



CENTENARY

State High School



Extracurricular Offerings



Quality Learning, Quality Futures

What's on offer at Centenary SHS



Centenary State High School offers and supports a range of activities and opportunities to help students grow intellectually, culturally, emotionally and socially. We offer varying activities, both as extracurricular and cocurricular opportunities. Each activity aligns with the school's Wellbeing Framework, which recognises extracurricular activities as being a key pillar of wellbeing at our school. We believe that education is not just about academic outcomes, but about the wellbeing of the 'whole student'.

Extracurricular participation will help students to realise their own potential, enhance personal resilience and be able to make a contribution to their school community to lead a flourishing life. We know that 'flourishing' takes place when we experience all of the **PERMAH** elements of our Wellbeing Framework:

- **P**ositive Emotions (and character strengths)
- **E**ngagement
- **R**elationships
- **M**eaning (and purpose)
- **A**ccomplishment
- **H**Health (nutrition, sleep, physical activity and exercise)

Our extensive extracurricular pursuits, ranging from activities across The Arts, Sport and many clubs and groups, will offer our students with opportunities to experience all of these PERMAH elements.

Explore this booklet to see how your student can get involved, flourish and feel a strong sense of belonging at Centenary State High School.

Debating and Public Speaking



Activity/Group Name:	English-Speaking Union's Secondary Schools Public Speaking Competition
Who:	All students Years 7 – 12
When:	Term 2
Where:	Seven Hills
Overview:	Students in all year levels have the opportunity to participate in the annual <i>English-Speaking Union's Public Speaking Competition</i> . In the lead up to the competition, students will work with their coach to prepare a speech and develop their speaking skills. This is a wonderful opportunity to develop communication skills that will be useful in the classroom and beyond.

Activity/Group Name:	My First Speech
Who:	All students Years 10 – 12
When:	Term 3
Where:	Online
Overview:	Students in Years 10 – 12 have the opportunity to participate in the annual <i>My First Speech</i> competition, organised by the Australian Parliament. With the support of a coach, students will prepare, deliver and record a 90 second speech in which they address an issue they are passionate about. Each year, winners from around Australia are invited to Canberra to deliver their speech live in Parliament House.

Debating and Public Speaking



Activity/Group Name:	Debating and Public Speaking
Who:	All students Years 7 – 12
When:	Select Wednesday/Thursday nights Terms 1 & 2
Where:	Local schools in the West Brisbane region
Overview:	Students of all experience levels are welcome to join our debating teams. Improve your public speaking skills with workshops and team meetings throughout the year. We compete against other schools in the region across four debates in the Queensland Debating Union competition.

Activity/Group Name:	Brisbane Girls Debating Association (BGDA)
Who:	Female students Years 7 – 12
When:	Terms 1 & 2
Where:	Brisbane Girls Grammar School
Overview:	Female students of all experience levels are welcome to join our debating teams. Improve your public speaking skills with workshops and team meetings throughout the year. We compete against other schools in the region across five debates in the BGDA competition. This competition caters only to female students and provides a training session and an afternoon tea before each debate.

Debating and Public Speaking



Activity/Group Name:	UN Youth Australia/Queensland
Who:	All students Years 7 – 12
When:	Several opportunities throughout the year
Where:	Various locations around Brisbane CBD and surrounds (varies for each activity)
Overview:	UN Youth is the largest entirely youth run organisation in Australia. UN Youth Queensland provides students with opportunities to engage with international relations and public speaking throughout the year. They offer a variety of topic based day activities (summits) in addition to Model United Nations (Evatt Trophy Competition and FunMUN) and public speaking (Voice Trophy Competition). Students have the ability to self-register for events, and can pick and choose which activities they wish to be involved in.

Activity/Group Name:	Robert Menzies Institute
Who:	All students Years 7 – 12
When:	Submissions due by July 20, 2025
Where:	Online
Overview:	The Robert Menzies Institute is a non-partisan prime ministerial library and museum that hosts an annual Speech Competition. This is an opportunity for students in Years 7 – 12 to develop and showcase their oratorical, argumentative and historical skills by researching, writing, recording and uploading a short speech.

Debating and Public Speaking



Activity/Group Name:	Australian Individual Debating and Public Speaking Championships
Who:	Invitation only, Years 10 – 12
When:	July – September
Where:	TBC
Overview:	The Australian Individual Debating and Public Speaking Championships (AIDPSC) is an annual oratorical event that has been modelled on the World Individual Debating and Public Speaking Championships (WIDPSC) which is held annually around the world. The Championship is an innovative five-day event that requires students to interact and collaborate with like-minded peers from diverse and different schools, cultural backgrounds and countries.

