Term 4 Excursions
In term 4, students visited Sculpture by the Sea.

Sports in Term 4
Students participated in wheelchair basketball, touch football and cycling.
Principal’s Chat
What an amazing year! I feel so privileged to have been leading such a fantastic group of staff for the whole year, and watching the number of students come through this school, and show such determination, perseverance, and growth.

This term has been a struggle behind the scenes for many principals, and for their school administration managers (SAMs), who have been transitioning to a new finance and school management system. I want to take this opportunity to thank and show my appreciation for our sensational SAM, Melissa Clout, who has been an incredible support to me and the school as we move through this process.

Some of the highlights of the term include our basketball win against Woniora Road School, our gardening day with Bunnings Randwick (thank you!), and excursions to The Maritime Museum to see our students’ work hanging as part of The Koobi Art competition, and The Dobell Drawing Prize workshop at The Art Gallery of NSW.

Speaking of which, this year saw the school honoured to be invited to participate in a pilot research project between The Black Dog Institute and The Art Gallery of NSW, called Body Mapping. The project aimed at looking at teenagers with anxiety, and how art can be used as a form of therapy. It involved several sessions, including the opportunity for our students to work with famed artists-in-residence at the gallery!

A lot of work this term has also gone into developing the school in the focus areas of our school plan, that of numeracy and literacy in the 21stC, social and emotional wellbeing, and transition. We have been lucky enough for example to have had Liz Kean work with our students on remedial numeracy this term. Sadly, Liz is moving on to a full-time role next year, and we wish her all the best.

Yoga lessons have been really embraced this term, so we would like to thank the wonderful Lauren, and we hope to find a way to make yoga part of our program next year. In terms of transition, we have had more students this term integrating to mainstream than at any point in the year, and we have farewelled a number of students, conducting NOVA Employment meetings at the school.

Congratulations to all the students who have transitioned, and who will transition next year, especially Jennifer Keays, who has been at the school for a considerable time and is doing us all proud. Good luck next year Jen!

Lastly, the greatest achievement lies with the students who completed HSC exams this year. Well done Rory, who will stay on with us next year, and Jeremy Hanke who completed his year 12 studies. Congratulations both of you for an incredible effort, and we wish Jeremy all the best for his future.

Have a festive and safe Xmas and holiday period, and we look forward to seeing the students back for 2017, on Monday January 30.

David Lomas - Relieving Principal

Gardening with Bunnings (below left) and after the Woniora Rd basketball game, (below).

Counsellor’s Chat - Holiday Activity Planning Guide
“Nourishing activities:
• lift mood
• increase energy
• help you feel calm and centred”.

Consider making a list of activities that will help to nourish you over the school holiday break. Also consider adding to your list activities that give you a “sense of achievement, closeness to others, and enjoyment” (Vivyan, 2010).

Plan to do at least one activity each day.

Wishing you all a safe and enjoyable holiday break!

Tina - School Counsellor
Sydney Park
By Nate

Sydney Park is a nature refuge park in the suburb of St. Peters. It was used as a brick making factory in 1796. It was founded by Elizabeth Needham, a first fleet convict sentenced to seven years for theft who became a wealthy businesswoman when she received a 40-acre land grant after her sentence expired. She turned this into a brick making factory and company, which she kept running until 1936 when it got bought by the Austral Brick Company where they operated until 1970. It was then used as a house-hold rubbish tip until 1976. Other parts of Sydney Park were used for gas storage, manufacturing, and warehousing.

When St Peters tip was finally closed, a final layer of clay and building rubble was placed over the rubbish to create a new regional park. In 1991 ownership of the Sydney Park site was transferred to South Sydney Council, and to the City of Sydney once the two councils merged in 2004.

It’s a magnificent park filled with big grass hills where many people enjoy walking around and taking their kids and dogs to enjoy this park too. It once was a manufacturing site but they turned this into a park with many km of bushlands which really is a great change from the normal destruction of bushland to create manufacturing sites, to me it’s a sign that the world may not end in a burning chaotic mess made by the rich and superior.

