



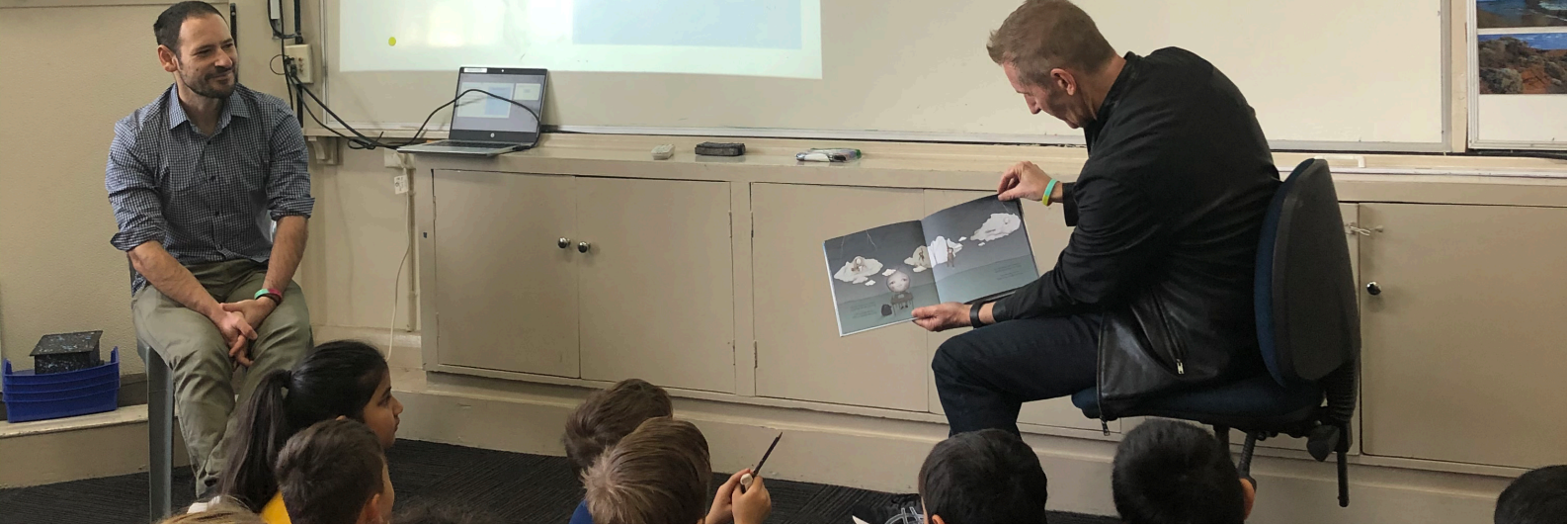
Why Worry Wally?

Presented by Rick Foster and
Andy Parthenopoulos

Complement your school's wellbeing program
with an evidence-based incursion about
managing worries for Grades P-4.

*"Thank you so much for the fabulous
workshop today. The children really
enjoyed every moment. We loved the
book and all the activities that we did.
We had an amazing experience!"*

*Veronica Paps,
Grade 1 Curriculum Leader,
Montrose PS*



Wally Wellbeing IncurSION Overview

Supporting the wellbeing of children has always been an important priority for schools. Since the pandemic it has become critical.

We (myself and teacher Andy Parthenopoulos) have developed a child-friendly school program appropriate for children in Grades P to 4 using my picture book – *Why Worry Wally?* – as the basis for the session.

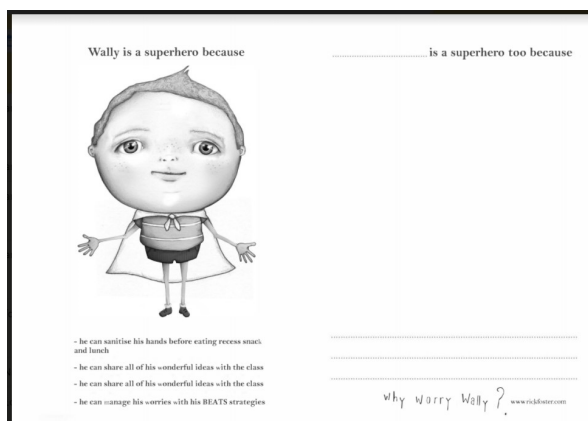
The incurSION presents an engaging way for children to discuss the nature of worries and anxiety, and includes meaningful reflective activities that complements the curriculum and wellbeing programs of your school.

