



# 'Get a GRIP' on Health & Well-being

*Education programs  
promoting  
Health and Well-being*

**Teacher Resource**  
National Schools Program  
for Primary and Secondary  
provided by

**Cultural Infusion**  
*helping create Global Unity*

**FLIP OVER FOR  
'DIVERSITY IN YOUR SCHOOL PROGRAM'**



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**Cultural Infusion is a not-for-profit organisation proudly supported by**



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# Cultural Infusion

*helping create Global Unity through the delivery of schools programs, tours, concerts and workshops focusing on Harmony, Diversity, Inclusiveness and Well-being.*



*Cultural Infusion understands the value that culture brings to the well-being of a community and that it forms one of the four pillars of society alongside the social, environmental, and economical factors underpinning the cultural well-being of any community.*

*An ability to accept difference can only come when we endeavour to understand other cultures and appreciate other people's belief and lifestyles.*

*Artistic pursuits provide a great way of supporting diversity and removing global barriers through connectivity and understanding. They are also an effective tool in encouraging dialogue about the harmful impacts of race-based discrimination and the benefits of diversity.*

**Cultural Infusion utilises performance, art and interaction to deliver a range of programs and workshops to students.**

**For more details and to make a booking enquiry please visit [culturalinfusion.org.au/schools](http://culturalinfusion.org.au/schools), call 1800 010 069 or email: [info@culturalinfusion.org.au](mailto:info@culturalinfusion.org.au)**

# Get a GRIP Program

## Generating Relationships, Inspiration and Potential

**Get a GRIP** is a series of new health and well-being education programs we have developed in response to a national survey that asked young Australians to identify their values and key concerns<sup>1</sup>. This survey identified issues such as 'body image', 'bullying' and 'suicide' as some of the major concerns for both male and female youth in Australia.

The Mission Australia survey also identified a high participation rate in cultural activities among students, suggesting a performative, theatre based approach to delivering health and wellbeing programs is a highly effective way to engage students.

Our **Get a GRIP** team comprises educators, researchers and actors who are experienced in matching key learning outcomes with both current research and real life experience.

Our focus on student well-being is congruent with national policies such as:

- The National Safe Schools Framework
- The National Framework in Values Education
- The National Health Promoting Schools Framework
- The Victorian Essential Learning Standards (VELS)

### **Generating** – *It's about engaging interest!*

Cultural Infusion has a long standing history of bringing energy and vitality to education through a range of communication techniques. Our method is to generate in order to create.

### **Relationships** – *It's about forming connections!*

Community connectedness and social capital are key indicators of individual happiness. Our programs encourage cohesion and cooperation within school communities by creating opportunities for meaningful dialogue and focused problem solving through arts based activities.

### **Inspiration** – *It's about making it meaningful!*

Movement, rhythm, image, sound, colour & spoken word are all components of the dynamic vocabulary and the contemporary voice of youth. Students are more likely to relate, enquire and make further connections to their own experiences when learning is made meaningful and inspirational to them.

### **Potential** – *It's about taking it further!*

The true process of health and wellbeing education is not only to provide the information, but to offer real opportunity for young people to integrate it. The key is to link issues with current ways of thinking in order to make the information meaningful. This allows young audiences to produce their own effective solutions and to realize their potential.

1. National Survey of Young Australians: Key and Emerging Issues, Mission Australia, 2008

# Health & Well-being programs 2010

**Get a GRIP** programs combine a dynamic school performance with curriculum linked follow-up material.

## Our post-performance activities include:

- A teacher resource kit consisting of a lesson plan, discussion questions and student activities. We recommend you run the class session within one week of program delivery.
- After the performance, the actors have a short 5-10 minute scripted discussion, giving the students the opportunity to ask questions of their own. Actors have been specially trained to answer questions within the scope of the performance.

**Get a GRIP** has five core touring programs in 2010 that address issues of bullying, body image, cyber safety and emotional stress.



## Cyber Sense

Cyber Sense encourages the awareness of safe behaviour when using the internet and mobile phones. Students gain valuable insight into the forms of cyber-bullying & how to avoid the traps of getting caught in the cyber world!



## Get on Board

Get on Board is all about infusing a culture of can-do attitudes toward conflict in the lives of primary students, working with the core culture of the school. Through story telling, short games and role playing this program will teach creative solutions to use when encountering bullying.



## Talk to the Hand

Developed in response to teacher requests for a sustainable and age-specific program, this is a new approach to building resilience via a comprehensive theme. Students are encouraged to be active bystanders and to identify and use a variety of strategies to manage and resolve conflict.



