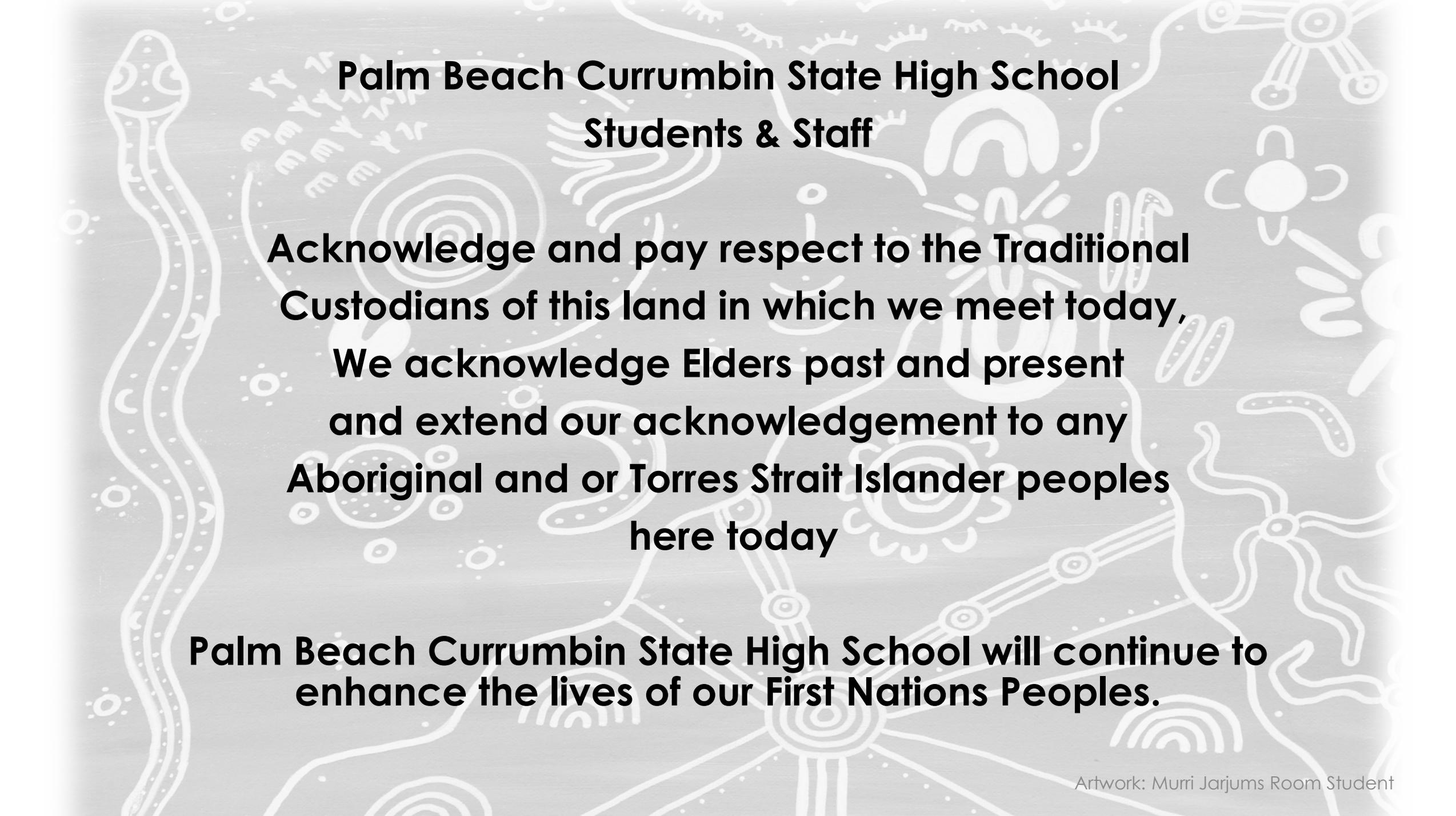




Welcome

Year 7 2026
Parents and Guardians





**Palm Beach Currumbin State High School
Students & Staff**

**Acknowledge and pay respect to the Traditional
Custodians of this land in which we meet today,
We acknowledge Elders past and present
and extend our acknowledgement to any
Aboriginal and or Torres Strait Islander peoples
here today**

**Palm Beach Currumbin State High School will continue to
enhance the lives of our First Nations Peoples.**



First Nations Welcome

Trish Borg & Kirby Taylor-Ferris



Executive Principal

Alison Fahlbusch





Tonight's Purpose

- What is CARE ?
 - Alternate Sessions
- A) Meet the teacher – classroom routines and assessment calendar
- B) Key Information for a successful start



Care Coordinator

Megan Binnie

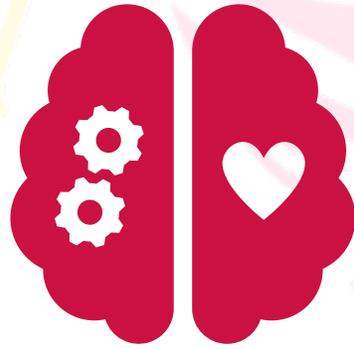




Rise Every Day Stronger

CULTURE





Resilient Reds



Resilient Reds

1. CARE = **Connection**
2. ↑ Mental health and wellbeing **skills**
3. Whole **School Language** + **Differentiation** = Students, Teachers, Year levels



