



A Whole-School Approach to Student Wellbeing

With multiple points on contacts, here at Cavendish Rd SHS our primary focus is about creating well-rounded, resilient individuals who are capable of thriving personally, professionally and socially. At the heart of this approach is bringing our students happiness and overall wellbeing to the forefront of their education. The whole-school approach is designed for students to recognise their personal strengths and characteristics within and enable them to foster positive relationships, harvest their emotions, prioritise their health, excel intellectually and lead purposeful lives. Our age specific programs equip students with much needed skills to confidently navigate their way through their schooling life and beyond.

PSC – Pastoral Care

Horizontal Wellbeing (Yr Lvl)

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.

Key Focus:

Year 7 – Empathetic Connections and Digital Literacy

Year 8 – Mindfulness and Kindness

Year 9 – Fixed and Growth Mind-sets

Year 10 – Rite of Passage and Gratitude

Year 11 – Leadership and GRIT

Year 12 – Real Life resilience

Key stakeholders

PSC teachers are the forefront of our pastoral care program. They are managing academic performance and wellbeing of their students in that year group. There is an emphasis of creating a holistic, well-rounded student using evidence based learning of the resilience project while enhancing student growth with purposeful actions.

Year level deans will coordinate and manage individual year groups while being the point of direct contact for student wellbeing across the year. Year level deans have strong knowledge of working with variety of diverse students and are able implement strategies to increase academic performance and student wellbeing rigour.

PS – Peer Support

Vertical Wellbeing (7 – 12)

Peer Support is a vertical house system based centrally around Cavendish Rd SHS houses Page, Harrop, Johnson and Harpur.

Peer support lessons are driven by the Peer support leaders (generally year 12's) encouraging them to be at the Centre of their learning.

Through this we empower students with practical skills and strategies to positively navigate life and relationships, increase connectedness with each other, reduction in bullying behaviors, improved resilience and a greater sense of responsibility.

A major focus of Peer Support is the delivery and understanding of the 5 C's at Cavendish Rd SHS and how we can grow as a "Cavroadian".

- Challenge
- Cooperation
- Courtesy
- Commitment
- Consideration

Every two weeks in PS we will focus on one of the 5 C's and participate in a variety of activities surrounding that topic.

Key Staff Members

PS teachers work simultaneously with Peer support leaders who deliver our Peer support lessons. They provide real life context and guidance to students and add value to classroom discussions, activities and emphasize a real life approach.

PS leaders take a holistic view of their class and come to know the students in all domains of school life. This area of responsibility enables our leaders to display personal growth, respect and connect with students across the school.

HOD wellbeing remains central to our model of wellbeing and meets with Peer support leaders on a regular basis to provide them with resourcing and leadership cues to deliver Peer support lessons to their class. The lessons focus on student interests, abilities and areas for personal growth while reflecting on being a "Cavroadian"

**"Students don't care how much
you know, until they know how
much you care"**

**- Sheila Beth -
Leadership Speaker and Author**



Wellbeing Structure – Cavendish RD SHS



Year 12					<ul style="list-style-type: none"> • PSC Teachers • Year 12 Dean
Year 11					<ul style="list-style-type: none"> • PSC Teachers • Year 11 Dean
Year 10					<ul style="list-style-type: none"> • PSC Teachers • Year 10 Dean
Year 9					<ul style="list-style-type: none"> • PSC Teachers • Year 9 Dean
Year 8					<ul style="list-style-type: none"> • PSC Teachers • Year 8 Dean
Year 7					<ul style="list-style-type: none"> • PSC Teachers • Year 7 Dean
	<ul style="list-style-type: none"> • Peer Support Teachers • Peer Support leaders • HOD Student Wellbeing 	<ul style="list-style-type: none"> • Peer Support Teachers • Peer Support leaders • HOD Wellbeing 	<ul style="list-style-type: none"> • Peer Support Teachers • Peer Support leaders • HOD Wellbeing 	<ul style="list-style-type: none"> • Peer Support Teachers • Peer Support leaders • HOD Wellbeing 	

