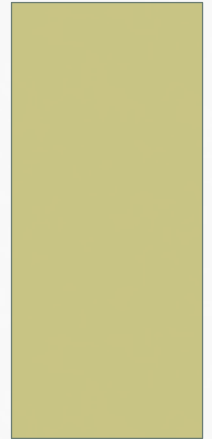




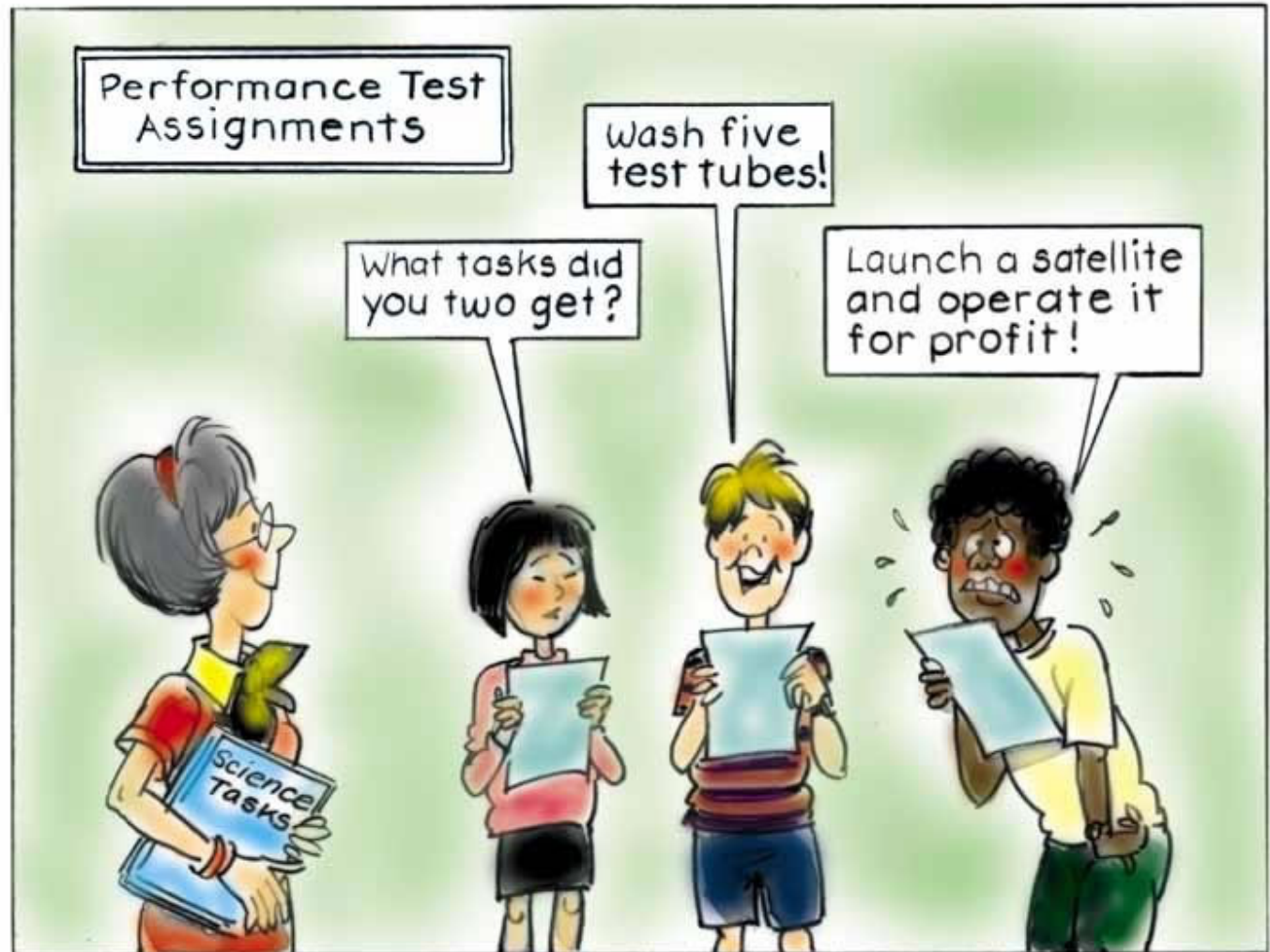
# PARENT ENGAGEMENT SESSION

TERM 1 2019

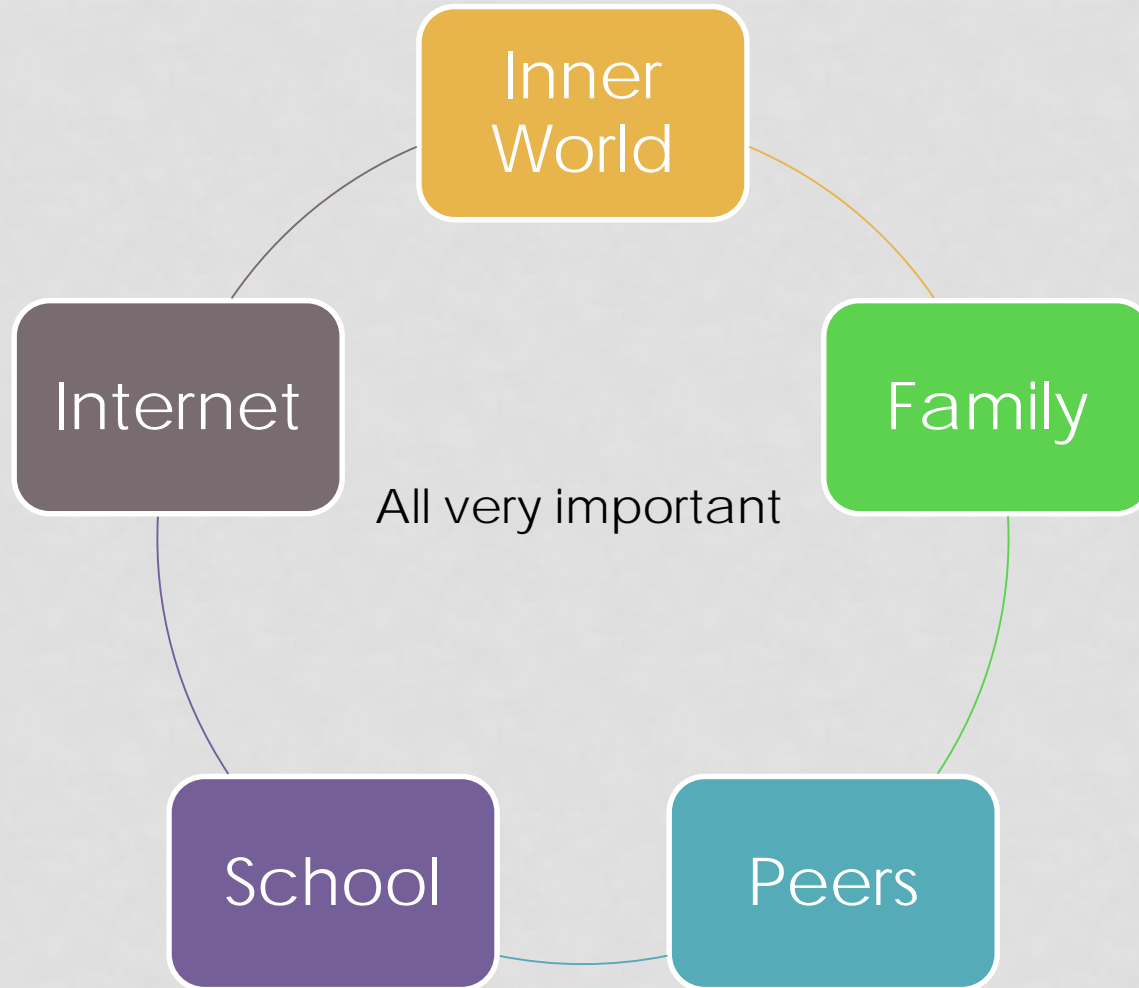


# AGENDA

- Positive Wellbeing
- Succeeding with Homework and Assessment Tasks
- Changes to School Uniform
- Quality Classroom Upgrades



# 5 WORLDS OF YOUNG PEOPLE



SO.....

