



CENTENARY Chronicle

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PRINCIPAL

As I settle into my first five weeks as Acting Principal at Centenary SHS, I want to take a moment to express my gratitude for the warm welcome I've received and to reflect on the exciting times ahead as we enter Term 4. This term is particularly special as we celebrate the achievements of our graduating Year 12 students.

To our graduating class of 2024: Congratulations! Your hard work, determination, and resilience have brought you to this pivotal moment. I encourage you to embrace the challenges ahead, whether they involve final exams, university applications, or entering the workforce. Each of you possesses unique strengths and talents that will guide you in the next chapter of your lives.

As you prepare for your exams, remember to stay focused while also maintaining a healthy balance between study and self-care. We believe in your potential, and we are here to support you every step of the way. Please take advantage

of the resources available, including study sessions and wellness workshops.

I am excited to participate in the upcoming graduation ceremony, where we will honour your journey and the bright futures that lie ahead. It's an occasion to reflect on the memories made, the friendships formed, and the knowledge gained over the years.

To the entire Centenary SHS community, thank you for your support and encouragement during my transition into this role. Through our positive relationships we create an environment where our students can flourish and feel a strong sense of belonging. Let's make this term memorable as we celebrate our graduates and continue to focus on *Quality Learning, Quality Futures*.

Ross McNichol

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 Deborah McIntyre

Healthy Relationships Program

This term, our School Youth Health Nurse, Sarah, and Ms Cormack have been engaging students in a program designed to promote healthy relationships. This program focuses on fostering respectful relationships while helping students navigate the changes that come with puberty and human development.

Throughout the program, students have engaged in discussions and informal based scenarios aimed at promoting appropriate behaviours, understanding concepts regarding the human body, and developing insights into healthy lifestyle choices.

The approach has been sensitive and age-appropriate, ensuring that students receive the information they need to make informed decisions while respecting their individual levels of maturity.



Centenary SHS Year 6 to Year 7 Additional Transition Program

The additional Transition Program began last week and will occur once a week for the next four weeks. Students participate in 'taster lessons' which will introduce them to some of the subjects and learning environments they will experience at high school. This week's taster lesson was HPE, and was presented by Ms Tesch. The students had

a wonderful time learning some key soccer skills. Along with the taster lessons, the students will have the opportunity each week to take part in Q&A sessions and receive valuable information about life at high school from Ms Perry and Ms Kelly. The goal of the program is to make transition to high school both seamless and enjoyable. We look forward to welcoming our future students and supporting them during this next exciting phase. Thank you to Gayle and Betty for supporting the students throughout the morning and over the next few weeks.



Deadly Choices Day Program

Last week, a group of our junior First Nations students participated in the Deadly Choices Program. The Healthy Lifestyle Program, offers high school students a comprehensive understanding of various life-relevant topics, including tobacco and alcohol awareness, nutritional guidance, leadership skills and building healthy relationships. The program was facilitated by young First Nations community members and their approach ensured a culturally safe learning environment where the students could easily relate to the program officers. The aim was to discuss First Nations culture and values and equip our First Nations students with the tools needed for a promising and healthy future.



Senior Presentation Evening

On the evening of Wednesday October 16th

, we hosted our highly anticipated Senior Presentation Evening. It was a celebration of student achievement across academia, community contribution, cultural pursuits and sporting endeavours. The evening was filled with excitement, pride and heartfelt moments, as the school community gathered to honour the dedication, talent, and hard work of its students. The theme for the evening was 'Flourish' as we continue along our Positive education journey support and each other to further develop our character strengths.

Parents/carers, teachers and students packed our Sports Hall, creating an atmosphere of joy and celebration. The night began with a warm welcome from our new Principal, Mr Ross McNichol, who expressed gratitude to the students for their perseverance and commitment to growth and acknowledged the efforts of all of our students.

Our 2024 School Captains – Lachlan, Elizabeth, Eli and Vince were the Masters of Ceremonies for the evening and explained the criteria upon how awards are awarded and judged. We viewed highlights of our sporting and cultural events that occurred throughout 2024 and were astonished by the enormous achievements of the Student Leaders' Forum in raising funds for vital charitable organisations and the incredible achievements of our school's debaters and public speakers. One of the highlights of the evening were the performances of our Concert Band and our solo artists!

The awards spanned multiple categories to highlight diverse talents and contributions within the school. From top academic performers to students demonstrating exceptional leadership and community service, outstanding contributions to sport and cultural endeavours – every award reflected the school's values and belief in recognising all-round excellence.

Throughout the evening, we announced 24 platinum academic awards. This is a mammoth achievement as a platinum award recognises students who have achieved an 'A' average across 5 subjects for the semester.

Major Awards were presented throughout the evening and are listed below.

Community Award – Staff and School Community: Trevor Bryce

Community Award – Student: Humaidah First Nations Student of the Year Award: Sophie

Senior Sportsperson of the Year Award: Kya Senior Excellence in the Arts Award: Ethan

Mathematics Cup: Toby

Public Speaker of the Year Award: Eli

Student Leaders' Forum Award: Eli

Vocational Student of the Year: Sam

Olympic Change-Maker Award: Tayla & Kya

International Student of the Year Award: Eliana

Australian Defence Force Long Tan Youth Leadership & Teamwork Award – Year 10: Alvin

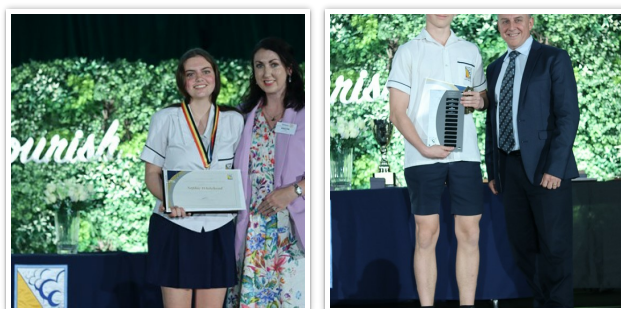
Australian Defence Force Long Tan Youth Leadership and Teamwork Award – Year 12: Eli

Australian Defence Force Future Innovators Award – Year 10: Scott

Australian Defence Force Future Innovators Award – Year 12: Georgina

Griffith University 'Spark' Award – Year 11: Kahlia & Lucy

AMPOL Best All Rounder Award: Neve Highest Performing Year 12 Student Across 2024: Emily



Throughout the evening, the role of parents/carers, teachers and the Centenary SHS and wider community in shaping student success was acknowledged repeatedly. Behind every award is a network of support. We applaud not only the students but also the families and educators who guide and encourage them every step of the way and our community sponsors that support our awards each year.

As the audience filed out, it was clear that this night was not just about trophies and certificates, but about inspiring each student to continue chasing their dreams with confidence and passion.

From Matt Smith

Wellbeing Framework Review



This year, we implemented a new Wellbeing Framework and as a part of this process, it is time to undertake a review involving all key stakeholders.

Since inception, our vision and 'why' underpinning the Wellbeing Framework is:

- To help uphold our **Moral Purpose**: *to foster positive relationships so that all learners can flourish and feel a sense of belonging*
- To create a document that places **wellbeing at the forefront of learning** for students, staff, parents/carers and the wider community
- For our community to be '**on the same page**' with how we see wellbeing at Centenary SHS
- To create a **shared, strengths-based language and set of values** that help us to become learners who flourish

As this framework is meant to serve as a whole school document, we believe it is imperative that staff, students and parents/carers are part of the review process. This will ensure we achieve an authentic framework that every member of the school community can identify with, relate to and be inspired by.

