



MARIST COLLEGE NORTH SHORE

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

5 August 2020

Dear Parents/Guardians,

Pastoral Care Lesson Overview for Parents - 5 August 2020

Today your son engaged in his fifth pastoral care lesson for the year. Please take the time to read the brief description of the lesson your son engaged in below. You will notice that with each description there is a question to ask your son this evening to consolidate what he learned today.

Year 7: Help Seeking

Today Year 7 students had to identify situations where they should seek help to work through problems. Part of this lesson was to differentiate what small problems they can work out themselves and what are larger problems where they should seek help from others. Students also had to identify a list of trusted people to seek out when needing help. Today's lesson also aimed to normalise and de-stigmatise help-seeking behaviour.

A question to ask your son: What are some situations where you may need to seek help with a problem and who are the trusted people you would seek out for help?

Year 8: Respect & Relationships

The focus of today's Year 8 pastoral care lesson was respect and relationships. Students completed a whole group activity, which focused on setting context and boundaries in relationships. The class was then divided into smaller groups and students explored the rights and responsibilities of all parties in relationships.

Questions to ask your son: What do you value in a relationship? What expectations do you have of relationships? How do you behave in a respectful way in relationships? How can you build respectful relationships?

Year 9: The Power Connection - Respect in Relationships

Today's pastoral care lesson was designed to revise the nature of relationships and the connection to gender and to prompt students to think about the connection between gender-based violence and expectations around relationships. It also aimed to continue a broad dialogue about respect and relationships in their various forms.

Questions to ask your son: What is the role of respect in a relationship? How does this look? What language is respectful?

Year 10: Looking Deeper into our so Called ‘Cultural Norms’

During today’s pastoral care lesson, students drew from what they learned in their previous lesson “*Gender, Power & the Media*” to complete a range of activities. They completed an activity which required them to discuss reflective questions on a video presentation titled “Killing us Softly.” Students then completed a group task where they had to develop an advocacy strategy to try and change the representation of women in social life.

A question to ask your son: If you could change anything about the way the media represents young people and sexuality, what would it be? And why?

Year 11: Leadership Speeches

During today’s pastoral care lesson, eight nominated Year 11 students presented their leadership speeches for College Captain and Vice Captain in 2021 to the cohort.

A question to ask your son: What do you look for in a leader? What do you think student leadership in our school should look like?

Year 12: HSC Trial Examinations

As you are aware Year 12 are currently completing their HSC Trial Examinations.

Yours sincerely,



Matthew Fitzgerald
Wellbeing & Transition Coordinator



Brigid Taylor
Acting Principal