



12 September 2024 - Volume 26 Number 6

PRINCIPAL

New Principal

From the start of Term 4, we will have a new principal at Centenary SHS, Mr Ross McNichol. Ross is a highly regarded and experienced leader, having successfully served as principal at Wellington Point SHS, and currently Mt Gravatt SHS. Ross is thrilled to be joining us and I know he will serve the community well. We look forward to welcoming Ross next term, and we are sure he feels fortunate to be joining such a great school. A big thank you to everyone who has assisted me while acting as principal this term, it has been an enjoyable and rewarding experience.

Reporting Timelines

All classes are currently in busy assessment periods where information is being gathered about student progress. Term 3 Interim Reports will be completed and emailed to parents/carers before the end of the first week back in Term

4. This will provide all parents/carers with information about the progress of your student. Please review the Interim Reports carefully and contact the school if there are any concerns. We strongly encourage close communication between parents/carers and teachers as this strengthens the support and consistency for students.

Adam Richter, Acting Principal

Email: admin@centenaryshs.eq.edu.au

To read newsletter in full view, please click on the “Newsletter Print Version” button on the top left-hand corner of the screen.

DEPUTY PRINCIPALS

From Matt Smith

How we can help our young people be happy and safe online?

It is a truism to state that we can probably not function in the 21st century without some screen time. We also must accept that our young people are 'digital natives' who have grown up under the ubiquitous influence of the internet and other modern information technologies, such as social media.

Fundamentally, the online world is a good place to be and for the most part our experiences should be positive and healthy. But there are inherent risks every time our young people engage in social media, online gaming, email or smart phone usage.

As championed in our Wellbeing Framework, we believe in partnering with parents/carers to strive towards achieving the best possible wellbeing and learning outcomes for our students. This also includes how our students behave when interacting with the virtual or online world.

As the framework articulates:

- *Parents/carers play a critical role in the shared education of their student.*
- *We believe parent/carers are powerful role models for our young people. A strong partnership between school and home is critical to the success of our students.*
- *We also believe that a continued commitment to lifelong learning as adults is important for our young people to observe.*

The latter point emphasises the importance of adults (teachers and parents/carers) being committed lifelong learners and this should also apply to learning about the online world.

5 key messages that we can share with our young people:

- *Choice:* most of the time we are making good choices but the internet is a fickle place – just one bad choice can do a lot of damage to ourselves and others. Well-informed and rational (not emotional or impulsive) choices will always be the right way to go.
- *Trust:* we must ensure we are in charge and in control – remember that privacy and anonymity online is an illusion. We must trust our judgement and our instincts. If something seems wrong, it probably is and we must protect ourselves.

- *Responsibility:* because we feel 'protected' by a screen, we can often give too much information on the internet but we would never do that face-to-face with a stranger – could you imagine approaching a stranger on the street and giving them your phone number or address?
- *Reputation:* everything we do online contributes to our own 'digital footprint' – this can be positive or negative depending on our choices. When we continue to make bad choices online this may form a negative reputation which is difficult to change
- *Permanency:* once we post online, there is a 'permanence' that we cannot erase or control. Even if we re-think our post and click 'delete', it could have already been captured – this is the point we have lost control.

How much screen time is too much?

According to the eSafety Commissioner, the right amount of screen time can depend on a range of factors like your young person's age and maturity, the kind of content they are consuming, their learning needs and your family routine. While the amount of time spent online is an important factor, so is the quality and nature of what they are doing online, as well as parental involvement. Considering your young person's screen time use in terms of their overall health and wellbeing may be a helpful way to gauge the 'right amount'. For example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends?

Signs that your young person's online activity may be having a negative impact on them or on your family (source: eSafety Commissioner):

- Less interest in social activities like meeting friends or playing sport
- Not doing so well at school
- Tiredness, sleep disturbance, headaches, eye strain
- Changes in eating patterns
- Reduced personal hygiene
- Obsession with particular websites or games
- Extreme anger when being asked to take a break from online activity
- Appearing anxious or irritable when away from the computer

- Becoming withdrawn from friends and family.

8 tips from the eSafety Commissioner on what to do if you are concerned:

1. Ask questions and listen
2. Explore underlying issues and seek help if necessary
3. Help your young person manage their online time
4. Stay engaged and encourage balance
5. Create a plan agreed age-based time limits
6. Reducing your own screen time also sets a positive example.
7. Use the available technology parental controls are software tools that allow you to monitor and limit what your young person sees and does online
8. Set boundaries for digital device use in your home.

Please refer to the eSafety Commissioner website for more information and resources: <https://www.esafety.gov.au/parents>

From Ange Raven

Important information that has been emailed to Year 12 students is below:

Flexible Learning
<p>Students in a timetabled FPP class can apply for flex-off if the FPP class is in Lesson 1 or Lesson 4 (or Lesson 3 on Wednesday), so long as they are in Good Standing. Parents will need to provide approval via email to Ange Raven (arave7@eq.edu.au).</p> <p><i>Note:</i> Some of these emails have been going to a spam folder, so please see Ms Raven in Admin to make the changes if I have not responded within a few days.</p>
QCE Catch-Up
<p>Any student with outstanding work in Applied or VET subjects will be expected at the QCE Catch-Up room (SL36) in Weeks 9 & 10. Please note the following protocols for Catch-Up Room:</p> <p>Students must attend each day (around Mock Exams) until they are signed off.</p> <p>Teachers will contact students directly to outline the work to be completed.</p> <p>Once work has been completed satisfactorily, and your teacher has signed this off, students may leave at the end of that session (AM or PM).</p>
Atomi and Preparation for EAs

Preparation for the EAs is critical to ATAR success. This includes attendance at class every day leading up to the start of exams on 21.10.24. Consider some of the suggestions on P.6 of the **external assessment guide for students** (attached). Ensure you have downloaded the sample assessments from the QCAA website and external assessment description in the syllabus as a guide. Your teachers will show you through this process.

