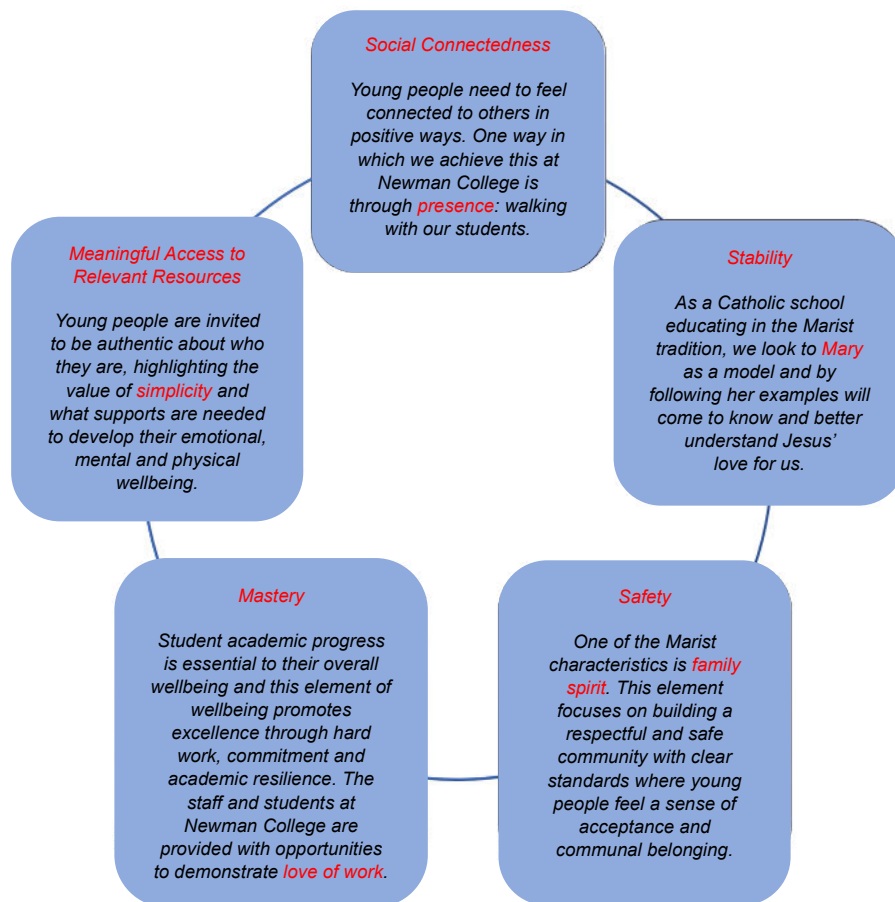


## 2024 Secondary Wellbeing Program

Newman College is a Catholic school educating in the Marist tradition which seeks to bring each student to the fullness of who Christ intends them to be. With Mary as our model of faith, we encourage students to grow into good Christians and good citizens in an educational environment where they feel welcomed, accepted and valued.

Newman College supports student wellbeing by focusing on five essential elements for wellbeing which connect directly to our Marist characteristics of presence, simplicity, family spirit, love of work and in the way of Mary.



On Marcellin Campus, our Wellbeing Team is inclusive of: the Deputy Principal Secondary, College Psychologist and Leaders of Wellbeing; it is this Wellbeing Team that works closely with our Pastoral Care Group teachers who are the first point of contact for our families when they have wellbeing concerns. Our Wellbeing Program provides our Wellbeing Team with the ability to be proactive in supporting each cohort's developmental needs. Our Wellbeing Program is designed to cover aspects of the Keeping Safe: Child Protection Curriculum as we work alongside our Health and Physical Education Department who also cover aspects of this mandatory curriculum. We ask that parents and guardians familiarise themselves with the topics that will be covered in the relevant year group program. If there any questions or concerns about the Wellbeing Program specific to your child's cohort, please contact the relevant Leader of Wellbeing.

