

Pathways to Success: Navigating the Middle Years



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2024
CELEBRATING 120 YEARS

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Welcome and Overview of Evening



Mrs Leah Cristiano
Year 7 Level Leader

Mr Bill Fitzsimons
Year 8 Level Leader



Acknowledgement of Country

We, the Kilbreda College community, acknowledge that we gather on the traditional lands of the Bunurong people of the Kulin Nation. We pay our respects to Elders past, present and emerging, as well as to any Aboriginal and Torres Strait Islander people present. We recognise that this land has always been a place of teaching and learning and we make a commitment to work towards reconciliation and just for all Australians.



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Prayer

Heavenly Father,

As we gather here tonight in the spirit of community and shared dedication to the growth and wellbeing of your daughters, we turn to you in prayer. Bless this sacred space with your grace and wisdom as we embark on a journey of understanding and support for our Year 7 and 8 students.

Grant us the strength to guide your daughters with love and patience, instilling in them the courage to face challenges, the resilience to overcome setbacks, and the confidence to embrace the adventure of learning and growth.

Lord, grant us the wisdom to be present for your daughters, to nurture their spirits, and to inspire them to be bold in their pursuits. Help us to create an environment where they feel valued, supported, and encouraged to explore the fullness of their potential.

We entrust our intentions to you, Lord, and ask for your continued blessings on our school community. May the information shared tonight contribute to the flourishing of our students, fostering a love for learning, resilience in challenges, and a deep sense of purpose.

In your holy name, we pray.

Amen.



Celebrating 120 years of education in the Brigidine Tradition



Ms Nicole Mangelsdorf
College Principal






BRIGIDINE CONVENT
OPENED AND BLESSED BY
the Most Revd G. J. CARR
ARCHBISHOP OF MELBOURNE
7TH AUGUST 1904.



Compassion

Walking with and having empathy for all

Courage

Speaking and acting with integrity

Hope

Bringing a sense of purpose

Hospitality

Welcoming all

Justice

Making the needs of the vulnerable paramount

Wonder

Celebrating all that is good with joy and gratitude



Pathways to Success: Navigating the Middle Years of Schooling



Ms Stephanie Smyth
*Assistant Principal – Wellbeing and
Engagement*



Pathways to Success: Navigating the Middle Years of Schooling



Imagine a Better World, Together

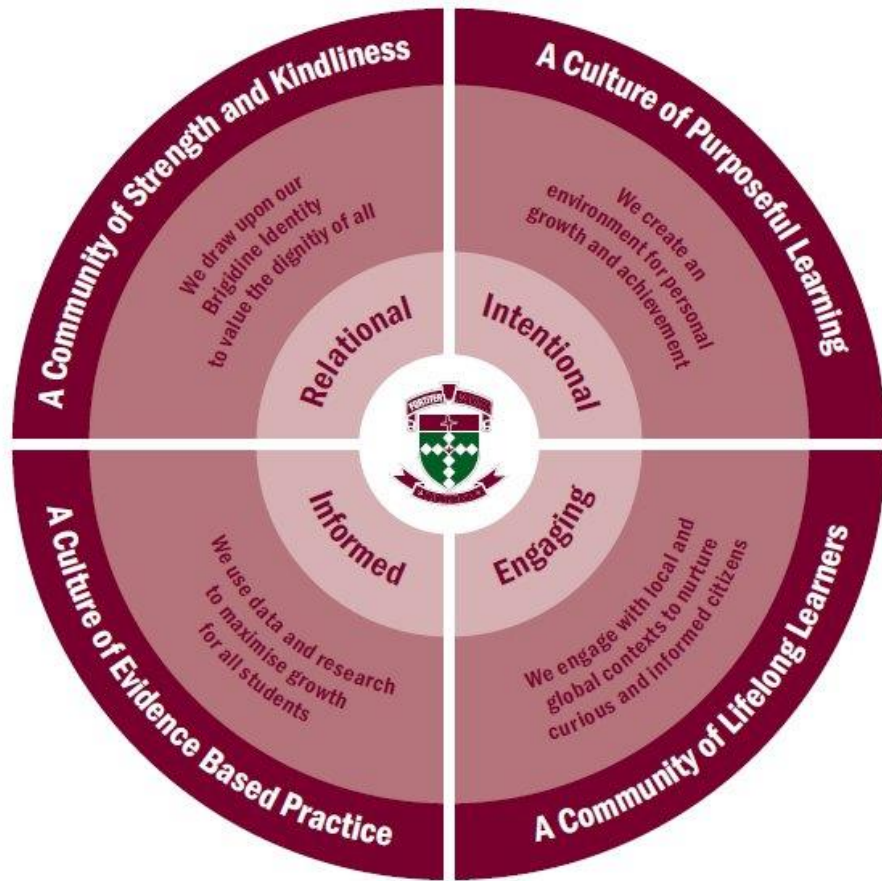


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How do we define and understand success?

