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Holistic Development Roadmap For Children Aged 6-12 Through The Use Of School Diaries

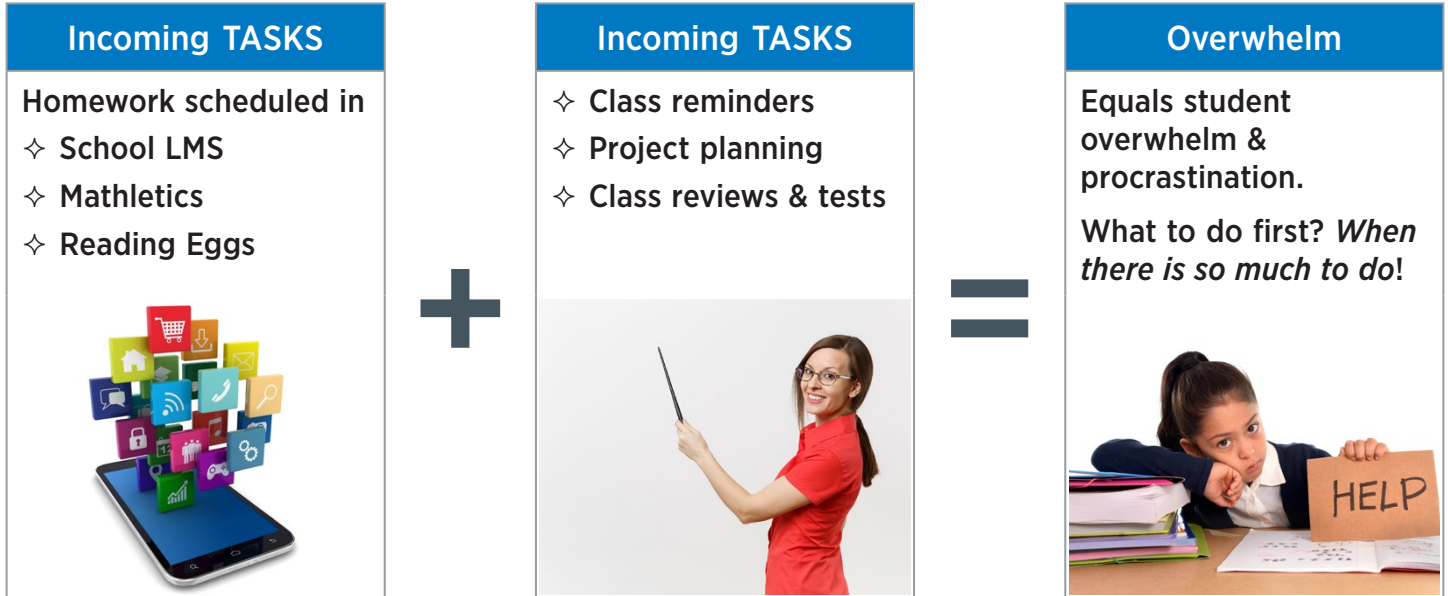
A full range of Student Diaries, Journals & Planners

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Critical Skill #1 – Time/Self Management

