



College Update | Week 1, Term 3, 2024

Welcome to term 3

Welcome back! I hope you had a restful and enjoyable break, filled with moments of relaxation and quality time with loved ones. As we transition into Term 3, I am filled with excitement and optimism about the opportunities and experiences that await our students.

The start of a new term is always a time of renewed energy and fresh beginnings, and I am confident that together, we will make this term a rewarding and enriching journey for everyone involved.

At Whites Hill, we are committed to fostering an environment where our students feel valued, inspired, and empowered to reach their potential. With your support and partnership, we look forward to continuing to build upon our wonderful community that celebrates learning, encourages curiosity, and nurtures the well-being of all our students.

Gratitude, Empathy, Mindfulness



As you will be aware, Whites Hill works in partnership with [The Resilience Project](#). One of the cornerstones of this program is the concept of GEM; Gratitude, Empathy and Mindfulness. As this term progresses, I will continue to include a little GEM reminder / activity for all families to engage with.

GRATITUDE

Some benefits of practising gratitude are:

- After 21 days, you start to scan the world for positives.
- After 42 days you become:
 - More optimistic, energised & focused.
 - Less likely to get sick.
- You will sleep better.
- Anxiety and depression decreases.

A few quick and simple ways to practise being grateful are:

- Journaling; each night write down 3 things that went well for you that day or purchase a gratitude journal with gratitude prompts.
- Write a gratitude letter to someone special, telling them why you are grateful they are in your life.
- Have a family discussion on the way home from school or around the dinner table about the things that went well that day or made you smile.



Tools for Success

At Whites Hill, our goal is to create a stimulating learning environment where each student can develop critical thinking skills, creativity, and a love for learning. One of the ways we aim to do this is by supporting and teaching our young people through building tools for success, which involves:

- **Critical Thinking:** Encouraging students to question, analyse, and evaluate information critically. This skill is essential for success in all academic areas and in life beyond school.
- **Creativity:** Fostering creativity through diverse activities that allow students to explore their interests and think outside the box. Creativity is vital for innovation and problem-solving.



- Collaboration: Promoting teamwork and cooperative learning. Working effectively with others is a key skill in both academic and professional settings.
- Technology Integration: Utilising technology to enhance learning experiences and prepare our students to determine which learning tool is the 'right tool for the job', all whilst learning to use digital tools responsibly and effectively.

We know that teaching and guiding our students to be responsible consumers and users of technology, especially how to navigate social media is a team effort. The [eSafety Commissioner](#) site has an excellent suite of resources to support our community.

Please use this link to access the 2024 parent and carer free [webinar schedule](#). Please find an overview of the term 3 schedule in the graphic below. In addition, if students have access to social media platforms such as TikTok and Snapchat I urge parents to read the [eSafety guides](#) published by the eSafety Commissioner, they can be found here, [Snapchat](#) and [TikTok](#).

Term 3

National Day of Action against Bullying and Violence (August)

National Child Protection Week (September)

- **Understanding how to support your child with online gaming**
Suitable for parents and carers of children and young people in primary and early secondary school.
- **Consent and online boundaries: How to support your primary-aged child**
Suitable for parents and carers of children in primary school.
- **An introduction to online safety and emerging technologies**
Suitable for parents and carers of children and parents in primary and secondary school.

Social and Emotional Development

In addition to the aforementioned tools for success, we are committed to the social and emotional development of our students. We believe that a supportive and nurturing environment is essential for overall well-being and success. At Whites Hill we encourage:

Social Skills:

- Collaboration: Encouraging teamwork and collaboration through group projects and cooperative learning activities.
- Communication: Developing effective communication skills, including active listening, empathy, and respectful dialogue.
- Conflict Resolution: Teaching strategies for resolving conflicts peacefully and building positive relationships.

Emotional Well-being:

- Self-Awareness: Helping students to recognise and understand their own emotions, strengths, and areas for growth.
- Self-Regulation: Providing tools and strategies to manage emotions and behaviours effectively.
- Mindfulness: Integrating mindfulness practices to reduce stress and promote focus and resilience.

NAIDOC Week

This week, we acknowledge the significance of NAIDOC Week. NAIDOC Week, which stands for National Aborigines and Islanders Day Observance Committee, is a time to honour the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

Theme: Keep the Fire Burning! Honours the enduring strength and vitality of First Nations cultures, passed down through generations despite the challenges faced. It is a symbol of connection to the land, to each other, and to the rich



tapestry of traditions that define Aboriginal and Torres Strait Islander peoples. As we honour this flame, we kindle the sparks of pride and unity, igniting a renewed commitment to acknowledging, preserving, and sharing the cultural heritage that enriches our nation.

NAIDOC Week is a time for all Australians to come together to recognise and respect the rich cultural heritage of the First Nations peoples. It provides an opportunity to foster understanding, promote reconciliation, and support the ongoing journey towards equality.