The Arts



Activity/Group Name:	Dance Troupes (Contemporary, Jazz, Lyrical & Hip Hop)
Who:	Auditioned students Years 7 – 12
When:	Mondays, Wednesdays and Fridays before school (7:15am – 8:30am)
Where:	PL03
Overview:	All students in Years 7 – 12 are welcome to audition for the Dance Troupes (auditions are held at the beginning of each year). These rehearsals are for invited students only after auditions. The Dance Troupes perform at local eisteddfods, competitions and at school events.

The Arts



Activity/Group Name:	Tech Crew
Who:	All students Years 7 – 12
When:	Various times throughout the year
Where:	PA20 (CPAC), other varying locations
Overview:	Tech Crew is for all students with an interest in stage management and backstage (sound and lighting). Junior students can sign up to STEP Backstage (STEP activity on Wednesdays in Lesson 4) and senior students can register their interest to be in the Tech Crew. The Tech Crew is a dedicated group of students who work in a variety of school and community events for sound and lighting. Students must be committed, with many events held outside of school hours.

Activity/Group Name:	Production (School Musical) - 2025
Who:	All students Years 7 – 12 (audition required for some roles)
When:	STEP (Lesson 4 Wednesdays, Years 7 – 9), Thursdays after school (3:15pm – 4:30pm all year levels)
Where:	PA20 (CPAC)
Overview:	Held biennially, the school produces a musical. Students can audition for lead roles or participate in the cast/ensemble, in the backstage crew or make props/sets. The next production will be in 2025.

The Arts



Centenary State High School's award-winning Instrumental Music Program offers many ensembles for students to participate in and we regularly perform at school events, community events and concerts.

Activity/Group Name:	Instrumental Music: String Orchestra
Who:	Students in the Instrumental Music Program, typically students in Years 9 – 12
When:	Tuesdays before school (7:30am – 8:30am)
Where:	PL01
Overview:	Students enrolled in Instrumental Music (Strings) will be placed into an ensemble based appropriate to their skill level. Students will experience playing in a group and performance techniques.

Activity/Group Name:	Instrumental Music: String Ensemble
Who:	Students in the Instrumental Music Program, typically students in Years 7 – 8
When:	Mondays before school, (7:30am – 8:30am)
Where:	PL01
Overview:	Students enrolled in Instrumental Music (Strings) will be placed into an ensemble based appropriate to their skill level. Students will experience playing in a group and performance techniques.

The Arts



Activity/Group Name:	Instrumental Musical: Junior Choir
Who:	All students Years 7 – 12
When:	Mondays after school (3:15pm – 4:15pm)
Where:	PA20 (CPAC)
Overview:	Students with an interest in singing are welcome to join the choir and experience singing in a group and performance techniques.

Activity/Group Name:	Instrumental Musical: Senior Choir
Who:	All students Years 7 – 12
When:	Wednesdays before school (7:30am - 8:30am)
Where:	PA20 (CPAC)
Overview:	Students with an interest in singing are welcome to join the choir and experience singing in a group and performance techniques.

The Arts



Activity/Group Name:	Instrumental Music: Concert Band
Who:	Students in the Instrumental Music Program, typically students in Years 7 – 9
When:	Tuesdays before school (7:30am – 8:30am)
Where:	PA20 (CPAC)
Overview:	Students enrolled in Instrumental Music (Woodwind, Brass and Percussion) will be placed into an ensemble based appropriate to their skill level. Students will experience playing in a group and performance techniques.

Activity/Group Name:	Instrumental Music: Symphonic Band
Who:	Students in the Instrumental Music Program, typically students in Years 10 – 12
When:	Thursdays before school (7:30am – 8:30am)
Where:	PA20 (CPAC)
Overview:	Students enrolled in Instrumental Music (Woodwind, Brass and Percussion) will be placed into an ensemble based appropriate to their skill level. Students will experience playing in a group and performance techniques.

The Arts



Activity/Group Name:	Instrumental Music: Percussion Ensemble
Who:	Students in the Instrumental Music Program
When:	Mondays AM break (11:25am – 12:10pm)
Where:	PA20 (CPAC)
Overview:	Students enrolled in Instrumental Music (Percussion) will be placed into an ensemble based appropriate to their skill level. Students will experience playing in a group and performance techniques.

Activity/Group Name:	Instrumental Music: Stage Band
Who:	Students in the Instrumental Music Program, by selection
When:	Fridays before school (7:30am – 8:30am)
Where:	PA20 (CPAC)
Overview:	Students enrolled in Instrumental Music (Woodwind, Brass and Percussion) will be placed into an ensemble based appropriate to their skill level. Stage Band is an advanced skill group and students are selected by the Instrumental Music Staff to participate in this ensemble. Students will experience playing in a group and performance techniques.