The Kilbreda College Student Journey



Year Level	Key Focus	Strategies
7	<ul style="list-style-type: none"> • Belonging to the Kilbreda College community. • Academic Engagement - Development of organisation and time-management skills. • Developing skills to use feedback to identify achievements and prioritise improvements. • Initiate and undertake tasks independently within time-frames. 	<ul style="list-style-type: none"> • Year 6 to 7 transition days • Year 7 camp • Big Sister, Little Sister program • Peer Support Program • Student Wellbeing Framework • Junior Production of Frozen • Year 7 round robin sport days
8	<ul style="list-style-type: none"> • Forming positive connections within their Homeroom, Year Level and the Broader School Community. • Can reflect on the influence emotions have on behaviour, learning and relationships. • Can confront moral and ethical questions. 	<ul style="list-style-type: none"> • Student Wellbeing Framework • Year 8 camp • Foreshore Program • STEM MAD program • Homeroom Dance Festival



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Building Boldness: Empowering Confidence In Your Daughter

- Confidence is not solely about excelling academically but, more importantly, about the willingness to take action.
- The research reveals a concerning rise in the percentage of girls who feel they are not allowed to fail, escalating by 150% between ages 12 and 13.
- Allowing your daughter to make mistakes, rebound, and learn is a counterintuitive yet crucial aspect of their growth.
- Research suggests that exposure to high-achieving women on social media can expand girls' worldviews, providing a vision for new possibilities.



"A smooth sea never made a skillful sailor."

~ Franklin D Roosevelt



Empowering Courage: Navigating Challenges and Embracing Opportunities

- To pursue challenges and experience failure, one must display courage – a willingness to step out of your comfort zone and to give something a go.
- Denzel Washington addressed the graduates of Pennsylvania University informing them that: "To get something you never had, you have to do something you never did."



"Don't let anyone tell you what you can't do!" ~ Professor Richard Scolyer



Inspiring Courage: A Guide For Parents In Empowering Their Year 7 & 8 Daughters

1. **Open Communication:** Create a safe space where your daughter feels comfortable expressing her thoughts, fears and aspirations without judgement.
2. **Lead By Example:** Share stories of challenges you've faced and the steps you took to overcome them.
3. **Acknowledge Efforts:** Recognise and praise your daughter's efforts, not just the outcomes.
4. **Encourage Independence:** Gradually allow your daughter to take on more responsibilities and make decisions.
5. **Discuss Fear and Failure:** Help your daughter understand that setbacks are a natural part of growth and can be opportunities to learn and improve.
6. **Set Realistic Goals:** Work together to set achievable goals.
7. **Expose to Diverse Experiences:** Encourage participation in a variety of activities and experiences.



Nurturing Deep Learning: A Kilbreda Perspective

- Our vision at Kilbreda College is to instill a passion for lifelong learning in our students.
- Deep learning aligns perfectly with this vision. It encourages students to go beyond the surface level of information and immerse themselves in a lifelong journey of curiosity and discovery.



Fostering Deep Learning: A Parent's Guide To Supporting Their Daughter's Educational Journey

- 1. Time Allocation and Interruptions:** Encourage your daughter to allocate specific time for focused work without interruptions.
- 2. Digital Boundaries:** Setting firm boundaries on what your daughter can use, download, play, or watch is essential.
- 3. Saying "No" with Reasoning:** Science, facts, and the law can be powerful allies in these discussions.
- 4. Avoid Using Technology As A Punishment:** Instead of creating a fear of 'digital amputation,' foster open communication.
- 5. Establishing Device Zones:** Keep devices in open areas, away from bedrooms and bathrooms.
- 6. Minimising Social Media Use At Night:** Setting limits on device use during nighttime hours can help protect against cyberbullying and online predatory behaviour.