## Go Figure

Go Figure is about infusing a culture of inquisitive attitudes and global perspectives towards positive body image and healthy lifestyle choices. Developed in response to a 2008 National Youth Survey, where one of the top issues of concern for both male and female youth in Australia was body image.



## Thrive & Survive

Thrive & Survive is all about encouraging positive and open mindsets towards challenges that exist in students lives. The program aims to assist young people to take control of negative thought patterns and turn difficult situations into learning experiences.

For more details and to make a booking enquiry please visit  
**[culturalinfusion.org.au/schools](http://culturalinfusion.org.au/schools)**, call **1800 010 069**  
or email: **[info@culturalinfusion.org.au](mailto:info@culturalinfusion.org.au)**

## Get on Board

### *Anti-bullying program – Primary*

Get on board the *Relation-SHIP*... a friendly school is waiting to depart! Your Captain is 'Percy the Pirate', your steward is 'Kate the Villager' and they are on board to tell you stories of bullying, the hidden power of a message in a bottle and the importance of 'raising the flag' in the playground when bullying occurs.

Developed in response to teacher requests for a sustainable and age-specific program, this is a new approach to building resilience via a comprehensive theme. Using the metaphor of the school as a giant *Relation-SHIP*, students are encouraged to think holistically about their communication and how it affects the entire school community.

\$6.00 per student + GST (price based on min. of 140 students)\*

#### **delivery**

50 minute educational performance  
(multi-day whole school approach is also available).

#### **resources**

- Teacher resource kit
- Poster template – to print
- Giant 'Message in the Bottle' resource with flip top lid

*Contact our office for details on the multi-day approach which includes teachers and parents.*





## Talk to the Hand

### *Anti-bullying program – Secondary* (available Semester 2)

Developed by Cultural Infusion in response to teacher requests for a sustainable and age-specific program, this is a new approach to building resilience via a comprehensive theme. Students are encouraged to be active bystanders and to identify and use a variety of strategies to manage and resolve conflict.

Talk to the Hand is all about infusing a culture of can-do attitudes toward students while working with the core culture of the school.

Students learn to identify forms of bullying and identify the feelings and needs of other people and acknowledge individual differences.

\$6.00 per student + GST (price based on min. of 140 students)\*

#### **delivery**

50 minute theatre based performance

#### **resources**

- teacher resource kit

*\*alternative arrangements can be provided if minimum numbers are not available.  
Please contact us for more information.*

For more details and to make a booking enquiry please visit  
**[culturalinfusion.org.au/schools](http://culturalinfusion.org.au/schools)**, call **1800 010 069**  
or email: **[info@culturalinfusion.org.au](mailto:info@culturalinfusion.org.au)**

## Cyber Sense

### *Anti-cyberbullying program – Primary/Secondary*

Having a PC in a child's bedroom is like having a window through which the most untrustworthy strangers can climb, or the child climb out into an unseemly world.

Blogs, personal emails, texts and chat rooms have opened up a new set of rules that require 'cyber sense'.

Keeping young internet users safe from strangers and each other, involves many considerations. Often they don't realise the harmfulness of their own online actions.

This program encourages the awareness of safe and responsible behaviour when using the internet and mobile phones. It also provides guidance for students if they are harassed or stalked online.

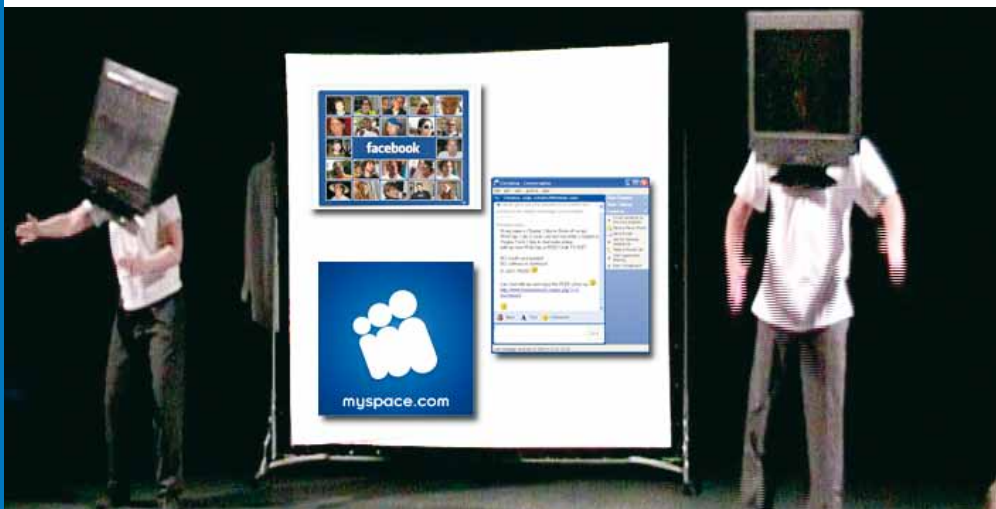
\$6.00 per student + GST (price based on min. of 140 students)\*

