



Christ Church
Grammar School
PERTH, WESTERN AUSTRALIA

On Queenslea Drive Handbook







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INTRODUCTION



Your son is entering a critical period in his life and this program has been specifically developed to help him make a safe and healthy transition as he starts his journey as a young man.



We want to assist him to become a young man who is motivated, passionate, makes appropriate decisions, has healthy relationships and seeks to make a positive impact in the world.

Specifically, we want to minimise the risk of him going “off the rails”, experimenting with drugs and alcohol, having serious mental health issues or doing something foolish that will impact him for the rest of his life.

Christ Church Grammar School recognises that boys need a world-class education, and support during their journey to becoming good men. Rites of Passage are about transitioning in a healthy way from one stage of life to another and the transition from one developmental phase to another involves changes in personal awareness and the learning of new behaviours.

For thousands of years, communities all around the world have created Rites of Passage for boys that have involved the entire community and have been seen as a way of acknowledging and celebrating the journey.

Year 9 boys at Christ Church are at the stage of life when they are becoming young adults. The On Queenslea Drive (OQD) Program is a three-week experience dedicated to the boys exploring their identity, relationships and purpose with the aim of helping them to be healthy, resilient and confident young men ready to go out into the world and be leaders and changemakers of the future.

THE TEAM

Jarrold Kayler-Thomson

Head of Year 9
On Queenslea Drive Program

Jarrold Kayler-Thomson is a physical education and health educator who works with boys to assist them as they go through adolescent development. After spending more than a decade working with boys, Jarrold knows what underpins successful transitioning from boyhood to manhood.

Jarrold believes that there is a stage in every young man's life when he is ready to be involved in a Rites of Passage program, one that challenges boys to think about what sort of man they want to be and what behaviours a boy will need to develop for this to become a reality.

Jarrold is trained in mentoring, leadership, communication, quality assurance and presentation skills.

Jarrold obtained a Bachelor of Arts Education and Bachelor of Social Science at university and for the past decade has worked in a variety of schools and in a senior educator role. He has also successfully balanced a professional football career with his work in the education and training sector and has attended leadership training specific to Rites of Passage

As Head of Year 9 On Queenslea Drive Program, Jarrold is responsible for the successful co-ordination, delivery and assessment of the program at Christ Church Grammar School.

Tom Shalders

Assistant to Head of Year 9
On Queenslea Drive Program

Tom is a Health Science professional with a Master of Teaching. For the past six years, Tom has worked closely with 110 boarders at Christ Church Grammar School every weekend to ensure they are organised, engaged, ready for community sport and dedicating sufficient time to their academic workload.

He is skilled in assisting boys during transitional phases. His most recent experience involves helping boarders as young as thirteen transition from a home environment to the boarding community and assisting our international students successfully relocate, not only to a new school but significantly a new country, with a minimum of emotional and social disruption.

Tom has previously worked for the Royal Life Saving Society of WA as a Program Co-ordinator and spent two years visiting remote communities in the Pilbara and Kimberley promoting healthy community initiatives and implementing sport programs. Tom is passionate about Christ Church and the Year 9 Program and is keen to leverage his experience and work closely with the Year 9 boys mentoring and guiding them as they develop into young men.

Courtney Hahipene

In School Yoga

The founder of In School Yoga, head teacher and director, Courtney Hahipene, has been teaching and working with teenagers since she was one herself. Her combined teaching history of yoga and dance goes beyond 16 years' experience. After achieving success as a top 20 contestant on Australia's *So You Think You Can Dance*, opportunities opened up for her to work not only as a performer and a teacher but as a role model for youth across Australia.

Courtney is a warm, compassionate, inspiring and effervescent individual. She lifts the spirits of all those around her.

THE TEAM

Brett Buurman

Head of Catering

Christ Church engages the services of Alliance Catering. Breakfast and dinner are served in Sandover Dining Hall each day whilst lunches are distributed from outside The Wynne Centre for Boys' Health and Wellbeing. Lunch orders are completed online in the week leading up to the program and the boys have input into their program menu. Afternoon tea is served in Sandover Dining Hall and supper is served in the On Queenslea Drive workshop room. Morning tea and takeaway lunches for boys with lunchtime commitments are also provided.