Nurturing Emotional Wellbeing In Your Daughters

Normalising Adolescent Emotions

- Fluctuations in emotions are normal during adolescence
- Hormonal changes, peer pressure, academic stress, and social dynamics contribute to the changes
- Moderate anxiety is recognised as motivating for academic performance.

Strategies for Supporting Your Daughter's:

- Create a Safe and Open Environment for Communication
- Teach Healthy Coping Mechanisms
- Set Boundaries and Provide Consistent Support
- Build their Emotional Awareness and Capacity to Manage Anxiety



"Get It Out Of Your Head And Into Your Body."



Nurturing Self-Efficacy, Promoting Deliberate Practice and Agency, & Fostering Independence In Managing Assessment Tasks

- 1. Self-Efficacy and a Healthy Mindset for Study:** Foster a growth mindset by emphasizing the value of effort and perseverance over innate abilities.
- 2. Deliberate Practice and Agency In Study and Revision:** Deliberate practice involves focused and purposeful study efforts aimed at improving specific skills.
- 3. Independence In Managing Assessment Tasks:** Managing assessment tasks requires both academic preparation and emotional resilience. Parents can support their daughters by helping them develop effective study strategies, such as creating study schedules, practicing sample questions, and managing test anxiety.
- 4. Foster independence:** Allow them to take the lead in organising their study materials and planning their revision strategies.

"Explain, Explore, Empower!"





Managing Perfectionism. Being Brave.

Mr Bill Fitzsimons
Year 8 Level Leader



What is 'Toxic Perfectionism'

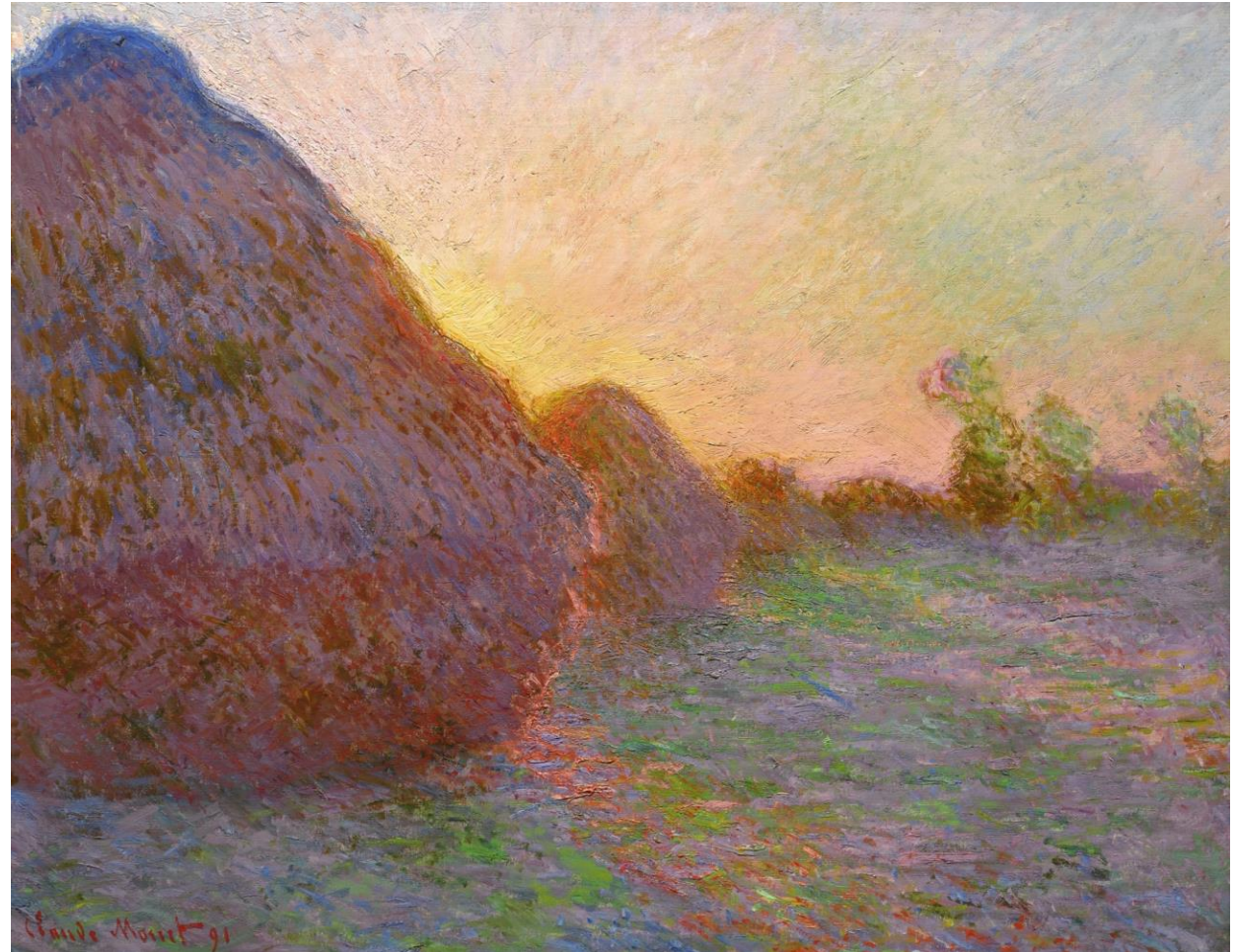
Toxic perfectionism is a mindset that is rigid on holding yourself or others to unrealistically high standards. These high standards are not attainable and result in burnout and strained relationships. It is common that these perfectionists to be angry and disappointed when they don't achieve their goals. Toxic perfectionists will take a hit on their self-esteem when they are unable to achieve the goals or expectations that they have for themselves.



