
CORE PROGRAM

It's a W.R.A.P. (Pastoral Care Program: Weekly Reflection, Achievement and Planning)

DURATION OF SUBJECT

Full year

COURSE DESCRIPTION

The Pastoral Care Program at the College focusses on the values of respect, environment, learning and community and is underpinned by the ethos of the Anglican Church. The program promotes student wellbeing and aims to facilitate strong social relationships among members of the College community. Skills that students aim to develop and improve include: general organisation, conflict resolution, resilience, goal setting and self-reflection, coping and problem solving, confidence and effective communication.

At Canowindra, Pastoral Care is undertaken weekly during It's a W.R.A.P. These sessions allow students to develop the above skills through the use of class conferences and meetings, circle time activities and thinking routines. Students are also involved in reflective discussions and activities which aim to improve their metacognitive skills and enhance the goal setting experience through the use of a digital reflective tool. This culminates in the creation of a Digital Portfolio presentation for students to showcase their learning at the conclusion of the year. As examinations approach, Pastoral Care time is also used to assist students to develop key study skills including: organising their time, homework routines, utilising goal planners, summarising, note taking and revising. As they reflect on their progress, students consider personal strengths and weaknesses and explore possible pathways into Senior School and beyond.

During It's a W.R.A.P. sessions, students investigate social and emotional issues relevant to their adolescent development. Throughout the year, students will develop skills and understanding in the topics of Growth Mindset, Healthy Relationships, Adolescent Risks and Identity. These topics will be addressed in both It's a W.R.A.P. sessions, as well as on Respect Yourself Days, which are dedicated school days to explore these topics in detail.

During It's a W.R.A.P., guest speakers from various community agencies also visit Canowindra to run workshops and speak to students about topical issues for adolescents. Students can also be involved in house meetings and activities, and undertake tasks that give them ownership over the beautification of the school grounds and buildings.

Throughout the year, assemblies are held during this time. Students leaders are charged with the task of preparing assemblies and aim to give as many students as possible the opportunity to speak in front of their peers, thus providing valuable public speaking experience. Students' work is celebrated and recognised in front of the Year 9 cohort and awards are presented to individual students to acknowledge their efforts.

ASSESSMENT

Assessment for this program comes in the form of authentic learning opportunities in which students set goals, reflect and ultimately present their achievements in the form of a digital portfolio of their learning.