



## 📌 Online Form - Feeling Fantastic 21.8.25

<b>Activity Name:</b>	Feeling Fantastic 21.8.25
<b>Date/Time:</b>	<ul style="list-style-type: none"> <li>• Thursday 21 August 2025 11:00am - 12:00pm</li> <li>• Thursday 28 August 2025 11:00am - 12:00pm</li> <li>• Thursday 4 September 2025 11:00am - 12:00pm</li> <li>• Thursday 11 September 2025 11:00am - 12:00pm</li> <li>• Thursday 18 September 2025 11:00am - 12:00pm</li> <li>• Thursday 25 September 2025 11:00am - 12:00pm</li> </ul>
<b>Description:</b>	<p>About the Feeling Fantastic Program:</p> <p>Feeling Fantastic is a small-group wellbeing program designed to help young people better understand their emotions and the changes they experience during adolescence. Through supportive and age-appropriate sessions, students learn about emotional regulation, healthy coping strategies, and how to manage feelings such as stress, anxiety, and low mood. The program encourages confidence, resilience, and positive mental health.</p> <p>Attending staff: R.Somerville, M.Keevill</p>
<b>Venue:</b>	Glendale Technology High School
<b>Start Location:</b>	GTHS Wellbeing Hub
<b>End Location:</b>	GTHS Wellbeing Hub
<b>Dress Code:</b>	Full school uniform.
<b>Additional Information:</b>	<p>Mobile phones - As this is a school event, normal mobile phone rules apply. They must be turned off and locked in Yondr pouches. Your supervising teacher will direct when mobile phones can be utilised for educational purposes.</p>
<b>Due Date:</b>	Thursday 14 August 2025

\* indicates a required field

I have read the above details and give consent for my child, to attend the Feeling Fantastic 21.8.25 \*

☐ Yes ☐ No

Student Name:

Parent/Carer Name: \*

Parent/Carer Phone Number: \*

Medical conditions/information relevant to the activity (including any medication required):

My child can be photographed at this event on the understanding the images may be used through our school communication.: \*

- ☐ Yes
- ☐ No

Parent/Carer Signature: \*