Year 13 Interviews

Year 13 Mentors will have contacted students this week to schedule your Year 13 Interview. A few reminders:

Please ensure you have completed either Form A or Form C before attending the interview. All resources are available at the link sent to students.

Your teacher will confirm via email the scheduled interview time and location.

For those Transitions students who require assistance to create a Resume, please refer to the Career Education Resources: on SharePoint.

First Aid Course

Mr Hawkins has organised the First Aid course delivered through an outside provider. Please see Mr Hawkins for further details about the date, location and cost.

Other (Vehicles, Phones, Formal, Graduation)

A reminder to please be respectful toward our neighbours when driving and/or parking in the local streets. To avoid fines and other consequences please ensure you are abiding by road and safety rules.

Any student found using a phone will automatically lose their Good Standing for a period of at least two weeks. Repeated use of phones will result in a longer consequence.

For any information regarding Formal, Graduation, Last Day of Year 12 and Mystery Tour, please refer to Ms Jarrett.

Deborah McIntyre, Deputy Principal (Inclusion, EALD)

Email: dmcin49@eq.edu.au

Brooke Davis, Deputy Principal (Year 7)

Email: bldav0@eq.edu.au

Angela McKay, Deputy Principal (Year 8)

Email: amcka18@eq.edu.au

Matt Smith, Deputy Principal (Year 9)

Email: rsmit925@eq.edu.au

Amiee Nolan, Acting Deputy Principal (Year 10)

Email: axnol0@eq.edu.au

Ange Raven, Deputy Principal (Year 12, QCE)

Email: arave7@eq.edu.au

BUSINESS MANAGER

Managing Overdue Payments: Introducing the Dunning Process

We are excited to introduce a new process to help manage overdue payments more efficiently. This process, called *Dunning*, is designed to make fee management smoother and ensure open communication with our school community.

What is Dunning?

Dunning is a step-by-step process that gently reminds families when payments are overdue. It starts with friendly reminders and gradually becomes more urgent if needed.

Why are we introducing Dunning?

The Department of Education has a standard debt management procedure that all schools must follow to ensure payments are collected in a timely manner. This process helps us continue delivering quality services to all of our students.

How does the Dunning process work?

Each month, around the 15th, the Dunning process sends automated reminder notices based on how long the payment has been overdue:

- First reminder: 3-30 days past due.
- Second reminder: 31-60 days past due.
- Final reminder: 61-90 days past due.

In certain cases, specific invoices or families, such as those with established payment plans, may be excluded from this process.

Benefits of the Dunning Process

- Makes the payment collection process simpler.

- Ensures that overdue payments are managed fairly and consistently.
- Supports the school in providing valuable services to our community.

Payment Methods

Payments can be made in several ways, including via BPOINT, in person, or by direct deposit into the school's bank account. Our friendly Accounts Receivable Team is here to help if you need any assistance—just email us at accounts@centenaryshs.eq.edu.au.

If you have any questions or concerns about your account, we encourage you to reach out to our team for support.

QParents App

We're pleased to announce that we've moved to electronic consents for excursions, incursions, and camps using the QParents app. If you haven't yet registered for QParents, please get in touch with our QParents team by emailing QParents@centenaryshs.eq.edu.au.

As we transition to all families on QParents, teachers will continue to email consent forms with excursion details. You can choose to give your consent either via QParents or by returning the emailed form (no need to do both!). Just remember, payment and consent must be received by the due date outlined in the excursion/incursion letter. If you need any help, our team is just an email away at QParents@centenaryshs.eq.edu.au.

Debtor Statements and Outstanding Fees

Each month, our Accounts Receivable Officer will send Debtor Statements that provide an overview of any outstanding fees or credits on your student's account. Outstanding fees will appear as a positive amount, and credits will show as a negative amount. If you have credits on your account, these will be automatically applied to the oldest outstanding fees 10 days after the statements are issued. If you'd prefer this not to happen, please notify our Accounts Receivable team before the 10-day period ends.

For any questions or assistance with managing credits and fees, feel free to contact us at

accounts@centenaryshs.eq.edu.au or call (07) 3373 4555 (press 5).

How To Pay Current Or Outstanding Invoices

We offer several convenient payment options:

- BPoint: Use the link on your invoice or visit www.bpoint.com.au/payments/dete.
- QParents: Pay directly through the app.
- Counter Payments: You're welcome to visit the school office between 8:00 am – 4:00 pm, Monday to Friday, to pay with cash, debit, or credit card.

Payment Plans

We understand that paying fees in full may not always be possible, and we're here to help. You may be eligible for a payment plan that allows you to spread the cost over manageable, regular payments. Our Accounts Receivable Team is happy to provide more information and assist you in setting one up.

Student Refunds

If your student misses an excursion, incursion, or camp that you've paid for, you can request a refund within three months from the date of the event. Refunds will be processed according to the conditions outlined on the Refund Form, which you can find on our website.

Financial Difficulties

If you're facing financial difficulties, please don't hesitate to reach out for confidential support. You can contact our Business Manager, Karyn, by emailing bsm@centenaryshs.eq.edu.au or calling (07) 3373 4555. We're here to help and support you in any way we can.

