

Profile



TEACHER PROFILE:

ANGELIQUE SANDERS

Angelique Sanders, Cranbrook's Director of Student Wellbeing, has been at Cranbrook School for 15 years since joining as a Social Science Teacher. Prior to being appointed to the new role of Director of Student Wellbeing, Angelique was the Cutler Housemaster since 2014. We sat down with Angelique to talk about just how vital this newly created role is for students today and her focus for the future.

How important is this role in society today and why?

The importance of wellbeing cannot be understated. We are emerging from two years of lockdowns and disruptions that have impacted everyone’s wellbeing. This shared experience by both adults and children has highlighted how important connections and community are. Equipping our students with appropriate social and emotional skills will allow them to flourish as they move through School and build these connections and community. We need to ensure students are physically, mentally and emotionally fit and healthy and having an overarching wellbeing platform allows them to develop this fitness in all aspects of School life.

What is your main focus as the Director of Student Wellbeing?

The core of our School’s pastoral care is our House system. We have dedicated and caring Housemasters and Mentors who are there to provide a safe harbour for our young people as they navigate the rough seas of adolescence. A whole School approach to wellbeing allows us to focus on how we can support this growth in an age and stage appropriate manner.

Do you aim to establish new student welfare programmes or strengthen and re-align those already in place?

Our Student Wellbeing programmes delivered through our Houses, Co-Curricular programmes and Service are already incredibly strong. What we need to do is ensure we are emphasising the three key areas of respect for oneself and others, resilience, and encouraging our students to look outward and develop a global perspective. We also have some very good external speakers who address some of the significant issues teenagers face such as safety around technology, pornography, partying, drugs and alcohol, consent and defining what masculinity looks like in the modern world.

What do you enjoy most about your role?

I had the pleasure of organising the three day Year 7 orientation programme at the start of this academic year. I was able to meet so many of our newest and youngest students here in the Senior School. After two years of disrupted learning they are all very excited to meet new friends, study new subjects and try new things. The Head Prefect and Second Head Prefect encouraged all students to give new things ago as you never know what you may enjoy until you try it!

What makes Cranbrook so special?

The Cranbrook Community which includes its fantastic staff, the students past and present and our parent body. We all want the same for our young people and the strong sense of community we have keeps us all connected. I have had so many opportunities here that make me grateful to be a part of the rich history that is Cranbrook.

Any favourite moments from your time here?

I have two standout moments. The first one was when I was fortunate enough to go on the Remote Tours Service Learning trip to Lili in Central Australia. It was a pivotal time for me as I had the opportunity to think about what I wanted from my career after the busyness of working full-time and raising two children. The power of listening and conversation cannot be understated and in the fast pace of today’s world, teenagers need us to listen to them more than ever.

Secondly, I was the 1st XI Football manager when the team won the CIS Cup in 2018. That was pretty special. I had been with most of the team since they were in Year 7 and I know how hard they worked and how much it meant to them.

What are the greatest challenges the boys at the Senior School are now facing?

Unfortunately there seems to be a lot of negative press in the media around young males. I see the very best of what they are capable of on a daily basis and I want this to be the focus. If we can enable these young men to be knowledgeable, caring and forward-thinking then they can be a part of the solution. The pressures to conform to an expectation of masculinity is also challenging as society changes. Enabling students to see past the veneer of social media and discovering who they are and who they want to be is going to allow them to become their

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authentic self. Finally, the last two years has been difficult on our young people. They have missed out on real life experiences and opportunities which have limited their ability to connect with friends and interact in social settings. They have become even more dependent on technology and we need to encourage them to look up from their phones and re-engage in real life experiences!

What is the biggest challenge of your current role and how do you overcome this?

As the Director of Student Wellbeing role is new I am still finding my feet. There is so much to be done and my colleagues have so many great ideas and initiatives that I have to remind myself to slow down. I think flowing on from the greatest challenges the students are facing is the influence of technology. I am hoping that we can educate the students to use technology to their advantage. I am also hoping to give our students a stronger voice and become principled young people who feel like they can call out bad behaviour, discrimination and inequalities when they see it. This requires a cultural shift and we will need to embolden our School leaders to be strong, positive role models. ■

THE LITTLE THINGS IN LIFE
ANGELIQUE SANDERS



NESPRESSO MACHINE

FAVOURITE QUOTES

“If it is meant to be it will be”

This doesn’t mean sit back and wait for things to happen, but to do all you can with the things you can control and then accept that the rest may be out of your control so don’t expend energy on it.



“when they go low we go high” (Michelle Obama). I live by this.



HAPPY PLACE

Water grounds me. When I need to feel calm and centred I head to the beach and bury my feet in the sand and just listen to the sound of the ocean.