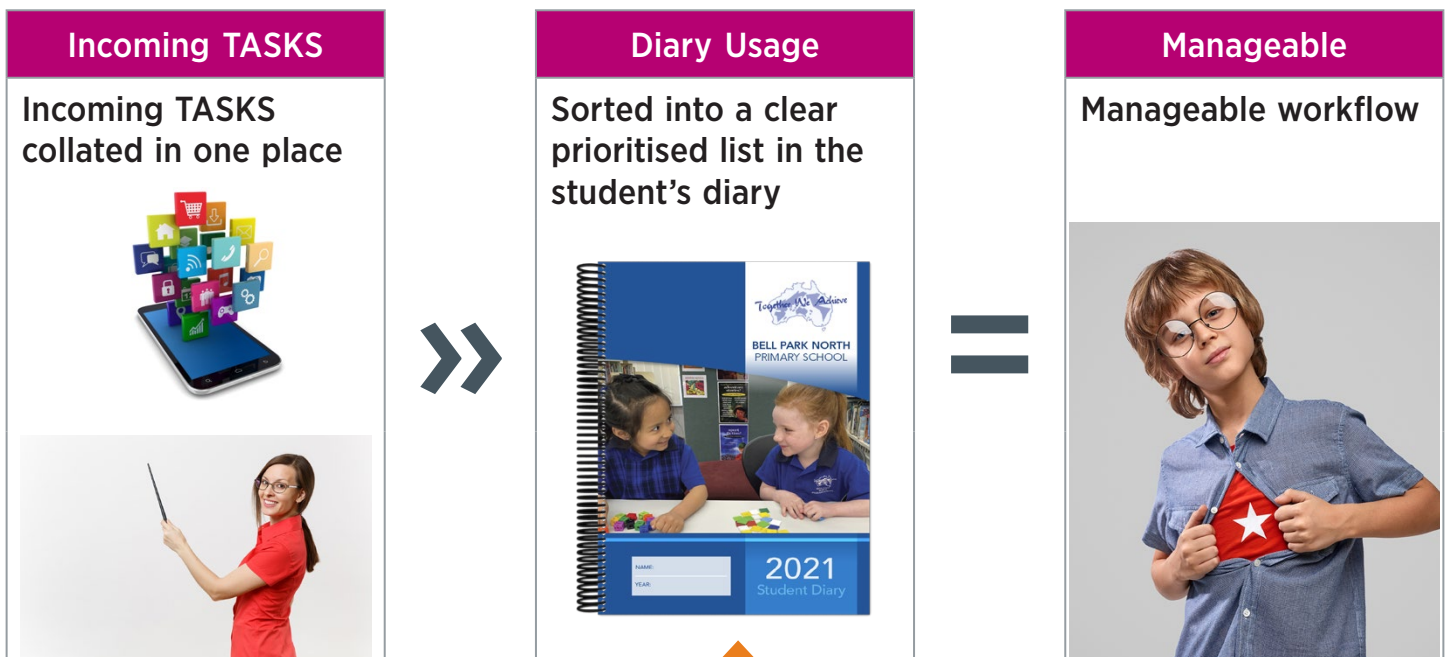
Current Model

Because of the explosion of online apps to assist with teaching students, there are now many streams of tasks students collect work for. This can become overwhelming when the student does not have a sense of prioritisation.



Time Management Model

The Time Management model places a diary as the central collection point for all incoming tasks which then refines items into a list of priorities. Focusing in on prioritised tasks creates a management workflow for the student.



This is the most critical tool. The school diary is the interjection between noise and focus. It deals with what we call the "messy middle" and guides students to produce outcomes.

SmartStart School Diary

SmartStart school diary introduces students to the concept of time management. Through using MyDiary students develop an awareness that time and attention are limited resources yet outside demands are not.

Students, through writing down commitments, learn to juggle their tasks based on prioritisation. Introducing this within the primary years sets up the framework for high school.



I believe a school diary is not only a critical time management tool, it also serves as the perfect companion to support a student's emotional development when teachers are not there.

A school Diary
in primary
schools sets the
foundation for
High School.



Teaching Outcomes

Time Management

- ✧ Concept of school diary
- ✧ Concept of homework
- ✧ Concept of planning
- ✧ Preparation for High School



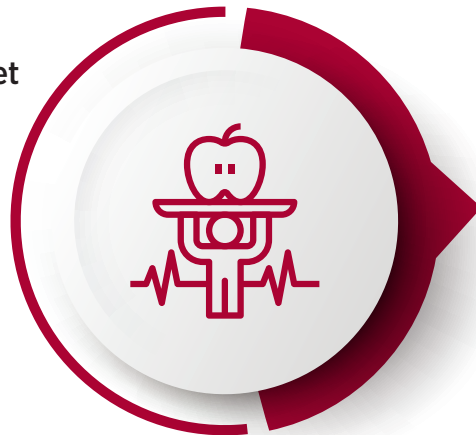
Mindfulness

- ✧ Avoid comparison
- ✧ Be your own good friend
- ✧ Understand emotions
- ✧ Practise gratitude
- ✧ Explore self-regulation strategies



Health

- ✧ Importance of sleep
- ✧ Understand healthy diet
- ✧ Elements of fitness
- ✧ Forming habits



STUDENT DIARY



The school diary is not only a tool, it also serves as the support a student's en