Student Absence

Just a quick reminder: If your student is going to be absent from school, please let us know using one of the following methods:

1. Send an SMS to 0427 241 881
2. Email absences@centenaryshs.eq.edu.au
3. Call (07) 3373 4503
4. Use the QParents App

All the best, and wishing you a safe and happy school holiday!

Karyn Lord, Business Manager

Email: klord25@eq.edu.au

CONNECTIONS

At the end of Week 6, Nicole Trembath left us for some well-deserved long service leave for the remainder of Term 4. In her absence, Talena Bruhl will be joining the team – she will be supporting our Years 7 and 9 students until Nicole's return in Term 4. Sandi will continue supporting our Years 8 and 12 students and Gayle – our Year 10 and 11 students. Sometimes the team works with other year levels as well.

With assessments and exams fast approaching it's essential to take a moment to focus on our mental well-being and explore study strategies that promote a healthy and balanced lifestyle. Here are some helpful study tips and stress management strategies.

Study Tips

1. Create a Study Schedule: Break your study time into manageable blocks and set specific goals for each session. Consistency is key.
2. Stay Organised: Keep track of assignments, deadlines, and exams with the school diary, planner or digital calendar.
3. Take Regular Breaks: Use techniques like the Pomodoro Technique (25-minutes of study, 5-minute break) to stay focused and prevent burnout.
4. Practice Mindfulness and Relaxation: Simple exercises like deep breathing or mindfulness exercises can help manage stress and improve concentration.

Mental Health Strategies

1. Stay Active: Regular physical activity boosts mood and energy levels. Aim for at least 30 minutes of exercise most days of the week.
2. Healthy Eating: Fuel your body with nutritious foods. Avoid excessive caffeine and sugar, which can disrupt your energy levels and sleep patterns.

4. Quality Sleep: Aim for a consistent sleep schedule, even on weekends. Going to bed and waking up at the same time helps regulate your body's internal clock.

From Nurse Sarah

Body Kind Month is September 2024!

In a world where we can be anything, being BODY kind starts with you!

Encourage everyone in Australia to be kind to their own body and to others through healthy body image.

Tips to be body kind:

- speak to your body in a way that is kind
- eat for fun and to nourish your mind and body
- listen to your body, what does it need?
- make fewer body and appearance comparisons
- respect differences
- celebrate what your body can do
- digital check-in – unfollow accounts that bring you down and seek out those that lift you up.

More info can be found at the following:

https://butterfly.org.au/?gad_source=1&gclid=CjwKCAjw3P-2BhAEEiwA3yPhwNk2NlnSMf9mmP2hjNrXKKLH0I8XhMcAk2OT_hto2qsRgllm_2Pp_RoCkIkQAvD_BwE&fbclid=IwY2xjawFQ5KtleHRuA2FibQlxMAABHRRQYLfEyyPbaFLH977LGdH3MLdZerrGpu0R4E8fFPGhxDiSFBG_KTzJw_aem_XZljq11v_WjKxyOprxm2Q

[Click here to view more information](#)

[Click here to view the AU Reachout Article](#)

We are hopeful the Wellbeing Garden will be open for students in Term 4!

Have a safe and happy spring break! The below supports are available for you to access over the break.



Gayle Rausch, Guidance Officer (Years 10 & 11)

Email: gsutc2@eq.edu.au

Nicole Trembath, Guidance Officer (Years 7 & 9)

Email: ntrem1@eq.edu.au

Sandi Wright, Guidance Officer (Years 8 & 12)

Email: swrig273@eq.edu.au

Sarah Kelly, School Nurse

Email: nurse.centenary@health.qld.gov.au

Emma Haukinima, Chaplain

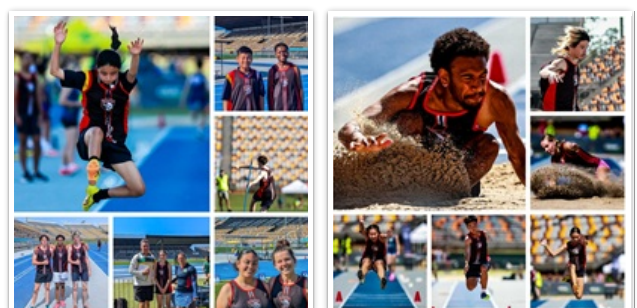
Email: ehauk1@eq.edu.au

Lu Ware, Psychologist

Email: refer to Guidance Officers

SPORTS

From Richard Haines



Regional Track and Field

After an extremely successful District campaign, 40

Centenary SHS students qualified for the Met West (MW) Championships. These trials are for positions to compete at the QRSS State Championships later in the year.

On the back of excellent training attendance through the season, kicking off early in Term 2, Centenary SHS had a **record 12 students** earn selection in the team! This is a credit to the work the students have put in at training, and also the support and coaching that is provided here at Centenary SHS by committed staff and external coaches

Whilst not everyone who trained earned selection, they all showed discipline, improved their fitness, technique, and made some new friends. These are all part of the success for each student.

As the saying goes 'hard work beats talent when talent doesn't work hard', and there are numerous other students in the school who could be at a QLD level with some more focus.

Congratulations to all the students who competed at Met West. Training will continue until states for all interested students, whether they are in the Regional team or not.

Met West selected students:

Gerald (Year 7): Discus, Shot Put, 100m, 200m

Phoenix (Year 9): Discus, Javelin, Shot Put

Phong (Year 9): Triple Jump

Kierah (Year 9): Javelin

Mia (Year 11): Shot Put

Jackson (Year 11): Discus

Kya (Year 12): Long Jump

Sean (Year 12): 400m

Neve (Year 12): Shot Put

Billy (Year 12): 400m

Sophie (Year 12): Discus, Javelin, Shot Put

Sara (Year 12): Shot Put

A number of students missed selection by the narrowest of margins (.01 or a few cm) and they may get a call up in case of withdrawals.

