

PRIVILEGED BUT PRESSURED

Behind The Mask

PRESENTED BY RYAN DAWSON AND CLAIRE DONALD

Western Australia: Perth



- Most isolated capital city in the world
- Sunniest capital city in the world
- Highest population per capita of self made millionaires in the world.



Australia and Europe area comparison

Australia's area: 7.7 million sq km

Europe's area (shown): 3.5 million sq km

Darwin to Perth 4396 km • Perth to Adelaide 2707 km • Adelaide to Melbourne 726 km
 Melbourne to Sydney 887 km • Sydney to Brisbane 972 km • Brisbane to Cairns 1748 km





Christ Church Grammar School established in 1910 overlooks Fresh Water Bay on the Swan River Claremont in Western Australia.

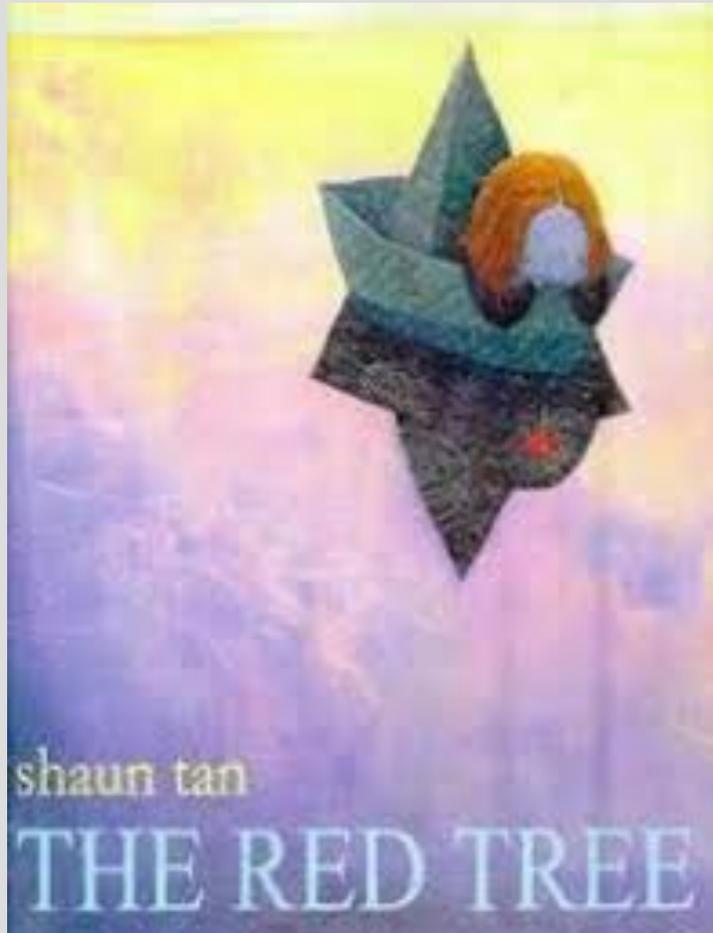


Christ Church
Grammar School
PERTH, WESTERN AUSTRALIA



At Christ Church Grammar School students are from affluent backgrounds that demand success and greatness.

Integrating themes such as mental health issues within our Arts teaching practice has enabled a shift in the profile of arts learning and an openness in the students themselves.



Our presentation is a snapshot into the Arts at Christ Church. The session will outline a cross curricular program that incorporates both Dance, Drama and Visual Art. It identifies ways in which the learner can develop his or her ability to respond to and understand the world, to think, to feel, to shape and communicate ideas.

Australian normative data suggests **89%** of adolescents experience the normal range of anxiety, with **6%** experiencing moderate anxiety, and **5%** severe or extremely severe levels of anxiety.

In CCGS' context, this equates to:

- **100** boys experiencing moderate anxiety
- **82** boys experiencing severe or extremely severe levels of anxiety

In 2018 Christ Church Grammar School surveyed the Health and Wellbeing Survey of the students.

- The majority of CCGS students (93%) responded to the opened ended question
- ‘What things cause you most to worry?’
- Overall, five major themes were identified in the student responses:
 1. Academic concerns
 2. Internal and external pressure to do well
 3. Social concerns
 4. Time management
 5. Other concerns

- *Almost half of the students (46%) stated that assignments, assessments and tests caused them to worry*
- *34% reporting homework stress and 6% reporting getting bad grades caused them to worry.*
- *Students commented on assessments from many subjects were due at the same time, and felt the homework load was too large.*
- *They were also very concerned about getting bad grades and what that would mean for their future.*

DRAMA & DANCE

Task: to work with a small group (4) to plan and rehearse a series of short scenes (real life gif's) where somebody is having a bad day and how they overcame it.



