



MOUNT LAWLEY SENIOR HIGH SCHOOL  
An Independent Public School

## PRINCIPAL'S REPORT

I was very pleased when Melesha Sands, Deputy Director General Schools paid an unexpected visit to the school last week. The purpose of her visit was to congratulate the school and deliver a letter and Certificate of Commendation signed by the Honourable Sue Ellery MLC, Minister for Education and Training and Ms Lisa Rodgers, Director General of Education. The Certificate was for excellence in Year 12 outcomes in 2021. In her letter the Director General said "Through our analysis of 2021 senior secondary student performance data, it is clear that Mount Lawley Senior High School has had a significant positive impact on Year 12 outcomes in 2021, and that you have maintained a strong focus on students fulfilling their learning potential. She stated that "... this achievement would not have been possible without the staffs continued focus and efforts on supporting the best possible outcomes for students. Collectively you have provided an education that ensures your students are best placed for meaningful post -school opportunities." It is always pleasing to see our staff and students acknowledged by the Department of Education.

As the COVID restrictions have now eased we are busy making up for lost time and organising excursions. Camps and incursions for student across the years. Parents/carers are reminded that close house hold contacts who are asymptomatic can come to school provided they wear a mask and test negative to a RAT test every day for 7 days. Please let us know if any of your children test positive. The government has made available supplies of tests which will be distributed to students by year group as soon as they are delivered.

I am delighted that the easing of COVID restrictions has meant the 2022 Lawley Art Auction will be held on Saturday 18 June starting with drinks and viewing from 5pm with the auction commencing at 7pm. Our thanks go to the dedicated committee members who are working so hard to coordinate the event which is the major fundraiser for the music and SVAPA programs. I was pleased to be able to attend the Artist's Drop off day last Sunday and witness the quality and range of paintings and ceramics as they were delivered. I look forward to meeting many of you on Auction night.



On Friday May 6, in partnership with the Ex-POW association of WA, we hosted over 200 people to the annual service at their memorial in Kings Park. The school adopted the association in 1998 and each year our music students, prefects and councillors take part in the service.

This year the Honourable Kim Beazley AC, Governor of WA Governor, The Honourable Mark McGowan MLA, Premier of WA, Simon Millman MLA, Member for Mount Lawley, Mr Stephen Price MLA, member for Forrestfield, Mr Patrick Gorman MP Member for Perth, Ms Georgia Karasiotou, Honorary Consul of Greece and representatives from many other organisations attended the service. The special guest was Lawley Legend and 103 year old veteran Arthur Leggett along with the veterans families.

It was a very moving service and the choir were outstanding. Will Corbett did a fine job as MC while Tahlia-Rae Willcocks gave a wonderful Welcome to Country address and Will Moldrich recited Psalm 121 while Max Lippiat recited the Lord's Prayer. Our Special thanks go to Ray Galliot who played a major role in the success of the day, the music staff and to Neil Hudson; for his exemplary organisation of this major event in the school calendar.

**Lesley Street**  
*Principal*

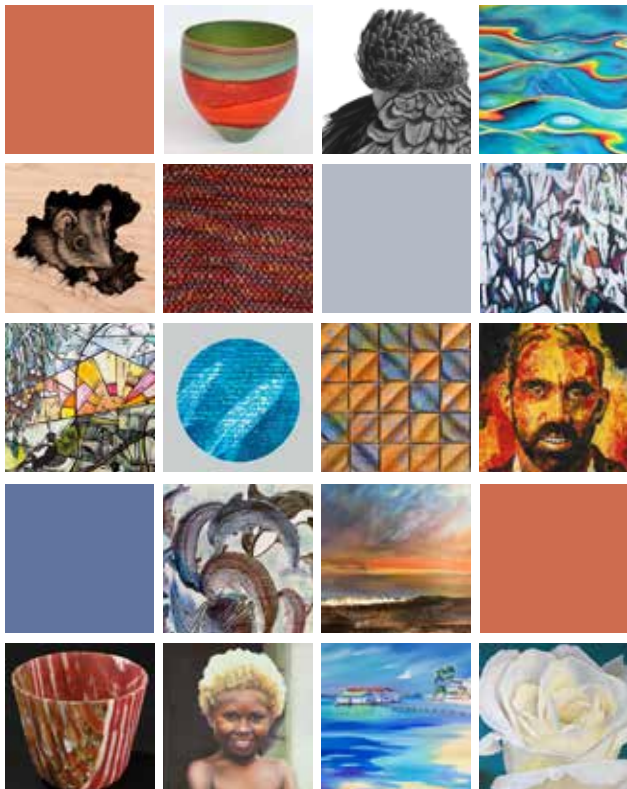
# LAWLEY ART AUCTION

The Lawley Art Auction is hosted by the P & C's Lawley Art Auction Sub-Committee. Funds raised are put towards the Specialist Visual and Performing Arts and Music Programs, keeping them contemporary, engaging, challenging, and rewarding.



Western Australian Artists supporting the arts at  
Mount Lawley Senior High School

## Saturday 18<sup>th</sup> June 2022

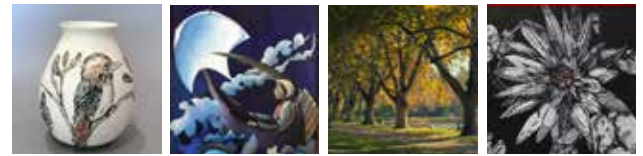


Mount Lawley Senior High School

Viewing from 5pm | Auction starts 7pm

All welcome

[lawleyevents.com](http://lawleyevents.com)



Western Australian Artists supporting the arts  
at Mount Lawley Senior High School

Over 100 established and emerging artists.

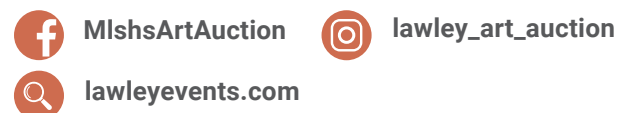
**What:** Fine art auction, live music, delicious food and drinks, raffle, silent auction and an additional gallery of works for sale.

**Where:** Mount Lawley Senior High School.  
Enter via Bradford Street and park on the school oval.

**When:** Saturday 18<sup>th</sup> June 2022.

Viewing/registration from 5pm | Auction starts at 7pm.