From a personal point of view, seeing our students working hard in training, competing well on the big stage, getting personal bests, trying their hardest, making new friends, and dealing with adversity is what it is all about.

Thanks to Mrs Heintze for her tireless work training the students, as well as external coaches Des Davis (Australian Throws Coach) and Arthur Shera (Alumni 2018 and advanced Track Coach) for their work with the squad. Credit too to Mr Galloway for his work behind the scenes on the administration side.

Head to our school Facebook page to check out more:

[Click here to view more information](#)

International Softball Trip for Kierah

Sport has been firmly on the radar of Year 9 student, Kierah. She has recently completed a stint at the Australian Institute of Sport (AIS) with Australian U/16 Softball Squad, as well as a trip to Japan with the Queensland Softball Squad.

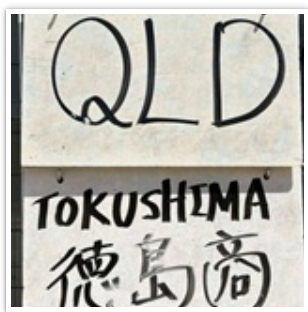
At the AIS, Kierah had coaching from the nation's top coaches, as well as challenging herself against other elite softballers.

Kierah: "It was a great experience with lots of opportunities (AIS). We did lots of different drills, played games against each other as well as doing gym work. We also had talks from sports physiologists and sports psychologists about techniques to maximise performance. Apart from that, it was also great to meet and play with all the best players from around Australia. Thanks to Softball Australia for the opportunity!"

"Travelling to Japan was amazing, both for the softball, and the cultural experience. Japan is one of the top softball nations in the world and we got to play 15 high quality games over the week, at outdoor and fully indoor facilities. I got to make so many new friends, and their English is WAY better than my Japanese! Apart from the softball, we visited various cultural sites, ate lots of sushi, and even attended school for a day. For my softball development, it was definitely great to play against elite level teams and see the higher-level tactical play that they use. Thanks to Softball Queensland for the invitation!"

Kierah has State Athletics, All Schools Touch, and Volleyball on the horizon in the near future!

Congratulations Kierah!



Tom Galloway, Northern Districts Sports Coordinator

Email: txgal4@eq.edu.au

James Garrard, West Brisbane Sports Director

Email: jgarr57@eq.edu.au

Richard Haines, Sports Coordinator

Email: rhain0@eq.edu.au

INTERNATIONAL

Term 3 has evolved into being quite a busy one, bursting with activity! We welcomed 7 new international students to our graduate and study abroad programs, as well as having 2 study tours visiting Centenary SHS from Japan and Taiwan.

Sheng Kung and Shin Min High Schools from Taiwan arrived in the first week of the term. The 15 students engaged in many activities with their Centenary SHS buddies in various subjects. Students participated in many enjoyable activities, from cooking to manual arts to sport and much more. English lessons are always an essential element for the visiting students, giving them some foundations to Australia – our native animals, places and experiences.

Nodai #1 High School Study Tour arrived in Week 6, comprising of both male and female students. Activities offered were integration into their buddy's classes across many of their subjects. Similar to our other study tours, the itinerary consisted of many fun-filled activities, from cooking, virtual reality, robotics, manual arts, badminton, handball and art. The highlight would have to be our excursion to Lone Pine, where students experienced Australian animals – koalas, kangaroos, native birds, dingoes, crocodiles and much more. These two weeks were jam-packed, filled with many enjoyable activities where lifelong friendships were built.

As the September school holidays approach, we will have another eventful term in Term 4. We will have 2 new students starting with us. Our Year 12 students will be working towards their external assessments as they commence their exams in Week 4. In Week 7, their final week, they will have their Year 12 Formal and Graduation.

We wish all our international students, families and the wider school community a safe and restful holiday period.

Become a Homestay Host Today!

Are you looking to experience new cultures while being remunerated on a fortnightly basis for your care?

As a host provider, you provide a safe and secure family environment with a bedroom, study area, three healthy meals a day and contribute to the brilliant reputation Queensland has of providing the perfect Aussie cultural experience within your home.

Homestay families are a smorgasbord of diversity. And you can play a huge part in making international students experience an enjoyable one. Host families can be married couples with or without children, singles, singles with children, and grandparents too. Placements for study tours, short-term and long-term students of various ages from Japan, Vietnam and beyond are needed, all applications are welcome.

Find out more <http://bit.ly/eqi-homestay-host>

For more information or to start the application process, contact the International Office:

Email: international@eq.edu.au

Direct Office Line: (07) 3373 4553

Homestay Mobile: 0414 689 303

International Team

Email: international@centenaryshs.eq.edu.au

STUDENT FORUM

What's Happened

Week 2 – Friday Free Dress Day – Pyjama Day for Friends with Dignity

The Pyjama Day Free Dress Day was a success! Students wore their pyjamas to school and donated a gold coin.

It was lovely for the students to make a meaningful link between “Pyjamas” and the Friends with Dignity foundation.

Over \$1300.00 was raised for Friends with Dignity – this will go towards women and kids in domestic violence situations to buy pyjamas and supplies.

Weeks 4 & 5 – Centenary SHS Mini Olympics

The Student Leaders, accompanied by Ms Wallekers, ran a Mini Olympics. Activities included an Egg-and-Spoon Races, Tug-of-War and Basketball Toss. Students who participated in these activities received lollies and PERMAH points.

