**Personal Best Parent Information 2015**

In 2015, the school is implementing a program titled Personal Best. This program will run in three half hour sessions on Tuesdays, Thursdays and Fridays.

Each year group will have a special program to undertake which explores issues relevant to that particular cohort. For example, Year 7 will look at issues such as Bullying and Friendship; Year 12 will look at Post-school Pathways and Stress Management.

The purpose of the Personal Best program is to have students to explore and understand issues which can impact upon their performance and participation in schooling and to build students’ resilience in relation to these issues. By enhancing student resilience, the school will build student capacity to achieve their personal best at school.

Below is a summary of the issues each year group will be exploring in their Personal Best program:

- **Year 7** – Stopping Bullying, Positive Bystander Behaviours, Sustaining Friendships, Respectful Relationships, Staying Safe (Year 7 will also undertake the White Ribbon program as part of Personal Best.)
- **Year 8** – Stopping Bullying, Cyber safety, Understanding Relationships, Friendship, Being a Good Listener, Effective Communication, Building Self-Confidence, Understanding Anger, Better Coping Skills.
- **Year 10** – Choosing HSC Subjects, Exploring Future Careers, Interview Skills, Understanding Mental Health issues such as Anxiety, Depression and Eating Disorders, and Strategies for Developing Mental Fitness.
- **Years 11 & 12** – Personal Learning Plans, Careers Planning, Goal Setting, Relaxation, Meditation, Stress Management, Doing Well in Examinations, Surviving the HSC.

If Parents would like more information about the Personal Best program, they can contact Andrew Anderson, the school’s Deputy Principal, by telephone on 9718 1805 or by email at andrew.anderson@det.nsw.edu.au.