FROM THE PRINCIPAL’S DESK

WELCOME BACK TO TERM 4: I hope that each of you had some opportunity to spend time with family and friends during the school holidays. Term four is a busy time for schools, especially for our Year 12 students as they commence their final seven weeks of school. They have worked hard and they are ready for the next exciting part of their lives, but before then we have plenty to do. I ask parents and students to work with the school to ensure that a clear focus remains on finishing the year well.

PREFECTS (OLD & NEW): On Tuesday morning I had the privilege of meeting our next group of prefects. These students from Year 11 have been through a rigorous process and should feel very proud of this achievement. We have the Prefect Handover ceremony on Monday the 12th of October and I am looking forward to experiencing this Kedron tradition. I thank Ms Dana Holden for her work in coordinating this process and she will be working closely with these leaders over the next year.

What thoroughly pleased me was the significant number of students looking for a leadership position. Unfortunately not all students could receive a position, but I wanted to thank and acknowledge those students who did apply and missed out. You are still leaders in our school and we need you to maintain your hard work throughout the remainder of your time at Kedron.

I also wanted to publically thank and congratulate the prefects who start handing over the reins next week. This talented group, led by our School Captains (Ish Pratap Minhas and Rachel Woodgate) and our Vice Captains (Chloe Harris and Josh Petrie), have done an outstanding job. Their ability to sustain the highest standards throughout their tenure is a testament to their resilience and persistence. I also would like to thank Mr Chris Harris for his great work as Year 12 Coordinator and supporting the leaders.

REMINDEERS - SPORTS SHOES: It is important to remind everyone that when wearing the sports uniform, students are expected to have plain black sports shoes which can be polished. We will be looking to have loan sports shoes available for students who do not have the correct style shoe.

ATTENTION TO DETAIL MAKES THE DIFFERENCE: I wrote the following back in August and I thought it was important as we head into our last term for 2015 that I share it again.

I fundamentally believe that an attention to detail is critical and if students are receiving the same message from both school and home it has a greater impact. Here are some messages that I hope you will share with your child to assist in maintaining our very high standards:

- Wearing the school hat, with polished shoes, socks up and with the shirt tucked in on the way to and from school shows pride in our school and is noticed in this community;
- Allowing the general public to access public transport first and using our manners when in and around public transport is noticed;
- Please, thank you, good morning etc. are the words that make a difference whether we are inside the school or outside the school.

We receive multiple calls and emails congratulating us on our students and their positive behaviours. I really want to ensure we maintain that standard.

Yours in the Kedron Way.

Joseba Larrazabal
Principal

COMING EVENTS

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TALKIN’ JAZZ

Over the holidays five Kedron students, Tom Henderson, Evie Levonis, James Farrell, Subin Lee and Megan Christensen joined ten other high-school students from around Brisbane in a Jazz Performance Workshop called “Talkin’ Jazz” at the Brisbane Jazz Club. The two-week workshop focused on jazz performance skills, theory, history and improvisation. The students worked with some of Australia’s best jazz musicians including pianist Steve Newcomb, vocalist Kristin Beradi and saxophonist Rafael Karlen in lessons, masterclasses and performances. The students then performed on October 3rd to a sold-out Brisbane Jazz Club.

Congratulations to the students for their maturity, enthusiasm and brilliant musicianship over the two-weeks and in their performance.

Daniel Hirsch
SPORT AWARDS PRESENTATION NIGHT

Kedron State High School’s Annual Sports Awards Night is fast approaching and will be held on Thursday 22nd October at 7pm in our Assembly Hall. This is a very prestigious night for all those who have played sport for Kedron this year. Family and friends are welcome to attend as it is important for the students to be recognised for their contribution at this presentation evening.

An invitation letter has been sent to parents of all award recipients. If you have not received your invitation, please ask your son or daughter to pick one up from the HPE staff. Students should also check to see if they have won an award by looking on the notice board found in the corridor outside the P Block staffroom. I look forward to your attendance as we celebrate the sporting achievements of our students.

