



# PENINSULA

GRAMMAR

INSPIRING PERFORMANCE



## MIDDLE SCHOOL HANDBOOK

2022









# CONTENTS

<b>Welcome to the Peninsula Grammar</b>	<b>5</b>
<b>Middle School Structure</b>	<b>6</b>
<b>Communication</b>	<b>8</b>
<b>Useful Information</b>	<b>9</b>
Behavioural Expectations Framework	9
Camp	9
Departing School Early	9
Injuries/Illness	11
Late Arrivals to School	11
Leadership Positions	11
Lockers	11
Mobile Phones	11
Online Facilities	11
Record Book	11
Student ID Card	11

Sun Protection	11
Transport	11
Tuckshop and Lunch Orders	12
Uniform	12
<b>Curriculum, Assessment and Reporting</b>	<b>14</b>
Booklists	14
Connect Program	14
Homework	14
Laptops	14
Mentor Conversation Evening	14
Parent/Student/Teacher Discussions	15
Regular Feedback via Zenith	15
Semester Reports	15
Subjects	15
Timetable	15

<b>Co-curricular</b>	<b>17</b>
Cadets	17
Compass/Duke of Edinburgh	17
Lunchtime Clubs	17
Middle School Production	17
Music Lessons/Ensembles	17
Sport	17
<b>Wellbeing</b>	<b>19</b>
Counselling	19
Health	20
Positive Education	20
Respectful Relationships	20
Resources for Parents	22
Resources for Students	22



# WELCOME TO PENINSULA GRAMMAR

It is with great pride that I welcome you to Peninsula Grammar.  
Our community recognises that we stand on the sacred land of the  
Boonwurrung people of the Kulin nations.

We respect indigenous spiritual connections and beliefs and acknowledge that this land has always been a place of teaching and learning. We aim to work together to deepen our understanding of indigenous culture, to provide hope for united future generations.

At Peninsula Grammar, we see the person before the pupil, which is why we work tirelessly to discover and nurture the passions and talents of our students. We believe every child has the right to learn and pursue personal excellence. It is this belief that ensures every Peninsula Grammar student will find the courage to forge their own path, drive confidently towards their own dreams and step willingly into the possibilities of a brilliant tomorrow.

Together with our staff, I believe that education is a journey that extends well beyond the classroom. Our goal is for all students who join our school to graduate with a sense of purpose and a tuned moral compass.

I trust that your time with us will be a positive and rewarding experience.

