



ALTONA
COLLEGE

Innovation - Integrity - Respect

YEAR 7 2019

Welcome

**Principal
Ms. Julie Krause**



Overview

1. Year 7 Course Overview

Hamish McGee – Leading Teacher

2. Year 7 Administration

Wendy Jennings – Business Manager

3. Preparing for Success

Nathan Guthridge – Assistant Principal

*Year 7
Course
Overview*

**Leading Teacher
Mr. Hamish McGee**



Altona College: Secondary Education

Course Overview

Years 7-9: Personal, social & academic growth focused on formation of effective study habits in preparation for senior education.

Years 10-12: Personal, social & academic growth focused on preparation for tertiary education and training, or employment.



Altona College – Year 7 Program

Course Overview

Please refer to page 6 of the course handbook.

Unit = 1 Semester

*Combination of Semester
Subjects and Year Long Subjects*



Expectations of students in our secondary school:

Attendance + Commitment = Promotion

- 90% Attendance requirement
- Pass at least 10 units of study

How do I pass?

- Submit all compulsory learning tasks in a timely manner.
- Demonstrate a clear and sustained commitment to personal growth.

Expectations of students in our secondary school:

Uniform

- Students out of uniform will be asked to change.
- Where change of uniform is not possible, parents will be expected to either deliver a change of uniform, or collect their child to go home to change.

Is homework really that important?

3 key types:

1. *Homework – catching up on incomplete work.*
2. *Preparation – reading ahead and building a base of knowledge for upcoming lessons.*
3. *Study – practising prior learning and applying it in increasingly challenging contexts.*

Forming these habits now is key!

Year 7
Administration

Business Manager
Mrs. Wendy Jennings



Administration

Please refer to the Year 7 Administration Handbook



*Preparing for
Success*

**Assistant Principal
Mr. Nathan Guthridge**



*Preparing for
Success*

Our teens want independence from us, NOT disconnection from us. During adolescence they need our influence more than ever, but to open the way for this, we need to focus more on connection than control.

The Teenage Brain Explained

Dr. Andrew Fuller

*Preparing for
Success*

<https://www.youtube.com/watch?v=9OQL2fcPd00>



The Teenage Brain Explained

Dr. Andrew Fuller

*Preparing for
Success*

- Your child's brain is basically re-wiring itself toward adulthood – reasoning skills are still in the very early stages of re-development.
- You play a critical role in ensuring that Albert comes to school, not T-Rex!

The Power of Passion & Perseverance

Angela Lee Duckworth

*Preparing for
Success*

<https://www.youtube.com/watch?v=H14bBuluwB8>



The Power of Passion & Perseverance

Angela Lee Duckworth

Preparing for Success

- Natural ability is great, but has far less influence on success, than resilience.
- Studies have proven that positive experiences and conversation about failure, can help develop grit and improve mental health.

How resilient are young people today? Dr. Andrew Fuller

*Preparing for
Success*

<https://www.youtube.com/watch?v=unnXIA6N5lc>

How resilient are young people today? Dr. Andrew Fuller

Preparing for Success

- Our children's understanding of their own resilience can be damaged by as early as Grade 4.
- A positive transition into Year 7 has been proven to reduce the likelihood of poor mental health, substance abuse and risk taking behavior in the senior years.

Sleep and Teenagers

Dr. Sarah Blunden

*Preparing for
Success*

[https://www.youtube.com/watch?v= 3KdoYuFtiw](https://www.youtube.com/watch?v=3KdoYuFtiw)



Sleep and Teenagers

Dr. Sarah Blunden

*Preparing for
Success*

- Sleep Hygiene is perhaps one of the most significant contributors to student health, academic achievement and the harmony of your household.
- You must set rules now to establish positive routines and help us bring out your child's inner Albert Einstein more often than
- not!



Summary

1. Learn about your child's brain and talk to them about it.
2. Have positive conversations about failure and growth.
3. Recognise that the behaviours you allow now, will become habits very quickly.
4. Promote good sleep hygiene by setting boundaries now.
5. Remember that you are the adult in the relationship and now you have the science to prove it!



Thankyou for your time and commitment, please take some time to ask questions of any available teachers before safely exiting.