Academic Tools & Skills

- ✧ Learn how the brain learns
- ✧ Map of Australia & National Anthem
- ✧ Timetables
- ✧ Collective nouns
- ✧ Units of measurement
- ✧ How our calendar works

Relationships & Community

- ✧ Become mindful of your environment
- ✧ Importance of recycling
- ✧ Being a good friend
- ✧ Personal boundaries
- ✧ Choose words thoughtfully
- ✧ Self-Acceptance
- ✧ Bullying & cyberbullying
- ✧ Role models

Aspiration

- ✧ Personal best
- ✧ Goal setting
- ✧ Growth vs fixed mindset
- ✧ Get gritty
- ✧ Keep a sense of humour
- ✧ Explore strength of character

*a critical time management
e perfect companion to
emotional development.*

What Students See

A stunning Australiana themed diary using beautiful water-coloured, hand painted images. Very clear homework areas to note homework, reading and vocabulary.

March / April


Term ☐

Week ☐


1

Due ☒


28 Monday


Koala


29 Tuesday


Kangaroo


30 Wednesday


Bilby


31 Thursday


Wombat

01 Friday



Platypus

26

MyDiary  smartStart


5

Wellbeing




Bo

Par




Bo

Par




Bo

Par



Bo

Par



Bo

Par

8

WHAT IS A

A good relationship
Relationships should

What You Teach

Complementing the Australian Curriculum, this unique student diary retains all the practical planning functionality our diaries are famous for whilst supporting schools to provide positive learning and thinking content.

March / April

Reading Record

Book Title:

2

Parent/Guardian Signature

Book Title:

Parent/Guardian Signature

Book Title:

Parent/Guardian Signature

Book Title:

Parent/Guardian Signature

NEW VOCABULARY

3

4

RELATIONSHIPS

The definition of a relationship is a connection between two people or things. Such as:
Husband and Wife.
Brother and Sister
Two friends
Teacher and Student
Two businesses working together.

6

7

QUOTE

*Walls keep everybody out
Boundaries teach people where
the door is.* MARK GROVES

Teacher/Parent Communication

4

GOOD RELATIONSHIP?

has trust, honesty and you should feel free and open to talk about things you care about.
It should be fun and positive experiences. Everyone deserves to feel safe and cared for.

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Time Management/ Productivity

- 1 Homework, Due Dates and Completion column
- 2 Reading Record
- 3 Vocabulary
- 4 Teacher/Parent Communication

Student Wellbeing

- 5 Wellbeing Check-in
- 6 VIA Character Strengths
- 7 Inspirational Quotes
- 8 Wellbeing Curriculum

This skill of time management which is essentially self-management becomes the foundation on which all future skills are learnt.

Study Pages Previews

Australian National Anthem



Australians all let us rejoice
For we are young and free;
We've golden soil and wealth for toil
Our home is girt by sea;
Our land abounds with nature's gifts
Of beauty rich and rare;
In history's page, let every stage
Advance Australia Fair.
In joyful strains then let us sing
Advance Australia Fair.

Beneath our radiant Southern Cross
We'll toil with hearts and hands;
To make this Commonwealth of ours
Renowned of all the lands;
For those who've come across the seas
We've boundless plains to share;
With courage let us all combine
To Advance Australia Fair.
In joyful strains then let us sing
Advance Australia Fair.

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Bullying

Bullying is when someone intentionally and repeatedly says or does something to cause harm to another person.

Bullying can occur in the following ways:

Physical: When someone hits, kicks, pushes or causes any bodily harm

Exclusion: When someone deliberately won't allow you to join in

Verbal / Teasing: Includes hurtful comments, name-calling or teasing someone about something in a hurtful way

Lies or Rumours: When someone spreads a lie or nasty stories about you

Threats: When someone says something that makes you afraid

Cyber-bullying: When someone says something hurtful over the internet / text / call.



BEFORE YOU SPEAK:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

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How Our Calendar Works



Every 365 days you celebrate your birthday but on every fourth year, it's 366 days until your next one. That one extra day is always added on to the month of February. And every fourth year is called a Leap Year. And to know if it's a leap year, the last two numbers of any year must be divisible by 4!