Online Catalogue will be available from 1<sup>st</sup> June 2022



GOLD SPONSORS



# STUDENT SUCCESS



Congratulations to **Richard** (1003) for being selected for the North East State Soccer Team and will be participating in the SSWA State team selection tournament in May.



Well done to **Isabel** (7H3) for competing in the Rhythmic Gymnastics Division at the Australian Gymnastics Championship as part of the 2022 WA State Team.



**Tia** (10S1) competed in the 2022 Australian Open Karate Championship, placing fifth in Cadet Kata and seventh in Cadet Kumite in her age/weight category. This was her first national level competition, and a great result.



Congratulations to **Bella** (7S4) on her selection for a role in WA Ballet's production of Alice In Wonderland. After five weeks of intense rehearsals, the show ran at His Majesty's Theatre in May.

# NOTICES

## UNIFORMS

With the weather getting colder many students are turning up to school in track pants and jumpers that are not part of the school uniform. There is a requirement that all students comply with the School's Uniform Policy that is printed in the student diary and published on the school's website.

Students who attend school with non-uniform items will be asked to remove them. They will be offered replacement items from Student Services.

***Continued non-compliance with the School's Uniform Policy may result in a student losing their Good Standing.***

Students can purchase new jumpers or jackets from Uniform Concept at 834 Beaufort Street, Inglewood from 9 – 5 weekdays and 9 – 1 on Saturdays and may be able to purchase used uniform items from the Second-Hand Uniform Shop at the school. There is very low stock however of long pants and jackets at the moment.

Plain jumpers, not hoodies, can be worn under student's shirts if they desire but they must be the same colour as their shirt – white for Upper and Senior School students, navy for Middle School students.



Our Prefects represented Mount Lawley Senior High School at the service at the Mount Lawley Memorial on ANZAC Day.

## KNITTING, WOOL & TEXTILE DONATIONS

If you have any wool, knitting needles or knitted squares that you don't want, they would be greatly appreciated by the Middle School Knitting Group. These are crafted into blankets as well as aids (special dementia blankets or muffs) for dementia patients. Donated items can be dropped off at the Main Administration Building.

If you have any spare fabric that you no longer want or have use for, it will be gladly accepted for use in the school's textile classes. Please email Home Economics Teacher, Laraine Smart, at [laraine.smart@education.wa.edu.au](mailto:laraine.smart@education.wa.edu.au) with a brief description of the fabric/s. Laraine will get back to you with details for dropping it off at the school.



# EX-POW MEMORIAL SERVICE

On Friday 6 May a very large crowd gathered in Kings Park for the Ex-Prisoners of War Memorial service. The service is held annually in partnership with the Ex-POW association. The school choir, prefects, and councillors took part with guests commenting on the outstanding efforts of the choir.

This year the Honourable Kim Beazley AC, Governor of Western Australia and The Honourable Mark McGowan MLA Premier of Western Australia attended, and both gave excellent speeches. Other attendees included local parliamentarians, members of the defence forces, representatives of many ex-service associations and veterans' families. The guest of Honour was WW2 veteran Arthur Leggett (103) who said the service was very moving and a fitting tribute to the Ex-Prisoners of War.

Aaliyah gave a wonderful Welcome to Country, Will, one of our school captains, did an outstanding job as MC, Max recited the Lord's Prayer while Will read Psalm 121. Many of the 220 guests present took the time to thank the school for hosting the moving ceremony. My thanks go to Ray Galliot, secretary of the EX-POW Association who played such a pivotal role in the success of the day. I would also like to thank the entire school team for their outstanding efforts.

*Lesley Street, Principal*









# EX-POW MEMORIAL SERVICE





# YEAR 7 COUNCILLORS & HOUSE CAPTAINS



## YEAR 7 COUNCILLORS

Above (L-R): **Safwana, Rose, Adram, Josephine, Amelie, Xziva, Alia, Hanna, Isla, McKenzie, Ava**

## YEAR 7 HOUSE CAPTAINS



Above (L-R): **Asha Murdoch, Hanna O'Connor, Alex Hackett, Nael Forrest, Lachie Forrest, Phoenix O'Connor.**



**Keiana**

*Murdoch House Captain*



**Aixa**

*Hackett House Captain*





# ANZAC DAY ASSEMBLY SERVICE

On the first Friday of Term 2, the school conducted its ANZAC service. The official school party entered the gymnasium led by piper Mr **Robert Reeves**. School Captain **Amy** (12O2) then welcomed all Year 7 & 8 students, School Councillors and special guest **Mr Simon Millman, MLA**, followed by Year 12 Follow The Dream student **Rianna** (12F3) giving the welcome to country address. Then School Chaplain, **Andrew Paul** presented a video from **Arthur Leggett, OAM ED**, President of the WA Ex-POW Association, as he could not attend in person.

Year 8 Councillors **Aja** (8M5) and **Edison** (8M2) laid the wreath at the flagpole base with the school choir singing the hymn Abide with Me. Year 10 Music students **Amy** (10M3), **Elena** (10O3) and **Rosie** (10H3) performed The Last Post.









# TRANSGENDER DAY OF VISIBILITY

The International Transgender Day of Visibility is March 31. This year at Mount Lawley Senior High School, our LGBTQIA+ Alliance students joined forces with the Certificate II Hospitality students to conduct a lunchtime Bake Sale and Awareness Display.

It was a happy and respectful occasion celebrating our trans and gender diverse community. Awesome work to all involved.

# ZERO2HERO FREE DRESS DAY



Wednesday 6th April we supported the amazing organisation zero2hero with a free dress day.

zero2hero is a WA-based incorporated association with DGR status dedicated to increasing the understanding of mental health issues and the awareness of mental health services among children and young people through innovative programs, events, and education.



# YEAR 11 MEDIA SHARK TANK

As part of their studies into the gaming industry, Year 11 Media students participated in a Shark Tank style presentation where they spruiked an innovative Digital Game Design. Some groups even included a board game equivalent so their designs could be played across all forms.

There were some amazing and original ideas presented in a Shark Tank format where students' peers allocated money based on their presentation to take the design to the next level.

Unfortunately, the money wasn't real – but the budding designers still took it very seriously and the competition was on. Congratulations to **Josh** our 2021 winner!

**Ms Deb Edwards**





# SPECIALIST VISUAL AND PERFORMING ARTS



## YEAR 9 SVAPA STEAM CLASSES

In the SVAPA early morning class, we worked on our SVAPA journey representation created using printed 3D acrylic shapes. Over the term, students have been reflecting on their favourite experiences during SVAPA and creating shapes to represent these experiences.

