

# 2025 Year 7 Parent's Information Session

# Welcome

#### Aim for the session:

For you to leave with a greater understanding of our philosophies and approaches with regards to education and our college and see if they genuinely align with your own as a parent.

#### Core CCSC underpinning values:

- Build relationships
- Help individuals support themselves in understanding themselves, as well as what they enjoy and what they do not.
- Engage in pathways during and post school

### Our Values

#### We promote:

- Independence
- Ownership
- Accountability

#### **CCSC Values**

- Excellence
- Respect
- Integrity
- Courage

#### Alfie Kohn

- Intrinsic v Extrinsic
- Rewards and star charts
- Homework

7 Habits of Highly Effective Teens

### Sport

#### **Sport at CCSC**

#### Kindy to Year 2

Fundamental movement skills guided by the PDHPE curriculum. Variety, skill development & sport sampling.

#### Year 7 - 9

Academy based sports with designated strength & conditioning sessions embedded in their programs. Participation in CAP ensuring variety.

#### Year 3 - 4

Pre - Academy focus with sport academy 3 days a week, 1 day of fundamental movement skills based games & 1 day CAP offering variety & sampling.

#### Year 10 - 12

Specialist Academy based sports with strength and conditioning sessions embedded in their programs.

#### Year 5 - 6

Sport Academies starting to specialise with unstructured game based play. Participation in CAP ensuring variety.

#### CAP Friday-Complete Athlete Project

Promoting a variety of movement experiences for our student athletes catering from elite to lifelong physical activity pathways.

#### Our Academy offerings include:

- Basketball
- Dance
- Football
- Netball
- Rugby League
- Sport
- Tennis

#### **Year 7-9 Sport**

Sport Sessions Monday to Thursday

- 11:15 1pm
- Academy specific
- Full Sport uniform / approved training clothes

#### **CAP Friday**

Promoting variety of movement experiences for our Student Athletes catering from elite to lifelong physical activity pathways.

#### **CCSC Nutrition guidance**

https://drive.google.com/file/d/1JvyEKcB5EC5CyVNllRR\_BQI CKw-CqEZm/view

#### **Female Athlete Considerations**

As a commitment to utilising evidence based pedagogies and best practices all coaches are required to complete the Coaching considerations for Female Athletes education modules in the Female Performance and Health Initiative (Education Module Tab).

https://www.ais.gov.au/fphi/female-athlete-resources#understanding\_your\_menstrual\_cycle

### The 7–12 Journey

- Sport everyday!
- Attendance- compulsory 100%, medical/illness/appointment
- Hikes/Camps
- School day times
- Excursions
- Program engagement
- Assessment/ Reporting/ Goal Setting
- Teacher cycle- rotation- relationships
- Exhibitions
- LTI
- Exposure/Immersions/ Experiences
- Rosa & Hsc V IBPLC
- End in Mind: Set individuals on a post school pathway in an area that they have developed a genuine interest or passion for, where they have experienced that industry or interest. Develop the transferable skills required for post school & Life.

### College within a College

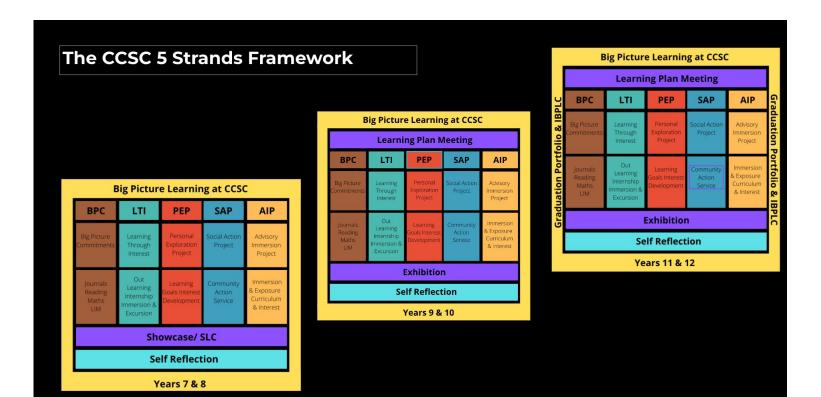
College 1	College 2
Head of College	Head of College
Cameron Moon	Justin Sheppard
7-12 Advisors x14	7-12 Advisors x14
7-12 Student	7-12 Student
Athletes	Athletes
Upto 280	Upto 280

- Reporting lines
- Relationships
- Management & ensuring delivery of programs
- Mentoring

Student athletes will still maintain connections across the colleges

Lunch/breaks/ cross advisory games/ excursions

### Big Picture



### Parent Collaboration

- Learning Plans
- Having input into your child's plan for learning each trimester.
- Advisor will contact you, in higher years 9-12 it will be a face to face meeting to discuss the Trimesters plan.
- LTI documentation / Paperwork

#### **Exhibitions**

- Parents book a time to attend their child's exhibition
- Compulsory attendance

- Essential that our partnership is strong
- High expectations
- Transparent, lots of communication
- Proactive language
- Responsible and accountable to actions

### **Behaviour Process**

- We communicate all behaviour through the 'Parent Lounge' or 'orbit'
  - You will receive a notification.
  - > Follow the links and it should provide the information and context.
- Positive behaviour: We will send positive behaviour or things we've noticed children doing well.
- Disruptive behaviour: For ongoing low level behaviour we PC entries/phone calls/meetings
- Safety concerns- Call to collect child
- We follow policy and processes, work individually with families and students athletes
- Not one size fits all
- Mobile devices/ physical altercations
- Raise Your game

# Wellbeing and Learning Support

- We have a team available to support our Student Athletes..
- We <u>do not</u> have a trained psychologist or counsellor on site. If issues arise, we will encourage you to seek external agencies.
- We provide some intervention for students who are struggling solution focused brief therapy.
- For students that have additional needs, we partner with you to write an Individual Education Plan (IEP) to help ensure success for them in the classroom.
- Please update & disclose to us on any medical or learning needs so we can best support your child.



# Food throughout the day

#### We provide:

**Breakfast**→ toast and cereal at the cafe.

**Morning tea**→ fruit and a muesli bar in class.

**Lunch**→ Hot lunch is cooked by our cafe team. There is also a salad bar and a place to make sandwiches. We will continually encourage students to eat the hot food rather than make a sandwich.

- -We recommend that students bring some healthy snacks to get them through the afternoon. It's a big day!
- -We encourage and request that junk food is not brought to school at any time, unless it is a birthday.



Chicken Schnitzel



Tandoori Skewers



Fish Curry



Vegetarian Lasagne

# Question Time

Please respectfully ask any questions that you have now.