Thirty days has September,
April, June and November.

All the rest have thirty-one,
except for February alone, which has
but 28 days clear, and 29 in each Leap Year.

The seasons in the Southern Hemisphere,
where we live, are the opposite to
the Northern Hemisphere.

For example, when it's Summer in Australia,
it's Winter in England!

FOUR SEASONS

Summer Autumn Winter Spring



1st December
to
28th February



1st March
to
31st May



1st June
to
31st August



1st September
to
30th November

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Units of measurement

METRIC UNITS - LENGTH

10 mm = 1 cm
100 cm = 1 m
1000 m = 1 km



METRIC UNITS - MASS

1000 milligrams = 1 gram, g
1000 grams = 1 kilogram, kg
1000 kilograms = 1 tonne, t



METRIC UNITS - CAPACITY

500 mL = 0.5 L
1000 mL = 1 L
1500 mL = 1.5 L
2000 mL = 2 L

METRIC UNITS - TEMPERATURE

Celsius, °C also known as centigrade, °C

BER	ROMAN NUMERAL	CALCULATION
0	not defined	
1	I	1
2	II	1+1
3	III	1+1+1
4	IV	5-1
5	V	5
56	VI	5+1
7	VII	5+1+1
8	VIII	5+1+1+1
9	IX	10-1
10	X	10
20	XX	10+10
30	XXX	10+10+10
40	XL	50-10
50	L	50
100	C	100
1000	M	1000

TIME

60 seconds = 1 minute
60 minutes = 1 hour
24 hours = 1 day
7 days = 1 week
14 days = 1 fortnight

28-31 days = 1 month
52 weeks = 1 year
12 months = 1 year
365 days = 1 year or
366 in a leap year

What is a Leap Year?

It takes approximately 365.25 days for Earth to orbit the Sun — a solar year. We usually round the days in a calendar year to 365.

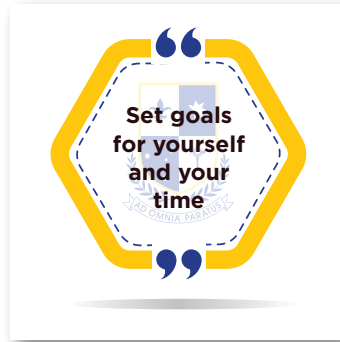
To make up for the missing partial day, we add one day to our calendar approximately every four years.

10 years = 1 decade
100 years = 1 century
1000 years = 1 millennium


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Support for Your Social Media




Anchor your student diary to your school's digital ecosystem with focused sharable pieces of content that you can drag and drop to your social media channels.




CRITICAL THINKER
To think and analyse situations or information clearly, rationally and practically in order to come to a solution.

TAKE ACTION:

- Be open to all ideas or opinions
- Question your assumptions
- Don't take information on authority until you've investigated it yourself
- Question things

THE POWER OF "YET"
You are not able to do something ... yet. 'Yet' allows you to remember it's possible.



Bullying is never ok.

Bullying is...

REPEATED
Bullying is being mean to someone over and over again.

INTENTIONAL
Bullies have the intention to cause psychological or physical harm.

POWER IMBALANCE
The bully will use their physical power, popularity or access to information against their victim.

"... When someone is cruel or acts like a bully, you don't stoop to their level. No, our motto is, when they go low, we go high."

MICHELLE OBAMA

MENTAL HEALTH AND WELLBEING
What can you do to help yourself?

If you broke your arm, you would not try to heal it yourself. You would seek the help of a suitable doctor to get you back on the road to recovery. Depression is no different.

- Talk to a parent or friend and if you are still not feeling any better, please seek professional help.
- It is really important that you find the right psychologist for you. If you are not 100% happy with them and not able to share and talk to them then you need to move to someone else.
- Ask family members and close friends to check in on you on a regular basis.
- Eat natural, whole and unprocessed foods and limit sugar, as this often affects our emotions.
- Even though you may be feeling exhausted, make sure you exercise for at least 20 minutes each day. Even if it means getting out into the sun for a walk around your block.
- Take one day at a time.

