



# THE WAY

TERM 1 | THE WAY  
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## FROM THE DIRECTOR OF STUDENT WELLBEING - SENIOR SCHOOL

### **Starting Well: Ensuring a Positive Start to 2025 for All Students**

As the new school year begins, students across all our year levels step into 2025 with a mix of excitement, anticipation, and perhaps a few nerves. Whether they are just beginning their journey at our College, returning for another year, or preparing for their final chapter, we want to support every student to ensure they feel safe, a sense of belonging, and engaged in their learning.

**Welcoming Our First-Year Students:** Starting at a new school can be both exciting and daunting. For our newest students, the transition into College life is an important milestone, and we are committed to making it a smooth one. Orientation programs, peer mentoring, and opportunities for connection help our first-years feel comfortable and confident in their new environment. Staff and senior students play a vital role in offering guidance and reassurance, ensuring our newest community members quickly feel at home.

**Supporting Returning Students:** For those continuing their studies, a new year presents fresh opportunities to grow, set new goals, and achieve success. While they may already be familiar with the College, returning students can still face challenges such as increased academic expectations, evolving friendships, and personal growth. Regular check-ins, access to pastoral care, and student-led initiatives allow returning students to stay engaged and connected at Thomas Hassall.

**Empowering Our Final-Year Students:** Our Year 12 students are continuing to embark on one

of the most significant years of their schooling. With the excitement of their final year comes the pressure of assessments, leadership responsibilities, and future planning. It is crucial that they receive both academic and emotional support to navigate this time effectively. Study skills workshops, career counselling, and mindfulness sessions help balance the demands of Year 12, ensuring students remain focused and well-supported throughout the year.

**Recognising Challenges and Providing Support:** Every student's journey is unique, and challenges can arise at any stage. Some of our students may experience difficulties in making friends, coping with academic pressures, or adjusting to change. We hope that by fostering a culture of care, respect, and inclusivity, our College ensures that all students have the tools they need to overcome obstacles and flourish. Students are very welcome to come to the Senior Hub or see their Pastoral Care to get help.

Other strategies such as:

- Encouraging open communication with teachers and their peers
- Providing access to wellbeing resources and support staff
- Creating opportunities for students to participate in extracurricular activities and social events
- Promoting a balanced approach to study, rest, and recreation

...all contribute to a thriving school environment where every student feels valued and supported.

**Looking Ahead with Optimism:** A successful year begins with a strong start. By prioritising student wellbeing, fostering positive relationships, and embracing new opportunities, we can ensure that 2025 is a year of growth, learning, and achievement.

Next week, students will have the exciting opportunity to participate in camp, where they will engage in a variety of activities designed to build teamwork, resilience, and friendships. Outdoor adventures, team-building exercises, and social events will provide a fantastic chance for students to connect with one another, create lasting memories, and strengthen their sense of belonging within the College community. Together, as a College community, we look forward to another year of supporting our students to succeed and flourish in every aspect of their education.

**Dr Anna Nalla**

Director of Student Wellbeing - Senior School

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