

**Benowa State High School 1500 students (320 Grade 8's)  
School of Excellence in the Arts**

**Interview with Tim Quinlivan, Deputy Principal, World Gymnastics Assessor.  
Acting Principal: Ari Koskela**

The Excellence Programmes include Sports Excellence, Performing Arts, Sports, Total Immersion French, Steiner Class, Music, and Marine Studies.

Entry into these programmes requires excellent reports from contributing schools, interviews with parents/caregivers, auditions for the Performing Arts Programme, and Sports testing for those in the Sports Excellence Programme. Emphasis on behaviour and attitude is given in order to be confident that students training off campus will not embarrass themselves or the school.

Sports Excellence includes AFL, Volleyball, Cricket, Touch, Gymnastics and Diving. Students in the sports programme do not take the normal music course and those in the music excellence programme do not take the Sports PE option.

The diving course involves 8 weeks of intensive training at Southport Olympic pool under the tutelage of professional coaches. Students have to pay all costs through their school fees; as is the case for all the specialist courses. The cost of teacher relief for regular staff away on the school trips is also built into the course fees. TRS costs about \$A300 per day. The Marine Studies group spend time on the Great Barrier Reef experiencing and learning water sports and boating skills.

The Sports PE programme is called a Recreation period but involves an in depth study of the sport... bio-mechanics, sports psychology, anatomy and physiology as well as skill development. The girls have a Women's Fitness Studies including aerobics.

The school timetable caters for 210 minutes per subject This is divided into 35minute periods (40 per week) with each day split 3, 3, 2; lunch is during the first break and afternoon tea (30 min) during the second break, so each subject throughout the school has 6 periods per week. Some of these are doubles to allow time for practical work.