Students of Centennial Park School are Amazing Artists!

Bunnings visit
This term, workers from Bunnings visited Centennial Park School to help establish the garden beds for winter.

Give it a Go!
Our year 10 students attended a TAFE expo held @South Sydney High School which provided them the opportunity to ask questions and gain hands on experience.
Principals's Chat
By Jennifer Shumack – Principal

Another great term over and lots to report on. Perhaps one of the most exciting activities we have been involved in this term is spending time with the Dalai Lama as part of the Young Minds Conference.

The students were invited to attend a youth forum at the Sydney Town Hall where the Dalai Lama met with and answered questions from the young people on stage with him.

He was very down to earth and obviously enjoyed spending time with young people. His message over the years has not wavered .. be tolerant and compassionate. He says “I belong to the twentieth century, a century that has now gone forever. The new generation who belong to the 21st century are our hope for the future. I believe now we have a genuine opportunity to create a better world, but it will depend on those who are young today.”

Students have been very busy in the art room, with preparations well underway for our annual Community of Schools art exhibition in term 3. Please put the opening date in your diaries:

Wednesday September 4 at the Seaview Gallery in Dulwich Hill. The theme this year is “Connections, Collaborations and Community”. We would love to see lots of our community at the opening, supporting and encouraging our students, the next generation.

Of course our students have also been busy with their academic learning. We have never received so many achievement awards from the Sydney Distance Education High School as we have this year. It is inspiring to see such motivation and engagement in learning.

Next term we look forward to a new project called “Robotics”. Students will be working in teams to build lego robots, then using the programming skills they have learnt this term (while using Kudo, and learning coding) to program the robots to play soccer. A great project to engage these 21st century learners.

Enjoy the holidays and we look forward to seeing our students back at school in term 3. The first day of school for students is Tuesday July 16.

Careers focus

This term the senior students have focused on career goals and work opportunities. Students were visited by teachers from the careers department at Sydney Distance Education High School, who interviewed them about their interests and plans post-school, and advised them about relevant subject choices for senior studies, to achieve these goals.

Senior students also took part in several sessions conducted by the Transition to Work team (TTW), a free employment service for young people with a disability. Issues covered included resume writing, searching job websites and industry groups, conducting interviews.

Next term the focus will be on obtaining work experience placements for suitable students, with a variety of trades, including laying bricks, using abseiling equipment to clear fallen trees, plumbing, the defence forces, hair and make-up, commercial cooking, carpentry, and many others.

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Counsellors’s Chat
By Wanda Skowronska – Relieving School Counsellor

Animals who heal – a true story

Kate Revels is an American soldier who suffers from post traumatic stress after returning from overseas military service in Afghanistan. That means she found it hard to control her emotions and would often get upset and boil over, even at little things.

Kate tried to be conscious of her body signals, breathing faster, heart pounding, feeling tense and was making some progress in reducing her emotional outbursts. One day however, someone introduced her to a little dog – a terrier called Raiki. Raiki was a dog especially trained to ‘be with’ and ‘calm’ people who found it hard to control their emotional reactions to things.

From the moment she met Raiki, Kate felt that the dog had a healing effect on her. She just knew that Raiki was the dog for her and the dog likewise used to look at her and sidele up to her in a very gentle, friendly way. And so Kate took her home and is now inseparable from her little canine friend.

When Kate gets anxious, Raiki comes over and puts her face under Kate’s arm and sits close to her. Just having her nearby and patting her has changed Kate’s life. Raiki is not the only dog who helps anxious people. As time goes by, people are coming to understand that dogs can tap into peoples’ feelings and then take away a lot of their anxiety. One man, who had a similar dog friend, collapsed at home and the dog knew how to put his paw on the emergency number on the phone and so the ambulance came and saved the man’s life.

Dogs are social animals and they are aware of the ‘emotional temperature’ in a room or within a person. Even more amazing they seem to know by instinct how to defuse peoples’ anxieties and how to make them happier – they are true healers.
C1

Hey!

I'm Jemmar. I’ve just started Centennial Park School and I am having a great time making new friends here - so thanks for being so kind!!!

I have 21 pets including rabbits, guinea pigs and cats. In my leisure time I like to take care of my pets. One day I would like to work with animals, or in hairdressing. This is an actual picture of one of my cats from Google Images. He was in the Whiskers cat food competition. He came 2nd!

