



MARIST COLLEGE NORTH SHORE

270 MILLER STREET, NORTH SYDNEY NSW 2060 P: 9957 5000 E: northshore@maristcollege.com
www.maristcollege.com

19 August 2020

Dear Parents/Guardians,

Pastoral Care Lesson Overview for Parents - 19 August 2020

Today your son engaged in his sixth pastoral care lesson for the year. As always, please read the brief description of the lesson your son engaged in below, so you can have a discussion with him about what he learned. There is also a question accompanying the lesson outline, which you may choose to ask your son.

Year 7: Building a Respectful Relationship

Today's lesson challenged students to develop an understanding of their own and other people's views and positions regarding issues of gender, respect and relationships. Clear rules were established at the beginning of the lesson to promote a safe learning environment, so students could explore the differing attitudes to gender, respect and relationships.

A question to ask your son: What are the personal qualities that are required in respectful friendships/relationships and what happens in a friendship/relationship when one of these qualities is broken or removed?

Year 8: Gender Expectations

During today's pastoral care lessons students explored the similarities and differences between men and women and between masculinity and femininity. The lesson aimed to help students see that there are more similarities than differences between men and women and that differences result from social practices.

Questions to ask your son: What are some gender roles that stereotypically society might impose on people? Why is it important for us to realise that these stereotypes could be damaging and that both boys and girls shouldn't be limited by them?

Year 9: Positive Coping

The pastoral care lesson Year 9 engaged in this morning aimed to differentiate between pessimistic and optimistic thinking styles. This was achieved in two parts. In the first part of the lesson students gained an understanding of the impacts of negative self-talk through exploring the six common mind traps of pessimistic thinking. The second part of the lesson informed students of the benefits of applying positive self-talk techniques.

A question to ask your son: How does pessimistic thinking affect the way we look at challenges in our lives?

Year 10: Stress Management

During the pastoral care lesson today, students gained a better understanding of stress in general and in response to change, common stressors and strategies which can be applied to stressful situations. Students had the opportunity to reflect on their ability to cope with stress and how self relaxation strategies can assist.

A question to ask your son: Can you identify 3 helpful coping strategies for when you feel overwhelmed with stress, study or peer relationships? and which resources could you access online or by phone to assist you?

Year 11: Gender & Identity

Today students learned the difference between equality and equity and how this can be applied to the idea of 'gender privilege' in our society.

A question to ask your son: Where do students see examples of gender privilege in their world and how can we address these areas for the future?

Year 12: Positive Self-Talk

During today's pastoral care lesson, Year 12 learned about the effectiveness of applying positive self-talk leading up to and during challenging situations. In doing this, students were able to improve their positive self-talk skills in preparation for the challenges they will face, now and in the future.

Questions to ask your son: What is positive self talk? What are its benefits? What were some of the positive qualities you identified about yourself? What positive self-talk script did you develop for:

(a) days before the exam

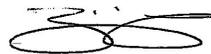
(b) hours before the exam

(c) minutes before the exam

Yours sincerely,



Matthew Fitzgerald
Wellbeing & Transition Coordinator



Brigid Taylor
Acting Principal