

CoRE - Program Overview

The Purpose

The CoRE Program runs over 8 weeks and builds students' social and emotional learning through teamwork, engagement with community partners, and active participation in their local community. Students develop confidence, communication skills, and an understanding of community roles while working towards a meaningful community contribution project.

Session 1 – Together We Can

This session introduces the Program, explores the concept of community and the roles individuals play, and establishes shared expectations for the sessions ahead.

Session 2 – How We Connect (Community Partner attendance)

We get to meet our Community Partners for the first time, and the students explore what their role in community looks like. With the Community Partners we look at the effective use of communication to build relationships with others.

Session 3 – What I Bring

In this session, students explore their values and how these influence the decisions they make. They also examine their strengths and how to apply them to take meaningful action.

Session 4 – Deciding for Ourselves

This session aims to raise students' awareness of the decisions they make and the factors influencing them. They explore biases and assumptions that may affect decision-making and reflect on making safe and healthy choices.

Session 5 – Building Connections (Community Partner attendance)

This session is to give community partners an opportunity to share more of their role with students. Each partner will have some time to showcase/share/talk about a part of what they do or service they provide. This aims to build resource access for young people and confidence in engaging in community services.

Session 6 – Community Connection Preparation

This session explores teamwork and responsibility, preparing students to apply their skills and make positive contributions during Community Connection Day.

Session 7 – Community Connection Day

This is a part or full day excursion into the community where students connect and participate in community projects and activities.

Session 8 – What I Now Know

This session provides a reflection on the Program and Community Connection Day, encouraging students to consider how they can use their strengths and skills to continue building connections within their community.

Alignment to VM Personal Development Skills

Unit 1 – Healthy Individuals

Focus: personal identity, emotional intelligence, individual pathways to wellbeing, understanding community's impact on health.

CoRE Program Alignment:

- **Session 1** develops shared expectations and initial self-reflection.
- **Session 3** supports students to identify personal strengths and how our values and strengths can be used to create action.

Unit 2 – Connecting with Community

Focus: Understanding community roles, services and participation.

CoRE Program Alignment:

- **Session 2** introduces local community partners and explores their roles, services and contributions.
- **Session 5** deepens students' understanding through meaningful dialogue with community representatives, giving them the opportunity to hear diverse perspectives on issues affecting local communities.

Unit 3 – Leadership and Teamwork

Focus: Collaboration, problem-solving, leadership and group decision-making.

CoRE Program Alignment:

- **Session 1** builds foundations for effective teamwork through group agreements.
- **Session 4** supports students to practise decision-making and problem-solving.
- **Session 7** Community Connection Day encourages effective teamwork and how to lead and contribute within a team context.

Unit 4 – Community Project

Focus: Designing, implementing and reviewing a community-based project.

CoRE Program Alignment:

- **Session 6** guides students through planning, logistics, role allocation and anticipated outcomes.
- **Session 7** provides authentic participation in a community project.
- **Session 8** supports evaluation of project impact, teamwork effectiveness and learning outcomes.

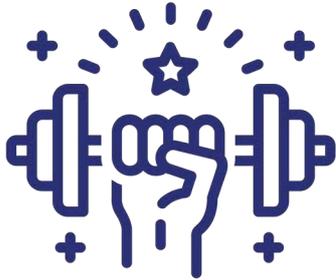
Summary Table – CoRE links to the Resilience, Rights and Respectful Relationships Curriculum

RR Topic (Years 11-12)	Where it aligns in the CoRE Program	How CoRE supports this learning
1. Strengths, Challenges & Study Skills	Sessions 1 & 3	Students identify strengths, explore challenges, set expectations, and reflect on their role in a team
2. Stress & Coping	N/A	
3. Safer Socialising	Session 2	Students explore respectful communication and conflict resolution.
4. Understanding Gender, Identity and respect	Session 4	Students explore roles in community, personal values, assumptions and bias—building awareness of how identity, expectations and stereotypes influence attitudes and decision-making.
5. Positive Gender relations	N/A	
6. Help-seeking & Peer referral in response to gender based violence	N/A	



Impact

CORE



94%

of students knew what their strengths and values were at the end of the program



93%

of students felt confident making positive changes in their lives



90%

of students feel confident asking questions and expressing their opinion



82%

of students felt safe around police after the program