

College Update | Week 3, Term 4, 2024

We're well into Term 4, and the momentum from students and staff alike continues to build. It's a pleasure to see our community embrace the learning and experiences on offer as we work together to finish the year on a high note. This week brings continued excitement across the school, with excursions, sports competitions, and in-class projects giving students from Prep to Year 12 the chance to showcase their talents and growth.

Year 12: Countdown to Graduation

Our Year 12 students are quickly approaching their final exams, and the importance of focus and preparation remains at the forefront. We remind all Year 12 families to ensure their students are making use of the support systems available—whether through study groups, accessing practice exemplars, or engaging in individual consultations with teachers. Every bit of support counts as they move closer to this important milestone.

Prep to Year II: Learning and Activities in Full Swing

For students in other year levels, the term continues to offer many exciting activities both in and out of the classroom. From hands-on projects to collaborative group work, we're seeing wonderful examples of creativity and problemsolving. Don't forget to mark your calendars for upcoming excursions, performances, and sports days, and be sure to stay connected via our Facebook page for all the updates and celebrations.

2025 Enrolments – Prep and Year 7

Get Set for Prep in 2025 - Have you enrolled?

Did you know that Prep attendance is compulsory in all Queensland schools. If your child was born between 1 July 2019 to 30 June 2020, they are due to start Prep next year. Enrolments interviews are in progress for Prep students for 2025, with our transition days already underway. Use the <u>online calculator</u> to see when your child can start Prep. Simply select your child's month and year of birth. Enrolment information is available from our main office (3900 8333).

Studen		-	for enrol	ment in	Eligibile												
primary school				for	for	for	for	for	for	for	for	for	for	for	for	for	
Birthdate Between:			Prep	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12		
1 July	2005	and	30 June	2006													2023
1 July	2006	and	30 June	2007												2023	2024
1 July	2007	and	30 June	2008											2023	2024	2025
1 July	2008	and	30 June	2009										2023	2024	2025	2026
1 July	2009	and	30 June	2010									2023	2024	2025	2026	2027
1 July	2010	and	30 June	2011								2023	2024	2025	2026	2027	2028
1 July	2011	and	30 June	2012							2023	2024	2025	2026	2027	2028	2029
1 July	2012	and	30 June	2013						2023	2024	2025	2026	2027	2028	2029	2030
1 July	2013	and	30 June	2014					2023	2024	2025	2026	2027	2028	2029	2030	2031
1 July	2014	and	30 June	2015				2023	2024	2025	2026	2027	2028	2029	2030	2031	2032
1 July	2015	and	30 June	2016			2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033
1 July	2016	and	30 June	2017		2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034
1 July	2017	and	30 June	2018	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035
1 July	2018	and	30 June	2019	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036
1 July	2019	and	30 June	2020	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037
1 July	2020	and	30 June	2021	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038
1 July	2021	and	30 June	2022	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039
1 July	2022	and	30 June	2023	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040
1 July	2023	and	30 June	2024	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041
1 July	2024	and	30 June	2025	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042
1 July	2025	and	30 June	2026	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043
1 July	2026	and	30 June	2027	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044
1 July	2027	and	30 June	2028	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045
1 July	2028	and	30 June	2029	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046
1 July	2029	and	30 June	2030	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047



Get Set for Year 7 in 2025 - Have you enrolled?

Have you made an appointment to undertake your Year 7 enrolment interview? If you are already a Year 6 student at WHSC your enrolment will roll over into our secondary sector, however, we do like to take time to engage in a supportive discussion with an aim to answer any questions that you may have as well as undertake a getting to know high school transition conversation – please contact our main office on 3900 8333 to arrange a time to meet. New students to WHSC, please contact our main office to schedule a full enrolment interview.

Gratitude, Empathy, Mindfulness

GEM Focus: Mindfulness

Following our exploration of Gratitude in Week 2, we now turn our attention to Mindfulness as part of our GEM (Gratitude, Empathy, Mindfulness) initiative. Mindfulness is about being fully present in the moment—paying attention to what we're doing and how we're feeling without getting overwhelmed by distractions or stress.



In Week 3, we're encouraging everyone to practice mindfulness in simple, everyday ways.

Here are a few mindfulness practices you can try:

- <u>Mindful Breathing</u>: Take a moment to focus on your breath, noticing how it feels as you breathe in and out. This can help calm your mind and reduce stress.
- <u>Participate in some mindful colouring</u>: focus on the colours you choose, the stroke of the pencil as you colour, the feeling of the pencil and paper on your hands, etc.
- <u>Body Scan</u>: Tune in to how your body feels, starting from your toes and working your way up. This helps you notice any tension or discomfort and can help you relax.
- <u>Mindful Moments</u>: Take time during the day to pause and appreciate the present moment, whether you're enjoying nature, a conversation, or a quiet break.

By practicing mindfulness, we can reduce stress, increase focus, and enhance our overall well-being—helping us to thrive both academically and personally.

Final thoughts

We're already gearing up for the exciting events that will wrap up the term, including end-of-year performances, award nights, and of course, Year 12 graduations. More details about these events will be shared in the coming weeks, so stay tuned!

Thank you for your continued support, let's work together to make this week another great one for everyone at WHSC.

Kind regards, *Ríchenda Wagener* College Principal



CARES focus this week

We model the CARES philosophy of Cooperation Achievement Respect Enthusiasm Safety Week 3 – RESPECT - We value ourselves, others and the community.

WHITES HILL STATE COLLEGE Imagine Believe Achieve

PREP-YEAR 12 Ph: 3900 8333

E: admin@whiteshillsc.eq.edu.au



PBL focus this week - (under the CARES Value of Respect). Captain CARES is our Positive Behaviour for Learning Mascot.

Week 3 – *RESPECT* - *How do I demonstrate that I respect myself? Why is respect for self a critical factor in how I demonstrate my respect for others?*

Uniform focus this week

Keeping uniform standards high is always a work in progress. This week our focus is: **jewellery**, please reinforce our clear expectations regarding the type of jewellery that is and is not permitted.

- No more than 2 small (<5mm diameter) student or sleeper (<10mm in diameter) in each ear.
- One small necklace with a medallion <10 mm diameter
- One plain wristwatch no bracelets (unless medical w. exemption request from college)

Our uniform policy can be found on our website.

The Fortnight Ahead

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Week 3	TERM 4 Year 12 Study Week							
Mon 14 Oct	Head of School Tour							
	• Year 8 Camp							
	Yr. 10 Geography Excursion							
Tues 15 Oct	Year 8 Camp							
	• Yr. 7 Oral Health Study							
Wed 16 Oct	• Year 8 Camp							
	• Yr. 9 Oral Health Study							
	Rescheduled P&C meeting							
Thurs 17 Oct	• Year 8 Camp							
	Secondary Assembly							
Fri 18 Oct	Year 8 Camp							
Week 4	TERM 4 Year 12 External Exams							
Mon 21 Oct								
Tues 22 Oct								
Wed 23 Oct								
Thurs 24 Oct	Secondary Assembly							
	• Yr. 8 Oral Health Study							
Fri 25 Oct								

Helpful WHSC Links

College Policies

Uniform Shop information

Outside School Hours Care

Executive team

Richenda Wagener	College Principal	principal@whiteshillsc.eq.edu.au			
Briohny Cuskelly	Head of School (Prep-Year 6)	bcusk I@eq.edu.au			
Samantha Hawkins	Head of School (Years 7-12)	shawk8@eq.edu.au			
Jolene Dargie	Business Services Manager	bsm@whiteshillsc.eq.edu.au			