

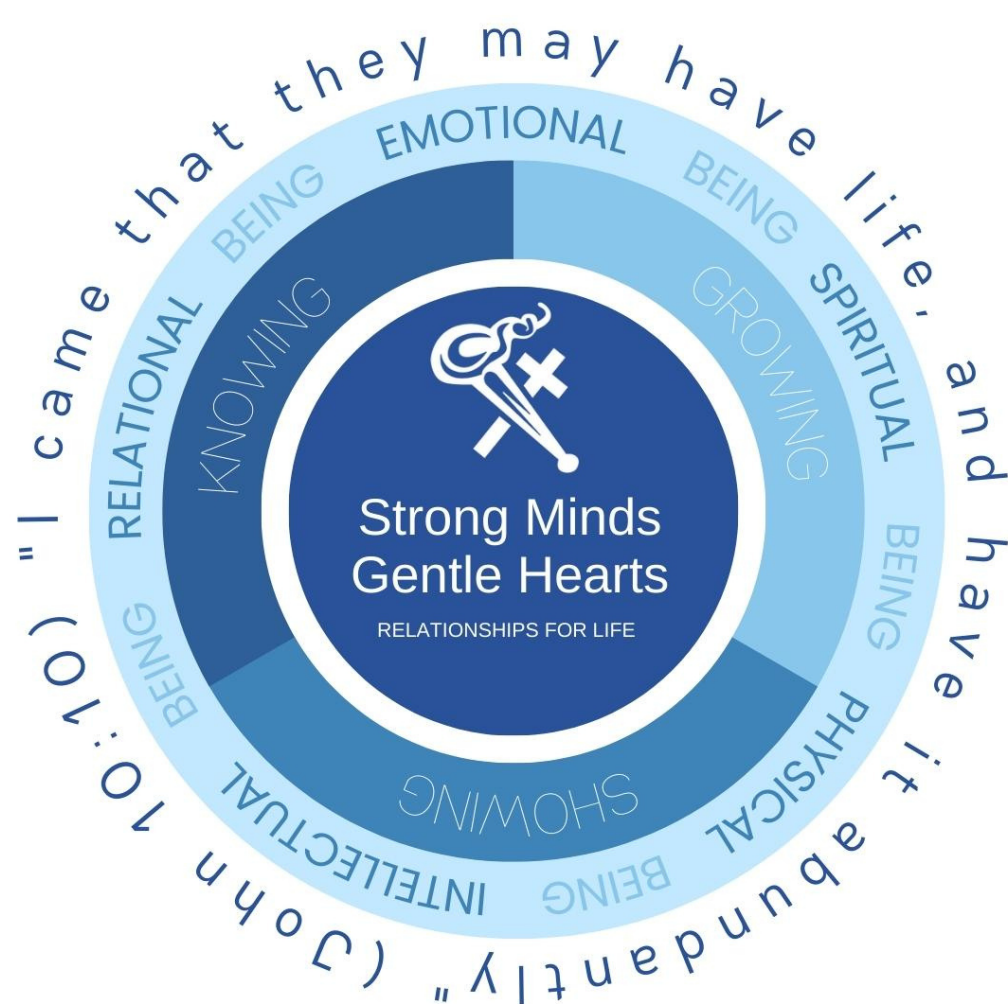


## PASTORAL AND ACADEMIC CARE AT MARIST COLLEGE CANBERRA

**Respectful Relationships** at Marist College Canberra are characterised by dignity, listening, empathy, compassion and love. They foster a culture of courage that supports freedom, safety, curiosity, inclusion and justice for all.

**At Marist our vision and mission are lived for the Marist graduate who we hope:**

- is restless for God and alert to the Spirit
- embraces mystery and seeks a deep relationship with Christ
- is nurtured by contemplation Spiritual and emotional being
- committed to intellectual rigour, learning and achievement
- aspires to live in gratitude with joy
- encounters the daily company of empathy and forgiveness
- moves towards and accompanies the least, the lost and the lonely
- is a steward of creation
- looks to the future with audacity and hope



### FORMING FINE YOUNG MEN

ONE SESSION PER  
TERM DELIVERED BY  
MARIST MENTORS

What does a 'fine  
young man' look like  
at Marist College  
Canberra?

