



**YEAR 7 HANDBOOK
FOR PARENTS**



Point Cook College exists to provide innovative, high quality education and empower our students, staff and community.

VISION

At Point Cook College we create tomorrow today through developing students academically, socially and emotionally within a safe, engaging and inclusive learning environment.

MISSION

Provide opportunities for all members to work collaboratively to access a seamless, personalised and innovative education.

Build a safe and supportive learning environment wherein all members are motivated and challenged to pursue interests and pathways to achieve their full potential.

Encourage connections with the community to promote connected, curious and tolerant global citizens.

VALUES

We build positive relationships by demonstrating our expected behaviours and values.

At Point Cook College we develop academically, socially and emotionally within a safe, engaging and inclusive learning environment. We build positive relationships by demonstrating our expected behaviours and values:

We are **LEARNERS**

We are **RESPONSIBLE**

We are **RESPECTFUL**

We are **SAFE**

At Point Cook College, we work collaboratively to access a seamless, personalised and innovative education. Within this safe and supportive learning environment, we are motivated and challenged to pursue our interests and pathways to achieve our full potential. We promote the development of connected, curious and tolerant global citizens.



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Welcome to Senior School at Point Cook College

Dear Parents/ Guardians,

This is a time where young people enter adolescence and start to develop more mature thinking and physical growth. At the same time, it provides opportunity for strong development in creative and critical thinking that will lead to students to begin to understand their strengths and areas for improvement.

Teachers recognise Year 7 students require specialised learning and leadership opportunities as they become more independent. The College structure, in terms of physical and human resources, is designed to meet the needs of all students in the best possible way.

During this Senior School period, Point Cook College provides students with choice in their learning along with core study areas; we also continue to challenge students through many extracurricular activities.

Students will have a designated Homeroom teacher who has a special pastoral care role in supporting each student's development. Homeroom teachers will work hard to understand the individual needs, interests and future pathways for academic and social learning of all students in their Homeroom. They are responsible for the general wellbeing of the students in their supervision and will develop relationships which will enable them to know each individual academically and personally. Homeroom teachers liaise with parents and other staff members to ensure that the students' individual needs are addressed and catered for. Homeroom teachers are the first point of contact between school and home.

Students engage in many collaborative experiences and are guided to work cooperatively and independently. Students are encouraged to take responsibility for the development of life skills such as problem solving and creative and critical thinking.

The Victorian Curriculum identifies seven general capabilities which encompass the knowledge, skills, behaviours and dispositions that, together with curriculum content in each learning area and the cross-curriculum priorities, will assist students to live and work successfully in the 21st Century. These general capabilities are:

- Critical and Creative Thinking
- Personal and Social Capability
- Ethical Understanding
- Intercultural Understanding

To aid with transition, Year 7 students are taught by a team of dedicated staff members who are responsible for the delivery of the curriculum, discipline and welfare of all students. The teachers are committed to promoting the academic, emotional, social and mental development and character of each student. Students are taught by a number of core teachers, to aid in the building of positive relationships between students and teachers. Year 7 is an important transitional year for students and a great opportunity for them to continue cultivating respect, resilience, maturity, integrity, empathy, perseverance and confidence that provide students with opportunities to manage themselves and others. The Year 7 program extends learning opportunities beyond academic disciplines of the standard subjects.

We look forward to working with both you and your child through the next stage of learning.

Kind Regards,

Mandy O'Mara

Mandy O'Mara - College Principal

Tracy Peters

Tracy Peters - Junior School Sub-School Principal

BYOD (BRING YOUR OWN DEVICE) PROGRAM

As a 21st Century Learning Community, Point Cook College is committed to leading change with students and their families. Students in Year 7, Year 8 and Year 9 will take part in a 1:1 BYOD program.

It is important that you understand that the device does not replace traditional pen and paper activities. We still believe there is a place for these tools today and in the future. The device is used during certain times in the day and when needed to support student learning. Students will continue to interact with each other face-to-face during class times.

We are continuously seeing the benefits that the 1:1 program can bring to broadening student learning, digital competencies, increased student choice and the personalisation of learning for our students.

Requirements for BYOD program are as follows.