Mike Dyson

OQD Facilitator

Mike works as a senior facilitator with the Rites of Passage Institute on their Father/Son camps and their in-school leadership programs. Mike also runs camps for small private groups of fathers and sons and was part of the OQD team throughout each OQD program in 2018. Mike is an energetic and engaging group facilitator whose passion lies in bringing boys and men together to support each other to become their best. Mike creates fun, engaging spaces for boys and men to have courageous conversations about building positive mental health and healthy masculinity.



MENTORS

The On Queenslea Drive Program involves a number of mentors who during the program, provide support and guidance to participants across a selection of activities.

Tom Robins

Tom Graduated from CCGS in 2016, and is now studying a Bachelor of Philosophy (Honours) majoring in Finance and Business Law at UWA. Tom was a mentor in 4 OQD programs in 2018 before spending the final 6 months living and studying at Boston College on exchange. During his exchange Tom visited 32 different cities and 17 different countries, building on his life experience.

Toms passions include following all kinds of sports (especially the AFL and NFL), tutoring, running, and spending time at the beach.

Brodie Mack

Brodie is a current Bachelor of Counselling student at the University of Notre Dame and works as a program facilitator with WA-based mental health support organisation, zero2hero. He tutors primary and high school students in Mathematics and English and enjoys connecting with youth whilst maintaining a respectful relationship. Brodie was also part of the OQD team in 2018, completing 4 OQD programs as a mentor.

He is passionate about mental health, in particular men's mental health and holds SafeTALK and Applied Suicide Intervention Skills Training (ASIST) qualifications as well as Level 1 Rites of Passage Training through The Rites of Passage Institute.

Rhys Shore

Rhys is a current student at Notre Dame University, studying a Bachelor of Secondary Education majoring in Humanities and Social Sciences and minoring in English. Rhys loves playing football and he really values when he can find the time to play his guitar. Rhys also enjoys time at the beach with his dog, Marlie, and spending time with mates.

Ryan Jones

Ryan was involved as a mentor in all 8 OQD programs in 2018. He is currently studying a double degree in Commerce and Science, majoring in Economics and Environmental Science at Notre Dame University. Ryan has also completed the Level 1 Rites of Passage Training through The Rites of Passage Institute.

His passions include acoustic guitar, the outdoors, bushwalking, spending time at the beach, spending time with his dog, and just about every sport.

Monte Nathan

Monte is currently studying a Bachelor of Secondary Education at the University of Notre Dame. He is also the President of the Student Council at Notre Dame University for 2019. Monte was a mentor in all 8 of the OQD programs for 2018 and he also completed the Level 1 Rites of Passage training through the Rites of Passage Institute. Monte is very passionate about education and helping shape the next generation. His hobbies include acting in theatre and writing scripts.

Zack Bowles

Zack graduated from CCGS in 2016. Zack is now studying Engineering / Communications and Media at UWA. Since leaving CCGS Zack has stayed involved through being one of the coaching staff for the Schools Athletics team. Zack's passions include film photography, snowboarding, football, riding his scooter and catching up with mates socially.

PROGRAM PREPARATION



How to 'send your son off'/Pre-Program family dinner

We would like you to create a celebratory meal on the weekend before the program begins. The goal of this meal is to celebrate the childhood of your son and create a send-off for him prior to entering the program. We encourage you to invite your immediate and extended family.

Below are some suggestions we recommend to make this a special event:

- Create a special meal, perhaps your son's favourite
- Find baby and childhood photos and display them throughout the evening
- Share stories and memories of your son as he was growing up
- Make a speech sharing with your son and family your pride in your son
- Take family photos

WHAT TO PACK

School bag
3 x navy Christ Church school socks
3 x white Christ Church PE socks
5 x casual pair of socks
1 x pair of thongs/sandals
2 x school shorts (Term 1 and Term 4)
3 x Summer uniform school shirts (Term 1 and Term 4)
3 x Winter uniform school shirts (Term 2 and Term 3)
2 x School Pants (Term 2 and Term 3)
1 x sleeping bag
1 x waterproof rain jacket
1 x beanie
1 x pair of old shorts
1 x old t-shirt
1 x pair of old tracksuit pants
Sufficient clean underwear for seven days
1 x black school shoes
3 x outfits (best casual attire)

1 x running shoes
1 x drink bottle
1 x Christ Church hat
2 x towels
1 x laundry washing bag (available at Uniform shop)
Non restrictive shorts for yoga/fitness activities
Singlet or t-shirt suitable for yoga/fitness activities
Surface Laptop
Casual clothes for after school each day of the program
Bathers (board shorts)
Comfortable pillow
1 x torch (and spare batteries)
Deodorant
1 x washing basket
Hairbrush
Toothbrush and floss
Toothpaste
Shampoo and conditioner
Shower gel
Stain remover stick or spray

PROGRAM PREPARATION

Medications

The Head of Year 9 On Queenslea Drive Program will support all boys who require both over the counter and prescription medications while in program. As some medications interact adversely, we ask parents to inform us of any medication, including natural remedies, their son has been given.