There will be two ways for parents/carers to engage with our Wellbeing Framework and provide feedback:

1. Participate in an interactive webinar: Wednesday November 6th, 4:00pm – 5:00pm

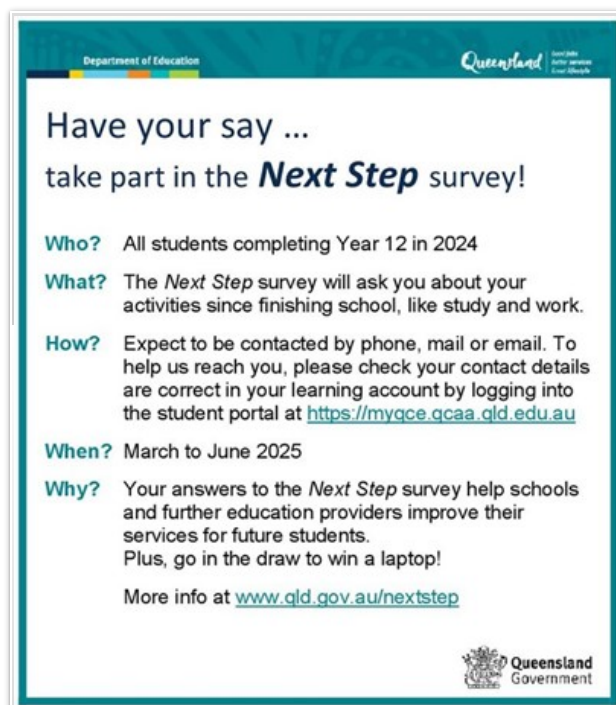
An opportunity to provide your feedback, suggestions and perspectives in a collegial process.

2. Visit our school website:
<https://centenaryshs.eq.edu.au/support-and-resources/wellbeing>

In addition to reading the Wellbeing Framework document, we invite you to view the accompanying 10 videos that outline the 'why' and 'how' of wellbeing at Centenary SHS.

We are looking forward to partnering with you to review our Wellbeing Framework. Please direct any questions to Matt Smith, Deputy Principal of Positive Education:
rsmit925@eq.edu.au

From Ange Raven



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

Adam Richter, Deputy Principal (Year 11)

Email: arich60@eq.edu.au

Ange Raven, Deputy Principal (Year 12, QCE)

Email: arave7@eq.edu.au

BUSINESS MANAGER

Clearance Forms – 2024 Update

As we approach the end of the year, all students will receive their 2024 Clearance Forms. These forms help ensure that all borrowed school resources, such as textbooks, library books and musical instruments, are returned. They also give parents/carers the chance to update personal details, address any absences, and finalize any outstanding fees.

Clearance Form Due Dates:

- **Year 12:** Forms have already been issued and must be returned by **Friday November 8th**
- **Years 10 & 11:** Forms will be issued by the end of October and are due by **Friday November 15th**
- **Years 7, 8 & 9:** Forms will be issued in mid-November and are due by **Friday December 6th**

Please note: due dates can be extended if resources are needed for assessments.

Outstanding Fees

We remind all families that outstanding fees are now due. Please make payments as soon as possible.

Debtor Statements & Credit Balances

Our Accounts Receivable Officer sends monthly Debtor Statements outlining any outstanding fees or credits. Credits are automatically applied to the oldest fees 10 days after the statement is issued. If you prefer this not to happen, please contact our Accounts Receivable team within the 10-day period.

Payment Plans

If paying fees in full is challenging, we offer payment plans to help spread the cost. For more information or to set up a plan, contact our Accounts Receivable team by emailing accounts@centenaryshs.eq.edu.au or call (07) 3373 4555.

Financial Support

If you're experiencing financial difficulties,

we're here to help. Please contact our Business Manager, Karyn, at bsm@centenaryshs.eq.edu.au or call (07) 3373 4555 for confidential support.

Office Closure for Payments

The office will be closed for over-the-counter payments from **November 29th, 2024** and will reopen on **Tuesday January 21st, 2025**. During the closure, you can still make payments using the BPOINT option.

QParents App

We've transitioned to electronic consents for excursions, incursions, and camps using the QParents app. If you haven't registered yet, please contact our QParents team at QParents@centenaryshs.eq.edu.au.

Reporting Student Absence

If your student will be absent, please notify us through one of the following methods:

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

Wishing you all the best for Term 4!

Karyn Lord, Business Manager

Email: klord25@eq.edu.au

CONNECTIONS

It has been a busy time at Centenary SHS for our Connections Team, supporting students to learn more about their own mental health and wellbeing. With our recent R U OK? Day and Mental Health Week events led by our Student Form and supported by our Connections Team, it is a timely reminder to students and families/ carers to focus on their wellbeing, to recognise the signs of stress and/or mental health concerns, and know how to ask for help.

Betty's Birthday Celebrations

Betty recently celebrated her second birthday! Thank you to the Student Forum and Ms O'Dea for their

work with supporting the Connections Team to ensure our happiness hound's birthday event was a huge success. As part of these celebrations, the Student Forum hosted a cupcake bake sale to support the charity, Empower Assistance Dogs. Tracey, and her team of volunteers at Empower, are very grateful for our support, and funds raised will vaccinate an entire litter of future assistance and therapy dogs!



Betty continues to support students' wellbeing, and to promote and normalise access to mental health and wellbeing supports. A huge thank you to REACH Lending Group for your ongoing financial support of our happiness hound!

R U OK? Day

RUOK Day is a National Day of Action to encourage us all to start conversations and support people who are struggling with their mental health and wellbeing. Our Chaplain and Student Forum organised free pancakes for students during AM break, friendship bracelet making, colouring, photo stall and music to recognise this important day. There are some photos later on in the newsletter!



students who are accessing Connections. We thank you for your dedication over the past 2 years to making these hearts, and we will treasure this gift to our school community.



Mental Health Week

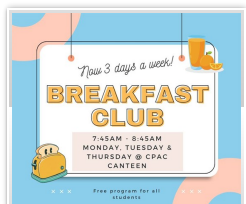
Our Student Forum and Connections Team arranged a range of activities to support Mental



Health Week, including games, music, emoji cookie decorating, mindful colouring, brain teasers, a break time movie with popcorn, and a staff versus students chess competition. Headspace, Open Doors and REKON also set up stalls and talked to our young people about mental health supports in our local community.

Breakfast Club

Breakfast Club is now available on Mondays, Tuesdays and Thursdays. This is a great opportunity for young people to grab some healthy breakfast before school, and to have a chat with Chappy Emma or one of our Connections Team if needed.

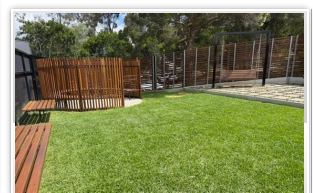
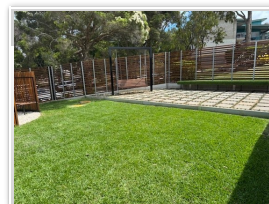


100 Hearts Project

A huge shout out to Ms Keepa's senior students for their commitment to making 1000 hearts for

Connections Garden

Our Connections Garden is now open to students during break times. The Garden has been designed as a space where young people can go alone, or in small groups, to engage in calm reflection during the school day. We are still working to get our sensory planting completed, and looking to purchase some outdoor beanbags and shade so that students can enjoy the many spaces within our Connections Garden precinct all year around.



Knowing when to ask for help

At this time of the year, many students, particularly our Year 12 cohort with external assessments, are experiencing high levels of stress. Parents and carers play a key role in supporting their young person through these times.

Some signs your young person might be experiencing stress or anxiety, or need to check in with our Connections Team:

- difficulties getting to sleep, and/or getting to bed later than usual

- feeling tired in the mornings
- appearing fatigued, disengaged, panicky or down
- complaining of frequent headaches or stomach aches
- presenting as irritable
- complaining of difficulties with focus and concentration
- avoiding school
- changes in appetite, eating patterns, or weight
- staying in their room a lot on the weekends when they usually would be out with friends.

General tips to support young people experiencing school-related stress:

- <https://headspace.org.au/explore-topics/supporting-a-young-person/school-stress/>
- <https://healthyfamilies.beyondblue.org.au/age-13/raising-resilient-young-people/managing-emotions-and-stress>

Accessing Support at Connections

The team at Connections are committed to fostering positive relationships so that all learners can flourish and feel a sense of belonging at Centenary SHS. There are various ways that students can access our Connections Team.

1. Use the QR code in the student diary to complete a self-referral form
2. Visit Connections before school or during AM or PM break each day
3. Email your year level Guidance Office
4. Speak to your HG Teacher and ask them to help you to arrange an appointment
5. Ask your parent or carer to make contact with your Guidance Officer, by emailing or calling the school.

There are also many services in the community to support students.



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

State Athletics

After an amazing School, District, and Regional campaign by Centenary SHS students, a record 12 athletes qualified for the Met West Team to compete at States. Congratulations to these athletes for reaching the pinnacle Track and Field at a school level!

