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Sample assessment 2020

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Stimulus book

# Health



Queensland  
Government



Queensland Curriculum  
& Assessment Authority

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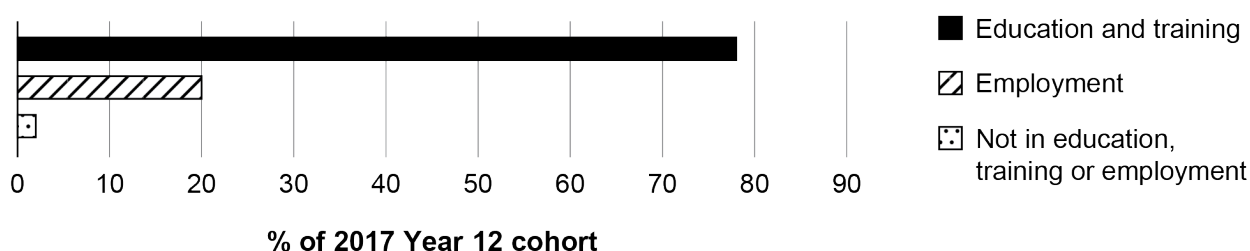
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## Context 1

### Source 1: School setting

- The school day is 10 am to 4:15 pm.
- Key programs include mindfulness sessions, daily breakfasts, and social or competitive sport programs.
- The student support program was implemented at the start of 2015 and is based on PERMA+.
- Four out of five students come from middle to high socioeconomic backgrounds.

### Source 2: Year 12 cohort destinations



### Source 3: Top future concerns

1. School results and tertiary entrance
2. Peer and family pressure
3. The environment

### Source 4: Top aspirations

1. Attain a high-income job
2. Travel
3. Participate in environmental activism

### Source 5: School disciplinary data

School data	Total number of students				
	2013	2014	2015	2016	2017
School population	1602	1636	1620	1842	1828
Suspensions	148	109	82	64	62
Exclusions	9	10	6	4	2
Enrolment cancellations	13	6	6	2	1

### Source 6: Self-reported confidence data

Year 12 ability category	Rating
Access health information from a range of sources	High
Apply health information to enhance own health	High
Evaluate barriers to and facilitators of health for self and others	Medium
Advocate action strategies for self and others	Low

### Source 7: Local volunteer organisations

Total number with volunteering opportunities	242
Total number with sufficient volunteer support	26

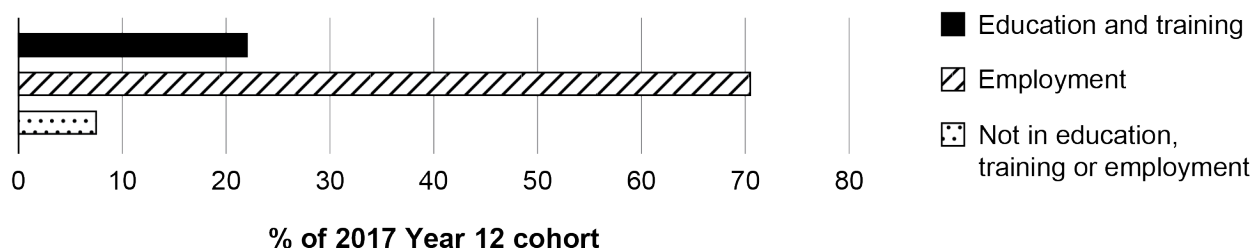
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## Context 2

### Source 8: School setting

- The school day is 8 am to 3:15 pm.
- The curriculum has limited subject choices.
- The behaviour management program uses the 'Responsible Thinking Process'.
- One in five parents/carers has sole custody and earns a low income.

### Source 9: Year 12 cohort destinations



### Source 10: Top future concerns

1. Family conflict/family breakdown
2. Meeting financial responsibilities
3. Tolerance and acceptance of diversity

### Source 11: Top aspirations

1. Successful graduation
2. Financial security
3. Stable social support network

### Source 12: School disciplinary data

School data	Total number of students				
	2013	2014	2015	2016	2017
School population	531	578	617	797	816
Suspensions	227	296	184	284	239
Exclusions	3	5	7	5	6
Enrolment cancellations	0	2	6	7	0

### Source 13: Self-reported confidence data

Year 12 ability category	Rating
Access health information from a range of sources	High
Apply health information to enhance own health	Medium
Evaluate barriers to and facilitators of health for self and others	Low
Advocate action strategies for self and others	Low

### Source 14: Local volunteer organisations

Total number with volunteering opportunities	103
Total number with sufficient volunteer support	15

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## **Innovation: Help the helper program**

### **Help the helper program characteristics and features**

- There are two components to the Help the helper program
  - a four-day camp, which is held away from the school campus
  - a volunteering program, which is run in the local community.
- State government grants partially fund the program.
- Four schools across the state participated in the five-year trial of the program from 2013–2017.
- Student involvement in the program is optional, but strongly advised.