---

**Mr. Stuart Johnston**  
*Principal*



# MIDDLE SCHOOL STRUCTURE



**Mr Dominic Linossier**  
Head of Middle School



**Ms Georgina Bishop**  
Deputy Head of Middle School



**Mrs Melinda Balfour**  
Years 5 & 6 Wellbeing  
Coordinator



**Ms Emma Small**  
Head of Year 7



**Ms Yao Yan**  
Head of Year 7

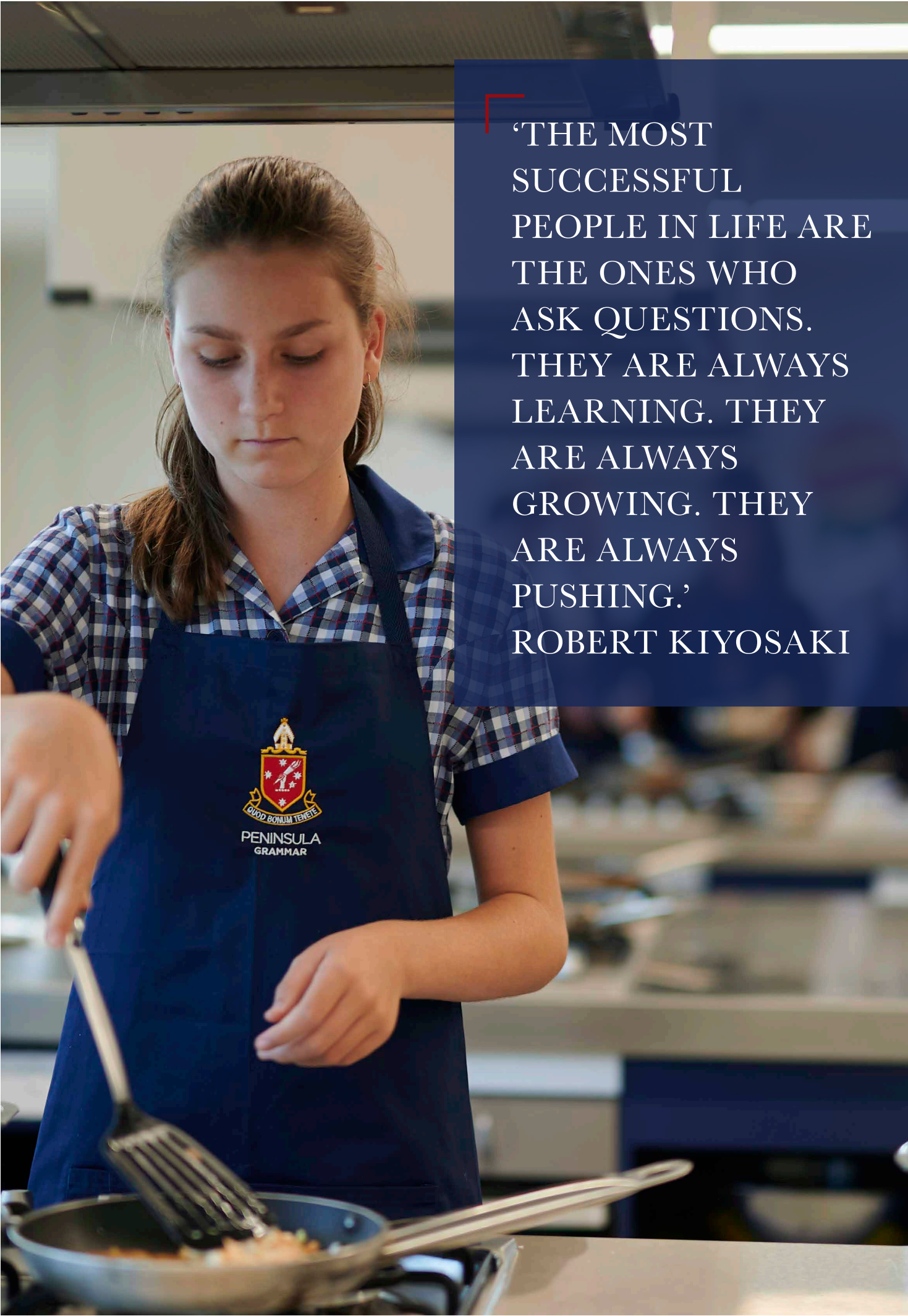


**Ms Shennae Searle**  
Head of Year 8



**Ms Lydia Waycott**  
Head of Year 8



A young woman with brown hair tied back, wearing a blue and white checkered school shirt and a dark blue apron, is focused on cooking. She is using a metal slotted spatula to stir ingredients in a silver frying pan on a stove. The background is a blurred kitchen setting. The apron features a crest with a shield, a cross, and stars, with the motto 'QUOD BONUM TENET' and the school name 'PENINSULA GRAMMAR' below it.

‘THE MOST  
SUCCESSFUL  
PEOPLE IN LIFE ARE  
THE ONES WHO  
ASK QUESTIONS.  
THEY ARE ALWAYS  
LEARNING. THEY  
ARE ALWAYS  
GROWING. THEY  
ARE ALWAYS  
PUSHING.’  
ROBERT KIYOSAKI

# COMMUNICATION

Peninsula Grammar uses a range of communication tools to communicate with parents.

## MENTOR TEACHER

In the Middle School, the Mentor Teacher is a primary point of contact for students and their families. If you require any assistance, questions in the first instance should be directed to the Mentor via email or phone. Mentors will endeavour to reply within 24 hours.

## CONTACTING STUDENTS

If parents need to make contact with their young person's during the school day, please call the Middle School Administration Team on (03) 9788 7748. Please avoid contacting your young person directly via phone or email.

## ZENITH

Zenith is our learning management system and our main communication tool for staff, students and parents. It is an integral part of our learning community at Peninsula Grammar and allows everyone to access the information relevant to them.

There is a Middle School page and year level pages for Year's 5, 6, 7 and 8 that can be viewed by students and parents to keep up to date with important information such as camps, excursions, key dates and upcoming events. Photos and reflections on events are also shared via these pages.

In the Middle School, each student will be expected to login to Zenith daily using their username and password. All timetables, assessment tasks with submission dates, sport information and calendared events will be displayed on the student's homepage. Students' academic progress, including timely feedback on assessments, will be available for students and parents to see during each term.

Parents are encouraged to access Zenith regularly to participate in the learning journey of your young person, access your young person's timetable, school information and news, receive calendared events, updates on sport and many other aspects of our School.

Parents have two ways to access Zenith:

1. By using the Peninsula Grammar App available in the Apple and Android App stores; OR
2. Via an internet browser by going to the following URL:  
<https://zenith.peninsulagrammar.vic.edu.au/>

The App functions are a quick and easy way to access information, while the online version of Zenith offers much more in-depth information for parents. To access Zenith you need to set up a password, <https://zenith.peninsulagrammar.vic.edu.au/>

To set your password for the first time:

Click on the 'Parents, forgotten your password?' Link and follow the prompts using the email address you supplied to the School as your contact email. If you require any further information or assistance with your passwords please contact our ICT Department – [ICT\\_SD@pgs.vic.edu.au](mailto:ICT_SD@pgs.vic.edu.au) or telephone 97887776.