A snapshot of results:

Phoenix – Bronze Javelin, Top 10 in both Shot Put and Discus

Jackson – Bronze Discus

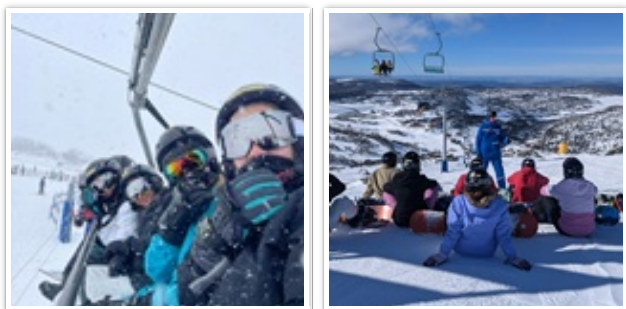
Gerald – 6th in both Discus and Shot Put, Semi-Finalist in

the 100m and 200m Sophie – 4th in both Javelin and Discus,
 7th in Shot Put
 Kya – 6th in Long Jump
 Phong – 6th in Long Jump
 Sara – Top 10 in Shot Put
 Billy – 6th in 400m
 Sean – Semi-Finalist in 400m
 Mia – Top 10 in Shot Put
 Keirah – 11th in Javelin Neve – Did not compete



Thanks to the dedicated staff and coaches who have put in an enormous amount of time to support and coach the whole Athletics squad! Credit to Ms Heintze, Des Davis, and Arthur Shera.

Ski Trip 2025



Preparations are already underway for the 2025 Ski Trip. After an amazing trip this year where students rated it a 4.9/5, it is anticipated that demand will again be strong for the limited spots available.

At this stage, we have tentatively booked for the second week of the June/July School holidays (subject to resort restrictions/availability) and will be open to students in Years 10, 11, and 12.

Inclusions:

- Return private coach to Perisher
- 5 Nights ON SNOW accommodation at a multi-share room premium accommodation
- Hot/cold buffet breakfasts, and dinner at the hotel
- 5 ½ day skis, boots and poles hire/or snowboard hire
- Helmet hire
- 5 -day all mountain lift tickets
- Potential night skiing
- 5 x 2hr group lessons
- Travel insurance
- Group photo
- National Park entry fees

Students have already had the opportunity to attend information meetings, and there will be some more conducted over the coming weeks. Deposits will be due during Term 4, with the balance to be paid off in 2025. Projected cost of the trip is \$2100 – \$2300. As we deal directly with the suppliers, this represents outstanding value.

If you have any questions, or would like your student to be added to the mailing list, please email rhain0@eq.edu.au.

From Lachie Gibbs, Tom Galloway and James Garrard

Interschool Sport

After the four competitive Gala Days that Centenary SHS have competed in this year, Centenary SHS has been crowned the **West Brisbane District Champion School** by a margin of just 3 points. This is the fifth year in a row we have won this honour.



This is an outstanding achievement for the school, and especially for all competing students and coaches. All year, Centenary SHS teams were consistently competitive, hard-working and showed great sportsmanship and it is credit to their hard work for this achievement.

At the Spring Junior Gala Day held in Week 10 of last term, teams competed in the sports of Badminton, AFL and Ultimate Disc and the premiership winning teams for this competition were:

Year 7 Girls Badminton
Year 7 Girls Ultimate Disc
Year 8 Girls Ultimate Disc
Year 9 Girls Ultimate Disc



Junior Schools Cup Volleyball

Our younger brigade of volleyballers took to the court recently at the State Championships down on the Gold Coast. It was a fantastic weekend with once again Centenary SHS teams outperforming many excellence schools. A MASSIVE thank you to **Nick Bray** for preparing and coaching our teams. With the Australian titles not far away in December, our teams are well placed to match it with the best talent from all over the country.

Year 8 Boys – 5th in Division 1 – 18th out of 78 teams total

Year 8 Girls – 9th in Division 1 – 22nd out of 90 teams total

Sports Awards

The Sports Awards is a special time to celebrate the success Centenary SHS students have had throughout the year. 2024 has been another incredible year on the sporting field for the students and staff at Centenary SHS.

Students excelled both on and off the field with not only their sporting skills but also with outstanding behaviour and sportsmanship. Students at Centenary SHS are given so many opportunities not only within our school sporting program but also through District, Regional and All School Championships.

In 2024 Centenary SHS:

- Won 20 West Brisbane Premierships
- Centenary SHS is the West Brisbane 2024 Champion School
- 104 Northern District Representatives

- 40 Met West Representatives
- 6 Queensland Representatives

Participation pathways in:

- Queensland All Schools Touch Football
- Super Seven Netball series
- Vicki Wilson Netball Championships
- SEQ Futsal Tournament
- Senior School Cup Volleyball Championship
- Queensland All Schools Athletics

Senior Sportsperson of the Year

Each year, we award a junior and a senior student with the prestigious 'Sportsperson of the Year' award, based off the number of sporting points earned. This award is presented to the student that receives the highest points. Points are awarded for school-based sports and the higher the level of achievement, the higher the number of points earned.

The Junior Sportsperson of the Year will be announced at our Junior Presentation Event in December.

Congratulations to **Kya** who was awarded the Senior Sportsperson of the Year for 2024 at our Senior Presentation Evening. Kya finishes her time at Centenary SHS having won sportsperson of the year 6 times (3 Junior and 3 Senior). What a fantastic effort from Kya!!!



All Schools Touch Football

An amazing year for Touch Football at Centenary SHS. 6 teams took part in the annual competition.

Our Open Girls had a successful tournament, only losing 2 of their games and coming 2nd in their pool, missing out on making the top 16 on count back. The majority of this team will return next year and we have high hopes for their progress.

Our Under 15 Boys came up against some tough teams winning 3/6 games. Overall, they came 4th in their pool but have learnt some valuable lessons and continue to develop as a team.

Our Under 15 Girls had lots of fun, a first time at All Schools for a lot of our players. This team had a win leading into the competition but then unfortunately came up against lots of solid teams.

Our Under 13 Girls also had a successful tournament, only losing 1 game and drawing 1 game. They missed out on the finals by 1 spot, coming 17th overall. The only loss the girls gave was to the overall champion school. This team will be back with a vengeance next year.

Our Under 13 Boys finished 3rd in their pool with 3 wins, 1 draw and 2 losses. Lots of potential in this team and a great first campaign for a lot of our players.

Finally, our Open Boys played sensationally and took out the overall U18 Boys state championship!!!! This goes down as the most outstanding team result in Centenary SHS's 25-year history. With an exhilarating finals series, they pushed hard and worked well as a team to be triumphant. Everyone in this team played to their potential and the win was well deserved. To be crowned state champions required a huge amount of support, and special mention to Mr Richter and Ms Nasalio who helped guide this team to victory. Thanks also to Mr Frazer, Ms Chadburn and Ms Tesch for their outstanding coaching contributions too.



Student Spotlight

A huge congratulations to Isaac, Cezahn and Aria for their fantastic representation of Queensland at the School Sport Australia Touch Football Championships! Both the U15 Boys and Girls teams clinched the GOLD medal, with the boys triumphing in a thrilling drop-off against NSW. All three students performed exceptionally well, earning spots in the All-Australian Merit Representative team.

Well-done, Isaac, Cezahn, and Aria - what a huge achievement!!!

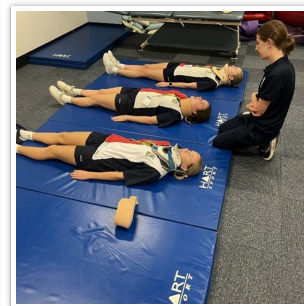


HPE Report

From Year 11 Health students, Delaney and Madeleine

The Year 11 Health classes were fortunate enough to participate in the PARTY Program (Prevent Alcohol and Risk Related Trauma in Youth) at the Royal Brisbane and Women's Hospital. The PARTY Program took us through the journey of a trauma patient, a brilliant and critical life learning experience. We visited the Emergency Ward, the Intensive Care Unit, the Orthopaedic Unit, the Physiotherapist, and Occupational Therapist. We met a paramedic, a dietician, and a speech pathologist, as well as a brain trauma survivor. Along the way, we learnt how unexpectedly quickly life can change, how precious life really is, and to never take what we have for granted. We heard so many real-life stories and experiences that were eye opening to how dangerous alcohol can be, including the risks of driving tired, distracted or under the influence. This experience made us grateful for the life we have.

