

The Hamilton and Alexandra College - Life Skills Program

The Life Skills Program is a unique addition to the boarding experience of younger boarders. Our caring House Mothers guide the young boys and girls through the life skills program aims to engage boarders' individual strengths and grow their social skills in the boarding environment.

Term 4 2022

WEEK	DATE	TOPIC
1	Wedn 5 Oct	<ul style="list-style-type: none"> Welcome back to Term 4 and reinforce organisation and routines. Assist with the correct wearing of summer uniforms. Orientate with new roommates and learn the art of conversation. Reintroduce Resilience diaries. Discuss service project – Christmas grocery collection for the Uniting Church.
2	Wedn 12 Oct	<ul style="list-style-type: none"> Plan cards and gifts for the Year 12 students. Sit and chat with a Year 12 during dinner asking for advice. Make shopping list and budget. Assign tasks in preparation.
3	Wedn 19 Oct	<ul style="list-style-type: none"> Put together cards and gifts for year 12 students. Reflect on their service to the boarding community. Reflect on the following questions: <i>How do I contribute to the boarding community? How can I further do this?</i>
4	Wedn 26 Oct	<ul style="list-style-type: none"> Explore V/Line website - plan a trip, check timetables, how to buy a ticket. Discuss Emergency Services and what information is needed if we need to call for assistance. Meet a local emergency services officer. Ask yourself: <i>What can I do to look out for others in the boarding house and how could I respond?</i>
5	Wedn 2 Nov	<p>Pride in our appearance – “Life Skills Race”</p> <ul style="list-style-type: none"> Clean your shoes Iron your shirt or dress Tie a tie Make your bed <p>There will be prizes for speed, accuracy and neatness!</p>
6	Wedn 9 Nov	<ul style="list-style-type: none"> Practice sewing buttons on and using hemming tape. Teach another boarder how to sew a button and hem tape.
7	Wedn 16 Nov	<ul style="list-style-type: none"> Gather and present our Christmas grocery collection to the Uniting Church Reflect on the positives of service to others. <i>Begin highlighting the strengths you possess as a boarder.</i>
8	Wedn 23 Nov	<ul style="list-style-type: none"> Preparation for exam week - study skills, ways of revising and learning, planning and organising our study habits. Ask yourself: <i>Where are my weaknesses, what can I do about being better, how do I keep myself accountable?</i> <p>We will reinforce the importance of good sleep, mindfulness, nutrition, exercise and ways of relaxing to achieve the most with our study.</p>
9	Wedn 30 Nov	Exam week – Special Supper

	Thur 1 Dec	Life skills Presentation Dinner <ul style="list-style-type: none"> • Reflect on our boarding journey: <i>Each boarder will speak for 1minute on their time this year and what it means for them today and into their future.</i> • Students to prepare and decorate the tables.
10	Wedn 7 Dec	<ul style="list-style-type: none"> • Year 8 on camp • Year 7 – Christmas cards and notes of appreciation

Prep routine and goals each week

- Whiteboard with prompts
- Orah
- Weekend leave
- Midweek washing and washing of bed linen
- Reminder of times for meals, prep, tech away, bedtime
- Phones in a basket during prep
- Record books to be checked
- Homework a priority, organise for assistance with tutors if necessary for particular subjects
- Silent reading for 5 minutes at the end of prep each evening
- Aim for tech free prep once a week (dependent on work requirements)
- Talk to boarders – what went well today? What did not go so well? Have you been in touch with home? Any concerns or queries in the Boarding House?

During Term 4, we will celebrate birthdays and achievements across all years in the boarding community.

Busy boarders are happy boarders – we are here to support every boarder’s interests!