Sports



Activity/Group Name:	West Brisbane Sporting Association
Who:	All students Years 7 – 12
When:	Junior Gala Day: Week 10 (Terms 1, 2 & 3) Senior Gala Day: Week 2 (Terms 2 & 3)
Where:	Various venues across the seven competing schools (Centenary SHS, Corinda SHS, Kenmore SHS, Indooroopilly SHS, Yeronga SHS, Brisbane South State Secondary College, QASMT)
Overview:	Students have the opportunities to participate in competitive Gala Days. where teams from the West Brisbane Sporting Association compete across a range of sports. Sports include: Touch Football, Cricket, Tennis, Netball, Badminton, AFL, Football, Ultimate Disc, Volleyball and Basketball.

Activity/Group Name:	Metropolitan School Sport
Who:	All students Years 7 – 12
When:	Various
Where:	Various venues across the Metropolitan West region
Overview:	Students have the opportunity to gain selection in the Northern Eagles District Representative teams to compete at Metropolitan West regional events. There are trials for every pathway in Queensland School Sport (program). Liaising with the Centenary SHS Sports Director is critical to gain the relevant information to trial at the district level. This pathway is for competitive students only.

Sports

Activity/Group Name:	Schools Cup Volleyball
Who:	All students Years 7 – 12
When:	Junior Schools Cup: Years 7 & 8 students, October Intermediate Schools Cup: Years 9 & 10 students, June Senior Schools Cup: Years 11 & 12 students, August Australian Volleyball Schools Cup: Years 7 – 12 students, December Beach Volleyball Schools Cup: Years 7 – 12 students, March
Where:	Gold Coast – Coomera and Carrara
Overview:	The best volleyballers in the state come together to compete at Schools Cup on the Gold Coast. This is our opportunity as a school to compete at the highest level.

Activity/Group Name:	All Schools Touch Football
Who:	All students Years 7 – 12
When:	Early October
Where:	Runaway Bay, Gold Coast
Overview:	The best touch players in the state come together to compete at the All Schools Touch Football Championships on the Gold Coast. Centenary SHS enter both boys, girls and mixed teams across a range of age groups.

Sports

Activity/Group Name:	Super Sevens and Vicki Wilson Cup
Who:	All students Years 7 – 12
When:	All year
Where:	Various netball venues around Brisbane and surrounds
Overview:	Both boys and girls can compete at the Super Sevens and Vicky Wilson Netball tournaments which are held at various intervals throughout the year.

Activity/Group Name:	Southeast Queensland Futsal
Who:	All students Years 7 – 12
When:	March
Where:	Nissan Arena, Brisbane
Overview:	Futsal players compete against the best schools from southeast Queensland in the Southeast Queensland Futsal Championships.

Sports



Activity/Group Name:	School Sporting Carnivals
Who:	All students Years 7 – 12
When:	Cross Country and Colour Run – March/April Athletics – May/June Junior Swimming – November/December
Where:	Centenary SHS Oval Jindalee Pool
Overview:	Our annual sporting carnivals are a great way to participate, either competitively or socially in a fun, supportive environment. These events embody the PERMAH elements and also provide students with an opportunity to represent the school through the Metropolitan School Sport pathway.

Clubs and groups

Activity/Group Name:	Chess Club
Who:	All students Years 7 – 12
When:	Alternate Fridays (commencing Week 1 of each term), AM Break (11:25am – 12:10pm)
Where:	Resource Centre
Overview:	Beginners to seasoned players, all chess players are welcome. Coaching is provided by Gardiner Chess.

Activity/Group Name:	Readers Cup
Who:	Years 7 – 10
When:	End of Term 1
Where:	Resource Centre
Overview:	The Readers Cup, organised by the Queensland Branch of the Children's Book Council of Australia, is a state-wide competition for readers from Years 7 – 10. Teams of four to five students together read a set of books and then compete with other teams to answer quiz questions from the books. Winners from regional competitions then compete in a state final.

Clubs and groups

Activity/Group Name:	E-Sports Club (Casual)
Who:	Years 7 – 12 students
When:	Wednesdays after school (3:00pm – 4:30pm)
Where:	RC2C (Resource Centre)
Overview:	The aim of E-Sports is for students to develop skills such as teamwork, problem-solving strategies and self-regulation through competitive gaming. It will also be used to prepare students to represent Centenary SHS in inter-school competitions. Wednesday sessions are more for casual gaming, with a focus on building friendships, healthy habits, and self-regulation. Thursday sessions are for students more interested in competitive E-Sports; in these sessions there will be a focus on structured training, performance and strategy. Permission forms can be collected from the Resource Centre.