This year, our students will be engaged in a variety of events, culminating in a special breakfast held on Friday 12 July from 7:45am. We encourage families to join us at this wonderful gathering in the BBQ area near OSHC. Our sincere thanks to Woolworths Carindale for supplying us with fresh fruit in support of our breakfast event.

We look forward to acknowledging this significant week with our school community and hope to see you this coming Friday morning.

Staffing Update

As communicated with our Primary sector families late last term, we are delighted to share the wonderful news that Mrs. Alice Patterson has been appointed as Principal of Pullenvale State School, commencing this term.

Mrs. Patterson has been an invaluable member of our school community, contributing her expertise, passion, and dedication to both students and colleagues. Over the years, she has gone above and beyond in her efforts to support and inspire our students, fostering a love for learning and a sense of community. Her unwavering commitment to student success has left a lasting impact on everyone she has worked with.

Mrs. Patterson's dedication extends beyond the classroom. She has been a key figure in organising school events, leading extracurricular activities, and supporting fellow staff members. Her positive attitude, kindness, and tireless work ethic have made her a beloved figure in our school.

While we will miss her greatly, we are incredibly proud of her achievement and excited for her as she embarks on this new chapter in her career.

In addition, I am pleased to announce that Mr Damien Pinches has successfully secured a permanent position at Zillmere State School as HOD-Curriculum and commences in his role on Monday, 8th July.

Damien's commitment, positive attitude and hard work has greatly contributed to our college. Whilst we will undoubtedly miss his presence and contributions, I have no doubt we are excited for him as he takes on this new and well-deserved opportunity. Please join me in congratulating Damien and in wishing him all the best.

Celebrating Success

We are incredibly proud of the accomplishments of our students and staff. Last term, our students achieved outstanding results in their various assessments, participated in community service projects, and showcased their talents in a wide variety of school events. This term we look forward to continuing to build on this success and strive for even greater achievements this term.

Thank you for your continued support and partnership. Together, we continue to create a nurturing and stimulating environment where every student can thrive.

As always, have a wonderful week!

Kind regards,

Richenda Wagener

College Principal



CARES focus this week

We model the CARES philosophy of Cooperation Achievement Respect Enthusiasm Safety

Week 1 – Respect - We value ourselves, others and our community

Uniform focus this week

Keeping uniform standards high is always a work in progress. This week our focus is: **jumpers**, please reinforce the right colour, worn in the right way (no hoodies). Our uniform policy can be

found on our [website](#).

The Fortnight Ahead

Week 1	TERM 3 – NAIDOC Week
Mon 8 July	
Tues 9 July	<ul style="list-style-type: none"> NAIDOC Primary session 1 with Deadly Choices running traditional games
Wed 10 July	
Thurs 11 July	<ul style="list-style-type: none"> Secondary Assembly Secondary PDP lesson with Deadly Choices running traditional games for Junior secondary (7-9)
Fri 12 July	<ul style="list-style-type: none"> NAIDOC Community Breakfast BBQ – pancakes and fresh fruit from 7:45am. All community are welcome to attend.

Week 2	TERM 3
Mon 15 July	<ul style="list-style-type: none"> Bastille Day (14 July)
Tues 16 July	<ul style="list-style-type: none"> Parent Teacher Meetings (Secondary)
Wed 17 July	<ul style="list-style-type: none"> P&C meeting
Thurs 18 July	<ul style="list-style-type: none"> Secondary Assembly
Fri 19 July	

Helpful WHSC Links

[College Policies](#)

[Uniform Shop information](#)

[Outside School Hours Care](#)

Executive team

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WHITES HILL STATE COLLEGE

Imagine Believe Achieve

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NAIDOC WEEK

KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD

7-14 JULY 2024

#NAIDOC2024
#BLAKLOUDPROUD

@naidocweek

@naidocweek

facebook.com/NAIDOC

Urapun Muy by Deb Belyea

SAMUAWGADHALGAL, TORRES STRAIT

Urapun Muy, from the Kowak Kowak Ya dialect of the Top Western Islands of the Torres Strait, means 'One Fire'. The title of this work pays homage to Torres Strait Islanders and Aboriginal people everywhere, as we all have that one fire: our passion for our culture. In this work, I have depicted the hands of our ancestors that have carefully dropped a burning ember on to the fire. This ember burns hot with intensity, stoking the flames, as it connects with the new fire. The finer detail shows the energy and power as cultural knowledge is transferred from our ancestors to us today. Culture is the fire that gives us knowledge, wisdom and purpose. It is our responsibility to maintain, protect, and pass on our fire to our future generations. Afterall, Culture keeps us Blak, Loud and Proud.

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council. Designed by the late Mr Bernard Napook.



naidoc.org.au



WHITES HILL STATE COLLEGE

NAIDOC Community Breakfast

When: Friday
12th July

Where: OSHC
BBQ area

Time: 7:45am -
8:30am

Come and
celebrate
NAIDOC week
with a free
breakfast!

Pancakes
Seasonal fruit