These shapes are then amalgamized to create a sculpture that displays each significant moment we have been privileged to undergo. The digital platform we have been using is called Fusion 360, and it allows us to experiment with organic and geometric shapes using features on the program. We are so grateful to have been given the opportunity to reflect on our journey as SVAPA students and to create an artwork individual to each student.

**Freda (9S1)**  
Year 9 SVAPA student

Year 9 SVAPA students worked alongside the STEAM Coordinator Kelly Ngatai in Term 1 to create artworks. Everyone knows the importance of the arts within the sciences and technologies. At Mount Lawley Senior High School, we acknowledge the significance by naming it STEAM, not STEM, keeping it in line with industry best practices.



## YEAR 7 RECEIVE THEIR BAGS & T-SHIRTS

Each year, the SVAPA Year 7 students are gifted with a bag designed by a previous Year 7 student. The lucky winner in 2021 was **Oscar (8S2)**. This year one lucky Year Seven student will have their designs chosen for next year's cohort.

The students also received their SVAPA shirts. They can wear these shirts to early morning classes, camps, Lawley Art Auction and the Saturday masterclasses.



# YEAR 11 VIRTUAL BABIES PROGRAM



At the end of Term 1, the students in the Children, Family & the Community (CFC) General Class had the exciting and nerve-wrecking opportunity to participate in the Virtual Baby Program. The program is a 3-day experience run by an external company called 'Red Ginger Wellness'. We commenced the program with a lesson about teen pregnancy, STI's, and contraception. Red Ginger Wellness ran through the logistics of caring for the virtual babies. Each baby has a chip in them which we had to scan with a wristband every time the babies cried (which was a lot). We had to feed, rock, burp, and change our babies' nappies. This chip inside the baby was able to register each time we did (and did not) attend to these different needs.

The three-day experience pushed us to our limits. It affected our day to day lives as well as the lives of those around us. Simple things like having a shower, sleeping, and eating meals had to revolve around the baby as it needed constant care. If we had work commitments, we had to find a babysitter. Our classes were disrupted with the cries of our babies. By the end of it, we were exhausted.

The purpose of doing this program was to educate teenagers on what it's like to be a parent during their youth. This experience was draining, and it taught us how much of a serious responsibility having a baby is. It changed our view on what having a child is like and helped us understand how having a baby can change a person's life forever. We also became closer as a group as we relied on each other. The support of each other while sharing this experience was what got us through. We were sad but relieved to give out babies back at the end of it all.

**Taylah** (11F2) and **Isabelle** (11M1)  
*Year 11 Children, Family and the Community students*



# YEAR 12 DRAMA



Tea Time is an excellent learning activity. On Wednesday 9 March, Mr Mawer had the Year 12 Drama class bring in our childhood teddies and biscuits.

When we arrived in the theatre, the lights were dimmed, there were rain sounds, and the fake grass carpets had been laid out. We all came together and sat in a semi-circle around a chair with a book on it. We proceeded to tell each other our stories of our teddies and the occasional thing we remember from a younger, far less stressful time of our lives.

Mr Mawer then read the revised picture book version of William Shakespeare's *The Tempest* as we ate our cookies. We then had the opportunity to ask questions. This exercise greatly increased my information retention and understanding of *The Tempest*, which will be vital in upcoming tests and exams. I gained a knowledge of the intricate characters, their objectives and relationships to each other and how they fit in the general story.

Though providing a calm, safe environment we were able to engage more fully in the lesson as our stress levels were greatly lowered. As everyone knows, Year 12 is a fast paced and highly stressful year, making it is often difficult to remember and fully retain all the information we are learning, but I believe Mr Mawer cracked the code with this lesson.





# YEAR 9 DRAMA



The Year 9s in Acting 101 had the honour to see an entire new side of acting; Melodrama! This term, students have experimented using more expressive way of acting. We learnt that voice and movement is extremely over the top, about traditional narrative structure, and that Melodrama uses stock characters such as a brave Hero, a beautiful Damsel and a dastardly Villain.

From simple facial expressions and emotive language, to more complex use of movement and melodrama conventions, students have picked up skills which relate not only to their drama class (or... the INCREDIBLE, MARKS RIGHT SIR 110%????), but also to the world around them. Students planned out a storyline, assigned their own characters and then got straight into rehearsals which came together to create engaging entertainment.

They were able to harness incredible emotion and jam packed it into a fabulous story, making sure to consistently use the key melodrama style of exaggerated emotion throughout. Students thoroughly enjoyed the costumes and performances but importantly, developed a new way to see the theatrical world.

**Aliyah (9H3)**  
Year 9 Drama student





# GAT & AE MENTORING PROGRAM YEARS 7 & 8

This term Community 5 (Enrichment Community) students are participating in a Mentoring Program. Each Year 8 student has been paired up with a Year 7 student who will be their buddy for the term. The aim of this program is to provide Year 8 students with an opportunity to develop their leadership skills and provide Year 7 students with a role model who is familiar with life in high school and also has experience being in a GAT or AE program. Students will meet up with their buddy each week and take part in team building tasks.

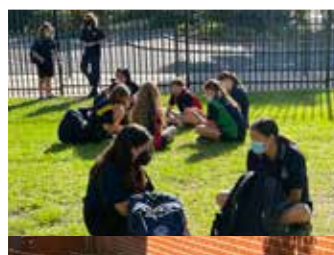
## **Madeleine Thomson**

*Teacher - English and Community 5 Team Leader*

This term, the Year 7 and 8 in Community 5 have had the opportunity to participate in the mentoring program. We spent our Friday forms talking with our mentees and answering their questions about high school. Most Year 7 students had one Year 8 to mentor them and aid them through their first term of high school. It helped us (Year 8 students) make new friends in different year groups and for the Year 7 students to see that we are not as scary as we may seem. Each week we would talk about different topics, some more serious such as bullying, and others to get to know each other such as what we were doing on the long weekend. It was a great chance for the Year 8 students to be leaders and become good role models. We hope to continue this program in Term 2.

## **Aja (8M5) and Samantha (8O5)**

*Year 8 students*





## YEAR 8 NEWS



### YEAR 8 CLEAN UP DAY

In Term 1 Middle School Students were involved with 'Clean Up Australia Day'. In Community Time Teachers talked about how one singular Australian man started this worldwide movement just by picking up rubbish in the Sydney Harbour. They also talked about the effect plastic and other materials that have an impact on our planet. After that we went outside and collected rubbish in the Middle School area to play our part in Clean up Australia Day.

