



20th February 2023

# Mt Sion Welcome Evening



## ACKNOWLEDGEMENT OF COUNTRY

I acknowledge that we are meeting on the traditional country of the Waddawurrung people of the Kulin Nation and pay our respect to Elders past and present. I recognise and respect their cultural heritage, beliefs and relationships with the land, which continue to be important to the Waddawurrng people living today. Sovereignty was never ceded. This continent always was and always will be, Aboriginal land.





# Prayer

Lord God,

Creator of body and mind and heart; At the beginning of this new school year, we ask you to bless the students, parents, carers, teachers and staff of St Joseph's College, that together we may grow in faith, hope, and love as we learn from you and each other how to follow your Son Jesus. Expand the horizons of our minds, that we may grow in wisdom, understanding, and knowledge; deepen our commitment to seek the truth of your ways; and enliven our faith to reach out to those in need. Amen

# AGENDA

Welcome – Meleah Zanos & Laura Gordon

Principal's address – Tony Paatsch

Wellbeing – Meleah Zanos

House Coordinators - Elley, Jackson, Matthew & Patrick

Learning – Laura Gordon

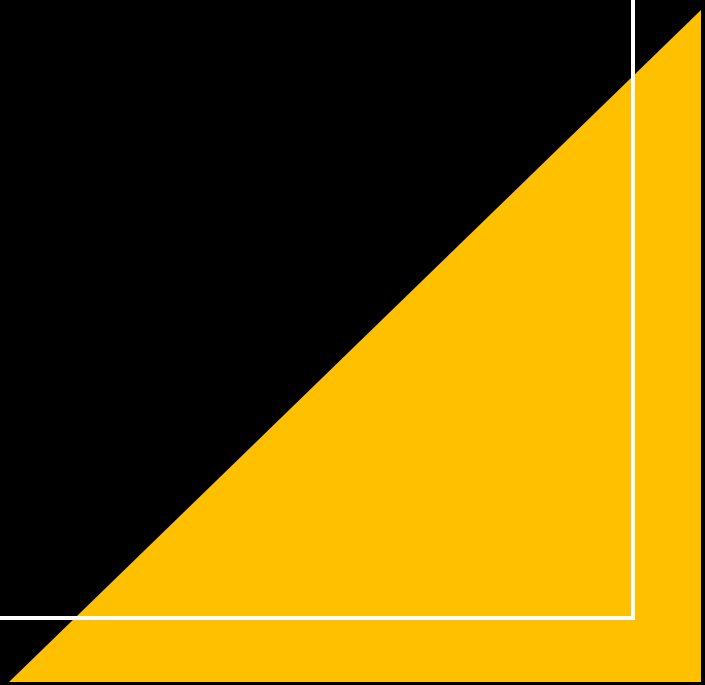
Careers & Pathways – Karen Shum

College Clinician – Mel Dobson

# Principal

Mr Tony Paatsch

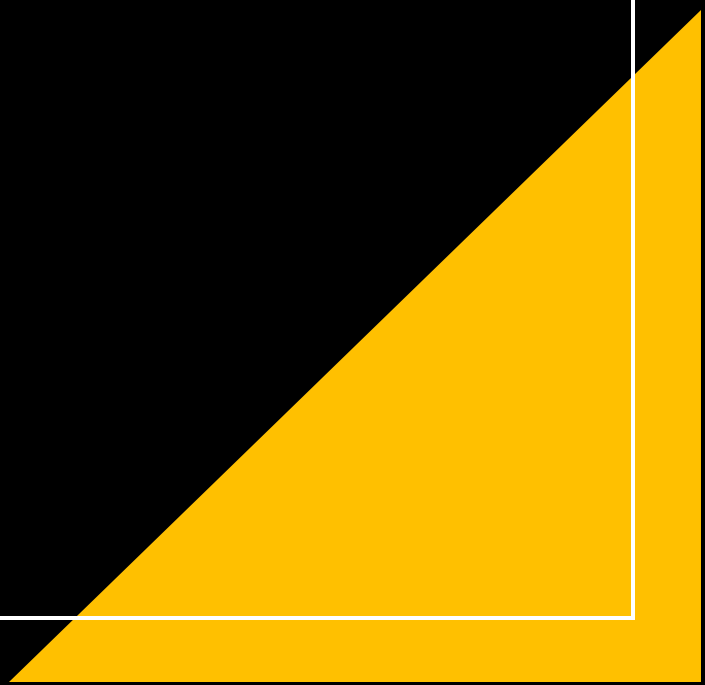
[Principalspa@sjc.vic.edu.au](mailto:Principalspa@sjc.vic.edu.au)



