Moving from primary into secondary school represents a significant and often pivotal change for students. Leaving the familiar and comparatively smaller primary school for a larger and unfamiliar secondary situation can be both exciting and challenging. To assist in this transition, the College runs the Peer Support program where specially trained Year 10 Peer leaders work with Year 7 students to facilitate a smooth and effective transition into secondary school.

For the remainder of Term 1, students in Year 7 will participate in Peer Support on a weekly basis. Small groups of 8-10 students will meet with two Peer leaders and work through a range of activities that focus on resilience. It is hoped that through working on these activities in small groups, each student will enhance their resilience and continue to develop the skills needed to bounce back when things don’t work out the way they planned.

All the Year 10 Peer leaders have displayed great maturity and enthusiasm thus far.

In 2016, Mrs Murphy will be handing over the reins of the Peer Support Program to Miss Wilson and Mr McGrath. Mrs Murphy has run the program with excellent organisation and enthusiasm. We would like to thank her very much for all her dedicated work with the Peer Support Program leading up to this year.

Miss Wilson, Mr McGrath and Mrs Murphy – Peer Support Facilitators
Positive self-talk is a key skill for every student to develop if they are going to cope successfully with, and manage situations they find challenging. A focus is to be aware of the thoughts that run through their minds, and recognise how these have a significant influence over how they feel and respond to situations. Being alert to negative thought patterns and making a conscious effort to change them takes time and practice.

Miss Wilson and Mr McGrath – Peer Support Facilitators
PEER SUPPORT WEEK 4: PERSEVERANCE

During Peer Support, students will participate in a range of activities that will require perseverance to complete successfully. These activities are intended to highlight to students the importance of persevering when circumstances are difficult. Students will be encouraged to realise that to achieve success often requires perseverance. Being prepared to push on when things are challenging is a key feature of becoming a more resilient individual.

Miss Wilson and Mr McGrath—Peer Support Facilitators
PEER SUPPORT WEEK 5: OPTIMISM

This week during Peer Support, students will be encouraged to consider the meaning of adopting an optimistic attitude. They will learn that an attitude is how we think, feel and respond to circumstances and that our attitudes greatly influence how we cope with and manage challenging situations. Students will begin to understand that having an optimistic attitude is about persevering to find a solution to a problem, realising a solution probably won’t last forever, and that being optimistic is a key factor in being able to bounce back and become more resilient.

*See photos of our Newspaper Skyscrapers, built with an optimistic attitude below!*

Miss Wilson and Mr McGrath – Peer Support Facilitators
PEER SUPPORT WEEK 6: RESILIENCE

This week Year 7 students will continue to develop their understanding of resilience, and appreciate that being resilient is having the ability to bounce back when things don’t work out the way we planned. They will be encouraged to consider their response to situations they find uncomfortable and to contrast positive and negative ways of reacting. Students will be made aware that while we can’t always control what happens to us, we can control our attitude and response to these situations. Students will be challenged to consider a range of problems they may face, and to develop strategies they could use to respond in a positive and resilient way.

Miss Wilson and Mr McGrath – Peer Support Facilitators
PEER SUPPORT WEEK 7: COPING

During Peer Support, students will consider a range of coping strategies they could use to enable them to persevere in a situation and become more resilient. They will be encouraged to recognise the importance of asking for help if they find themselves in a situation they find difficult to manage, and to work out who they can turn to and include in their personal support network.

Miss Wilson and Mr McGrath – Peer Support Facilitators

A very special thank you to those Peer Support Leaders who volunteered their time on Wednesday night to lead tours around our College for Open Night!
PEER SUPPORT WEEK 9: CELEBRATING SUCCESS

One key aspect of the resilience module is the importance placed upon developing a range of skills to assist students to bounce back when things don’t work out the way they planned. A vital feature of this is encouraging students to reflect upon and acknowledge their personal strengths. This allows students to draw upon the confidence these strengths have given them to deal with situations they feel less skilled to manage. Encouraging students to remember there are many things they are capable of is a significant coping strategy to help them move through new challenges.

Miss Wilson and Mr McGrath – Peer Support Facilitators