It is essential to look out for your friends and yourself when under the influence of alcohol and to always make safe decisions to prevent horrific life changing events.



Lachie Gibbs, HPE HOD

Email: lgibb23@eq.edu.au

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

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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

By Lucy and Kahlia – Year 11 Student Leaders

The Student Leaders' Forum has had a very eventful year under the leadership of Miss O'Dea and our 2024 School Captains: Lachlan, Elizabeth, Eli, and Vince. Through the year, we have run countless events and raised money for multiple local charities to support our community. Here are a few highlights from our year:

In Term 1, we celebrated Valentine's Day with our student body and raised over \$500 for HeartKids Australia and \$450.00 for the Centenary SHS Arts Department. The World's Greatest Shave ran in March, where 24 members of the community shaved their heads and raised an impressive \$12000.00 for the Leukemia Foundation.

As the year progressed, the events kept coming, with Multicultural Week celebrations kicking off Term 2. We celebrated the diversity and culture of our school community through student performances, a multicultural banquet and a cultural free dress day. Overall, the week saw us raise over \$1600.00 to support our Student Forum in engaging with the school community. Term 2 also saw the advent of Super Steps at Centenary SHS, a challenge to walk over 10000 steps every day in May. Together, both student and teacher participants raised \$5530.00 for the Starlight Foundation.

Term 3 was a busy term in the student forum. First, we partnered with Friends with Dignity on our Pyjama Day and raised over \$1300.00 for victims of domestic violence. We also celebrated the Olympics with our Jersey Day which saw over \$1000 raised to support the endeavours of the Student Forum. Later in the term, we celebrated the 2nd birthday of Betty, our happiness hound, with a bake sale and party games. In the end, this raised just under \$500.00 to support Empower Assistance Dogs. We finished off the term with R U OK?

Day, where we worked with Chappy Emma and the Rotary to provide students with free pancakes and spark conversations about mental health.

Getting to more recent weeks, a few weeks ago we celebrated Centenary SHS's 25th anniversary with the Student Forum's "B'Day Bash". Ms Jess Pugh MP, Councillor Sarah Hutton, ex-principals Mr Brew and Ms Hughes and previous school captains all gathered in our newly re-done quadrangle to celebrate this milestone. This included classic party games, food and cake for any students who came to celebrate, as well as some world-class deejaying from our favourite DJ Turhan.

We recently celebrated Mental Health Week with emoticon cookie decorating, a viewing of Inside Out, and a staff vs student chess competition. All of these events aimed to encourage conversations about mental health and its impact amongst students.

Furthermore, we have supported our student body through the distribution of 2000 free pens at exam times and finishing the quadrangle with new tables.

Overall, the student forum managed to raise \$23000.00 in 2024 to support both the school and wider community. None of this would have been possible without the irreplaceable leadership and guidance of Miss O'Dea, Ms Wallekers, and our 2024 School Captains, so a massive thank you is in need for them. It's been a wonderful year with the Student Forum, and we are so excited to see what happens next year!

There is still more to come this year so watch this space!

R U OK? Day

On Thursday September 12th was R U OK? Day, our National Day of Action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life. R U OK? is calling on all of us to let the people you care about know you're here, to really hear them.

Students were allowed to wear a yellow accessory to raise awareness for the cause, and at AM break, engaged in all of our (free) initiatives to mark the day, including pancakes, music, photo opportunities, friendship bracelet making, balloon

handouts and R U OK? Day wordsearches. Thank you to everyone who got involved in a wonderful day.



25 Year Celebration

On Thursday October 3rd, we celebrated our school's 25th birthday! Centenary SHS officially opened on the 1st of January 1999, and we threw a birthday bash to mark the occasion. Students and staff enjoyed cake after singing Happy Birthday (and lots of it), lollies and chips, played pass-the-parcel and had their go at lucky dip prizes, jammed to tunes spun by DJ Turhan and had an overall great time! Thank you to [Jess Pugh MP for Mount Ommaney](#) and [Cr Sarah Hutton](#) for joining us for their continual support of our school. Thank you to past principals Mr John Brew and Ms Jo Hughes and 2022 school captains Ebony and Juan for returning too! And thank you to all involved in making it a great day!



Marney O'Dea, Student Leadership Coordinator
Email: modea9@eq.edu.au

POSITIVE EDUCATION

Mindfulness Room: supporting our students through exam season

The Mindfulness Room at Centenary SHS has been a huge success this year, providing our students with a much-needed space to unwind during the stress of external exams. The room offers various calming activities, such as relaxing in the chill-out zone, contributing to a collaborative colouring canvas, crafting friendship bracelets, or participating in mindful meditation sessions led by our dedicated staff.



At the heart of this initiative is mindfulness, a practice that encourages students to focus their attention on the present moment. This simple yet powerful technique helps them tune into their surroundings – both physical and emotional – without judgment or distraction. By incorporating breathing exercises, guided imagery, and other relaxation techniques, mindfulness fosters mental and physical relaxation, which can reduce stress and anxiety.

Research from ReachOut (2022) highlights the numerous benefits of mindfulness, linking it to improved breathing, better sleep, reduced anxiety, and enhanced learning and memory. We've already seen firsthand the positive impact of

this room on our students' wellbeing. One Year 12 student, after her final Health exam, eagerly asked, "Can I please come back in after my exam to make another friendship bracelet?"

It's clear that students are not only benefiting from this space but are keen to return and continue using these mindfulness strategies as a tool for managing stress. As parents/carers, you can take comfort in knowing that your young people are learning important life skills to support their emotional health – both during exam season and beyond.



Melissa Chamberlain, Positive Education HOD
Email: mchamm55@eq.edu.au

TEACHING AND LEARNING

Teacher Accomplishment

The Highly Accomplished and Lead Teacher career stages are a nationally recognised certification of expertise measured against 7 Professional Teaching Standards. Centenary SHS's Highly Accomplished Teachers represent a variety of departments, curriculum areas and coordinator and leadership positions. We proudly congratulate Lucy Gummow and Nicole Roe who have very recently been certified as Highly Accomplished Teachers!



Vanessa Duschka, Teaching and Learning HOD
Email: vdusc1@eq.edu.au

ARTS

We can't believe how fast this year has gone! Our wonderful Year 12 students are over-prepared and currently sitting their external exams, our Year 11 students have transitioned to Year 12 content and our Years 7 to 10 students are well into their learning and starting assessment for the final time this year. 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

At our recent Senior Presentation Evening, 'Flourish', we were thrilled to present our Major Award – the *Excellence in The Arts Award*, our Cultural Awards, as well our Years 11 and 12 Subject Award Winners.

The 2024 *Excellence in the Arts Award* winner was Year 12 student Ethan. Congratulations to Ethan on his many wonderful achievements across The Arts in 2024.



