



A values education and wellbeing program inspiring primary school students in years 3 & 4 to stand tall and be proud of who they are



At Melbourne United, we are committed to enriching the lives of young people and supporting school communities to create happy, healthy, resilient kids through the power of basketball. We understand that equipping students with the skills and strategies they need to tackle current and future challenges is vital.

That's why we developed our wellbeing program – **STAND TALL**.

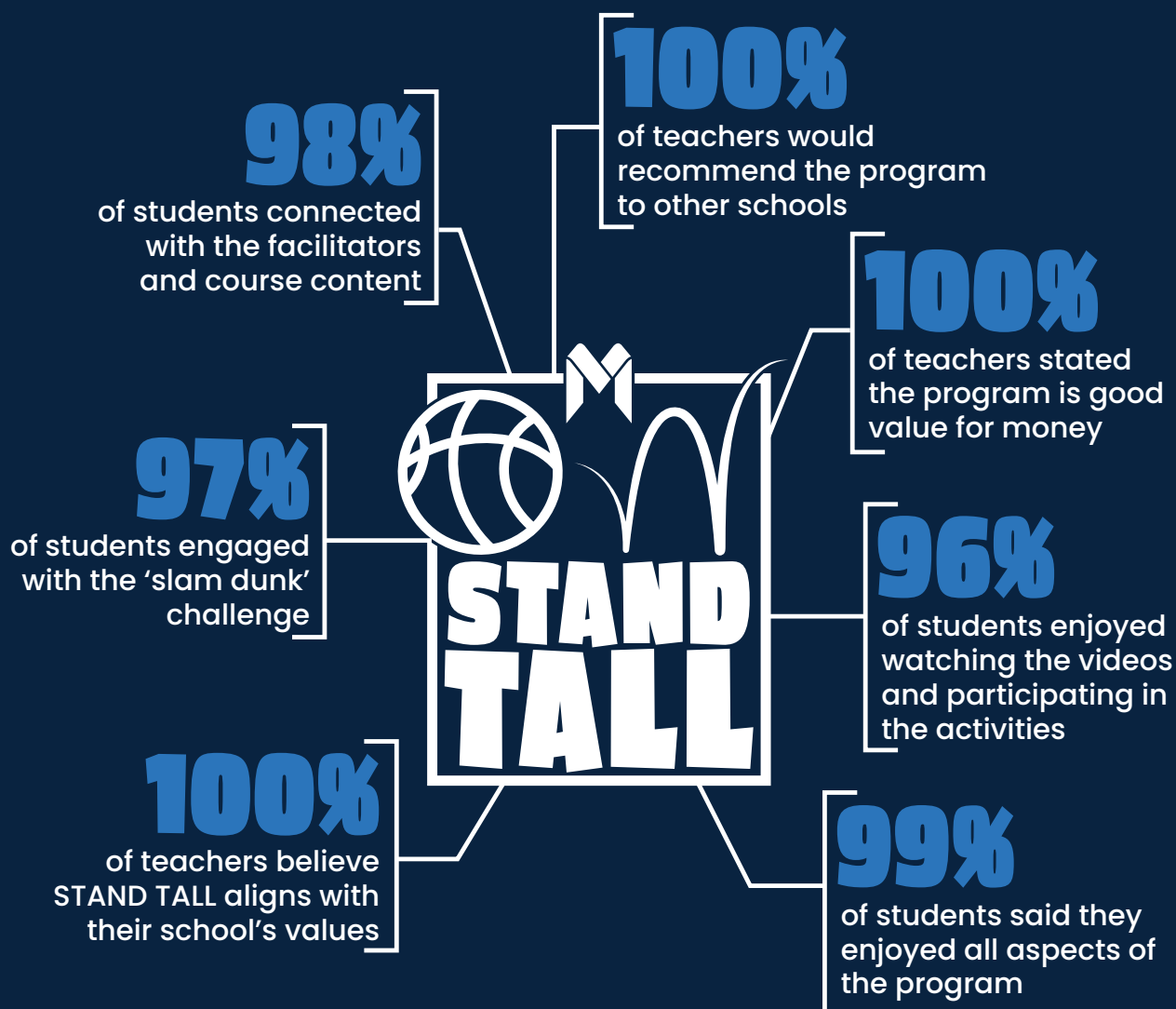


What is **STAND TALL**?

Through the sharing of player stories, videos, classroom activities and group discussions, **STAND TALL** inspires students to reflect and practice the thought habits and behaviours of the Melbourne United players, as they develop their knowledge and skills and adapt to life's challenges both on and off the court, giving structure and meaning to the Melbourne United Basketball club values of **excellence, selfless and inclusion**.

- **Cost: \$800 + GST per class (up to 30 students)**
- **Developed for students in years 3 & 4.**
- **4 x one-hour sessions over 4 consecutive weeks.**
- **A weekly values-based class challenge including resources, booklets and posters.**
- **All sessions are delivered by trained facilitators and align with the Australian Curriculum and the Victorian Rights, Resilience and Respectful Relationships program.**

What are participants saying about STAND TALL?



"The STAND TALL program has really fostered and supported our own school values. Having someone external to the school come in and encourage the students to be selfless and inclusive, and then giving them the opportunity to practice these values together on the basketball court has been fantastic."

**Classroom Teacher
Edithvale PS**

"I loved learning about being inclusive because it helps everyone to know how to include their friends. I have been inclusive on the playground when I let someone join our game when someone else said they couldn't."

Sophie (Year 3 student)

When students notice each other demonstrating our values of Excellence, Selfless and Inclusive, it positively influences classroom culture and strengthens a sense of belonging and school Community.



To learn more about the 'Slam Dunk Challenge' scan the QR code below.



For more information or to book a **STAND TALL** program at your school, scan the QR code or email community@melbourneutd.com.au

