



ELANORA STATE HIGH SCHOOL TERM 3 NEWS

SEPTEMBER 2022



TERM 4 KEY DATES

17 Oct Traineeship Awards

20 Oct Year 12 Graduation

3 Nov Cooee Graduation

14 Nov Awards Night

17 Nov Year 12 Formal

5 Dec Year 7 Transition Day

PRINCIPAL MESSAGE

MRS ROCHELLE LEWIS

As Term 3 officially draws to a close, I would like to extend a sincere thank you to our whole school community for welcoming me on my first term as Principal of Elanora State High School, it truly has been a wonderful term. I am so grateful to the parents, staff and students who took the opportunity to provide feedback through either the Principal Meet and Greet, one on one staff meetings, student forums or the School Opinion Survey, thank you! My next step is to carefully identify any patterns or issues and work through these to support the school in our vision to see every student succeeding and on the path to becoming the best global citizens possible.

This term has seen so many wonderful events and successes for the students and staff of Elanora, thank you to the amazing staff who put in so many extra hours to support these events. I have truly been blown away with the warmth, support and heart the school, staff, students and community have. I am so happy to be a part of this journey.

Some of the wonderful events during Term 3 include;

Fundraising events by the **Leo's** and **Mentors**, **Wellbeing Picnics**, **Bake sales**, **Make a Difference Week**, raising funds for so many worthy charities. Your contribution does not go unnoticed.

Our very own teacher **Brook Rees**, in his life outside of ESHS he plays in a rock band called "Malakye Grind" - one of albums was signed and bought out (50%) by Sony UK. Last month one of the tracks was selected by the Marvel Franchise to be used for the Digital release of Thor: Love and Thunder. You are an ESHS star!

XCElerate Program Graduation - It was lovely to congratulate the students and parents involved in this year's XCElerate Program. XCElerate is another wonderful opportunity offered by Elanora SHS. The program is for Year 6 students and is designed to challenge and provide them with an excellent transition opportunity to high school.

The program builds on the partnerships between Elanora State High School and our local primary schools and affords a fantastic chance to make friends with like-minded students before students officially start high school. Thank you to Mrs King for all your work behind the scenes in making this such a huge success.



Our Year 12 students have been finalising their 2022 studies in preparation for the upcoming exams and this term finished with their Wellbeing Day. We also hosted the Elanora Tertiary & Next Step Expo, a great chance for students to explore many pathways available to them after school. You are responsible!

This is just a snap shot of some of the wonderful opportunities and events at ESHS, I am excited and looking forward to what Term 4 has to offer.

I would also like to take this time to thank some very special people who support the school on so many levels, our P&C Committee and the School Council Board. It is with so much respect and admiration that I say a huge thank you to each and every one of these wonderful people who give up their time, they are incredibly passionate and instrumental in ensuring the education and wellbeing of students is always forefront of our school. I look forward to working with them in Term 4 as we collaboratively develop our 2023 Strategic Plan.

Our P&C;

- **President:** Tamra Murray
- **Vice President:** Jason Hill
- **Treasurer:** Michelle Bingham
- **Secretary:** Emma Litchfield

Our School Council;

- **Parent Representative:** Sarah Mitchell
- **Teaching Representative:** Darren McSwaine
- **Community Representative:** Codi Lower (SCU)
- **Community Representative (Chair):** Kurt Foessel
- **Student Member:** Bradley Litchfield

Thank you again for a wonderful term. Please stay safe during your holidays.

Term 4 will commence on Tuesday October 4.

WELLBEINGNEWS



WELLBEING TERM 3 UPDATE

Elanora State High School is placing a stronger focus on student wellbeing to help them negotiate challenges and thrive at school and at life. Our framework aims to take care of the social, emotional and psychological health of students and give them a sense of care for themselves and for others around them.

We are really working hard on the idea of ebbs and flows in life – that sometimes things are terrible and you're having a really bad time and you've got some struggles happening. That doesn't mean you have to give up. We are trying to help young people understand that they're not aiming to achieve a state of perfect happiness and that's ok. The school draws on the Six Ways of Wellbeing model and the Qld Wellbeing Framework, which promotes six simple things people can do to enhance their wellbeing – Move, Learn, Care, Connect, Notice, and Give.

