



Craigslea State High School

2022 CAB (Craigslea and Beyond) / Wellbeing Program



Year	Term 1 (approx.5 lessons)	Term 2 (approx.5 lessons)	Term 3 (approx.5 lessons)	Term 4 (approx.5 lessons)
Theme/ Foci	Being a Learner: Developing Emotional Intelligence	Being Respectful: Creating healthy, positive connections	Being Respectful: Creating Respectful Communities	Being responsible: Creating a future beyond
7	Settling into High School Induction Booklet/Orientation Coping with transition/new routines Goal Setting Naplan Preparation	Getting Ready for Term 2 Personal and Academic Goal Setting REACH OUT Programme - Friendships NAPLAN –Preparation & Testing	Getting Ready for Term 3 Goal Setting in Student Planner Bullying/Cyber safety Enhancing Resilience – coping with stress BRAINSTORM – “The Hurting Game” Resources and activities relating to respectful relationships and friendships (Week 3)	Getting Ready for Term 4 Goal Setting in Student Planner Everybody is a leader Community Leadership Global Perspectives Preparing for Year 8
8	Goal Setting in Student Planner Healthy Minds	Goal Setting BRAINSTORM – “The Flipside” (Resources and Activities) Cyber Safety and responsible use of social media	Goal Setting Developing Leadership Junior Secondary Leadership Application process begins Understanding Emotions Resilience	Finalising Junior Secondary Leadership processes and training Critics’ Choice Awards (smoking) Review goal setting
9	Goal Setting, Study Planning and Growth Mindset. Changing Friendships/Healthy Minds NAPLAN Preparation Program – Mighty Minds QPS Cyber Safety Talk	Goal Setting, Study Planning and Growth Mindset. NAPLAN Preparation Program The Wealth Academy - Financial Habits - Preparing a Budget - Young Entrepreneurs	Goal Setting, Study Planning and Growth Mindset. The Wealth Academy - Saving and Spending - Money problems - Gambling - Gaining and keeping work	Goal Setting, Study Planning and Growth Mindset. Climate Schools – Alcohol and Drug Education Transition into Senior School: - Future planning - Career planning Review of Goal Setting



Craigslea State High School 2022 CAB / Wellbeing Program (Continued)



Year	Term 1 (approx.5 lessons)	Term 2 (approx.5 lessons)	Term 3 (approx.5 lessons)	Term 4 (approx.5 lessons)
Theme /Foci	Being responsible: Creating a future beyond	Being responsible: Creating a future beyond	Being Respectful: Creating Respectful Communities	Being responsible: Creating a future beyond
10	Goal Setting Strategies for career planning Grand Shake Website Introduction	My Future and SET Plan presentation – Ms Jackson HoD Senior Schooling Camp preparation - Maroon Guest Speaker Guest Speakers from USC and TAFE Exploring My Future website /Job Guides/Career Testing SET Planning preparation	Camp preparation CAMP 20//7 – 24/7) at Maroon ODEC SET Planning / subject selections Leadership skills and nominations	Leadership Speeches/Voting BRAINSTORM – “Cheap Thrills” (Resources and Drug awareness activities) Study skills – preparation for Year 11 Resilience (Camp Programs) Year 11 students as mentors Buddy Training Day
11	Senior schooling Talk: Goal Setting and Time Management and Study Skills QCE and AARA information SSS - cognitive verbs and assessment strategies Sexual Health – Dr Joe	Goal Setting and reflection SSS - cognitive verbs and assessment strategies Study Skills Careers Expo P.A.R.T.Y Program RACQ Cash IQ – The money whisperer program RACQ Docudrama	Goal Setting and reflection SSS - cognitive verbs and assessment strategies BRAINSTORM – “Flipside” Mental Health talk with GO Leadership skills and presentations	Goal Setting and reflection SSS - cognitive verbs and assessment strategies Road Awareness and Action Planning (RAAP) Program Finalising Leadership Process QCE/ATAR information reviewed
12	Senior Schooling Presentation: Evaluating performance in year 11 ATAR / QCE Presentation Goal Setting and Study Skills	Goal Setting / evaluation of Unit 3 RACQ Docudrama TAFE Queensland Presentation Headspace Stress Workshop Careers Expo	One Punch Can Kill Presentation Red Frog Transition Presentation Beyond Blue Presentation	Transition Out Formal Preparation Graduation Preparation CPR for Life External examinations

First lesson each term – use **Reflection** and **Goal Settings** pages in Student Planner and **End of Semester Reflections/Intentions** in final CAB lesson
Guest Presentations and other planned activities may change due to circumstances beyond our control.