## EMAIL

Emails allows for timely communication about what's happening in the Middle School and to share information about important events or activities. Please ensure your email address is kept up to date so we can contact you when needed, and you do not miss out on receiving information. Parents will receive a weekly bulletin from the Principal with all the latest news and upcoming events.

## SOCIAL MEDIA

The School has multiple ways for you to connect via social media: Instagram, Twitter, LinkedIn and Facebook where we regularly post information on activities and key events happening around the School.

## OPEROO

Operoo provides a simple way for Peninsula Grammar to share forms and keep medical and emergency details for all students. It is important that a student's Operoo profile is kept up to date by families. Upon enrolment at Peninsula Grammar, the primary contact will be sent an email will be sent via the Peninsula Grammar Operoo system asking you to sign up or create an account. Simply follow the instructions to create an account. Once this has been completed, parents will be able to respond to forms and receive messages from the school on any device. Parents are encouraged to download the Operoo Central App.

## SCHOOL APP

The Peninsula Grammar School app is available to download. Simply search for Peninsula Grammar and look for our crest. The app provides alerts, calendar events, school news and other valuable pieces of information for parents.

## TEXT MESSAGES

Parents may be contacted via text using the mobile numbers provided at enrolment for important or urgent information that needs to be delivered in a timely way.

## PENINSULA GRAMMAR PARENT ASSOCIATION (PSPA)

The Peninsula Grammar Parent Association (PSPA) is run by parents for parents and remains a crucial part of our community, connecting families both new and existing through events that shape and nurture our cultural identity. Annually, several special events are held. More information can be found on the PSPA website here:  
[www.peninsulagrammar.vic.edu.au/community/associations/](http://www.peninsulagrammar.vic.edu.au/community/associations/)

## PGSREADY

PGSReady is the Peninsula Grammar School's community readiness platform in the event of changes to our on campus learning. On our PGSReady page is regularly updated and is available from the website under Important Information.



# USEFUL INFORMATION



## BEHAVIOURAL EXPECTATIONS FRAMEWORK

The Behavioural Expectations Framework reflects Peninsula Grammar's core values of; stewardship, integrity, coeducational learning, personal excellence, community spirit and Christian faith. This framework, in association with the established School policies, indicates what the School and its students can expect from each other. The School's mission is to maintain its reputation as a leading co-educational day and boarding school, provide the highest quality teachers, inspire students to reach for personal excellence and nurture in our students the skills and passion to contribute to and engage with the world.

This framework is designed to establish the tone and philosophy of Peninsula Grammar and to provide a standard that creates a safe, positive, and nurturing learning environment.

The framework references the School's:

- Core Values
- Guiding Principles
- Rights and responsibilities of students, staff and parents/guardians
- Behavioural expectations.

The framework outlines the School rules and the Peninsula Grammar Bullying Prevention and Intervention Policy.

It is expected that all members of the School community will embrace this framework so that needs and outcomes are better achieved to advance the vision of our school.

The Behavioural Expectations Framework has been provided to

all students and is available from the website under Important Information for Current Students.


## CAMP

All Middle School students attend camp during Term 1. Please note that camps are a compulsory part of our curriculum. Should your young person be unable to attend, you will need to put in a written request for an exemption to the Head of Middle School 30 days prior to the during camp departure date

## DEPARTING SCHOOL EARLY

If students need to depart School early, they must have permission from a parent/guardian prior. This may be via phone, email or written note to the Mentor teacher or Middle School Administration. In Years 5 and 6, students will need to be collected from the Clarke Centre reception. In Years 7 and 8, the Mentor will issue an 'Early Departure' slip which they are to take to the Transport and Safety Manager's office prior to leaving the School grounds.



A young girl with brown hair in two pigtails, each tied with a red ribbon. She is wearing a dark blue school blazer over a white collared shirt and a dark blue tie. She is smiling and looking slightly to the left of the camera. The background is blurred, showing yellow and orange colors.

AT PENINSULA  
GRAMMAR, WE  
AIM TO INSPIRE  
STUDENTS TO REACH  
FOR PERSONAL  
EXCELLENCE.



## INJURIES/ILLNESS

Students feeling ill should report this to their class teacher before going to the School Health Centre. No medication, pills or tablets are allowed in the School unless first approved by School Health. Generally, all medications must be retained in the School Health Centre. Any incident where a student sustains a physical injury must be reported to the School Health Centre.

## LATE ARRIVALS TO SCHOOL

The school day commences at 8:40am. If students arrive after this time, they are required to sign in.

**Year 5 & 6** – Clarke Centre Reception

**Year 7 & 8** – Transport and Safety Manager's office (Ansett Hall bus bay)

## LEADERSHIP POSITIONS

There are various leadership positions appointed in Years 5-8. These student leaders will work across a number of specific briefs and assist in a range of activities including assemblies, Chapel and classroom activities. All students are encouraged to develop their leadership skills regardless of whether they are awarded a badge.

