

Student Wellbeing Digest

The Week that was...

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Week 5 - Around the Grounds Years 7-11

Week 5 saw some normality be restored back for students with smiling faces hidden under face masks. Many students were overjoyed and happy to be back socialising, learning and getting back to Cav life.

Year 7

Year 7's started the week undertaking in their "Take the Lead" PSC unit. Students were involved in a 'choice' program where they got to nominate and identify a passion of their own. Each group has developed a VIA (Value in action) where they want to make a positive difference to the Cav community. Photos of the Nature group led by Dr McKeveney and the Art projects led by Mrs Evans and Mrs Evans and Miss Kumar.



Year 8 and Year 9

Year 8 and 9 have had a break from concentrating on mindfulness, bucket filler ideas, growth and fixed mindsets throughout their PSC unit and are current indulging in year 9/10 subjects selections. Subject selections are an important part of school as students are able to sharpen their skills in subjects that are of interest or align well with a career pathway they can see themselves in. Thanks to Mr Evans and Mr Brent for their work with this process. It can be time consuming process so your efforts are greatly appreciated.

Subject Selection



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Year 10

The year 10 cohort have been working through the SET Planning process led by their dean Mrs Potter, Deputy Principal Mrs Van Genderen and Guidance Officer Mrs Wilkinson. This has seen students involved in presentations from universities, TAFE QLD, Senior schooling options and all senior subjects here at Cav. While this has been occurring students have also been completing their Rite of passage program where they undertake a challenge to get students to partake in an activity that focuses on their mindset and to become a leader of our school. Activities have ranged from Duke of Edinburgh, Wellbeing activities like Canned food drive and Shave for a Cure, Kokoda Challenge, Gym/Sporting Activities, Community Art, Eat up and many, many more. Thanks to our year 10 team for doing a fantastic job.



Year 11

Year 11 program continues with "Leadership without a Badge". They kickstarted a new program where a year 11 mentor is paired with a student from year 7/8. Students are working one-on-one with these students to assist them with their transition into higher grades as well as helping in facilitating workshops covering various aspects of their senior schooling experience. This program is a great opportunity for furthering leadership skills, personal growth and developing friendships. It is hoped that the program will establish relationships that will be long lasting and provide support over the coming years. The program has been set up and driven by two year 11 students Megan Smith and Eva Skinner.

