

Pastoral Programmes

We deliver a range of pastoral programmes designed to create an environment in which students can feel confident in who they are, engage with their learning, and feel optimistic about the future.



“The connections students make in these programmes can develop into friendships that might not otherwise happen in a whole-class setting.”



— TE KURA O TITITEA —
MOUNT ASPIRING COLLEGE

INFORMATION SHEET

Wellbeing programmes for Years 7 and 8

Our Years 7 and 8 students participate in a range of wellbeing programmes to support them in growing their social and emotional capacity. These programmes are delivered by our pastoral specialist Rochelle Robertson.

A focus on learning habits

In Term 1, the Year 7 classes take part in a series of lessons that focus on the learning habits (collaboration, communication, character, critical thinking, creativity and citizenship). In these sessions, students spend much of their time interacting with their peers as they take part in a range of experiential learning activities.

A focus on character

In Term 1, the Year 8 classes take part in a series of lessons focused on character. The students examine what character means and what qualities are recognised in people who are of ‘good’ character, and they look at how they can develop aspects of their own character at school and beyond.

Promoting positive interactions

The purpose of the Term 1 programmes is to supplement the work the teachers are already doing within their classes and hapori. The sessions provide additional opportunities for students to get to know each other and develop their capacity to interact positively with one another, which in turn creates a positive classroom culture.

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Small-group programmes

In Terms 2, 3 and 4, the wellbeing programmes are tailored to smaller groups.

In Year 7 these programmes include the MAC Mentors programme, the Students together are resilient (STAR) programme, and the Kindness, Empathy, Acceptance (KEA) programme.

In Year 8 the Travellers Programme is introduced. This programme is all about helping students build their resilience through exploring their change experiences and ways to navigate change in safe and adaptive ways.

Such change experiences might include changing schools, changing friendships and relationships, the loss of someone close, changing residence, changing family status or a changing state of wellbeing involving self esteem, illness or injury.

More information

Please speak to your child's Year 7 or 8 teacher or contact Rochelle Robertson via email at: robertsonr@mtaspiring.school.nz



Pastoral programmes specialist Rochelle Robertson