All medication must be taken under the supervision of the Head or Assistant Head of Year 9 On Queenslea Drive Program. This is crucial in order to educate the students about administration of medications and to monitor its effectiveness. It is the responsibility of the student to check in with the Head or Assistant Head of Year 9 On Queenslea Drive Program at the appropriate times to take their medication. Some over the counter medications will be stored in the On Queenslea Drive safe. With the exception of Paracetamol, which can be administered at the discretion of the Head and Assistant Head of Year 9 On Queenslea Drive Program. All other types of medication will only be administered after consultation with the registered nurse on duty.

It is mandatory that boys who take 'Schedule 8' medication must have a Webster pack organised at their pharmacy **before the program begins**. The Webster pack will then be handed to the Head of Year 9 On Queenslea Drive Program and kept in a safe on campus.

Adrenaline auto-injectors

Parents of students with anaphylaxis must provide **two** anaphylaxis kits containing an adrenaline auto-injector, antihistamine medication and an action plan. One kit is held by the student and should be taken to school each day and the second is stored in an allocated box in the On Queenslea Drive safe.

Head lice

Head lice remains a challenge for all communities. For some families head lice are a distressing and ongoing problem. At Christ Church our aim is to minimise this frustration and this requires a whole school approach. With help from all Christ Church families we hope to make head lice a rare occurrence rather than a frequent pest. To assist us, please carry out a head lice check on your son **before he enters** the program. Should your son be identified as having head lice while at school, Health Centre staff will manage this for him. If you would like more information, the policy can be found on the School website by typing 'head lice' in the search function.

PROGRAM

Handing in mobile phones

Research studies show that extensive phone and social media use has negative affects on self-awareness, confidence and overall life satisfaction (*McDool et al. 2016*).

The three-week program will provide a 'digital detox' opportunity for all boys and create a positive culture of relationship-building and personal awareness, allowing more time for getting to know each other and themselves. In order to do this, participants will be expected to hand in their phones on the first day of the program.

Any student found with a mobile phone whilst 'in program' will have his phone confiscated. All phones will be returned at the conclusion of The Return of The Young Men evening held on the final night.

Note: If you need to contact your son in an emergency while they're in program, please call the Head of Year 9 On Queenslea Drive Program, Mr Jarrod Kayler-Thomson on 0421 985 462.

Homework (Prep)

Boys will work in a school classroom under the supervision of On Queenslea Drive staff. Boys are asked to have a novel and their school laptop at each study session. Only academic work can be done during these times, and should boys complete their set work early then they are asked to read until the conclusion of Prep time. There is strictly no gaming, email, instant messaging or phone calls during the study periods. This supports the program and provides the ideal learning environment for your son.

Dress code

Casual clothing

Boys will change into casual clothing before the commencement of each evening workshop and may wear casual clothing on the weekends.

Football/soccer/cricket boots or shoes are not permitted in Sandover Dining Hall or the On Queenslea Drive student accommodation.

PROGRAM

Marking of clothing

To assist your son with the organisation of his clean laundry and to prevent loss of clothing, please correctly mark all clothes.

Name tapes are the best method of marking and can be ordered through the Uniform Shop (08 9442 1716). The tapes should clearly show the boy's surname and initials. Name tapes should be attached as follows:

- shirts, pyjamas, coats, singlets, pullovers, blazer – centrally, inside the neckband
- trousers, shorts, underpants, pyjama trousers – inside the centre back
- socks – on the inside band at the top
- beach towels – in the corner
- school/sports shoes – inside, on the tongue

It is essential that all clothing items are clearly labelled.

This assists boys in keeping track of their belongings and makes it easy to return lost and found items.

Valuables

Your son is responsible for the safekeeping of his own possessions. It is recommended that your son **does not** bring any money with him during the program.