# 2024 Wellbeing Calendar

## Term One

		Year 7 Embrace	Year 8 Grow	Year 9 Engage	Year 10 Potential	Year 11 Ownership	Year 12 Legacy
<b>Week 1</b>	1-Feb (Thursday)	PCG rooms	Year Assembly <b>(JHN Hub)</b>	Year Assembly <b>(Gym)</b>	Year Assembly <b>(Exam Centre)</b>	Year Assembly <b>(Chapel)</b>	Year Assembly <b>(Auditorium)</b>
<b>Week 2</b>	7-Feb	Guild Assemblies: Preparation for Swimming Carnival <b>BR:</b> JHN Presentation Space, <b>CA &amp; TM:</b> Gym, <b>CT:</b> Exam Centre, <b>CH &amp; MA:</b> Auditorium, <b>MC:</b> Studios 1&2, <b>RO:</b> Upstairs S Block					
<b>Week 3</b>	14-Feb	Ash Wednesday					
<b>Week 4</b>	21-Feb	PERMAH Goal Setting <b>(PCG Rooms)</b>	Growth Mindset and Positive Mental Health (HeadSpace) <b>(Chapel)</b>	Student Success in Year 9: LOWB <b>(Gym)</b>	KS:CPC Workplace Respect Project - Guest Speaker <b>(Exam Centre)</b>	Succeeding in Year 11 with DPTL <b>(Auditorium)</b>	Year 12 Retreat
<b>Week 5</b>	28-Feb	Physical Wellbeing (LC and LOWB) <b>(Oval)</b>	Year 8 Mass <b>(Chapel)</b>	Check in and Goal Setting with PCG <b>(PCG Rooms)</b>	Subject Selection with Leader of Pathways and Partnerships <b>(Gym)</b>	KS:CPC Workplace Respect Project - Guest Speaker <b>(Exam Centre)</b>	Class of 2024 Legacy with Catherine Kolomygec <b>(Auditorium)</b>
<b>Week 6</b>	6-Mar	Elevate: Time Management <b>(PCG Classes)</b>	PERMAH Goal Setting <b>(PCG rooms)</b>	Paul Litherland - Online Safety and Images <b>(Auditorium)</b>		Resilience and Pathway Review <b>(Hub)</b>	KS:CPC Sexual Abuse and Discrimination <b>(Exam Centre)</b>
<b>Week 7</b>	13-Mar	Guild Activities					
<b>Week 8</b>	20-Mar	Lorin Nicholson: Embracing Challenges <b>(Auditorium)</b>	Year 8 Cup: Quiz and Games Round 1 <b>(PCG rooms)</b>	Physical Wellbeing (LC and LOWB) <b>(Oval)</b>	Elevate- Study Skills <b>(Gym)</b>	Mental Health Boys: Shaka Project <b>(Exam Centre)</b> Girls: Chloe Dunne - HeadSpace <b>(Chapel)</b>	
<b>Week 9</b>	27-Mar	Celebration Assembly and Easter Liturgy (Thursday)					

# 2024 Wellbeing Calendar

## Term Two

		Year 7 Embrace	Year 8 Grow	Year 9 Engage	Year 10 Potential	Year 11 Ownership	Year 12 Legacy
Week 1	17-Apr	PCG rooms 25 mins Assembly 25 mins <b>(Gym)</b>	Assembly 25 mins <b>(Gym)</b> PCG rooms 25 mins	Assembly 25 mins <b>(Exam Centre)</b> PCG rooms 25 mins	Assembly 25 mins <b>(JHN Hub)</b> PCG rooms 25 mins	PCG rooms 25 mins Assembly 25 mins <b>(Exam Centre)</b>	Assembly <b>(Chapel)</b>
Week 2	24-Apr	Camp Prep/ Anzac Day activity <b>(PCG Rooms)</b>	ANZAC Day activity <b>(PCG Rooms)</b>	Mental Health: Chloe Dunne from HeadSpace <b>(Exam Centre)</b>	Subject Selection with Leader of Pathways and Partnerships <b>(Gym)</b>	Year 11 Mass <b>(Chapel)</b>	Legacy Planning with Catherine Kolomygec (Various Locations)
Week 3	1-May	Year 7 Camp	Building Resilience <b>(PCG Rooms)</b>	Resilience and Goal Setting <b>(PCG Rooms)</b>	KS:CPC Psychological Pressure and Manipulation <b>(PCG rooms)</b>	Uni Ready: Leader of Pathways and Partnerships <b>(Auditorium)</b>	KS:CPC We are Womxn <b>(Chapel)</b> Boys: Man Up <b>(Exam Centre)</b>
Week 4	8-May	Celebration Assembly					
Week 5	15-May	Year 7 Liturgy: Camp Reflection <b>(Chapel)</b>	Mindfulness <b>(PCG rooms)</b>	HumanKIND Session 1 <b>(Gym and Exam Centre)</b>	Resilience and Goal Setting <b>(PCG rooms)</b>	KS:CPC Grooming and Dating Violence <b>(PCG rooms)</b>	KS:CPC Gender and Social Construction (Headspace) <b>(Auditorium)</b>
Week 6	22-May	Wellio: Digital Footprint Online Safety <b>(PCG rooms)</b>	Year 8 Cup: Quiz and Games Round 2 <b>(PCG rooms)</b>	Year 9 Mass <b>(Chapel)</b>	Paraplegic Benefit Fund Presentation <b>(Auditorium)</b>	Exam Preparation <b>(JHN Hub)</b>	Exams
Week 7	29-May	Elevate: Study Skills <b>(PCG Rooms)</b>	Physical Wellbeing (LC and LOWB) <b>(Oval)</b>	KS:CPC Abuse and Warning Signs (LOWB/Psych) <b>(Auditorium)</b>	Exam Expectations <b>(JHN Hub)</b> Private study <b>(PCG rooms)</b>	Exams	Exams
Week 8	5-Jun	Wellio: Real Life Resilience and Taking action <b>(PCG rooms)</b>	Goal Setting <b>(PCG rooms)</b>	HumanKIND Session 2 <b>(Gym and Chapel)</b>	Exams	Exams	Half Way Day <b>(JHN Hub)</b>
Week 9	12-Jun	Feast Day Mass for St Marcellin Champagnat					
Week 10	19-Jun	Guild Activities					
Week 11	26-Jun	Celebration Assembly (Friday) Wednesday Monday bell times					