This culminated in a “Jersey Day” Free Dress Day in Friday of Week 5. Thank you to the P&C Executive Team for unanimously allowing the Student Forum to collect this money. We banked \$1071.85 – this money is earmarked for quadrangle seating to “finish off” what the 2022 Student Forum started!

Week 6 – Friday – Betty’s Birthday

Betty Centenary turned 2 on Friday the 16th of August! The Student Forum worked with Connections to put on a birthday bash to remember. Betty had Nicole invite her friends and trainers from Empower Assistance Dogs to enjoy the celebrations – 3 dogs attended with their trainers to enjoy the attention and cake of Betty’s birthday.

The Bake Sale was simply gorgeous, and as always, it basically sold out! We made \$484.00 for Empower Assistance Dogs – enough for vaccinations for a whole litter of puppies. The party games were “Pin the Tail on the Betty” and “Fetch”.

Week 7 – Book Week

Book Week’s theme this year was “Reading is Magic”.

The Student Forum assisted with the running of activities in the Resource Centre to support Book Week, with a photobooth and trivia.

Marney O’Dea, Student Leadership Coordinator

Email: modea9@eq.edu.au

JUNIOR SCHOOL

We recently had the immense pleasure of welcoming our Year 5 writers back to Centenary SHS for a very special event—our Year 5 Writers’ Afternoon. This occasion was a joyful celebration of creativity, achievement, and the power of storytelling. Our returning Year 5 students had previously joined us for a memorable Year 5 Writers Day, where they embarked on a creative journey, crafting their very own short stories. The excitement of that day was only heightened by the culmination of their hard work and imagination, as we presented them with published versions of their stories during this celebratory afternoon. Each student received a beautifully bound copy of their own short story, complete with personalized covers and a professional layout. It was lovely to see them showing their parents/carers their work with pride and anticipation. It was a moment of achievement not just for the students, but for everyone who had supported them along the way. As the event drew to a close, it was evident that the Year 5 Writers’ Afternoon had been a tremendous success. The pride in the students’ eyes, the enthusiasm of the high school mentors, and the joy of celebrating their creative achievements made for an unforgettable experience. We were fortunate to have author and playwright, Victoria Carless, join us to share her processes and experiences as a writer. Following the author’s talk, the Year 5 students had the chance to participate in a Q&A session. Their curiosity was evident as they eagerly asked questions about everything from character development to the author’s favourite books. This interactive session not only provided them with practical tips but also sparked a deeper interest in the world of writing. A heartfelt thank you to everyone who contributed to making this event so special, including our dedicated high school students and staff, and of course, our wonderful Year 5 writers. We look forward to seeing where their imaginations will take them and hope that they continue to love reading and writing.



Carly Manche, Junior Secondary HOD

Email: ceman4@eq.edu.au

POSITIVE EDUCATION

With Kindness Week being celebrated in Week 10, let's dive into this Character Strength, to see how it can enhance a person's wellbeing:

Kindness

"I am helpful and empathic and regularly do nice favours for others without expecting anything in return."

Kindness is about caring for others through helpful and generous acts. It can involve doing favours and good deeds, providing emotional support, or offering our time and skills to others. Being kind helps us build meaningful connections with others. Humans are born to be kind. In order for humans to have survived as a species, we needed kindness! We needed to learn to cooperate and deal with conflict peacefully in order to build a healthy, well-functioning society. Stephen Post, a researcher and best-selling author, says, "We eat because it keeps us alive, and we help others because it keeps us human." Kindness is at the core of our connection to others.

Health benefits of being kind

Not only does kindness help us connect with others, research shows that it has positive effects on our wellbeing too. When we help and give to others, we feel more energetic, stronger and calmer, as well as less anxious, depressed and stressed. Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy! (Steinberg, 2024). We are wired to feel good when doing things for others – when we carry out acts of kindness, the pleasure centres of

our brain light up. Kindness is its own reward!

Interestingly, perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population ([Integrative Psychological and Behavioural Science, 1998](#)). We can foster our student's kindness through modelling kindness ourselves, giving them responsibilities and opportunities to be caring and helpful, and exposing them to kind, inspiring people. This communicates the importance that society places on kindness and helps children recognise how connected we all are.

Simple ways to show kindness:

- Ask someone how their day is going
- Smile or say hello to someone you haven't met before
- Give a compliment
- Shout a stranger a coffee
- Let a teacher, family member or friend know you appreciate them
- Bring lollies to share with your classmates
- Refer to the random act of kindness graphic below:



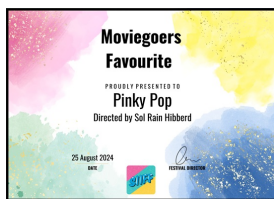
Melissa Chamberlain, Positive Education HOD

ARTS

Welcome to our celebration of The Arts for the end of Term 3! We love to acknowledge and celebrate our student work and success, whether it be in the classroom or as one of our extracurricular offerings. Don't forget to check the school Facebook page for more stories of our wonderful students!

Student Success

Last edition, we congratulated Year 12 Film, Television and New Media student Sol for becoming a finalist in the [Screen It International Film Festival](#) competition. We are thrilled to announce that she took home the 'Moviegoers Favourite' award in the Inspired Students Category at the awards ceremony!



