



HEAD OF YEAR 10

JENNIFER MCDougall

Newsletter

Dear year 10 families,

Welcome to the start of Year 10 and the beginning of your child's senior schooling Journey. I am very excited to be joining the school community this year and to be working alongside your children during such an important stage of their schooling. For those I have not yet met, I am Jen McDougall the Head of Year for Year 10.

A bit about me – I am a passionate educator who values students hard work and time. My teaching areas are Physics and Science, so I have experience in high academic subject areas and helping student achieve their best possible outcomes. Previously I have worked in roles involving student leadership, curriculum development, year level tracking and inclusive education. I hope to use these skills to assist in supporting your child's journey.

As a head of year, I value honesty, creativity, love of learning and kindness and hope to see these reflected our year 10 students. I believe open communication is very important and welcome contact from parents when you believe your child may require a little extra support or if you have any questions or concerns. Please do not hesitate to reach out.

Year 10 is a significant year of growth - students sit in a space where expectations increase, independence is encouraged, and identity continues to form. As a cohort, students are settling into routines, navigating academic demands, and balancing school, friendships, and life beyond the classroom. This term is about finding rhythm, confidence, and purpose as learners.

As we move forward this term, the focus for Year 10 is momentum. This means strengthening routines, developing consistency, and beginning to think more intentionally about learning habits and personal responsibility.

Students will be encouraged to reset where needed – whether that is organisation, time management, or engagement – and to approach the term with a mindset of growth. Year 10 is not about being perfect, it is about learning how to manage challenges, reflect on feedback, and take steady steps forward.

At the heart of our work is the shared goal of developing *Learners Who Flourish*. Our four school values – **Stepping Up, Thinking Big, Paying It Forward, and Being Kind** – guide both our academic and wellbeing focus. For Year 10 students, these values are particularly relevant as they begin to take greater ownership of their learning, their choices, and their impact on others.



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Living Our Values This Term



This term, Stepping Up looks like strong routines, punctuality, preparedness for lessons, and consistent attendance. Students are encouraged to take responsibility for deadlines, communication, and their role within the school community.



Thinking Big involves engaging with learning intentionally – using feedback, reflecting on progress, and developing a positive and resilient mindset. Students are being encouraged to set goals, seek help when needed, and have a voice in their learning.



Year 10 students play an important role in shaping school culture. Paying It Forward means showing leadership through everyday actions, contributing positively to group settings, and understanding that behaviour affects others.



Being Kind remains foundational. This includes respectful relationships, inclusion, and care for themselves and others. Students are reminded that kindness also means recognising when they need support and using the available pathways to seek help.

Connect Program – Term 1

Connect continues to play a vital role in supporting student wellbeing, identity development, and readiness to learn. Through structured lessons, discussions and guest experiences, students explore topics such as respectful healthy relationships, physical and emotional health, goal setting and engagement.



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This term in Connect, Year 10 students will strengthen the foundations they need as they move closer to senior schooling. Through guided goal setting and academic reflection, students will take time to review their learning habits, refresh goals and develop practical strategies to manage study demands and decision-making with greater confidence.

Connect lessons will also continue to support student wellbeing, with a focus on positive health choices, healthy habits and building coping strategies to manage stress and uncertainty around future pathways. Students will engage in activities that build resilience, gratitude and empathy, helping them strengthen relationships, self-awareness, and confidence as they begin to think more intentionally about their next steps.

The table below outlines the Connect themes that Year 10 students will engage with across the year. These themes are intentionally sequenced to support students' academic growth, wellbeing, and personal development as they progress through this important stage of learning.

YEAR 10 CONNECT

PATHWAYS: EXPLORE AND EMPOWER

CAREER PLANNING, SELF-LEARNING AND PREPARING FOR SENIOR SCHOOLING.