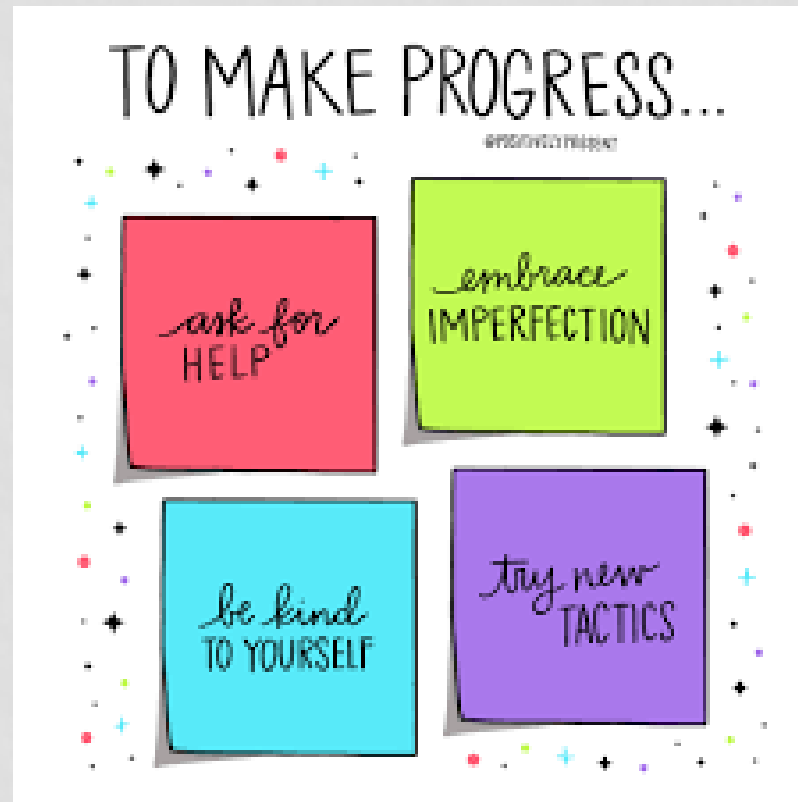
- If you can't change it,  
change the way you  
think about it !!



# OUR FOCUS IN ON PROGRESS



# WHAT DO WE VALUE ?



A no excuses approach to learning and progress !  
Every child can and will improve .....

# PROGRESS IS UNDERPINNED BY STRONG FOUNDATIONS OF POSITIVE WELLBEING



Academic and Pastoral Wellbeing

# WELLBEING FRAMEWORK FOR SCHOOLS



CONNECT



SUCCEED



THRIVE

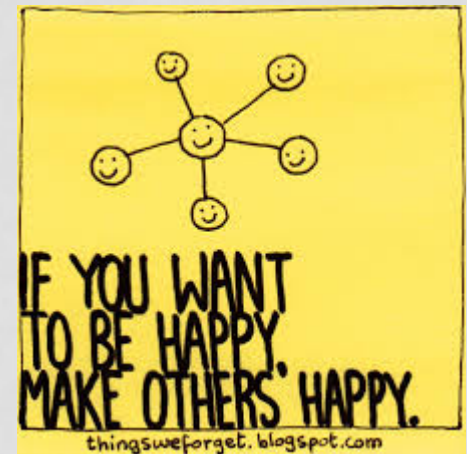


# MINDFULNESS

- During periods of stress or when your child feels overwhelmed. Mindfulness is a positive technique to regaining perspective.
- Be present in the moment

## Mindful interrupters

- Get up and go and do something else
- Do something nice for someone else
- Mindful moment
- Stressed? Acknowledge it. Out loud: "This is difficult." Then ask yourself: What do I need?



# BLACK DOG TIPS FOR MINDFULNESS

[HTTP://WWW.BLACKDOGINSTITUTE.ORG.AU/DOCS/10.MINDFULNESSINEVERYDAYLIFE.PDF](http://www.blackdoginstitute.org.au/docs/10.MINDFULNESSINEVERYDAYLIFE.PDF)

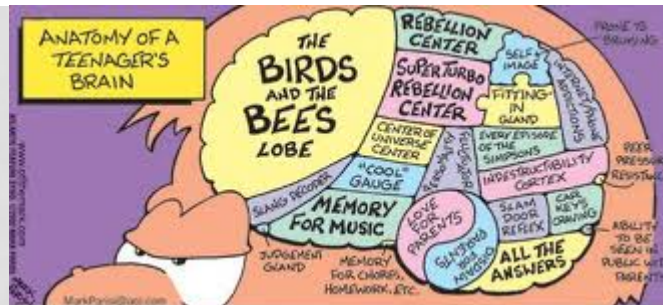
## Some Mindfulness Techniques to Practise

### One Minute Exercise:

- Sit in front of a clock or watch that you can use to time the passing of one minute. Your task is to focus your entire attention on your breathing, and nothing else, for the minute. Have a go - do it now.

