QUEST Program 2014
@ Urangan Point State School

We are on a QUEST to help your child be the very best they can be!

All the children at UPSS will be going on a Quest this year to become the very best they can be. During the Quest, they will be taught important life skills in the areas of responsibility, self-discipline, good judgement, and getting along with others.

The School has purchased The Lions- Quest Skills for Growing Program which is designed to strengthen the ties between the home and the school in support of our children. Every child will participate in learning activities and discussions throughout the year, building life, social and learning skills.

The Values promoted are:

- Self-discipline
- A healthy Lifestyle
- Respect for self and others
  - Kindness
- Responsibility
  - Honesty
- Commitment to family
- Service to others
  - Courage
The Goals of QUEST are:

✓ To engage all members of our community (students, families, the school and wider community) in building a learning community of caring relationships, high expectations for positive behaviours, and meaningful involvement.
✓ To encourage respect for oneself and others
✓ To provide opportunities for our students to learn essential life skills needed to lead healthy and productive lives
✓ To promote a safe and healthy approach to life free from the harm of misuse of alcohol and other drugs
✓ To foster good citizenship in our students through cooperation and service to others.
✓ To strengthen our students’ commitment to their family, peers, school, and community.
Skills fostered by participation in the QUEST Program:

✓ Responsibility
✓ Decision Making
✓ Communication
✓ Goal Setting
✓ Cooperation
✓ Managing Emotions
✓ Resisting Negative Peer Pressure
✓ High-order Thinking
✓ Problem-solving
✓ Service to others
✓ Enhancing Relationships
✓ Appreciating the Family

Q-Bear, is central to the program, modelling positive choices and giving voice to the fears and hopes that are often difficult to communicate or face.
We deliver the QUEST Program at our school in 3 ways:

In the Classroom – The QUEST program was developed and sponsored by LIONS Clubs around Australia. Every teacher has a set of books that contain the planned lessons and activities for the year-long Skills for Growing and Skills for Living Programs. It has been adopted by many schools and is highly regarded as an effective tool to support the development of positive values, attitudes and behaviours in young people.

Drama lessons
Tamara Bailey runs QUEST Drama lessons with each class. These are tied to the C2C Units being taught in each grade. For example, if Year 2 is learning about poetry, we use drama to explore the emotions of anger, sadness, fear and happiness and then the students write and perform poems informed by their understanding. These learning sequences are directly aligned to the values promoted within the QUEST Program.

Small Group Sessions
Teachers identify needs within their teaching group and book social skills sessions with Tamara Bailey and selected students. For example, Year 5 may have a small group working on building confidence and assertiveness in social and public speaking spheres.
Community Connections: We will regularly post ideas in the school newsletter that you may use at home to assist your child with their personal and academic growth.

You can have fun with these!

**Photo Fun**
Have your child write captions for photos you have taken and then read them out – lots of fun!
The family can create an album to look back on and share with family and friends.

**Treasured Memories**
Tell your children stories about themselves when they were babies and toddlers. They will love it and it will help them build a personal history.

**Family Reading Time** – everyone reads a book and then shares what they have read with the family. You model positive habits and communicate the value of reading.

**Monster Mash**
If your child believes there are some monsters lurking under the bed, find crayons and paper, or better yet, grab some play-dough or clay. Tell your child to create the subject of their fears in wild or funny form, but in full detail. When finished, you and your child can make the monster go away by tearing or wadding up the picture, or, if a figure, mashing into a little ball.