**Sunny**



### COMMUNITY 5 STUDENT AWARDS

The above Community 5 students were acknowledged for their hard work and positive attitude in Term 1.

Congratulations to (Left:) **Keegen** (8F5), **Daniella** (8F5), **Amelia** (8M5), **Julie** (7H5), **Josephine** (7H5), **Eric** (7H5), and **Atlas** (7F5).

## YEAR 8 SCIENCE



### HEART DISSECTION

In Science the Year 8's started the year with Biology where they learned about cells and the different organ systems that make up an organism.

When looking at the circulatory systems, students needed to identify the different parts of the heart and their functions. Students were given the opportunity to dissect a heart and see the parts in reality. Here are some quotes from students on their dissecting experience:

*'it smelt - but I had fun!' - Aja*

*'It was fun looking at the valves!' - Samantha*

*'it made learning the chambers and valves of the easier' - Kate*

*'I never knew heart strings were that strong' - Garance*



# YEAR 12 HIGH ACHIEVERS BREAKFAST TERM 1



On the 5th of April 2022, seventy-five Year 12 General, ATAR and VET (Vocational Education and Training) students were invited to attend a breakfast to acknowledge continued achievement in their courses of study and certificate courses. A large number of teachers also attended.

**Jasmine Hensley**, Head Girl from the graduating class of 2019, was our guest speaker. Jasmine is in her third year of a Bachelor of Philosophy degree at UWA, majoring in Genetics and Law & Society. Jasmine spoke about her high school experience, overcoming challenges, building resilience, balancing work and life, and the things she learnt along the way. She also spoke about the transition from school to university and the outside world.

Speaking about the importance of balance and self-care in her survival of Year 12, Jasmine stressed that students needed to have a good night's sleep, engage in some physical activity and keep up with social events. This would assist students to have a more proactive approach to their studies.

Developing resilience, especially in these COVID times was important, as life does not always go according to plan. It is essential to acknowledge that you may

feel let down or disappointed, but then plan a way of overcoming that disappointment. This could include goal setting, seeking help and thinking about the positives or how you could improve things next time.

Volunteering has been a big part of Jasmine's life, both at high school and beyond. It has allowed her to meet new people, establish different networks and give back to the community. She encouraged students to become involved in some form of volunteering and provided examples such as UN Youth, Teach Learn Grow and Uni Camp for Kids. These organisations welcome students from high school, university, and also non-university students. Jasmine shared that life is different when you get involved!

At the conclusion of the presentation, students and invited guests then moved to the Hospitality Room, where the Year 12 Certificate II in Hospitality students served a delicious breakfast. The Hospitality students had planned the menu and cooked the food as part of their certificate course. It was a very successful celebration with two more High Achievers' Breakfasts planned for 2022.

Photo Above: *Eloise's photograph* was presented to Jasmine by School Captain Will.



# HARMONY WEEK



Harmony Week is an opportunity for all Western Australians to celebrate our vibrant multicultural community.

The week runs from 15 – 21 March every year and encourages everyone to experience, explore and appreciate WA's wealth of cultural, religious, linguistic and ethnic diversity. In 2022 the theme was 'Everyone Belongs'.

At Mount Lawley Senior High School during Harmony Week, lunchtime activities were conducted in the Library and courtyard to celebrate our school community's diversity. Paper chain dolls were created and decorated with our cultural backgrounds.

Classroom teachers integrated Harmony Week themes into their learning. Creative and colourful displays of these activities and harmony messages were displayed throughout the school.

**Claire Bew** *Healthy Active Coordinator*

# CAREERS OPEN DAYS

## Construction Futures Centre Open Day

Sunday, 26 June 2022 - 10.00am - 1.00pm

Address: 104 Belgravia Street, Belmont

Register at [bit.ly/3L0K0rV](https://bit.ly/3L0K0rV)

Admission is free and registration is essential

## College of Electrical Training (CET) OPEN DAY

Come along to the 2022 Open Day! CET's Open Day is here again, and this year it's held on Saturday 16 July 2022 at both Joondalup and Jandakot campuses.

CET welcomes students and their families to find out about our pre-apprenticeship and apprenticeship pathways courses at our annual Open Day.

Excited about a career in the electrical industry?

Open Day is always an ideal opportunity for high school students considering a career in the electrical industry to find out more about studying to gain an electrical apprenticeship pathway at CET.

Electrical Group Training (EGT), the largest employer of electrical apprentices in the country, will also be in attendance to speak with students about potential employment opportunities.

Pop in with the family to enjoy a free sausage sizzle and giveaways from our sponsors. We look forward to seeing you there!

REGISTER YOUR ATTENDANCE FOR OPEN DAY go to the following websites and click get tickets:

JANDAKOT: <https://events.humanitix.com/2022-cet-open-day-jandakot>

JOONDALUP: <https://events.humanitix.com/2022-cet-open-day-joondalup>

# LANGUAGES FRENCH EXCURSION YEAR 10-12

On Thursday, the 5th of May, the French Year 11 and 12 ATAR classes and a Year 10 class went on an excursion to the Luna Palace Cinema in Leederville for the French Film Festival. Once they had their popcorn and snacks, the students sat down and enjoyed the French movie 'Petite Maman', which enriched the students' knowledge of the French language and the style of cinema. After the film, the students strolled down Oxford Street to get lunch and enjoyed their food in the relaxing sun. Overall, it was an enjoyable day and a reward for the students' hard work. Being one of the fortunate students who attended the French excursion, I would like to thank our teachers and the Languages Coordinator for organising it.

**Sophie**





# RIDE2SCHOOL DAY



On Friday 25th March we celebrated National Ride2School Day. The day encourages students and staff to ride, walk, skate or scooter to school. Students and staff that participated enjoyed a pancake and fruit breakfast served by our Student Wellbeing Committee.

The sun was shining and a fabulous time was enjoyed by all. Well done to everyone involved!