Positive emotions

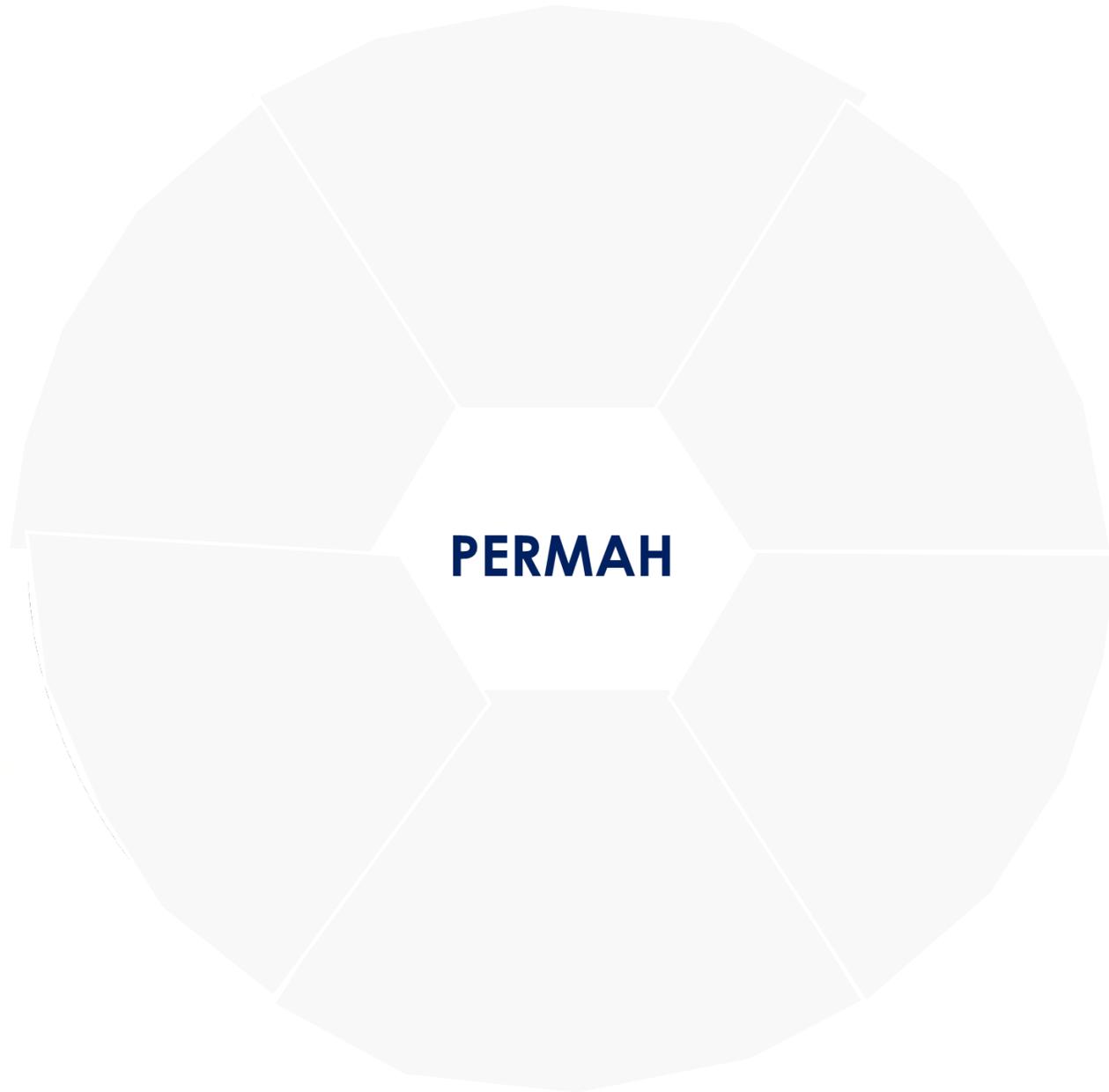
Engagement

Relationships

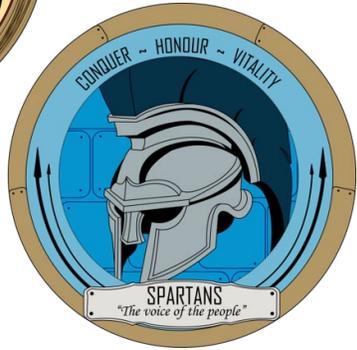
Meaning

Accomplishment

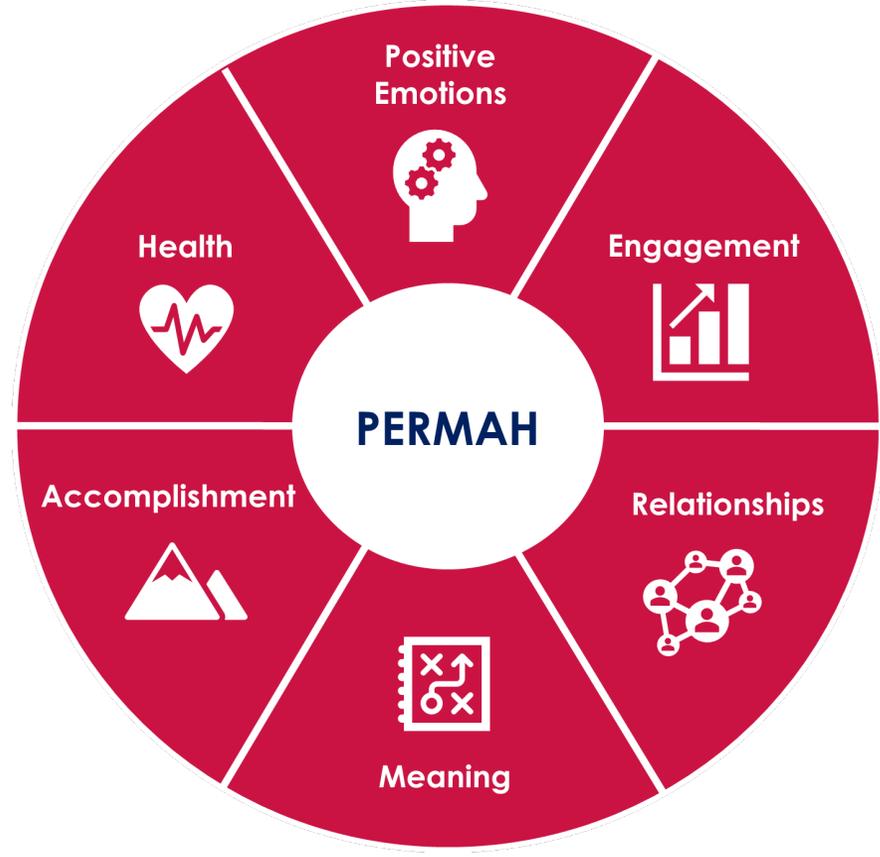
Health



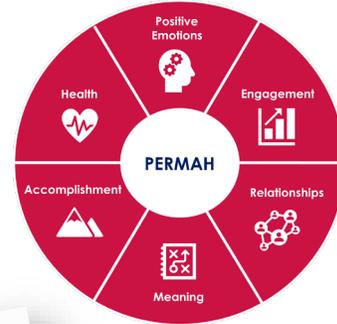
Reds Routines



5-10 minutes
Whole School
↑ Weekly skills



Reds Routines



5-10 minutes
Whole School
↑ Weekly skills

Week 1 PERMAH Introduction

PERMAH Elements

Rise Every Day Stronger

Rationale
 To increase wellbeing = ability to do well and feel good. Seligman's PERMA framework has H for Health. The research based framework has six headings:

- (P) **Positive emotion**: experiencing good feelings like happiness, peace and joy.
- (E) **Engagement**: being fully involved in a task and living with interest and curiosity.
- (R) **Relationships**: having solid relationships with self and others; feeling loved and connected.
- (M) **Meaning**: having a purpose in life, feeling that our lives are worth while and serving a cause greater than ourselves.
- (A) **Accomplishment**: striving for and achieving things that really matter to us.
- (H) **Health**: establishing habits that increase physical and psychological health.

Resilient Reds Routines

Description of Wellbeing Practice

Six Elements

1. Reflecting on the six elements of PERMAH, consider which element you currently do well:
 - (P) Positive emotion
 - (E) Engagement
 - (R) Relationships
 - (M) Meaning
 - (A) Accomplishment
 - (H) Health
2. Why do you think this is your **strongest** element? **Think of an example.**