Our Wellbeing Team, Wellbeing Hub and Positive Culture Team are working hard to implement a framework as part of Elanora State High School's Pastoral Care Program, where each student belongs to a house and has a mentor Head of House.

We pride ourselves on becoming much more attuned to the mental and psychological welfare and wellbeing of young people, mirroring a shift in attitudes in the broader society.

Some things we currently have running/coming up with momentum are:

Drop In Zone- Wellbeing Hub is open for everyone to come and have a chat or something to eat and just a safe space for all when things get you down
Breakfast Club- every Monday, Wednesday and Friday from 7:45am outside the Wellbeing Hub. Proudly supported by Woolworths on 19th Ave.

House Challenges – Every Thursday with Heads of House, the opportunity to build house spirit and inclusivity.

Book Week Dress Up

Attendance BBQ

Wellbeing Picnic

Brainstorm Incursions

Small Group Support – BOOYAH, TOP BLOKES, SHINE WITHIN

Mental Health Week

R U OK Day

Feel free to reach out to us in the Wellbeing Team. We are available to support you and your children on their journey through secondary education.

FUTURE LEADERS PROGRAM

Elanora State High School host the first Future Leaders workshop in Week 10. Our senior student leaders came together with a group of amazing Year 5 & 6 students from our local primary schools including Elanora State School, Palm Beach State School, Currumbin Valley State School and Ingleside State School. The aim of the program is to support the students to learn the skills needed to become a great leader. We all worked together to design a project where we can all work collaboratively to enhance our community. We are looking forward to our next workshop in Term 4



RELATIONSHIPS



TEAMWORK



CONFIDENCE

NAIDOC ASSEMBLY

In July the Elanora SHS community celebrated NAIDOC Week. The challenge was put to the students and staff to Get Up, Stand up, and Show Up everyday in support of our Aboriginal and Torres Strait Islander community members.

Thank you to Justine Dillon – Kombumerri Traditional Owner who gave us a beautiful Welcome to Country and the Bundjalung Kunjiel Aboriginal Dance Troupe for their special tribal dance to start our assembly.

Congratulations to our indigenous students who were recognised for their amazing achievements and to all the students who took part in the assembly.

Thank you to our special guests Laura Gerber MP, Cr. Daphne McDonald and our local state school Principals – Zoe Harlow, John Cattoni and Taylor Haley for joining us for this special celebration.



ELANORA COMMUNITY CONNECT

On Wednesday the 31st of August we hosted our Term 3 Elanora Community Connect networking breakfast at Waterside Events at the Currumbin RSL.

Our guests were educated on all things green by Dr. Kate Neale from Southern Cross University and how we can transform our workplaces and lives by incorporating green spaces into any area.

We were joined by a number of our local primary school colleagues from Currumbin State School, Palm Beach State School and Elanora State School as well as many of our local business owners and community group leaders.

A big thank you to our event partner Southern Cross University for supporting our event and helping to put together a fabulous morning.

We look forward to seeing everyone at our Term 4 event.



Proudly supported by :



DR. KATE NEALE - SOUTHERN CROSS UNIVERSITY

Creating useful greenspaces through dignity, community and opportunity. Research demonstrates the economic, environmental, and social impact greenspaces have in our community. They help alleviate food insecurity, foster environmental stewardship, mitigate urban heating, and offer spaces for recreation, rest, refuge and relaxation. This presentation will focus on the social values of greenspaces in a variety of contexts including commercial, residential, community, health and education spaces. In doing so, it will highlight their important role in fostering and enhancing people's wellbeing and sense of belonging

Dr Kate Neale is an academic within Southern Cross University's Faculty of Health. Her research explores the benefits of time spent in greenspaces for a range of vulnerable populations. As a sociologist, Kate is particularly interested in the ways greenspaces foster interpersonal relationships and social connections.



ATHLETICS CARNIVAL

Track N Field Carnival. What a fun filled action packed day of activities. Shout out to all to students who turned up on this day with special mention to 30 odd Year 12 students who made their final TNF carnival a life long memory. Well Done!

