

# Student Wellbeing Digest

## The Week that was...

Issue No. 3 | Week 3 - Term 3 | Page 1

### Broncos Workshop



Our Cavendish Rd staff, with the help of current and former Broncos stars, provide one-on-one mentoring support, encouragement and motivation for Aboriginal and Torres Strait Islander students.

The program supports around 60 students in Years 7 – 12 and aims to maximise positive outcomes in school attendance, effort and behaviour.

When these goals are met, students are involved in a reward system from apparel, vouchers and tickets to Brisbane Broncos games.

Each term has a particular focus and establishing cultural connection for all ATSI students. In term 3 for 2021, the Broncos mentoring program focuses on Cultural connection and students understanding their origins and connection to their land.

A special thanks to Kym Ford - our Indigenous Liaison who does a tremendous job supporting and guiding all of our ATSI students across their high school journey here at Cav. Thanks Kym!



---

### Jewels Program

Across Term 3, Week 2 – 9, Chaplain Jules as a part of the Student Wellbeing department is facilitating the Jewels Program – Give your permission to Shine.

This program has been specifically designed to assist female students navigate the next few years of high school with the primary aim to communicate worth, strength, resilience and purpose.

Its secondary objective is to give young female adolescents the tools to assist them along their teenage adventure including identity, self-worth, confidence and healthy goals.

It has been running for over 2 weeks now with tremendous student engagement and some positive results. Thanks Chappy Jules!

OUR GREATEST

FEAR

is not that we are inadequate, but that we are

POWERFUL

beyond measure.

It is our

not our **=light=**  
darkness, that frightens us.

# Student Wellbeing Digest

## Pastoral Care Program (PSC - Yr Lvl) across Term 3

Term 3	Week 1	Take the "Lead" - Connection	Mindfulness and Kindness	Fixed and Growth Mindsets	Personal Intended Learning	Leadership and GRIT	Real Life Resilience – Strength Based Approach
PSC – Pastoral Care	Week 2	Take the "Lead" - Connection	Career Education (Guidance Counsellor)	Fixed and Growth Mindsets	Career Choices	Leadership and GRIT	Career Education (Guidance Counsellor)
	Week 3	Goal Setting Academic Reflection Sem. 1	Goal Setting Academic Reflection Sem. 1	Goal Setting Academic Reflection Sem. 1	Personal - [Careers & Courses, Strategies]	Goal Setting Academic Reflection Sem. 1	Goal Setting Academic Reflection Sem. 1
	Week 4	Take the "Lead" - Connection	Career Education (Guidance Counsellor)	Fixed and Growth Mindsets	Subject Specific Videos	Leadership and GRIT	Specialised Study Groups – Leading to External Exams
	Week 5	Take the "Lead" - Connection	Careers (Guidance Counsellors)	Fixed and Growth Mindsets	Subject selections Open	Leadership and GRIT	Specialised Study Groups – Leading to External Exams
	Week 6	Take the "Lead" - Connection	Careers (Guidance Counsellors)	Subject Selection 9 into 10	Subject Selections Closed - Goal Setting Academic Reflection Sem. 1	Leadership and GRIT *Leadership Applications close	Specialised Study Groups – Leading to External Exams
	Week 7	Take the "Lead" - Connection	Challenge Day Prep.	Subject Selection 9 into 10	R.O.P and Gratitude	Career Education (Guidance Counsellor)	Specialised Study Groups – Leading to External Exams
	Week 8	Take the "Lead" - Connection	Challenge Day	Careers (Guidance Counsellors)	R.O.P and Gratitude	Leadership Speeches and Voting	Specialised Study Groups – Leading to External Exams
	Week 9	Take the "Lead" - Connection	Junior Leadership	Careers (Guidance Counsellors)	R.O.P and Gratitude	Exam Prep	Mock Exams
	Week 10	Take the "Lead" - Connection	Junior Leadership	Careers (Guidance Counsellors)	R.O.P and Gratitude	Exam Block	Mock Exams

Pastoral Care is a year level based program promoting the growth and wellbeing of each student, as well as the broader school community. It focuses on cultivating an environment and culture that supports the physical, social, intellectual, emotional and spiritual development of every student.

Our pastoral care program has a GEM framework with our main focus areas – Gratitude, Empathy, Mindfulness and overall Emotional Literacy.

All curriculum provided is theoretical and practical expertise of the year based ideologies and works in unison with the programs delivered.

## General Student Reminders

### T Block Uniforms and Sporting goods

A general reminder to students who have loaned uniforms from Mr Francis and the T Block Wellbeing space. Please make sure you return these as soon as you can. We know it is getting cold so jumpers are in HOT demand.

Lastly, thank you to the fantastic P n C and Cav Rd community. From your purchases at Athletes foot we are able to lend out to students nearly \$700 of sporting equipment. Reminder to students to ensure they sign the equipment out and it is their responsibility to return it at the end of the break.

