Year 7 HEALTH AND PERSONAL DEVELOPMENT – Core Subject – all year

Health and Personal Development is a core subject in Year 7. The subject explores human emotions, revealing how our actions are products of how we feel. Students study the importance of friendship and what it means to be a good friend. A major component of this program involves a buddy program with our Early Learning Centre children. This teaches compassion, patience and life skills as well as allowing the students to develop connections with our youngest students as they start their educational journey. The importance of a healthy lifestyle is presented with a focus on how to create healthy habits in life. There are opportunities to develop good listening skills and the course emphasises the importance of empathy, respectful behavior and understanding.

Year 8 HEALTH AND PERSONAL DEVELOPMENT – Core Subject – One Semester

This is a core subject in Year 8. The program builds upon the concepts introduced in Year 7 and encourages open conversation on a range of topics. The techniques taught equip students with a range of thinking, relaxation and problem-solving skills and insights to effectively deal with stress. Important personal development concepts such as self-esteem, problem solving, self-expression, and building positive relationships with peers and adults are promoted.

We learn about the physical, emotional, social and spiritual growth of the individual and the challenges that these changes can present. In accordance with our own Drug Policy, we spend time investigating drug use and their impact on people individually and as a wider community. Students also develop cyber safety presentations and deliver these to students in Years 5 and 6 at our Junior School in a peer teaching environment. Students discuss and research the topic of Sexual Health, in particular the continuation of puberty into adolescence, Sexually Transmitted Infections and contraceptive methods.

Assessment tasks include interactive tasks and role-plays, project work; written responses to questions, group discussion and oral presentations.
Year 9 THE RITE JOURNEY – Core Subject – All year

As a culmination of Year 9 and Middle School, all students participate in the Rite Journey. It is a combination of Health and Personal Development and Religious and Values Education. The program has been created to complement your role as parents in guiding children into young adulthood. The Rite Journey was developed in South Australia and is now being used by many schools across Australia and internationally. It provides the opportunity for students to participate in a year-long rite of passage experience. Many cultures have their own version of a rite of passage designed specifically for this age group.

Learning how to be an adult male or female in any society requires guidance, mentoring and a great many conversations. In our society today, young people often turn to their peers, the internet and the media to source their knowledge and guidance. During the Rite Journey, students will be required to have important conversations about what it is to be a respectful and responsible man or woman in our society. As each child journeys through the year, they will explore 4 main themes; Relationship with self, Relationship with others, relationship with Spirit and Relationship with the World. We hope that the discussions they are having at school will stimulate conversation in the home.

A unique feature of The Rite Journey is the seven steps that form a contemporary rite of passage. In conjunction with the program’s founder, Andrew Lines, we have developed a memorable series of events, aimed at honouring each child’s transition into young adulthood. This include

Success, wisdom, balance