Each school also receives a free copy of *Why Worry Wally?* as a thank you from myself and Andy, as well as giveaways for all students.

Our *Why Worry Wally?* incurSION offers a meaningful learning experience for students and provides the school and teachers with a helpful resource for facilitating positive conversations around worries and wellbeing.

This overview provides a snapshot of the benefits and learning outcomes our incurSION provides. Andy and I are very passionate about supporting the wellbeing of kids and we'd love the opportunity to discuss our Why Worry Wally? incurSION with you in more detail.

Rick Foster
Author of *Why Worry Wally?*





Benefits of the Incursion

- Provides an opportunity to support your youngest students to develop **emotional awareness and mental health literacy**, which is particularly relevant following the COVID-related challenges of recent years.
- Aligns with [FISO 2.0 commitment to wellbeing](#) outcomes, including Principle 8 of the [Practice Principles for Excellence in Teaching Practice](#) (*Action 8.4: Teachers and students collaborate in learning partnerships in and beyond the school*)
- Consistent with the aims of the new DET-funded initiative, [Mental Health in Primary Schools \(MIPS\)](#), which prioritises the implementation of a whole school approach to wellbeing. This includes directly addressing two of the four [High Impact Wellbeing Strategies \(HIWS\)](#):
 - HIWS 5: Foster student self-efficacy
 - HIWS 7: Promote coping strategies and facilitate referrals
- The learning experience has been co-designed by an **experienced classroom teacher and positive education expert**, and is intended to become embedded into classroom routines. It ties in with:
 - **The Victorian Curriculum** - Personal and Social Capability: Recognition and expression of emotions (VCPCSE008), VCPCSE016), Development of resilience (VCPCSE010 (VCPCSE017)
 - **The Resilience, Rights and Respectful Relationships (RRRR) Program** - Topic 1: Emotional Literacy; Topic 3: Positive Coping; Topic 5: Stress Management; Topic 6: Help-seeking
- Your school will be provided with a personalised follow up report that will reveal data on the types of worries identified by students in the cohort, along with **recommendations for follow-up intervention** guided by quality literature, curriculum and the Respectful Relationships program. Please contact us if you would like to see a sample of the report.
- All classroom teachers will also receive a pack that includes **wall displays** (with content relevant to the incursion) and an optional **follow-up strength spotting activity**.
- As a practicing teacher, Andy carries full **VIT Registration**, and Rick carries a **Working With Children Check (WWCC)**.



How the incursion works

The incursion is for one class group at a time, and can take place in the regular classroom environment or shared space such as a hall/library. We can visit your school in person or deliver the sessions remotely (via Zoom). While classroom teachers are not required to support the delivery of the session, you are more than welcome to interact if you wish (and this contributes to the positive impact on the students).

With an online delivery, classroom teachers will need to take a more active role in organising the students. We have found that this leads to a positive benefit in both student enthusiasm and teacher awareness of how individual learners are engaging with the content.

Time Required:
50 minutes

Equipment Required:
TV or projector screen with HDMI input

Printouts will be provided or emailed prior if the session is via Zoom.

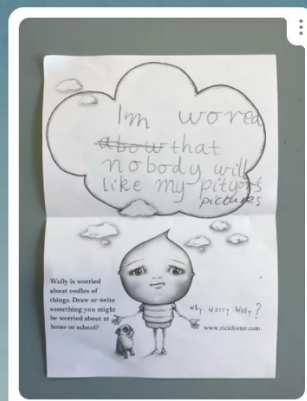
Session Overview

The 50 minute session will involve:

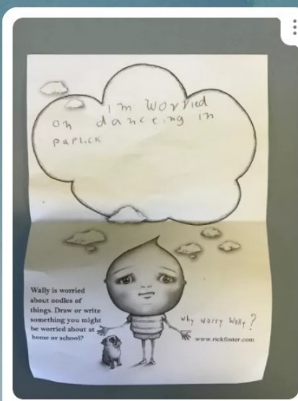
- Introduction of learning intention and role play about the importance of sharing worries
- Reading of *Why Worry Wally?* and sharing author's own personal story
- Instruction on different types of worries and strategies to manage them
- Whole class and pair activities in which students develop strategies for their own anonymised worries
- Reflection and follow-up information about help seeking (including Kids Helpline video and information)
- Thank you and giveaways

All students will receive a Wally bookmark as well as a Kids Helpline wristband. There is also an optional follow-up activity in which students create a superhero avatar of themselves with "I can" statements, which teachers can build into a class display.