Subject Award Winners

Year 12 Dance	Emily
---------------	-------

Year 12 Dance in Practice	Keira
Year 12 Drama	Blake
Year 12 Drama in Practice	Liv
Year 12 Film, Television & New Media	Sol Eli
Year 12 Music	Thao Anh
Year 12 Music Extension – Composition	Pranavi
Year 12 Music Extension – Performance	Ethan Aaron
Year 12 Visual Art	Emma Jess
Year 12 Visual Arts in Practice	Emma
Year 12 Instrumental Music – Brass	Rowan
Year 12 Instrumental Music – Percussion	Thao Anh
Year 12 Instrumental Music – Strings	Kaylee
Year 12 Instrumental Music – Woodwind	Elizabeth
Year 11 Dance	Madeleine Rose
Year 11 Dance in Practice	Jorja
Year 11 Drama	Kahlia
Year 11 Film, Television & New Media	Sebastien
Year 11 Music	Liam
Year 11 Visual Art	Jessica
Year 11 Visual Arts in Practice	MJ
Year 11 Instrumental Music – Brass	Jordan
Year 11 Instrumental Music – Percussion	Michael
Year 11 Instrumental Music – Strings	Harry
Year 11 Instrumental Music – Woodwind	Liam

Cultural Award Winners

Year 10

Eva	Gold
Quan-Minh	Gold
Van	Gold
Kyle	Gold
Oscar	Gold
Jemma	Gold
Yolanda	Gold

Benjamin	Silver
Sophie	Silver
Abby	Silver
Ella	Silver
Valerie	Silver
Ash	Silver
Zoey	Silver
Jack	Silver
Bella-Rose	Silver
Sadia	Silver
Mia	Silver
Talia	Silver
Charlotte	Silver
Indiana	Silver

Ilmi	Bronze
Mitch	Bronze
Dylan	Bronze
Samuel	Bronze
Paxton	Bronze
Charlotte	Bronze
Alvin	Bronze

Jacob	Bronze
Sarah	Bronze
Jayden	Bronze
Emily	Bronze
Cody	Bronze
Scott	Bronze
William	Bronze

Year 11

Delaney	Gold
Daniel	Gold
Elsie	Gold
Sierra	Gold
Claudia	Gold
Ryan	Gold
Ophir	Gold
Marissa	Gold
Oriana	Gold
Ava	Gold
Katherine	Gold
Joel	Gold
Liam	Gold
Jordan	Gold
Niamh	Gold
Harry	Gold
William	Gold
Hayden	Gold
Rose	Gold
Emma	Gold

Jessica	Gold
Ben	Gold
Jada	Gold
Lucy	Gold
Madeleine	Gold

Millie	Silver
Brad	Silver
Tylah	Silver
Harrison	Silver
Kahlia	Silver
Ahilan	Silver
Ethan	Silver
Charli	Silver
James	Silver
James	Silver
Daniel	Silver
Michael	Silver
Emma	Silver
Jaida	Silver
Eleanor	Silver
Martin	Silver
Liam	Silver
Dabria	Silver
Olivia	Silver
Ethan	Silver
Portia	Silver

Madison	Bronze
Sam	Bronze

Summer	Bronze
Tiffany	Bronze
Nikhil	Bronze
Aimee	Bronze
Yvette	Bronze
Eve	Bronze
Chloe	Bronze
Mitchell	Bronze
Axe	Bronze

Year 12

Ethan	Gold
Tahnee	Gold
Eli	Gold
Pranavi	Gold
Sofia	Gold
Sol	Gold
Liv	Gold
Neve	Gold
Rowan	Gold
Blake	Gold
Ashley	Gold
Hayden	Gold
Thao Anh	Gold
Elizabeth	Gold
Lily	Gold
Ellexis	Gold

Arushi	Silver
Josephine	Silver

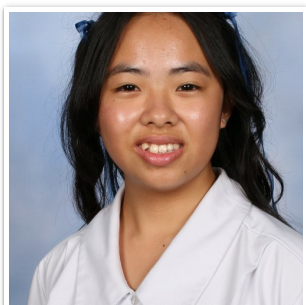
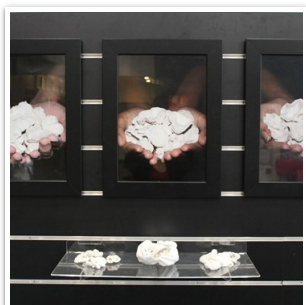
Sophie	Silver
Serafina	Silver
Emily	Silver
Jayden	Silver
Keira	Silver
Kaitlyn	Silver
Kaylee	Silver
Amy	Silver
Cora	Silver
Ellie	Silver
Thomas	Silver
Emma	Silver
Jessica	Silver
Natasha	Silver

Anusha	Bronze
Tayla	Bronze
Poppy	Bronze
Aaron	Bronze
Ashton	Bronze
Ethan	Bronze
Matthew	Bronze

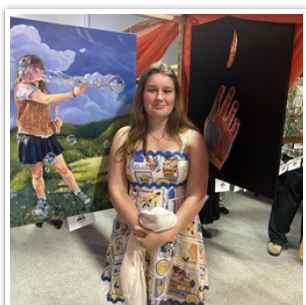
Thank you to the Stage Band who provided a wonderful program of entertainment for the evening and to Ms Sleeman for filling in for Mr Loughheed on the night.



At the end of last term, we showed you the artworks of the four senior students who were selected for the 2024 Creative Generation Excellence Awards in Visual Art. We are delighted to announce that TWO of our students were shortlisted AND then received Commendations! Congratulations to both amazing artists, Ellexis and Jessica!



Jessica has had a huge few weeks as she was also awarded the 'Tivoli Choice' Award at the Tivoli Arts Festival. Congratulations Jess!



Over the September holidays, our extension musicians were in at the Queensland Conservatorium of Music for the State Honours Ensemble Program and for the Australian Honours Ensemble Program. These programs provide pathways for our advanced musicians to work with national

and international conductors and the students always return with renewed passion and vigour and love to share their learnings with all of us!



Our awesome Arts students are excelling in the world of film right now! Five of our senior students were selected as semi-finalists in the Australian Independent Film Festival, meaning that their films were judged to be in the top 20% of all entries. Congratulations to Sol (x 2), Eli, Ethan, Harrison and Ashton! Following this exciting news, two of those students were upgraded to FINALISTS! Congratulations to Sol (finalist for two films!) and Harrison!

Both students attended the screening of their films at the festival, and Sol was the recipient of the Best Movie Poster trophy! Congratulations to Sol and Harrison for their awesome achievements.



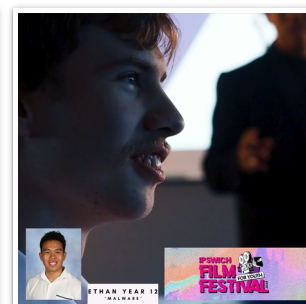
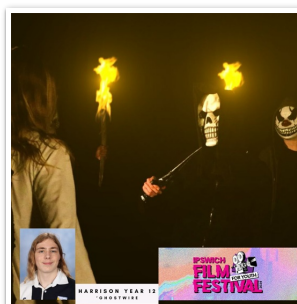
Congratulations to our Year 12 General Subject Arts students who have now completed their internal assessment. After 75% of the course, there are six students who have achieved the perfect score of 75. This is an outstanding achievement and demonstrates the character strength of love of learning! Well-done to Emma, Jess, Blake, Eli, Sol and Thao Anh for their amazing achievement.



We also congratulate and celebrate thirteen students who were awarded 35/35 for their final internal assessment item. Well-done to artists Anusha, Emma & Jess; Drama student Blake; Film Makers Imogen, Harrison, Sol, Ashton Symone, Ethan & Eli; and Musician Thao Anh. We are very proud of your achievements and wish you the best of luck for your external exams.



Congratulations to six of our Senior Media students whose eight films were selected to be screened at the Ipswich Film Festival for Youth! Congratulations to Riley, Eli, Ethan, Sol, Ashton and Harrison. Special mention to Eli and Ethan, who each had TWO films selected.



The Arts Faculty recently celebrated our tremendous year of achievements at the annual Cultural Dinner. Over 200 students and staff shared a meal together, farewelled our Year 12 Arts students and were introduced to the 2025 Arts Captains. We were excited to introduce Ava, Chloe, Charli, Elsie, Hayden, Jada, Niamh and Portia to the students at the dinner as our 2025 Arts Captains. These wonderful Year 11 students will be introduced to the rest of the school at assemblies this year, before being inducted in the new year.

The two special awards, *The Spirit of The Arts* and *The heART Award* were presented to Year 12 student Blake and Year 11 student Ava respectively. Congratulations to Blake and Ava, and thank you to all students who have contributed to our awesome year in The Arts!



Classroom News

Our annual Year 11 Visual Art and Visual Arts in Practice excursion was a total success, with students viewing artworks at the Gallery of Modern Art, Queensland Art Gallery and the street art of Fish Lane. The Visual Art students collected valuable stimulus to begin their Year 12 studies, whilst the Visual Arts in Practice students spent the day gathering inspiration for their upcoming Street Art and Graphic Design unit. Thank you to the Visual Art Staff for their encouragement of student creativity!



Dr Daryl Sparkes, Senior Lecturer in Media Studies and Production at the University of Southern Queensland (USQ), gave a riveting presentation to our Senior Media students recently about career opportunities in the film and television industry. He advised students about the three “streams” of employment, how to pitch projects, networking opportunities, tertiary courses and pursuing their passion. A number of Centenary SHS film graduates have studied with the USQ Film Department and then found employment in the film, television and radio arenas. We have no doubt more will follow after Dr Daryl Sparkes’ inspiring presentation!