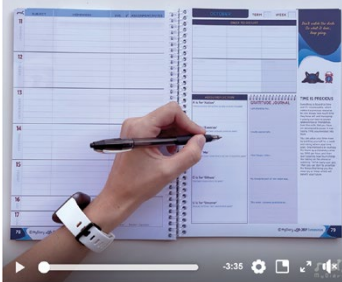
"There is no-one more deserving of compassion than yourself."

BUDDHA

St Norbert College
Today at 02:30 · 15

What a great start to the year!
Check out these great tips to get the most out of your new diary

7 Top Tips To Plan The Term Ahead



54,876 likes · 2,729 shares · 100,543 views

St Norbert College
Today at 19:33 · 15

Congratulations St Norbert College Students on completing Term 1!
Stay safe and enjoy the break

MAKE TIME TO REFLECT

Another Great Term Completed ✓
Great job everyone! At the end of the term make sure to take 5 to reflect using your A.E.I.O.U reflection list...

- A is for 'Action'**
How successfully did I achieve my goals in the last term?
- E is for 'Exercise'**
At what stage have I been physically active this week?
- I is for 'Me'**
At what stage have I been active or self-care to myself this week?
- O is for 'Others'**
How have I helped others this week?
- U is for 'Uncover'**
What are the things I don't want to think about?

Have a wonderful break and see you in term 2!

1,035 likes · 100 shares

St Norbert College
Today at 19:33 · 15


Congratulations Charlotte Smith on winning first place and making it on to the Diary Champion Wall of Fame!
Keep up the green smoothies Charlotte

Diary Champion WALL of FAME



An awesome example from Charlotte Smith on utilising the weekly reflection

1,035 likes · 100 shares




CRITICAL THINKER
To think and analyse situations or information clearly, rationally and practically in order to come to a solution.

TAKE ACTION:

- Be open to all ideas or opinions
- Question your assumptions
- Don't take information on authority until you've investigated it yourself
- Question things

THE POWER OF "YET"
You are not able to do something ... yet. 'Yet' allows you to remember it's possible.



Mrs Hermione Granger
Head of Department
07 1234 9874
email: hermione.granger@education.com

QUOTE TO PONDER
"Every person is the architect of their own fortune." -Aplius Claudius

Other Designs Available

We custom design many layouts to cater for the unique needs of our schools. Ranging from pre-primary to university. Here are some examples of our work:

MyDiary Engage

MyDiary Engage layout showing a weekly planner with a focus on engagement and learning. It includes a calendar for January, a 'Stop & Think' section, and a 'Fix & Agree' section. The layout is colorful and features various icons and text boxes for students to write in.

Custom Designed for St Stephens Carramar

Custom Designed for St Stephens Carramar layout showing a weekly planner with a focus on communication and reading. It includes a calendar for January, a 'Stop & Think' section, and a 'Fix & Agree' section. The layout is colorful and features various icons and text boxes for students to write in.

MyDiary Faith

MyDiary Faith layout showing a weekly planner with a focus on faith and spirituality. It includes a calendar for January, a 'Stop & Think' section, and a 'Fix & Agree' section. The layout is colorful and features various icons and text boxes for students to write in.

MyDiary Classic

MyDiary Classic layout showing a weekly planner with a focus on classic planning and organization. It includes a calendar for January, a 'Stop & Think' section, and a 'Fix & Agree' section. The layout is colorful and features various icons and text boxes for students to write in.

Custom Designed for St James' Anglican School

Custom Designed for St James' Anglican School layout showing a weekly planner with a focus on reading and vocabulary. It includes a calendar for February, a 'Stop & Think' section, and a 'Fix & Agree' section. The layout is colorful and features various icons and text boxes for students to write in.

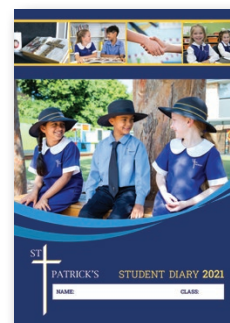
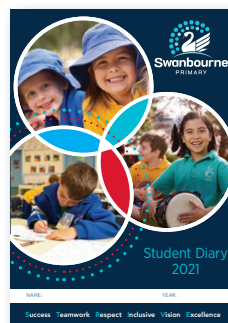
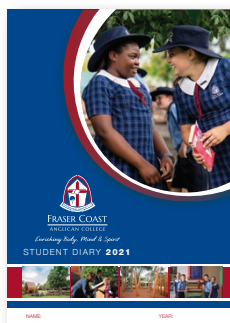
Custom Designed for St Stephens Duncraig

Custom Designed for St Stephens Duncraig layout showing a weekly planner with a focus on communication and reading. It includes a calendar for February, a 'Stop & Think' section, and a 'Fix & Agree' section. The layout is colorful and features various icons and text boxes for students to write in.

