



PERFECTLY BALANCED



St George's College
WEYBRIDGE

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BALANCED

‘Busy students’

St. George’s College has always had a large number of talented students in the fields of sport, music and drama.

We offer an extensive programme of extra-curricular activities in which many students are involved.

Some students participate in extra-curricular activities both within and outside of school.

We have become victims of our own success!

We understand the importance of good academic outcomes.

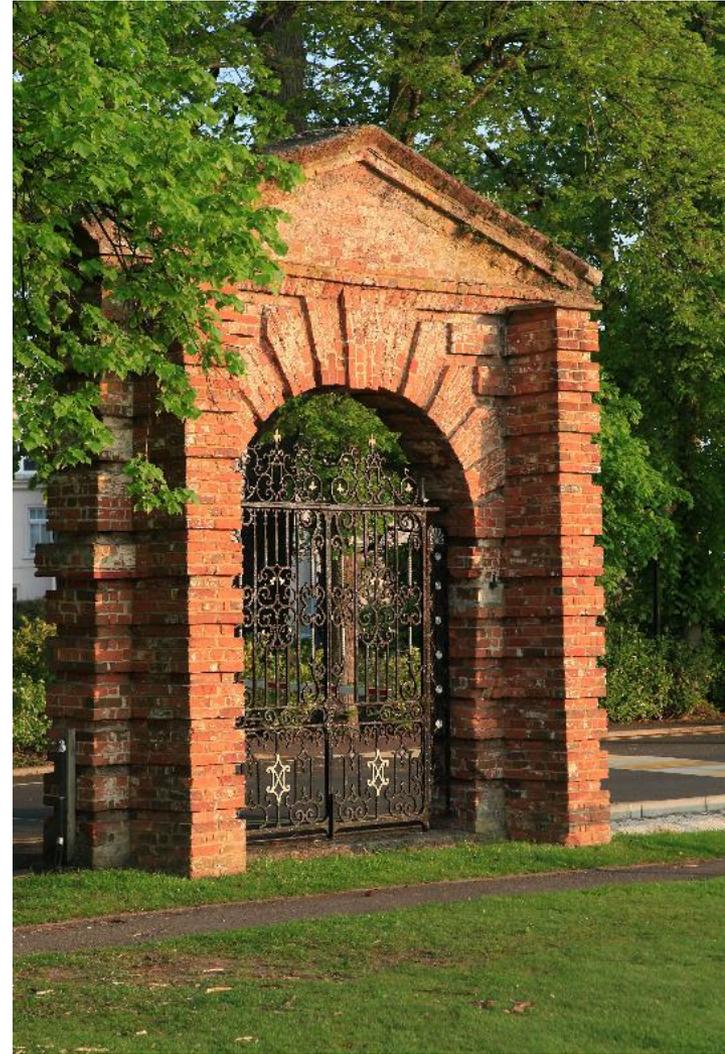
We know that more and more students are struggling with poor mental health.

What is ‘perfectly balanced’?

Creating an environment in which students feel able to cope with their work and extra-curricular load.

Allowing students to develop their talents outside of the classroom, whilst achieving their academic potential.

Supporting students in becoming the best version of themselves.



Categories of student that may cause concern

1. Students who are lazy or unwilling to organize their time appropriately and may use extra-curricular activities as an excuse for being behind with work
2. Students who are high achieving in extra-curricular activities but who struggle academically and find it hard to plug the gaps when they miss lessons
3. Students who are generally high-achieving and earning good or very good grades but are also participating in extra-curricular activities and may be suffering from considerable stress and mental pressure

MY ROLE

- **Working with the students to develop:**
 - Organisation
 - Time management
 - The ability to prioritise
 - Forward planning, be proactive
 - Communication with tutors, subject teachers, parents and me!
 - Coping strategies when under pressure
 - Resilience
- **Working with staff to:**
 - Monitor grade cards, behaviour management, exam results
 - Highlight & resolve concerns
 - Support when demands are greatest
 - Negotiate deadlines
 - Mediate competing demands
 - Liaise with parents and other departments
 - Liaise with the Heads of art, music, sport & drama to avoid potential clashes

Monitoring procedure

- Discussions with students regarding their weekly schedules and liaising with parents about possible amendments
- Review of grade cards and warnings
- Recording of absences from academic lessons
- Consultation with subject teachers, tutors, HODs & HOYs
- Communication with parents
- Review of extra-curricular competitions, events & trips
- Monitoring of after school and weekend practices, fixtures & rehearsals
- Regular 'check-ins' with the busiest students to make sure they are coping

Coping with absences

Missing a day or less

- Students should email the teachers of the lessons you are missing and request the work/homework in advance
- If missing a test, negotiate how your teacher wants it to be caught-up and when
- Once you have copied up the notes, check for understanding and then arrange to meet with your teacher if anything is unclear
- TAH can support students with all of the above
- If the absence is school sport related, the student should get the next games lesson off to work in

Missing more than a day

- Parents should contact Mrs Hall as soon as you have permission for absence from the Headmistress so that staff can be informed and work collated
- It will be possible to do some work beforehand, perhaps some when away and then the rest on your return
- We will try to find some slots of time to help you catch-up afterwards
- Students should ask subject teachers to go through the work that has been missed and attend subject surgeries if possible

How Parents can help

- Communication - from the students or parents via email, direct line 01932 839345 or in person
- Try to encourage forward planning to take the stress out of missing lessons
- For parents of high-achieving students; try to encourage the phrase 'good enough'. Set time limits for working at night and ensure some down time
- For parents of those that struggle in some subjects; please encourage their attendance at subject surgeries and involve subject teachers as early as possible
- For parents of students with a poor work ethic; it is possible that they could be withdrawn from the event if they are not meeting the academic demands of their subject teachers