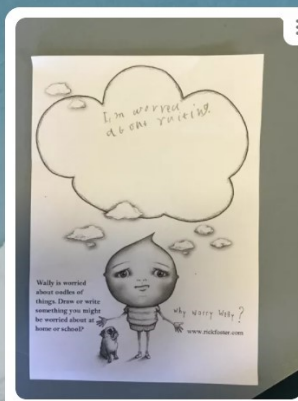
**The structure and elements of the content can be adapted to ensure inclusivity for students with specific needs.*



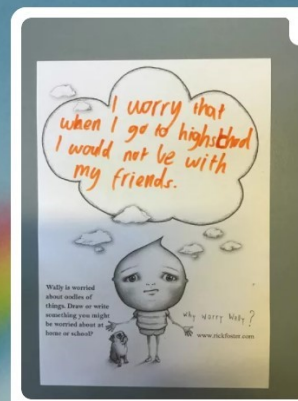
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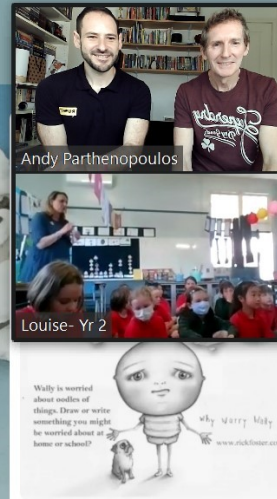
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Cost

The Why Worry Wally Wellbeing Incursion can be delivered in person or online to accommodate schools throughout Australia*.

In person or online delivery:

\$300 per class group.

There are no minimum number per class / maximum of 40 students per group.

Schools with low numbers of students in each class may choose to combine students into one group. If 40 students or below, this will be considered one class.

Minimum cost in person delivery: \$600 (two classes)

Minimum cost online delivery: \$300 (one class)

Full day discount: 10% if delivering 4+ classes in one day

As part of this cost a *Why Worry Wally?* book will be donated for use by the school library, along with bookmarks for the students to take home.

Why Worry Wally? books will also be available for purchase on the day, with the school and students receiving a 20% discount off the RRP of \$25.00.

Proceeds from every book purchased goes to supporting the wonderful work of Kids Helpline.

**If the incursion is presented in person outside of the Greater Melbourne region, travel charges may apply.*

Learning Outcomes

By the end of the session, the aim is for the students to understand that facing worries is a very normal part of growing up, and that accepting these feelings and developing strategies to manage them (including confiding in trusted adults) is the best way to feel emotionally safe.

The incursion has been developed in consultation with **mental health professionals**, and is presented with both professionalism and sensitivity to ensure student safety.



Feedback on *Why Worry Wally?*

“Why Worry Wally? is such a wonderful and incredibly important book. It is a safe, honest and engaging way for our children to identify and share their emotions, thoughts and feelings. The BEATS is amazing and so practical and accessible too.

Receiving the confidential feedback that the children shared during the workshop was fabulous as well. It will allow us to direct further social-emotional learning across our year level.

We had an amazing experience!

The children wanted to say – thank you for reading to us today, you are so kind. We loved the book and all the activities that we did.”

Year 1 Teacher

“We were very pleased to be able to host Rick and Andy on RUOK Day. Rick read his book “Why Worry Wally?” and they ran a children's workshop on dealing with worries. They ran two sessions for over 70 Grade 1 children from a local primary school, who were enthusiastically engaged in Rick's beautiful book and the excellent workshop.

From the library's point of view it was beneficial too. Most of the children who attended had never been here before, so the workshop has attracted a whole new group of readers and future members to our library..”