# 2024 Wellbeing Calendar

## Term Three

		Year 7 Embrace	Year 8 Grow	Year 9 Engage	Year 10 Potential	Year 11 Ownership	Year 12 Legacy
Week 1	17-Jul	Assembly 25 mins (Gym) PCG rooms 25 mins	Subject Selection with Leader of Pathway and Partnerships <b>(Auditorium)</b>		Assembly 25 mins (Exam Centre) PCG rooms 25 mins	PCG rooms 25 mins Assembly 25 mins (Exam Centre)	Year 12 Liturgy <b>(Chapel)</b>
Week 2	24-Jul	Guild Assemblies: Preparation for Athletics Carnival <b>BR: JHN Presentation Space, CA &amp; TM: Gym, CT: Exam Centre, CH &amp; MA: Auditorium, MC: Studios 1&amp;2, RO: Upstairs S Block</b>					
Week 3	31-Jul	KS:CPC Exploring Resilience and Language <b>(PCG Rooms)</b>	KS:CPC Recognising and Reporting Abuse: LOWB and Carla <b>(Auditorium)</b>	HumanKIND Session 3 <b>(Gym and N Block)</b>	Camp Prep <b>(PCG Rooms)</b>	PCG Time	University and TAFE Guest Speakers <b>(PCG rooms)</b>
Week 4	7-Aug	Celebration Assembly					
Week 5	14-Aug	Wellbeing Week (Assumption Day Mass on Thursday, Wednesday has Monday Bells)					
Week 6	21-Aug	Jade Lewis Vaping Awareness Presentation <b>(Gym)</b>	Red Frogs: Identity Program <b>(Chapel)</b>	Year 10 Camp	KS:CPC Recognising and Reporting Abuse <b>(Exam Centre)</b>	RAC: Drinks, Drugs and Driving <b>(Auditorium)</b>	
Week 7	28-Aug	Physical Wellbeing/ Fitness (LC and LOWB) <b>(Gym/Oval)</b>	Year 8 Cup: Quiz and Games Round 3 <b>(PCG rooms)</b>	Year 9/10 NAS Carnival (Alternate Program)		KS:CPC Protective Strategies <b>(PCG rooms)</b>	University and TAFE Application Process <b>(Exam Centre)</b>
Week 8	4-Sep	Guild Activities					
Week 9	11-Sep	R U Legal Presentation: Cyber bullying and explicit images <b>(Auditorium)</b>	KS: CPC Domestic and Family Violence <b>(Exam Centre)</b>	KS:CPC Identity and Relationships - Wellio <b>(PCG rooms)</b>	Year 11 Mass <b>(Chapel)</b>	Red Frogs: Leavers <b>(Exam Centre)</b>	
Week 10	20-Sep	Celebration Assembly (Friday) Yr12 Farewell					