Please note that the School's insurance policy does not cover the loss/damage of personal property brought into the residential On Queenslea Drive community.

We have limited space to store belongings when students are on the program, and our preference is that personal belongings of value remain at home.

Washing

Throughout the program all boys will be responsible for their own washing. The Head of Year 9 On Queenslea Drive Program will explain the process, and show boys around the laundry which contains four washing machines and two tumble dryers. Two clotheslines are located outside for the boys to hang their wet clothing.

Evacuation procedure

Program staff will conduct a fire drill early in the program to show students the evacuation procedure for the On Queenslea Drive student accommodation.

In the event of accident or illness - minor injuries, ailments:

- In conjunction with the School Registered Nurse on duty the Head or Assistant Head of Year 9 On Queenslea Drive Program will assess, treat or refer the child to other health professionals or parent

Serious ailments/injuries requiring doctor or hospital admission:

- Parent/guardian will be contacted
- First aid will be administered by nurse, or other staff members immediately present
- The nurse/Head or Assistant Head of Year 9 On Queenslea Drive Program will decide if the boy should be taken to hospital immediately or a doctor is to be contacted
- In an emergency or on the advice of an attending doctor, the boy will be transferred by ambulance to hospital and a program representative will stay with your son until relatives arrive

PROGRAM

Emergency contact

All students completing the On Queenslea Drive Program require a responsible adult to act as an emergency contact in case their parent/guardian cannot be reached. Emergency contacts perform a vital role in that they act for students in loco parentis when the boy is not under the direct control of the School. The selection of an emergency contact is a parental responsibility and is a condition of your son's enrolment in the program.

Choosing an emergency contact

An emergency contact requires experience similar to that of a parent, therefore your son's emergency contact should be a responsible adult over the age of 25 years. They should be related to your son or be a family friend. It is also important that your son's emergency contact be proficient in English.

Student health and wellbeing

Should your son be unable to remain in the On Queenslea Drive student accommodation due to illness or infection, he will need to stay with you (the parent/guardian). If you cannot be contacted or are unavailable your son will stay with his emergency contact. It is therefore extremely important that his emergency contact informs the School if they will be leaving Perth for any reason.

If you have any questions or concerns regarding these expectations, please contact Mr Jarrod Kayler-Thomson, Head of Year 9 On Queenslea Drive Program at jkayler-thomson@ccgs.wa.edu.au.

Hygiene requirements

Each boy is responsible for his own personal hygiene. Program staff will assist where necessary and encourage the boys to be diligent in their daily routine. Brushing of teeth, washing hair (using shampoo), use of deodorant (roll on), showering daily (using soap/gel), wearing clean clothes and underwear daily and washing of hands regularly is all very much part of the day to day management of the boys.

Medical appointments

Appointments (during the school day 8.30am to 3.05pm) with external healthcare providers are co-ordinated by the Health Centre staff. Parents are asked to inform the Head of Year 9 On Queenslea Drive Program if they make appointments for their sons, giving as much notice as possible. We can remind boys of their appointment at morning roll call, however, boys must report to the Health Centre both before and after their external appointments, in order to take necessary documentation, provide feedback to staff and arrange any follow-up appointments.

Program or Health Centre staff cannot provide transportation to periodic or occasional medical/dental appointments outside of the Claremont area. These appointments should be made to coincide with the start or the end of term or co-ordinated with the availability of the student's parent/guardian.

Illness and infection

Should your son be unable to remain in the program due to illness or infection he will need to be collected by his parent/guardian. In these situations, both for their own comfort and the wellbeing of other students, it is important that all students who cannot easily return home have a guardian/emergency contact in Perth. Liaison with the Head of Year 9 On Queenslea Drive Program is essential before the student returns to the live-in community.

Support services

All students have access to the School's extensive counselling services. This involves educational psychologists and the School Chaplain. Staff are aware that from time to time issues may arise for international students, which may be difficult to resolve within the school community. Should this occur, students or members of staff at Christ Church may contact the Department of Education Services Independent Conciliator, Ms Alison Miller by phone on (08) 9441 1929, by fax on (08) 9442 1901 or via email at alison.miller@des.wa.gov.au.

PROGRAM



Mother/Significant Female Afternoon

The relationship that a young man has with his mother is one of the most important in his life. The aim of this day is for boys and their mothers to have time together to celebrate their relationship and to create a healthy vision for the relationship they want in the future. This is a very important part of the three week program and we urge you to do everything possible to attend.

