Guidance Team

- Peer Support – Our year 11 peer support leaders are trained to support year 7 students to help them transition to College life and establish a sense of belonging at Aquinas. (Year 7 and 11)
- Atawhai Mentors (Year 12 School Support Leaders) A group of year 12 leaders are trained to work with year 7-10 students who might be struggling with a psychosocial issue that needs support from an older student.
- Year 7 & 8 Wellness lunchtime activities – Tuesday's and Thursday's
- Jason Whitelaw – Inspiring individuals and teams to reach greater levels of excellence. (Year 10)
- Loves Me Not - Looking at what makes a healthy relationship. What consent means. (Year 12),
- Chillax – How to manage anxiety (Years 11-13)
- Steps for Healthy Thinking – Cognitive Behavioural Therapy (Year 7-9)
- Involvement in Junior Health teaching – Psychosocial Well-Being (Year 9-10)
- Bullying Awareness Week – whole school focus
- Pink Shirt Day – Full school pink muffi day that supports students who feel marginalized in our school community.
- Gumboot Friday – Fundraiser for 'I am Hope' Mike King's charitable trust that raises awareness for attitudinal change in NZ regarding depression and suicide.
- Gratitude Friday – all students journal on a Friday in tutor time and take notice of the little things that they are grateful for in their daily lives.