GROUP WORK TIME!









QUESTIONS AND CONVERSATION



VISUAL ART



To THINK

To FEEL

To CREATE

To SHAPE

To COMMUNICATE



IT WAS THE WORLD AND THEY WERE IN IT



The Year 6 students of 2019 explored the notion of “It Was The World And They Were In It”. After reading the books *The Red Tree* by Shaun Tan and *One Thousand Trees* by Kyle Hughes Odgers.

- *Sustainability
- *Global Citizenship
- *Character

IT WAS THE WORLD AND THEY WERE IN IT



The PROJECT

Observation Reflection Motivation



Kyle Hughes-Odgers and Shaun Tan.

16 Personalities Test

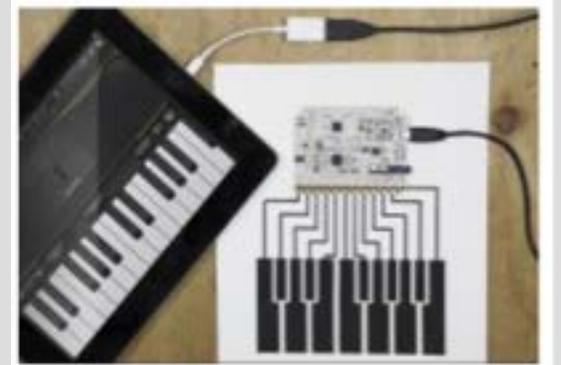
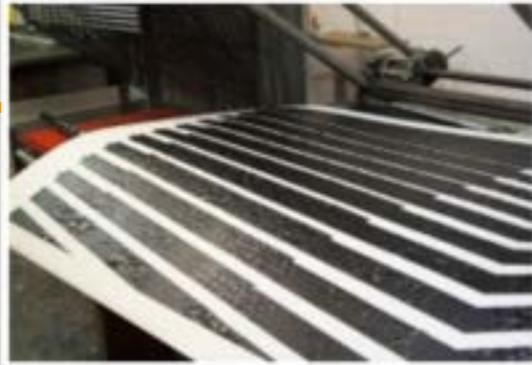
Students discussed their strengths.

Self-portrait that embodied their characteristics inspired by Hughes work.