Toxic Perfectionism

This painting, titled Meules (Haystacks), is the most expensive of Monet's paintings to be sold, for \$110.7 million sold via Sotheby's New York in May, 2019

'My life has been nothing but a failure' – Claude Monet



Be Brave, Not Perfect

In response to this, Reshma Saujani founded the non-profit organisation *Girls Who Code*, with the goal of teaching 1 million girls to code by 2020 and closing the gender gap in technology. Her bestselling book titled 'Brave, Not Perfect' was published in 2020.





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Be Brave, Not Perfect

Don't try to be perfect; try to be brave.

What does this look like?



Be Brave, Not Perfect

- brave students answer questions in class
- brave students try new things
- brave students try out for a sporting team
- brave Kilbreda girls do things girls don't traditionally do
- brave students stand up for what they believe in
- brave students are not bystanders
- brave students don't measure their worth by social media



Be Brave, Not Perfect

She finished her TED talk:
...because when we teach girls to be imperfect, and we help them leverage it, we will build a movement of young women who are brave and who will build a better world — for themselves, and for each and every one of us.





Navigating Friendships. The Friendology Approach.

Ms Leah Cristiano
Year 7 Level Leader



The new school year is all about change. New teachers, new classes, new expectations and new routines. For year 7 students, it means a new school. It's natural that these times of transitions cause excitement as well as a few nerves.



FRIENDS SERVE A PURPOSE

What worries students most is, “Will I have friends?” It worries parents too. Nobody wants to imagine their child sitting alone at lunch time feeling awkward and wishing they were at home.



Having friends is different to being popular

Your friendships are only as good as your boundaries

Conflict in friendships is normal



May our children come to understand that like all good relationships, they take thought work and respect.



“People who allow us to be relaxed and confident and open enough to express the version of ourselves that we like best; those friends allow us to like ourselves”



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Relational aggression may include:

- **Exclusion**
- **Gossip**
- **The silent treatment**
- **Belittling (Often hidden behind the expression ‘just jokes’)**
- **Conditional friendship**



“Girls learn from a very young age that when you create exclusion you create inclusion.”



How can parents help?

This is learned behaviour and learned behaviour can often be unlearned.

But there are commitments that need to be made by parents.

- **Make friendship cool.**
- **Explicitly teach kindness, compassion and empathy.**
- **Explicitly teach emotional intelligence.**
- **Teach kids to be a. Upstanders b. Distracters c. Supporters**
- **Carefully manage online activity.**
- **Create opportunities to meet lots of new people outside of school and get to know them well.**
- **Please.... Never say, “That’s just girls”**



For an adolescent, friendships are incredibly important.

In them they find identity and a place in their newly-emerging, social network.

Often, they share their deepest secrets and their greatest joys.

- **Listen without fixing**
- **Empower instead of catastrophising**
- **Distract**
- **Press Pause**
- **Problem solve together when everyone is calm**



The importance of high-quality connections

- Teaching our students friendship skills and emphasising high-quality connections is essential for their holistic development, impacting various aspects of their lives, from emotional wellbeing and academic success to long term health and career satisfaction.
- Positive friendships contribute to a supportive social environment that nurtures personal growth and resilience.
- High-quality connections serve as a protective factor for mental health.
- Positive social connections are linked to improved academic performance.
- Friendships provide a context for developing effective communication skills.
- Friendships offer an opportunity for our students to develop empathy and compassion.