Year 8 student Katelynn has created a powerful story board for the Australian Government’s ‘Respect’ competition. Katelynn has skilfully illustrated and authored a story which displays respectful communication amongst a group of friends. The winner of the competition will have their storyboard turned into a 30 second animation by a professional animator. Good luck Katelynn!

[Click here to download the Arts flyer](#)

Our Performance Plus classes in Years 8 and 9 are working hard on their end of year showcases! The Year 8 class is proud to present ‘Dear Edwina’. *Dear Edwina follows the story of Edwina Spoonapple, a young girl with a talent for giving advice. While dispensing advice to her neighbours, friends, and family, Edwina also navigates the challenges of growing up and finding her own path. Dear Edwina offers a positive message about self-discovery, friendship, and the importance of embracing one’s unique talents.*

Our Year 9 Performance Plus class is excited to present ‘Seussical’. *A musical perfect for the whole family, Seussical takes us into the world of Dr. Seuss, where we revisit beloved characters including The Cat in the Hat, Horton the Elephant, Gertrude McFuzz, Lazy Mayzie, and JoJo. Charming Seussical teaches us the power of being unique, and the importance of fighting for your beliefs.*

Stay tuned for announcements about tickets going on sale!

Extracurricular News

At our recent Cultural Dinner, foundation staff member of 25 years, Fiona Harvey, told a beautiful story to our students about how The Arts first started at the school. We are thrilled to share her story with you, with some photos we found in

25 YEARS OF ARTS

BY FIONA HARVEY

Even 25 years ago, the Arts Faculty was busy giving the students every opportunity to experience playing in an ensemble and putting on a musical.

In 1999, the year the school opened, there were 3 Year levels - 8, 9 and 11. There was no CPAC and no Sports Hall.

Assembly was held in the Lower Shelter near the Resource Centre. The entire school fit in that area. We held our concerts there. Once we had an evening concert in June - we had to warn the audience to come rugged up and we borrowed braziers to provide some heat for everyone. The two metal grandstands that are still in the undercover area were purchased for these concerts.

The arts classes and Instrumental lessons and rehearsals were held in the Home Ec block. One end of the building was Arts and the other end was Home Ec. Often it was hard to concentrate in Arts lessons because of the smell of delicious food being cooked down the hall.



Often it was hard to concentrate in Arts lessons because of the smell of delicious food being cooked down the hall.



Cultural Dinner started off as a sausage sizzle breakfast outside CPAC. It then moved to a buffet breakfast at Gertrude McCleod Golf Club. The conference room at Jindalee Hotel hosted it for many years.

We have come a long way in 25 years with many more musicians in the ensembles and so many talented actors, singers, dancers and artists involved in productions but one thing that has remained a constant since 1999 is the feeling of 'family' that being an Arts student evokes. The love for all things Arts ties us together and makes us one big happy family.



Instrumental Music News

The Centenary SHS musicians impressed audiences with three exceptional performances at the annual Primary Music Tour. Year 12 students were dressed to impress as Barbie and Ken, and the five senior ensembles showcased their exceptional musical skills. It was an awesome day, sharing our love of music and hopefully inspiring some future Centenary SHS students! Thank you to our Music Staff for their dedication to our students and local community.

The band had 18 members and the string orchestra had 16 players. Early on, the musicians from Oxley Secondary College (a school that doesn't exist anymore) used to come and rehearse with the Centenary kids. Their program was small too, so it was a great way for all of us to play music together.



The first musical was in 2000, was 'Jesus Christ Superstar' - a very ambitious production for a new school. Rehearsals were held afterschool in the Canteen area. The groundsman would use his tractor to pull a trailer filled with instruments and props to the canteen area. It was hosted off-site, it wasn't until 2003 that productions were first held in CPAC.



Presentation Night was held at Main Hall at University of QLD. It was a very imposing building with a BIG stage. Presentation Night was held there for a number of years until the Hall was closed. The purple chairs that we use in the Sports Hall came from UQ. Our school bought them when the Hall closed.



Our Stage Band performed for their tenth time at St Laurence's Jazz on the Hill, as invited guests. We played an entertaining set list and had many compliments about the quality of our musicians! For our Year 12 students,

A large group of students, mostly young men, are posed on a wide staircase. They are all wearing black uniforms with a red and gold crest on the left chest. Many of the students are holding saxophones, while a few in the front row are holding brass instruments like trumpets and trombones. They are all smiling and looking towards the camera. The background shows the architecture of the staircase and some blue lighting.

[Click here for more information](https://www.facebook.com/share/v/t3MBowdgUNiRQS5v/)
<https://www.facebook.com/share/v/t3MBowdgUNiRQS5v/>

CENTENARY SHS CHOIR
PRESENTS

Christmas Carols Tour

WEDNESDAY, 4 DECEMBER 2024

Concert 1
Dovetree Atrium

Dovetree Aged Care Community
Sinnamonn Park QLD

10:30am

Concert 2
Petbarn Jindalee

HomeCo. Jindalee
Sinnamonn Rd, Jindalee QLD

with special guest,
Betty!

1:00pm




Centenary State High School
100 Years

[Click here for more information](https://www.facebook.com/share/v/movSVTbPTSxKsd9g/)
<https://www.facebook.com/share/v/movSVTbPTSxKsd9g/>

INSTRUMENTAL MUSIC DATE CLAIMER 2024 - TERM 4							
TERM	WEEK	DAY	DATE	TIME	DETAILS	WHERE	WHO
4	5	Monday	28-Oct	Lesson 3	JS Assembly	Hall	Concert Band
4	6	Monday	04-Nov	Lesson 3	SS Assembly	Hall	Percussion Ensemble
4	6	Wednesday	06-Nov	TBA	Pre-promotion Video (Christmas Parade)	School	Swingers
4	7	Tuesday	12-Nov	11am	Drumline walkout	School	Selected Percussion students
4	7	Wednesday	13-Nov	Night	Year 12 Formal	St Lucia Hillstone	Chamber Strings
4	7	Thursday	14-Nov	6pm	Year 12 Graduation	Nissan Arena	Swingers
4	8	Thursday	21-Nov	5pm	Christmas Parade	Kmart Entry Door (near Cr Hutton Office), Mt Omerau Centre	Swingers
4	10	Sunday	01-Dec	5:30pm	Centenary Christmas Carols	Peter Lightfoot Oval	Swingers
4	10	Wednesday	4-Dec	All day	Dovetree Community Performance #8 & Petburn Performance	Dovetree	Choir
4	10	Friday	06-Dec	Lesson 1&2	Presentation Day (Junior)	Hall	Choir & Year 9 Music Plus

BUSINESS TECHNOLOGY

Congratulations Diploma of Business Class of 2024!

On the 24th of October, we celebrated our 19 amazing Year 12 students who have obtained their Diploma of Business qualification. Through our partnership with Barrington College, students at Centenary SHS can study a Diploma of Business in Years 11 and 12 as part of their timetabled classes. They can now use this nationally recognised qualification to obtain an ATAR rank, allowing them to directly enter university or to enhance their employment opportunities.

We are so proud of Kepu; Phoebe; Chloe; Atina; William; Matthew; Ben; Jazmynn; Emily; Jayden; Jourdan; Sarah; Joshua; Madison; Fern; Isabella; Braxton; Ethan and Aaron for all their dedication and hard work. Congratulations!



Kirsten Caruso, Business Technology HOD

Email: kcaru11@eq.edu.au

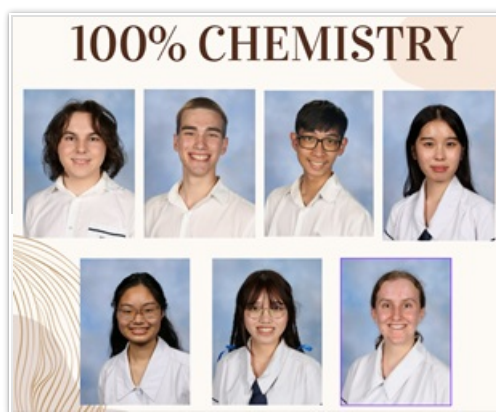
SCIENCE

Term 4 in the Science Faculty is well underway, with students actively participating in a range of learning experiences both in the laboratories and in the field.