## LOCKERS

Every student in the Middle School is allocated a locker. The maintenance of a neat locker is the responsibility of each student. In Year 7 and 8, all valuable items are to be locked inside the locker. Lockers may be inspected throughout the year by staff with the student present. Students in Year 7 and 8 will need to bring their locker key to school every day and will be charged for the replacement of a lost key. Keys are returned at the conclusion of each year. In Year 5 and 6, students must hand in all valuables to their Mentor Teacher.

## MOBILE PHONES

Students may bring a phone with them to school provided that it is switched off on entering the campus. In Years 5 and 6, students must hand in their mobile phones to their Mentor teacher during registration for safe storage. Students in Years 7 and 8 are responsible for storing mobile phones and any other valuables in their locker at all times.

## ONLINE FACILITIES

Students are provided with access to email, internet and intranet facilities via the School's network. Guidelines govern the acceptable use of all of these facilities. By using the Peninsula Grammar Network students agree to accept the terms and conditions outlined in the complete Middle, Pre Senior and Senior School's ICT Acceptable use policy which is available to view via Zenith.

## RECORD BOOK

Students in the Middle School are provided with a Record Book. This is a book that can be used to keep track of due dates, homework and includes information about school rules and policies. There are also wellbeing activities students can complete daily, weekly and monthly.

## STUDENT ID CARD

Students in Year 7 and 8 are issued a photo ID card which must be brought to school each day. This card will be used for printing, photocopying and signing in and out. Each student is allocated an allowance per month for photocopying and printing. Replacement ID cards are issued at a cost of \$5.00 per card and can be obtained from the IT Help Desk in ALATUS at recess or lunch.

## SUN PROTECTION

The School adopts a Sunsmart policy and all Middle School students must wear a hat during Terms 1 and 4. A policy of 'no hat no play' is enforced. Students without hats will be required to remain under cover of a solid structure (e.g. walkway) and will not be served at the School Tuckshop.

## TRANSPORT

### BUSES

Peninsula Grammar supports a variety of private bus routes to transport students to and from our school through the Ventura Bus Company.

Private (charter) bus routes for our students include:

- Portsea – covering the southern Peninsula
- Flinders – via Shoreham, Merricks, Balnarring, Bittern and Tuerong
- Red Hill – starting in Fingal via Main Ridge, Red Hill, Merricks North, Mornington East
- Seaford – via Patterson Lakes, Carrum Downs and Somerville (Toorak College shared bus route)
- Safety Beach – Toorak College shared bus route.

Public Transport Victoria's (PTV) bus services are also available to Peninsula Grammar students. These public bus routes operate from Mt Martha, Frankston South and from the Frankston train station. Students require a MYKI card to access these public bus routes that run by Peninsula Grammar.

If you are interested in learning more about the bus options for students at Peninsula Grammar, please refer to the 'Bus Services' page on the Peninsula Grammar website. You can view the bus information here or contact [buses@pgs.vic.edu.au](mailto:buses@pgs.vic.edu.au).



## BICYCLES

All bicycles must be left in the bicycle shed (located behind the Uniform Shop) which is locked daily at 9.00am and unlocked at 3.20 pm. Bicycle helmets are compulsory. Bicycles are not to be ridden in or around the School grounds. Scooters are not permitted as transport to or from school.

## TUCKSHOP & LUNCH ORDERS

### FLEXISCHOOLS – ONLINE LUNCH ORDERING

Flexischools is a fast, convenient and secure way to order and pay for lunch orders from home on any device. Food items can then be selected from the list and must be purchased prior to 9:00am on the day of collection. Recurring orders can also be made so that lunch is sorted without any fuss. Middle School students can collect their orders from the Tuckshop at recess or lunch time. Money can also be brought to purchase items at the Tuckshop. However, it is recommended orders are placed online via Flexischools to ensure availability. To set up an account visit [www.flexischools.com.au](http://www.flexischools.com.au).

### HOW IT WORKS

1. Parents go online at [www.flexischools.com.au](http://www.flexischools.com.au) to set up a Flexischools account and pre-load funds to be accessed when making an order.
2. Food items can then be selected from the list and must be purchased prior to 9am on the day of collection to ensure they are ready. Recurring orders can also be made so that lunch is sorted without any fuss.
3. Prep – Year 6 students will receive their lunch orders through the normal system where the Lunch monitors collect them while Years 7 – 12 students can pick up their orders from the Tuckshop.

### HOW TO SET UP AN ACCOUNT

- Online account set up only takes a minute!
- Visit [www.flexischools.com.au](http://www.flexischools.com.au) and select "Register" and enter in your email address
- Follow the link from your email address to set up your account
- Complete the New User Registration
- Select 'Add new student' and select school by starting to type "Peninsula Grammar" in the Search bar and then selecting Peninsula Grammar
- Complete the details for name, year level and class then save. Add additional students if required
- Top Up your account via Visa, Mastercard, PayPal or Direct Deposit
- Make an order by selecting from the range of options and proceed to the payment section

- Review orders by logging back in to your Flexischools account. You can set recurring orders, view transaction history or cancel orders via your Flexischools login.