Overview of the Friendology Program

An Evidenced-Based Whole School Friendship Strategy

Session 1: Inner Ninja (Focus on self-compassion, squashing Automatic Negative Thoughts (ANTs) and the 'pressure for perfection')

Session 2: Friendship Facts (Focus on healthy relationships and the 'truths' of friendships)

Session 3: Friend-o-Meter (Focus on Friendship Fact #3: Trust and Respect)

Session 4: Friendship Fires (Focus on how to resolve conflict with a friend using the Friend-o-cycle)

Session 5: Mean On Purpose Behaviour (Responding to intentionally cruel, rude or mean behavior)

Session 6: Tricky Situations (Explores hot topics for students their age)

Session 7: Friendship Boundaries (The powerful influences of friends: positive vs negative)

Session 8: Kind and Strong (Empathy and Compassion: Walking in others' shoes)

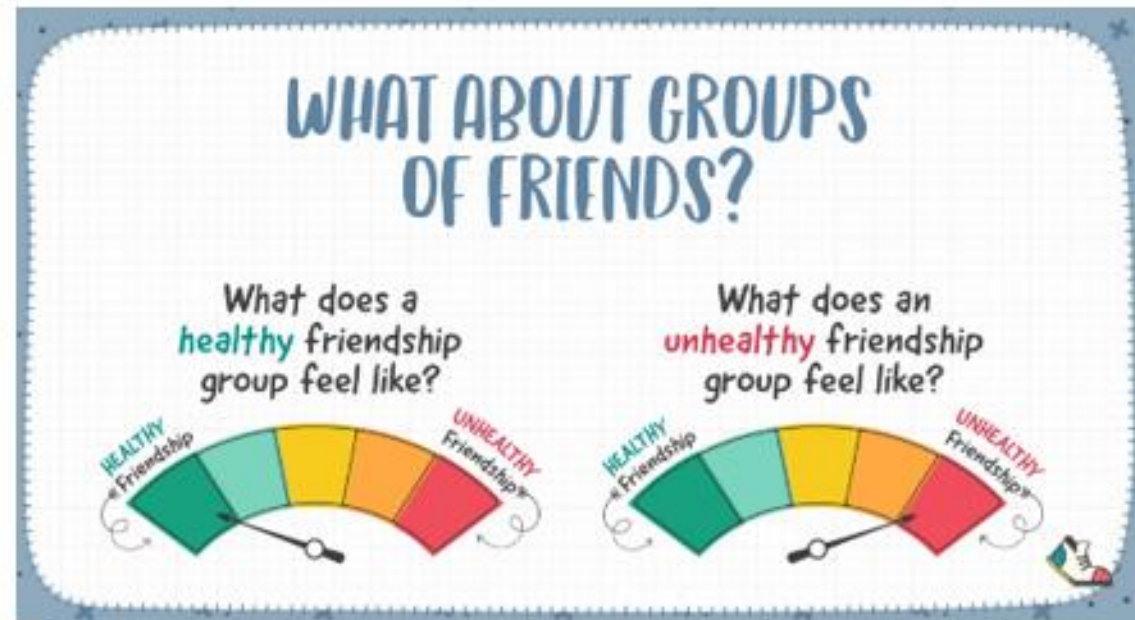
Friendship Facts Gallery Walk

An Evidenced-Based Whole School Friendship Strategy



The Language of Friendship – Building Connections

What are the 'Must Haves' and 'Deal Breakers' in friendship?



- URSTRONG'S -
FRIEND-O-CYCLE!

The normal cycle of a healthy friendship.



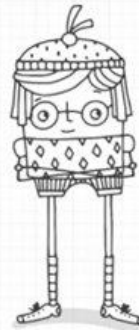
NAMING CONFLICT

HAVE YOU GOT A
**FRIENDSHIP
FIRE?**

OR

WAS YOUR FRIEND
**MEAN-ON-
PURPOSE?**

CONFLICT IN FRIENDSHIP



Friendship Fires®

Common issues or conflicts like
misunderstandings, disagreements,
or hurt feelings.

Mean-on-Purpose

Malicious, rude, or unkind
behavior, intentionally meant to
hurt someone.