Key Staff Members	<ul style="list-style-type: none"> • Peer SUPPORT Teachers • Pastoral Care Teachers • Peer Support Leaders 	<ul style="list-style-type: none"> • HOD Student of Wellbeing • Year Level Dean
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Term 3	Week 1	Take the "Lead" - Connection	Career Education (GO) Personal Skills + Positive Self Talk	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 (GO) Interest areas and aligned careers	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 (GO) Careers of interest – what do they require	Fixed and Growth Mindsets	Subject Specific Videos	Leadership and GRIT *Leadership Applications close	Specialised Study Groups – Leading to External Exams
	Week 5	Take the "Lead" - Connection	Junior Leadership	Subject Selection 9 into 10	Subject selections Open	Leadership Speeches and Voting	Specialised Study Groups – Leading to External Exams
	Week 6	Take the "Lead" - Connection	Junior Leadership Challenge Day (Thursday + Friday)	Subject Selection 9 into 10	Subject Selections Closed - Goal Setting Academic Reflection Sem. 1	Leadership and GRIT	Specialised Study Groups – Leading to External Exams
	Week 7	Take the "Lead" - Connection	Junior Leadership Challenge Day (Thursday + Friday)	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	Junior Leadership	Careers (Guidance Counsellors)	R.O.P and Gratitude	Leadership and GRIT	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
	Term 4						
PS - Peer Support	Week 1	Commitment	Commitment	Commitment	Commitment	Commitment	Commitment
	Week 2	Commitment	Commitment	Commitment	Commitment	Commitment	Commitment
	Week 3	Courtesy	Courtesy	Courtesy	Courtesy	Courtesy	Courtesy
	Week 4	Courtesy	Courtesy	Courtesy	Courtesy	Courtesy	Courtesy
	Week 5	Cooperation	Cooperation	Cooperation	Cooperation	Cooperation	Cooperation
	Week 6	Cooperation	Cooperation	Cooperation	Cooperation	Cooperation	Cooperation
	Week 7	Consideration	Consideration	Consideration	Consideration	Consideration	
	Week 8	Consideration	Consideration	Consideration	Consideration	Consideration	
	Week 9	Challenge	Challenge	Challenge			
	Week 10	Challenge	Challenge	Challenge			

Divulge deeper into Cav Rd Wellbeing Plan

The Cavendish Road Wellbeing plan delivers emotionally engaging program providing practical, evidence-based, positive mental health strategies to build resilience and happiness. Through presentations, school curriculum, teacher diaries and our app, we seek to help all Cavendish RD SHS student to become mentally healthy. The philosophy of GEM is a simple but effective tool to establish student’s mindset approach to the topic of mental health and Wellbeing.

Gratitude

The more privileged we are the more trouble we sometimes have feeling gratitude – and here in Australia we are (mostly) privileged. Being grateful doesn’t mean we can’t aspire for more, but it does mean more mindfully noticing what we already have. Joy comes from within.

Empathy

The ability to put yourself in someone else’s shoes means genuinely considering others and being present for them, which ultimately means you are more likely to act in a kind way. This may be a smile or asking, ‘are you ok?’.

Mindfulness

The ability to be calm and present; and choosing what you want to focus on at a given moment. Harvard research shows that it is not something that happens naturally... with 49% of our time thinking about the future, 34% about the past and only 17% spent in the present. Interestingly we have the most influence over the present, yet on average spend so much more of our waking hours thinking (worrying) about what has been or has yet to come.

Be a GEM

- Encourage yourself and those you care about to try practicing the following each day:
1. Gratitude - identify 3 things you are grateful for or things that went well for you today
 2. Empathy - be kind to someone (a smile, asking ‘are you ok?’)
 3. Mindfulness - be calm and present (5-20mins each day)

Year Level Events

Year Level events are run through the school year to support the running of the schools Pastoral Care Program. The aim of these year level events are to aid and support the actions of the PSC program and how further expand into real life application. These also involve year level celebrations and student leadership.