By Jemmar

Life in Italy

If I wanted to go to a different country or land, I would want to go to Italy, because that is my culture. And if I were to go to Italy, the first problem I would run into would be that I do not know how to speak Italian; I would have to use a translator to communicate. And seeing that I don’t know about the laws there, I can’t go into too much detail about that issue.

Being able to socialise, talk and to make friends would be a big struggle, and it would be extremely hard to get a life in Italy.

There would be so many other struggles; and the list just goes on and on.

I would just have to soldier on when the time comes in Italy.

By Luke (excerpt)

English essay

Firstly, the poem ‘Oodgeroo Noonuccal’ by Kath Walker is a prime example of ones identities being shaped by their experiences. Likewise, the short story ‘Journey to freedom’ tells the experiences of Hai-Van Nguyen and his family being asylum seekers. Finally, my own experiences of trying to fit in to the stereotypes that surrounded me, discusses the themes of experience and of lost identity.

“Our stories map our progress toward what we want to be, our identities. They take us to a deeper understanding of where we have come from.”

The poem ‘Oodgeroo Noonuccal’ by Kath Walker describes the way she feels about the land being taken over and how the sacred sites of the land are being changed.

(Excerpt)

By Jess

He’s my adopted brother

It was a cold rainy night
I was waken with fright
I could hear loud whispers
It sounds like my sister

I go to see what looks like a mister
I ask who are you? He answers with Joel
His hair was curly and dark
Like the colour of coal

He is now part of the family
As he lives with us now
A friend and big brother for me

big or small
I always wanted a brother
200 plus centimetres
He’s so very tall
How do I know? You ask
Because it’s written on the hallway wall

He is funny and he’s nice
But he can’t fly a kite
And after three years
We’ve never had a fight

By Jemmar

Student profile

My name is Brendon. I am currently in Year 9 and I am 14 years old. My background is Chinese and Indonesian. My family consists of five other people; two loving parents and three sisters. Two are older than me and one is younger. When I was in primary school I attended the school Chifley Public School and when I was in high school I went to Leichhardt Sydney Secondary College. My favourite subject is maths and science, but I dislike English and geography. I have a couple of pets at home, such as a few gold fish, and four birds: one lorikeet, one Indian ringneck and two budgerigars. In my spare time I enjoy swimming, playing badminton and playing videogames.

By Brendon

Please Mrs Rasmussen

Let us go to a hotel to stay at the city for the school excursion. Out of the choices the students were given, this is the ideal location for a school outing.

I will also buy you some flowers Mrs Rasmussen and some DVDs as a souvenir. I am sincerely requesting that you bring me and my class to the city. Can you please get me a copy of the school’s outings policy and I will bring my homework with me. At Sydney Tower we can look at the city. I hope you are not afraid of heights. After I am done at the city, I am thinking of taking a detour to Kogarah, and Hurstville. At Hurstville I am going to join Scouts Australia and at Kogarah I am going to Chris’ cake shop (Excerpt).

By James

History essay - Conclusion

Australia went to Vietnam to fight communism to aid our biggest and strongest military ally the United States. Many Australian groups supported the war such as the R.S.L (returned soldiers league), the media, the Catholic Church, older Australia etc. In saying that, many groups opposed the war such as S.O.S (save our sons), ALP (Australian labour party) etc. Both sides to the Vietnam war the supporting and the opposing had their reasons such as the supporting side had many older Australians who fought the Germans in world war II fought communism so they wanted to end communism and to aid the united states as they saved Australia from invasion from the Japanese.

By Josh

Why are Rabbits a pest in Australia?

Rabbits have taken a terrible effect on australia, they are believed to have wiped out many species in australia. These rabbits are eating our native plants causing erosion of top soil; this takes a long time to regenerate this soil.

By Terry (excerpt).
**Student profile**

I have been at this school for 1 week and 2 days and it has been the best time I have ever at a school. I have made friends who don’t judge me, everyone is all welcoming. No one is mean and everyone here wants to learn. I think this school is the best school anyone could go to. The first day I started I was so scared thinking no would like me. They will all think I’m just a girl with scars all over my arms but they didn’t. I made friends in 30 seconds of being here it was so good to have people talk to me and not be mean. Since coming to this school I have stop self-harming which is a big improvement to me. I can be myself at this school and no would care they love you for who you are.

By Chanelle

**Music!**

This is image is of my favourite death metal band Lamb of God. They are my favourite band because of how well they play. The members of their band are Randy Blythe – vocalist, Chris Adler-drums, Mark Morton-guitar, Willie Adler-guitar and John Campbell-bass guitar. Lamb of God formed in 1990.