# Head of Mt Sion Wellbeing

Ms Meleah Zanos

[meleahz@sjc.vic.edu.au](mailto:meleahz@sjc.vic.edu.au)



# Mt Sion Learning and Behavioural Norms

- Respect
- Responsibility
- Kindness
- Resilience
- Positivity









# Year Level Programs

## Year 12s Renewals

- Term 2 Week 5 (May 3 – 5)

## Year 11 You Just Never Know Road Safety Program

- Term 2 Week 4

## Year 10 Renewals

- Term 3 Week 4

# House Coordinators

**Butler:** Mr Patrick Prendergast

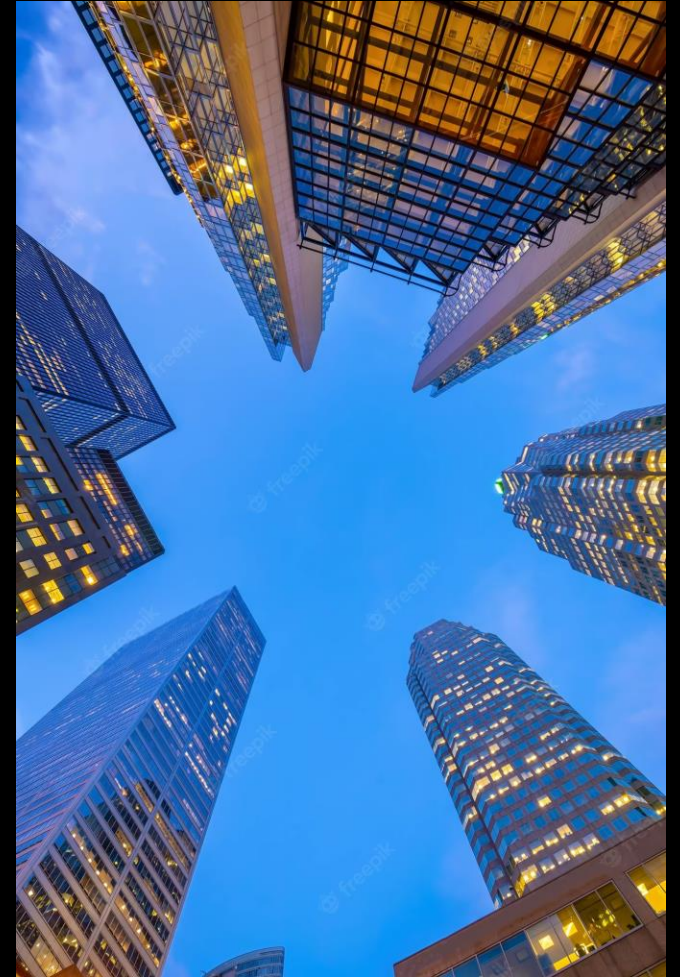
**Brophy:** Mr Matthew Walsh

**Foley:** Ms Elley Heard

**Jordan:** Mr Jackson Langhorne

# Our Role and the vertical structure

- What are we here for?
- Why the vertical structure at Mt Sion?





## EXPECTATIONS & LEADING THE WAY

- Uniform
- Jewellery
- Grooming
- Behaviour & Conduct
- Attendance & Punctuality
- Study Guidelines



# Parent Communication and Engagement

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PAM (Parent Access Module)

- Access to lesson plans and learning progress throughout the term.

OneNote

- Class content, exercises and homework.

Elevate Education

- Parent engagement improves student learning and wellbeing.

Absences

- PAM or hand-written note

# Student Wellbeing & Support Services

- Student Support Services available to all students
- Homeroom Teachers and House Coordinators
- Referral services: College Clinicians, Careers Coordinator
- Learning Diversity and the NCCD



# Head of Mt Sion Learning

Ms Laura Gordon

[laurag@sjc.vic.edu.au](mailto:laurag@sjc.vic.edu.au)

A large yellow triangle is positioned in the bottom right corner of the slide, pointing towards the top right. It is partially cut off by the right edge of the slide.