3. Turn to the **person next to you** and share with them what you think is your **strongest PERMAH Element of the wellbeing and why.**

Main Message

The PERMAH framework provides evidence-based, actionable ways to build our own wellbeing. By **building up** each of these six elements that support our wellbeing, we are more able to **thrive and live life to the full.**

Rise Every Day Stronger

PBC PALM BEACH CURRUMBER STATE HIGH

[McKenna, 2019]

Week 2 Introduction to Accomplishment Three Hard Things

PERMAH Elements

Rise Every Day Stronger

Reds Routines

Description of Wellbeing Practice

Three Hard Things

When we feel like we have overcome hard things, this tends to build our **self-confidence and experience of mastery**. We are therefore more likely to **persevere** toward important goals (Adams-Miller, 2017).

Write down the following:

1. Record **three hard things** that you have done recently. Examples:
 - started at a new school;
 - spoke to someone in my class who I didn't know;
 - attempted a sport I've never tried before;
 - asked a question in class when I didn't understand
2. **Explain** what made each of them difficult.
3. Include **how** you did them and what **strengths** you used.

Then, if you feel comfortable to do so, **please share one of your hard things with another person in the room.**

Main Message

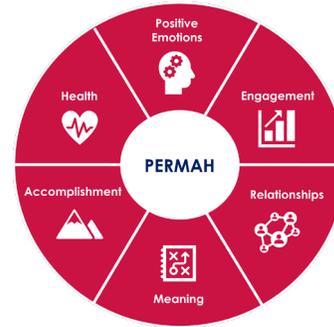
Accomplishment involves **striving for and achieving meaningful outcomes**. Doing hard things that **challenge you** is one way to **grow your abilities and confidence**.