By Xavier

One of my interests outside of school is collecting comics. One of my favourite comics is a DC Vertigo comic called Transmetropolitan. In the comic, the character Spider Jerusalem is an author. Also in my spare time, me and Nick sometimes go to comic shops with Kristo and we buy sick comics.

At my time at this school I have learned to play the drums thanks to David, Mo and Frank. We jam to songs like Purple Haze by Jimmy Hendrix. Jimmy Hendrix made amazing music by loving what he did. Unlike One Direction, whose music is below par, and the only reason they sound good is because they use auto-tune. Auto tune is a pitch corrector that most modern pop-signers use to correct the way they sing.

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**Student academic work**

By C2

**Sketch of Charlie** by Jane

**Student profile**

This term I just started Centennial Park School. I think I am getting used to it. Everyone is so nice to me here. I enjoy this school. It’s a great school. I like playing with my dog “Jessie” and I like being with my family. I have a sister called “Skyla” and she’s so. In my spare time I play on the computer and eat. I like the colour green and I love animals. Dogs are my favourite animals because they’re really loyal and sweet.

By Jorja

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**Returned work from Sydney Distance education for Kiara (above) and Max (below). Artwork (left) by Charley**
Integration

I have been integrating back to my mainstream school this term, began two days a week and quickly moved on to three.

Being at Centennial Park helped me to realise that I really wanted to be back at mainstream school with all my friends.

By Blake

Student profile

Hi, my name is Dylan. My mainstream school is Ashfield Boys High School. At Ashfield Boys High School I’ve done a lot of cool stuff like woodworking, art, gym, computer and sports. I have only been at Centennial Park for two days so far. All the staff and students have been really nice to me. I really enjoyed art and doing knitting. I have also done gardening with the people from Bunning’s.

I like playing Ps3, Game Boy and Xbox360, as well as playing sports like soccer, basketball and table tennis. I also read manga anime, novels and comics. I read comics called Marvel, DC Universe and Imaginary Range one and two.

I am looking forward to see what other fun stuff there is to do here at Centennial Park.

By Dylan

Queen’s birthday long Weekend

I enjoy reading various comics and my favourite comic characters are Batman, the Riddler and the Joker. I also hang with Xavier and Kristo. We sometimes travel into the city to purchase comics like the cool stuff like woodworking, art, gym, computer and sports. I have only been at Centennial Park for two days so far. All the staff and students have been really nice to me. I really enjoyed art and doing knitting. I have also done gardening with the people from Bunning’s.

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By Dylan

Busking

I’m waiting for Scaly Jefferson and Greg. Their bus is late and I don’t have any money but, I’ve got my ukulele. I unzip my bag take it out and scatter a few five cent pieces on an old ripped bandana. I start playing a simple chord progression and straight way as if she was waiting for me, an old woman with a flowery burka on, drops about ten dollars’ worth of coins on to my bandana. They scatter and roll everywhere and me, being desperate for money and material goods, run frantically towards them, not sure which coin to pick up first, ten cent, five cents, 2 dollars!

I pick up every coin and dump them on to the bandana, and pick up where I left off. I have been playing for 5 mins and no one has noticed me but I have noticed two blokes, one has a push bike and a dog that looks like a dingo, he has a cap with ‘Australia’ written on it and, long messy blonde hair. He is about 40 and he and the other bloke are rambling on about the chocolate in the plastic bag he was holding when he walks straight to me out of the blue and asks me, “KNOW ANY NIRVANA MATE!”

Nirvana being my favourite band, I immediately reply, “yes, love it” and start playing ‘Smells like Teen Spirit’ on the ukulele. He immediately starts singing the words to the song, with the only difference that he adds the odd swear or two into every sentence. It was like Kurt Cobain had risen from the dead to come and sing with me.

By Kristo

Dannielle’s TAFE experience

This term I began a Hair and Beauty Course at Petersham TAFE two days a week. The first few times I went with Melissa (Student Learning Officer) which made it easier to go but the other students were so friendly and inclusive that I didn’t need support for long.

We did Costume Make Up, Evening Make up – Smokey Eyes and Hair – washing, straightening, curling. I learned that there is so much more to hair and make-up and that is what I want to study and one day I might have my own business doing Wedding Make Up.

