

The Rite Journey



The Springfield
Anglican
COLLEGE

Their Future.
Kindergarten
to Year 12

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Introduction to The Rite Journey

In some traditional cultures there is a carefully crafted process which is guided by elders to teach their young ones the intricacies of adulthood. Without this process, young people who yearn to be seen as adults develop their own rites of passage which aren't always in their best interest.

The Rite Journey is a unique educational program designed to support the development of our Year 9 students. This program was created to support parents in navigating the transition of their child into adulthood. The program aims to raise student's consciousness of this transition and involves important conversations about what really matters.

The Rite Journey provides a means for students to engage in meaningful discussion about becoming responsible, resilient, resourceful and respectful adults.

Through class activities, challenges, mentoring, camp, and the importance of ritual, students are equipped with the skills to become confident young men and women with a sense of purpose. Each stage of the journey is marked by a memorable event to honour each child's transition to adulthood.

This booklet offers a brief overview of The Rite Journey Program at The Springfield Anglican College.



The Springfield Anglican College is proud to have obtained Lead School Status for Best Practice Implementation of The Rite Journey.

The Rite Journey Year

TERM 1: WHO AM I?

- My story
- Gratitude
- Dealing with change
- Body image

TERM 2: HOW DO I GET ON WITH OTHERS?

- Listening
- Dealing with emotions
- Friendship
- Relationships



TERM 3: IS THERE SOMETHING MORE?

- Personal values and beliefs
- Empathy and vulnerability
- Prayer/Mindfulness
- Reflection

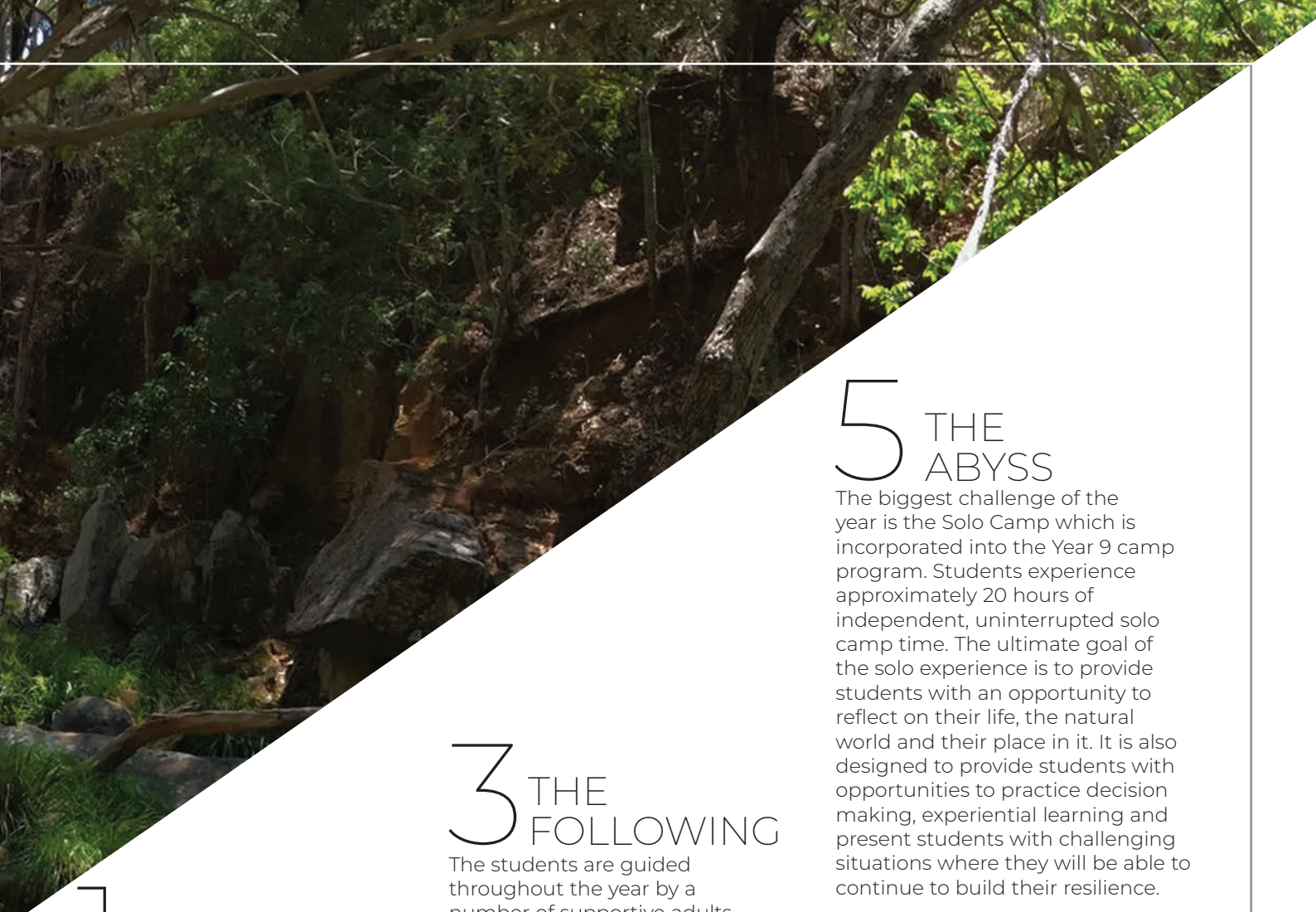
TERM 4: WHAT DO I HAVE TO GIVE?

