



MOUNT LAWLEY SENIOR HIGH SCHOOL
An Independent Public School

PRINCIPAL'S REPORT

The year seems to have flown by and it's hard to believe it is already nearly the end of Term Three. It's been a busy term with many excursions, and incursions taking place including High Achiever's Breakfasts for selected students in Years 11 and 11, the Year 8 Drama Production of *Midsummer Night's Dream*, various sporting carnivals, GAT Club Activities and the WAMED Dance Festival. I have had the pleasure of attending a number of weekend music festivals to watch our students perform including the Classical Guitar Festival, the Contemporary Concert and the Jazz Festival. Their performances were outstanding and I offer my congratulations to the students and to our music teachers and the IMMS teachers who worked so hard to prepare them.

Our Health & Physical Education staff have also been busy with sporting teams and lightning carnivals for Athletics, Netball, Soccer and Hockey. Well done to our sporting teams who always give of their best.

I am very proud of the many extra hours our teachers voluntarily devote before and after school and on the weekends to provide these extra opportunities for our students. Other groups of students have visited the Zoo, participated in the Science and Engineering Challenge, and attended the Chamber of Commerce and Industry Student Forum. This has certainly been a challenging term with many students and staff being away not only with COVID but also with influenza and other winter ailments. This has meant many staff taking on extra lessons and duties to assist their colleagues.

I was advised that the final figures for the Lawley Art Auction have been calculated and both the SVAPA and Music programs will each receive \$17500. This is a fantastic result and one of the highest amounts the event has ever raised. Congratulations and well done to all the committee members for all their dedication and hard work. They have spent literally hundreds of hours putting the event together. Thanks also to the school staff who assisted over the whole weekend including our music and art staff, the Associate Principals, other staff and Gerson our Facilities Coordinator who was present on Friday, Saturday and Sunday assisting in so

STUDENT SUCCESS



Congratulations to Year 10 students **Shirin** (1003) (pictured left) and **Angela** (1003) (pictured lower left) who participated in the Rotary Club Finals for the Four Way Test Speaking Competition against Perth College. Shirin won the Club Final for her speech on Society's duty of care; and Angela spoke on The Infiltration of Infantilisation. Both students presented well-considered, passionate speeches, and were engaging and polished in their presentation. In August Shirin reached the District Finals along with 7 other schools.



Ava (805) has been selected to represent the WA Triathlon Team in Schools Sports Camp to Queensland.



Riana (9H3) won U14 Girls Singles Tennis at the 2022 Perth Junior Premier Hardcourt held at Burswood in July.



Segan (11S1) has qualified for Lawn Bowls UK Indoor Open Singles, representing Australia to be held early next year. Segan also recently went to Australian Open in Queensland and was the youngest singles player to reach the finals.



Aprileen Y7, **Ken** Y12, and **Erina** Y11, have been selected for the U18 Years WA State Golf team to travel to Belaine, Victoria.

Last day of Term 3 is Friday 23 September
First Day of Term 4 is Tuesday 11 October
2022

PRINCIPAL'S REPORT

many ways.

I am sure that parents are aware of the publicity over the past few months in relation to the dangers of Vaping. Earlier this term the Department provided schools with an anti-vaping toolkit and we sent information home to you that you can use to have conversations with your children. You can find up to date factual information at <https://myresources.education.wa.edu.au/programs/vaping>

Our Year 12 students are busy preparing for their final exams or making sure they are completing the required course work. This has been a challenging time for them so please encourage them to seek support from their teachers, Year Coordinator, the Associate Principals or members of the Student Services team.

Lesley Street, Principal.

ECU SIGNS STEM MOU



On Tuesday 5 September, Principal Lesley Street and Pro Vice-Chancellor and Executive Dean, School of Engineering, Professor Daryoush Habibi, signed a Memorandum to collaborate in the STEM learning space. This opportunity will connect staff from both institutions to provide our students with challenging higher order authentic learning tasks in the STEM, mathematics and physics environment. ECU have developed a course to challenge our brightest students who will be able to immerse themselves in the learning with support from the ECU Engineering faculty.