**Claire Bew** *Healthy Active Coordinator*



# YEAR 11 SCIENCE : BIOLOGY EXCURSION

On Monday, the 4th of March, the Year 11 ATAR Biology students embarked on a day of learning and fun. The students travelled by bus up to the Mundaring Discovery Centre, where they learned about burning and wildfires on Australian bushland. We began with a simple exploration of the area. We then were guided through a set of prescribed burn sites. We completed surveys to measure the biodiversity of said areas. We had lunch in the forest with a beautiful view over Mundaring Weir, and everyone had a great time.

The excursion was great, as we got to spend a day outside of the classroom, and go out in the field to put our knowledge into action, hands-on work. This was definitely a highlight of Term 1 and was a marvellous adventure for all those involved. Thank you to all the staff who managed to make this opportunity possible, especially in Covid times. Also, a big thank you to Peter, our lovely tour guide on the day.

**Mia**





# YEAR 10 SPORTS CARNIVAL





# YEAR 10 SPORTS CARNIVAL





# YEAR 10 SPORTS CARNIVAL





# YEAR 10 - 12 BASKETBALL CARNIVAL



On the 1st of April, Mount Lawley Senior High School took a Senior School girls and boys basketball team to the School Sports Carnival played at Warwick Stadium. This was the first competition held in a few years due to COVID19 issues; it was particularly nice to have many Year Twelve students enjoy a final basketball carnival.

The teams were up against some intense competition, with the girls playing against SEDRA and Shenton College in a few challenging games; all girls showed great teamwork and sportsmanship throughout the day.

The boys had some great wins against Perth Modern and Hampton, including shooting two free throws to win and an overtime victory. All players had a fun day out and were great school representatives.





# YEAR 8 - 12 NETBALL CARNIVAL



## NETBALL CARNIVAL

Students from Mount Lawley Senior High School had a fantastic day on 4th May representing the school in a Year 8 to 12 Netball Carnival. The Year 8 team were highly competitive finishing in first place, and the Year 10 team had a nail-biting win to finish in second place.

Well done to all students who participated and made it a great day.

*Ms Brittany Henry, Health & Physical Education*



# SCHOOL WELLBEING PROGRAM

Parent Newsletter Article with DIARY EXTRACT | Funded by P & C for Year 7 & 8 parents  
 Available at <https://learningcurve.com.au/portal/secondary-planner-2022>  
 Username **MLSHS** Password **MLSHS6050**

## POSITIVE EMOTIONS + GRATITUDE



### POSITIVE OUTLOOKS

**WHY:** by understanding it is frequency of positive emotions which best grows your mental and physical wellbeing, you will be more likely to have positive outlooks on life.

**HOW:** try these to achieve this: be grateful for little things, see difficult times as temporary, smile to feel others' joy, put in more effort, use your strengths, give service to others and be kind. But being too positive, with over confident thinking can be risky. Strive to balance being positive with being realistic.

*Acknowledgement: Boniwell & Diener*

**DO:** when is a time that your positive outlook on life made a pleasing difference for you?

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 .....  
 .....

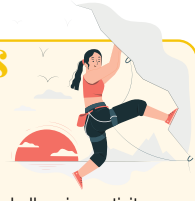
Who is an adult you know who role models positive outlooks that your mirror neurons can copy?

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

Which resilience skill could help you?

.....

## ENGAGEMENT + MINDFULNESS



### FLOW: FULLY ENGAGED

**WHY:** by fully engaging yourself in a challenging activity, you will give yourself opportunities to experience flow, a state in which you are totally connected to what you are doing and lose track of time.

**HOW:** to achieve this you need to write down clear goals, seek immediate feedback on your efforts and tackle a challenge which matches or slightly stretches your skills. Flow enables you to learn and connect different ideas faster, increase your memory, multiply your creativity and extend your previous bests.

*Acknowledgement: Kotler & Csikszentmihalyi*

**DO:** when is a time you have experienced flow and was it enjoyable?

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

What are outdoor activities where you could experience flow?

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

Which resilience skill could help you?

.....

### WEEK 13

Encouraging students to look at life optimistically and search for what is good and right about what they are doing generates positive emotions in them to build their wellbeing to thrive and flourish. Happy people enjoy better health, are more likely to achieve what they set out to do and welcome challenges.

When we teach students about the amazing benefits of adopting an optimistic outlook in their lives and introduce them to the little positive actions they can do often, they shine. Their preparedness to adopt growth mindsets to learn and try new and more difficult approaches will ensure their continued personal and academic growth.

The alternative is to look at life pessimistically and search for what is wrong with things. And guess what, people who adopt this negative way of thinking find plenty of things they perceive to be not right, because that is all they are on the lookout for. It's a pity they miss out on the great things that are happening and could happen. As such, they seldom have those warm feelings of gratitude and appreciation. The zest of optimistic thinkers is contagious and rubs off on those around them. Unfortunately, this is also true for negative thinkers. Encourage students to mix with positive people.

*Acknowledgement: Boniwell & Diener*

#### PARENT WELLBEING

There are many wonderful ways that you can self-calm yourself and deep breathing is one of the most effective. Try the following: Spend 30 seconds breathing deeply to prepare yourself. With your knees slightly bent, sway forward till your heels leave the ground and then sway back till your toes leave the ground. Feel your weight transferring and finding your balance for five minutes.

How relaxed did you feel?

*Acknowledgement: Crum*

### WEEK 14

Have you been involved in activities where you become so immersed that you lose track of time and you are totally engaged in the challenge you have? If so, what are you feeling? Is it enjoyable? Are you able to think of anything else when you are in this state? If you haven't had such experiences, google Chris Bliss, to see him in the state described above, which is called flow.

The ever-present nature of electronic communication, means many students have fractured attention; they find it almost impossible to deeply engage themselves because they are always awaiting another message. Teaching them to focus on how to pay attention to what they are meant to pay attention to is a skill which will enable them to experience flow. The first step is for them to put their mobiles on flight mode for 4 periods of 30 minutes every day.

Also, providing them with a wide range of learning activities will enable them to focus on using their skills to engage in overcoming challenges. This will develop the resilience skills of regulating their emotions and flexible thinking. The level of the challenge needs to be little beyond their current skills to stretch their brains' abilities.

*Acknowledgement: Kotler & Csikszentmihalyi*

#### PARENT WELLBEING

In the busyness of the 21st century, everyone needs timeout to emotionally transition between home and work and vice versa.

Finding a place to do this for 15 minutes every day will benefit your wellbeing. In recent times such places have come to be name your Third Space. Brainstorm three places that could work for you. When do you spend time just with yourself?