### Mindful Eating:

- This involves sitting down at a table and eating a meal without engaging in any other activities - no newspaper, book, TV, radio, music, or talking.
- Now eat your meal paying full attention to which piece of food you select to eat, how it looks, how it smells, how you cut the food, the muscles you use to raise it to your mouth, the texture and taste of the food as you chew it slowly.
- You may be amazed at how different food tastes when eaten in this way and how filling a meal can be. It is also very good for the digestion.

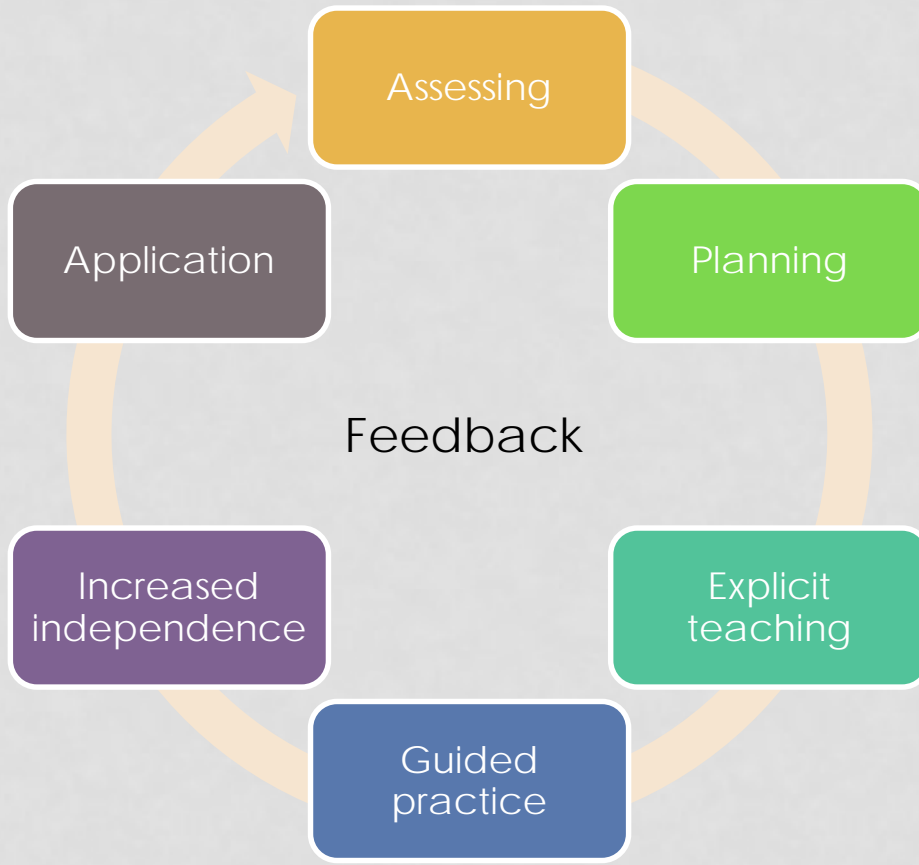




### Mindful Walking:

- Here the same principle, while walking you concentrate on the feel of the ground under your feet, your breathing while walking. Just observe what is around you as you walk, staying IN THE PRESENT. Let your other thoughts go, just look at the sky, the view, the other walkers; feel the wind, the temperature on your skin; enjoy the moment.

# LEARNING



# LEARNER SKILLS

- What you put in affects what you get out



- Pay attention in class – this time is dedicated to learning
- Do the homework as this is designed to help reinforce your skills and knowledge
- Identify the areas you need more help with
- Ask questions

# WHY HOMEWORK ?

## REGULAR REVISION

- Learner skills / routines & practice
- 10 minutes per subject per day
- Read over class notes and activities
- Write about 4 – 5 dot points to highlight the key learning.
- Highlighting strategy for revision