Results for the day saw Duranbah winning the overall trophy by 2pts over Kirra. So well done to Duranbah for turning up in numbers and competing in the spirit of the day. They also won the Decathlon event held through out the day. Special mention to the two Duranbah House captains Tahlia and Tyler, who lead there team skilfully through out the day and encouraging their team to get involved, it is this motivation and enthusiasm that creates a winning team. Well done! To the other House Captains, it's all the spirit, you have all done brilliantly in building this culture and I thank you for all your efforts throughout the year.

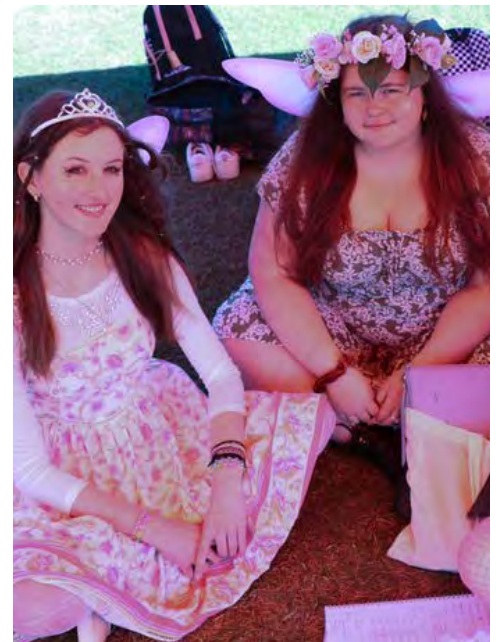
Congratulations to the following students who shone in their various age groups, earning the title of Age Champion for 2022, a wonderful effort, well done!

12yrs – Krystal Hickey, Kai Harvey
13yrs – Matilda Goulding , Jack Harris
14yrs – Indianna Kirwan, Jarrah Velling
15yrs – Luna Piazza, Kobi Denniss
16yrs – Bridie Gilhooley, Will Stewart-Edwards
17yrs – Sianie Brennan, Taj Damsma
18yrs – Tahlia Sunderland, Will O'Brien

Congratulations also goes to the top 2 performing students in each event who earned the right to Represent Elanora at the Oceanic Track n Filed carnival. 25 students qualified at this event to trial at the South Coast Track N Field Championships. This is by far the most number of students Elanora has had competing at this event over the last five years. Congratulations goes again to these students for firstly represented Elanora proudly and performing to their best. There were quite a few personal bests being broken during this event. I am very proud of you all.

Special mention needs to go to Seth Webber. Seth won both his events in the 100m & 200m sprint event earning him the fabulous selection in the South Coast team to represent at the State championships in October. We wish Seth all the very best at this event

ATHLETICS CARNIVAL

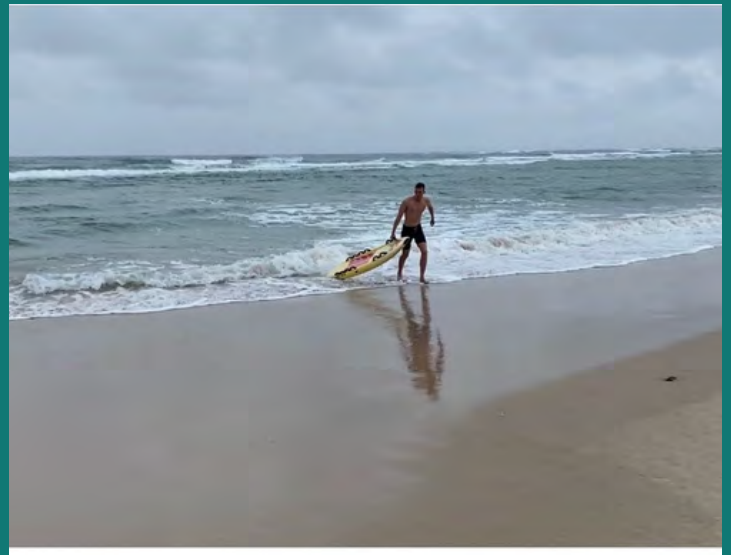


COOEE

MATT BARBER

This semester Cooee students have been fortunate enough to be involved with Griffith University PHD students. The study explores the relationship land based activities have with surfing. There have been opportunities to combine skate, strength and conditioning and virtual reality. The research has been an amazing opportunity for students to connect with professionals in their field and give students insight into where university can take you as well as where surfing is going in the future. Especially given that it is an Olympic sport now.