The device must be:

- No smaller than an iPad mini
- No less than two years old.

Suitable and compatible devices to use in preferred order are;

- Windows – Notebook 2018 or above - Core i3 / 256GB SSD / 8GB Ram or above
- Apple – Macbook Air 2018 or above – Core i3 / 256GB SSD / 8GB Ram or above
- Google Chromebook – 2018 or above 64GB SSD with the use of Google Drive
- Apple iPad 6th Generation / Wifi Only / 64GB or above
- Apple iPad mini 5th Generation / Wifi Only 64GB or above
- Android Tablet – Samsung Galaxy Tab A 10.1 2018 or above / Wifi Only.

Suitable and compatible operating systems are:

- Windows device – Windows 10
- Apple MacBook – macOS 10.12 or higher
- Google Chromebook – ChromeOS 63 or higher
- Apple iPad – iOS 11 or higher
- Android Tablet – Android 8.0 Oreo or higher.

YEAR 7 TRANSITION PROGRAM

Moving from Primary School to Senior School is a major step. It is a time of significant change in your child's life. Discussing these changes with your child will help make the transition a positive experience.

What's Different

Some of the main differences between Primary and Secondary School are:

- Increase in subjects and teachers
- Higher expectations for home learning
- School work which promotes growth and includes more challenge

Students are required to demonstrate more independence and responsibility for their learning and themselves by:

- transitioning between classes
- ensuring they are ready to learn with materials
- taking ownership for their learning by submitting work on time, communicating with relevant teachers and seeking support and feedback

Tips to Prepare During the School Holidays

- Be positive and enthusiastic about the next step in your child's education. This is a big transition for your child, so your positivity is essential in ensuring they feel supported.
- Organise school uniform and learning materials with your child early. Including your child in all the decisions and processes that involve them and school will provide a sense of ownership.
- Become familiar with College timetables, events and processes.
- Understand and discuss your child's timetable with them, ensuring that they are comfortable with where they need to be, when, for what subjects and their teachers.
- Create a comfortable space for your child to study. Again, include your child in this decision as this space should reflect their individual learning style and needs.
- Have regular and open discussions about feelings and emotions about transitioning into Year 7.
- Support your child in building new friendships and encourage them to maintain current friendships.
- Have an emergency safety plan. Be clear about who your child should contact and what you expect them to do in an emergency.

MEET AND GREET

Students enrolled to commence Year 7 the following year have an opportunity to meet with the Year Level Leader and Transition Coordinator if they are new to the College. Students will have a chance to spend some time with the leaders, share a bit about themselves and get to know each other better. This visit is designed to answer the students' questions and dispel any fears about the impending move to their new school, as well as to discuss particular needs.

ALL ASSESSMENT DAY

An Assessment Day will be held each year in November for all new students enrolled to commence Year 7 at Point Cook College the following year. Assessment dates are communicated via email to parents/guardians and published on the College website and Compass. Assessments are undertaken to gauge the overall English and Math standard of students as they enter Year 7. This assists the College in providing the relevant and necessary educational and well-being support for the students as they commence their schooling at Point Cook College.

ORIENTATION DAY

Students enrolled in Year 7 will be invited to an Orientation Day after the Assessment Day in November.

The Orientation Day will provide all students with the opportunity to build positive relationships with their peers and teachers in an engaging and safe environment. Students will be given all the information needed to ensure a positive start to their first year in Senior School at Point Cook College such as: teachers, subjects, classrooms and materials.

YEAR 7 CAMP

Year 7 students are all expected to participate in the Year 7 camp, which takes place in Term 1. We see Year 7 Camp as an important educational experience which aims to build particular skills required for students to utilise throughout their secondary schooling life. Skills which will be covered;

- preparing for exams/tests
- note taking
- organisational skills; utilising a diary, planning and organising homework
- study skills
- managing time to meet deadlines
- developing independence
- developing strategies to deal with peer pressure
- managing stress
- building positive self-image
- opportunities for students to challenge themselves in a safe environment
- maintaining and promoting an education focus on 'resilience'.

