

Ringwood Secondary College

A College Which Performs

Positive Education and Pathways 2018



Contents

Ringwood Secondary College Virtues

Wellbeing

Overview Wellbeing Programs

Wellbeing Referral Pathway

Refugee Support

Careers

Positive Education

Ringwood Secondary College

VIRTUES



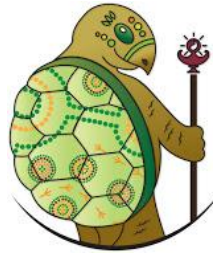
Ringwood Secondary College fosters the development of the whole person, allowing them to flourish and reach their full potential. We do this by creating opportunities to develop the virtues of;

WISDOM

RESPECT

COURAGE

CREATIVITY



Learning to do your best by always seeking to improve. To be inquisitive and curious. Learning to take initiative and be independent in learning.

Learning to live together in a caring and kind way. Working collaboratively to share and build knowledge and understanding as a community.

Learning to be you yourself, to be positive and resilient. To be a fair and friendly person that is supportive and honest. Having the courage to be a person of integrity.

Learning to think creatively and through a lens of innovation. To reflect analytically and to be both flexible and challenged in the way we think.

Enables individuals to be responsible and productive citizens in a global community.

Wellbeing at Ringwood Secondary College

Features of our Wellbeing services

Ringwood Secondary College (RSC) has a robust and highly professional Wellbeing Team, which includes social workers, a full time youth worker, school chaplain, three visiting psychologists and a Koori Engagement Officer. Each year the College mentors several university student interns who assist in counselling low risk cases.

The Wellbeing team provides crisis intervention, short and long term counselling, family therapy and support groups as needed.

RSC has very close links with external providers relevant to supporting all stakeholders. These include the Headspace, Maroondah Youth Services, Ringwood Police, Ringwood Magistrates Court, SOCIT (Knox). The College also collaborates very closely with EACH who often run support programs on our campus.

Not only does RSC provide the direct support outlined above, we also dedicate resources towards preventative education through our whole school wellbeing programming. Examples include BOUNCE, the Year 8 Wellbeing Program where we specifically focus on Respectful Relationships and our series of legal workshops, facilitated by Ringwood Legal Aid educating students about laws, rights and responsibilities regarding relationships.

Staff Involvement in Wellbeing

The Student Wellbeing team oversee policy and program development; staff training and development; coordinate wellbeing programs; liaise with departmental and community organisations; provide individual counselling to students and mediate in conflict situations; develop appropriate learning strategies; support staff and students; and provide assistance to students with disabilities.

House Co-ordinators are responsible for the students within their House communities and are provided with professional learning in the area of wellbeing. Parents should not hesitate to contact appropriate staff if they have concerns about any aspect of their child's education or wellbeing.

Class teachers develop close rapport with their students throughout the year, placing them in a unique position to monitor their wellbeing. They liaise closely with the House Co-ordinator and Student Wellbeing team notifying them of any student concerns.

College Nurse is available for assistance on all days of the week from 9:30am. Attending to not only the physical needs of students, she also provides support and encouragement to students in their daily lives at school.