Start how you  
want to finish



Helping your  
son to be his  
best

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Build good relationships with  
teachers

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Communication

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Develop effective study habits

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Encourage high standards

# Organisation

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- Space
- Time
- Dates
- Balance
- Deadlines



# Homework Expectations

Year Level	Homework set per class	Time Allocation	Subjects <u>NOT</u> included in Homework Schedule
Year 10	20 minutes	2 hours (5 times per week)  = 10 hours a week	Wellbeing Sport
Year 11	2.5 hours per VCE Unit 1&2 Subject over the week	2.5 hours per Unit over the week  <u>approx 12.5</u> hours a week	Wellbeing Sport
Year 12	3-4 hours per VCE Unit 3&4 Subject over the week	3-4 hours per Unit over the week  <u>approx 15 – 20</u> hours per week <u>*this includes study periods</u>	Wellbeing Touchstones



# Library

- Hours 8am – 5pm Monday to Thursday
- Teachers' expertise
- Collaborative or independent study
- Homework vs Study
  
- Flash cards/ Glossary terms
- Mindmaps – Flowcharts – Concept maps
- Edrolo notes
- Parent input





# VCE Requirements

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- 80% attendance for all classes
- Medical certificate for absence for assessment
- Lessons are available through PAM
- Courtesy email to teachers
- Authentication



# VCAA Special Provisions for exams



Start this process as soon as you consider this might be necessary for your son



No guarantee that the adjustments and provisions made for Year and Unit 1 and 2 are continued in Unit 3 and 4.



Please email or contact me for more information.

# Careers Coordinator

Mrs Karen Shum

[kshum@sjc.vic.edu.au](mailto:kshum@sjc.vic.edu.au)

# Careers Program – [www.sjccareers.com](http://www.sjccareers.com)



ST JOSEPH'S  
COLLEGE GEELONG  
CAREERS

Important  
Information

Senior  
School

Post School  
Options

Workplace  
Learning

For  
Parents

For  
Students

Login

## Heineken Job Interview



0:00 / 3:36

## SJC Geelong Careers

Our aim is to provide you with all the latest information that will help you make decisions about your future career and your life beyond school.

You can use this site to locate University, TAFE and any other type of course across Australia, get information about the VCE, search for job vacancies and much more. Feel free to drop into the Careers Office if you have any questions.



# Student Area - Resources

☰ Karen's Journey



Career Toolbox

Profile

Logout

## Welcome Karen



Career Plan



Career Portfolio



My School Pages

### Finish setting up Career Tools

[View All](#)

#### Start a career plan

Having a plan is an important part of career and life success. Your plan will continue to change and evolve but that's part of the process! It's never too late or early to start.

[Start career plan](#)

### Assignments

[View All](#)

#### Learn About Myself

31 December, 2023

You have been assigned the Career Journey - Learn About Yourself. You can access careers journeys in the bottom section ...

[Continue Activity](#)

### Upcoming career events

# Student Area - Resources

## Career Toolbox

School Careers Website

Career Investigator

Career Portfolios

Enterprise Skills

Career Action Plan

Personal Statement Tool

Course Search

Virtual Job Experience



Career Toolbox 

Profile 

## Profile

Update profile 

My documents

Interactions



# Student Area – Careers Journeys

Start career plan



## Career Journeys



### Learn About Myself

Find out what makes you “you” and how this can shape what you do both now and in the world beyond school.

Continue Journey

View activities



Activities Complete

## Upcoming career events

### Defence Careers Australia - Melbourne: Kick Start ...

22 February, 2023

Interested in kick starting your Defemce career? join us at the upcoming info session. The Australian Defence Force offers ...

View details



# Student Area – Careers Journeys







# What is Morrisby?

- It is a career profiling tool, which includes assessment and questionnaires, that help students to discover their own unique strengths and weaknesses, preferences and interests.
- Students receive feedback and suggestions.
- Morrisby helps students with:
  - subject selection
  - post school study and training
  - career suggestions... for life!



# Morrisby Assessment

Section	Time	Status	Action
Verbal 1 Assessment	🕒 7 Minutes	➡ Ready	<b>START</b>
Verbal 2 Assessment	🕒 7 Minutes	🚫 In Queue	
Numerical 1 Assessment	🕒 12 Minutes	🚫 In Queue	
Numerical 2 Assessment	🕒 12 Minutes	🚫 In Queue	
<b>ⓘ Instructions:</b> You are more than a third of the way through. Have a break and rest your eyes for a few minutes. Start again when you are ready.			
Abstract 1 Assessment	🕒 12 Minutes	🚫 In Queue	
Abstract 2 Assessment	🕒 12 Minutes	🚫 In Queue	
Personality Type Questionnaire	🕒 About 5 Minutes	🚫 In Queue	
<b>ⓘ Instructions:</b> Almost there! About half an hour to go. Give your eyes a break for a few minutes and start the final section when you are ready.			
Spatial Ability	🕒 12 Minutes	🚫 In Queue	
Mechanical Ability	🕒 12 Minutes	🚫 In Queue	
Aspirations	🕒 About 9 minutes	🚫 In Queue	



# Morrisby Practice Questions

The screenshot shows a web browser window with the Morrisby website. The browser tabs include 'WorkDesk - v3.19.2.0' and 'Careers advice and guidance - M'. The address bar shows 'morrisby.com'. The website header features the Morrisby logo and navigation links: 'Who we help', 'Solutions', 'Why Morrisby', 'Pricing', and 'Contact'. There are 'Log in' and 'Sign up' buttons. A green banner below the header reads 'One tree planted for every Morrisby Profile completed. Plant your tree'. The main content area is a dark blue footer with five columns: 'Who We Help', 'Solutions', 'Useful Links', and 'Company'. The 'Practice questions' link in the 'Useful Links' column is circled in red. Social media icons for Twitter and LinkedIn are visible in the bottom left.

