



## A Typical Day in Year 7

Year 7 is a bit like a box of chocolates - you get a taste of all the subjects we offer at Hillbrook, so you can decide which ones you would like to study further in Years 8, 9 and 10.

You'll study 12 different subjects in Year 7. Some of them you will already know a bit about, like Maths, Science, English, Religion and Health and Physical Education. You'll also get to sample two languages - Japanese and German - plus Food Technology, Industrial Technology Skills, Music, Drama, Digital Technologies and Art for 6 months each.

Some of the other subjects may sound a bit strange. Global Studies is where you learn all about different cultures and places, and why they are the way they are. This subject gives you a good picture of how the world works.

Then there's PSD. It stands for Personal and Spiritual Development. It's all about understanding yourself and others, looking at teenage issues and broader concerns, and working out how you can lead a happier and more fulfilling life.

Another subject that will probably be new to you is Philosophical Inquiry. This is thinking deeply and carefully with others about all those 'big' questions in life that perhaps you don't always take the time to explore, such as 'What makes you, you?' You will also learn to think and reason well.

Of course, you'll head off on lots of Outdoor Education activities like orienteering, ropes courses and canoeing, as well as a 3-day camp where you get to discover some great things about yourself, your new classmates and the natural world we live in.

### This is what a typical day may look like:

**7.30am** - If you are involved in Hillbrook's extensive Project Active program, your day might start early with an activity, or if you are involved in music you might have choir or ensemble rehearsal.

**8.30am** - Daily Starter begins in your Home Room, or your class may be scheduled for Chapel. Messages are read out, rolls are marked and the class mingles.

**8.45am** - Daily Starter ends and there's a 5-minute break to get to your first lesson.

**8.50am** - First lesson starts e.g. Maths or English. There are four 80-minute lessons every day.

**10.10am** - Morning Tea

**10.30am** - Second lesson e.g. Science

**11.50am** - 10-minute brain break for quick snack, drink or toilet (the Café is not open during this time)

**12pm** - Third lesson e.g. Art or Global Studies

**1.20pm** - Lunch

You're free to mix with friends, spend time in the Library or play sport.

**2pm** - Fourth lesson e.g. Drama or PSD

**3.20pm** - Freedom! End of school day. There are also Project Active options after school, like wall climbing, volleyball and many more.