Devilish moves as if I’m dancing for my soul
Stepping through the fire and running on the coals
I think my new-found friendship is taking its heavy toll
He’s playing with my life as if I’m a Barbie Doll

Moving me up and down and throwing me into darkness
I’m bungy jumping into bottomless pits without a harness
Thought it was harmless
But in actual fact I’m being tarnished
Torturing my dark soul
No control, It’s like I’m armless

What path do I choose?
I have no options left
Do I resort to drugs for happiness?
Pay my cheap rent with theft?
I’m on a dark and sad road
And I see no easy way out
So I’m on my knees praying
Like, what do I say now?

Please God take my hand, make it okay now
Nah he ain’t even listenin
Cause that’s the same god you paid out

So now I’m here all laid out
And I have no place to go
The darkness is consuming me
My eyes forever closed

Goodbye CPS
By Jen

I have been at CPS for four years; I have enjoyed the classes and also spending time with the teachers. I have had many great memories at this school, including making friends with Rory, Tayla, Niris and Will. I also have enjoyed spending time with all the staff members and I will miss them all even the ones that have left. I found that this school has helped me a lot. I will miss this school and all my friends I have made here. I will never forget this school and the people who have supported me to get as far as I have gotten.

The next step in my life is going to a place called The House with No Steps. This will help me give me the skills to find a job and support me in getting the job. They will also help me with living skills. I will be there for two years.

Thank you everyone that is and was at CPS for everything they have done for me. And the experiences along the way. I will miss this place and thank you for everything.

Integration
By Jacky

My name is Jacky and my mainstream high school is Blakehurst high school. I enjoy attending school and playing different sports with friends. I especially enjoy playing soccer and basketball. I also enjoy learning new things.

I have enjoyed my time at centennial park school and have made new friends. The students and staff here are caring, friendly and supportive.

I hope to have a positive integration back to my mainstream high school in the future.

5 Cool Things About Refrigeration
By Will

1) You can use Co2 as a refrigerant
2) One of the first home refrigerators was the monitor top
3) Modern home refrigerators and air conditioners are very quiet
4) Did you know that big office buildings or skyscrapers use chillers which run chilled water pipes through the building instead of refrigerant lines because it would be impossible to run refrigerant lines through a 60 story skyscraper
5) Refrigerators are more efficient if it has more items in it.

C1 would like to wish Teagan and Jeremy the best of luck as they move on from our program. Jeremy has completed his HSC whilst Teagan will be moving onto another program.

Cranial Demons
By Rainer

I’ve been thinking more and more
And I still don’t have an answer
My mind has gone to dust
Like I’ve partnered Satan as a dancer
CPS vs Woniora Rd basketball game
By Rory

This term, Centennial Park School hosted a basketball match between CPS, Woniora Road School and Rivendell School, with a barbecue for lunch afterwards. Unfortunately, Rivendell School wasn’t able to take part. However, the basketball match and barbecue continued and were a great chance for both schools to come together to enjoy in a really fun activity whilst making new connections with one another.

The game was exciting and fast paced with various moments of enthusiasm shown by both sides involved in the game. The defensive and offensive strategies of both teams were used effectively in game and both sides showed great basketball skills.

The barbecue lunch was very tasty and was well prepared by Will, Niris, Edwin, Emma and Calum. They had cooked us a delicious mix of vegan and meat sausage sandwiches that were enjoyed all around. Thanks to Frank and to all members of staff for organising this basketball match, and thanks to Will, Niris, Edwin, Emma and Calum for our barbecue lunch. Thanks to all the teachers and students of Woniora Road School and Centennial Park School for taking part in this fun event.

Should we have a Mobile Phone Policy?
By Emma

Yes we should have a mobile phone policy but, it shouldn’t be as strict as it is. We should be able to use our phones as long as the time is appropriate. It is better that our phones aren’t used during class because we will be more distracted and without our phones we will be less distracted. We will be more social to our peers and the school is teaching us not to rely on our phones too much.

