



St Francis

CATHOLIC COLLEGE

YEARS 7 & 8

**LEARNING & TEACHING
ACADEMIC EXPECTATIONS 2025**



The Learning & Teaching Team at SFCC



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Learning and Teaching Key Dates

Key information:

NAPLAN 2025

- Dates: Wednesday 12th of March to Friday 21st of March 2025
- Years 7's will complete each test during Period 1
- **Equipment required:** Wired headphones (Booklist item) and Charged Laptop

Introduction of Academic Recall from Years 7 to 9:

- Students absent from a summative assessment are expected to provide supporting documentation (e.g., a medical certificate, statutory declaration, or evidence of attendance at a school-based activity) so they have another opportunity to complete the task.
- Academic Recall will occur **after school and not during classroom instruction**. Students who fail to submit the Application to reschedule with the supporting evidence will receive a **zero** for the assessment task, which will be reflected on the student's Semester report.
- Students and Families will receive more information relating specifically to the policy.

Parent-Student Teacher Interviews

Session 1: Thursday 1st (3.30pm – 8.00pm) Onsite

Session 2: Tuesday 6th of May (3:30 to 7:00pm) Onsite

Timed Assessment Tasks (TATs)

Years 7 and 8- Tuesday 10th of June 2025





What is 'learning'?

Ofsted:(Office for Standards in Education) Defines:

Learning is a ***change*** in long-term memory. The aim of all instruction is to alter long-term memory. If nothing has **changed** in long-term memory, nothing has been learned (Ofsted 2022: § 222).





Learning & Teaching Rational at SFCC

The development of a sound work ethic both during school time and at home is important in preparing students for VCE and VCE-VM studies and life beyond the College. Being an independent learner at home gives students the opportunity to think critically, to analyse their learning and to establish and maintain study habits while reflecting on the content and skills covered in class.

The correlation between study habits/routine and VCE outcomes

The amount of time dedicated to study has been positively correlated with

academic performance in multiple studies. Global research studies tells us

that students who spend more time studying outside of class tend to achieve

better grades on their outcomes/exams.



Learning & Teaching Homework Study Policy

Homework study policy:

- Students should contact teachers before missing class due to college activities or absences. Students are responsible for catching up on missed work. Lesson plans and resources can be accessed on SIMON
- For Year 7 students, the recommended time for homework is **45 minutes daily**.
- For Year 8 students, the recommended time for homework is **60 minutes daily**.
- **Learning Lounge:** Homework Club sessions will run again in 2025 on Monday and Wednesday afternoons from 3:00 to 4:00 pm in the ARC starting from Monday 10th February. Please remind students to sign in at the front desk at the ARC.





Importance of using SFCC's school diary/planner

A recent study by Frontiers in Psychology monitored brain activity in students taking notes and found that those writing by hand had higher levels of electrical activity across a wide range of interconnected brain regions responsible for movement, vision, sensory processing and memory (21 Feb 2024)

Writing words down increases connectivity linked to memory and learning between different areas of the brain, with the same not being true when things are typed out on a computer (newscientist, 26th Jan, 2024)

Towards the end of 2024, the learning and teaching team, together with HL established the Classroom and Lesson Expectations Framework. Step 3, under Ending the Lesson, states that ***students are to use their diary/planner to enter homework and study tasks.***



Why arriving to class on time matters?

Example:

- English and Mathematics (6 periods per cycle).
- In a Term (10 teaching weeks) = 60 lessons.



Minutes Late Per day	Equates to days of teaching lost in one year	Which means this number of lessons missed
5 Minutes	3½ days	17 lessons
10 minutes	7 days	35 lessons
15 Minutes	10½ days	52 lessons
20 Minutes	14 days	70 lessons
25 Minutes	21 days	104 lessons



What does effective studying look like?

Homework gives your child a chance to:

- work through the things they have learnt at school
- strengthen their long-term understanding of the topic or activity
- develop study skills they will use for the rest of their lives.
- Homework is also a chance for you to get involved and help your child's learning

Encourage a homework routine:

- Help your child to do their homework at the same time everyday.
- Some children concentrate better in the mornings. Some are better in the afternoons. Choose a time that works best for your child.
- Having a regular homework time will help your child develop good study habits, which will help them throughout school and beyond.