#### **delivery**

50 minute theatre based performance

#### **resources**

- electronic student pack
- teacher resource kit



For more details and to make a booking enquiry please visit [culturalinfusion.org.au/schools](http://culturalinfusion.org.au/schools), call 1800 010 069 or email: [info@culturalinfusion.org.au](mailto:info@culturalinfusion.org.au)



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## Go Figure

### *body image & life-style – Primary/Secondary*

Too fat, too skinny, too tall, too short, I need more muscles, I don't like my skin. Do these statements sound familiar? 'Go Figure' infuses a culture of self-confidence, media literacy and appreciation of individuality.

Students learn the tricks of the trade used by advertising and fashion industries whilst establishing realistic and healthy life-style choices.

\$6.00 per student + GST (price based on min. of 140 students)\*

#### **delivery**

50 minute theatre based performance

#### **resources**

- Friday Fan Mail pack
- 'The Looking Glass' template
- Teacher resource kit

*\*alternative arrangements can be provided if minimum numbers are not available.  
Please contact us for more information.*

## Thrive & Survive

### *out-smarting stress & anxiety – Secondary* (available Semester 2)

Learn to navigate between tension-traps that may exist in the home and at school. 'Thrive & Survive' encourages positive and open mind-sets and help strengthen support networks within the school.

Students learn how to take control of negative thought patterns and turn difficult situations into learning opportunities.

\$6.00 per student + GST (price based on min. of 150 students)\*

#### **delivery**


50 minute theatre based performance

#### **resources**

- Coping Strategies Mind Map
- Teacher resource kit



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*"We have had some issues with cyber bullying this year and wanted to address it before it became a big problem. Students were attentive and involved for the entire performance and the videos were very powerful. 'Cyber Sense' was an engaging and relevant performance which successfully highlighted the potential danger of the cyber world."*  
**Ms Neilson, Vermont Secondary College**

*"The student really enjoyed the 'Go Figure' performance and it was relevant our school's focus in mental health week. Thank you."*  
**Rosemary Carter, Kew High School**

*"'Get On Board' was a timely program for our school. We really wanted to have a focus on the bystanders of bullying behaviour. The messages were powerful and students loved the characters of Lilly and Penze the Pirate."*  
**Yallourn Primary School**

*"Cultural Infusion gives the children opportunity to experience the celebration of life through different cultures. We all love it"*  
**Kids retreat**

*"Excellent choice of performers. Lots of different performers"*  
**Fun 4 kids Early Learning Centre**

*"It was awesome!!! Everyone was clapping, it was sensational and all of the students enjoyed it"*  
**Geelong East PS**

*"Students have found the program entertaining and the performer engaging."*  
**Hallam Primary School re: Chinese Acrobat – VIC**

*"All the students were engaged and there was lots of audience interaction."*  
**Beeliar Primary School**

*"It reinforced what they have learnt in class."*  
**Jells Park Primary**

*"This was an engaging and relevant performance which successfully highlighted the potential danger of the world"*  
**Vermont Secondary College  
re: Get a GRIP Program**



## Would like to book, but don't have the budget?

Many funding organisations offer fantastic opportunities to promote social, cultural and economic diversity within schools. These include local councils, tate education departments and multicultural organisations.

*Examples include:*

- Artist in Residence (AIR) grants program from the Department of Culture and the Arts in conjunction with the Australia Council
- Department of Culture and the Arts WA funding for Short-Term Artist in Residence (STAR)
- Victorian Multicultural Festival and Events Grant offered each semester

Use the benefits of these grants to showcase a range of diverse cultures to students with our Multicultural All Day or Rerezent Programs

Contact our office for help and advice on **1800 010 069**

## Other programs

### **Sonic Elevation**

Designed for Indigenous youth who live in remote regions of Australia, Sonic Elevation confronts issues of extreme geographic isolation by providing participants with travel experience, skill development, education and entertainment.

### **Intercultural Productions And Community Concerts**

Concerts Specialists in designing and delivering intercultural concert programming for events with local, national or international audiences.

### **Community Partnership Projects**

Cultural Infusion works on cultural community development programs in partnership with communities to effect social change through tailored arts programming. In 2010 Cultural Infusion will begin InterACT, a three year project that focuses on issues of race discrimination and cultural isolation in various communities.