The mother/son afternoon will take place on the first Saturday of the program. Please note that if a mother is unable to attend the mother/son day, the family must send another female mentor or family member close to the boy to attend the day in their place.

All mothers will be expected to arrive at Queenslea Drive by 12.00pm on the Saturday. They will arrive home that evening by approximately 8.30pm.

PROGRAM

Father/Significant Male Weekend

The relationship between fathers and sons can be very challenging as a boy becomes a young man. If managed well, a father can support his son during a critical time in his life. If not managed well, it can lead to a breakdown in communication, anger and in some cases serious consequences. It is vital that fathers make every effort to be present for this weekend. The father/son weekend will take place during the second weekend of the program from Friday to Sunday.

Please note that if a father is unable to attend the father/son weekend, the family must send another male mentor or family member close to the boy to attend the weekend in their place.

Friday evening

All fathers will be expected to arrive at Queenslea Drive by 6.00pm on the Friday. There will be dinner and programing that will finish around 10.00pm for fathers to return home and sleep.

Saturday and Sunday

Fathers are expected to return to Queenslea Drive by 9.00am on Saturday morning. They will spend Saturday and Sunday sleeping over at the School's Mount Claremont Oval facility (Clarkson Oval) with their son. Fathers will be home by approximately 5.00pm on Sunday afternoon.

Things to bring:

- Sleeping bag
- Pillow
- Comfortable walking shoes
- Clothes for a full day, an overnight stay and the Sunday
- Water bottle

We will have access to showers in the pavilion at Mount Claremont.

- * Christ Church Grammar School will provide one tent for a father and son to share
- * No alcohol is permitted

The Return of the Young Men Evening

To conclude the program, the School will hold a community celebration dinner on the final Friday evening of the program. The dinner will act as a community ceremony celebrating and recognising the transformation of the boys to young men. It will mark the young men's return home.

The School invites immediate family and grandparents to attend this celebration which will begin at 6.45pm in the Sandover Dining Hall and conclude by approximately 8.45pm. Further details of the Community Celebration Dinner will be communicated by the Head of Year 9 On Queenslea Drive Program.



POST-PROGRAM

Parent suggestions

The premise of this program is that your son is beginning his journey as a young man. We need you to support him in this journey and to consider the healthiest relationship to have with him at this stage of his life or as a young man, which will be very different from the ideal relationship you would have had with him as a young boy.

He will have spent three weeks exploring identity, relationships and purpose and at some stage may want to discuss what has been happening for him. However, please know that he may well need time to integrate and do not be offended or surprised if when he returns, this does not happen immediately.

We recommend the following for mothers and fathers:

Find some space in the week after he returns to spend time alone with him. Some examples of what you could do include going out for a meal together one on one, taking a walk, or driving somewhere with him. Whilst you're out together, turn off your mobile phone and share with him how it was for you when he was absent for the three weeks of the program and what it was like for you when you came and spent time with him during the program.

You may also want to review the things you said to him when you honoured him and even add some things that you did not get to say. Once again, do not expect that your son will necessarily have much to say on return, it's just good that he gets to hear from you.

We recommend you start increasing the privileges that your son gets, in combination with stepping up his levels of responsibility. There may be things that your son(s) have wanted to do but you have said or felt that he is not ready. This would be a good time to allow him to start doing some of those things only after a discussion around how he will do it in a responsible way. An example of this could be letting him stay out with his friends later than usual, as long as he communicates with you. A way to approach this is using language like, "What do you think is fair and reasonable?"

What we are wanting to achieve is a move from a parenting style where you are the primary decision maker to a more mentoring style, where you are supporting your son to make his own decisions but to do so with thought and with the ability to reflect on the outcomes. In a number of years he will be leaving home and making decisions entirely for himself. This is an opportunity for you to help him move towards healthy decision making.

Please be aware that he is not coming home as a fully fledged adult with every aspect of life sorted out. He will still make mistakes and there is a chance that he will regress in the period after he comes home. But please note that a seed has been planted and please know that he will be a better person, partner and community member. Please be patient even if you don't see immediate changes.

If you notice him doing something positive, especially if it's something he has not done previously, please be sure to acknowledge and honour that. Positive reinforcement is critical.





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