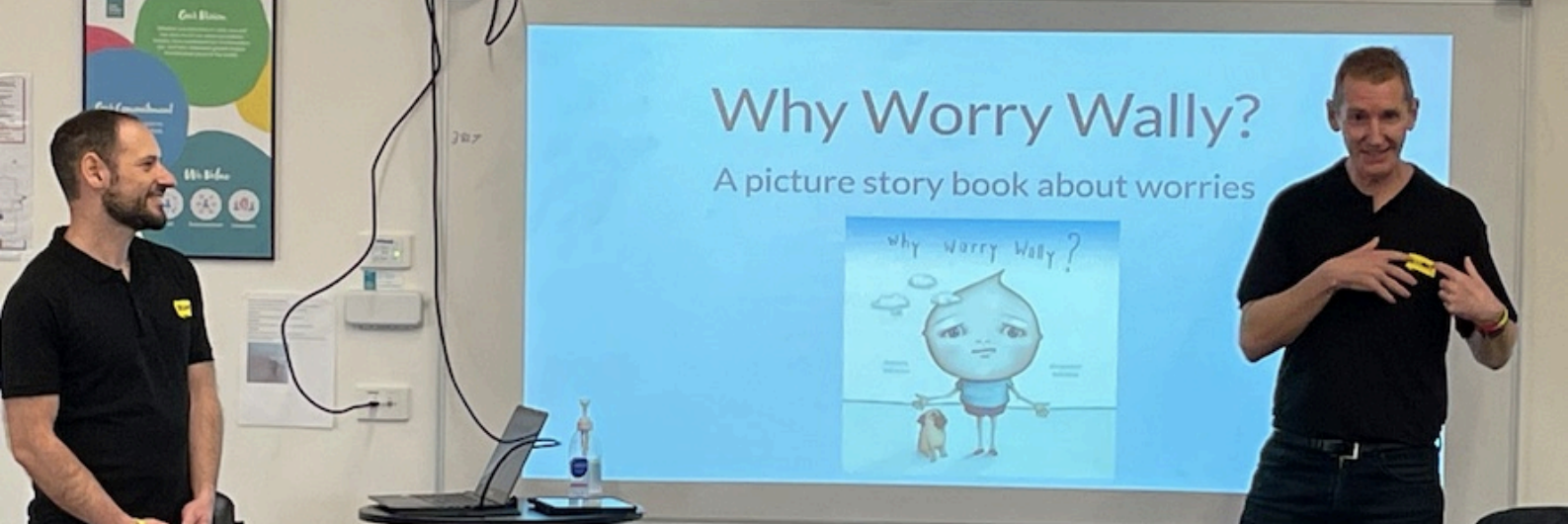
Library Children Services Manager

“As a Clinical Counsellor working with children and adults I have found an absence of material that is fun and useful for child anxiety education. Why Worry Wally? will help to fill that gap.”

Clinical Counsellor

“Back to school nerves and worries have been happening in our household. Tonight I brought home a copy of the incredible Why Worry Wally? because I thought this might do the trick, to flick the switch and spark a free conversation. And man did it work!”

Wally stockist and parent



Appearances/Recognition

Rick Foster

Since the launch of *Why Worry Wally?*, Rick has received a significant amount of media exposure, highlighted by appearances with:

- > ABC Radio Melbourne and Canberra
- > Commercial and community radio
- > Herald Sun and Leader group of newspapers
- > Circle In global working parents platform
- > Parenting/Lifestyle media

Why Worry Wally? is available in independent bookstores and is also featured in libraries as part of the ALIA Online Storytime Program.

Andy Parthenopoulos

Andy is a VIT registered primary school teacher with experience teaching and guiding children in a range of environments, including distance learning periods.

Since stepping aside from a full-time classroom role in 2020 to facilitate incursions, he has also achieved a Professional Certificate in Positive Education (via MGSE at the University of Melbourne), supported Master's level pre-service teachers as a subject tutor at the same institution, and developed a website to support families to engage effectively with their child's learning (EdMentor).

Andy believes equipping young students with the tools to better manage their emotions is a first step to building strong communities, which is why he has partnered with Rick to deliver this one-of-a-kind incursion.

Contact us

If you would like more information or to book in a Wally Wellbeing Incursion, please contact us on:

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