*Acknowledgement: Adam Fraser*




# SCHOOL WELLBEING PROGRAM

Parent Newsletter Article with DIARY EXTRACT | Funded by P & C for Year 7 & 8 parents  
 Available at <https://learningcurve.com.au/portal/secondary-planner-2022>  
 Username **MLSHS** Password **MLSHS6050**

## RELATIONSHIPS + EMPATHY

### TEACHER FACTOR



**WHY:** by understanding that the number one factor in you achieving your personal and academic goals is the quality of your relationships with your teachers, you will be more grateful for their efforts in supporting you.

**HOW:** show your teachers that you are prepared to listen actively, ask questions, accept their advice and enthusiastically put in effort to cooperate. Then, their mirror neurons will kick in and they will respond positively to you. Learn your teacher's body language and voice tones to understand better. Acknowledgement: Wentzell & Caldwell

**DO:** when is a time you realised that your relationship with a teacher improved how you enjoyed learning?

.....

.....

.....

When is a time you have been a positive role model for other students in class with your teachers?

.....

.....

.....

Which resilience skill could help you?

.....

**WEEK 15**

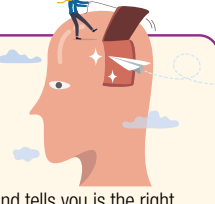
The quality of relationships between students and their teachers is the greatest predictor of student success and the delivery of high order teaching. It is crucial for parents and teachers to have a collective vision of what they want their students to act like, look like, sound like, know and can do because of their combined influence. And then they have a shared road map to follow to achieve this student image. The old sayings, "we can't teach them till we reach them" and "kids don't care what we know till they know we care", contain important messages for parents and a teachers to live and breathe. One certain thing is that parents and teachers can't fake caring, students will pick up on this very quickly.

Cultivating growth mindsets in students to believe that their teachers are there for them and genuinely want them to become their best selves will build respectful learning relationships. This includes accepting their teachers' advice, as they do with their trainers and coaches outside of school, and realising that teachers, like themselves, are also individuals, with their own ways of doing things. When students, parents and teachers combine their top strengths, great learning, parenting and teaching occurs, enabling the whole school community to thrive and flourish. Acknowledgement: Wentzell & Caldwell

**PARENT WELLBEING**  
 What is awesome in your work place or at home? How could your strengths come alive in your work place or at home? Describe a time you felt really excited at your work place or at home? Looking for awesome things rewires your brain to seek out things which will generate positive emotions in you. Work hard to make awesome rule awful. What is awesome for you about today?  
Acknowledgement: Neil Pasricha

## MEANING + PURPOSE

### MIND MESSAGES



**WHY:** by listening to what your mind tells you is the right thing for you to do, you will do what you need to do to become your best self, which can mean saying no to what your friends want to do.

**HOW:** before you do something, practise asking yourself, will this be fair, safe, legal and create positive emotions for all involved? And, for every one of your rights there is a responsibility that accompanies it, follow through to meet it. Acknowledgement: Kabat Zinn & Sinek

**DO:** when is a time that you said no to your friends because you listened to your mind?

.....

.....

.....

What is a story you have heard or read about that really made you think about your life?

.....

.....

.....

Which resilience skill could help you?

.....

**WEEK 16**

To quote Howard Gardner from his book Five Minds, "I have nothing against excellence, but at the end of the day, the world doesn't need more of the brightest and the best, but more of those of good character." The five minds he describes are the creative, critical, synthesising, respectful and ethical minds.

Teaching students about what living ethically looks like, sounds like and feels like, will sow the seeds to strengthen their characters. These include acting in ways which they know will benefit their and others' wellbeing because they matter, and making choices based on what their minds tell them is the right thing to do for them. Also, not doing something for personal, material or prestige gain at the expense of others, being grateful for good things that happen and using their top strengths in their every thought, word and action to do good to feel good. This also means being able to say no to their friends when their minds tell them something isn't right for them to do.

The relentless pursuit of literacy and numeracy through standardised testing, has seen insufficient time allocated to building students' social-emotional resilience, wellbeing, ethical mindsets and the capacity to nurture respectful relationships. Let's aim to equip more young people to know what it is to live a life that matters. Acknowledgement: Kabat Zinn & Sinek

**PARENT WELLBEING**  
 Being able to think flexibly, means that you can adapt your thinking to best suit the situations that you find yourself in. In your son/ daughters' planner/journal, look at the index to locate Habits of Mind.

They are 16 different ways people change their thinking when confronted with circumstances where they need to think clearly and sensibly. How do you change how you think for different situations.  
Acknowledgement: Costa & Kellick



# SCHOOL WELLBEING PROGRAM

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 Username **MLSHS** Password **MLSHS6050**

## ACCOMPLISHMENT + OPTIMISM

### TAKING NOTES



**WHY:** by using a whole brain note taking process, you will strengthen existing and create new brain pathways to learn better.

**HOW:** rule up your page like the Cornell Note Taking Process on page 137. On the right side, jot down dot points, because your left brain listens to what's taught. On the left side, draw idea maps, because your right brain looks for connections to what you already know. Every night review all of your notes and ask yourself how can you apply these.

*Acknowledgement: Pauk & De Bono*

**DO:** what is one thing you are doing well and one not so well when taking notes?

.....  
 .....

What is a thinking tool from the website which could help you to logically connect your ideas?

.....  
 .....

Which resilience skill could help you?

.....

### WEEK 17

Note Taking should be much more than purely writing, and there are more effective and intelligent ways to do so. Optimal learning occurs when students use both sides of their brains to gather information by hearing, seeing, feeling and sensing it using their dominant Multiple Intelligences, Learning Styles and drawing idea maps, using thinking tools, making lists, creating flowcharts and using abbreviations.

A more intelligent way to take notes is the Cornell Process (See Mid – 137, Sen – 141). When taking notes in class, many students try to write down everything that the teacher says and consequently, find great difficulty keeping up, which in turn, puts them under pressure and tests their resilience to stay focused and engaged. For many students this leads to anxious feelings and frustration.

The 80/20 Principle is also an effective listening and note taking technique, and involves listening attentively for 80% of the time and writing/ posing questions/ recording/ drawing for 20% of the time. Questioning what they are listening to, lights the fire in their brains to start looking for connections to what they already know. Their brains are engaged in exploring and searching for meaning and patterns, which is real learning. Encourage them to use the character strengths open-mindedness, perspective and curiosity in their note taking

*Acknowledgement: Wade, Pauk & De Bono*

### PARENT WELLBEING

Your son/daughter will benefit considerably when you role model that you are prepared to take measured risks to try new things and experiences, such as, failing well, accepting that mistakes are part of life, forgiving yourself for making them and seeking feedback to learn new approaches to correct them. These are valuable lifelong skills to develop. How well can you do these things?

