Year 8 – The year ahead
Topics for discussion – the Class of 2023

• Social Emotional Wellbeing
• 2019 – working together
• Our roles….
• The year 8 student – a profile
• Organisation as a focus
• Moodle – student demonstration
SEW 2018

Lower School Data
ANXIETY
Reasons to Celebrate

• Students report that they have good home life
• Students say they have a voice at school e.g. a say in classroom expectations
• Students say they have a say in activities and events our school offers
• Students say their teachers are good about school work and they get along with them
• Years 8 – 9 have good social skills
Reasons to Celebrate

• Most students have a sense of belonging at school.
• Love of learning is high.
• Self-regulation improves 7-8 but plummets in Year 9
• A good range of our students feel they are a happy person. 88% Year 7 boys – 78% Year 7 girls.
Reasons to Celebrate

• High range of our students feel hopeful about their future
  96% Year 7 B  Year 7 G 79%

• High range of our students feel they work cooperatively with others Year 7 B 77%  Year 7G 89%

• High range of our students feel safe and free from danger at school 83% Year 7 B  Year 7G73%. 
Challenges

• SEW is declining as students transition into Year 9.
• Significant percentage of students feel lonely at school.
• High percentage of students feel high anxiety about what others think about them.
• A significant percentage of Year 7 students feel they could achieve better results.
Challenges

• Students identify keeping up with homework as the major curriculum worry.
• Students identified changing friendship groups as the major SEW worry.
• Year 8 girls low self-esteem with concerning levels of mean girl activity, gossiping, bullying on social media.
Challenges

• Most students are not seeking help for their SEW needs as they fear being judged.

• Students feel they could do a lot better in their school work
  Yr7B 75%  YR7G 54%

• Significant number of lower school students say they feel stressed at school
  Yr7B 40%  YR7G 44%

• Girls report not feeling confident doing difficult school work.

• 56% Year 9 girls give up easily if they cannot understand school work.
Recommendations

• English trial explicit teaching of social skills
• School Psychologist developing on-line platform relevant to year groups to address identified SEW needs and let parents know this is available.
• Focus on Building Positive School Culture
Social and Emotional Wellbeing

Year 7 Semester 1

Feeling safe at school.
Knowing the difference between bullying and mean behaviour.
Bystander behaviour
Getting organised and doing 30 minutes home study 4 times a week.
Mind mapping

- The main idea, subject or focus is crystallized in a central image
- The main themes radiate from the central image as 'branches'
- The branches comprise a key image or key word drawn or printed on its associated line
- Topics of lesser importance are represented as 'twigs' of the relevant branch
- The branches form a connected nodal structure

**How to Make a Mind Map**

- Think of your general main theme and write that down in the center of the page. i.e. Food
- Figure out sub-themes of your main concept and draw branches to them from the center, beginning to look like a spider web i.e. Meats, Dairy, Breads
- Make sure to use very short phrases or even single words
- Add images to invoke thought or get the message across better
- Try to think of at least two main points for each sub-theme you created and create branches out to those
Our roles

• Veronika Sutton
• Tina Nottle
• Karen Vardy
• Contact teachers
• Classroom teacher and Head of Learning Area
• Student Services staff
• Role of parents – diaries, study space, self management, high achievers
  work with a team

• At school – our daily process, check laptops and uniform
• Rewards each term for attendance and behaviour, team of support
Welcome to being a parent of a teenager. Prepare for a large amount of eye rolling, emotional outbursts, and thoughts of running away. And that's just the parents.

Facebook.com/Motherhood.org

"Based on my lack of life experience, I will always follow your advice." Said no teenager to their parent, ever.

Someecards

We need you, especially when we act like we don’t!

Facebook.com/HousewifePlus

"Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years."

- Unknown

FB: Between Us Parents
The year 8 child

Typically;
Fluctuations in self-esteem, feel great one day and inadequate the next
Mood swings
Becoming more confident that they know almost everything – will argue the point
Developing strategies to cope
Friends and the need to be and feel accepted – individuality vs fitting in
Increased independence
Increasing complexity in school content

Resilience
One’s ability to successfully manage life and successfully adapt to change and stressful events in a healthy and constructive way. The ability to ‘bounce-back’
Organisation – our focus 2019

Elevate education – 2019 Junior Time Management

75% of students indicated that they had a time management problem,
Over 50% indicated they didn’t know how to revise effectively,
Over 60% thought that ‘revision’ meant that they had nothing to do
Over 50% said that they were doing assignments and homework at school on the morning, up until late at night, or taking sickies to avoid the deadline
Junior Time Management Workshop

Including discussion about:

• Enjoyable high school life AND effective study to carry us through until year 12 and beyond

• Balance, establishing a timetable – fun stuff first, homework in gaps, timing of study/revision blocks (Netflix), do what you dislike first, do it early

• Revision – increases memory, no need for re-learning, set ourselves up for success, make notes, summary documents, mind maps

• WSC Diary – crucial, and a great resource; Character Strengths, Organization tips, homework and study, Writing templates, Nettiquette, stress relievers etc

** Workshop feedback
   98% of students would recommend the seminar to their peers
   98% of students said the seminar was time well spent
What can you do...

• [https://au.elevateeducation.com/](https://au.elevateeducation.com/)
• Password- rondo
• Checking diaries, self managed learning
• Homework class - Tuesdays
• Study and homework space, a timetable, understanding of device use – check usage
• Sleep guardians

• Moodle – Arran’s demonstration
Devices, social media, bullying!

- Social issues
- Friendships
- Bullying
- Social media
Questions?

You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise.

- Michael Jordan