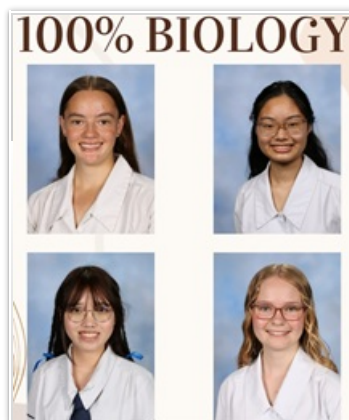
Our Year 7 students are currently engaged in Biology and the classification of organisms, with upcoming fieldwork at Toohey Forest during Weeks 6 and 7. Year 8s are also engaged in Biology, participating in practical work creating microscope slides of cells. Year 9s are exploring Chemistry and enjoying collecting data on a range of chemical reactions.

In our senior years, Year 10 students are studying Earth and Space, with an exciting visit to the Sir Thomas Planetarium Cosmic Skydome coming up in Week 6. Year 11 students have started their Unit 3 topics and our Biology classes will attend Toohey Forest in Week 5 to conduct fieldwork. Year 11 Science in Practice students recently visited Boondall Wetlands and had a wonderful day conducting water quality tests, as part of their coursework.

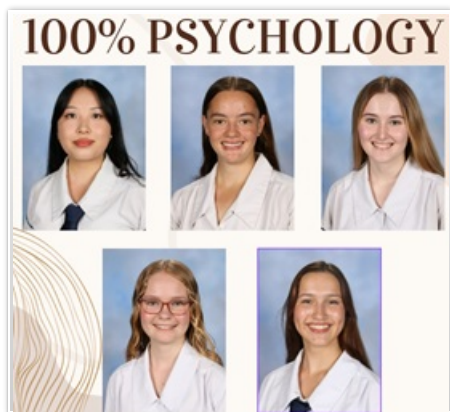
We wish our Year 12 students the best of luck as they complete their external exams in the coming weeks. Congratulations to our Year 12 students who achieved 100% 50/50 for their Internal Assessments in science!



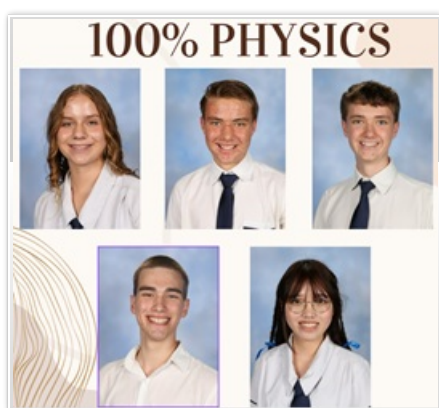
Henry, Rowan, Terrance, Amy, Thao Anh, Emily and Zoe



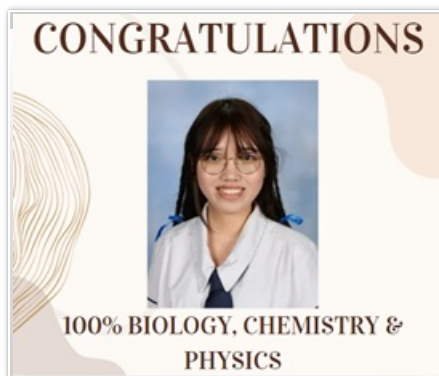
Sophie, Thao Anh, Emily and Elizabeth



Thu-An, Sophie, Ruby, Elizabeth and Maddison



Tayla, Eli, Lachlan, Rowan and Emily



Emily

Thank you to:

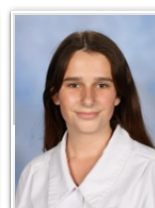
- Our UQ Science Ambassadors for their efforts this year, including organising lunchtime activities during Science Week in Term 3 and assisting local primary school students with scientific investigations through the CLASS Primary Science Links Program.



- Our 2024 STEM Captains, Mercy and Caitlyn, for their organisation and promotion of STEM activities, and congratulations to our incoming 2025 STEM Captains, Ash and Emily, who will carry on this important work



Ash



Emily

- The incredible Science Faculty Teachers and Scientific Operations Officers whose dedication, commitment and support makes all these things possible!

Elizabeth Nicolson, Science HOD

Email: enico12@eq.edu.au

OTHER NEWS

Centenary SHS Mathematics Curriculum Leader, Ms Leanne West, recently joined a group of 20 mathematics educators and researchers from around Australia on the AAMT Study Tour to North America. They attended the NCTM 2024 Annual Meeting & Exposition in Chicago, school visits in Chicago and Calgary, National Day for Truth and Reconciliation in Canada and had some leisure time at Banff National Park!



Student Spotlights

Congratulations to Year 10 student Ilmi, who has been selected as a recipient of the STEM Taiwan Global Student Program. Ilmi's application stood out among a large pool of talented candidates, with her dedication to both STEM and Chinese language studies impressing the selection committee. Ilmi will be travelling to Taiwan in December this year. Congratulations Ilmi!

Congratulations to Year 10 students Tiffany and George, who have been selected as recipients of the inaugural Lotus Language Prize, offered by the Global Engagement team within the Department of Education International.



It is an extraordinary international learning opportunity for high-performing Years 9 and 10 students who are currently studying Chinese and have a strong interest in continuing the language in their senior years.

The Lotus Language Prize provides eight students and two chaperones the chance to travel to Shanghai, China during the school holidays in December. They will continue their Chinese studies at one of the prominent universities, visit places of cultural and historical significance and engage in industry visits. This prize was highly competitive, with a significant number of applications being received from across the State.

The selection of Tiffany and George is a testament

to the high calibre of language education being offered at our school. It also reflects the dedication and commitment of our staff in fostering excellence in teaching and learning. It is also particularly significant, given the Lotus Language Prize is one of a few select prizes, open to students in State and Non-State schools across Queensland. To have two students selected from the large pool of applicants is simply phenomenal and something to be celebrated!

Congratulations Tiffany and George!

YEAR 11 REPORT

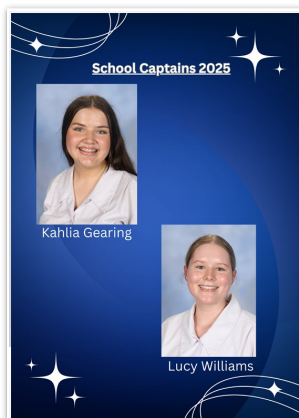
The start of this term saw a huge amount of celebration of student success. There have been a number of significant achievements in sports and in the community, as well as the presentation of certificates and prizes at our annual Senior Presentation Evening.

PEEC in Focus

In our PEEC program this term, we are engaging in a number of activities around goals and planning. With our Year 12 students now moved into external exams, the Year 11 cohort are now essentially the seniors in the school now. One of the things I really want to instil in the cohort is the that all of them are leaders in the school. While some students have specific roles and duties, it is important as a cohort that we lead the way with leadership, mentorship and role modelling for the rest of the school.

2025 Leaders

I am very excited to announce the leaders for 2025 across a whole range of disciplines in the school. I would like to thank ever student who applied for any of the positions, and hope that they all will contribute in a positive way as the seniors of 2025.



Student Achievements

We have had some amazing student achievements over

the last couple of months that I would like to highlight. Well-done and thank you to the following students.

All Schools Touch

Well-done to the following Year 11 girls and boys who recently represented the school at the All Schools Touch Football State Championship. As has been widely reported already, the Open Boys Team were successful as the winners of their division and were the champion team in the state. While the Open Girls team did not reach that point, they only lost one game in the group stage! Thank you also to their coaches Ms Nasalio, Ms Tesch, and Mr Richter.

