

Year 7 2023 Transition Evening

Monday, 23 January 2023

First Day of High School

Commence in the Sports Hall at 9:00am

Sit in your Care Class

Parents are welcome to attend this Assembly

How will I know my Care Class?

An individual email is sent to parents the week prior that states your Care Class.

An alphabetised list of names and Care Classes will be around the Sports Hall area in case you forget.

The Resilience Project

This year, we are excited to bring The Resilience Project (TRP) into our school community!

WHY?

Current research tells us...

Why mental health matters

THE RESILIENCE PROJECT



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

ABOUT THE PROGRAM

The Resilience Project is committed to **teaching positive mental health strategies** to prevent mental ill-health and **build young people's capacity to deal with adversity.**

We will be implementing their evidence-based **Teaching and Learning Program** throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

What will I be doing Day 1?

- Meet at the Sports Hall (Sit in House Group)
- Welcome Assembly
- School tour
- The Inter-Year Program (TIP)
- Induction
- Receiving your timetable

What to bring on Day 1

Notebook, pen, and lunch

Full stationery list on our website

Benowa State High School
 Year 7 - 2023 Stationery List

School Issued Items - Year 7	Item Description	Quantity
School Issued Items - Year 7	Calculator - Texas Instrument TI-30XB MultiView	1
School Issued Items - Year 7	8GB USB drive	1
General Items		
General Items	Plastic 30cm clear ruler	1
General Items	Pencil sharpener	1
General Items	Glue stick	1
General Items	Scissors	1
General Items	A4 96-page ruled exercise books	10
General Items	2B Lead pencils	4
General Items	Highlighters (4 pack)	1
General Items	Eraser	1
General Items	Ballpoint Pens - Blue	4
General Items	Ballpoint Pens - Red	4
Compulsory (Core) Subjects		
English	A4 display folder	1
Health & Physical Education	Required Stationery Included in General Items	
Humanities & Social Sciences	Graph paper	1
	Colour Pencils (12 pack)	1
Mathematics	A4 220-page ruled exercise book	2
Science	Required Stationery Included in General Items	
Elective Subjects - Stationery items required only if the student is enrolled in the applicable subject		
Italian	A4 display book - 20 page, refillable	1
Japanese	A4 display book - 20 page, refillable	1
Spanish	A4 display book - 20 page, refillable	1
Technologies - Business & Economics	Required Stationery Included in General Items	
Technologies - Design & Food	Required Stationery Included in General Items	
The Arts - Dance	Required Stationery Included in General Items	
The Arts - Drama	Required Stationery Included in General Items	
The Arts - Visual Art	A3 document wallet	1
Excellence Programs - Stationery items required only if the student is enrolled in the Excellence Program		
Dance Excellence	Required Stationery Included in General Items	
French Immersion	A4 display book - 20 page, refillable	1
Music Excellence	Headphones (to be cabled with a 3.5mm connector)	1
	Liquid paper tape	1
	A4 plastic document wallet with gusset & button closure	1
	A4 display book - 20 page, refillable	1
Sports Excellence	Required Stationery Included in General Items	
STEM Excellence	Required Stationery Included in General Items	
Waldorf Education	Required Stationery Included in General Items	

My uniform on Day 1

Full Dress Uniform

Boys	Girls
Red Polo Shirt	Red Polo Shirt
Dark Grey dress shorts	Grey pleated check knee-length skirt/Girls Dark Grey dress shorts
White ankle length socks	White ankle length socks
Totally black enclosed leather lace up shoes	Totally black enclosed leather lace up shoes
Compulsory school hat	Compulsory school hat



Uniform Shop Hours

Extended Trading Hours

- 2022** Monday 28 November to last trading day Wednesday 7 December
7.30am to 4.00pm
- 2023** Monday 15 January to Friday 27 January
7.30am to 2.00pm
- CLOSED* Thursday 26 January 2022 (Australia Day Holiday)

Regular Trading Hours

- Monday – Thursday 8am – 12pm
Friday 8am – 9am

Payment may be made by cash/EFTPOS/credit card/layby

Uniform Shop Appointments

- Book an appointment to get your uniform fittings
- Appointments available
 - 2022 - Monday 28 November through 7 December (7.30am – 4pm)
 - 2023 - 16 through 27 January (7.30am – 2pm)

The booking link is available on our website under
Facilities > Uniform Shop

Regular Bell Schedule

Period	Time
Care Class	8:45
1a	8:55-9:30
1b	9:30-10.05
2a	10:05-10.40
2b	10:40-11:15
3a	11:55-12:30
3b	12:30-1:05
4a	1:35-2.10
4b	2:10-2:45

What are my regular classes?

Core Learning

English

Maths

Science

History/Geography

Health and Physical Education (HPE)

Language

Elective Rotation

The Arts (Dance, Drama, Visual Art) and Technologies

* Elective rotations may not be provided in Excellence Programs.

What about the first few weeks?

- The Inter-Year Program (TIP)
- Responsible Thinking Room (RTR) presentation
- Student Support Services presentation
- Resilience Project
- Library orientation
- BYO device onboarding
- Possible class redistribution (dependent upon final enrolment numbers)

Important Term 1, 2023 Dates

- **Swimming Carnival** 13 February - Southport Aquatic Centre
(Year 7 students transported to and from venue)
- **Cluster Sports Day** 1 March
- **Cross Country** 14 March
- **School Photos** 20 February
- **NAPLAN** 15 – 27 March

Other 2023 Sport Dates

Sports Cluster Dates

- 26 April
- 31 May
- 19 July
- 2 August

School Track and Field Carnival

- 22 June

BYOD information

- Information on computer specifications required can be found on our website under Curriculum > Bring Your Own Device.
- We are a laptop school not a tablet device school (No Chromebooks)
- Tonight, HP representatives are available in the Sports Hall to answer questions about devices.

How parents can help



Compass School Management

- Explain student absences
- Student timetable and lesson information
- Events calendar and latest news
- Communicate with Teachers



QParent

- Monitor academic results
- Academic reports
- Make payments