Rise Every Day Stronger

"If it doesn't challenge you, it won't change you."
 Fred Davis

[McKenna, 2019]

Reds Routines



5-10 minutes
Whole School
↑ Weekly skills



Monday discussion
Wed = Warm up



rotate through
students to lead
activity

Printed set OR
use OneNote

Use 4-5 students who are leaders to rotate through = demo the first one



	R	E	D	S
REDS Focus	RISE EVERY DAY STRONGER	EFFORT EVERYDAY	DIRECTION & DECISIONS	STRONG ENDINGS & SAFE TRANSITIONS
	Term 1	Term 2	Term 3	Term 4
REDS Routines				
WS Theme	<i>Identity • Peer Connection • Belonging • Routines</i>	<i>Resilience • Grit • Self-Management • Regulation</i>	<i>Future Me • Strengths • Purpose • Decision-Making</i>	<i>Reflection • Gratitude • Transition • Safe Choices</i>
	Term 1	Term 2	Term 3	Term 4
7	Transition, Belonging, Routines	Self-Management Basics Emotional Regulation	Strengths & Goals Skills Sleep/Devices & Routines	Peer Relationships & Conflict Skills Positive Transitions to Y8
8	Identity, Belonging & Friendship Groups	Self-Management Emotional Regulation & Managing Reactions	Purpose & Strengths Development Responsible Decision-Making	Peer Relationships & Inclusion Reflection & Routines Pre-Y9 Maturity
9	Identity Awareness, Belonging, Differentiation, Wellbeing	Peer Relationships Device/Sleep Patterns	Career & Pathways Awareness Sleep/Devices & Digital Balance	Self-Management & School Climate Connection & Maturity Pre-Y10 Readiness
10	Peer Safety, Healthy Relationships Developing Senior Identity	Resilience & Perseverance Learning Behaviours	Sleep/Devices & Academic Balance Senior Decision-Making	Confidence, Agency & Goal Setting Senior /Year 12 Readiness
11	Purpose, Belonging & Senior Identity	Self-Management (Stress, Organisation) Stress/Pressure Performance Routines	Peer Relationships & Communication Year 12 Preparation	Perseverance, Grit & Senior Resilience Year 12 Readiness
12	Respectful Relationships & Communication Belonging, Community, Leadership, Transition	Responsible Decision-Making Real Stress, Real Strategies	Self-Management (Sleep, Stress, Exams) Adult Life Preparation & Transition Planning	Transition, Legacy & Help-Seeking Graduation & Life After School Adult Transition

T1	R	RISE EVERY DAY STRONGER	<i>Identity • Connection • Belonging • Routines</i>	
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Resilient Reds



T1	R	RISE EVERY DAY STRONGER	<i>Identity • Connection • Belonging • Routines</i>
T2	E	EFFORT EVERYDAY	<i>Resilience • Grit • Self-Management • Effort</i>
T3	D	DIRECTION & DECISIONS	<i>Future Me • Pathways • Purpose • Direction</i>
T4	S	STRONG ENDINGS & SAFE TRANSITIONS	<i>Reflection • Gratitude • Transition • Safe Choices</i>

Resilient Reds



Resilient Reds Skills

Threshold Greeting - 'Welcome the start to learning in YOUR WAY'

Circle Activity

Grounding Activity

Notices

PCL Conversations - 5 Expectations + 'Optima Code'

I do

- Annotated/Worked Examples
- Cognitive verb instruction
- Demonstration
- Link to previous work
- Metalinguage Instruction
- Misconception explained
- Model Response
- Preview
- Success Criteria identified
- Think Aloud

We do

- Checklist
- Graphic Organisers
- Mini whiteboards
- Questioning - Random student system
- Questioning - No Opt Out=
- Scaffold Creation
- Sentence starters
- Hinge questions

You do together

- Collaboration activities
- Cooperation activities
- Experiment / Practical
- Graphic Organisers
- Jigsaw Grouping
- Peer Feedback
- Practice time - collaborative
- Scaffold used
- Think-Pair-Share
- Timer / Timed Activity

We do (repeating or above) OR **You do alone** →

- Checklist
- Exit Card
- Monitor - student work
- Practice time - individual
- Reflection Questions
- Review
- Scaffold used
- Scaffold removed
- Timer / Timed Activity
- Traffic Light Reflection

PP4L Teaching Strategies for content

- Collaborating
- Dev. Language
- Eng. w/ Feedback
- Explicit Instruct
- Learning Goals
- Making Conn. & Reflection
- Metacognition & Reflection
- Practising
- Questioning

Gratitude

Mindfulness

Resilient Reds Skills

Do Every Day Stronger

CARE Lesson Outline

- Structure
- REDS
- Routines
- Strategies

CARE Reporting Effort and Behaviour Matrix

	EFFORT	BEHAVIOUR
EXCELLENT	<p>CONSISTENTLY ...</p> <ul style="list-style-type: none"> • Contributes positively to class discussion • Engages with CARE curriculum and class direction • Attends CARE class and is punctual • Aligns with House values and engages with events 	<p>CONSISTENTLY...</p> <ul style="list-style-type: none"> • Demonstrates excellent attitude to content and class • Exhibits respect and consideration for self and others • Works independently and with peers • Embodies our PBC Optima Code
VERY GOOD	<p>MOSTLY...</p> <ul style="list-style-type: none"> • Contributes actively to class discussion • Engages with CARE curriculum and class direction • Attends CARE class and is punctual • Aligns with House values and engages with events 	<p>MOSTLY...</p> <ul style="list-style-type: none"> • Demonstrates positive attitude to content and class • Shows respect and consideration for self and others • Works with little supervision and direction • Aligns with our PBC Optima Code
SATISFACTORY	<p>USUALLY...</p> <ul style="list-style-type: none"> • Contributes to class discussion • Participates with CARE curriculum and class direction • Attends CARE class and is generally punctual • Acknowledges House values and events 	<p>USUALLY...</p> <ul style="list-style-type: none"> • Demonstrates good attitude to content and class • Shows respect and consideration for self and others • Works with some supervision and some required direction • Follows our PBC Optima Code



