



MOUNT LAWLEY SENIOR HIGH SCHOOL
An Independent Public School

PRINCIPAL'S REPORT

I would like to welcome new and returning students and their families to the 2023 school. Our enrolment of 2004 students is a record and testament to the positive reputation the school enjoys in the community.

Our 2022 Year 12 results were very pleasing with many individual outstanding performances. We had one international student being awarded a special general exhibition, and another local student being named as the best student in WA for Visual Arts. There were three students who gained subject Certificates of Excellence, nine Certificates of Distinction were awarded, and 45 students received a Certificate of Merit. Six of our students obtained an ATAR of plus 98. This year 51 students were inducted into the 90's Club. Congratulations to the students and to their parents and teachers who have supported them over their six year high school journey.

Seventeen new staff joined us this year in a range of leaning areas including Mathematics, HASS, English, D&T, Home Economics, Health & Physical Education, Media, EALD and Italian. The staff are mostly experienced, but we also have six very enthusiastic new graduates.

We are very pleased that the construction of a two story building containing 20 general classrooms has just commenced. The building is due to be completed in Term 1 2024 and this will ameliorate the current pressure on rooms. The footprint of the building site has seen a significant reduction in oval space but there is no alternative until the build is completed.

Lesley Street, Principal

STUDENT SUCCESS



Lucy 705 **Ava** 903, and **Joshua** 1102 have been selected to represent WA in the 2023 Triathlon Team. In March they will be travelling to Devonport, Tasmania to compete in the National Triathlon Championships.



Congratulations to Ella 11S1 on achieving her Bronze Award of the Duke of Edinburgh's International Award at the end of December 2022. The Award was presented by Claire Bew Coordinator.

DATES FOR TERM 1

- 27 February House Swimming Carnival Bayswater Waves Broun Ave All Y7 and invited Y8-12
- 27 February P & C Meeting 5.30-7.30pm Upstairs Main Admin Building
- 1 March Coffee Club 8.45-10.15 Outside deeCaF
- 2 March Y11 Monologue Night Tricycle Theatre 6.30-8pm
- 3 March School Ball Hyatt Hotel 7-11pm
- 6 March Public Holiday Labour Day
- 15 March Coffee Club 8.45-10.15 Outside deeCaF
- 17 March Interschool Swimming Carnival

P & C MEETING

The first meeting of the Parents and Citizens Association will be held on Monday 27 February, from 5.30pm until 7.30pm. The P & C meet upstairs in the staff room in the Main Administration Building.
(Blue building at top of staff carpark)

All parents/carers are welcome to attend
(All meetings occur on the last Monday of the month)

SCHOOL BOARD NOMINATION

Nominations for **ONE** parent/carer representative to the School Board will be sent out soon via Connect.

HOUSE SWIMMING CARNIVAL 27 FEBRUARY

Bayswater Waves Broun Ave Embleton

Monday 27th Feb

All year 7 students are attending however due to reduced venue capacity students from 8 – 12 are invite only. Students who have been invited have been sent a permission form home via Consent2Go.

Please meet in the gym on Monday at 8:30am for attendance and direction to buses.

If you are a swimmer and have missed previous years please see Mr Zen in HPE. More information is included on the email sent from Consent2Go to parents/carers.

INFORMATION PACK

The **2023 Information Package** can be found under the Finance & Booklist tab on our website:

<https://www.lawley.wa.edu.au/view/information/booklist>

This package contains important information for families. Please adhere to the strict timeline of **Thursday, 6th April 2023** for **Secondary Assistance Scheme applications**.

Late submissions will not be accepted. Thank you to those families who have already made payment for Contributions and Charges.

An updated Invoice will be sent out in March, once subject selections and changes have closed. For our new families, a Statement will be sent out in the next week. Don't hesitate to contact the Finance Desk on 9265 1504 if you have any queries.

Julie Moxey, Manager Corporate Services

DRUG POLICY REMINDER

Parents need to be aware of the following important points from the School Drug Policy. For full copy of the policy go to: <https://www.lawley.wa.edu.au/view/policies/policy-behaviour>

Students are advised the following are not permitted at school:

- Drugs, alcohol, cigarettes, e-cigarettes (vapes), matches or lighters.
- Students in possession of or using drugs (unless prescribed to them), alcohol, cigarettes, vapes will be suspended.
- **Students in company with other students who are using drugs, alcohol, cigarettes or vapes will also be suspended if they have had the opportunity to leave.**

CODE OF CONDUCT

EXTRACT (SEE DIARY FOR COMPLETE DETAILS)

All students are expected to comply with the School Code of Conduct:

- Students will follow all reasonable instructions given by staff members
- Students will not disrupt classroom learning
- Violence, aggression, vandalism, and harassment of any kind or pseudo fighting will not be tolerated.
 - Automatic suspension for racist harassment
 - Automatic suspension for students who attack other students or instigate fights.
 - Automatic suspension for students who decide to film a fight rather than seek help.

WANTED WORK PLACEMENTS & EXPERIENCE FOR STUDENTS

Our school is keen to expand our list of businesses and organisations who support our students for either work placements or work experience students in Year 11 & 12. If you are interested please contact:

Mr Andy Outten
andy.outten@education.wa.edu.au

STAY UP TO DATE WITH ALL THINGS LAWLEY

SKOOL BAG APP

CONNECT NOW APP



SOCIAL MEDIA



@mlshs



@lawleylive



@mountlawleyseniorhighschool

STAFF DEVELOPMENT DAYS

During the School Development Days, staff attended ECU, where the principal, Lesley Street, provided information regarding school directions and 2022 reflections.

Key teachers from the school Teaching and Learning Committee presented the next session, where teachers worked in groups. For the rest of the period, teachers spent time in their various learning areas, networking and preparing the curriculum and assessments for this year.