Firstly, the teachers should be more lenient with our phones. We should be able to use our phones in the morning and listen to music during fitness, art and we should be able to use our phones while we are in music class. It is also good sometimes to use our phones to search up information on the internet and there are also educational apps that help us manage our mental illnesses.

Secondly, having our phones in class is a huge distraction because while we are in class we are meant to be doing work and focusing on our assigned tasks. We shouldn’t be using our phones to message people and go on social media in class. In addition, we will be more social with our peers if we are not on our phones all the time. Also our teachers and our principal are trying to teach us not to rely on our phones, all the time and instead to use our general knowledge instead of relying on our phones.

In conclusion, it would be beneficial for there to be a mobile phone policy but it needs to be more lenient and we need to be given some more freedom, however we should only have more freedom as long as we follow teachers’ instructions and the school rules. By doing this we can become less anxious and less depressed and more friendly and social and overall more relieved and happy.

Koori Art
By Jesse

Yesterday I went on the excursion to the Koori Art with my best friends. We got the school bus there but knowing us, we had a few problems with the seats. We found out that the school bus is actually an 14 seater so now more people can come on excursions.

The Koori Art exhibition was at the maritime museum in the city. When we got there, there were many other schools. We walked in and went straight to the exhibition. We found our artwork and everyone said it looked smaller than we imagined it would be. We walked around and had a look at some of the other schools artwork.

When we were about to leave the security person told us that our tickets allowed us to go on the boats. So we went on an army boat called the Destroyer. We had a good time on the ship. Took some awesome photos. Then it was time to go. We all walked back to the bus and came back to school.

Congratulations to Niris who started integration this term. Annabelle will be attending another program next year, we wish her all the best.

Hannah receiving the ‘student of the week’ award at assembly (below)
## Stoic Philosophy

**By Miguel**

Stoic philosophy was founded by an ancient Greek philosopher, Zeno, in Athens during the year 301. This particularly philosophy is about minimising one’s reactions to the outside world. Another outlet Stoicism has three phases: ancient can be art, where you can draw, paint or stoicism, middle age stoicism and new even take photos to express how you’re stoicism. Ethical stoicism is the most feeling. Many artists have issues and use their art to help them get through it. There are so many things you can do to let go of stress and help cope with any mental illnesses, it doesn’t matter if it’s sport, creative arts or anything you do. Having an outlet is important part of having a strategy to deal with anxiety, depression etc.

I personally believe that stoic philosophy is a useful philosophy because it is logical and helps us to reduce anxiety, which obviously will help us live more productive lives. If we all thought logically, the world would be less prone to violence and humanity would be able to achieve world peace. Stoicism does have one flaw; however, as it can occasionally trick us into believing that our suffering cannot be prevented and is simply destiny. Therefore, we should adopt certain aspects of stoicism for the sake of improving our mental health, but we should also prevent unnecessary suffering.

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## Outlets

**By Sian**

Music is an outlet for many people that have mental health issues and even for people that don’t. You can express particular philosophy is about minimising one’s reactions to the outside world. Another outlet Stoicism has three phases: ancient can be art, where you can draw, paint or stoicism, middle age stoicism and new even take photos to express how you’re stoicism. Ethical stoicism is the most feeling. Many artists have issues and use their art to help them get through it. There are so many things you can do to let go of stress and help cope with any mental illnesses, it doesn’t matter if it’s sport, creative arts or anything you do. Having an outlet is important part of having a strategy to deal with anxiety, depression etc.

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## Student profile

**By Tanelsha**

My name is Taneisha. I am fourteen years old and I am indigenous. My hobbies when I was younger were dancing, basketball, tennis and swimming. I love to draw and do art and my favourite food is spaghetti. Nowadays, I do not dance anymore but I still play basketball at school and I love going to the beach for a walk.

I am very proud of my mum and because of her I have become the person I am today. She is smart, funny, good to talk to and very caring.