# 2024 Wellbeing Calendar

## Term 4

		Year 7 Embrace	Year 8 Grow	Year 9 Engage	Year 10 Potential	Year 11 Ownership	Year 12 Legacy
<b>Week 1</b>	9-Oct	Feast Day Mass for St John Henry Newman					Exams
<b>Week 2</b>	16-Oct	Guild Activites					Grad Rehearsal
<b>Week 3</b>	23-Oct	Celebration Assembly					
<b>Week 4</b>	30-Oct	Wellio: Building a Sense of Belonging ( <b>PCG Rooms</b> )	Physical Wellbeing (LC and LOWB) ( <b>Oval</b> )	HumanKIND Session 4 ( <b>Gym and Exam Centre</b> )	Periods, Pain and Endometriosis Program ( <b>N Block classrooms</b> )	Private Study	WACE Exams
<b>Week 5</b>	6-Nov	Year 7 Mass ( <b>Chapel</b> )	PERMAH Goal Setting ( <b>PCG rooms</b> )	Subject Selection - Leader of Pathways and Partnerships ( <b>Gym</b> )	KS:CPC Wellio - Relationships and Sexual Abuse	Exams	WACE Exams
<b>Week 6</b>	13-Nov	PCG Fitness Challenge ( <b>PCG Rooms</b> )	Year 8 Cup: Quiz and Games Round 4 ( <b>PCG rooms</b> )	Year 9 Mass ( <b>Chapel</b> )	Private Study	Exams	WACE Exams
<b>Week 7</b>	20-Nov	Year 7 - 11 Awards Assembly (Friday) Normal bell times on Wednesday Week 7.					
<b>Week 8</b>	27-Nov	PERMAH Goal Setting: Forward-Focused ( <b>PCG ROOMS</b> )	Year 8 Mass ( <b>Chapel</b> )	Physical Wellbeing (LC and LOWB) ( <b>Gym/Oval</b> )	Exams		
<b>Week 9</b>	4-Dec	Final Day					

Term One		Term Two		Term Three		Term Four	
HPE	Wellbeing Program	HPE	Wellbeing Program	HPE	Wellbeing Program	HPE	Wellbeing Program
7	<b>FA1: Right to be safe</b> <b>Risk-taking and emergencies</b> 1.1 'We all have the right to be safe' 1.2 Warning signs 1.3 What if someone does not have warning signs?	<b>FA2: Relationships</b> <b>Rights and Responsibilities</b> 1.1 What rights do children and young people have? 1.2 Rights and responsibilities in close relationships.  <b>FA4: Relationships</b> <b>Trust &amp; networks</b> 4.1 Trust 4.2 Trusted networks	<b>FA3: Recognising and Reporting Abuse</b> <b>Cyber Safety</b> 3.1 Being aware on the internet 3.2 Online abuse 3.3 Abuse using mobile phones 3.4 Sexting 3.5 Developing a cyber safety fact sheet 3.6 Cyber safety and the law	<b>FA3 Recognising and Reporting Abuse</b> <b>Privacy and the body</b> 1.1 Defining public and private 1.2 Privacy 1.3 Parts of the body  <b>FA3 Recognising and Reporting Abuse</b> <b>Cyber safety</b> 3.1 Being aware on the internet 3.2 Online abuse 3.3 Abuse using mobile phones 3.4 Sexting 3.5 Developing a cyber safety fact sheet 3.6 Cyber safety and the law	<b>FA4: Protective Strategies</b> <b>Strategies for keeping safe</b> 1.6 Exploring resilience 1.7 Language of resilience		
8	<b>FA1: Right to be safe</b> <b>Risk-taking &amp; emergencies</b> 2.1 Risk-taking 2.2 Exploring emergencies 2.3 Planning for an emergency	<b>FA2: Relationships</b> <b>Identity &amp; relationships</b> 2.1 Exploring relationships 2.2 Healthy & unhealthy relationships 2.3 Construction of gender  <b>Topic 3: Power in relationships</b> 3.1 Types of use of power 3.2 Positive use or abuse of power 3.3 Power in relationships 3.4 Guilt 3.5 Power & gender 3.6 Characteristics of bullying 3.7 Bullies and people who are bullied 3.8 Bystanders 3.9 School policy on bullying			<b>FA3: Recognising and Reporting Abuse</b> <b>Recognising abuse</b> 2.1 Revisit group norms 2.2 Defining abuse 2.3 Recognising abuse 2.4 Using warning signs to recognise abuse		
9	<b>FA1: Right to be safe</b> <b>Psychological pressure &amp; manipulation</b> 3.1 Defining psychological pressure and manipulation 3.2 A-Z psychological pressure and manipulation 3.3 Product placement		<b>FA2: Relationships</b> <b>Rights and responsibilities</b> 1.1 What rights do children and young people have? 1.2 Rights and responsibilities in close relationships	<b>FA3: Recognising and Reporting Abuse</b> <b>Recognising abuse</b> 2.1 Revisit group norms 2.2 Defining abuse 2.3 Recognising abuse 2.4 Using warning signs to recognise abuse	<b>FA3: Recognising and Reporting Abuse</b> <b>Recognising abuse</b> 2.5 Neglect and physical and emotional abuse 2.6 Why is it difficult to talk about sexual abuse? 2.7 Sexual abuse 2.8 Dating violence	<b>FA3: Recognising and Reporting Abuse</b> <b>Domestic and family violence</b> 4.1 What is domestic and family violence? 4.2 Effects of domestic and family violence on children 4.3 Myths about domestic and family violence 4.4 Bystander intervention	<b>FA4: Protective Strategies</b> <b>Strategies for keeping safe</b> 1.1 Trust, talk, take control 1.2 Problem-solving card activity 1.3 Assertiveness 1.4 Strategies for talking about difficult topics 1.5 Strategies when a friend discloses 1.6 Exploring resilience 1.7 Language of resilience  <b>Topic 2: Network review and community support</b> 2.1 Network review challenge 2.2 Network support card 2.3 Community support networks 2.4 Persistence