James Blanshard

RELEASE OF QCS TEST GRADES

Year 12 students will be able to access their individual QCS Test grade (from A to E) in their learning accounts on the Student Connect website: https://studentconnect.qcaa.qld.edu.au from 9am on Wednesday 18th November 2015.

RELEASE OF YEAR 12 RESULTS, OPS AND FPS

Year 12 students will also be able to access all their results contributing to the Queensland Certificate of Education (QCE), OPs and FPs in their student learning account on the Student Connect website: https://studentconnect.qcaa.qld.edu.au from 9am on Saturday 19 December 2015.

From Monday 21 December 2015, students will begin receiving their Senior Education Profiles in the mail. Depending on students’ individual circumstances, their profile will comprise one or more of the following documents:

- QCE
- Tertiary Entrance Statement
- Senior Statement
- Queensland Certificate of Individual Achievement

To access the Student Connect website students must know their Learner Unique Identifier (LUI) and password. Students will gain faster access to their results if they have previously activated their learning account.

KEDRON STUDENTS SELECTED IN NATIONAL TEAM

Three students from Kedron State High School have been named in the National 14’s Inline Hockey team to participate in the AAU/Junior Olympics tournament to be held in Hawaii in July 2016.

Michael Mulcahy (Year 7), Nick Barnwell (Year 8) and Matthew Lombardi (Year 9) were part of the Queensland team that competed in the National Inline Hockey Tournament in Brisbane held during the past holidays.

Jeremy Toua (Year 9) has been selected to play in the Junior OZTAG Australian Championships to be played in Coffs Harbour this week.

Congratulations to the above students on their selections.

POETRY WORKSHOP

On Thursday 8th October, a group of Year 7 students had the special privilege to work with professional poet, Luka Lesson.

Luka is a well-renowned poet and performance artist, and the Year 7 students were provided with the opportunity to work closely with Luka in a three-hour workshop developing their writing and performance skills. This workshop will be of immense value to the Year 7s who are currently working on slam poetry in the English course. Special thanks to Mr Rohan Hardy for his organisation of the event, and we look forward to working again with Luka in 2016 as poetry becomes bigger and better at Kedron SHS.

MENTAL HEALTH WEEK

Last week was Mental Health Week. There was much promotion on mental wellbeing over this week. Here at Kedron SHS we do a pretty good job with both of these. Through KedCare class held weekly for all students we promote good mental health with dedicated, cutting edge curriculum that responds to the needs of our students and societal issues.

Our Student Services team supports students with mental illness or concerns, and we work collaboratively with many external agencies such as Child Youth Mental Health Services, Headspace, Mission Australia, Health Department and more.

We have a School Based Health Nurse focusing on mental health and Guidance Officer who provides interventions, special provision and other supports for students experiencing social and emotional disturbances. Finally our School
Chaplains support student welfare with ongoing contact, and through provision of group activities.

Our message for this week is around optimising wellbeing and promoting positive mental health. However, due to other previous school commitments, we have planned our celebration for this week with the focus on positive mental health and mental illness resources and supports. See our next newsletter for a special message from the student welfare team.

Finally, you can begin your journey towards improving your wellbeing and happiness by simply following this link and completing the activities on Martin Seligman’s PERMA website: https://www.authentichappiness.sas.upenn.edu/learn

Have fun, stay happy and healthy!

Student Support Services Team

KEDRON SHS CHAPLAINCY

METAMORPHIS

10th Birthday

You are invited to join the celebrations as Kedron High Chaplaincy Youth Group celebrates, and gives thanks for, 10 years of ministry to teens.

Meta is an important part of Chaplaincy at Kedron

When: Friday 30th October at 6.30pm
Where: Kedron High School Assembly Hall
Cost: $10 per person – BBQ dinner

The party is not just for Meta people so please invite your family & friends and anyone you would like to introduce to Chaplaincy.

The party will be the inaugural event for the recently formed Meta Alumni Group.

NUNDAH STATE SCHOOL

ANNIVERSARY

Nundah State School turns 150 years old this year and to celebrate they are hosting a Spring Fair on Sunday 18th October between 11.00am and 4.00pm. The festivities will take place at the school on Bage Street, Nundah and as well as entertainment there will be a wide range of food, craft and treat stalls.