Year 10 Connect Overview	Term 1	Term 2	Term 3	Term 4
Engagement	Goal Setting and Academic Success: 'Prioritisation and study habit refresh' Staff/Student Engagement Building relationships	Goal setting: Setting goals for Term 2 from Term 1 interim report SET Plan Preparation/Careers Expo QEW Survey	Goal Setting and Academic Success: 'Reflecting on Semester 1 goals to refresh these coming in Semester 2'	Future Planning and Vision Boards: Reflecting on goals for the year, discussing plans for senior schooling Camp/Work Experience
Positive Health & Relationships	Investing in health: physical and emotional health -Coping Habits -Healthy Sleep Menstrual Education/ Period Power Education Program Help seeking and Online Safety Healthy Habits	Finding Purpose: 'Overcoming unhelpful thoughts and finding our path' a family Domestic Violence Small Steps for Hannah Study Tips and Wellbeing Hacks leading into Exam Block	Managing Decision Anxiety: Mindful Strategies for managing anxiety around decision (SET Plans). LevelUp/Project Rockit BeWise:Violence is not ok Pat Cronin	Problem solving situation and creating strategies Be Wise: Rethinking Anger Pat Cronin
G.E.M in Action / Resilience	Gratitude: Building practice for ourselves and others	Empathy: Challenging thoughts to grow and consider others' perspectives	GEM in Action: Connect class to choose a service project with a focus on creating opportunities for kindness	Mindfulness and Emotional Literacy: reviewing our environments and how we can live within them



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This term, Year 10 students will take part in two guest speaker sessions as part of the Connect program.

Red Frogs will deliver a Party Safety presentation focused on helping students stay safe when socialising with friends or spending time in public settings. The session raises awareness of potential risks students may encounter outside of school and into young adulthood providing practical strategies to help them recognise unsafe situations and make informed, responsible choices that protect both themselves and others.

Adair Donaldson will speak with students about the law, personal responsibility, and the real-world consequences of decision-making. Drawing on his professional experience, Adair will challenge students to think critically about their choices and the long-term impact those choices can have on their futures.

While students may not always recognise the value of Connect in the moment, these sessions are intentionally designed to equip them with skills that support both their learning at school and their lives beyond it.

Home and School in Partnership

The partnership between home and school is especially important during Year 10. This is a time when our students are building independence, while still needing the steady and supportive environment around them. When students feel supported, understood, and held by consistent expectations, they are far more confident in navigating the challenges that come with this stage of learning and growth.

Families can support their child this term in simple but meaningful ways:

- Encouraging healthy routines around sleep, attendance, organisation, and balance.
- Checking in regularly about assessment demands and helping students plan ahead during busy periods.
- Reinforcing messages around effort, responsibility, and respectful communication – particularly when things feel difficult or overwhelming.
- Take time to discuss the Connect themes and engage in meaningful conversations about your child's learning, reflections, and experiences as they progress through their Connect journey.



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Even brief, genuine conversations at home about how school is going can have a powerful impact. Feeling heard and supported helps students build resilience and reminds them that they are not facing challenges alone.

We also encourage students to reach out for support early and to advocate for themselves when they need help. Knowing that home and school are working together creates a strong sense of community and belonging for students.

Please know that we value open communication with families and see this partnership as a shared commitment to your child's wellbeing and growth. If you have concerns, questions, or simply feel something isn't quite right, we welcome you to make contact so we can work together to support your child with care and understanding.

Term 1 – Important Dates

10/02/26 – Swimming Carnival

30/03/26 – Immunisations

9/03/26 – Red Frog Talk

3/04/26 – Last Day of Term

30/03/26 – Adair Donaldson

Year 10 is a year of growth, discovery, and at times a challenge – this is not only expected, but an important part of learning and becoming an effective learner. We value progress over perfection and are deeply committed to supporting each student as they build confidence, resilience, and independence, knowing that every young person's journey looks a little different.

Thank you for the trust you place in us and for the ongoing support you provide at home. I am very much looking forward to working alongside this cohort and partnering with families throughout the year to ensure every student feels supported, known, and encouraged to flourish.

Kind Regards,
Jen McDougall
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