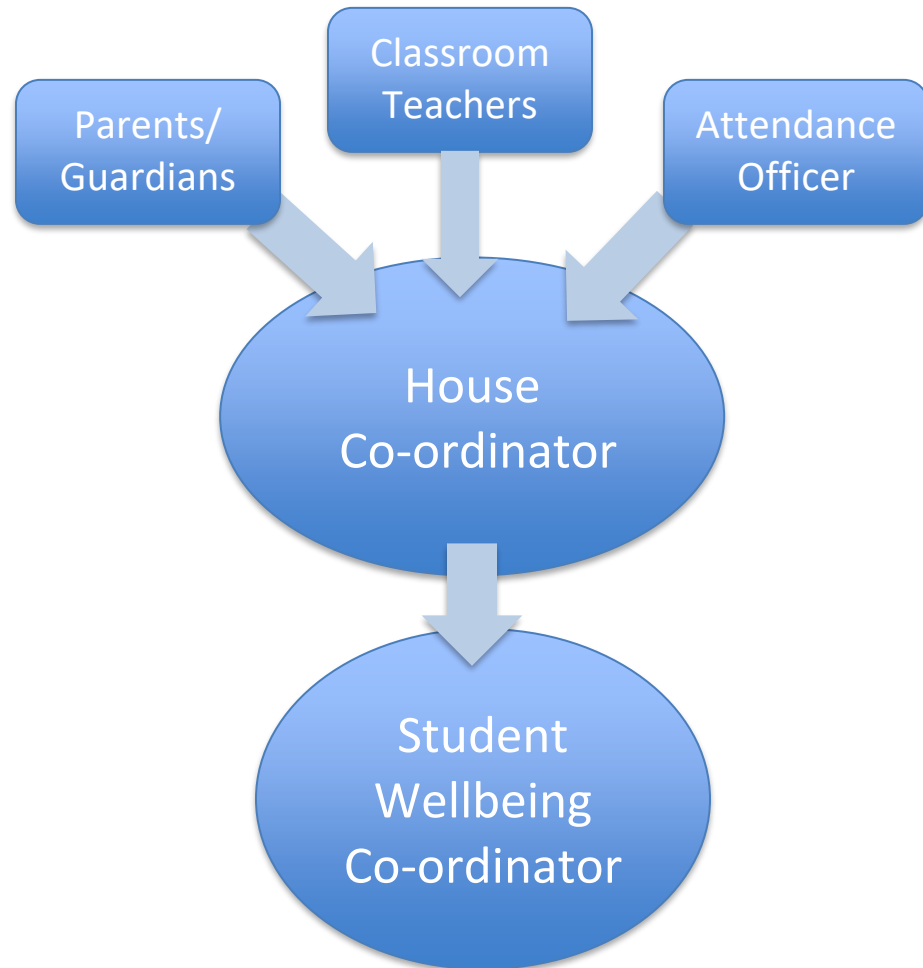
Wellbeing Programs

Program	Year Level	Term 1	Term 2	Term 3	Term 4
<i>Tutor Group</i> All students are welcome to attend this allocated study group. Every Thursday from 3:30 to 4:30pm.	7-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Glue Zone</i> This program, run once a week, allows students a great chance to meet new people.	7-8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Refugee Study Group</i> Ten students volunteer their time each week to help out students with their homework. Held at Eastwood Primary School.	7-12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Stand Out</i> Students meet fortnightly to discuss how they can make the school grounds better by discouraging people from being racist, sexist and homophobic.	7-12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Breakfast Club</i> Every Tuesday morning students are invited to room 108 for pancakes and hot chocolate.	7-12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Bounce Into Mental Health Carnival</i> A whole school event where the aim is to promote positive mental health amongst our young people and make the school community aware of the local services that are available to support mental health.	7-12	<input type="checkbox"/>			
<i>Study Skills and Wellbeing</i> This is A whole-day program comprising three session's looking at study skills, bullying and wellbeing with a focus on resilience and optimism, particularly related to friendships.	7	<input type="checkbox"/>			
<i>Project RockIT</i> Project RockIT empowers young people to stand up and lead change – in school, online and beyond.					<input type="checkbox"/>
<i>REL8</i> The Year 8 Wellbeing Days focus on building healthy relationships. The students are involved in discussions, activities and reflection.	8		<input type="checkbox"/>		
<i>Glee Club</i> An all inclusive singing group with a different theme each week.	7-12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Party Safe</i> The VCE Wellbeing Program encourages safe behavior in social settings where there is a potential for peer pressure and poor decision making	11-12		<input type="checkbox"/>	<input type="checkbox"/>	
<i>Parent Workshops</i>		*	*	*	*

*As required

Wellbeing Referral Pathway

Ringwood Secondary College has adopted a robust and thorough referral process and parents/guardians are encouraged to follow the below pathway when seeking wellbeing support for their student/s.



Refugee Support

CALD Coordinator

The CALD (Cultural and Linguistic Diversity) Co-ordinator is responsible for ensuring students from a refugee background transition successfully from the Language School to mainstream schooling.

EAL

English as an Additional Language classes are provided at each year level, instead of English classes for students who satisfy the departmental requirements of having had less than 7 years of their educational instruction in English.

Migrant Information Centre – Youth Settlement Worker

A MIC worker visits RSC once a week providing support with accessing services such as Centrelink and Medicare, helps with applying for part-time work and Work Experience, and encourages involvement in outside programs.

Careers at RSC

Features of our Careers services

The Positive Education and Pathways Leader oversees the careers team of Careers Practitioners, VET Coordinator, and Work Experience Coordinator.

Well resourced Careers Centre.
Individual counseling and Case Management, including a Managed Individual Pathway (MIPs) for all Year 10 -12 students and selected Year 9 students.

Extensive support for all exiting and exited students.

Extensive range of high quality Vocational Education Training (VET) programs including partnerships with neighbouring TAFE Institutes, secondary colleges and local employment providers.

Highly successful opt-in Work Experience program for Year 10 students.



Work Placement for VET students in partnership with the Outer Eastern Local Learning Network (OELLEN)

Strong involvement in key student programs, including VCE transition.

A well-resourced Careers website.
<http://www.ringwoodscareers.com>

Staff Involvement in Careers

The Student Services Leader plays a central role in overseeing the many services and programs available to students and is responsible for providing them with support and guidance during key decision periods

The Career Practitioners and the Vocational Education and Training (VET) Coordinator are responsible for the development and maintenance of VET programs, policy development, counselling of prospective and participating students, establishment of links with local TAFE Institutes and secondary colleges and funding applications.

House Coordinators/Sub School Leaders work in close liaison with the Careers Counsellors in counselling students on a number of career issues.



Positive Education program 'BOUNCE'

RSC offers a comprehensive and integrated pastoral care program to meet student's needs. The entire staff, led by the Positive Education and Pathways Leader and the Bounce Co-ordinator, plays a key role in the wellbeing of students. We aim to provide an environment where each student feels valued and connected and learns the skills needed to become resilient, productive and community minded individuals.



'BOUNCE', our weekly timetabled explicit teaching program, is based on the principles of positive psychology. Students participate in enriched sessions that focus on values and enhancing the tools they have to promote positive mental and physical wellbeing. The program explores many of the issues confronted by adolescents such as bullying, relationships, resilience, optimism and mindfulness. Students in Year 7 – 12 develop a strong understanding of their character strengths and how they can use them individually and with others to get the best out of every opportunity.



Our Years 7-12 BOUNCE program supports the social development and participation of young people which will actively support students in developing understanding of:

Year 7 –Character strengths, Emotional Literacy, Mindfulness, Empathy and Gratitude;

Year 8-10 - Emotional Literacy, Mindfulness, Empathy, Gratitude;

Year 11 – Surviving VCE, Life Hacks, Leadership, Preparation for VCE;

Year 12 – Study Skills, Life Hacks, Mindfulness, Gratitude and Accomplishment