Activity/Group Name:	E-Sports Club (Competitive)
Who:	Years 7 – 10 students
When:	Mondays and Thursdays after school (3:00pm – 4:30pm)
Where:	RC2C (Resource Centre)
Overview:	The aim of E-Sports is for students to develop skills such as teamwork, problem-solving strategies and self-regulation through competitive gaming. It will also be used to prepare students to represent Centenary SHS in inter-school competitions. Thursday sessions are for students more interested in competitive E-Sports; in these sessions there will be a focus on structured training, performance and strategy. Students must be willing to engage with these activities as they would when training for any representative sporting team. Permission forms can be collected from the Resource Centre.

Clubs and groups

Activity/Group Name:	Girl Gamers Club
Who:	All students Years 7 – 12
When:	Tuesdays and Thursdays AM Break (11:25am – 12:10pm)
Where:	GS35
Overview:	Named for the FUSE Girl Gamers E-Sports competition and open to all skill levels, Girl Gamers is a gender-inclusive gaming club, aimed at helping students develop and express their love of gaming. We focus on both wellbeing and inclusion, and gaming technique development through a mix of casual and competitive gaming.

Activity/Group Name:	Minecraft Club
Who:	All students Years 7 – 12
When:	Thursdays AM Break (11:25am – 12:10pm)
Where:	RC2C (Resource Centre)
Overview:	Come and join in some Minecraft fun in this student-led club. Competitive and building challenges await all those keen Minecraft players.

Clubs and groups

Activity/Group Name:	Nintendo Switch Club
Who:	All students Years 7 – 12
When:	Mondays – Fridays Break (11:25am – 12:10pm)
Where:	GS06
Overview:	Come and play Super Smash Bros., Mario Kart, Just Dance and Rocket League during AM breaks in GS06 (teacher aide supervision provided). Play more, connect more.

Activity/Group Name:	VR Club
Who:	All students Years 7 – 12
When:	Mondays, Wednesdays and Fridays AM Break (11:25am – 12:10pm)
Where:	RC2C (Resource Centre)
Overview:	Experience the wonder of Virtual Reality (VR) in our Resource Centre. Up to 5 students can be accommodated for each session. Please sign up on the form on the door of RC2C if you're interested.

Clubs and groups

Activity/Group Name:	D.I.A.L. (Drop In and Learn)
Who:	All students Years 7 – 12
When:	Mondays – Fridays, AM Break (11:25am – 12:10pm) and PM Break (1:20pm – 1:50pm)
Where:	GS34
Overview:	D.I.A.L. provides students an opportunity to receive support from Inclusion teacher aides to complete assignments and homework tasks. Please encourage your student to attend.

Activity/Group Name:	Homework Hub (after school)
Who:	All students Years 7 – 9
When:	Mondays, Wednesdays, Thursdays after school (3:00pm – 4:00pm)
Where:	RC (Resource Centre)
Overview:	Homework Hub allows students to complete homework and assignments with the support of teacher aides, or simply complete work in a space without distractions.

Clubs and groups

Activity/Group Name:	Multifaith Prayer Room
Who:	All students Years 7 – 12
When:	Mondays – Fridays PM Break (1:20pm – 1:50pm)
Where:	GS08
Overview:	Students from different religious beliefs are able to spend time in contemplation or prayer.

Activity/Group Name:	Art Hub
Who:	All students Years 7 – 12
When:	Mondays – Fridays before school (8:15am – 8:45am)
Where:	GS34
Overview:	Learn how to draw! Supervised by teacher aides, follow along 'Art Hub' lessons on the screen. Whether you're a beginner or a budding artist, there's something fun for everyone.

Clubs and groups



Activity/Group Name:	Scale Model Club
Who:	All students Years 7 – 12
When:	Mondays, Wednesdays, Fridays AM Break (11:25am – 12:10pm)
Where:	VIU.27
Overview:	Scale Model Club builds fine motor skills, friendships and most importantly, models! We build a range of different kits, driven by student interest: tanks, planes, ships, cars, helicopters, and robots feature strongly in our catalogue. From construction to painting a final product, each skill is taught by an experienced staff member. Our meetings are a social experience, with topics like history, pop-culture, tv, movies and games frequently discussed.

Activity/Group Name:	Centenary Rainbow Youth Alliance
Who:	All students Years 7 – 12
When:	Fridays AM Break (11:25am – 12:10pm)
Where:	JS08
Overview:	The Centenary Rainbow Youth Alliance is a club for students who identify as part of the LGBTQIA+ community and the allies that support them. We create opportunities for students to support and connect with each other, as well as exploring the enduring and inspiring history of the LGBTQIA+ people.

Clubs and groups



Activity/Group Name:	Breakfast Club
Who:	All students Years 7 – 12
When:	Mondays, Tuesdays and Thursdays before school (8:00am – 8:45am)
Where:	Outside CPAC
Overview:	The Chaplain and Rotary Club Breakfast Club allows students to have some breakfast before school, at school, for free. Toast with a selection of spreads are on offer to students.

Information in this booklet is correct at time of publication.



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