**Wellbeing = Academic and Pastoral Care**

- Most high schools only have pastoral programs and do not look to the holistic student.
- We have a very different program to just pastoral care as it has a student’s academic development plus their pastoral development.
- Works in a holistic nature to develop the student.
Academic Care Overview

- **What is it?**

- Years 7-9 Team Homeroom, Years 10-12 Individual staff

- Completed in homeroom time each morning

- 30 minutes per day working with a small group of students on things such as:
  - Mindset
  - Study habits
  - Assignment habits
  - Goal setting
Aims and focus

- Latest Statistics show that students who are less connected to the School are 48% more likely to have social and pastoral issues.

- Resilience, individual identity, connectedness and individual focus increases the student’s overall wellbeing and allows the students to achieve in College life no matter their goals and ambitions.

- The aim of the Academic Care Program is individually based on each student's needs, working with them in all areas of their development from an academic, personal and social sense of being.
The Academic Care Mentors track the individual student’s progress.

Are on hand on a daily basis to meet with the students as need be. This means that the students are known by the staff that have responsibility for them.

1st point of call for parents.
Student Meetings

- Meetings can be done on individual or group basis.
- Go through the individual development of each student and where they are at presently in their studies and where they might need assistance.
- No more than 15 students in Yrs 7 – 9
- Whilst students meeting with their mentors other students work through the Wellbeing program for the year group
Welcome to High School
- Day 1 Transition Program
- Day 2 Frequently Asked Questions / Diary Use

Survival Skills
- Diary, Planning, Homework
- Frequently Asked Questions

Let’s Get Organised
- Packing bag
- Time management

Pride (Self, School and Academics)

Laptop Boot Camp
Resolving Problems – procedures
Managing Workload - difference between Primary and HS
Parent Frequently Asked Question Night
DEAR Reading program

Planning for and handling Assessment Tasks
Study Environments
BackPack Lecture
DEAR Reading program

Study Versus Homework - what’s the difference
Communication – with staff and other students
Developing friendships - new and maintaining old
Planning – Time Management
DEAR Reading program
Students in their academic care conversations set goals and personal bests.

Very important to the students achievements and motivation and engagement.

E.g improve from a C to a B in Maths longer term, read 15 pages of a novel this week short term.
Growth Mindset

- Academic engagement and motivation - Andrew Martin
  - Every year we survey students using his research

- Development of Mindset - Carol Dweck

- Development of the individual mindset – changes can be made to the students mindset about success and feeling about themselves

- The above forms a basis for many conversations we have linked with learning frameworks
Fixed V Growth

Growth Mindset

I can learn anything I want to. When I’m frustrated, I persevere. I want to challenge myself. When I fail, I learn. Tell me I can’t.

Fixed Mindset

I’m either good at it, or I’m not. When I’m frustrated, I give up. I don’t like to be challenged. When I fail, I’m no good. Tell me I’m smart.