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
<ul style="list-style-type: none"> - Year 7 Camp - Orientation Obstacle Course 	<ul style="list-style-type: none"> - Year 8 Challenge Day 	<ul style="list-style-type: none"> - Year 9 leaders - Year 9 Camp 	<ul style="list-style-type: none"> - Expanding Gratitude linked to Rite of Passage 	<ul style="list-style-type: none"> - Year 11 Leadership Camp - Dinner Dance - Senior Jerseys - Student Leadership 	<ul style="list-style-type: none"> - Formal - Graduation - Final Assembly

Wellbeing Events

Across the school year Cavendish Rd SHS is extremely passionate and involved in supporting community initiatives and fundraisers. The student council are active in participation and look to run events throughout the entire year. These may include but not limited to:

Term 1	Term 2	Term 3	Term 4
<p><u>January:</u></p> <ul style="list-style-type: none"> → Promote 4 pillars and 5C's → Introduce 2020 Leadership team and house cup → Swimming Carnival (Sports Prefects and House Captains) <p><u>February:</u></p> <ul style="list-style-type: none"> → International Women in Science Day (STEM Prefects) → Valentine's Day (Arts Prefects) → Lunch time activities <p><u>March:</u></p> <ul style="list-style-type: none"> → World's Greatest Shave (Community Prefects) → Pi Day and Maths Team Challenge (STEM Prefects) → Harmony Day (Cultural Prefects) → International woman Day <p><u>April:</u></p> <ul style="list-style-type: none"> → ANZAC Day March → House lunch time activities (Sporting prefects) 	<p><u>May:</u></p> <ul style="list-style-type: none"> → Arts on the Green (Arts Prefects) <p><u>June:</u></p> <ul style="list-style-type: none"> → World Environment Awareness Day → Silly Socks Day (Community) → World Refugee Awareness Day (International Prefects) <p><u>July:</u></p> <ul style="list-style-type: none"> → NAIDOC Week and Mabo Day (Indigenous Prefect) 	<p><u>August:</u></p> <ul style="list-style-type: none"> → National Science Week (STEM Prefects) → Can Food Drive (PS leaders and student Council) → Book Week (Community Prefects) → Wear It Purple Day → Australia's Biggest Morning Tea <p><u>September:</u></p> <ul style="list-style-type: none"> → 40 Hour Famine begins (Community) → RUOK Day (Community) 	<p><u>October:</u></p> <ul style="list-style-type: none"> → Cav Quest (Arts) → World Teacher's Day → Mole day (STEM Prefects) <p><u>November:</u></p> <ul style="list-style-type: none"> → Senior Gift Presented → Yr. 12 farewell → Graduation → Awards Night

Student Leadership and Student Council

Student Leaders are ambassadors for Cavendish Road SHS and uphold our ethos of a school of "Nothing without Effort, Nothing but the Best".

Leaders embrace the traditional values of innovation, support, encourage and challenge students not only to engage in learning but take charge of and self-direct their learning to levels of excellence of personal best and provide a supportive, inclusive and caring school community where their potential is realized.

Here at Cavendish Rd SHS, we have a variety of options where students can display their leadership:

Student Council

The Student Council is coordinated by the school's Vice Captains and consists of the Prefect group, House Captains and aspiring leaders from Years 7 to 11. The major roles of the Council are:

- to contribute to and maintain the outstanding culture of the school;

- to gauge and communicate student issues and concerns to the Administration;
- to develop projects to enhance the physical environment of the school; and
- to develop and sustain links with community organisations.

Prefects (Jnr and Snr)

Each prefect, elected by students and staff, is a leader with a specific portfolio to coordinate and develop. Each portfolio has a group of aspiring leaders from the Student Council to assist. The prefectures include captaincy, student council, community and environment, middle school, sport, STEM and the arts.

Peer Support Leaders

Peer Support Leaders are ambassadors for Cavendish Road SHS and uphold our 5 C's of Challenge, Cooperation, Consideration, Courtesy and Commitment.