By Dannielle

Courtney’s TAFE experience

I enjoy being at TAFE, Centennial Park. We have been working with clay and we made clay houses. We started with a basic slab technique building a box which then turned into a house. It took a week to dry and then we bisque fired it in the kiln, we then glazed them; I painted mine in white and blue, very simple and then fired it again in the kiln. They look fantastic altogether like a little village.

Then we learned to knit, French knitting, which we made using cardboard cylinders and paddle pop sticks, weaving and ordinary knitting. We then made a collaborative hanging sculpture with all our bits of wool which greets everyone as they enter the school.

My teacher thinks that my art projects are fantastic.

By Troy

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By Kristo
Student Profile

I've been at Centennial Park for only a couple of wks now and I like it a lot better than my old school. I have developed numerous friendships with most of the students here. I am very close with Kayleigh. I would trust her with anything. I like the teachers here as well, they are all fair. My favourite teacher is Lara. She takes time to get to know the students and is heaps helpful with work.

I am enjoying my time here at Centennial Park I like how the teachers handle everything.

By Daniel

Integration

I've been at Centennial Park School for almost a year, and I finally am excited and extremely nervous to integrate back to my mainstream school at James Cook Boys, once a week. CPS will support me whilst I do my integration. I'm looking forward for a challenge and reconnecting with my friends and way closer to home.

By Huston

My thoughts on depression

Being aware of the people around you and how they're feeling. Lots of people around you that act fine look and seem fine are really not sometimes so you should be careful of what you're saying and doing. The reason I wanted to write about depression is because I feel very strongly about it and I really think that everyone should have some kind of idea about it. A lot of people suffer from this illness and should never ever be judged because the odds are that you or one of your family members has probably suffered from depression at some point in their life. The main age group that suffer from depression are in their teens or in their mid thirty's to early forties. There are lots of ways to deal depression, some good ways and some really bad way that make it worse, but the way to go is to talk to someone that you trust. Or you could call a help-line or visit a website (http://au.reachout.com/Emergency-Help).

By Alec

Farewell Matt!

C4 had to say goodbye to one of their class members this term. We were all very sad to see Matt go, but extremely happy for him because he had achieved his goal of returning back full time to his mainstream school! C4 all wish you good luck for the future and hope you come visit us soon!

Hi Everyone, I just wanted to thank you for making my first year at Centennial Park School an amazing experience. Leaving the freezing cold temperatures and village environment of Katoomba for the beach/city lifestyle was daunting.

My position at CPS has made the process so easy. Not only have I had the opportunity to be part of a team of awesome, dedicated and professional staff, but I have also been given the gift of working with students that inspire me.

In the last year I have been lucky enough to support Charley in a week long work experience program with the police force, Integration at Leichhardt Secondary College and Randwick Girls High. While supporting Danni at a Hair and Beauty course at Tafe, I was thrilled to be the model for a wash and blow-dry with smoky eyes.

Excursions to the zoo, Biennale at Cockatoo Island, Sculptures by the sea, Bicentennial Park and W.A.Y.S at Bondi were events where I have been able to support our students in their community.

I have also been working as the Art Assistant with Annie in the Art room. I have had the opportunity to help curate an exhibition at the Sea View Gallery and attend Teacher previews at the MCA. But most importantly I get to see students express themselves and grow as artists in the art room.

I want to thank Jennifer and all the staff I have worked with at CPS and every student I have been lucky enough to work with. They have made my first year here an enriching experience.

Mel (School Learning Support Officer)
It has been a tough term for fit and fab, with many sessions being cancelled due to other school commitments. I would like to say a big thank you to all those students who have persisted with their fitness pursuit and have attended when the gym has been open. It’s great to see how exercise is valued by our students and how independent they are in improving their fitness! Well done!

**Live well at school**

The National Physical Activity Guidelines for Australians recommend:

- A minimum of 30 minutes of moderate intensity exercise on most, preferably all, days of the week; An example of ‘moderate intensity’ exercise is brisk walking where a slight increase in breathing and heart rate is noticeable
- Exercising for at least 10 minutes at a time - the 30 minutes total does not need to be continuous; Short sessions of different activities can be combined to make up a total of 30 minutes exercise or more each day
- Be active in as many ways as possible each day (e.g. using the stairs instead of a lift)

Whilst in the holidays try to get active, use the guidelines above and start to think about activities you could do that are free and can improve your fitness!!

**Sports Awards:**

**Ultimate Frisbee:**
- Trophy - Josh

**Soccer:**
- Trophy – Blake

**Golf:**
- Trophy - Terry

Students @ Alison Park during a soccer game.