NEW STAFF FOR 2023



New Staff Members

L-R: Janice Gunn (Home Economics), Sophie Wang (Languages: Chinese), Tyson Jones (Design & Technology), Marine Wending (Education Assistant), Caitlin Overton (Languages: Italian) and Claire Martis (English)



New Staff Members

Front Row:
 Matthew Langfield (Media), Aileen Johnson (English)
 Hayley Smythe (Media),
 Dana Morretta (HASS), Joe Lister (Maths), Liam Quinn (H&PE).
Back Row:
 Jack Leithead (H&PE), Sam Glass (Maths), David Washbourne (H&PE), Lauren Wright (H&PE), Rebecca Wilson (Home Economics)



Running Walking CLUB

2023
Starts
Week 4
Feb 22nd

Wednesdays
7.30am start
Outside DeeCaf

more info from
Mr Meagher
 thomas.meagher@education.wa.edu.au
Claire or Jade
 Healthy Active Coordinators in Student Services

"One run can change your day,
 many runs can change your life."

SCHOOL APP: SKOOLBAG

Have you downloaded or updated your skoolbag app ?
 If you are a new parent/carer the following website will help you install <https://www.skoolbag.com.au/installation-instructions/>

If you are an new/existing parent/carer you will need to add/change your groups green tabs (years, music, SVAPA, etc) under the groups tab on the home page.

This app is easy to use and useful for contacting the school, school absentee form online, newsletter etc.



CENTENARIAN PORTRAIT PROJECT

Aaliyah, Shirin, Ripley and **Jasmine** participated in the *Centenarian Portrait Project by Teenagers*, an intergenerational community led project where teenage artists profile centenarians culminating in the creation of a memorable portrait and art exhibition held at the Wilkinson Gallery (Claremont Showgrounds) on 17th December 2022.

The project was an opportunity to meet a centenarian for the first time and a chance for centenarians to share their life stories. The teenage artists visited their 100-year-old subjects' numerous times creating sketches and taking photos to establish a portrait approach. Following these get-to-know-you sessions the artists returned to their studios to complete their portrait.

The exhibition was a spectacular event, an emotional assembly of months of work. It included guest speaker and portrait artist from Perth, Andy Quilty. He spoke to the teenage artists about being intuitive. Painting with their gut feeling rather than thinking about it too much, and what it means to work with disadvantaged groups. Quilty works from UWA, assisting veterans through art therapy.

Post exhibition the portraits are gifted to the centenarians and their families in person by their respective teenage artist.

Congratulations to the students involved and Jasmine who also won the People Choice Award.

The culmination of the top 100 works from across Australia will be exhibited in May 2023.

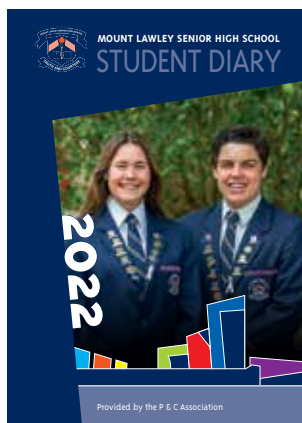


SCHOOL DIARY

A reminder that all students have received a school diary which is supported by the P & C Association. **Students must bring these to school every day** as this diary is used as a means of communication (page 7 Diary) and is used as a out of class pass (last page).

The diary also contains important school policies, student wellbeing, support materials (page 35-65 Diary), blank absentee forms (pages A&C at back).

Parents can also access the wellbeing program online (page 6 Diary).



CENTENARIAN PORTRAIT PROJECT PHOTOS

Top to Bottom: **Aaliyah, Ripley, Jasmine, and Shirin**

VOLUNTEERS MORNING TEA

On Monday, 12 December, Mount Lawley Senior High School invited parents, community volunteers and Industry Supporters of the school to a morning tea celebrating their support of the school throughout the year.

The school provided a special school plaque to the late John Pryor, for his voluntary service to the P & C as president, executive member and web master from 2088 -2021 the school plaque was accepted by John's wife Erida Situmorang and daughter Michelle Pryor.

Also special thank you to Randal Wells for his services to the P & C Committee and the School Board from 2015 to 2022 and Cameron Brook for services to the School Board as Chair and the P & C Committee.

Business & Industry supporters of the school were also thanked for providing work experience for our Year 11 & 12 students from Career Link and work placements through Career & Enterprise.

Thank you to the following organisations who attended the morning tea: Edward McMillan Hairdressing, Quadro Designs, Simon Millman MLC, Kustom Klaws, Ingrid Hocking Couture, Partner & Prosper, Ritz Carlton, Western Australian Police



Other organisations who participated in work experience & placements are : Abots Tiling, Acacia Living, Austec, BCA Fabrication, BM Techniks, Camera Electronics, Casotti Plumbers, CDM Australa, Connect Vic Park, Dome Maylands, DVG Morley, E Fire & Safety, Galleria Toyota, Gilders Electrical, Greener Race, Halo Beauty & Nails, Highgate PS, Hobart Deli, HVAC Services, Jetts Yokine, Jmarc Electrical, Kyilla PS, Major Motors, Marjorie Mann Lawley CC, Maylands Library, Maylands Penninsula PS, Morley Police, MSP Electrical, MLPS, Oli Clothing, Paula & Jo, Pharmacy 777, Pieros Panel & Paint, Read to Grow, Remec Electical, RTR FM, Scooteroo, Seven Willows, Slick Designs, Terry Tyzack Aquatic Centre, The Lift Lab, Total Tint Solutions, Wembly Electrical, Yokine PS, Motorcyle Masters, Citizens Advice Bureau, Grow Café, Temptations Catering, Rabble Books & Games, Noranda Childcare Services, Pure Health and Wellness, Lawleys Bakery, Aqura, SF Designs, Expand Plumbing & Gas, and Media Junction & Interactive.

2022 SCSA RESULTS

Congratulations to our Year 12 students who have recently received their ATAR results. The last two years have been very challenging and students should be proud of themselves for completing their WACE through many interruptions. The school achieved a median ATAR of 83.6, which is a great result.

We would also like to congratulate the 51 students who achieved an ATAR of 90 or higher. These students will be inducted into the 90s club at a special assembly in early February. Congratulations also go to the three students who achieved an ATAR above 99, an amazing effort.