Students have also had the opportunity to utilise their strengths in the water to skill themselves up for their Bronze, Silver and Gold Medallion with Surf Life Saving Australia.



They went through intensive first aid and advanced resuscitation and scenario based training to perform rescues and put proactive measures in place to avoid harm to the public. They have also been employed by Tweed Council to patrol Northern NSW coastlines over the busy school holiday periods. The physical testing required for the Gold Medallion places these students in the highest recognised qualification in water safety. They were required to combine the strengths of swimming, running and board paddling.

This semester was also an opportunity to partner up with the NFP organisation "Waves for Water" to provide clean drinking water to flood victims in Northern NSW. Students distributed over 1000 water filtration devices to farmers and residents whose drinking and bathing water was compromised. This required the students to make weekly visits for over a month.



EMPOWERING YOUNG LEADERS

Mt Nimmel Lodge, in the bush of Austinville, was the perfect learning facility to host the Empowering Leaders Programs for this year. A selected group of Year 11 boys joined us to learn valuable leadership and self-development skills. Through a number of carefully designed activities the students built trust, got out of their comfort zones, enhanced their self-confidence and reflected on who they are and want to be in the future.

19TH
AVENUE
SHOPPING

The overall aim of the camp is to equip these young men with the ability to discover their true leadership potential. They had a focus on ownership by "Living Above the Line", and failure leads to success where we view "Failure as Feedback" that provides us with opportunity to achieve the same goal differently. Students put both their physical and emotional trust in the hands of their peers. For some, the greatest challenge was being lifted by the group above their heads and for others it was revealing who they really are around a camp fire.

We would like to thank 19th Ave Shops for kindly donating over \$500 which allowed the program to go ahead. We would also like to thank the boys for their engagement, participation and really getting the most out of the couple of days. We are certainly proud of the quality of leaders we possess here at Elanora State High School.



WELLBEING PICNIC

The Mentors have excelled with a final Wellbeing Picnic for the year, it was great to see students out and about enjoying a picnic with friends, with a sausage sizzle, chocolate bed, games, food trucks and music. A big thank you to the Mentor students and teachers who helped with set up and pack up and all those that came along to enjoy the time together in the sun. A great sense of community and enjoyment had by all.



ANNUAL INVITATIONAL ATHLETICS CARNIVAL FOR CHILDREN WITH A DISABILITY

The 35th Annual Invitational Athletics Championships for children with disabilities was held at the Gold Coast Performance Centre. We had 13 students representing Elanora with over 450 students from 16 Gold Coast Schools attending. Our students had a great fun day taking part in numerous running events. A big thank you to Mr Hayward, Miss Suzi and Happy for organising our students to attend.



GC5 WRAP UP

GC5 Interschool sport has come to an end for the year. A huge shout out to all the students who have attended and competed in the spirit of competition this year and even better, we were able to complete the series without impactful disruptions from COVID and the weather. Of the 32 competitions Elanora was involved in our teams competed respectfully and proudly in the spirit of competition. Congratulations to the following teams, 7 are GC5 Champions and 5 runners up teams, a fantastic achievement considering the size of the other 4 schools that we compete against.

GC5 Championship winning teams are:

Year 8 Basketball boys Div 2
Indoor Cricket – Team 1
7/8 Boys Soccer
7/8 Boys Touch Div 2
Year 8 Volleyball Girls
Year 10 Volleyball Girls
Mountain Biking

GC5 Championship Runners up

Year 7/8 Girls Basketball
Year 10 Basketball Boys Div 1
Year 10 Basketball Boys Div 2
Chess Team
Table Tennis Div1

To the staff who have supported our teams on the 4 days of competition, a huge thankyou for your commitment to promoting physical activity and allowing our students to compete safely and in friendly, warm encouraging environment. Again thankyou!