Resilient Reds

CARE Curriculum

HOY

- Effort
- Behaviour
- REDS Routines



CARE Reporting Effort and Behaviour Matrix



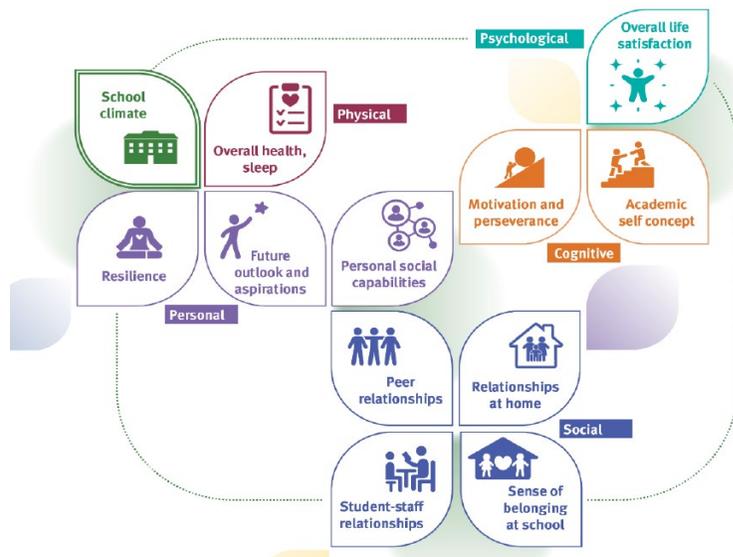
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QEW Survey

Queensland Engagement & Wellbeing Survey

Next Steps

Queensland Engagement & Wellbeing (QEW) Survey



Defining wellbeing and engagement



Wellbeing is when an individual realises their potential, can cope with the normal stresses of life, can work productively, and has the ability to make a contribution to their community.
Student Learning and Wellbeing Framework



Engagement is generally defined by students' attention, interest and motivation to learn and develop in their education. It is widely considered to have emotional, behavioural and cognitive dimensions.

Education
Futures Institute

Queensland Engagement and Wellbeing Survey

The Queensland Engagement and Wellbeing (QEW) Survey aims to collect information from Queensland state schools in a consistent and systematic way to gain a better understanding of the engagement and wellbeing of our students. The survey is offered to schools on a voluntary basis each year in Term 2 for students in Years 4–12.

It asks questions about many aspects of students' wellbeing, engagement and experience at school. Data from the survey will help schools monitor their school culture, school engagement and student wellbeing in line with the [Student Learning and Wellbeing Framework \(PDF, 535KB\)](#) and the [Equity and Excellence: realising the potential of every student \(PDF, 4.6MB\)](#).

Queensland Engagement and Wellbeing (QEW) Survey



[Download video transcript \(DOCX\)](#)

Key dates for 2024

Registration: 19 February to 15 March 2024 (invitation sent directly to schools)

Data collection window: 16 April–10 May 2024

Reports distributed: Week beginning 10 June 2024

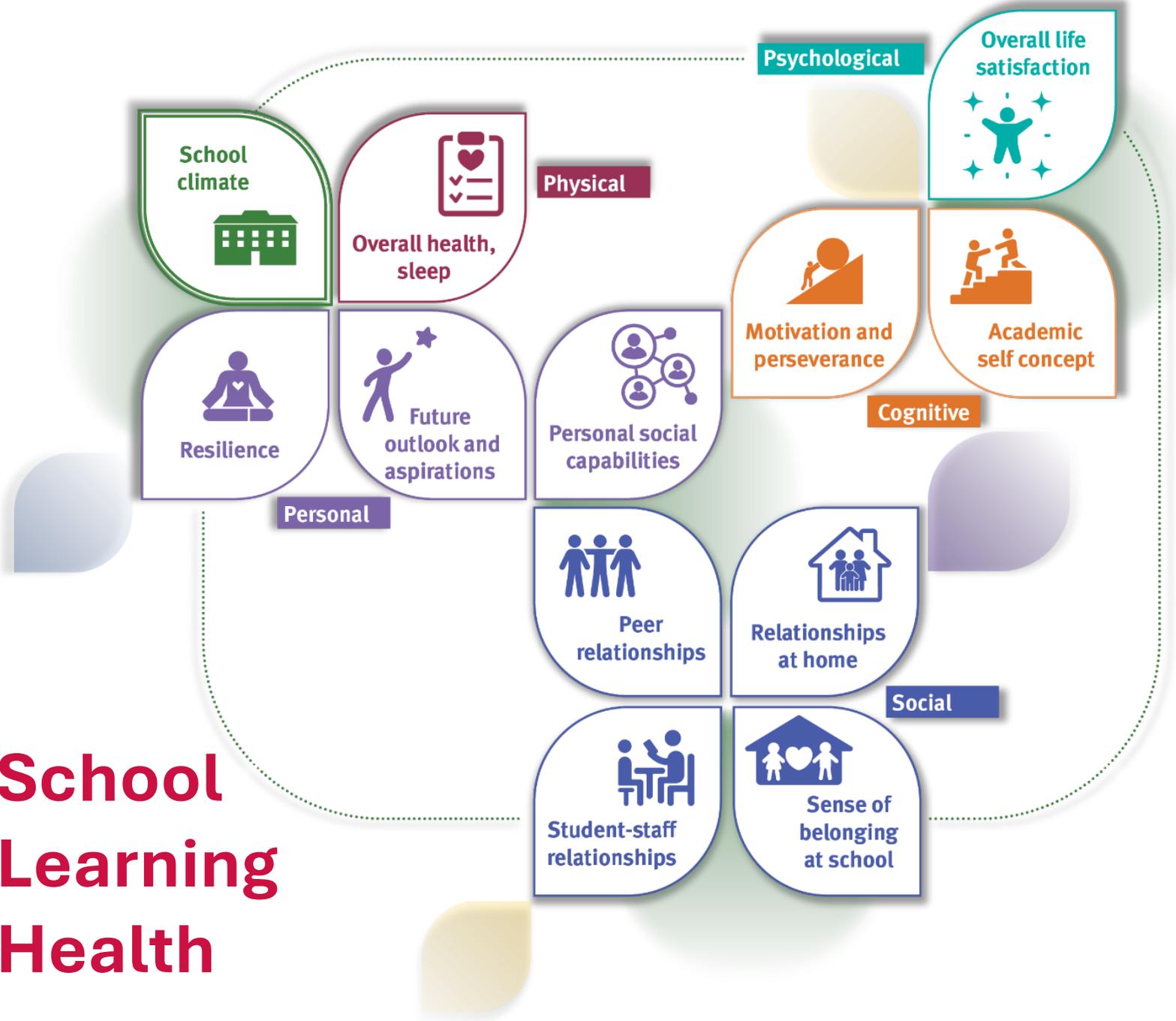
What does this currently look like in your school?