Open Girls: Isabella, Mary, Caitlin

Open Boys: Kealan, Elie, Rico, Liam, Kayden



Gymnastics

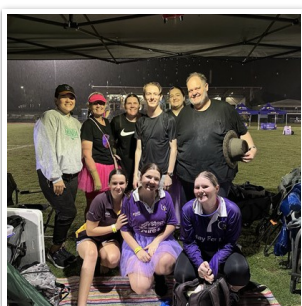
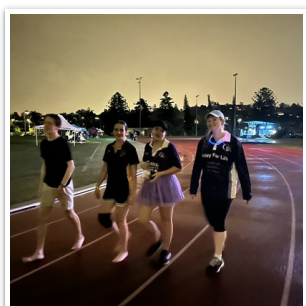
During the recent long weekend, Olivia competed at the National Clubs Carnival, where she won Gold in Vault and Silver in both the Uneven Bars and Balance Beam, earning her second place overall. Based on this performance and her earlier success at the Australian National Championships, she was selected as one of eight gymnasts to represent Australia on the Level 10 WAG (Women's Artistic Gymnastics) Australian team. Olivia will head to the USA in 2025 to compete in two major competitions – one in Las Vegas and another in Texas. In addition to these events, Olivia will have the chance to train at some of the world's top gymnastics clubs.

Congratulations on your amazing achievement Olivia!



Relay for Life

Congratulations to the students and staff who took place in this year's Cancer Council Relay for Life. The initiative, spearheaded by 2025 School Captain Lucy, raised more than \$1600.00 for cancer research. Thank you to Lucy, Kahlia, Emily, Ben, Liam and Joel who walked throughout the day, along with Ms Knight, Ms Wright, Ms Nolan, Ms Sherry, Mr Watkins and Chappie Emma.



Senior Presentation Evening

Our Year 11 Students also shone at the recent Senior Presentation Evening. A huge congratulations to all of the award recipients from Year 11, including these recipients of Major Awards.

Community Service Award – Humaidah

Griffith University Spark Award – Kahlia and Lucy

Gold Community – Humaidah

Platinum Academic – Sebastien, Mia, Rhianna, Liam, Gabriella, Elliott, Jessica

Mark Watkins, Year 11 Coordinator

Email: mwatk16@eq.edu.au

YEAR 10 REPORT

It's a massive term for our Year 10 students coming up! With only 8 weeks, this term will fly away.

An update of what's still to come this term in Year 10 can be found below:

Respectful Relationships Education – Week 5

In Week 5, Year 10 students will participate in a Respectful Relationships Education lesson. This program aims to foster a safe and inclusive environment, teaching valuable skills in communication, empathy, and respect. We believe that these lessons are crucial for personal development and building a supportive school community. We encourage students to engage actively in these discussions and reflect on the importance of respectful interactions.

Karaoke Competition – Week 6

Our highly anticipated Karaoke Battle is scheduled for Week 6. This event promises to be a fun-filled lesson where students can express their creativity, have some fun and compete against their classmates. Prizes will be awarded for best performance, most enthusiastic and best involvement.

Celebrating Our Achievements

As a cohort we had a large group of students receive platinum and gold awards for their contribution and achievements to sport, cultural, academic and community organisations. We congratulate all these students, as well as those who received silver and bronze awards.

We are proud to congratulate Charlotte for her outstanding involvement in the Australian Girls' Choir. Her dedication and talent shine through, and we are excited to see her continue to grow as a performer.

Congratulations to the following Year 10 students involved in the All-Schools Touch Competition: Gypsy, Milan, Abigail, April, Alessandra, Bella-Rose, Keeleigh and Aria. Additionally, congratulations to Cezahn and Isaac for their impressive achievement as part of the Queensland All Schools Touch Football Open Boys winning team! Their hard work and teamwork exemplify the spirit of sportsmanship,

and we celebrate their success alongside our school community.

Finally, congratulations to Joochahn who received his Bronze Duke of Edinburgh award. Very well-deserved after all the hard work Joochahn has put in place.

Here's to a fantastic term ahead for Year 10!



Kate Tesch, Year 10 Coordinator

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YEAR 8 REPORT

We're excited to welcome our Year 8 students back for Term 4! We began the term by wrapping up our focus on online and offline safety, specifically through reviewing our help-seeking strategies. Throughout our lessons, students learned to recognise potential risks, consider their responses, and identify trusted sources of support—valuable tools that can help them make safe and well-informed decisions when faced with moments of uncertainty.

I encourage families to continue these conversations at home, creating a supportive space where students feel comfortable discussing their experiences. Open discussions can make a significant difference, reinforcing the importance of staying safe and educated, both online and offline. For families interested in further resources, the *eSafety Commissioner's* website offers extensive information, including *The eSafety Guide*. This guide provides critical advice about safety features, reporting online abuse, and protecting personal information. You can explore it here: [eSafety Guide for Parents](#).

Alongside our safety focus, one of our foci PERMAH

elements for this term is *Health*. Physical health is a cornerstone of overall well-being, and our ability to sleep well, eat nutritiously, and exercise regularly significantly influences our resilience and ability to bounce back in the face of adversity. Students have engaged in a variety of experiences, from assessing their sleep habits to practicing mindfulness techniques. A highlight has been our cohort "Just Dance" challenge, where students have been enjoying moving together and boosting their energy. Each class has selected and begun practicing their dance routine for our competition happening in Week 9, where they'll have the chance to shake and shimmy their way to victory, with one class being crowned the ultimate dance champions!

Another of our focus elements this term is *Meaning*. In Week 2, students begun to look ahead to 2025 by engaging in subject selection talks to gain valuable insights into the subjects offered next year. These sessions provided them with the knowledge needed to select courses aligned with their interests and goals. I am pleased to say that every student in Year 8 has now chosen their subjects and so now begins the task of placing students in classes and creating timetables. On behalf of Year 8, thank you to Ms Nolan for your time in this space to help our students.

In addition to planning their academic futures, in Weeks 3 and 4, students witnessed leadership in action as ten of their peers presented speeches for the roles of Junior Captain and Vice-Captain. I'd like to take a moment to acknowledge the tremendous effort displayed by each candidate. From the initial application process to the final interviews, every student demonstrated incredible dedication, forward-thinking ideas, and a genuine desire to lead our junior school community. Their commitment was truly inspiring, making the selection process especially challenging for Ms McKay, Ms O'Dea and myself.

After thoughtful consideration, we are thrilled to announce our **2025 Junior Captains: Ruby and Purushotam**. Supporting them in the role of **Vice-Captains** will be **Christabel** and **Katelynn**.



Congratulations to these remarkable students! Their enthusiasm and passion give us immense pride and confidence in the bright future of our school community. We look forward to seeing their contributions as leaders in the coming year.

Year 8 Diary Dates

Week 9 – Year 8 PEP Concert

Week 10 – Junior Presentation Event

Week 11 – School Swimming Carnival & Cohort Celebration Day

Pia Leinonen, Year 8 Coordinator

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students in their success in becoming our Year 8 2025 Student Leaders:

Lucille, Desiree, Xavier and Harrison



Their enthusiasm, positive attitude, and willingness to step up and serve their peers are truly inspiring. As they begin their leadership journey, we know these students will bring fresh ideas, kindness, and a strong sense of teamwork to our school community. We can't wait to see the amazing things they will accomplish next year. Congratulations again to all students who applied for this role.

YEAR 7 REPORT

Year 7 Update

2025 Year 8 Student Leaders

Over the past couple of weeks, 6 of our Year 7 students underwent the process of becoming 2025 Year 8 Student Leaders. Our applicants begun this process by submitting a formal application expressing their interest in the role. Students prepared and presented speeches to the entire Year 7 cohort, sharing their vision and the qualities they bring to leadership. This was followed by an interview with the Year Level Coordinator, Year 7 Deputy Principal and Student Forum Coordinator where candidates are asked about their goals and how they plan to contribute to the school community. The process allows students to demonstrate their communication skills, confidence, and passion for making a difference.

It is our pleasure to announce and congratulate the following

Fly-Away Fridays

As we enter the final term of Year 7, we are supporting our students to leave the Year 7 area and find other places in the school to enjoy their lunchtime. During AM and PM breaks this term, we have checked on our students and we are happy to report that they have transitioned with ease to other locations. From Week 5 this term, we will be increasing the Fly-Away lunchtimes to 2 days, per week. If your student is experiencing difficulty finding another location, please encourage your student to seek out a member of our team and will support.

Week 11 – Celebration!

During Week 11, we will be celebrating the end of the year and will be organising a day out to the Jindalee Cinemas to view a movie of the students' choice. We will be sending out more details (via QParents) in the upcoming weeks.

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