Mount Lawley students received the following special Awards:

2 EXHIBITIONS

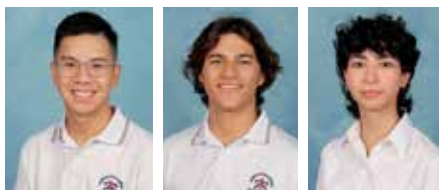
Special General Award (Exhibition):
Bill (Huu Trung) Pham



Subject Exhibition (Visual Arts):
Will Moldrich

3 CERTIFICATES OF EXCELLENCE

Subject Certificate of Excellence - Chemistry:
Bill (Huu Trung) Pham

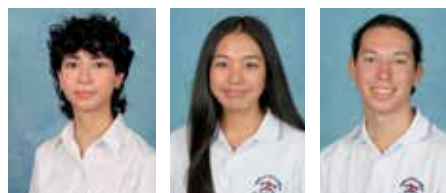


Subject Certificate of Excellence - English:
Asal Agha Amiri

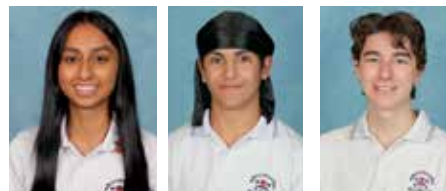
Subject Certificate of Excellence - Visual Arts:
Will Moldrich



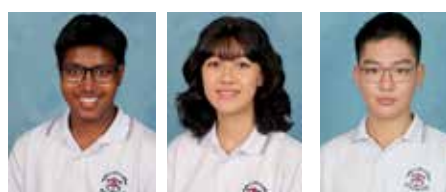
9 CERTIFICATES OF DISTINCTION



L-R
**Asal Agha Amiri,
Aerrylle Alea,
Sache Bell,**



L-R
**Karishma Gopalakrishnan,
Elliot Norris,
Dylan Webster,**



L-R
**Thisal Wickramasinghe,
Kira Wiley,
Oliver (Zan) Wu,**

45 CERTIFICATES OF MERIT

Matilda Beel Del Alamo,
Grace Bell,
Atticus Bond,
Charles Boucher,
Amy Carter,
Misheel Collier,
Luca Conte,
Olivia Crockford,
Javier De Sousa,
Matthew Deighton,
Oscar Doukidis,
Krish Dubey,
Ken Gao,
Lola Gazieva,
Kiara Hamilton NFP,
Daniel Hipsey,
Lachlan Holden,
Buddy Kavanagh,
Katarina Kondic,
Tiffany Lee,
Ching Leung,
Max Lippiatt,

Montana Mann,
Darcy McGough,
Madison McKeown,
Ashley McPhee,
Perry McQueen,
Nour Mistrach,
Will Moldrich,
Bo Roger Pang,
Leah Pearce,
Alen Sebastian,
Abbey Skewes,
Nevin Soji,
Tijana Starcevic,
Lachlan Stephens,
Kaori Stewart-Wynne
Madeleine Strong,
Sean Tran,
Luke Vervest,
Jack Wheeler,
Cyril Wibowo,
Hayden Wong,
Naomi Wright,



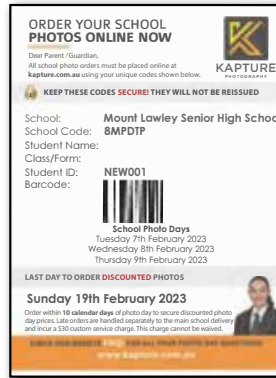
SCHOOL PHOTOS

ORDERS

After the school photographs were taken, students brought home an A5 flyer that contained the students' unique ID and school code. These details will be required if parents/carers wish to buy photographs of their child.

Details of the packs available are listed below. This is a reminder that there will also be a wide range of special group photos (e.g. councillors, house captains).

If students lose their flyers, they must go to the Main Admin Office to obtain the relevant information. If your child was absent, they can have their photograph taken at the Kapture studio in Malaga. Appointments are booked online via 'Studio Query form'. The next studio day is Tuesday, 18 April.



This form was given to students by the photographer



2023 STUDENT PACKAGES

KAPTURE PHOTOGRAPHY



MY YEAR PACK \$56

Includes four 12 x 8" prints:

- 12 x 8" Personalised Front Cover
- Multi-Page Composite of **Whole Year Group**
- **Item C:** 6 x 4" Combo



MY FORM PACK \$52

Includes four 12 x 8" prints:

- 12 x 8" Personalised Front Cover
- **Item B:** Composite **Form* Group**
- **Item C:** 6 x 4" Combo
- **Item D:** 12 x 8" Large Portrait



**The term Form Group may also refer to Contact Group, House Group or similar.*

STANDARD ITEMS

Standard items ordered in addition to a package attract a discount when ordering online.

<p>Traditional Group \$30</p>	<p>Composite Group \$30</p>	<p>6 x 4" Combo \$28</p>	<p>5 x 7" Combo \$28</p>
<p>10 x 8" Combo \$28</p>	<p>Creative Combo \$28</p>	<p>Large Portrait (12 x 8") \$28</p>	<p>Digital Portrait \$42</p> <p>*NO REFUNDS*</p>
<p>Acrylic Photo Keychain \$10</p> <p>*PHOTO NOT INCLUDED*</p>	<p>Magnetic Photo Frame \$12</p> <p>*PHOTO NOT INCLUDED*</p>	<p>ORDER ONLINE @ kapture.com.au</p> <p>Use your unique codes from the flyer sent home with your child after Photo Day</p>	



Y 7 CYBERSAFETY

Comments from Year 7 SVAPA students after having cybersafety workshops during Week 2.

'The cybersafety incursion was quite moving and had opened our eyes to reality. We learned why its not okay to cyberbully people and the consequences of doing so. We learned that cyberbullying can make people upset and mentally ill and even commit suicide.' Neha

'It was weird at first, but then I started to feel sad because no one deserves to feel like that; then I started to cry because it is really unfair to anyone!! I care about all the people in the world, and I have learnt how to be safe on my phone now.' Ruby

The presentation was interesting. The audit made an impact on us as students. I also hope that the cyberbullies all think before they speak because what can be very upsetting and it could lead to children committing suicide, and it can be heartbreaking to parents.