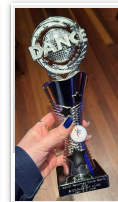
Congratulations to Sofia, Ellexis, Jessica and Lily who have been selected to represent Centenary SHS in the 2024 Creative Generation Excellence Awards in Visual Art! To be selected, the artworks had to demonstrate highly developed imagery, skilful application of knowledge and the critical understanding of media and techniques – which each one of these certainly do! The artworks will be on display at

the Brisbane Institute of Art from early October. We wish our students the best of luck in the next round of the selection process.



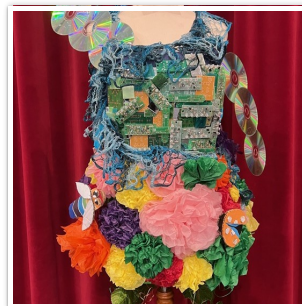
Congratulations to our awesome Dance Troupes, who have finished their competitions for 2024 with a bang! At the Ipswich Performer's Dance Festival, we were awarded the Encouragement Award in the Special Awards section, for the quality of all of our performances! In addition to this, we were lucky enough to place in three dances, coming first in one!

- 1st - Lyrical (B)
- 3rd - Hip Hop
- VHC - Contemporary



Classroom News

Year 12 Visual Art in Practice students have exhibited their recent artworks in CPAC. Their task was to create a wearable art piece inspired by the concept of opposites. Some of the themes include nature/technology, good/evil, life/death and dreams/nightmares. We are so impressed by their work!

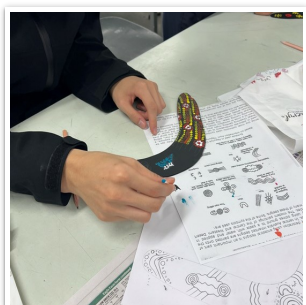


Despite the rain, our senior Film, Television and New Media students had an awesome day at the Ekka! We are participating in the Creative Clips competition, which requires students create, produce and edit a short film about their day at the Ekka. We would love to share the first of our competition films with you, made by Year 12 student Ethan: <https://youtube.com/shorts/1rti7oFiUoQ?feature=share>



Extra-Curricular News

The final International Study Tour was last month, and our visitors and their buddies enjoyed their Australian art lesson, learning about the finer points of Indigenous dot painting. We hope they have hung their painted boomerangs proudly at home!



The Year 9 Performance Plus class attended the Mount Ommaney Special School 2024 sports carnival recently. This is an annual event where the PEP students get to sing, dance and perform to the special school students while they engage in their sports carnival. The highlight of the event was when lots of the MOSS students got to dance the Macarena with the Centenary SHS students.

This year, Centenary SHS Drama students were granted a truly remarkable opportunity to engage in the Scene Project, an initiative spearheaded by Queensland Theatre. Over the past eight weeks, a dedicated group of 23 students from Years 8 to 12 immersed themselves in the creative process, crafting a poignant 15-minute theatre piece inspired by Wendy Mocke's *Flowers in Antarctica*. This new play, commissioned by Queensland Theatre, provided a canvas for our students to reinterpret and bring their unique perspectives to life.

The journey was not just about the final performance but also about the invaluable experiences gained along the way. The students had the chance to connect deeply with their peers and engage with theatre professionals, enriching their understanding and appreciation of the devising process.

The culmination of their hard work was evident in the beautiful show they presented. Their performance was a testament to their dedication, creativity, and collaborative spirit. The exceptional behaviour and camaraderie displayed by our students throughout the event highlighted their maturity and commitment to the craft. Forging friendships with students from various schools across Brisbane, they demonstrated not only their theatrical skills but also their ability to build connections and foster a sense of community.

In reflecting on this experience, it's clear that the Scene Project was more than a mere educational exercise; it was a transformative experience. It allowed our students to step into a larger world, where their voices and talents contributed to a greater artistic dialogue. They should take immense pride in their achievements, as their involvement in

this project has not only showcased their talents but also underscored the power of collaboration and the joy of artistic expression.



Next term, The Arts will host their annual Cultural Dinner, which is an opportunity to celebrate a wonderful year of Arts. Students in Years 7 – 12 who participate in extra-curricular Arts and all Year 12 Arts students have been sent an invitation. If you student is interested in attending but has not received an invitation, please let us know. This is a supervised event which is optional to attend. The cost for students is \$25 which includes dinner and a drink. The closing date is October 4th.

Instrumental Music News

We are excited for our many senior musicians who will participate in extension programs at the Queensland Conservatorium of Music over the September holidays. Year 11 students Ava and Liam auditioned at the start of the year for the Australian Honours Ensemble Program and will rehearse in the Wind Orchestra and Big Band respectively. AHEP is an opportunity to work with national and international conductors and musicians and it's an amazing experience for our very talented musicians.



There are also another nine students who will participate in the State Honours Ensemble Program. These outstanding musicians have been selected from hundreds of nominations from across the state to participate in this elite music program. Congratulations to Eva, Elsie, Tahnee, Pranavi, Jordan, William, Blake, Emma and Elizabeth.



Our musicians have continued with their regular schedule of school and community performances, with a series of performances at the Mount Ommaney Library amongst the many events. A special thank you to Year 11 student Jordan and Mrs Harvey for their commitment to the Centenary RSL services.



The Stage Band will perform in the first week of Term 4 as invited guest at the Jazz on the Hill evening, hosted by St Laurence's College. It's a beautiful venue, with the sun setting over the city buildings and lights, listening to an awesome night of jazz. You can buy your tickets using the information on the attached flyer.

The P&C Arts Subcommittee meets once per term and supports all of the students in The Arts. If you can spare one hour, we'd love to see you at our next meeting: Tuesday November 12th at 7:00pm in PA10 (inside CPAC).

Finally, please find our Term 4 calendar of events attached.