The Nundah Historical Society will have photos and displays from the school’s 150 year history and there will be the opportunity to meet teachers and children who currently attend the school.

To find out more go to: https://nundahss.eq.edu.au/Calendarandnews/News/Pages/News.aspx

PERMA, Martin Seligman (Positive Psychology)
Mental health sometimes seems like an often neglected aspect of our total well-being. Yet, it is undeniably significant. Not only can a positive psychological approach to life boost our happiness and levels of life-satisfaction, but it can also have positive effects on our physical and emotional capabilities as well.

Professor Martin Seligman, a leading voice in the area of positive psychology, has spent many years in developing a theory of happiness. In this time, he has identified some building blocks of well-being, and has created a five-sided model called the PERMA model, which he found through his studies to be essential to our overall well-being. The acronym stands for positive emotions, engagement, relationships, meaning and accomplishment, and here’s a brief summary of each;

- **Positive emotions** – feeling good
- **Engagement** – being completely absorbed in activities
- **Relationships** – being authentically connected to others
- **Meaning** – purposeful existence
- **Achievement** – a sense of accomplishment and success

1. **Positive emotion**

   Having positive emotions, or having the ability to dwell on the good things instead of the bad, will always help us to look back on the past with satisfaction, look into the future with hope, and enjoy and cherish the present. Furthermore, Seligman says, positive emotions affect our study and work performances, strengthen our relationships, inspire us to be creative and take chances, and even boost our physical health. Feeling good is also quite contagious – others will catch your smile, positivity, laughter, and a good sense of hope for the future.

   To elicit positive emotions in our lives, the method is simple; find out what makes you feel good, whether it be spending time with friends, family, engaging in hobbies, exercising, or getting out in nature, and making time to do it.

2. **Engagement**

   To find a place where we can blissfully immerse ourselves in the present moment, described by Seligman as ‘flow’, is another building block to our total well-being. This is when we engage with our life and work and become absorbed while we do it. We gain momentum and focus in our activity, and we can enter the state of ‘flow’. For many people this could be music, painting, dancing, cooking, or for some simply running. Seligman says that anyone can find this place, but it must be sought out and discovered through your strengths, virtues & talents. Once we discover these, we can work out how we incorporate them into our everyday lives.

3. **Relationships**

   We enhance our own well-being by building strong networks of relationships around us with family, co-workers, neighbours and all the other people in our lives. Mainly, this is to fulfil our need for connection, love, physical and emotional contact with others. Everything that we do is for others and with others, and if our relationships are good, it will generate a greater meaning for our lives. When we love, we become more loveable, and when we share our joy, we feel it even more for ourselves – it’s all about reciprocal joy. You reap what you sow, basically. We must build and maintain relationships with the people in our lives who are there for us and we enjoy spending time with.

4. **Meaning**

   We are at our best when we dedicate our time to something greater than ourselves, says Professor Seligman. For some this may be a religious faith, for others their family, but whatever we have of ourselves that we dedicate for something or someone we feel is more significant than our own individual advancement will create a greater sense of meaning in our lives. Studies have shown that people who belong to a community and pursue shared goals are happier than people who do not – and that the work we do suits well to our own personal values and beliefs. If we believe our work is worthwhile, we will feel a general sense of well-being and confidence that our time and abilities are useful for the good. To scope this out, one would have to determine what they value most in this world and work toward it as if on a mission.

5. **Accomplishment**

   People need to win sometimes. To achieve well-being and happiness, says Seligman, we must look back on our lives with a sense of accomplishment, to be able to say ‘I did it, and I did it well’. Why should we aim for this? Creating and working toward goals helps us to anticipate and build hope for the future, and to gain a sense of, ‘I’m making a difference’ as goals are completed. Accomplishments will not only give you satisfaction but will inspire others to also excel and succeed. To do this, it’s important to set tangible and attainable goals.

   After looking at all this, it may be worth considering each of these five areas and the importance of each for our overall well-being. If we can do this, it will go a long way for our happiness and well-being in all things, not only as individuals but also for our society.