### FEES

Online Ordering Fees - \$0.29 per order

Account Top Up Direct Deposit - no charge

Credit Card (VISA/Mastercard) and PayPal - \$0.15 +1%

For any queries regarding account setup or ordering issues please contact Flexischools direct on 1300 361 769.

## UNIFORM

All students are expected to wear the School uniform correctly and with pride. A full listing of uniform requirements can be accessed via the Middle School Zenith Page.

### UNIFORM SHOP

The Uniform Shop sell the complete range of Peninsula Grammar standard winter, summer and sporting uniforms (excluding shoes) and stock a small range of regularly used stationery items, school gift items and memorabilia. Uniform Shop information may be found on our website, including opening times and links to an online booking and ordering systems.

A well-maintained School Uniform should be worn tidily and correctly both at school and between home and school. The full school uniform must be worn at all times. Shirts are to be tucked in; socks are to be pulled up. Where a situation arises concerning a student's uniform, written requests for the temporary wearing of non-regulation items must be referred to the Head of Middle School.

Uniform must be worn to all school functions and any departure from this rule in respect of sport or excursions must be authorised by the teacher concerned.

A student whose appearance is not in accord with School rules and does not have a note from his or her parents will receive a warning to remedy the fault. If prompt action is not taken parents will be notified that the student may not return until the fault is rectified.

All students are required to have a clearly named Middle School hat which must be worn outside at all times during Term 1 and 4. It is not compulsory for boys to wear a tie during February due to the hotter weather, however, we do ask that a tie is worn on their first day, for ID photos and also the Foundation Day Assembly.

Students are required to wear the Peninsula Grammar PE Uniform to Physical Education classes. Students are not permitted to wear the Saturday Sport uniform, such as a hoodie, to PE lessons.





# CURRICULUM, ASSESSMENT AND REPORTING

## BOOKLISTS

The Middle School booklists can be ordered via Campion. Access to digital subscriptions will be provided at school.

## CONNECT PROGRAM

### CONNECT

'Connect' will appear on every Middle School student's timetable. This program is an opportunity for students to learn about Positive Psychology and Religion and Values. Most importantly, it is a time for our Middle School students to connect with their peers, mentors and community.

Every fortnight, students will attend a Middle School Assembly on a Thursday Period 3 (11:05am- 12:00pm) during a 'Connect' period. Students will also have opportunities to attend Chapel, participate in workshops and hear from guest speakers.

### CONNECT DAYS

To assist with transitions between year levels, students will have the opportunity to attend Connect Days. On these days, students will learn more about the year ahead meet some peers their Mentor. A focus of our program are transitions into Year 5 and Year 7. A diverse range of activities are offered to develop a better understanding of the School and meet other students.

New students joining Peninsula Grammar will be interviewed upon enrolment and will be provided with a list of key dates and information to assist with the transition to a new school.

### HANDOVER

At the conclusion of a school year, there is a comprehensive student handover meeting between the current and following year's Head of Year and Mentor Teachers. This ensures important information about each student is clearly communicated.

## HOMEWORK

- The purpose of homework in the Middle School is two-fold:
  - To consolidate learning that has taken place in class.
  - To revise and prepare for upcoming assessment tasks.
- Work that was unable to be finished during class, including work that was missed due to illness or involvement in other activities, may also be set as homework.
- Homework also seeks to develop time management and study skills.

The Middle School Homework Policy can be found on Zenith.

## LAPTOPS

In Years 5 and 6, each student is provided with a Microsoft Surface Go device that can be used at school. From Year 7 onwards, Peninsula Grammar runs a compulsory computer program. Our Year 7 and 8 students use a Microsoft Surface Pro device.

In Year 5 and 7, there is a specific focus placed on developing digital technology skills to ensure our students can access and use tools such as Teams, OneNote, Outlook and OneDrive. This occurs early in Term 1 in a variety of whole year level and small group sessions.

If students need assistance with their laptop they can email IT at [ict\\_sd@pgs.vic.edu.au](mailto:ict_sd@pgs.vic.edu.au) or visit the IT Help Desks in ALATUS.

All Middle School students and families are required to sign an ICT Agreement to access the School network provided for students.

## MENTOR CONVERSATION EVENING

Parents are invited to book in for an appointment with their young person's Mentor teacher. This is an opportunity for parents to share information about their young person and to ask any questions about the year ahead.

## PARENT / STUDENT / TEACHER DISCUSSIONS

Parents will be advised when bookings can be made for Parent/Student/Teacher discussion via Zenith.

## REGULAR FEEDBACK VIA ZENITH

The Middle School is centred on notion of growth and knowing success. Our feedback is timely and is written to the student. This information is also made available to parents under the 'grades' section on Zenith. This feedback includes assessment task results and formative feedback on learning habits. Parents are encouraged to regularly check Zenith for all feedback, particularly prior to Parent/Student/Teacher discussions.