*Acknowledgement: Ericsson & Anderson*

## HEALTH + STRENGTHS

### BEATING FOMO



**WHY:** by understanding that the continuous notifications on your phone from social media give you little dopamine hits which are addictive and cause FOMO, you will be more prepared to break this unhealthy cycle.

**HOW:** find the courage to turn off your phone several times each day, to enable your brain to rewire itself to value and enjoy talking with friends in person. Start reading, cooking, talking with family, playing sport with friends, listening to music, or gardening to overcome FOMO.

*Acknowledgement: Greenfield & Hassed*

**DO:** what do you enjoy most, in person conversations or social media? Why?

.....  
 .....

What are benefits and what are drawbacks of turning off your phone several times every day?

.....  
 .....

Which resilience skill could help you?

.....

### WEEK 18

The world of social media is consuming many young people at the expense of all else and has caused a new addiction that has arisen over the last decade is FOMO – Fear Of Missing Out. Unfortunately, this causes them to experience anxiety about missing out on anything on social media; that is why so many people walk around everywhere with their faces mindlessly buried in their phones.

FOMO also restricts their ability to fully enjoy their family, friends, schooling, doing things that they love and taking notice of the great things happening around them in the present moment. The pretend world of social media, while fun to look at sometimes, doesn't come close to the wonderful experiences that students can thrive on when with others. To combat FOMO, ensure that students turn off or put their phones on flight mode often and have social media free days.

When students are wanting to spend more time on their own in their rooms, they may well be submerging themselves in the virtual world or perhaps are being bullied online. Sharing with students that to overcome FOMO, it is wise for them not to open everything they receive, to avoid being the target of cowards who anonymously bully others.

*Acknowledgement: Hassed & Rath*

### PARENT WELLBEING

Parent Wellbeing: role modelling having self-belief in your self-worth as a person who matters and self-acceptance of who you are, will benefit the wellbeing of your son/ daughter. Young people have not always listened to adults, but they have never failed to imitate them.

Doing this, will also fill you with frequent positive emotions, which are the best builders of wellbeing. How do you role model that you matter?

*Acknowledgement: Rievich & Shatte*



# 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.



**CITY OF VINCENT** **yacwa** **Youth Action Plan**

## BE A PART OF OUR YAP PEER RESEARCH CREW

**THIS MAY THE CITY WILL BE CONSULTING YOUNG PEOPLE AS IT COMMENCES ITS REVIEW OF THE YOUTH ACTION PLAN.**

**If you are age 16–25 and love listening and engaging with other young people we would love to have you as part of our team!**

**HEAD TO VINCENT.WA.GOV.AU/YAP/CREW TO FIND OUT MORE INFORMATION AND APPLY NOW OR SCAN THE QR CODE.**



CITY OF VINCENT

## Peer researcher information

At the City of Vincent we are reviewing our *Youth Action Plan 2020-2022* and developing new actions. The goal of this plan is to support, connect, and empower young people in the City of Vincent.

We want to talk with lots of young people to find out what actions we need to focus on over the next few years, and we want other young people to help us with this. We are looking for **six to eight young people** aged 16 to 25, who live, work, study, or attend organisations in the City of Vincent to become **peer researchers**.

### What you will do as a peer researcher

As a **peer researcher**, you will **help us design a youth survey and design youth workshops** and give us advice on how to promote all of these to young people. You will go out into the community and each **survey young people aged 12 to 25**. We will provide you with training on how to do this.

It is a unique opportunity to develop your experience and skills as a **changemaker** in your local community, as well as help the City understand the issues that are important to young people in this area.

### Your commitment

As a peer researcher you will need to **commit** to each phase of the project including training, codesign, survey delivery, and debriefing. There are three key sessions you will need to attend (listed below), and the fourth session is optional:

- Training and co-design session 1 (5 hours) – Saturday 16<sup>th</sup> April, 10am to 3pm
- Training and co-design session 2 (3 hours) – Wednesday 20<sup>th</sup> April 4.30pm to 7.30pm
- Consultation de-brief (2.5hours) – Wednesday 25<sup>th</sup> May 4.30pm to 7pm
- Final youth workshop – week of 6<sup>th</sup> June (date to be determined) - optional

The **survey delivery phase will run from Monday 25<sup>th</sup> April to Friday 20<sup>th</sup> May**, and you will need to gather **30 surveys** from young people in that time.

### What do you receive as peer researcher?

As a peer researcher you **will receive \$600 for your work** if you attend all training sessions, deliver the full number of surveys. You will be paid \$200 on delivery of the first 15 surveys, \$200 for the next 15 surveys and \$200 after you attend the de-brief session. If you can't deliver all the surveys, or attend the final session, then this will be adjusted accordingly.



**BAYSWATER JFC**  
Est. 1933

## GIRLS' FOOTBALL AT THE BAYSIE BEARS !!!

- Get active, make new friends and find out what all the excitement is about in women's football
- Bayswater Junior Football Club have dedicated girls' teams in Yrs. 5/6, Yrs. 7/8 & Yrs. 9/10
- Training has already started on Wednesday nights at 5-6.30pm at Upper Hillcrest Reserve, Bayswater
- REGISTRATIONS ARE OPEN FOR ALL AGE GROUPS.

**FOR FURTHER INFORMATION ON BEING A BEAR IN 2022, PLEASE CONTACT GIRLS' COORDINATOR MICHELLE AMOS ON 0488 280 442 or go over to or website at [www.bayswaterjfc.com](http://www.bayswaterjfc.com) or our facebook page at <https://www.facebook.com/BaysieBears>**





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**DELIVERED BY**  
  
 everyone's family

**saverplus**

## Online Information Session



Join us on Zoom to learn how you can receive up to \$500 for school costs by growing your savings.

**Friday 27th May 2022  
10am - 10:30am**

You are welcome

Click the ZOOM link to join:  
<https://thesmithfamily.zoom.us/j/9978359775?pwd=UHFCaTVzUm5HVkdWZzR4eUYzKz9TZz09>  
 You can join from your phone, iPad, tablet, laptop or computer.  
 No registration required.