MEAN ON PURPOSE BEHAVIOUR

STAND UP FOR YOURSELF!

You teach people how to treat you!



Did you try to
Talk-it-Out?

This is a conversation!

Did you say your
Quick Comeback?

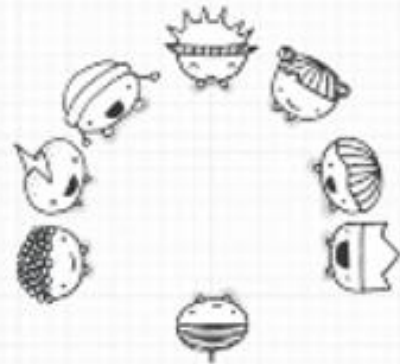
This is NOT a conversation!



The Language of Friendship – Untangling Groups of Friends

Fitting In Vs Belonging

WHAT ABOUT GROUPS OF FRIENDS?



HORSESHOES:

Inclusive, individuals, freedom

OR



CIRCLES:

Exclusive, controlled, trapped

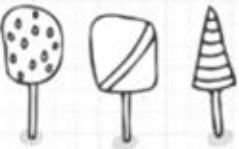
Having strong friendship boundaries helps to protect your mental health and wellbeing

WHAT ARE...
FRIENDSHIP BOUNDARIES?



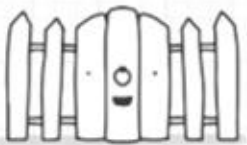
HOUSE

Friendships that are built on the foundation of **Trust & Respect**.



YARD

Friendships that are mostly in the **Green Zone** on the **Friend-o-Meter**.



OTHER SIDE OF FENCE!

Red Zone on the **Friend-o-Meter** and/or haven't earned **Trust & Respect** yet.



Building Positive Learning Habits.



Mrs Suzanne Grima
Student Wellbeing Leader 7-9



A Community of Strength and Kindness.



A culture that promotes learning



Positive Behaviour for Learning Framework

Think Critically, Be Curious, Discover Passions, and Develop a Love of Learning

Be Responsible



- ✓ Be responsible for your own learning. Manage your time effectively.
- ✓ Participate actively in class. Ask for help if you need it.
- ✓ Use technology responsibly. Consider your digital footprint.
- ✓ Care for the learning environment and the College resources.
- ✓ Think about the impact of your choices and actions on yourself and others.

Be Respectful



- ✓ Model our College values. Act in a spirit of strength and kindness.
- ✓ Appreciate and celebrate our diversity.
- ✓ Develop self-awareness.
- ✓ Resolve conflicts respectfully and constructively.
- ✓ Be courageous and take action.

Be Resilient



- ✓ Be willing to learn new things. Step out of your comfort zone.
- ✓ Develop a resilient mindset. Stay committed to your goals.
- ✓ Persist when faced with challenges.
- ✓ Accept constructive feedback from peers and teachers.
- ✓ Celebrate your learning journey with joy and gratitude.



Parents as Partners.