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## Soccer In 2016

**By Charli**

2016 marks my eighth year of playing soccer for Pagewood Football Club. It was a successful season for our under 16’s team, I played with all of my close friends and scored a few goals. I usually play striker and we made it all the way to the Grand Final but unfortunately, I could not play this particular match as I broke my wrist one week before.

The day was hot, the players built up a sweat as the temperature rose above 30 degrees. It was a very tight game, everyone was freaking out because we had one minute left and the score was one all. The players were getting tired and I was screaming from the sideline for them to run after the ball because I knew they could do it.

Then, out of nowhere, one of my team mates kicked the ball from the halfway mark to score the final goal. The whistle was blown and the feeling of victory was magnificent.

Our coach was amazed with our accomplishment, and while I didn’t get on the field that game, I’m very much looking forward to defending our title next season.

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## Birthday Gift

**By Calum**

On the 26th of November my dad bought me a train set for my birthday which was on the 2nd of December. The train set was in 00 scale and it was $300. The train set, called “flight of the mallard” and it included a LNER Class A4 4-6-2 ‘Mallard’ locomotive, 2 x LNER composite coaches, 1 x LNER brake coach, 3rd Radius Starter Oval, Track Pack A (with point and buffer stop), P9200 Wall Plug Transformer, R8206 Power Track, Hornby MidiMat [1600 x 1180mm]. We bought it from Hobby Co and the brand was Hornby.

When we got it down to my grandparents we didn’t have anywhere to put it so we bought 2 pieces of wood then we put it on a mattress and put the track on.

In the future we are planning to buy more things for it such as a station with people on it, tunnels, road crossings with cars and more.
Find your Path
By Jorja

I am on my own spiritual path. I am trying to find my place in this world through meditation and manifestation. I manifest what I want in life and see it happening right here right now. Life is a journey, life is great. Find your own path, it’s never too late.

The Lover’s Quarrel
by Tom

Snape is getting ready for a date. He puts grease in his hair and buys flowers. He walks to the Forbidden Forest. It looks bad and spooky. He walks all the way to the middle to the secret spot. The beautiful girl is standing in the secret spot. She says “I was waiting for you”. Snape tries to kiss Voldemort. But then he sees the wand and the wand belongs to Voldemort. Then they fight. Snape beats Voldemort but is sad he doesn’t have a girlfriend.

Unknown - Excerpt
by Edwin

The sun had dipped below the horizon, bathing the rural village in a rich orange glow. Still unaware of Lord Dietrich’s army passing by, the villagers went about their daily routine. Among them, two men with tattered clothing and a serious facial expression exited from the local tavern.

“Are you sure about this Arun? It doesn’t seem like a reliable lead,” one man asked the other.

“It’s the only lead we have, Carver. Besides, we’ve been to ruins near there andprofit-ed.” replied Arun his hardened expression easing.

“You’re right, I’m probably just worried about the ruins, those evil ruins are full of advanced magical traps and beasts” said Carver. By now the two men had reached a grassy field on the outskirts of the village.

Tie Dye T-Shirts
By David

This term I have been selling my tie dye t-shirts at Glebe markets.

The process involves adding dye into water, and then twisting the t-shirt and tying it with rubber bands. Each section of the t-shirt is then dipped into the dye.

C4 would like to farewell Mary. We wish her all the best as she pursues new employment opportunities next year.

C4 would like to welcome Ariel to our class. We have enjoyed having her during class and hope to see more of her next year!
Koori Art Exhibition 2016 - Maritime Museum

Centennial students were chosen to display their collaboration artwork at The Maritime Museum. This year the theme was honouring Aboriginal connection to their land and sea. Our artwork was a textile hanging called Coral Connections.

Body Mapping @ NSW Art Gallery and Black Dog Institute

Students at Centennial participated in a pilot collaboration program called Starting with Art at NSW Art Gallery and Body Mapping workshops with the Black Dog Institute. Using the creative visual expression gained through the art gallery excursions, students then attended 3 workshops and created their own life-sized body map which visualised and explored their experience of anxiety.
Linocuts by students of Centennial Park School