3 colours

Yellow

Blue

Pink



# HOW TO MAKE A SUMMARY

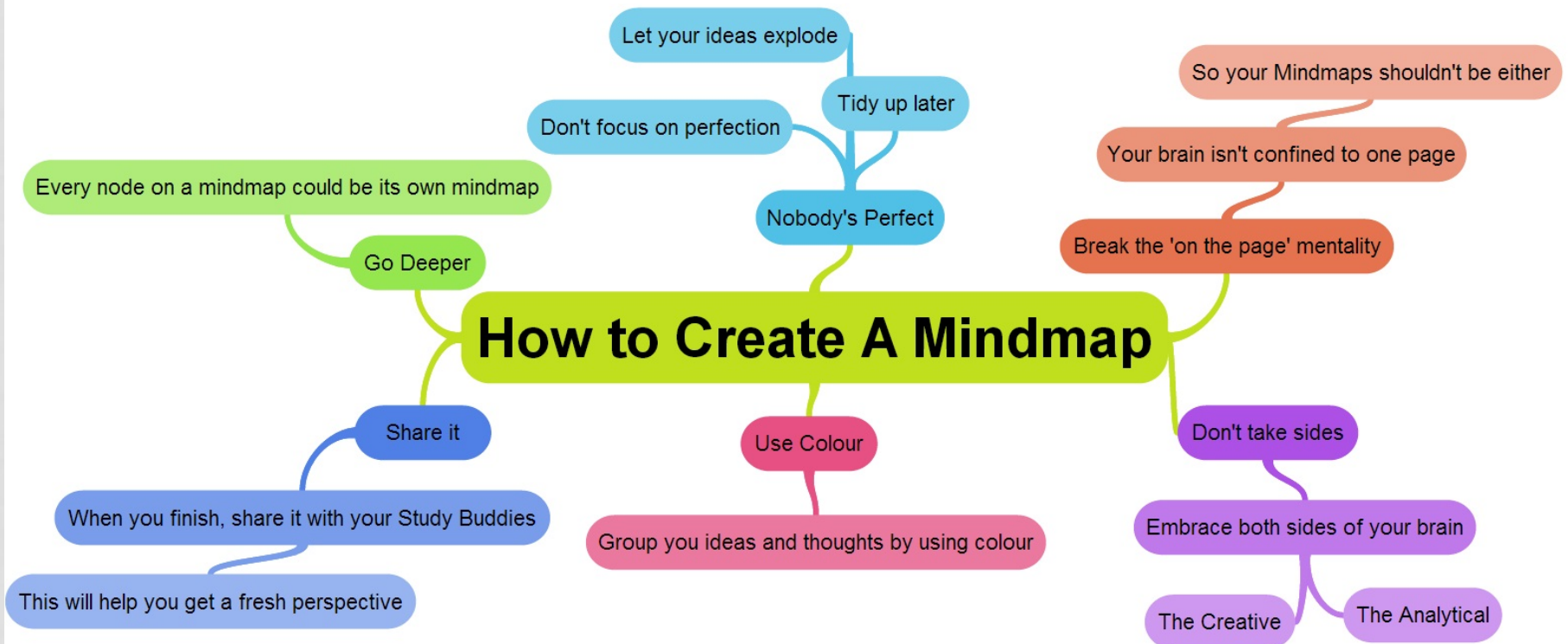
- Predict
- Read whole text
- Close text and write down the key points you can remember
- Review text
- Fill in the gaps that you missed the first time
- Highlight the 4-5 most important terms / words to be remembered.





# VARIATIONS

- Mind mapping
- Digital clips
- Pictures
- Flash Cards
- Apps





# WHAT IF MY CHILD SAYS THEY HAVE NO HOMEWORK ?

- Assessment program is ongoing
- Consistency is the key
- Don't leave it until the last minute



**KEEP CALM  
AND**

**Don't Let**

**Assignments  
Ruin Your Weekend**

# BREAKING DOWN ASSIGNMENTS

READ

On the day you receive the assignment, just **READ** it

HIGHLIGHT

Then **HIGHLIGHT** all the key words and instructions

DEFINE TASK  
IN YOUR OWN  
WORDS

Re-read the highlighted words then **DEFINE IN YOUR OWN WORDS**

CHUNK

Break down the large tasks into smaller more manageable **CHUNKS**

PLAN

Create your **PLAN OF ATTACK**. Allocate blocks of time to complete each chunk of work in a planner

FEEL MORE  
CONFIDENT

Now you understand **WHAT** you need to do and you have a clear **PLAN** to get your work completed by the due date.

# UNIFORM



- Student focus groups
- P and C feedback
- Parent surveys
- Surveys
- Staff input
- Supplier consultation

## 2020 Implementation

- **Key findings:**
- Polo, jumper, long pants, fabric & style of formal shirt.



# CLASSROOM VISITS