- Self awareness
- Seeking purpose
- Acts of kindness



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Stages of The Rite Journey



1 THE CALLING

A significant event for the student which signifies the beginning of their journey from childhood to adulthood. Students spend the night at school in their Rite Journey classes where they are asked to reflect on their childhood, share their story and all that they have to be grateful for. The Calling gives students an opportunity to express this gratitude in a letter to their parents/caregivers.

2 THE DEPARTURE

To mark this moment, students are woken before dawn to undertake an independent, silent walk up to the summit of Mount Coot-tha. When reaching the summit, students observe the sunrise over the city of Brisbane which is symbolic of the start of their journey. Students return to school and meet their parents/caregivers, exchange letters of gratitude and share breakfast whilst reflecting on special moments in their lives.

3 THE FOLLOWING

The students are guided throughout the year by a number of supportive adults including teachers, parents/ carers and mentors. This process is key to developing and strengthening connections with positive role models. Students interact with adults through organised events including cultural day and elder's day. They also complete a challenge or project with a family member/ mentor which will be presented at the end of year graduation.

4 THE CHALLENGES

Resilience is built by giving students challenges and helping them acquire the skills, resources and mindset necessary to overcome them. Throughout the Rite Journey students are challenged in a variety of ways. Group challenges include: staves, drumming, and camp activities. Individual challenges include: learning to juggle, make a meal for the family, acts of kindness, sharing a personal story and reciting a poem in front of peers.

5 THE ABYSS

The biggest challenge of the year is the Solo Camp which is incorporated into the Year 9 camp program. Students experience approximately 20 hours of independent, uninterrupted solo camp time. The ultimate goal of the solo experience is to provide students with an opportunity to reflect on their life, the natural world and their place in it. It is also designed to provide students with opportunities to practice decision making, experiential learning and present students with challenging situations where they will be able to continue to build their resilience.

6 THE RETURN

Students reflect on what they have learned and experienced during the year and the gifts and skills they will carry into adulthood. This ceremony takes place separately in each Rite Journey class. Students take turns to reflect on their journey, the characteristics they have developed and areas they would like to continue to work on. Peers also offer positive affirmations acknowledging growth and strengths of others in their class.

7 THE HOMECOMING

Students are celebrated and honoured at a gratitude ceremony involving teachers, parents/caregivers and mentors. It is a night of reflection where students and teachers look back on the year, the milestones made and the students' growth and development into adulthood.

The Rite Journey Student Challenges








CONQUERING THE

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The Rite Journey seeks to empower students to be courageous and responsible adults who display the traits of courage, collaboration, consideration, compassion, commitment and connection. The challenge component of The Rite Journey, including the camp, seeks to develop these characteristics in students.

Students are responsible for completing their own challenges. To be awarded honours, they will need to select a challenge from the list of options and gain approval from their Rite Journey teacher prior to commencing the challenge.

	Expected*	With Honours**
<p>COURAGE</p> 	<ul style="list-style-type: none"> • Share your life story • Blindfold and trust fall activities • Cross the line 	<ul style="list-style-type: none"> • Performance day: Using your voice, memorise extended speech or song and perform in front of a group • Write a letter to someone you have wronged
<p>COLLABORATION</p> 	<ul style="list-style-type: none"> • Stave challenge • Drumming challenge 	<ul style="list-style-type: none"> • Complete a service activity for a school / community group • Represent the College in a sporting / creative arts / academic role
<p>CONSIDERATION</p> 	<ul style="list-style-type: none"> • Make a meal for your family • Random acts of kindness 	<ul style="list-style-type: none"> • Make something meaningful for Mother's Day and / or Father's Day • Take on a new responsibility that would help someone else for an extended period of time
<p>COMPASSION</p> 	<ul style="list-style-type: none"> • Gratitude letter to parents • Working with others to complete group challenge eg. Social picnic 	<ul style="list-style-type: none"> • Produce a student led campaign to promote an issue or cause • \$10 fundraising challenge or similar • Complete 40-hour famine or similar
<p>COMMITMENT</p> 	<ul style="list-style-type: none"> • Attend ANZAC day ceremony • Participate in Learn a Skill day • Learn a new skill eg Knitting, juggling 	<ul style="list-style-type: none"> • Complete a fun run or equivalent • Improve a full grade in your least liked subject (eg. C+ to B+) • Join a new team or club • Learn a new instrument • Term 3 push-up challenge
<p>CONNECTION</p> 	<ul style="list-style-type: none"> • Calling and departure ceremony • Complete a challenge with a family member 	<ul style="list-style-type: none"> • Mentor challenge • Give up your mobile phone for a week • Write a letter to thank someone who has helped you in life
<p>CAMP</p> 	<ul style="list-style-type: none"> • Complete a range of challenges on camp including Solo challenge 	