# How to Book

## **Select a Program**

Browse through this brochure and choose a program that best suits your curriculum outcomes.

Can't find what you're looking for? Please visit our website [www.culturalinfusion.org.au/schools](http://www.culturalinfusion.org.au/schools) for more program details.

## **Contact Us**

Call us on **1800 010 069**

Email us at [info@culturalinfusion.org.au](mailto:info@culturalinfusion.org.au)

Fill in the attached booking form and **fax** it to **1800 010 269**

Our staff will contact you once performance availability has been determined and a letter of agreement outlining booking details will then be sent. The booking is confirmed only when this signed letter of agreement is returned to Cultural Infusion head office.

## **Other Info**

### **Teacher Resource Notes**

For your assistance free Teacher Resource Notes (TRNs) are available upon request for most of our programs. Designed in collaboration with our artists and presenters, TRNs support teachers when developing lessons around our program material.

### **Duration**

All general incursion programs are designed to run for 50 minutes. Multicultural All Day Programs are broken up into 25 minute sessions and our Aboriginal for a Day program runs from approximately 9:00 am till 3:00 pm depending on school bell times. Performers will arrive approximately 30 minutes prior to the incursion start time. Our artists are all completely flexible and will work within your requirements.

### **Minimum Numbers**

If you would like to book one of our programs, but might not have enough students to cover our minimum, please contact our office on 1800 010 069. We can often help you combine with another school in your area or come to another arrangement so no-one misses out!

See page 30 of this booklet for information regarding how we may be able to assist you in obtaining funding for our programs.

*Diversity in your School  
and Get a GRIP*



## National Schools Programs BOOKING FORM

**PROMOTING HARMONY, DIVERSITY,  
INCLUSIVENESS & WELL-BEING**

Fill out this form and return it by fax, email or post. Our staff will contact you once performance availability has been determined and a letter of agreement outlining booking details will then be sent.

Name of School	
Contact Name	
Position	
Phone Number	
Fax Number	
Email	
Address	
Region	Kms from metro

Preferred Program	
Number of Students	Year Group: Prep 1 2 3 4 5 6 7 8 9 10 11 12
Prof. day of the week	
Preferred dates/events	
Preferred start times	

### Multiple program bookings

	Culture/Name/Act	Preferred date(s)	Preferred Time(s)	No. of Students
1				
2				
3				
4				
5				

Fax this form to: **1800 010 269**

or scan and email to **bookings@culturalinfusion.org.au**

Mailing Address: **PO BOX 218 ABBOTSFORD VIC 3067**

For more information please contact us on **1800 010 069**

Or via email at **info@culturalinfusion.org.au**

**culturalinfusion.org.au/schools**

# Terms and Conditions

## ***Performance Requirements***

Technical requirements generally include a cleared 4 x 4 metre performance space with access to power. We will advise you accordingly of other specific requirements prior to the incursion. These may include things like a CD player and microphone.

## ***Regional Touring***

Regional tours rely heavily on interest levels and overall student numbers from surrounding schools for viability. Get together with schools in your region to negotiate a special tour.

Regional tours may incur a small surcharge per student to cover additional expenses associated with touring where airfares, ground transportation and accommodation are required. We will endeavour to work within your budget and time frames. Please call us on 1800 010 069 for further information.

## ***Confirmation***

When your program details have been finalised, a letter of agreement outlining booking details will be emailed or faxed to you. The booking and artists are confirmed only when the signed Letter of Agreement is returned to Cultural Infusion.

## ***Payment***

Please note that the agreed fee on a signed Letter of Agreement is final and any relevant changes are subject to the cancellation fees detailed below. All fees are GST inclusive. Cheques are payable to Cultural Infusion Ltd within seven days of the performance.

## ***Cancellations – Metropolitan Areas***

A 100% cancellation fee will apply if a booking is cancelled 14 days or less from the performance date. A 50% cancellation fee will apply if a booking is cancelled 15-28 days prior to the performance date.

## ***Cancellations – Rural Areas***

Due to expenses associated with regional tours, an immediate 50% cancellation fee will apply if a school with a signed agreement cancels. A 100% cancellation fee will be charged if notification is not received within 60 days.

## ***Disclaimer***

Changes to the program may occur, including costs, individual performers and groups. Whilst every effort is made to ensure the availability of your chosen performer or group prior to booking confirmation, we cannot make any assurances in this regard. Regional tours are subject to student numbers and a relative volume of bookings in the area and are processed on an individual basis. Cost per student is subject to change and you will be notified if this occurs.