



SACRED  
HEART  
COLLEGE

# Year 9 Rite Journey Parent Handbook

Courageous Hearts.





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# Welcome to The Rite Journey

It is with great excitement that we welcome you and your child to The Rite Journey program.

The Rite Journey Program was created to support you as parents in navigating the transition of your child into adulthood. The program aims to raise young people's consciousness about transitioning from child to adult and involves important conversations about what really matters.

Most traditional cultures invoke 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 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 be confident young people with a sense of purpose.

Each stage of the journey is marked by a memorable event to honour your child's transition to adulthood. Your role in this process is significant, and we hope that this booklet outlines some ways in which you can support your child with their involvement in this program. We look forward to working with you this year to achieve great outcomes for your child.

If you have any queries throughout the year, please do not hesitate to contact your child's Rite Journey Teacher. You can also access [www.theritejourney.com](http://www.theritejourney.com) for further information and resources to support you and your child.



# Key Rite Journey topics

## Who am I?

- My story
- Heritage and baggage
- Gratitude
- Body image

## Is there something more?

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

## How do I get on with others?

- Listening
- Managing emotions
- Friendship
- Relationships

## What is my purpose?

- Seeking purpose
- Acts of kindness
- Awe and wonder
- Making a difference



# Key Rite Journey events

- **Year 9 Rite Journey Calling Ceremony**
- **Year 9 Rite Journey Camp**
- **Year 9 Rite Journey Homecoming Ceremony**



# The Calling Ceremony

## Caregiver Gratitude Letter

### **Please bring your letter to The Calling Ceremony.**

The Rite Journey Calling Ceremony is a significant event in your child's year as it signifies the beginning of their journey from childhood to adulthood. Students spend time in Rite Journey classes reflecting on their childhood and all that they have to be grateful for.

The Calling Ceremony gives students an opportunity to express this gratitude to you as parents/caregivers.

It also provides an opportunity for you as parents/caregivers to reflect on and celebrate the blessing your child has been to you and your family.

You are invited to participate in this reflection process by way of writing a letter to your child expressing your gratitude to them and wish them well in their journey to adulthood. The letter is an opportunity for you to share your favourite childhood memories of your child and what you appreciate about them.

Please bring this letter with you to The Calling Ceremony as you will have an opportunity to read it to your child at this time.

The success of this ceremony for our students relies on the involvement and support of parents and caregivers. The letter presentation is a central part of this ceremony. Please see below for some ideas to get you started on your letter.

### **Caregiver Gratitude Letter sentence starters**

- My favourite childhood memory of you is...
- I really enjoyed it when...
- Thank you for all the times you...
- I really like it when you...
- Something that I like/appreciate about you...
- Something I'd like you to know is...
- As you begin your journey to adulthood, I promise to...
- I really appreciate it when you...
- I would really like to... more often with you.

# Student challenges: Conquering the seven Cs

The Rite Journey seeks to empower your child to be a courageous and responsible adult who displays 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 your child.



## Conquering the seven Cs



### Courage

- Share your life story
- Free Choice Challenge
- Recite a poem, sing a song, perform in front of the class

## Free Choice Challenges

- Write a letter to someone you have wronged
- Submit an entry to the RJ cover design competition
- Reconnect with an old friend
- Collect litter at lunchtime for a week



### Collaboration

- Stave challenge
- Class drumming challenge



### Consideration

- Make a meal for your family
- Act of Kindness
- Actively contribute in a community service program
- Take over a chore that would help someone else (for an extended period of time)
- Complete the 40 hour famine or Ration Challenge
- Complete the City to Bay Fun Run or equivalent
- Attend an ANZAC Day dawn service



### Compassion

- \$10 fundraising challenge
- Gratitude letter to parents



### Commitment

- Learn to juggle
- Free Choice Challenge
- Complete the 30 days of gratitude challenge
- Push-up challenge
- Give up something for an extended period of time (must be separate from camp and must challenge you - e.g. TV, phone, social media etc)
- Learn a new skill (crochet, tie your tie etc)
- Improve a grade in your least liked or hardest subject



### Connection

- Go without Social Media for a week. Connect face to face instead
- Complete a challenge with a family member (exercise, cooking etc.)



### Camp

- Complete a range of challenges on camp

# Recommended reading for parents

## General parenting

- What All Children Want Their Parents to Know by Diana Loomans
- Simplicity Parenting by Kim John Payne and Lisa M. Ross
- Parenting with Presence by Susan Stiffelman
- Positive Parenting: An Essential Guide by Rebecca Eanes
- The Gift Of Failure by Jessica Lahey
- The Collapse of Parenting by Leonard Sax
- The Five Love Languages of Teenagers by Gary Chapman
- How to Raise an Adult by Julie Lythcott Haims
- Beautiful Failures by Lucy Clark
- Spoonfed Generation by Michael Grose
- 12 Huge Mistakes Parents Can Avoid: Leading Your Kids to Succeed in Life by Tim Elmore
- Free-Range Kids: How to Raise Safe, Self-Reliant Children by Lenore Skenazy
- They'll Be Ok by Collett Smart
- Last Child in the Woods by Richard Louv
- 9 Ways to a Resilient Child by Dr Justin Coulson
- Escaping the Endless Adolescence by Joseph Allen and Claudia Worrell Allen
- Too Safe for Their Own Good by Michael Ungar
- The Teenage Brain by Frances E Jensen
- Brainstorm by Daniel J Siegel
- 12 Huge Mistakes Parents Can Avoid by Tim Elmore
- The Art Of Growing Up by John Marsden
- Future Kind - Essays On Raising The Generation Our World Needs edited by Elisabeth Johnson

## Parenting boys

- He'll Be Ok: Growing Gorgeous Boys into Good Men by Celia Lashlie
- Raising Boys in the 21st Century by Steve Biddulph
- What's happening to our boys? by Maggie Hamilton
- Ringleaders and Sidekicks by Rosalind Wiseman
- Growing Great Boys by Ian Grant
- The Making of Men by Arne Rubenstein
- Ten Conversations You Must Have With Your Son by Dr Tim Hawkes
- Raising Sons by Don and Jeanne Elium
- Our Boys by Ruth Kerr and Richard Aston
- The Prince Boofhead Syndrome by Michael Carr Gregg
- Real Boys by William Pollack
- Raising Cain by Dan Kindlon and Michael Thompson
- The Trouble with Boys by Peg Tyre

## Parenting girls

- 10 Things Girls Need Most by Steve Biddulph
- What's happening to our girls? by Maggie Hamilton
- Raising Girls by Steve Biddulph
- Growing Great Girls by Ian Grant
- A Blessing not a Curse by Jane Bennett
- Queen Bees and Wannabes by Rosalind Wiseman
- Girls on the Edge by Leonard Sax
- Princess Bitchface Syndrome 2.0 by Michael Carr Gregg
- Raising Daughters by Don and Jeanne Elium
- Being 14 by Madonna King
- Fathers and Daughters by Madonna King
- The Butterfly Effect by Danielle Miller
- Untangled by Lisa Damour
- About Bloody Time - The Menstrual Revolution We Have To Have by K Pickering and J Bennett



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