GC5



GOLD COAST EISTEDDFOD

Congratulations to our Junior and Senior Dance students on their outstanding performances at the Gold Coast Eisteddfod, the senior performers walking away with a Highly Commended Award. The Junior Dance Academy students also proudly represented the school at the Dance Star Nationals competition. You are all stars in the making!

Concert and String Bands also participated in GC Eisteddfod - The bands received fantastic feedback and represented the school so wonderfully, we are looking forward to hearing so much more from these students and our Music teachers, your commitment is outstanding.



GOLD COAST LANGAUES SPEECH CONTEST

On Sunday the 21st of August, six Elanora students participated in the Gold Coast Languages Speech Contest at Griffith University. Feliz in Year 7 and Hannah in Year 10 won 2nd place in their group, and Matilda in Year 10 achieved 1st place. Jayde was awarded 'Encouragement Award'.

All students put up a valiant effort, dedicating weeks of their own time to prepare for the contest.



INTERNATIONAL PROGRAM

It has been wonderful to open our doors again to international students from around the world. We have welcomed students from Brazil, Japan, Norway, Italy and Germany. Term 3 has been a very busy term for our International Students with them settling in to the school and also exploring the wonders that the Gold Coast has to offer. The students have been lucky enough to visit Byron Bay, Springbrook National Park, Bond University and Tangalooma.



SOUL SK8 WELLBEING PROGRAM

The first ever Soul Sk8 Program has wrapped up this term as a great success. Twelve students and a significant adult in their life come in every Monday night to design and construct a Canadian Rock Maple Cruiser skateboard from the mould up. The program was designed to give guardians an opportunity to spend some quality 1 on 1 time with their kids creating something tangible and making positive memories. Every week there is a prompt (e.g. What is the best piece of advice you have been given) to get discussions flowing while constructing the next phase of the board continues. The group has made moulds, glued and laid veneers, cut out the shape, sanded edges, designed and painted artwork, sprayed coatings, attached trucks and wheels all within the term.

Mick Platt, Mick Watson and Zac McConnell will continue to facilitate the program as there has been overwhelming interest indicated by Year 7-9 students and parents. It has been a wonderful experience for kids to connect with a significant adult in their life and the group as whole to form positive connections.

A big thank you to OBfive and Kick Push who have support the program with discounts on equipment to help build these skateboards.



Supported by

OBfive

GOLD COAST

**KICK
PUSH
SKATE**



BOOK WEEK 2022



Learn Martial Arts



In association with Tsunami Judo Club and the Australian Judo Union, we will conduct judo classes at Elanora High School for a limited number of students.

- Classes will be conducted on Saturday mornings
- The starting time and date will be confirmed once placements have been filled
- classes will continue in 10 week blocks

If you think this would be something you might enjoy please contact Geoff Dutton - 0412 633 698 or dutto@geoffdutton.com

LINK AND LAUNCH

Need support to navigate the jobs market, study or training?

Leaving school after graduating from Year 12 can be both exciting and scary. There are a lot of opportunities for study, work and training, but it can sometimes be confusing to work out what is the best option for you!

We have a designated Link and Launch Manager who will see to it that you get independent and specialised advice and support to 'open the door to your future success'.

You can reach Elaine for your personalised chat through the text and email scans below. Or call direct on 0467 951 239.

Talking it through might just make the difference.

You can call, text or email Elaine to organise a confidential one on one session to discuss your individual goals, aspirations, skills and strengths.

LINK & LAUNCH SUPPORT

Can include:

- Career Assessment
 - Resume writing
 - Job applications
 - Interview preparation
 - Workplace expectations
 - Uni applications
 - Apprenticeships and Traineeships
 - Free TAFE for under-25s
 - Community referrals
 - SQW programs
- and much more...



Scan below to receive Link and Launch support today

Scan to
text



0467 951 239



Scan to
email

ebran61@eq.edu.au

Call 0467 951 239

<https://advancingeducation.qld.gov.au/youth-engagement/strengthening-transitions>



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)*
- ✓ Be 18+ years old

***Many types of income and Centrelink payments are eligible**

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:



Jasmin Dorrington



jasmin.dorrington@thesmithfamily.com.au



0417 485 477

DELIVERED BY



everyone's family

Find out more
at saverplus.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

Thank you for supporting
the students of
Elanora SHS