Sincerely Ava

'I felt very emotional while watching the cyber safety incursion videos. I also felt like I learned a lot and was not alone. I felt safer knowing where to go if I got cyberbullied. Also, we all learnt about some people who got bullied. Also, it's okay to be bullied and talk even if your voice shakes. Jeffrey

'In my opinion, it was quite scary how much effect messages, posts or even pictures can have on people and how easy it is to do these things. Candice was good at explaining how things happen, and she was nice and let everyone speak and say what they wanted. It was sad about the two teens and what they did to themselves, and what their families are doing now is really inspiring.'



Mount Lawley Senior High School in conjunction with Candise Adams from Safe Counselling Australia have taken the reasonable steps to help educate and protect and prevent students from any harm that that may be encountered within the online environment.

In week 2 the Year 7 students were visited by Candise and participated in Cyber Safety workshops. These workshops encouraged students to have a deeper understanding and knowledge of the cyber world.

The workshop included information on:

- Respect and Consent
- What is Cyber-bullying
- The emotional effects and consequences
- Statistics
- Problem solving discussions
- What to do if you are being bullied online (including how to report it)

Bullying can happen at school, at home or online. It is never okay and it is not a normal part of growing up. It's vital that a child knows what to do in a cyber bullying situation which will encourage power and control rather than shame and guilt.

• Cyber bullying is the unwanted and uninvited harassment of an individual (or more) via the use of technology that is relentless and singles out the victim(s). It predominantly affects teenagers due to social media. Cyber bullying is more likely to occur amongst those aged 12-18 years old because of the technology given to them and required for them to use. It can happen anytime and anywhere which makes it difficult for the victim to escape or hide from it. The effects of cyber bullying are extremely large compared to the known "school yard bullying"

- Includes sending mean, hurtful or threatening messages or images of another person
- Posting sensitive, private information for the purpose of hurting or embarrassing another

What to do if you are being bullied online:

- If you are under 18 (or are reporting on behalf of someone under 18) you can make a complaint about cyberbullying to eSafety. They can take action to get serious cyberbullying material removed, and provide advice, support and assistance. <https://www.esafety.gov.au/report/cyberbullying>
- You can contact Kids Helpline-[1800 55 1800](tel:1800551800) for 5 to 25 year olds. All issues. Confidential phone counselling available all day, every day. Online chat available 8am to 12am EST daily.
- Or contact Headspace- [1800 650 890](tel:1800650890) for 12 to 25 year olds. All issues. Phone counselling available all day, every day. Online chat available 9am to 1am EST daily.
- Most importantly tell a safe adult- a parent, teacher, Mrs Breadmore (The School Psychologist) or anyone who will listen to you and make you feel safe again.

For any questions or information on the Cyber-safety workshops please don't hesitate to contact candise@safecounselling.com.au or www.safecounselling.com.au

SVAPA VISITS FESTIVAL



Mount Lawley Senior High School's SVAPA students had a wonderful weekend attending two shows at the Perth Festival during the weekend of Week 2.

Firstly, the Year 9 SVAPA students attended Seven Sisters, a Western Australian Youth Theatre Company (WaytCo) production, on Friday night. *"Seven Sisters is about creative young people on Boorloo coming to terms with old knowledge. Look up! Don't look up! We are made of star stuff whether we like it or not."*

Our students were incredibly moved by the authentic stories of their struggles with disabilities and trauma and the pursuit of equality, connectivity and a sense of belonging to each other and the cosmos. We have a close relationship with WaytCo and saw two of our Mount Lawley Senior High School students, **Jayda Corunna** and **Lily Baitup**, up on stage performing. We also bumped into the wonderful Ms Packham and the dynamic Dr Dale Irving (the founding mother of the program). Thank you to teachers Tom Mawer and Kelly Ngatai for coming along to supervise. This was a lovely community moment with the different generations of teachers and students coming together.

Secondly, the Year 8's attended Manifesto on Saturday's matinee. *"Nine drummers performing on nine individual drumkits surround nine extraordinary dancers on a grand, elevated set. Starting with a bang, Manifesto becomes more complex and thrilling as it builds towards a wildly loud and powerfully danced conclusion."*

SVAPA students were blown away by their energy and brilliance; it was also delightful to bump into our dance teacher, Storm Helmore, at the production. Thank you to teachers Natalie Diggins and Dijon Summers for coming along to supervise the students. Dijon is already considering using multiple drum kits for a future collaborative project.

We have one more show to see! Hide the Dog on the 4th of March with the Year Seven students.

Moya Thomas,
SVAPA
Coordinator



@ACT BELONG COMMIT

We kicked off @Act Belong Commit Feelgood Feb activities with Valentine's Day cookies, random acts of kindness rock decorating and middle school lunch Chill Out Club.

Check out Act Belong Commit's calendar for more activity ideas -

<https://www.actbelongcommit.org.au/programs-initiatives/feelgood-feb/>



90s CLUB ASSEMBLY



Peter Sparbier Mathematics Scholarship Highly Commended Awards presented by Mr Simon Millman MLA to Year 11 students **Harrison & Kevin**



Peter Sparbier Mathematics Scholarship presented by Mr Simon Millman MLA to Year 11 student **Joshua**



Resource List Scholarships presented by Mr Simon Millman MLA to Year 7 student **Aalirah** & Year 11 student **Angela**.

Not present :Year 9 students **Aria & Dean**, Year 10: **Felicity**, Year 12 **Luka & Alanah**



Rotary Club of Mount Lawley Music Scholarship presented by Mr Russell Shearing-Jones to Year 11 Student **Amelia**



The Michael Sutherland Scholarships For Humanities presented by Mr Michael Sutherland to Year 11 Student **Helene**



Gold Tours Scholarships presented by Mr Jason Hutchinson to Year 11 students **Alan & Jinyu**



Rotary Club of Heirisson Science Scholarship presented by Ms Bronwyn Denman to Year 11 Student **Luka**



The Wisan (Jade) Wei Award for international students presented by **Ms Jacqui Johnstone** Education & Training International to Year 12 Student **Thanh Ky (KY)**



Korean Association of WA Scholarships presented by Ms Louise Chapman, Languages Program Coordinator to Year 12 Student **Beyonce**

Not present:
Year 9 **Sophie**
Year 10 **Cheng**
Dominique
Year 12 **Jocelyn**

90S CLUB ASSEMBLY

On Friday, 17 February, the school's first assembly was where some of the 'Class of 2022' were inducted into the select 90s Club. There are over 51 students who now joined this prestigious group, and we were very fortunate to have 27 of these alumni at our assembly along with their parents/carers.

