

PERSONAL & SPIRITUAL DEVELOPMENT

HILLBROOK



HILLBROOK ANGLICAN SCHOOL

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The Hillbrook Personal and Spiritual Development (PSD) program embraces the school motto '*In Balance We Grow*' and is directly developed from an intention to educate the whole person.

Each student sets out on a journey to discover their own 'Meaning of Life'. We provide a framework so they can cultivate an understanding of themselves as individuals and as members of a community.

The aim of the PSD program is for students to leave Hillbrook with:

- A sense of self worth
- A repertoire of skills that will enable them to cope better with the challenges of life
- An ability to capitalise on their strengths
- An ability to embrace their weaknesses

The program begins gradually via an experiential, discussion-based and student-oriented series of lessons. These lessons are based on the premise of posing questions, not necessarily providing answers.

Each student is free to develop their own set of answers which will culminate at the end of Year 12 with the individual presentation of each student's Philosophy of Life.

Some of the topics covered in Junior PSD include:

- Peer power
- Organisation, Self Esteem and Taking Control
- Bullying and Friendships
- Families
- Love and Relationships
- Camp Preparation
- Human Rights
- Differences
- Volunteering

Some of the topics covered in Senior PSD include:

- Ethics, Morals and Values
- Self-awareness
- Motivation
- Leadership
- Schoolies Preparation
- CAP - Community Action Program
- Sex Education
- Alcohol and Drug Education
- Bullying and Peer Group Pressure
- Gender
- Safe Driving / Crash Scene Docudrama
- Contemporary Issues
- Camp Preparation