WorkDesk - v3.19.2.0 x Careers advice and guidance - M x +

← → ↻ 🏠 🔒 morrisby.com ☆ ⚙️ 🔍 ⋮

Apps Managed bookmarks Reading list

Who we help ▾ Solutions ▾ Why Morrisby ▾ Pricing Contact Log in Sign up

One tree planted for every Morrisby Profile completed. Plant your tree ✕

	Who We Help	Solutions	Useful Links	Company
<b>Leading careers guidance for over 50 years</b> 	Schools	Morrisby Profile	Insights	Pricing
	Sixth Forms/Colleges	Morrisby Careers	Buy a pass	Planting Futures
	Students	Morrisby Tracker	<b>Practice questions</b>	About
	Parents	Morrisby Higher	Training	Success stories
	Practitioners		Technical requirements	Contact
Career changers		Feedback & interviews	Legals	

# Careers Team Notices

- Introducing Claire Hugo (VET Coordinator).
- Information sent out via email, operoo and school newsletter.
- Encourage your son to read his emails.
- Careers is open before school, recess, lunchtime, for students to get help, access resources, and to have forms signed.
- Students can attend careers appointments during class time.



# Making a Careers Appointment



**CAREERS - APPOINTMENT SCHEDULE**  
WEEK 1A Starting: 30 January 2023

Day	Period 1	Period 2	Recess	Period 3	Period 4	Lunch	Period 5	Period 6
	Name	WT		Name	WT		Name	WT
Mon 30 Jan		Students Free Day						
Tue 31 Jan								
Wed 1 Feb				Tyler Hall and Mum	11			
Thurs 2 Feb								
Fri 3 Feb	Ed River Campus Mesa	Ed River Campus Mesa						

Do not write your name in shaded areas. These times must be booked directly with the Careers Adviser.  
**PRIOR TO COMING TO YOUR APPOINTMENT, MAKE SURE YOU SEE YOUR CLASS TEACHER AND HAVE YOUR NAME MARKED PRESENT ON THE ROLE!**

