



School Booking Request Form

headspace Miranda provides youth health information workshops to schools in the Sutherland Shire. Please make sure you read the workshop outlines on the website prior to completing the form.

Name of School			
Contact Person		Position	
Address			
Phone			
Email			
Preferred method of contact			
Year group			
Please allow for <u>one month lead time</u> for all requests. Date requested; please provide 3 dates in order of preference. We can only present on a MONDAY, TUESDAY or WEDNESDAY.	<ol style="list-style-type: none"> 1. 2. 3. 		
Have your staff received a presentation from headspace Miranda?	Y/N If not, we recommend that this is arranged so your staff are aware of our services too.		

Important Points to Consider

Preparation we require

At **headspace** Miranda we want to ensure we are delivering quality education workshops, so we would like to schedule a meeting with you. We do this so we can better understand the school's mental health & wellbeing approach, build a relationship with staff and find out more about your students and their needs. We only require an hour of your time, could you please specify a suitable date and time below.

Date:

Time:

Type of workshop

Please note that **headspace** Miranda provides education workshops that are of a general nature and have a health promotion and education focus. We deliver these workshops to promote positive mental health and well-being and encourage young people to do the same. Our Community Engagement Team are unable to provide sessions with a medical or therapeutic focus.

The **headspace** Miranda team offer several education workshops that can be tailored to meet the needs of your school. **For an outline of each package including size of group, length of time and key messages please see the workshop outline form on our website.** The following education workshops can be delivered, please specify one topic you would like to be delivered:

- General Mental Health and Wellbeing **(30 people max)**
- Knowing the risks-Alcohol & Other Drugs **(30 people max)**
- A healthy self **(30 people max)**
- What is headspace **(100 people max)**
- Healthy relationships- must be done in conjunction with the bullying workshop **(30 people max)**
- Bullying- must be done in conjunction with the healthy relationships workshop **(30 people max)**
- Dealing with exam stress **(50 people max)**
- headspace** School Support for **staff only** (**headspace** School Support team deliver these workshops)
- Staff Professional Development (**headspace** don't provide this but we can link you in with School-Link SESLHD)

Please describe the education you require in more detail

Mode of delivery (please see outline of workshops)

- | | | |
|-------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Year group | <input type="checkbox"/> Class group | <input type="checkbox"/> Stall at a school event |
| Please specify number of students: | Please specify number of students: | |

Start time:

End time:

Are there any issues or incidents which headspace Miranda should be aware of before presenting at the school?

Further comments or notes?

**Please return to the attention of Community Engagement Officer, Suite 5/522 The Kingsway Miranda NSW, 2288. T: 02 9575 1500 F: 02 9575 1544
E: headspace.miranda@cesphn.com.au.**

Please note: we are happy to receive your requests. Due to a high demand for this service and a requirement to cover the Sutherland Shire, we are unable to guarantee our availability on requested dates.