The assembly began with the Acknowledgment of Country by Year 12 Follow The Dream student Aaliyah . Several guests and supporters of the school presented various awards and scholarships to students.

The Associate Principal of the Senior School, Julie Simon, presented the inductees to the assembly. They were provided with a certificate from Simon Millman, MLA Mount Lawley. Subject Exhibition & Excellence Winner, Will Moldrich, gave the right of reply on behalf of the 90s Club. The event finished with a morning tea for the inductees and their families.



Front L-R: Kira Wiley, Karishma Gopalakrishnan, Mila Bukilic, Ella Hansen, Matilda Beel del Alamo, Aerylle Alea, Asal Agha Amiri, Tiffany Lee.
 2nd Row L-R: Amy Carter, Lily Joyce, Madison McKeown, Abbey Skewes, Leah Pearce, behind Leah's shoulder is Nour Mistrah, Maddy Strong, Orlando Ransom, Alen Sebastian, Hayden Wong, Zipeng Wang, Javier de Sousa, Thisal Wickramasinghe.
 3rd Row L-R: Will Moldrich, Lachlan Holden, Elliot Norris, Buddy Kavanagh, Lachlan Stephens, Luke Vervest.

Y8 SCIENCE COM 4

In our recent introduction to Science, we've been learning about cells. We learnt about the different types of cells, identifying the other parts of cells and where they can be found. Another thing we've been learning about is the microscope. We learnt about the different parts of the microscope, how to label them, what they're used for, and how to use them. Following up, we recently had an experiment done using microscopes. We tried studying different cells, onion skin, and pond water (Pond water being the most exciting moment of my life. We saw so many tiny wrigglers :) . At one point, our teacher had allowed us to inspect an item of our choice, and my group agreed on hair; MY hair. We put a chunk of my hair under the lens (Let's say the obtaining of hair was painful). My hair was significantly magnified, and it was both an amazing and terrifying experience.

Yasamin Ghayem Bahmanshiri.



Y8 MATHEMATICS COM 4

Last week in Maths, we played math games in class to help us understand integers. The first game we played was ROWCO which helped us learn about adding and subtracting integers. In this game, we had to try and collect a higher total than our opponent by collecting the highest-valued card in each column or row.

The other game that we played was called Throne or Dungeon. This helped us understand how to multiply and divide integers. To play the game, we had to roll two dice marked with different integers on the sides. Then we had to find the product of the numbers rolled on the dice to determine which way we would move. A positive answer would push you towards the throne, and a negative response would drag you back towards the dungeon. This game aims to try and enter the throne first.

In Science this week, we have been learning about cells. We have learned how to use a microscope, the different parts of a microscope, and how to set it up. We have also seen what sugar, salt, and even the letter "e" looks like under a microscope!

We have also been learning about the difference between cells in plants and animals. We learnt that cells are the basic unit of all living things and that all living things can either be unicellular, which has one cell, or multicellular, which has more than one cell. We also learnt that plant and animal cells are composed of different cell organelles.

Charlotte Wilkins





all about school health services



better health • better care • better value

The school health service

The school health service promotes healthy development and wellbeing, helping students reach their full potential.

School health nurses provide the service in partnership with schools.

The school health service is free and confidential.

Students learn better when they are healthy, safe and happy.

What services are available?

- Information and support to students (and their families) to help them make informed decisions about their health, wellbeing and development.
- School immunisation programs.
- Providing a first point of contact for health care for students.
- Referral to other health professionals if required.
- Working with teachers to support health education sessions.
- Student health and wellbeing programs.
- Health assessments for vision, hearing and development, if required.
- Helping school staff and parents develop health care plans for students with special needs (such as chronic disease, physical disability or other complex health conditions).
- Parenting advice.



2022 School Year Books have arrived.

Any student from the
Class of 2022
who has ordered a Year
Book can collect their book
from the Finance Desk
at the Main Administration
Office.

If you did not order
a Year Book
there are a limited supplies
available,

Adolescent students

School health services are an easy way for secondary students to access health care and health information for issues such as:

- healthy eating and nutrition
- healthy weight and body image
- coping with illness
- feeling anxious, stressed or unhappy
- mental health and wellbeing
- loss and grief
- relationships
- sexual health
- smoking, alcohol and drug use
- other adolescent health concerns.

School health nurses can help young people to access medical and other health services if needed.

Young people are always encouraged and supported to talk to their parents or guardian about significant health issues.



Are you concerned about your child's health or development?

Your school health service may be able to help.

Contact details:

School Community Nurse
Mary Keeley 0408715087
mary.keeley@health.wa.edu.au
Monday, Tuesday, Wednesday
Lindsay Smith 0437550719
lindsay.smith@health.wa.edu.au
Thursday.

For more health information, visit

- www.healthywa.wa.gov.au
- raisingchildren.net.au

This document can be made available
in alternative formats on request for
a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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Emergency situations requiring an ambulance

If required, the school will call an ambulance in an emergency. The school health service does not provide emergency care.

How to access the school health service

If you have any concerns about your child's health or development, please contact the school health nurse through your child's teacher or the school office.

In secondary schools, students can make their own appointment or just drop in when the health centre is open.



SCHOOL WELLBEING PROGRAM

Parent Newsletter Article with DIARY EXTRACT | Supported by P & C for all parents of Mount Lawley SHS
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POSITIVE EMOTIONS + GRATITUDE



POSITIVE EMOTIONS

WHY: by understanding that 40% of your wellbeing is directly influenced by your intentional thoughts, you will be more likely to think about how you can create positive emotions in yourself.