THE ARTWORKS AND THE RESPONSES



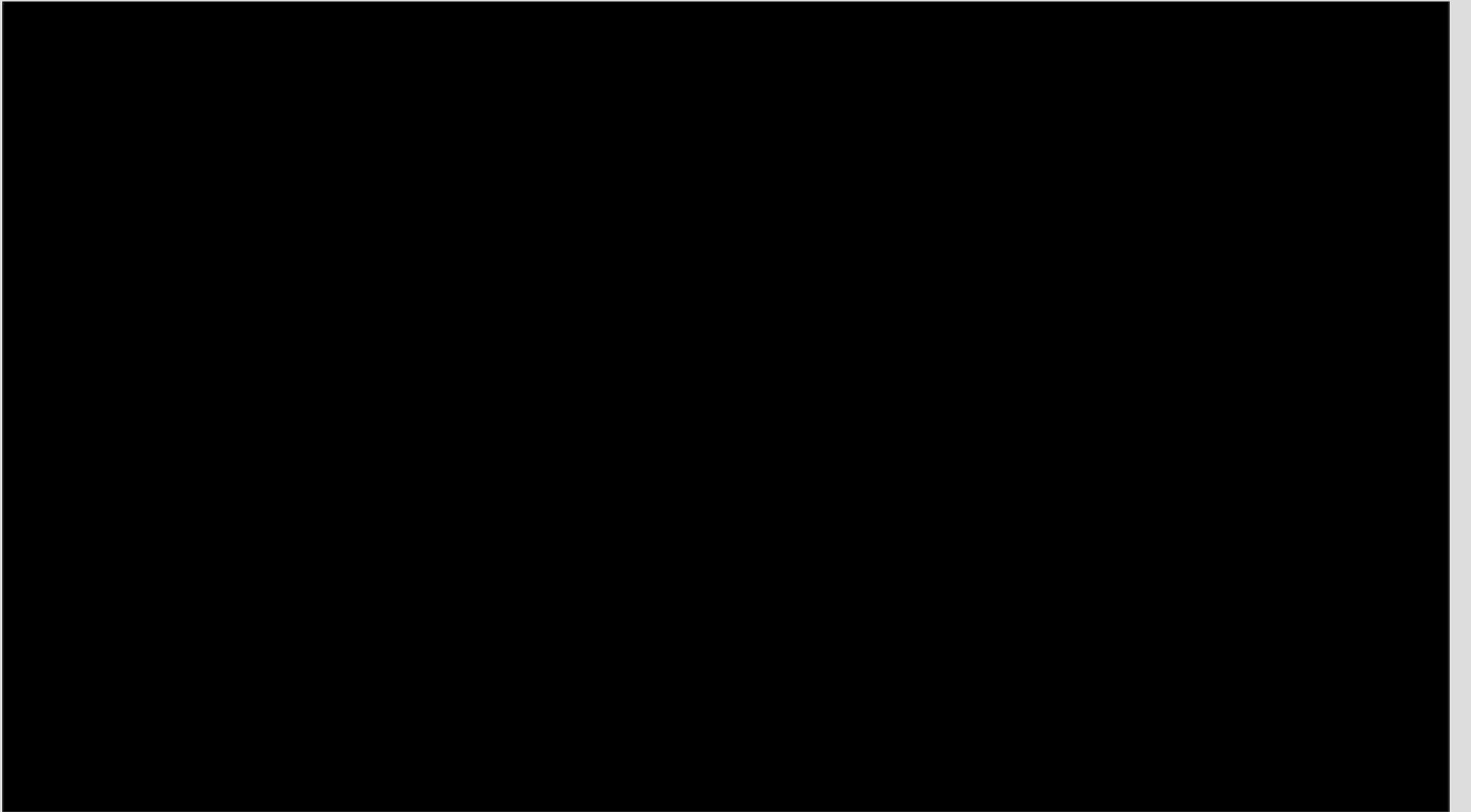
A WORK IN PROGRESS



Artist and audience as one.

Recording questions and answers.

What do you hope for when you are older?





WORRY MONSTER – Early Years

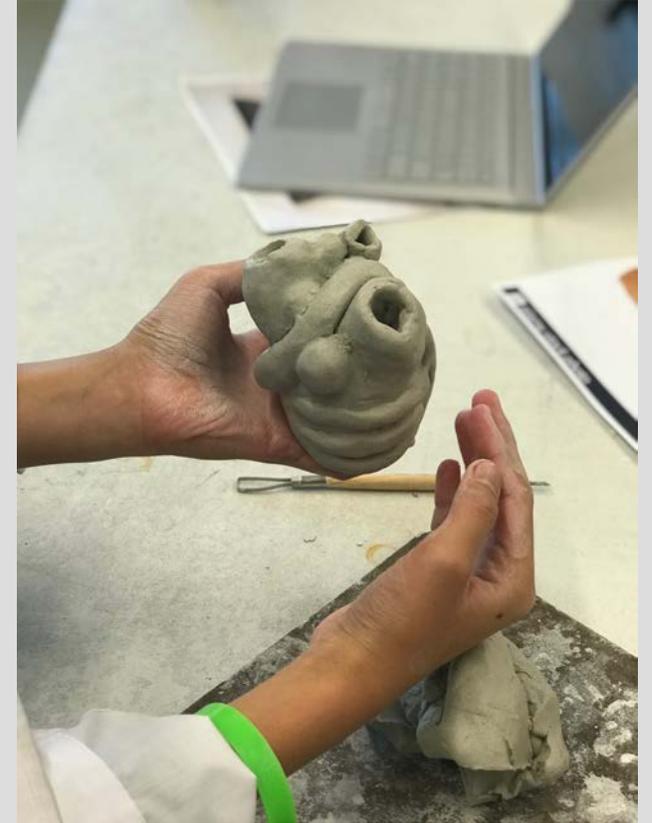
“I whisper my worries in my monsters ear and he gobbles them up.”

Jack age 6

- Ideal for helping the boys with their worries.
- Promoted the message that they are not alone.
- Shared with others what was inside their worry monster.

HELPFUL HEART – Middle Years

- Encourages students to look within
- Promotes the message of a strong heart/
strong mind
- A reminder of our unique resource and
strength.
- Kindness is key





Questions?

<https://www.medicalnewstoday.com/articles/322877.php>

<https://www.psychologytoday.com/au/blog/why-we-worry/201811/is-there-anxiety-epidemic>

<https://headspace.org.au/health-professionals/what-does-the-evidence-say/mental-health-statistics-and-reports/>

<http://www.ameliakalifa.com/hivemind>