[Click here to download the flyer](#)

Angela Sleeman, The Arts HOD

Email: aslee4@eq.edu.au



Year 6 students attending Centenary SHS in 2025 and their parents/carers are invited to our Open Rehearsals in Term 4. Please see the flyer for more information.

YEAR 12 REPORT

Our Year 12 students are currently engaged in Mock Block exams as part of their preparation for the External Assessment in Term 4. They are approaching their exams with a positive mindset and actively applying themselves.

As important events in Term 4, such as their final day, Formal, Mystery Tour, and Graduation draw near, it is essential that students remain focused. They can support themselves during this critical time by setting study goals, establishing a study routine, seeking mental health and social support, and maintaining a balance in their commitments. Of course, school staff are always available to assist them as they navigate the final weeks of their schooling.

Year 13 interviews are compulsory for all Year 12 students, offering a valuable opportunity to look ahead and formalise their post-school destinations and pathways. These interviews have been a positive experience for both staff and students. Please ensure your student has booked their interview.

It has been a pleasure working with our Year 12 students throughout Term 3, and I look forward to supporting them as

they reach these significant educational milestones and complete their high school journey.

Jody Jarrett, Year 12 Coordinator

Email: jjarr35@eq.edu.au

- Mason
- Humaidah
- Sanvi
- Dabria
- Danny
- Lucy

YEAR 11 REPORT

Term 3 is almost at an end, and it has been a very busy term indeed!

PEEC in Focus

Our big focus this term was on the topic of Respectful Relationships, and what that looks like in many different contexts. This was enacted in two main ways. Firstly, we had a performance from the fantastic folks from 'Shock Therapy Arts' and their play "Fuel". This powerful presentation, aimed at teenagers of the same age as our Year 11 students, delved into the tricky topic of coercive control. The play was very well received by the students, with some excellent follow-up questions and discussions that followed.

This was then reinforced by our Respectful Relationships Education Program, where we look at a lesson that asked students to examine very similar topics and subject matter, and where they might come across it in their lives.

2025 Leaders

One of the very lovely jobs of being a Year Level Coordinator is that you get to work with some amazing young people who are the leaders of your cohort. We are currently going through the process of selecting our captains and vice captains for 2025, and it has been a pleasure and a challenge to meet and to separate these very impressive future leaders of our community.

No matter who gets chosen for the positions in the end, I would like to thank all of our amazing applicants who have put themselves forward to be judged by their peers and teachers as being suitable to lead the school student body. Thank you to these wonderful 9 students:

- Emily
- Kahlia
- Liam

Events

After many months of planning and preparation, the Semi Formal finally arrived. We started the evening as usual with our fashion parade, with the students showing off their amazing costumes. Then, after a slight false start with student numbers on the buses, the rest of the night went off brilliantly without a problem: dancing, laughing eating, drinking (soft drink of course) and enjoying the river sights of Brisbane. There was some fun dances (the literal boat shaking 'Nutbush'), and a range of prizes given out for the best costumes for the evening.

Thank you so much to all of the student helpers, and to all of the teachers involved who made it such an incredible evening.



Senior Jersey 2025

Ordering for our first round of jerseys has now closed. We will do a second order at the start of the new year for new students, or anyone who may have missed out first time around.



Relay for Life

A group of staff and students from Year 11 are forming a group to take part in the Cancer Council Relay for Life. If you would like to support the team you can donate at the link below:

[Click here for more information](https://www.relayforlife.org.au/fundraisers/centenarystatehighschool)

<https://www.relayforlife.org.au/fundraisers/centenarystatehighschool>

Mark Watkins, Year 11 Coordinator

Email: mwatk16@eq.edu.au

YEAR 10 REPORT

Year 10 Update

We are thrilled to share some exciting updates and successes from our Year 10 students. It has been an eventful period filled with achievements and engaging activities that have contributed to our students' growth and development. Here's a quick roundup of what's been happening...

We are delighted to announce that our Year 10 students have completed their SET PLANS (Senior Education and Training Plans) with remarkable success. This crucial process is designed to help students map out their educational and career pathways, setting them up for future success. Our students have demonstrated impressive dedication and foresight, effectively identified their goals and planned their steps towards achieving them. We also want to thank you for your support in this process!

Our recent incursion focused on alcohol prevention

was a resounding success. The interactive session, led by experts in the field, engaged students with valuable information on the impacts of alcohol consumption and strategies for making informed decisions. The workshop not only provided critical insights but also encouraged open discussions about health and wellbeing.

The House Cup challenges has been in full swing, and we're excited to report some impressive performances from all our houses. From sporting events to academic challenges, each house has brought their A-game. Our House Cup Challenge Day, which took place on Monday in Week 9, had students thoroughly engaged and working hard with their HG team. Well-done to our winning house – Currugundi!

As always, we appreciate your continued support and involvement in your student's education. If you have any questions or need further information about these updates, please don't hesitate to reach out.



Kate Tesch, Year 10 Coordinator

Email: ktesc0@eq.edu.au

YEAR 8 REPORT

The past few weeks have been an enriching period marked by many valuable learning experiences and a strong sense of community.

The Year 8 cohort have now concluded their *yLead* Team Building follow-up program, where students reflected on the skills they learned and how they've been applying them in their daily lives. This program has been a vital part of their self-development journey, focusing on leadership and self-discovery. We are incredibly grateful to *yLead* for their continued support and commitment to empowering our students at our school.