### MARIST WELLBEING

ONE SESSION PER  
TERM

*Spiritual Being.  
Emotional Being.  
Intellectual Being.  
Relational Being.  
Physical Being.*



Marist College Canberra

# PASTORAL AND WELLBEING FRAMEWORK

**FORMING FINE  
YOUNG MEN**



**MODELLING THE  
MAN THE BOY IS  
BECOMING**

**MARIST  
WELLBEING**



**SPIRITUAL BEING  
EMOTIONAL BEING  
INTELLECTUAL BEING  
RELATIONAL BEING  
PHYSICAL BEING**



# YEAR 4

## A FINE YOUNG MAN FORMATION

This year instils a sense of understanding what constitutes a fine young man. It aims to guide students in developing a sense of belonging within the Marist community and instil an understanding of what it means to be a fine young man.



### FORMING FINE YOUNG MEN

A fine young man understands and acts on our Marist Spirituality.

A fine young man instils a sense of belonging.

A fine young man shows courage and is accountable for his actions.

A fine young man stands up for what he believes in.



### MARIST WELLBEING

#### **Relational wellbeing**

What does it mean to be cyber safe?

#### **Emotional wellbeing**

What should I know about protective behaviours and personal safety?

#### **Physical wellbeing**

How can I make healthy choices?

#### **Relational Wellbeing**

What does respectful relationships mean and how can I put this into action?

# YEAR 5

## MIND, BODY, HEART FORMATION

This year focuses on developing the holistic elements of what it means to become a fine young man. An emphasis is on physical and emotional development and how best to navigate and cope with change.



### FORMING FINE YOUNG MEN

A fine young man develops trust through honesty.

A fine young man knows how to act positively.

A fine young man understands the physical changes in becoming a man.

A fine young man takes care of his physical wellbeing.



### MARIST WELLBEING

#### **Emotional Wellbeing**

How do I act in a fair and just manner?

#### **Relational wellbeing**

How do I navigate phone use and social media?

#### **Physical wellbeing**

How does sleep, food intake and exercise improve my wellbeing?

#### **Emotional Wellbeing**

How does gratitude and kindness improve my overall outlook?

# YEAR 6

## THE RESPONSIBILITY OF A FINE YOUNG MAN FORMATION

This year explores how to step and become a more responsible and respected young man. It explores how to show and gain respect and in doing so become a more responsible young man.



FORMING FINE YOUNG MEN



MARIST WELLBEING

A fine young man treats others with kindness.

A fine young man takes ownership of his behaviour.

A fine young man shows respect throughout his community.

A fine young man is reliable and responsible.

### **Relational wellbeing**

What are my personal strengths and how can I use them to help myself and others?

### **Emotional wellbeing**

How does problem solving help me manage stressful times?

### **Physical/intellectual wellbeing**

How does physical exercise assist with my schoolwork?

### **Emotional wellbeing**

How do I seek help and also encourage others to?

# YEAR 7

## THE QUALITIES OF A FINE YOUNG MAN

This year is dedicated to exploring the essential characteristics that define a good person. It aims to guide students in developing a foundational understanding of these values and virtues. There will be an intended focus on humility which is aimed at increasing the awareness of the need to be mentored at this age.



### FORMING FINE YOUNG MEN

A fine young man understands the value integrity and belonging.

A fine young man and shows perseverance.

A fine young man looks sharply dressed.

A fine young man seeks guidance and practices self-respect.



### MARIST WELLBEING

#### **Intellectual Being - Study Skills**

What are best practices for time management and organisation?

#### **Spiritual Being**

What does compassion and dignity look like in action?

#### **Physical Being**

How can I improve my overall wellbeing?

#### **Relational Being - Netiquette**

What is my current digital footprint and how can I ensure it best represents me?