Included with MyDiary Order

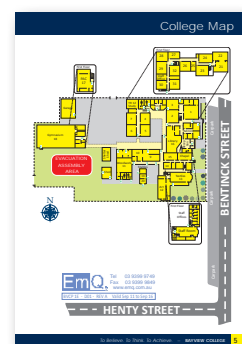
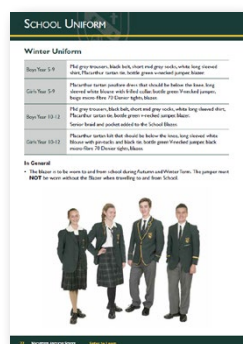
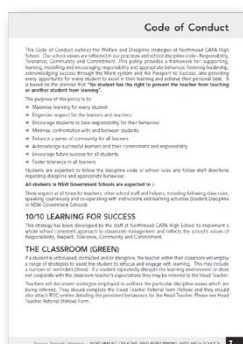
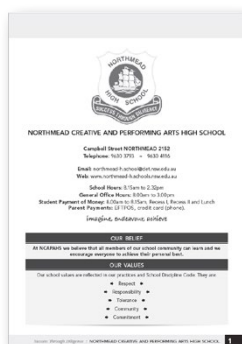
1. PERSONALISED AND FULL COLOUR COVER

Create your own or select one from our extensive range of designs!



2. SCHOOL CONTENT PAGES

Include your school contact details, school policies, uniform requirements, maps, hymns and prayers – just about anything! Pages can be in colour or mono.



3. DATE SECTION

Select your preferred date section from our product range:



4. STUDY INFORMATION SECTION

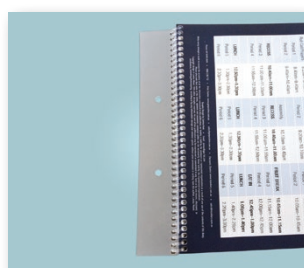
Most MyDiary's come with age-appropriate study information pages for your students to use!

OPTIONAL ADD ONS

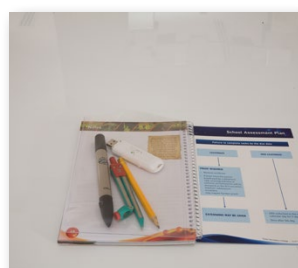
Add these handy features to your MyDiary.



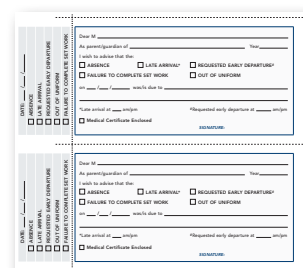
Personalised Bookmark



File Connector



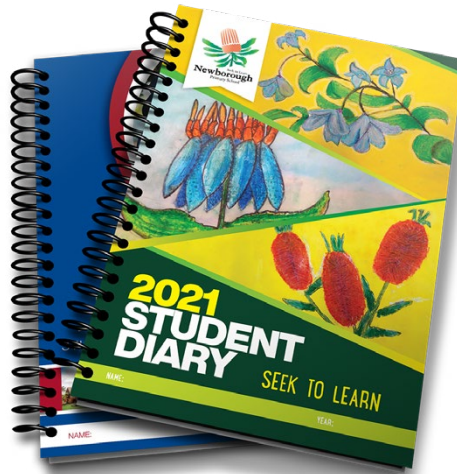
Plastic Pocket



Perforations



A full range of Student Diaries, Journals & Planners



Call or Text Louisa Wood
on: 040 278 3380, or
email: Louisa@MyDiary.com.au
and you will receive:

1. A quote for your school diary, and;
2. A complimentary redesign of your current school diary pages.

We'd like to show you the improvements we can make.



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