More recently, students engaged in an insightful

online safety talk delivered by Constable Ben Harm from our local community police station. His sessions were both informative and instrumental in fostering a sense of trust and security among our students. We want to extend our heartfelt thanks to Constable Harm for his dedication to building safe connections with our students, ensuring they are well-informed and educated on the importance of online safety. Please know that our Year Level Guidance Officer, Sandi, our Chappy, Emma, our School Nurse, Sarah, as well as myself and Angela McKay (DP), are always on hand to listen and offer support to our students and families. It is important that we work together to build our students' personal skills and give them the tools to navigate the ups and downs of adolescence.

And finally, in Week 8 of this term, our students also participated in the school Cross Country and Colour Run, with many actively involved and bringing energy and enthusiasm to what was an incredibly fun event. The vibrant atmosphere and sense of camaraderie truly made the day special.

I would also like to take this opportunity to extend my sincere thanks to all the parents and carers who participated in the recent Parent Teacher Interviews. It was wonderful to see so many Year 8 families actively seeking feedback and building relationships with their students' classroom teachers. These opportunities are invaluable in strengthening the connection between home and school, helping to close the gap that can sometimes be felt due to the demands of balancing busy home and work schedules. Your engagement and commitment to your student's education play a crucial role in their success, and we are grateful for your continued support.



Shout-Outs

- Semester 1 Academic and Excellence Award recipients
- International Chemistry Quiz participants – **Annabelle, Robert and Ian**
- District Athletics representatives

- Cross Country Age Champions

13 Years Boys – Yannick

14 Years Girls – 1st Amelia, 2nd Isabelle, 3rd Kaylee (All TBC)

14 Years Boys – 1st Elijah, 2nd Ze, 3rd Lukas

- All teams who participated in Met Finals

What's Coming Up

As we look ahead, we are excited about the upcoming events and learning opportunities that will continue to inspire and challenge our students.

- **Wednesday October 2nd: 2025 Leadership**

Applications close – A reminder for all aspiring leaders in Year 8 to submit their applications by this date. This is a fantastic opportunity for students to step up, take on new challenges, and begin their journey in school leadership.

Pia Leinonen, Year 8 Coordinator

Email: plein0@eq.edu.au

COMMUNITY NOTICES

Oxley Otters Swim Club

Fun Family Friendly Friday Night where children can swim in 15m, 25m and 50m events

New season starts in October

Follow us on Facebook **Oxley Swimming Club**



SHARKS CAMP

4-DAY VOLLEYBALL CAMP

Brisbane | Gold Coast | Sunshine Coast
24th Sept | 25th Sept | 26th Sept | 27th Sept

REGISTRATIONS ARE OPEN!
Open to all in grade 4-12

www.sharksvolleyball.com/landing-page-sharks-camp-qld



CORINDA FUTSAL

2024-25 CORINDA FUTSAL SEASON

MON: U7/8 YEARS
TUES: U10 & U12 YRS
WED: U14 YRS
THURS: FUTSAL SCHOOL U7-U13 YRS
FRI: U16/18 COLTS

SEASON KICK OFF
WEEK 1 - TERM 4 '24

CORINDA STATE HIGH SCHOOL
SPORTS HALL

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WWW.CORINDAFUTSAL.COM
[HTTPS://AUSFUTSAL.COM/CORINDA2024](https://ausfutsal.com/corinda2024)

WPC CRICKET

Play Free For WPC

Conditions:


- Ages 8 - 17 years old
- Preference will be given to parents with a Health Care Card (HCC) or Pensioner Concession Card (PCC)
- Have a FairPlay voucher
- Not available for blaster program (FairPlay voucher covers this program)
- Volunteer to WPC to grow the club

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Families for Inclusive Education 2024

Inclusion and belonging at the local school: The parent advocacy tool-kit

SUNNYBANK
Face to face workshop

UPDATED for 2024

Inclusion in the regular local school of children with disability has been possible for decades. It is a human right; supported by evidence and supported by Queensland's Inclusive Education policy. But achieving inclusion for all children is still not simple and straightforward! The role of a parent in working with their child's school for good inclusion is crucial.

This workshop will cover:

- Knowing your child's gifts and setting a vision for inclusion success
- Embracing your role as an advocate
- What authentic inclusion in the regular class looks like
- Education laws, policies and supports
- Speaking positively and confidently to work collaboratively with the school
- Advocacy tips to stay strong and effective

LOCATION: Sunnybank Sports & Community Club
470 McCullough Street, Sunnybank Q 4109

DATE: Tuesday 15th October 2024

TIME: 9.15am - 2.30pm, Please arrive from 8.45am to sign-in

COST: FREE, this event is free to attend, but bookings are essential.

RSVP: Wednesday 9th October 2024

Register for this FREE workshop by [CLICKING HERE](#) or scan the QR Code.

"Every time I attend these workshops I not only learn new information and tips but it helps me to stay focused and passionate!" - Workshop attendee

Who should attend?
Parents and carers of school-aged children (Prep to Year 12) with disability. Parents and carers of younger children who are starting to think about/prepare for the school years are also encouraged to attend - it is never too early to start planning for inclusion.

Who is CRU?
For more than 35 years Community Resource Unit Ltd. (CRU) has worked to promote positive change so that people with disabilities can belong to and participate in community life.

CRU's Families for Inclusive Education workshops assist families of students with disability to be clear, informed, confident and connected. You will meet other families, gain knowledge, and develop skills to work with your child's school.

Supported Attendance
Please note that **financial support** for regional attendees is available to enable travel to this workshop. This includes travel support (petrol/airfares) and accommodation. To apply families should call 3844 2211, or contact EducationProject@cru.org.au.

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QLD 4101. ABN: 16143460250 ACN: 617860009

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