



# THE WAY

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## FROM THE DIRECTOR OF STUDENT WELLBEING - SENIOR SCHOOL

### **Supporting Student Wellbeing Together**

At our College, we recognise that wellbeing is the foundation for students to achieve success and flourish in all aspects of their education. To support this, we are excited to welcome a range of expert presenters to engage with each year group, focusing on key topics relevant to their development. These sessions will be delivered by psychologists, police liaison officers, university lecturers, and young adults sharing personal experiences, ensuring students receive insights from both professional expertise and real-world perspectives.

### **A Collaborative Approach to Wellbeing**

Wellbeing is not just about what happens at school—it is a shared responsibility between the College and families. When students receive consistent messages at home and in the classroom, they are better equipped to apply what they learn in their daily lives. We encourage parents and caregivers to engage in conversations with their children about these sessions, reinforcing strategies and perspectives that will help them navigate challenges with confidence. The wellbeing sessions run as part of our Pastoral Care programme.

### **Empowering Student Voice**

Student voice is a vital part of our wellbeing initiatives, and we actively seek feedback to ensure

these sessions are meaningful and relevant. Year 7–12 students have the opportunity to discuss wellbeing topics and contribute their perspectives during our **Student Voice Meetings in Week A, every Thursday**. These meetings allow students to share their experiences, suggest improvements, and play an active role in shaping the wellbeing programs at the College. If students have ideas or would like to be Student Voice Representative, please speak with their year advisor.

## Wellbeing Presentations for Each Year Group

Each year group will participate in tailored presentations that address the specific challenges and opportunities they may encounter:

- **Year 7 – Emotional Regulation:** Learning strategies to understand and manage emotions effectively, learning skills to self-regulate and calm themselves before situations escalate.
- **Year 8 – Thinking Traps:** This workshop aims to help students identify and challenge unhelpful thoughts that can lead to anxiety, self-doubt, or disengagement, promoting resilience and positive thinking.
- **Year 9 – Connections that Count (Online and In-Person):** Developing healthy relationships and navigating social interactions safely. Students gain an insight into how their online choices can affect their relationships.
- **Year 10 – Dealing with Conflict:** Equipping students with skills to handle disagreements constructively.
- **Year 11 – Responsible Relationships and Critical Decision-Making as Young Adults:** Preparing students for the increasing independence and responsibilities of young adulthood. This workshop works through questions such as : how do I find, build and navigate healthy and safe relationships?
- **Year 12 – HSC Stress and Anxiety Management:** Providing practical strategies to manage stress and maintain wellbeing during the final year of school. Skills include learning to challenge unhelpful thinking, limiting avoidance and procrastination, enhancing helpful action, and practicing self-care.

## Respecting Our Shared Environment

As we focus on personal wellbeing, it is also important to consider our collective responsibility to maintain the College environment. Our students are privileged to learn in outstanding facilities, and taking pride in our grounds and buildings is an essential part of fostering a positive learning culture. By respecting our shared spaces, we create an environment where everyone can feel comfortable, inspired, and ready to learn. Please encourage each other to take care of the areas including ensuring all litter is picked up and placed in bins, locker areas are left clean and reporting anything that needs fixing.

Together, through collaboration, student voice, and respect for our College environment, we can continue to build a school community where every student has the opportunity to thrive.

## The Senior School Hub – A Space for Support and Growth

In the Senior School, students have access to the **Senior School Hub**, a dedicated space designed to provide both academic and wellbeing support. This vibrant yet welcoming environment houses the **Learning Support team, the Academic Dean, the Director of Teaching and Learning, and the Wellbeing team**, ensuring a holistic approach to student success. Whether students need help managing their academic workload, assistance with learning strategies, or guidance in regulating emotions, the Hub offers a supportive space where they can seek help when needed.

Students may be referred to the **Senior School Hub** by teachers, wellbeing staff, or family members, but they are also encouraged to self-refer when they feel they need extra support. This might be for reasons such as **academic challenges, difficulty managing stress, emotional regulation, or personal wellbeing concerns.**

We encourage all students to actively engage in the wellbeing sessions and Pastoral Care programme and make the most of the valuable insights they provide. By working together we can create a supportive environment where every student feels empowered to grow and succeed. Let's continue to foster open conversations about wellbeing at home and at school, reinforcing the strategies students are learning. We look forward to seeing the positive impact of these initiatives and thank our families for their ongoing partnership in supporting student wellbeing.

**Dr Anna Nalla**

Director of Student Wellbeing - Senior School

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