Communication

- ✓ Two-way communication
- ✓ Use the language of the PB4L framework

Learning at home

- ✓ Reinforce the PB4L expectations by mirroring them at home

Problem Solving

- ✓ Support positive problem solving and conflict resolution

Engagement

- ✓ Encourage personal goal setting



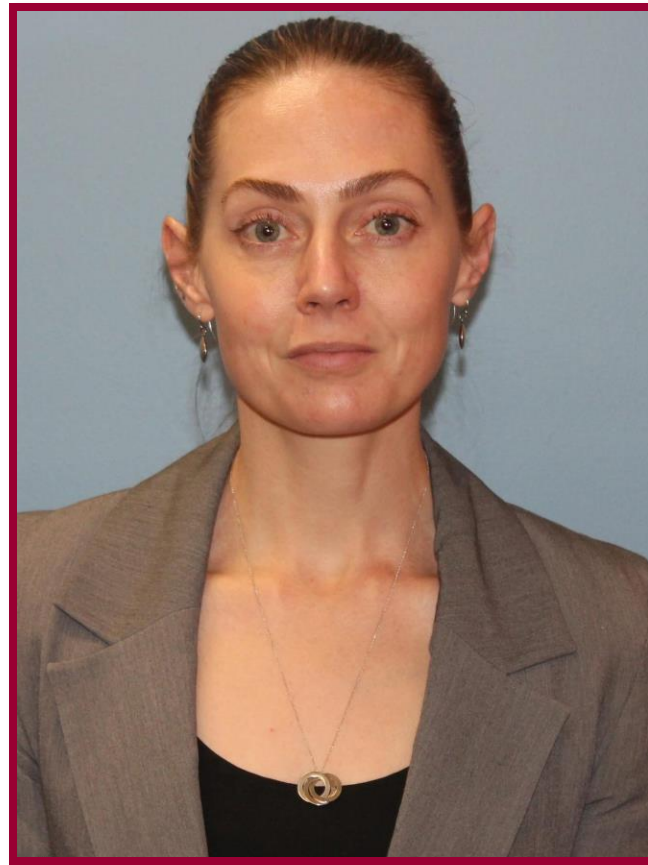
Kilbreda College Counselling Services



Mr John Riddle
Head of Counselling Services



Kilbreda College Counselling Services Staff



Patricia Boscolo-Pitrone

Katrina Richardson

Angela Saraceni



Kilbreda College Counselling Services

Year Level Coordinator to manage:

YLC manage the following areas of concern:

- **Friendship difficulties**
- **Relationships**
- **Disruptive behaviour in the classroom**
- **Challenges relating the day to day learning - subject changes, resources required, workload**
- **Attendance**
- **Discipline – physical altercations, rule breaking**
- **Uniform.**

Wellbeing Counsellor engagement

YLC / Teachers / Parents to engage with wellbeing on the following concerns:

- **Anxiety/ Depression**
- **Online bullying**
- **Family conflict/ domestic violence/verbal and physical abuse**
- **School refusal**
- **General stress**
- **Grief**
- **Sexualised behaviour**
- **Gender issues**



Kilbreda College Counselling Services

Mid Tier Mental Health Service

- Crisis counselling and intervention
- Short to medium term counselling
- Support with external referrals as required.

Referral sources

- Teachers and support staff
- Year Level Coordinators
- Student Wellbeing Leaders
 - Student self referrals
 - Parents / care givers



Counselling Services – Referral form on PAM

Kilbreda College
Parent Access Module

Home, Notifications, Menu icons

Students

(Red oval around missing link)

Knowledge Bank

- College Policies
- Finance
- General Forms
- PAM Guides
- Remote Learning
- Student Resources
- Student Wellbeing** (Red oval and arrow)

School Links

- Student Wellbeing**
- Child Safeguarding Program
- Parent Links**
- Booklists 2023
- Careers Page
- LibGuides
- Library Catalogue
- Newsletter Archives

Parent Teacher Interviews
Click here to enter.

Parent Notified Absences
Click here to enter.

Daily Messages

PB4L: Be Responsible For Your Learning. Manage Your Time Effectively

Be Responsible for Your Own Learning. Manage Your Time Effectively.
Becoming The Best Version Of Yourself

Taking responsibility for your learning goes beyond completing homework; it's a journey to become the most awesome version of yourself. When you lead your learning adventure, it's not just about your academic results, you're expanding your mind, posing clever questions, and discovering things that make you go, "Wow, that's cool." It's like unlocking your superpowers of curiosity and intelligence.

TIME MANAGEMENT

Calendar

Feb 5 – 11, 2024

Monday	February 5, 2024
all-day	Week 2 - Day 6
11:30am - 3:15pm	VCE VM Launch Enrichment Day Activity
2:15pm - 3:15pm	Year 7 Assembly Rehearsal



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Parent Involvement Opportunities



Mrs Andrea Halliday
*Director of Development and
Community Relations*



How can Parents be involved?

- **Opportunities to volunteer your skills and time**
 - **College Production of 'Frozen Jr.'** this year
 - **Mock interviews for Year 10 students**
 - **Careers Expo**
 - **Assistance at College events, such as the Socials**
- **Parent Seminars throughout the year are held on a variety of topics**
- **Community events**
 - **Mother's Day breakfast – Years 7 and 12**
 - **Father's Day breakfast – Years 8 and 10**



Upcoming College Events

- **Thursday 15 February - Commencement Mass and Dedication ceremony for our statue of St Brigid**
- **Monday 26 February – Whole School Swimming Carnival**
- **Monday 18 – Wednesday 20 March – Year 7 Camp**

TERM 2:

- **Monday 29 April – Whole School Athletics Carnival**
- **Week of 27 May – Year 8 Camp (2 groups)**

Always check PAM for notices and the Calendar.