What does effective homework look like?

Set up a comfortable space:

- **Create routine and habit- REPEAT!**
- Your child will find it much easier to do their homework if they have a comfortable space.
- This could be a space in their bedroom, in your study or in the family room. If you don't have a space at home, you could think about going to a library.
- Buy or create a large calendar graphic board where your child can see weekly/monthly days. This will help support their organisation of not only homework but also their after school curricular activities. It's a great visual aid to see how they are going to manage their time, and priorities study and balance life commitments.
- **Create routine and habit- REPEAT!**

A good homework space:

- is comfortable – not too hot, not too cold and has plenty of fresh air
- is quiet
- has good light – use a good lamp or overhead light if the space is dark
- has all the things they need to do their work: think about stationery, a computer, a printer
- is free from distractions such as the television or computer games or a phone.



Study Skills and Revision Techniques

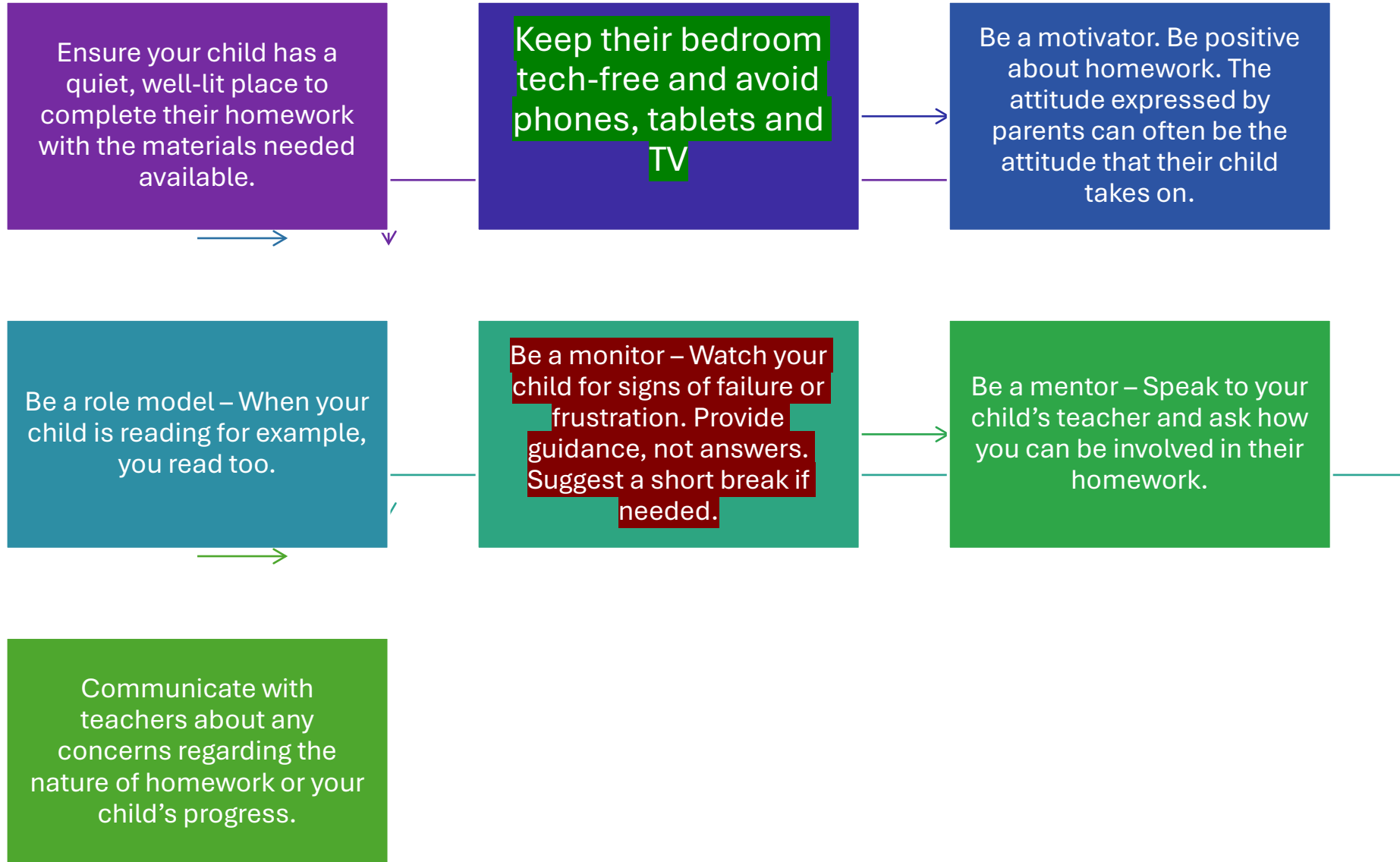
Study Skills:

- **Time Management:** Break tasks into smaller chunks and set specific time limits for each.
- **Goal Setting:** Write down daily or weekly academic goals to stay focused.
- **Note-Taking Strategies:** Practice using the Cornell Method, mind maps, or bullet-point summaries.
- **Active Reading:** Highlight key points, annotate the margins, or summarise paragraphs in your own words.
- **Questioning Technique:** Create and answer your questions based on the lesson content.
- **Self-Assessment:** Reflect on your understanding by identifying strengths and areas for improvement.
- **Organisation:** Arrange notes, handouts, and learning materials logically for easy revision.
- **Mnemonic Devices:** Remember complex concepts using acronyms, rhymes, or visual imagery.
- **Reflection:** Write a short reflection on what you learned in class and how it connects to prior knowledge.
- **Prioritisation:** List tasks in order of importance and urgency to improve productivity.





What can you do to support your child's learning?





Why is sleep important for teenagers?

‘Insufficient sleep in teens is linked to cognitive issues (trouble with memory, diminished focus, difficulty learning, poor judgement and decision making), behavioural issues (hyperactivity, aggressiveness, and social withdrawal), emotional issues (irritability and impaired moods, negative attitude, greater risk for depression and anxiety), academic and performance issues (lower grades, poor academic performance, tardiness).’ (Breus 2017)

What can parents/guardians do to help?

To help your teenage child get a good night’s sleep, encourage them to...

- **GET BETWEEN 9-11 HOURS EACH NIGHT! (Australian Department of Health)**
- Understand the importance of sleep. You can do this by talking to them about it and modelling the behaviour yourself
- Establish a pre-sleep ritual or routine. Starting a routine an hour before bed to decompress and relax.
- Your child might do this by, for example, reading, practising relaxation or meditation, or taking a warm bath.
- Eat dinner at least 2 hours before going to bed
- Avoid rich foods and caffeine after 5pm, and decrease sugar in their diet





Why is sleep important for teenagers continued...

- Eat foods containing magnesium and vitamin B6 (leafy greens, spinach, almonds, bananas, poultry, milk and dairy, herbal tea) –these help to regulate the nervous system
- **Keep your child's bedroom tech-free and avoid phones, tablets and TV prior to bedtime**
- Get out of bed at the same time every morning
- Get adequate physical activity during the day
- Prioritise sleep over late-night studying. (Research shows that teens who burn the midnight oil with homework are more likely to have trouble with their academic work the next day.)
- Use dim lighting at night
- Block distracting noise at bedtime
- Avoid late nights and naps after 4pm
- Have their room at a cool but comfortable temperature.





Communication between home and school



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- If your child is going to be away on any given day you need to notify the school either by calling the college on 8099 6000 and follow the prompts or log the absence on PAM.
- Our students are expected to attend every day to maximise their learning opportunities.
- Please remain in communication with the House Mentor regarding any questions or concerns you may have throughout the course of your child's time at the College via email or contact the college and leave a message and it will be returned as soon as possible.
- Direct questions to your child's subject teachers regarding their learning if you are unsure about any aspect of that specific subject area.
- There is a weekly newsletter – every Tuesday with the latest information about college life, events that have occurred at the college, and dates for events that are going to occur.
- The SFCC Website is available for information regarding college policy and child-safe information



THANK YOU

Thank you all for taking the time to attend tonight's information evening. Your engagement and support play a vital role in your children's education, and we truly appreciate your participation. We hope you found the session informative and valuable. Please don't hesitate to reach out if you have any follow-up questions.