## SEMESTER REPORTS

At the conclusion of Semester 1 and 2, Middle School parents receive a Semester Report. Students are placed on a learning continuum for each subject area and Mentor teachers write a comment summarising each student's strengths and achievements throughout the semester.

The report also includes a co-curricular page which lists any key co-curricular activities that a student participated in during the year. Parents are encouraged to make contact with their young person's Mentor or subject teacher if they have any queries or concerns arising from the report.

We encourage parents to discuss the feedback with their young people's and to help them set goals for the semester ahead. If the need arises parents will be contacted and an interview arranged.

## SUBJECTS

Middle School students engage in a broad range of subjects. Further information can be found in the Middle School Subject Guide on Zenith.

### YEAR 5 & 6

- English
- Mathematics
- Science
- Humanities
- French
- Health & Physical Education
- Art
- Drama Year 5)
- Band (Year 5)
- Music (Year 6)
- Sport
- Create
- Connect

### YEAR 7 & 8

- English
- Mathematics
- Science
- Humanities
- French
- Health & Physical Education
- Art (Semester)
- Drama
- Music
- Food Technology (Semester)
- Create
- Connect

## TIMETABLE

Student timetables are accessible via Zenith. Students will be provided with a hardcopy version of their timetable on the first day of school.





# CO-CURRICULAR

## CADETS

The Peninsula Grammar Army Cadet Unit was established in 1965. Cadets provides outstanding opportunities for personal growth and development in our students. It seeks to develop leadership skills, to foster teamwork and to encourage an ethic of service, resilience, and self-discipline.

Students in Years 7 and 8 can participate in Cadets but must turn 13 during the year they join. Recruit training equips students with the skills they need for a six-day outdoor experience at Puckapunyal in September. For this reason, a minimum commitment of one year is required and new enrolments are accepted at the beginning of the year.

In the first year, Cadets learn the basics of living and surviving in the field as well as some customs and traditions, navigation, drill and first aid. Training takes place at school. Importantly, our cadet training is conducted by Cadets for Cadets so it is our Senior Cadets who plan and conduct the training.

Cadets it is a popular co-curricular activity and there are limited places available. More information will be provided at the beginning of the school year.

## COMPASS/DUKE OF EDINBURGH

The Compass Award is a program of discovery for young people aged 10-14. Modelled on The Duke of Edinburgh's International Award, The Compass Award is designed to enhance the development of the individual young person. Students aged 10-14 years old choose their own challenging activities, learn new skills and in the process, develop initiative and commitment, becoming more responsible and motivated young people. The Compass Award is the chance to gain the benefits of The Duke of Edinburgh's Award at an earlier age.

There are 4 levels of The Compass Award, each level is broadly aimed at the corresponding age, e.g. Level 1 for those in Year 5, Level 2 for those in Year 6 and so on. To achieve The Compass Award at any Level, young people create a unique program of activities (for a set length of time) across four Sections. Participants are encouraged to undertake their activities over a period of time rather than complete Award requirements in a single session. On completion of The Compass Award participants are encouraged to continue onto The Bronze Duke of Edinburgh's Award. Participants must be 14 years old to commence the Bronze Award.

For more information, please contact Georgina Bishop ([gbishop@pgs.vic.edu.au](mailto:gbishop@pgs.vic.edu.au)).

## LUNCHTIME CLUBS

There are a range of lunch time clubs that are run throughout the year. These opportunities are shared with students on their year level Zenith pages.

## MIDDLE SCHOOL PRODUCTION

Middle School students have the opportunity to participate in the School Production. Auditions occur late in Term 2 for Middle School students. The performances will be held in Term 4.

## MUSIC LESSONS/ENSEMBLES

Instrumental lessons occur throughout the School day. Students are expected to check lesson times, via the Zenith Calendar, attend and return to class promptly. Enquiries regarding the lesson should be directed to Mrs Vicki Maclachlan in the Music Department on 9788 7733 or email [vmachlachlan@pgs.vic.edu.au](mailto:vmachlachlan@pgs.vic.edu.au).

## SPORT

All students in Year 7 and 8 are expected to represent the School in a Winter and a Summer sport. These sports are chosen at the beginning of each season and students are to commit to training and playing their chosen sport for the entire season.

AGSV Sports training begins Term 1, Week 1 and all students in Years 7 and 8 will be able to access their sports and training times from their Zenith calendars and pages. Most students will be required for this fixture and details regarding times and venues can be accessed from the Operoo or the Sport Zenith page.