HOW: the ten most enjoyed positive emotions are joy, gratitude, serenity, interest, hope, pride, humour, inspiration, awe and love. Every day, focus your thoughts on doing things to experience one of them. Your feelings will be uplifting. The more you feel them, the healthier will be your state of wellbeing.

Acknowledgement: Fredrickson & Losada

DO: which of these ten emotions do you enjoy feeling often?

.....
.....
.....
.....

What can you intentionally do to generate them in yourself and other students?

ENGAGEMENT + MINDFULNESS



PAUSING AUTOPILOT: ABC

WHY: by understanding that the way you think determines the way you feel, and that when on autopilot you don't take notice of your thoughts, you will slow down to tune into them more.

HOW: use ABC well. When something happens (A), it triggers your beliefs (B), which are your thoughts about what the consequences (C) should be, which causes your feelings. To think in healthy ABC ways, pause autopilot, to give yourself self-awareness time to think positively to then feel optimistic.

Acknowledgement: Kabat Zinn & Baer

DO: when is a time that you paused autopilot to be more aware of your thoughts?

.....
.....
.....
.....

Where can you use ABC, to think, feel and act in healthier and more sensible ways?

WEEK 1 PARENT WELLBEING : As Barbara Fredrickson, an expert in the field of emotions, once said, "Positive emotions don't just make us feel good, they transform our minds, our bodies and our ability to bounce back from hard times." So, teaching students how to self-generate positive emotions will benefit their wellbeing. The ten most common positive emotions felt by people are joy, gratitude, serenity, interest, hope, pride, humour, inspiration, awe and love.

Self-generate means them doing good things to feel good, and feeling good to do good things. Some include: Every term self-assessing by doing:

- How are their elements of wellbeing growing?
- How have they progressed towards achieving their three goals.
- Setting three self-determined goals for next the term.

Doing good to feel four or five positives for every negative, being grateful for little good things happening, accepting their full range of emotions, enjoying respectful relationships, being kind, having personal timeouts, looking forward to several things every day, contesting negative unhelpful thoughts with positive self-talk, being with nature, applying their strengths, turning off their phones 4 times for 30 minutes daily, mindfully thinking about loved ones, writing gratitude letters and journals, sending kind texts, savouring special times, practising new and challenging approaches and making a deliberate effort to meet new people. Positive emotions don't come from thinking about them, they come from doing positive things.

Acknowledgement: Lyubomirsky, Fredrickson & Branigan

WEEK 2 PARENT WELLBEING: As Oscar Wilde so wisely once said, "To live is the rarest thing in the world, most people merely exist." So many students, and in fact, the majority of the general population, spend most days on autopilot being pulled along by other peoples' choices. We need to cultivate a belief in our young people that they have plenty of choices and possibilities in their lives, and that the first choice they to make, is to choose to choose.

To move their mindsets from existing to living, we need to teach students how to pause, take notice, be curious and explore what they see and think about with new eyes. This occurs when they believe that they are capable of changing and growing by trying and learning new and more challenging things with other people. Accepting that their brains rewire with every experience they have, they will live much more. This type of attitude is often called a growth mindset.

Students who just exist, tend to believe that there is nothing that they can do to change their lives, and miss out on experiencing the natural highs which come from the feel-good brain chemicals serotonin and oxytocin. This type of attitude is often called a fixed mindset. They are not lazy, they just aren't prepared to fail at anything.

Acknowledgement: Kabat Zinn & Baer

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RELATIONSHIPS + EMPATHY



MEETING YOU

WHY: by knowing how you want other people to think when they meet you, you will be able to practise body language to show that image of yourself.

HOW: you communicate with others through 55% body language, 38% from voice tones and 7% from words. Choose three personal qualities (page 127) that you would like to describe your best self, and have fun practising these with family and friends or in front of a mirror to get them right. Make a good first impression.

Acknowledgement: Diener & Biswas-Diener

DO: what are three positive personal descriptors (page 127) that you want other people to think of when they meet you?

1.
2.
3.

For one of them, what body language and voice tones would you use?

MEANING + PURPOSE



SENSE OF PURPOSE

WHY: by using your strengths to help make a positive difference to the lives of other people, your school or the planet, you will have a purpose for getting out of bed every morning.

HOW: answer these questions to help you find a sense of purpose: what does the world need? What do you love? What are you good at? Your sense of purpose guides the goals that you set for yourself and drives your efforts to become your best self.

Acknowledgement: Frankl & Nakanishi

DO: What do you feel is your sense of purpose for getting out of bed every day?

.....

.....

.....

.....

What little things can you do every day to make a positive difference to others' lives?

WEEK 3 PARENT WELLBEING : The greatest single influence to living a meaningful and fulfilling life is the quality of our personal relationships, particularly the one with ourselves. Nearly everything that we will achieve in life will be through people, with people and by people, so we need to develop our students' interpersonal skills to communicate including:

- using and reading positive body language messages
- recognising inference, bias and emphasis in conversations
- developing relationships through face-to-face conversations
- learning to listen with their eyes, their ears and their hearts
- valuing and considering other peoples' opinions because they matter
- being present and mindful in each and every moment.

Our students are digital natives, who in most situations, prefer communicating with their devices rather than having face-to-face personal conversations with others. And because of this lack of in-person interaction, many students are not learning how to read or send appropriate body language messages, meaning that the development of their interpersonal skills can often be stunted. They are also missing out on the magnificent feelings which come from serotonin and oxytocin, the brain chemicals released during in-person interactions. We all possess mirror neurons, which copy the intentions, expressions, moods and feelings of those around us, but not from screens. We need to create opportunities for them to experience the beauty of in-person connection.

Acknowledgement: Greenfield & Iacoboni

WEEK 4 PARENT WELLBEING : The state of adolescent mental health is at an all time low, with one in four young people experiencing significant issues. There are many school counsellors and outside agencies providing admirable support for students who are suffering from these emotional issues, but what are we doing to prevent these issues from occurring in the first place?

Recent research has indicated that many young people in this situation lack a sense of purpose in their lives, have only one peer group, don't feel a sense of connectedness to school or home, and feel that they lack autonomy and the competence to achieve what they want to achieve. A side effect of not having a sense of purpose is living on autopilot.