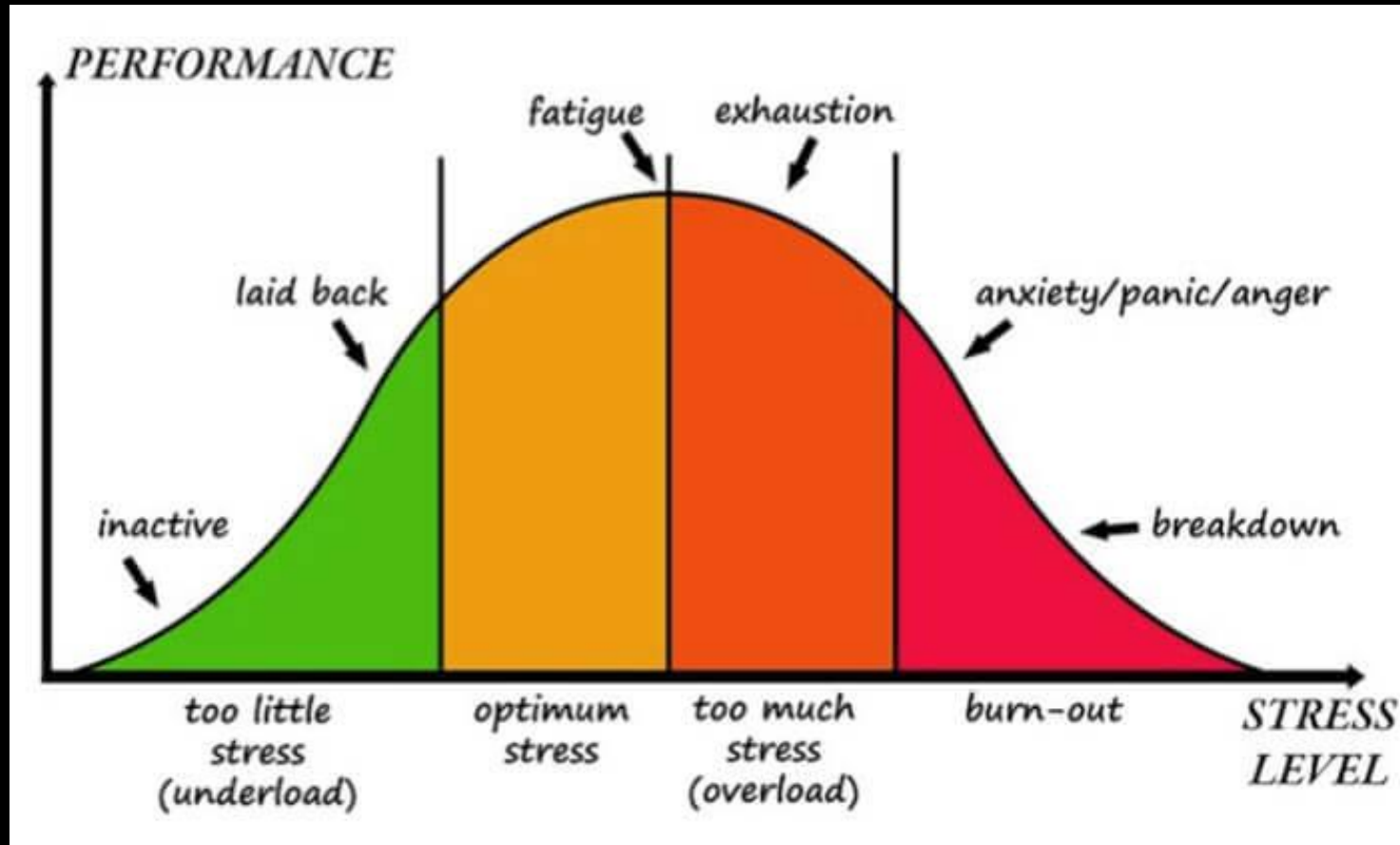
# Clinical Lead

Ms Mel Dobson

[CollegeClinicians@sjc.vic.edu.au](mailto:CollegeClinicians@sjc.vic.edu.au)

# Stress and your young person





- Stress is how we react when we feel under pressure or threatened. It usually happens when we are in a situation that we don't feel we can manage or control.

- Although research shows that a moderate amount of stress can be beneficial and act as a motivator for students to do well, too much stress can impact overall well-being.



We

need

YOU!



Research continues to show that the best predictor of a young person's wellbeing during this stage of life is...

[their relationship with their parents](#)

# Tips to get the best out of your young person (and survive!)



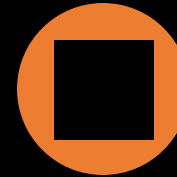
Give them space to study



Help them find balance



Assist them to be organised



Be there to talk to, with and at



Let them know you support and love them, regardless of the outcome

# Give them space to study

- Ensure your young person has a study area that's both spacious and solitary
- Limit distractions
- Discourage eating

# Help them find balance

- Encourage regular exercise
- Encourage regular sleeping patterns and at least 9 hours of sleep per night
- Provide regular meals
- Invite them to spend time with the family
- Allow time for friends
- Help them relax



# Assist them to be organised

- Prepare a schedule
  - Put part-time work, extracurricular activities, time with friends and downtime into the schedule first
  - Fit in study blocks around leisure and nonacademic activities.
  - Include short breaks of about 5 minutes for every 45-50 minutes of student

## Helpful break ideas

- ✓ Walk around the block
- ✓ Get a drink/snack
- ✓ Playing with a pet
- ✓ Listen to a song
- ✓ Chat to a family member

## Unhelpful break ideas

- ✓ Lying down
- ✓ Watching TV or YouTube
- ✓ Checking notifications
- ✓ Scrolling social media
- ✓ Texting a friend

# Be there to talk to

- Make the first move
- Catch them at the right moment
- Talk on their 'turf'
- Ask questions
- Listen without judgment
- Problem solve together

# Love and support them

- Be informed
  - Have a basic understanding of pathways and key dates
  - Encourage looking at career opportunities and options
  - Support school expectations
- Express a genuine interest in their studies
- Be quiet and listen
- Don't trivialise their experiences
- Don't forget the loving names
- Stay calm and consistent

# Take Away

Don't be a contributor to their stress. Rather than starting a long conversation, getting into a debate or providing a motivational pep talk, think about what your young person needs.

Nagging them is like shouting into a void, "it's just white noise to a teenage boy ... it is easily ignored". Instead take a breath and go back to basics: feed them, hydrate them, rest them.