Resilient Reds



QEW

- About **You**
- About You & Your **School**
- About You & Your **Learning**
- About You & Your **Health**



Resilient Reds

QEW

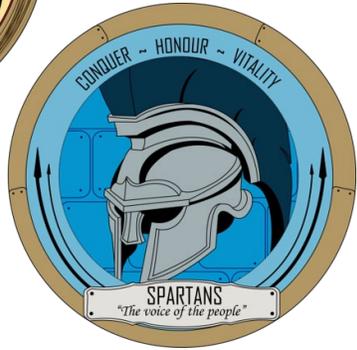
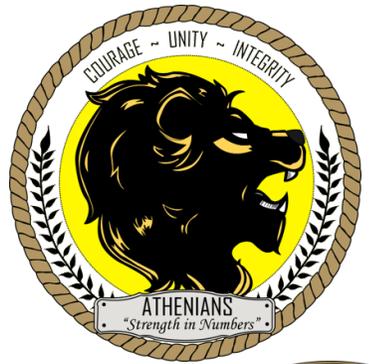
**Queensland
Engagement &
Wellbeing
Survey**



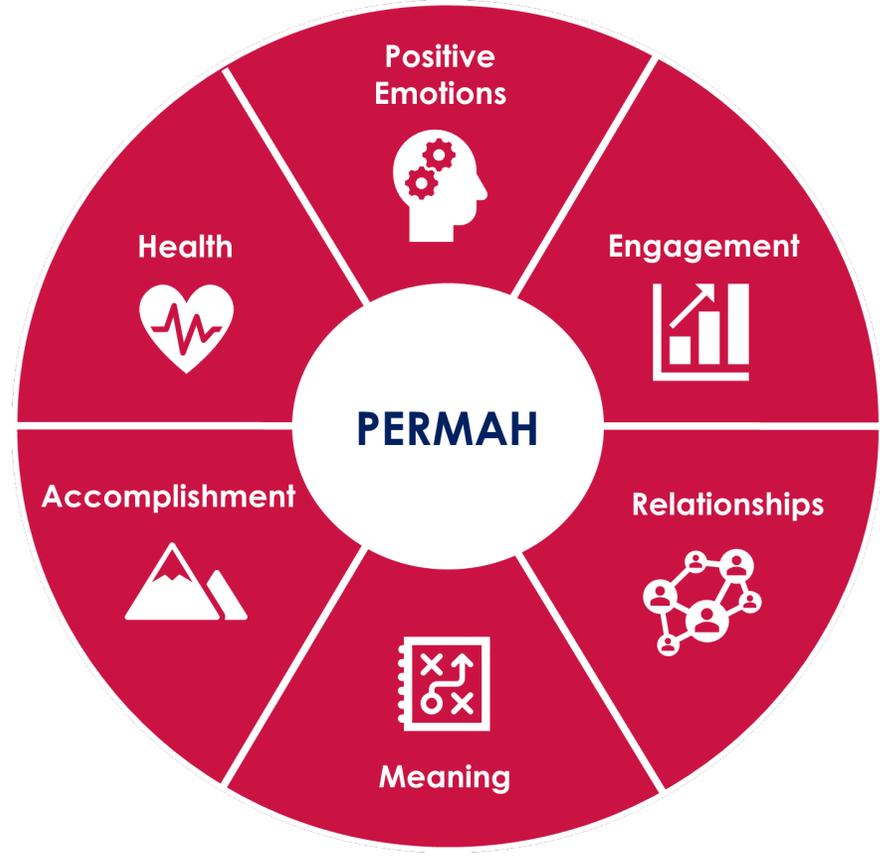
Parent Feedback - CARE 2026



Reds Routines



5-10 minutes
Whole School
↑ Weekly skills



PBC **PHOENICIANS**
PALM BEACH CURRUMBIN STATE HIGH

Rise Every Day Stronger

Pride Loyalty Dedication

January April July October
February May August November
March June September December