### **Four-day camp**

- The target group is Year 12 students.
- The camp is held during Term 1.
- The camp's key purpose is to build social connectedness.
- Students engage in team-building and challenge-based activities to identify and develop
  - character strengths
  - goal-setting skills
  - verbal and nonverbal communication skills.

### **Volunteering program**

- Students participate in the program for a minimum of two terms, and volunteer at least once every week with an organisation in the local community.
- Students nominate their volunteer placement from a list of available organisations.
- Key modules of the volunteering program include
  - code of conduct
  - valuing diversity and cultural awareness
  - workplace health and safety, including first aid and cardiopulmonary resuscitation (CPR)
  - rights and responsibilities of the employee
  - critical health literacy skills
  - information and technology skills.
- Students complete a participant booklet throughout the volunteer component.

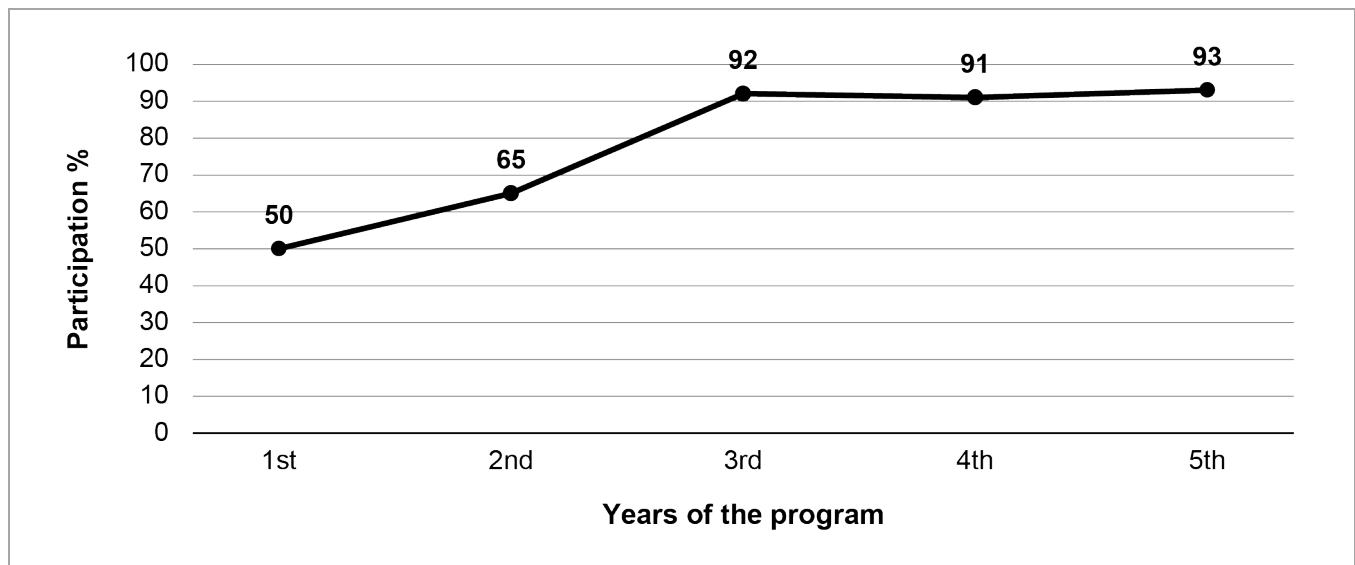


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## Implementation data

- Over a five-year period, the Help the helper program was trialled in four schools.
- There were 5000 Year 12 students enrolled in the four schools over the program's five-year trial period.
- Across the four trial schools, a total of 925 Year 12 students completed the program in the final year of the trial.

**Figure 1: Participation by Year 12 students in trial schools across a five-year period**



## Help the helper program five-year findings

- Annual surveys completed by staff, students and parents at the trial schools showed the program is highly valued.
- Additional organisations were attracted to the program and have provided volunteer opportunities for students.
- There was a decrease in reported bullying incidents within the trial schools.
- The program was implemented as intended, with very high completion rates.
- Year 12 students who completed the program self-reported a significant increase in positive psychology indicators, most notably
  - positive emotions, particularly happiness
  - relationships, by expanding social connections and support networks
  - meaningfulness, by using signature strengths for a greater purpose
  - accomplishment, by completing the volunteer program.
- Volunteer programs have become institutionalised in local community groups.
- Students engaged in the program self-reported feeling more connected with their community.

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