Year 7 Camp is also vital in ensuring students and staff have the opportunity to develop strong relationships, for students to learn about each other. Students will explore values and build friendships. The morning of each day will have a strong focus on learning and building academic rigour followed by an afternoon of team building activities.

This is an extremely important and beneficial experience for students and is a vital element of their transition from Primary to Secondary school.

HIGH ACHIEVER PROGRAM (HAP)

At Point Cook College we strive to cater for all students within our thriving Senior Sub School. Students who show high academic aptitude and have high academic aspirations are particularly suited to our HAP. The HAP at Point Cook College is designed to enable students to maximise and fulfil their academic potential in a stimulating and supportive setting. Students in this program work in an engaging environment alongside other students of similar abilities, interests and academic goals. They are provided with the opportunity to work collaboratively and independently on academic, school, community and global projects.

Our high achieving students follow the Victorian Curriculum guidelines, however, work presented is more intellectually challenging, allowing students to demonstrate skills 12 months beyond the expected level for their age. The HAP is an enrichment program designed to foster 21st Century learners, with a focus on inquiry-based learning, collaboration, critical thinking and creativity. We are focused on preparing our students for future learning and to become positive contributors to the community as adults.

The application process for the HAP will open in March each academic year. Information outlining the program is available on the College webpage. Students selected in the HAP will be in a class with 25 peers who have also demonstrated skills and achievement 12 months beyond the expected level for their cohort. Students in the program are supported and carefully monitored by the Assistant Principal and HAP Coordinator and a team of teachers to ensure that their specific needs are being catered for. They are provided with the chance to explore future pathways and career opportunities while completing goal setting and study enhancement programs. The goal is for our students to leave Point Cook College at the end of Year 9, prepared for the opportunity to access VCE subjects in Year 10 at their chosen Senior Secondary School.

HOMEWORK

Our College Homework Policy states that all Year 7 students are to engage in a minimum of 1 hour of homework each weeknight. This involves reading, completing unfinished classwork and revising and practicing course work which has been completed in class. In addition, students are required to complete subject related assessment tasks and submit these by the due date. It is imperative that students are disciplined in their approach to homework and study in order to maximise the learning process and take their learning forward.

For further information around Homework, please refer to our Seniro School Homework Policy which can be found on our Webpage.

ASSESSMENT AND REPORTING

Students receive continuous feedback on set tasks and class projects throughout the year. Our teaching staff will complete progress reports at the end of Term 1 and Term 3, and academic reports at the end of Term 2 and Term 4.

Students will participate in Semester exams for Maths and English. The results of these exams will be shared with parents and students via Academic Reports and individual conferences with students.

Formal 3 Way Conferences will be held in the middle of each year, however parents are able to communicate at any time throughout the year with staff.

YEAR 7 SUBJECTS

Core Subjects

- English 5 Sessions
- Mathematics 5 Sessions
- Languages (Japanese or Indonesian) 2 Sessions
- Physical and Health Education 3 Sessions
- Science 3 Sessions
- Humanities 3 Sessions
- Growth 2 Sessions
- Careers 1 Session

Semester Subjects

- Visual Arts 3 Sessions
- Performing Arts 3 Sessions
- Food Technology 3 Sessions
- Design Technology 3 Sessions

COURSE DESCRIPTION

CAREERS

Students in Year 7 will participate in My Career Exploration, a series of lessons that encourage students to explore more about themselves and what excites them about the future and the world of work. Students will use a range of activities to discover their strengths and interests to develop a positive self-image that provides the foundation for optimistic pathway planning. They will also develop an awareness of the importance of social and interpersonal skills in their future life and work roles.

Students will investigate the contribution of work to the community and family, recognising the role of paid and unpaid work. They will focus on understanding issues relating to stereotyping and discrimination through the study of occupational and labour market information. By the end of Year 7, Students will build their career action plan on the self-knowledge they have acquired through the activities they have undertaken.