'Together we Rise'



PBC **SPARTANS**
PALM BEACH CURRUMBIN STATE HIGH

Rise Every Day Stronger

Conquer Honour Vitality

January April July October
February May August November
March June September December

'Voice of the People'



PBC **VIKINGS**
PALM BEACH CURRUMBIN STATE HIGH

Rise Every Day Stronger

Teamwork Determination Resilience

January April July October
February May August November
March June September

'Actions not Words'



PBC **ATHENIANS**
PALM BEACH CURRUMBIN STATE HIGH

Rise Every Day Stronger

Courage Unity Integrity

January April July October
February May August November
March June September December

'Strength in Numbers'



CARE Birthday Calendar



Rise Every Day Stronger



Staffroom:

Be Safe Be respectful Be a learner

Rise Every Day Stronger

January April July October
 February May August November
 March June September December

'Nil Sed Optima'





Class:

Be Safe Be respectful Be a learner

Rise Every Day Stronger

January April July October
 February May August November
 March June September December

'Nil Sed Optima'





Class:

Be Safe Be respectful Be a learner

Rise Every Day Stronger

January April July October
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Staffroom:

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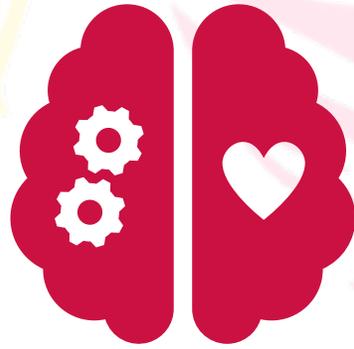


CLASS or Staff Calendar



Rise Every Day Stronger





Resilient Reds





Time to break off

Staying in the Hall first. These CORE classes:

7A

7H

7L

7M

7Q

All other classes are going to Meet the Teachers first, to return in 30 minutes.



Junior Secondary Principal

Anita Sgalippa





PALM BEACH
CURRUMBIN
STATE HIGH

Our Teams

OPTIMA

CURRICULUM

WELLBEING AND SUPPORT

Please check our website under contact us



Year 7 Optima Team



Head of Year 7
Mr Johnstone



Inclusion Co
Mrs Moana



Yr 7/8 Guidance Officer
Ms Willis



Curriculum

Year 7 and 8 students study Australian Curriculum

CORE:

- Mathematics and Science
- English and Humanities (History, Geography)

Additionally:

- One Semester each of: Technology, The Arts, Spanish, Health and Physical Education
- Excellence programs for selected students



HOD Technologies

Timm Hayer



One2One or BYOD?

Feature	One-to-One Program (1:1)	BYOD (Bring Your Own Device)
Device Consistency	✔ Standardised devices ensure compatibility, reliability & smoother classroom use.	✘ Different brands/specs cause compatibility & performance issues.
Pricing & Value	✔ Better pricing due to bulk purchasing discounts.	✘ Families pay retail prices for varying devices.
Technical Support	✔ Onsite repairs where possible & instant swaps for warranty issues.	✘ No school IT support; students handle their own repairs.
Security & Safety	✔ Safer internet with pre-installed security, network filtering, and monitoring.	✘ Varying security levels; personal devices may lack cyber protections.
Software & Apps	✔ All required software pre-installed, ensuring easy access to learning tools.	✘ Families must purchase & install software separately.
Network & Printing	✔ Instant connection to the school network & printers.	✘ Compatibility issues may prevent network & printing access.
Performance & Reliability	✔ School-selected devices meet learning needs, are high quality, and last years.	✘ Students may bring underpowered, outdated, or unreliable devices.
Cost & Equity	✔ Ensures equal-quality technology for all students.	✘ Some families may struggle with affording high-quality devices.
Classroom Experience	✔ Fewer disruptions due to consistent device performance.	✘ Delays & troubleshooting issues from mixed devices.



How to support your student?

- Laptops are a tool for learning
- Ask to see your students work regularly i.e. OneNote
- Encourage your student to email their teacher:
 - When absent
 - When unsure or have a concern
- Check **student notices** together in the morning
- When your child is absent encourage them to check their own OneNote for missed work
- **Leave on charge each night outside the bedroom**



PALM BEACH
CURRUMBIN
STATE HIGH

Student Notices

Queensland Government SharePoint

Search this list

PBC Portal for Students

☆ Not following Site access

Home + New Edit in grid view Share Export Automate Integrate

Current Notices

Student Notices

Student Calendar

Student Documents

IT Resources

Student Handbook

Student Wellbeing

Recycle bin

Edit

Return to classic SharePoint

Student Notices ☆

This view uses filters that you [can view and edit here](#). Clear filters

Start Date	Title	Message	Relevant For	Created By	Hyperlink	Attachments	Sign-off status	+ Ad
31/01/2024	LOST - Orange Yeti drink b...	If you find an orange YETI drink bottle please bring to A block SS - has the name Ryder Armstrong engraved on it	Whole	Tegan WILLMOTT				
31/01/2024	One2One Laptops	Could the following students please go to the IT Desk in the Library to collect their One2One devices:- Arthur Massia Spengler - Year 07 Harlo Close - Year 08 Sunny McGrath - Year 08 Owen Jinks - Year 08 Max Godfrey - Year 08 Tiger-Lilje Bruhn - Year 08 Jayden Black - Year 08 Cayliss Cassidy - Year 08 Kalan Noakes - Year 08 Noah Dangerfield - Year 08 Saxon Cloros - Year 09 Tsubi Robins - Year 09 Ciara Murphy - Year 09 Mitchell Marks - Year 09 Bailey Card - Year 09 Elijah To'omega - Year 09 David Sipu - Year 09 Mia Hannant - Year 09 Sam Butler - Year 09 If you have a BYOD laptop, please advise the IT Desk that you will not require a school device. Thank you	Junior	Sarah RYAN				