Any queries regarding sport (Year 7 and 8) should be directed to:

**Director of Sport** – Mrs Deb Gardener  
([dgardener@pgs.vic.edu.au](mailto:dgardener@pgs.vic.edu.au))

**Assistant Director of Sport** – Miss Melissa Cunnington  
([mcunnington@pgs.vic.edu.au](mailto:mcunnington@pgs.vic.edu.au))

**Sports Administrator** – Mr Keith De Krester  
([kkrester@pgs.vic.edu.au](mailto:kkrester@pgs.vic.edu.au))



‘THE PHYSICAL,  
SOCIAL AND  
EMOTIONAL  
WELFARE OF OUR  
STUDENTS ARE  
AS IMPORTANT AS  
THEIR ACADEMIC  
PROGRESS.’



# BE SEEN, BE SAFE, BE STRONG, BE INSPIRED.

Wellbeing, health, positive psychology, and respectful relationships education are the pillars of our social and emotional learning at Peninsula Grammar. Each pillar overlaps to a large extent and all three are critical to turning out well rounded students who are ready to deal with the challenges they will face in this increasingly complex world.

At Peninsula Grammar wellbeing is an essential part of our school and is a priority across all year levels. Our wellbeing team believe that the health and wellbeing of students should be at the forefront of all we do. If students feel well in themselves and safe at school, they will reach their full potential in all areas.

Social and emotional literacy is pivotal learning for children and adolescents so they can go on to navigate their path in life safely and respectfully. For these lessons to hit the mark students must feel safe to share their views and to ask questions. We will ensure an environment of psychological safety during any discussions and set ground rules at the outset of lessons.

We are committed to working collaboratively as a team and compassionately and respectfully to support students who are struggling with wellbeing at school, but also ensure that all students gain a sense of preventative, proactive and effective ways of developing a strong sense of self, compassion, resilience, and respect for others.

Our wellbeing services and programs allow students to:

## **Be Seen, Be Safe, Be Strong and Be Inspired.**

This looks different in every sub school. What we provide for students to belong, connect, grow, build resilience, and develop respectful relationships for themselves and others at the school.

Our wellbeing team works alongside teachers to develop and implement meaningful, engaging and effective programs to enrich and strengthen students' belief in themselves, connection to others and skills that will allow them to develop and reach their full potential during their time with us.

We also provide information sessions and written information to parents about the different programs so you, as parents, can be aware and also talk with your young people about what they are learning.

Every staff member is responsible for establishing positive and dignified relationships with students and colleagues to ensure a culture that enhances wellness.

However, there are also specific services that focus on health, wellbeing and additional support when required for students across the School.

## COUNSELLING

We are committed to the following principles of practice when working with children, young people and their families.

1. We believe in working with a strength centred practice where we build on student's expertise, skills and abilities, ethics and qualities that will help them manage the difficulties that they currently face or may face in the future. We believe that all young people have strengths and qualities even if their sense of self or behaviour is very low when they first come into counselling.
2. We believe that young people are experts in their own lives and with guidance can make good decisions for themselves. Young people need to be treated with respect and dignity which means that whenever possible we must be transparent with them and allow them to be part of any decisions made about them, or for them.
3. We are respectful of families, cultural norms and understand that young people rely on support around them to help navigate adolescence, and that their "family", in the broadest possible terms, is relevant and important in their lives. Adolescents are a part of systems like family, community and school. We recognise that these systems impact and influence young people.

At Peninsula Grammar we have a team of school counsellors who are available to see students for confidential counselling at any point during their journey.

Students are able to refer themselves or may be referred to our service by parents, classroom or subject teachers, Mentors, Heads of Year or Heads of School.

For students in Prep - Year 9, parents or guardians will be contacted to provide written consent for the counselling team to work with their young person. Senior students, (Years 10 - 12) can come in to see the counselling team without written consent, however our preference is to always work collaboratively with parents, or guardians whenever possible. We would also contact parents, or guardians if we had any significant concerns about a student's wellbeing or mental health.



## HEALTH

At PGS, all our school nurses are Registered Nurses and play a crucial role in primary physical and mental health care within the multi-disciplinary health team.

Our Registered Nurses are committed to promoting the health and wellbeing of all our students to help sustain their optimum health placing them in the best position to grow and learn.

Our Nurses are experienced in:

- The Early Detection Of Health And Developmental Issues
- Health Promotion And Prevention
- Health Education
- Chronic Condition Management
- Health And Safety
- Healthcare Resource Management
- Emergency Management
- Crisis Management
- First Aid

## POSITIVE EDUCATION

Positive education allows schools and teaching staff to build wellbeing and positive growth mindsets for young people within the curriculum, activities and programs that are set across the school.

Peninsula Grammar uses the positive education framework to inform our practices across all age groups.

We embrace the ideas of wellness and instilling skills and abilities for students to look after their ongoing wellbeing and build on their individual strengths that allow them to do this.

We hope that alongside respectful relationship education and mental health support three tiers can build and work with each other to produce a well-rounded system and holistic education for the students at school and beyond.