ENGLISH

English permeates daily life. Every time we speak, read, write and listen we are using skills that are developed in the English classroom. As young people progress through their English studies they learn to interpret, analyse and critique the world around them. Such skills are becoming more and more important in the 21st century. Students will develop these important skills by:

- Studying a range of texts (both written and visual) that are appropriate and engaging for young people.
- Creating a range of texts that give students' the opportunity to write persuasively, creatively and critically.
- Participating in personalised programs that develop students' reading comprehension, spelling and vocabulary.
- Learning reading and writing attack strategies.
- Using ICT to:
 - Conduct research
 - Share ideas
 - Develop spoken English skills
 - Create and review texts using software.

DESIGN TECHNOLOGY

FOOD TECHNOLOGY

Year 7 Food Technology at Point Cook College is a practical and theoretical subject that equips students with essential life skills. Students use literacy skills in reading recipes and following instructions as well as writing their own functional recipes. They learn how to use the design process to investigate design briefs, create recipes and make products using a range of cooking processes. Students learn how to identify hazards to minimise risks and use math's skills to calculate and measure ingredients, and cost materials. They use tools and equipment to produce food in a safe and hygienic manner. Students will learn about design briefs, the function of ingredients in the recipe and evaluating cooked products in terms of taste, aroma, texture and appearance. They may also evaluate their practical skills using a range of evaluation techniques. Students will discuss a range of ethical issues relevant to food production including, food miles and organic farming. They will investigate the importance of breakfast in context of a healthy diet.

MATERIALS TECHNOLOGY

Design Technology is predominantly a "hands on" and project-based subject. Students learn how to design and make products using a range of design and technology processes. They learn how to assess and control risks, describe, measure and cost materials, and use tools and machinery to manufacture projects made primarily from timber such as step stools and candy dispensers. Students will learn about design briefs, functionality and fulfilling criteria. They will apply knowledge to digital design, reflection, peer analysis and evaluation.

GROWTH

Students studying Growth will engage in a variety of learning opportunities that reflect all aspects of Point Cook College's Positive Climate curriculum. The curriculum encompasses Resilience, Rights and Respectful Relationships, SWPBS, Child Safe Standards, PCC e-Safety curriculum and the Victorian Curriculum.

These sessions will provide students the opportunity to build positive relationships with their peers and teachers and together, they will develop a safe environment to share concerns and issues that may arise during the year.

Students will develop their personal wellbeing skills and will investigate strategies to manage important transitions that occur throughout current and future stages of their life. They will explore current social challenges they are facing and be encouraged to demonstrate skills to make informed choices that promote safety and resilience in themselves and others.

HEALTH AND PHYSICAL EDUCATION

The Health and Physical Education program is essential for preparing students to be physically and mentally active, fit and healthy for life. During Year 7, students participate in both practical education and theory classes that set the foundation for coming years. A range of elective options will be available to students in Year 9. Students also have the opportunity to nominate a sport each term that they are interested in and develop skills specific to that sport that they can use during Inter-School sports or outside school. It encourages them to be physically active and engage with peers outside of their year level and class.

A strong Health and Physical Education program is necessary for a holistic education and provides such benefits as developing movement skill development, leadership development, and cooperation between peers, strengthened relationships and improved self-confidence. Year 7 Physical Education is predominantly a game-sense based approach in which students can improve their basic movement skills, whilst also developing their strategic thinking and teamwork during sport specific situations. Students participate in a range of mainstream sports and are encouraged through questioning to think deeply and develop their own tactics whilst receiving specific feedback on skill development.

During Year 7 Health classes, students will study a number of issues surrounding their own health and issues that are prevalent within their community. They will have opportunities to evaluate their own health and wellbeing during theory lessons. A number of topics are covered during Year 7 such as fitness, physical activity, harm minimisation, nutrition and puberty.

Our Year 7 Health program provides the building blocks and basic knowledge that will be developed through further years of study. Essentially, we are aiming to provide students with a sound skill base and knowledge that will enable them to be confident, healthy and participate in physical activity throughout their secondary school life and beyond.

HUMANITIES

Humanities is about understanding the beautiful and complex world around us. We aim to help our students understand how our world works and why our world looks the way it does. We help students discover how people live, where we come from, and what things we need to think about to have a vibrant and sustainable future.