# YEAR 8

## EXEMPLARS OF FINE YOUNG MEN

This year focuses on the examination of both positive and negative role models. Students will learn to discern the qualities that should be embraced and those that should be avoided both in person and online. This is important because boys learn from watching role models and value the importance of positive mentors.



FORMING FINE YOUNG MEN



MARIST WELLBEING

A fine young man recognises a good role model.

A fine young man identifies and values good role models in his life.

A fine young man is aware of his digital footprint.

A fine young man cares about his wellbeing.

### Emotional Being

What are the different types of conflict?  
How do I adopt a positive outlook when dealing with conflict?

### Physical Being

How can I make choices to improve wellbeing?

### Intellectual Being

How does note taking and revision help improve study habits?

### Spiritual Being

What does respect look like in terms of self, others and the environment?

# YEAR 9

## BUILDING CONNECTIONS

This year emphasises the importance of establishing and maintaining meaningful relationships with family, peers, schoolmates, and mentors. It fosters the skills needed to build new and lasting connections. To help our boys learn to watch/observe, critically.

Aligning with the Footsteps program the focus is on building connections within the Marist community and beyond.



FORMING FINE YOUNG MEN



MARIST WELLBEING

A fine young man brings sense to a situation.

A fine young man values the group he belongs to.

A fine young man practices social fitness.

A fine young man contributes to his community.

### Physical Being

How can I reset when I am experiencing negative emotions?

### Emotional Being

What are boundaries and how can I respect the boundaries of others?

### Relational Being

What do I need to apply for a part time job?

### Intellectual Being

How can I best plan for upcoming assessment and manage my time effectively?



# YEAR 10

## THE MEANS TO MANHOOD

This year encourages introspection, guiding students in self-reflection on their identities and aspirations. It sets the stage for their personal journey towards manhood and contemplate the influence of Mary in their lives.



### FORMING FINE YOUNG MEN

A fine young man recognises the character of good man.

A fine young man considers the type of man he wants to be.

A fine young man values Mary, as spiritual model.

A fine young man takes risks after thinking.



### MARIST WELLBEING

#### Intellectual Being

How do I access help and support to develop effective study habits?

#### Physical Being

How does my self-image impact my overall wellbeing?

#### Relational Being

What do respectful and positive relationships look like?

#### Emotional Being

How do I deal with pressure and competing priorities?

#### Intellectual Being

What pathways are available to me?

# YEAR 11

## BEING A POSITIVE ROLE MODEL AND MENTOR

This stage is about fostering a culture of stewardship of manhood. Students will explore their roles as caretakers of traditions and values, learning to guide and support younger boys and men. It encourages a sense of duty and legacy in shaping the next generation of men.



### FORMING FINE YOUNG MEN

A fine young man learns from his mistakes.

A fine young man is a role model.

A fine young man can maintain a conversation.

A fine young man treats others with civility.



### MARIST WELLBEING

#### Intellectual Being

How can I cope with the demands of Year 11? How do I effectively balance academic, co-curricular and part time work commitments?

#### Emotional Being

How can I overcome disappointment?

#### Physical Being

How does a healthy diet and regular sleep contribute to wellbeing?

#### Relational Being

How can I project confidence in social situations?

# YEAR 12

## BEING A FINE YOUNG MAN AND LIFELONG LEARNER

The final year prepares students to consider themselves within the broader context of family and community life. It aims to equip them with the understanding and skills necessary to be a lifelong learner who looks to the future with audacity and hope.



### FORMING FINE YOUNG MEN

A fine young man is committed to belonging.

A fine young man is self-reflective and responsible.

A fine young man considers the qualities that make a good character.

A fine young man is a lifelong learner.



### MARIST WELLBEING

#### **Intellectual Being**

How can I continue to apply academic rigor and grit?

#### **Emotional Being**

How do I promote respect within the school community and beyond?

#### **Relational Being**

What do respectful and positive relationships look like?

#### **Emotional Being**

What pathway are available to me post college?