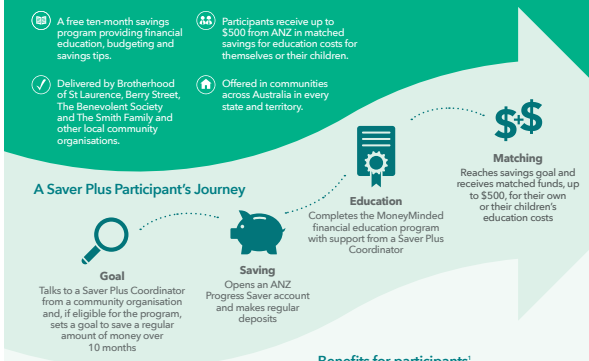
Contact Us | Rebecca 0438 518 603 & Meagan 0401 705 454

[www.saverplus.org.au](http://www.saverplus.org.au)

## What is Saver Plus?

- Free ten-month savings program providing financial education, budgeting and savings tips.
- Participants receive up to \$500 from ANZ in matched savings for education costs for themselves or their children.
- Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.
- Offered in communities across Australia in every state and territory.

### A Saver Plus Participant's Journey



#### Who can join?

Participants must meet all of the below criteria:

- Be 18 years or over
- Have a child at school or attend vocational education themselves
- Have regular income from paid employment (themselves or their partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment

#### Benefits for participants\*

- 87% continue to save the same amount or more 3 to 7 years after completing the program
- 78% were better equipped for unexpected expenses
- 88% reported increased self-esteem
- 80% had more control over their finances

#### Since 2003:

- 40,000+ participants
- \$23m+ total amount saved by participants
- \$18m+ matched funds paid by ANZ

#### Find out more


1300 610 355  
[saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)  
[saverplus.org.au](http://saverplus.org.au)  
[@saverplusAU](https://www.facebook.com/saverplusAU)

\*many Centrelink payments are eligible, please contact your local Coordinator for more information.  
 RMIT University, 2018. A number of Saver Plus program evaluations have been carried out since 2003. For more information see [anz.com/saverplus](http://anz.com/saverplus).  
 Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

**THE EXAM EXPERTS**  
T.E.E. Consultants

WANT TO ACE YOUR FINAL EXAMS?

## LET'S GET YOU EXAM READY



### ENROL IN EXAM PREPARATION COURSES IN JULY

#### WE ARE THE EXAM EXPERTS

T.E.E. is the leading provider of intensive exam preparation courses for Year 12 students preparing for ATAR examinations.

Our July school holiday revision program is a unique opportunity for students to learn from W.A.'s most experienced teachers while attending classes at The University of Western Australia. You may be eligible to live in University colleges for the duration of the course to further enhance the experience!

Our courses will provide you with structured and targeted revision, new strategies for learning and effective exam techniques designed to improve ATAR results through building your confidence, knowledge and skills.

#### WHY CHOOSE T.E.E.?

- We help take the stress out of exam preparation.
- We offer the best value revision programs with the best W.A. teachers.
- Receive structured and targeted teaching and course notes that are yours to keep.
- We are specialists in Year 12 study courses since 1987.
- You will maximise your learning and your ATAR.

#### COURSE DETAILS

**DATES:**  
Monday 4th July - Friday 8th July 2022

**PRICE:**  
\$180 (per subject)  
(2 hours per day, 10 hours total)

**LOCATION:**  
The University of Western Australia or stream online

#### ACCOMMODATION PACKAGES

Subsidised full board at UWA is available for students enrolled in 3 or more subjects.

Package includes course fees and accommodation, from Sunday 3rd July - Friday 8th July 2022 (Plus 3 meals per day)

**SPECIALS - \$860 (3 subjects)  
\$995 (4 subjects)  
\$1095 (5 subjects)**

**2022 T.E.E. JULY YEAR 12 ATAR REVISION TIMETABLE**

8.30am - 10.30am	10.45am - 12.45pm	1.00pm - 3.00pm	3.15pm - 5.15pm	5.30pm - 7.30pm
Chemistry	Physics	English	Maths Methods	Geography
Biology	Human Biology	Maths Applications	Literature	Health Studies
Physical Education	Psychology			Maths Specialist
				Modern History *

\* Modern History students will study 5 hours of Unit 3 Russia 1914 - 1945 and 5 hours of skills development and practice.

Enrol online:  
[www.theexamexperts.com.au](http://www.theexamexperts.com.au) 9314 9599  
 Info@tee.com.au

# YOUTH WEEK WA

**MON 11 APRIL:**  
 BEGINNER/ INTERMEDIATE SKATEBOARDING SESSION  
 Leederville Skate Park | 6 - 12yrs | 9am - 10am  
 BEGINNER/ INTERMEDIATE SKATEBOARDING SESSION 2  
 Leederville Skate Park | 6 - 12yrs | 10.15am - 11.15am  
 GIRLS ONLY | BEGINNER/ INTERMEDIATE SKATEBOARDING SESSION  
 Leederville Skate Park | 11+ yrs | 12.30pm - 1.30pm  
 BEGINNER/ INTERMEDIATE SKATEBOARDING SESSION  
 Leederville Skate Park | 11+ yrs | 1.45pm - 2.45pm

**MON 11 - WED 13 APRIL:**  
 MORDITJ MURAL MASTERS WORKSHOP  
 Beaufort Street, Leederville | 9am - 4pm

**WED 13 APRIL:**  
 NATURE CRAFT 1  
 Woodville Reserve | 6 - 11yrs | 10am - 11.30am  
 NATURE CRAFT 2  
 Woodville Reserve | 12 - 16yrs | 11.30am - 1pm  
 SUPERHERO STRENGTHS WORKSHOP  
 Online | 10 - 18yrs | 2pm - 4pm

**THURS 14 APRIL:**  
 AGILITY AND POP-UP PLAY WORKSHOP  
 Edinboro Reserve | 8 - 14yrs | 10am - 11.30am

**08 - 16 APRIL 2022**

Participation numbers are limited at each event.

Scan the QR code below or go to [vincent.wa.gov.au/youthweek](http://vincent.wa.gov.au/youthweek) for more information and to book now.



For more information please contact Community Partnerships on 9273 6000 or email [community.partnerships@vincent.wa.gov.au](mailto:community.partnerships@vincent.wa.gov.au)