Humanities at Point Cook College will provide students in Years 7-9 with clear pathways to VCE subjects. Students will learn the foundations of History; Geography; Civics and Citizenship and Business and Economics. Across all four disciplines, students will acquire, apply and extend fundamental key skills including source analysis; data interpretation; critical and creative thinking; problem solving and research. These skills will empower students to critically evaluate evidence, ask questions and formulate judgements.

LOTE

Japanese or Indonesian

Students in Year 7 will have the opportunity to select a language they wish to study for the duration of their Senior Schooling at Point Cook College.

Throughout the year, students will explore topics that will assist in developing an ability to communicate using the language in the practical aspects of everyday life. Students will participate in role-play, conversations and presentations to further develop their skills in reading, writing, speaking and understanding the Japanese or Indonesian language and culture.

MATHEMATICS

Evolving a child's mathematical thinking creates opportunities for and enriches the lives of all students at Point Cook College. The Victorian Curriculum - Mathematics provides students with essential mathematical skills and knowledge in Number and Algebra, Measurement and Geometry, and Statistics and Probability. Students build on their existing understandings of mathematical concepts and can relate mathematics to real-life and purely mathematical situations.

Point Cook College students engage in the familiar and unfamiliar, the simple and complex, while using mathematical investigations to exhibit their understanding that mathematics is a way of reasoning, thinking logically and working that is used to develop solutions to questions, problems and issues posed by teachers, peers and themselves.

Students develop their ability to work mathematically and build on their prior understanding by individually and collaboratively planning and conducting mathematical investigations; by posing and solving mathematical questions, problems and issues; and by challenging the reasoning and perspectives of others. Point Cook College students reflect on their learning and transfer their thinking and reasoning to a range of real-life and purely mathematical situations.

The students at Point Cook College select and use tools and technologies, including information and communication technology (ICT). They routinely demonstrate an autonomous and purposeful use of ICT to inquire, create and communicate within mathematical contexts.

At Point Cook College, we develop the numeracy capabilities that all students need in their personal, work and civic life, and provide the fundamentals on which mathematical specialties and professional applications of mathematics are built.

Number and Algebra

- Integers, Fractions, Decimals and Percentages
- Index notation, perfect squares and square roots
- Financial Mathematics
- Introduction to Algebraic expressions and Linear Equations
- Introduction to the Cartesian Plane

Measurement and Geometry

- Two dimensional representations of Three-dimensional objects
- Transformations in the Cartesian plane
- Angles
- Perimeter and Area

Statistics and Probability

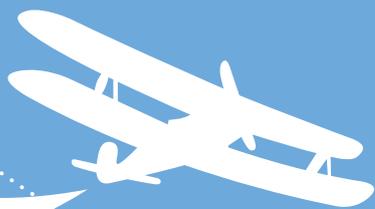
- Continuous data
- Stem-and-leaf plots and dot plots
- Mean, Mode, Median and Range
- Single-step experiments
- Assigning Probabilities to outcomes

VISUAL AND PERFORMING ARTS

A strong Arts program is essential for a holistic education for all Year 7 students. All students experience a broad range of subjects in these disciplines. The opportunity will exist for Visual Arts, Dance, Music and Drama to be pursued through to Year 9. A range of elective options in the Arts will be available to students in Year 8 and Year 9.

Year 7 Visual Art has a focus on two-dimensional art, art elements and the design process. Relief printing is a major piece of student work produced by students throughout the year. Alongside painted self-portraits, collage and drawing is used to create homages to well-known artists from various historical periods. Skills are consolidated through observational drawing and trialling many different media throughout the year. Visual literacy within art is also undertaken by discussing artworks and artists. Students analyse and study art from the past ages. They evaluate their own work and that of their peers. Students also explore how different artists make art and extend their ideas.

Year 7 Performing Arts incorporates music, dance and movement as well as drama. All students experience the Performing Arts classroom, building confidence through performance-based activities whether they are working individually or in groups. Students develop an understanding of group dynamics, team-work, problem solving and the elements of music, drama and dance. Included in Year 7 Performing Arts is a Music-Making and Song-Writing unit; the creation & production of a Dance Music Video and a Drama unit where students learn to use body movements, facial expressions and voice to tell stories and create characters.



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