	Term One		Term Two		Term Three		Term Four	
	HPE	Wellbeing Program	HPE	Wellbeing Program	HPE	Wellbeing Program	HPE	Wellbeing Program
10	<b>FA1: Right to be safe</b> <b>Risk-taking and emergencies</b> 1.1 Review warning signs 1.2 Assessing risk 1.3 Positive psychology	<b>FA1: Right to be safe</b> <b>Psychological pressure &amp; manipulation</b> 2.1 Defining psychological pressure and manipulation 2.2 Examples of psychological pressure and manipulation 2.3 Persuasive debate	<b>FA2: Relationships</b> <b>Rights and responsibilities</b> 1.1 Rights and responsibilities 1.2 Abuse of rights 1.3 Sexual consent 1.4 Rights and responsibilities in intimate relationships  <b>FA2: Relationships</b> <b>Identity and relationships</b> 2.1 Healthy and unhealthy relationships  <b>FA2: Relationships</b> <b>Trust and networks</b> 4.1 Networks 4.2 Peer networks	<b>FA2: Relationships</b> <b>Identity and relationships</b> 2.2 Gender as a social construction 2.3 Gender stereotypes  <b>FA3 Recognising and Reporting Abuse</b> <b>Cyber safety</b> 3.1 Cyberbullying 3.2 Sexting 3.3 Digital Reputation	<b>FA3 Recognising and Reporting Abuse</b> <b>Privacy and the body</b> 1.1 Your body 1.2 Privacy 1.3 Health and safety	<b>FA3 Recognising and Reporting Abuse</b> <b>Recognising abuse</b> 2.1 Types of abuse 2.2 Abuse in relationships 2.3 Sexual abuse	<b>FA4 Protective Strategies</b> <b>Strategies for keeping safe</b> 1.1 Situations for self-protection 1.2 Problem-solving strategies 1.3 Effective communication	
11		<b>FA1: Right to be safe</b> <b>Psychological pressure &amp; manipulation</b> 2.2 Examples of psychological pressure and manipulation 2.3 Persuasive debate		<b>FA2: Relationships</b> <b>Power in relationships</b> 3.1 Types and use of power 3.2 Discrimination 3.3 Sexual harassment 3.4 Positive use or abuse of power		<b>FA3 Recognising and Reporting Abuse</b> <b>Recognising abuse</b> 2.4 Grooming 2.5 Dating violence and date rape 2.6 Myths and realities about child abuse  <b>FA3 Recognising and Reporting Abuse</b> <b>Domestic and family violence</b> 4.1 Exploring domestic and family violence 4.2 Underlying issues of domestic and family violence 4.3 Cycle of violence 4.4 Bystander intervention		<b>FA4 Protective Strategies</b> <b>Network review and community support</b> 2.1 Networks as self-protection 2.2 Intervention orders 2.3 Reviewing support services
12		<b>FA1: Right to be safe</b> <b>Psychological pressure &amp; manipulation</b> 2.1 Defining psychological pressure and manipulation 2.2 Examples of psychological pressure and manipulation 2.3 Persuasive debate		<b>FA2: Relationships</b> <b>Power in relationships</b> 3.1 Types and use of power 3.2 Discrimination 3.3 Sexual harassment 3.4 Positive use or abuse of power				