We need to encourage our young people to focus on a reason to get out of bed every morning. There are proactive approaches that we can adopt to assist them to find a purpose, including:

- Spending less time glued to screens and more time talking face-to-face with real friends.
- Asking them to write down what they are looking forward to most each day.
- Every night sharing things they were grateful for during the day.
- Encouraging students to create several peer groups in other areas, such as sport, charity and community groups.
- Providing opportunities to set goals for different areas of their lives.
- Giving of themselves to be kind to others.
- Deliberately practising to develop their capabilities.

Acknowledgement: Frankl, Ryan & Deci



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ACCOMPLISHMENT + OPTIMISM



PRIORITISING

WHY: by writing down the tasks that you need to do in order of importance in this planner, and then doing them, you will feel in control and avoid anxious thoughts. This is called prioritising.

HOW: use the Musts and Options Thinking Tool (page 149) or on the website to list what you do and when you do them. You have no choice with Musts, such as family responsibilities and school. You have choice with Options, such as social media and socialising.

Acknowledgement: Ericsson & Anderson

DO: what are three tasks that you need to prioritise more to get them done on time?

1.

2.

3.

What happens when you do your Options before your Musts?

HEALTH + STRENGTHS



BIG FIVE

WHY: by combining healthy eating, daily exercise, adequate sleep, drinking water and positive attitudes, you will give yourself wonderful opportunities to become your best healthy self.

HOW: every day enjoy jotting down how well you did for each of the Big Five, and do the weekly check in to stay aware. When you feel that you are starting to neglect any of the Big Five, ask your family and Trusted Champions to help you with strategies to get yourself back on track.

Acknowledgement: Hassed, Rath & Breus

DO: which of the Big Five do you feel that you are making the effort to do well?

.....

.....

.....

.....

Which of them can you focus on doing better to be healthier, and who can help you to do this?

WEEK 5 PARENT WELLBEING : Many students believe that they 'have their acts together' and don't need to organise their time in a structured way. The reality for most of them is the exact opposite. Making the choice to create a timetable of their commitments and responsibilities will actually provide them with more time to do what they want to do. Then using their strengths to actually stick to it, will also build their resilience to distractions to enable personal and academic growth.

Prioritising, is a self-regulation skill and strength which enables them to use their time more effectively by organising what needs to done in order of importance under Musts and Options (see index). Doing this broadens their attention and builds their engagement with what they need to do.

Musts and Options, Time Understandings and Urgency versus Importance are effective Thinking Tools (see website www.learningcurve.com.au) which provide students with valuable perspectives on the activities they participate in which may include:

- Sport training and part-time jobs
- Study, reading and deliberate practice
- Socialising with friends
- Watching TV and playing games
- Family commitments
- Daily exercise and leisure activities
- Helping other people.

Learning to prioritise and creating a learning/study timetable provide students with the tools to develop growth mindsets to overcome setbacks and challenges which will inevitably crop up.

Acknowledgement: Ericsson & Anderson

WEEK 6 PARENT WELLBEING: Many students need our support and guidance to raise their self-awareness on how they can adopt healthier lifestyles. They make not think so, but the reality is that there is an increasing proportion of them who are not exercising their bodies or minds enough, being sleep deprived because of social media and gaming, not drinking enough water, eating a diet high in processed and takeaway foods, contracting diabetes at an early age, becoming obese and looking on the darker side of life. These are real and unwelcome outcomes for our future generations should we not act decisively now.

Every week there is an opportunity for students to increase their self-awareness of their mental and physical health by completing both the daily and weekly "Big Five Check In" activity in their planners. They self-assess on how they exercised, ate healthy, thought positively, drank water and slept well.

Proactive things that they can do include, have fun exercising for an hour daily with family and friends or on their own, and doing non-electronic brain exercises such as crosswords and scrabble which work well. To think positively, encourage them to look for the good things which fill them with optimism. As a family, turn off your devices at 8.30pm nightly.

Provide students with healthy, fresh and unprocessed foods. It is important for you to role-model sleeping well, exercising, eating healthy, drinking water, turning off devices and thinking positively.

Acknowledgement: Hassed & Rat

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POSITIVE EMOTIONS + GRATITUDE



CHOOSING TO BE GRATEFUL

WHY: by understanding that many of the good things in your life come from outside of yourself, you will be more likely to choose to be grateful for them.

HOW: consciously showing gratitude for the people in your life and the things that you have is a powerful generator of positive emotions for you. Pausing and noticing what is going well, no matter how small, and then choosing to be grateful, is using ABC to feel happy in yourself.

Acknowledgement: Emmons, McQuaid & Kern

DO: what is something that happened today that triggered positive thoughts in you to feel happy?

.....
.....
.....
.....

Who is a person that you should thank for the many little things that they do for you?

ENGAGEMENT + MINDFULNESS



YOUR PLASTIC BRAIN

WHY: by understanding that your every thought and experience changes your brain, you will be able to choose to grow your brain's abilities in areas that you wish to develop by practising. This is called neuroplasticity.

HOW: deliberately practise and repeat tasks to strengthen existing and create new brain pathways. This will enable you to do them easier and faster, which develops them as positive habits. Your plastic brain loves practise to create patterns to look for when problem solving.

Acknowledgement: Pascual-Leone & Dweck

DO: when is a time that you deliberately practised something and what happened?

.....
.....
.....
.....

When is a time that you didn't practise a task and you noticed that you couldn't do it as well?

WEEK 7 PARENT WELLBEING : There are many wonderful things happening every day in our lives that we all should be grateful for. Unfortunately, our news media prefers to report on negative events 75% of the time to feed our evolutionary negativity bias. It sounds silly, but we are more interested in bad than good in most cases, and negative feelings narrow what we see.

To contest these negative messages continuously being put out, we need to cultivate an Attitude of Gratitude in both ourselves and our young people. Looking for, appreciating and being grateful for good things that are happening, no matter how small they may seem, generates positive feelings in everyone. These positives, particularly for students, broaden their attention and builds their engagement with what they are doing.