Safe Laptop Use at Home

- Use in common area rather than bedrooms
- Recommended use for homework/assignment is up to one hour per subject a week
- Have set laptop use times
- Set up parent controls for Wi-Fi access



Blue screen effects on wellbeing

- Delays melatonin release time (sleep inducing hormone) which is already delayed for teens. 8-10 hours sleep recommended for teens.
- Effects mood.
- Recommend no blue screen use at least one hour before bedtime.



Technical Help

IT Staff (Library)

- One2One Laptop repairs
- BYOD Network Access
- Printing
- Warranty issues, keyboard, hinges
- Insurance for accidental damage

A large, light blue graphic of palm fronds is positioned on the left side of the slide, extending from the bottom towards the top.

Deputy Principal Year 7

Cameron Williams



PALM BEACH
CURRUMBIN
STATE HIGH

Optima Code

✓ BE SAFE

✓ BE RESPECTFUL

✓ BE A LEARNER

IN OUR CLASSROOM | IN OUR SCHOOL
| IN OUR COMMUNITY



CLASS EXPECTATIONS

EVERY CLASS - EVERY DAY!

1

BE ORGANISED

- Use break times for eating, drinking and the bathroom.
- Arrive with appropriate equipment.
- Wait calmly outside to be greeted by the teacher.

2

FOLLOW INSTRUCTIONS

- Enter quietly and go directly to your assigned seat.
- Only use laptops for learning and when instructed.
- Respectfully follow instructions.

3

ENGAGE IN LEARNING

- Productively participate in all activities with resilience.
- Take responsibility for own learning.
- Seek and use teacher feedback.

4

RESPECT THE SPACE

- Use appropriate language.
- Only water in class - No food, other drinks or gum.
- Handle all equipment with care & remain in class.

5

AWAIT DISMISSAL

- Wait for teacher instruction to pack up equipment.
- Push in your chair and clean up your area.
- After the bell, exit the classroom once dismissed.

Be a safe, respectful learner

Every Class Every Day





- ✓ Be Safe
- ✓ Be Respectful
- ✓ Be a Learner

What if my student is at home?

- Yes, the PBC OPTIMA Code still exists.
- What students post and what they do can adversely affect the good nature of this school. If a student brings PBC in disrepute, they will face disciplinary actions.
- Anything posted online in PBC uniform may be acted upon with consequences.



UNIFORM

- ✓ We are a uniform school
- ✓ We have a uniform code – you can find on our website
- ✓ Breaches of code result in uniform detentions

Please ask for support
where needed





PALM BEACH
CURRUMBIN
STATE HIGH

Phones and Smart Devices



Sun-safe Policy

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

- Hats for outdoor play at lunch and outdoor lessons
- Apply sunscreen each morning before school
- Sunscreen available at school for reapplication



E-Bikes

- Year 7 students must be supervised to ride an e-bike
- E-bike Safety Education Course Mondays at 1.30pm in N Block



E-BIKE PROGRAM

- ✓ EDUCATION.
- ✓ SAFETY.
- ✓ ACCOUNTABILITY.

LEARN AND EARN YOUR PLATE

- ▷ TEACHER-LED COURSE.
- ▷ KNOWLEDGE-CHECK QUIZ.
- ▷ RECEIVE AN OFFICIAL PBC E-BIKE IDENTIFICATION PLATE.

WHEN & WHERE TO JOIN



TERM 1, MONDAYS,
PERIOD 4 (1:50–3:00 PM)
WEEK 2 – WEEK 8.



N BLOCK - ROOMS 7, 8, 9
NO BOOKING REQUIRED



STUDENTS ONLY NEED ONE
SESSION TO COMPLETE THE
PROGRAM.

Riding E-Bikes @ PBC

- You will be required to complete a safety course
- You will have to pass safety course
- Register your bike
- Licence plates placed on your bike



Stymie

Stymie gives our students the opportunity to do the right thing. It empowers you to stand up for yourself, your friends and your entire school community.

It is for anonymous notification of possible student well-being or harm.





PALM BEACH
CURRUMBIN
STATE HIGH

Providing Consent



QParents



Upcoming Events

- **Cluster Sports Day Trials:** Feb 18
- **P & C Meeting:** Second Monday 6pm Currumbin RSL
- **Cluster Sports Day:** Mar 03
- **NAPLAN:** Mar 11 -17
- **Student Photos:** Feb 26
- **Optima Assembly:** June 4
- **Parent Teacher Interview Nights:** May 05 - 07



Where to next?

7A - P06

7H - G05

7L - V03

7M - G02

7Q - N07

The evening will conclude from classrooms in 30 minutes.



Thank you for attending