* Must complete 1 from each category

** Must complete 6 from the list or of your own design to be approved by your Rite Journey teacher



The Rite Journey Mentor Program

Research suggests that exposure to a wide range of positive role models, informal support and advice is a crucial component in supporting your child during their adolescent stage of development. At The Springfield Anglican College, we appreciate the importance of surrounding our young people with well-meaning adults to provide further guidance and support through the challenges of the adolescent years.

Positive contact with adults, other than parents, is important to young people and decreases the likelihood that your child will engage in risk taking behaviours. When students have a range of knowledgeable and caring adults outside of their parents, they find greater success at school. You would have heard the saying 'it takes a village to raise a child' and it is never more important than at this stage of a child's life.

As such, The Rite Journey Mentor program encourages parents to engage their child with a same-sex adult mentor who will work with them throughout the program. The mentor is chosen by both the student and parents, to ensure both are comfortable with the selection. The mentor should be a person that the student may spend time with throughout the year, working on a project together, learning a new skill, volunteering or participating in an activity both are both passionate about. Their relationship will strengthen throughout the year, providing your child with ongoing support and guidance this year and in the years to come.



A Message from The Founder

MR ANDREW LINES

I'd like to offer you a warm welcome to The Rite Journey, the innovative year long program being offered at The Springfield Anglican College.

The Rite Journey has been created to complement your role as parents and carers in guiding your child into young adulthood. Young people yearn to prove that they are adults. Most traditional cultures have a carefully crafted process guided by elders that provides this experience. In the absence of this adolescents often take it upon themselves to create their own rites of passage.

As an experienced teacher and father of teenagers I have listened to many parents and colleagues despairing as to how to help their boys and girls make it through adolescence. There are significant challenges that many young people face in today's society. The dominance of media; changing nature of family structures; pressures of work life and the stretching out of the years which young people spend navigating their way to adulthood all have a price. Having worked with many parents over the years I am aware of the impact this can have on raising and relating to adolescents.

Learning to be an adult male or female in any society typically involves guidance, mentoring and a great many conversations. However, in our society today we very often see young people turning to peers, the media and the Internet to source this knowledge and guidance. There has been a loss of human-connection and nurturing as screens dominate adolescents' lives in our technologically saturated world. During The Rite Journey students will have numerous conversations around what it is to be a respectful and responsible man or woman in our society.

As your child journeys through the year, we hope that the discussions they are having at school may also stimulate conversation in your own homes. Adolescents are best helped by community guidance and your school may encourage you to find a mentor for your child. Your child's mentor will serve as another adult role model of the same gender, and ideally an ongoing supportive and rewarding relationship can be formed.

A unique feature of The Rite Journey is the seven steps that form a contemporary Rite of Passage. The staff The Springfield Anglican College have worked with me and The Rite Journey team to create a special, memorable series of events, aimed at honouring your child's transition into young adulthood. As parents and carers, you will have the chance to be involved in some of these ceremonies. I wholeheartedly invite you to embrace this opportunity to celebrate and share this part of your child's journey.

Feedback from parents and carers and teachers across Australia and New Zealand has indicated that The Rite Journey has been a catalyst in positively transforming and supporting the transition into young adulthood. I trust that you and your child find The Rite Journey a positive, rewarding and transformative process.

Recommended Reading

- **Raising Boys and Raising Girls** by Steve Biddulph
 - **Raising Sons and Raising Daughters** by Don and Jeanne Elium
 - **What's Happening To Our Girls? and What's Happening To Our Boys?** by Maggie Hamilton
 - **He'll Be Ok: Growing Gorgeous Boys into Good Men** by Celia Lashlie
 - **Growing Great Boys and Growing Great Girls** by Ian Grant
 - **A Blessing Not A Curse** by Jane Bennett
 - **Queen Bees and Wannabes** by Rosalind Wiseman
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To read more about The Rite Journey, please visit: theritejourney.com