This is why, sitting as a family every night for 15 minutes sharing the good things that each of you experienced that day, is such a powerful builder of gratitude and wellbeing. Also, regularly doing a family stock take together of the positives happening in your lives and being grateful and happy with what you currently have, will boost all of your wellbeing. An enemy of wellbeing and resilience is falling into the trap of listening to advertising that you need more and more. Be grateful that enough is best.

Acknowledgement: Emmons, McQuaid & Kern

WEEK 8 PARENT WELLBEING : Most parents and teachers encourage students to practise and apply what they learn in class to other situations after school. For there to be personal and academic growth, the practice has to be intentional and the level of what they are practising needs to be increasing in difficulty. They need to learn better, not do more of the same old.

Neuroscience has shown that their (and our) brains rewire themselves when they experience new things; called Neuroplasticity. Their brains create new brain (neural) pathways by joining millions of nerve cells, called neurons, together. The more often they repeat something, the stronger these pathways become and the faster the messages travel down them. Their brains love searching for patterns and deliberately practising creates patterns which in time become their habits.


But on the other hand, when these pathways aren't used, they wither and die. That is why learnt material during the day needs to be revisited for five minutes in each subject every night for brain pathways to strengthen. Study and practise develop brain pathways for their memories to remember things. Practising at the same level will improve their reliability, but will not result in personal or academic growth. The character strength perseverance is an effective one to use to be able to do this.

Acknowledgement: Pascual-Leone & Dweck





COMMUNITY NOTICES

The following information is presented as a service to parents/guardians, however Mount Lawley Senior High School does not recommend, endorse or promote these providers.



Kids Programs Available

Sundays 8.30am - 9.30am

www.ovacademy.com.au

Beach Volley Kids North Beach
Sundays 5th Feb – 9nd Apr
8.30 am - 9.30 am
Mix session
6-12 years old

Term

Casual

FRIDAY



4.30 PM - 5.30 PM



LORDS RECREATION CENTRE

Indoor Volley Kids Lords Recreation Centre
Fridays 10th Feb – 7th Apr
4.30 pm - 5.30 pm
Mix session
6-12 years old



Curtin University Football Club

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- Qualified AFC C-License coaches
- Home games Raphael Park, Victoria Park
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- Find your team and training time**
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No need to email/call.
Just turn up and introduce yourself

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SCHOOL BUILDING PROGRAM

04 North elevation.



05 West elevation.



06 South elevation.



07 East elevation.



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<h2 style="margin: 0;">UNIFORM CONCEPTS</h2> <h3 style="margin: 0;">Supplying uniform for MOUNT LAWLEY SENIOR HIGH SCHOOL</h3> <p style="margin: 0;">2022/2023 UNIFORM PRICE LIST & ORDER FORM (effective from 23.11.22)</p>																	
Student Name:										Year:			Date:				
Parent / Guardian Name:																	
Phone Number: Mobile																	
Email Address																	
DAY WEAR	4	6	8	10	12	14	16	18	20	22	24	26	28	QTY	PRICE*	TOTAL \$	
Navy Cuff Shorts															\$ 41.75		
Pleated Skirt															\$ 55.00		
Navy Dress															\$ 75.75		
Navy Trousers															\$ 58.00		
White Blouse - Short Sleeve															\$ 37.25		
Music Black Blouse															\$ 42.75		
Music Black Skirt															\$ 53.50		
V-Neck Jumper - Poly Wool															\$ 94.50		
V-Neck Jumper Poly Cotton															\$ 94.50		
DAY WEAR	Y8	Y10/4XS	Y12/3XS	Y14/2XS	Y16/XS	S	M	L	XL	2XL	3XL	4XL		QTY	PRICE*	TOTAL \$	
Shorts - microfibre - Navy															\$ 38.50		
Music Black Shirt															\$ 46.00		
DAY WEAR	62	67	72	77	82	87	92	97	102	107	112	117		QTY	PRICE*	TOTAL \$	
Navy Trousers															\$ 59.25		
Music Black Pant															\$ 58.00		
DAY WEAR	33/13	34/13.5	36/14	37/14.5	38/15	39/15.5	41/16	42/16.5	43/17	44/17.5	46/18			QTY	PRICE*	TOTAL \$	
White Shirt - Short Sleeve															\$ 37.25		
DAY WEAR	10Y/12Y	10/4XS	12/3XS	14/2XS	16/XS	S	M	L	XL	2XL	3XL	4XL	5XL	QTY	PRICE*	TOTAL \$	
Navy Polo (yrs 7 - 8)															\$ 35.25		
White Polo (yrs 9 - 12)															\$ 35.25		
Track Pants - Navy	/														\$ 48.25		
School Jacket - Soft Shell															\$ 77.25		
Undershirt - Navy or White (circle colour)															\$ 23.50		
SPORTS GARMENTS	4XS	3XS	2XS	XS	S	M	L	XL	2XL	3XL	4XL			QTY	PRICE*	TOTAL \$	
Faction Polo (circle colour) Blue, Green, Gold, Red,															\$ 40.50		
Sports Shorts - reg length															\$ 34.25		
Sports Shorts - shorter length															\$ 34.25		
ACCESSORIES														QTY	PRICE*	TOTAL \$	
Stockings	SML		AVG		TALL		XL		XX TALL						\$ 8.50		
Tie	ONE SIZE														\$ 24.00		
School Bag	ONE SIZE														\$ 59.00		
* All Prices Are Subject To Change Without Notice ** A 50% Surcharge Applies To All Made To Measure Garments														GRAND TOTAL			
PAYMENT TYPE:		\$			DINERS, AMEX & CHEQUES ARE NOT ACCEPTED												
CARD NUMBER (16 DIGITS):																	
EXPIRY DATE:												3 DIGIT CCV NUMBER:					
CARD HOLDER FULL NAME:																	
CARD HOLDER SIGNATURE:																	
ADDRESS: 832 Beaufort St, Inglewood WA 6052 TEL: 9270 4658 EMAIL: inglewood@uc.nellgray.com.au Opening Times: Monday - Friday 9am - 5pm, Thursday 9am - 6pm, Saturday 9am - 1pm																	

