

Welcome to Year 7 at Centenary State High School, where students have home rooms and will work with several subject teachers. Although this is new, you will find you will quickly adapt to these new experiences and opportunities.

Year 7 students at Centenary State High School are provided with a strong educational foundation, in accordance with the Australian Curriculum, through the provision of a comprehensive study plan. Across their introductory year to high school, ALL Year 7 students at Centenary State High School will study a core course, which allows them to experience a full range of learning areas.

Year 7 Subjects		
Whole-Year Subjects	Semester Subjects (3 lessons each per week / 1 semester)	Excellence Programs (via an application process)
English (3 lessons each week) Mathematics (3 lessons each week) Science (3 lessons each week) History (1 semester) (3 lessons per week) Geography (1 semester) (3 lessons per week)	Two of the following per semester: Language (either) - Chinese - Spanish Health and Physical Education	Music Plus (1 semester within allocated Arts curriculum time) Performance Plus (1 semester within allocated Arts curriculum time) Mathematics & Science eXcel (Full year within allocated Mathematics/Science curriculum time)
	Term Subjects (3 lessons each per week / 1 semester)	
	The Arts - Media - Music - Performance (Dance/Drama) - Visual Art <i>Arts subjects not completed in Year 7 will be completed in Year 8</i> Technology - Business Technology - Applied Technology (Home Economics OR Industrial Technology & Design) <i>Applied Technology subjects not completed in Year 7 will be completed in Year 8</i>	

*Students will indicate their language preference. While language preference will be considered, the determining factor will be staff availability.

YEAR 7 AND DAILY ROUTINE

Year 7 students, as with all our year levels, begin each day with their Home Group teacher, meeting as a Home Group (HG) at 8:55am. At this 10-minute meeting, HG teachers make daily contact with their students, inform students of daily notices, check uniforms and mark rolls. HG teachers are a vital point of contact for students and parents/carers. In Lesson 3 on Mondays, Home Groups meet for a pastoral care session, devoted to relevant year level programs and embedding Positive Education. Some weeks, during Lesson 3, a Junior School Assembly is held instead. Assemblies allow us to celebrate student achievement across a wide range of activities and showcase school events.

Every Wednesday in Lesson 4, students participate in a range of Student Extension Programs (STEP) activities.

Year 7 students have 18 subject lessons per week. There are 4 x 70-minute lessons per day.

Centenary State High School also offers three extension programs for Year 7 students to consider: Music Plus, Performance Plus and Mathematics and Science eXcel. *Please note that students are welcome to apply and audition for both Music Plus and Performance Plus, however they can only participate in one of the programs.*

We value the wellbeing of our school community and as such, have adopted a whole school approach to Positive Education. The goal of Positive Education is to create a community where students and staff learn the skills to become their best possible selves. Underpinning our approach is the PERMAH framework for wellbeing. Crafted by the pioneer of positive psychology, Martin Seligman, the six elements of this framework – Positive Emotion, Engagement, Relationships, Meaning, Accomplishment, and Health – are all essential for cultivating a flourishing life.

In 2009, Seligman defined Positive Education ‘as education for both traditional skills and for happiness’ and now more than 15 years on, we know that to be a successful learner, we must first invest in our wellbeing. At Centenary State High School, education is not just about academic outcomes, but about the wellbeing of the ‘whole student’.

As such, all Centenary State High School students engage with the Positive Education Enhanced Curriculum (PEEC) during their weekly Home Group (HG) lessons. Developmentally sequenced, this curriculum is based on the principles of positive psychology, specifically the PERMAH framework. Within the weekly HG lessons, students will learn a range of ways to develop their wellbeing, so they are able to experience more joy, optimism, gratitude and resilience. By teaching these valuable life skills, students will have an increased capacity to learn effectively, as well as a strong foundation on which they can build quality relationships – essential for a flourishing life.

DAILY ROUTINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Home Group 8:55am – 9:05am	Home Group 8:55am – 9:05am	Home Group 8:55am – 9:05am	Home Group 8:55am – 9:05am	Home Group 8:55am – 9:05am
Lesson 1 9:05am – 10:15am	Lesson 1 9:05am – 10:15am	Lesson 1 9:05am – 10:15am	Lesson 1 9:05am – 10:15am	Lesson 1 9:05am – 10:15am
Lesson 2 10:15am – 11:25am	Lesson 2 10:15am – 11:25am	Lesson 2 10:15am – 11:25am	Lesson 2 10:15am – 11:25am	Lesson 2 10:15am – 11:25am
AM Break 11:25am – 12:10pm	AM Break 11:25am – 12:10pm	AM Break 11:25am – 12:10pm	AM Break 11:25am – 12:10pm	AM Break 11:25am – 12:10pm
Assembly/HG 12:10pm – 1:20pm	Lesson 3 12:10pm – 1:20pm	Lesson 3 12:10pm – 1:20pm	Lesson 3 12:10pm – 1:20pm	Lesson 3 12:10pm – 1:20pm
PM Break 1:20pm – 1:50pm	PM Break 1:20pm – 1:50pm	PM Break 1:20pm – 1:50pm	PM Break 1:20pm – 1:50pm	PM Break 1:20pm – 1:50pm
Lesson 4 1:50pm – 3:00pm	Lesson 4 1:50pm – 3:00pm	STEP 1:50pm – 3:00pm	Lesson 4 1:50pm – 3:00pm	Lesson 4 1:50pm – 3:00pm

*information is correct at time of publication