## RESPECTFUL RELATIONSHIPS

Respectful Relationships Education ('RRE') aims to improve the wellbeing of the community by teaching young people how to form and maintain healthy friendships and interactions with others. The primary focus of this curriculum, designed by the Department of Education, is to prevent gender-based violence. However, at Peninsula Grammar we aim to reach much further with our programs. We view this as a human rights initiative where we can teach students how to build healthy relationships, resilience, and confidence. By sending a message to each young person that they matter, that they are valued and that they get to decide their own self-worth, we believe this curriculum will go a long way towards helping every young person achieve their full potential throughout their life.

### Why is RRE so important to your young person's education?

RRE is all about creating a culture of equality and respect within our school community. This in turn will filter out into our wider community and beyond. RRE uses the education system as a catalyst for generational and cultural change. It is designed to shift and lift our culture so that we can live in a society free from gender-based violence and where everyone feels safe, respected and included.

There is now a very strong international evidence base to show that when we provide broad-based RRE to young people we increase their wellbeing and happiness and their capacity to form and have great relationships. We strongly believe that every young person has a right to access high quality education about consent, relationships and sexuality education.

This doesn't just make girls and women safer; it makes all people safer too. It frees young people up to live a life without the limitations of harmful narratives that tell them they need to hide their emotions, show off their physical strength or that they need to be the breadwinner.

By taking part in RRE our young people will:

- Become more knowledgeable about these issues
- Learn how to develop healthy relationships and navigate sexuality
- Become more confident in asserting themselves when faced by an aggressor
- Learn to call out disrespectful behaviour or where to report their concerns
- Decrease their adherence to limiting or harmful stereotypes.

For more detailed information on each of these services, please access our parent portal which provides a range of information for parents around current themes. This information can help you to support your child or young person and understand how the school is supporting them in their social and emotional growth.





## RESOURCES FOR PARENTS

### PARENTLINE

Supports and nurtures positive, caring relationships between parents, children, teenagers and the significant other people who are important to the well-being of families. Visit the website for more information or call 13 22 89.

Website: <https://services.dffh.vic.gov.au/parentline>

### RAISING CHILDREN NETWORK

An Australian parenting website that provides comprehensive, practical child health and parenting information and activities covering children aged 0–15 years.

Website: <https://raisingchildren.net.au/>

### FAMILY RELATIONSHIPS ONLINE

The advice line complements the information and services offered by Family Relationship Centres. The website offers access to information about family relationship issues, ranging from building better relationships to dispute resolution.

Website: <https://www.familyrelationships.gov.au/>

### LIFELINE

Lifeline provides all Australians experiencing a personal crisis with access to 24-hour counselling support and suicide prevention services that can be accessed by calling 13 11 14 or on their website.

Website: <https://www.lifeline.org.au/>

### BEYOND BLUE

A national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance-use disorders in Australia. If you need help you can contact 1300 22 4636 or visit the website to seek support.

Website: <https://www.beyondblue.org.au/>

## RESOURCES FOR STUDENTS

### REACHOUT

ReachOut is a leading youth mental health website. It provides practical tools and support to help young people get through everything from everyday issues to tough times. The website has factsheets, tools, apps, videos and forums.

Website: <https://about.au.reachout.com/>

Apps	Name	Cost	
	Music eScape	Free	Developed by Young and Well Cooperative Research Centre. This app allows you to create a mood map of your existing music library and select music to express and enhance your mood.
	ReachOut Breathe	Free	Developed by ReachOut a leading online youth mental health service. This app can measure heart rate and helps guide deep breathing by touching the screen.
	Smiling Mind	Free	Developed by Psychologists this app provides different meditations and mindfulness exercise for every age group. It also allows you to rate your mood and track your progress.
	Uplifted	Free	Developed by ReachOut this app allows you to set time aside to deal with worries so they don't become intrusive. This is a great brain training exercise to keep stress and worries at bay.

For information about other apps that will boost your wellbeing visit ReachOut Toolbox.

## YOUTH BEYOND BLUE

Youth Beyond Blue provides information on a range of topics and issues that are relevant for young people. The website also allows young people to link in with free confidential counselling either by phoning 1300 22 4636 or webchat.

Website: <https://www.beyondblue.org.au/who-does-it-affect/young-people>

## HEADSPACE

Headspace is a national mental health service for young people. The website has a number of fact-sheets on a range of topics and helps young people link in with their local centre. There is also eheadspace which offers free confidential counselling via webchat or phoning 1800 650 890.

Website: <https://headspace.org.au/>

## KIDS HELPLINE

Kids Helpline offers information and counselling for people aged 5–25 years. The counselling is free and confidential and can be accessed by calling 1800 55 1800, emailing [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au) or webchat.

## LOCAL PROFESSIONALS

If you or a family member needs support, below are a couple of directories that may assist you to find the right service.

Child & Youth Services. Mornington Peninsula Child and Youth Directory helps families find information and service providers relevant to their needs.

Health Services. Health Engine helps you search for Doctors, Dentists, Psychologists, and many more health professionals in your local area.











PENINSULA  
— G R A M M A R —  
INSPIRING PERFORMANCE