STUDENT SUCCESS



Three Year 10 Chinese GAT students took out prizes in the Mandarin Speaking Short Film Competition conducted by the Confucius Institute UWA. The theme this year was "*Chinese culture through the lens*"



Films were in drama or documentary style, fiction or non-fiction. Animation may be used in parts, however the majority of the film should feature second-language students speaking Mandarin on camera. The criteria also has students using English subtitles when Chinese language is spoken in the film.



Congratulations to **Gabriel** (pictured top, and **Hana** (pictured middle) for -Best Drama 'An Average Day at the Chinese Restaurant' and Congratulations to **Shirin** (1003) (pictured lower left) for The CI Director's Prize 'Making a Tiny Traditional Chinese Stall'.

ALUMNI WINS GOLD



Congratulations to **Kristina Krstic**, Class of 2011, Commonwealth Games Gold Medalist Lawn Bowls. For Kristina, she becomes the first female Commonwealth Games gold medallist from Western Australia, overcoming a barrage of travel restrictions over the past two years and becoming a state hero.



During her time at school Kristina, was also a School Prefect. She managed to compete in many Lawn Bowls events and in Year 12 she won the Junior National Championships – Gold – Singles Lawn Bowls and was well on her road to success.

YEAR 12 TERM 2 HIGH ACHIEVERS BREAKFAST



Eighty-nine students have been recognised for their continuing success in their General, ATAR and VET courses.

Our guest speaker, Ms Erin Stone, is the director of a boutique economics consulting firm based in WA.

She has had a variety of roles in finance, utilities and system operations, and has spent most of her time designing and implementing government policy in the Australian energy sector.

This involves working with business such as Synergy, Western Power and the Australian Energy Market Operator, and Government departments providing advice on energy market design and operation, and assessing the costs and benefits of projects.

Erin's work ranges from developing business cases for billion-dollar electricity and gas infrastructure projects to developing government strategic plans to writing and amending legislation.

Our students enjoyed her insights into life after school.



RBA MASTERCLASS FOR ECONOMICS TEACHERS

On 8th July 2022, the Economics teachers, Diane Calligaro and Sunila Singh, attended the Teacher Immersion Event hosted by the Reserve Bank of Australia in Sydney. This event was held after a gap of two years and is attended by a select group of Economics teachers from all states and territories of Australia. It was a whole day event and the "best masterclass" for the Economics teachers.

The Deputy Governor, Michelle Bullock, extended a warm welcome to all teachers. The event started with an economic update of Luci Ellis, Assistant Governor RBA. With economy at crossroads and interest rates on the rise, the speech was timely and informative. Dr. Marion Kohler, Head of Economic Analysis Department, gave a master class on the implementation of Monetary policy. It is a really interesting process through which the cash rate decisions are made. And yes, we did try to ask about the possible rise(s) in cash rate!

Unemployment and Inflation, the hottest topics in every part of the world. These topics were the main theme and we were very fortunate that we got to discuss and hear valuable insights about the recent trends. Effective teaching strategies were discussed. Noted economists, Lynne Cockerell, Tom Rosewall, Tomas Cokis, James Bishop took us through some of the tricky concepts in these topics.

Jacqui Dwyer, Head of the Information Department, had organised this wonderful event and we both enjoyed every minute of it. It was a wonderful opportunity to represent Western Australia Economics teachers along with 4 teachers. Interacting with teachers from other states were also very enlightening.

The beautiful day and event came to a close with a befitting address by the Governor, Mr. Philip Lowe. He talked about his passion for Economics and the role of teachers in shaping his career. He was positive about the changing role of Australia and hoped that the future Australia is more diversified, skill based and takes a lead in green technology.

Needless to say, it was an inspiring and the best professional development we had attended. We would like to thank the Economics Teachers of Western Australia for providing us with this opportunity. We would also like to convey our sincere thanks to the entire team of RBA for making our trip memorable.

Diane Calligaro and Sunila Singh
Teachers - HASS



YEAR 11 TERM 2 HIGH ACHIEVERS BREAKFAST



Students who have shown outstanding achievements in their General, ATAR and Vocational Education and Training studies, were invited to the Year 11 High Achiever's Breakfast this year to celebrate their hard work and successes throughout Semester One.

Prior to the breakfast, students were given an inspiring speech from Mei Lyn Woon, a Mount Lawley Senior High School alumna, from the graduating class of 2015.

Mei Lyn shared her journey from graduation to currently doing music therapy and offered students advice on the successful transition from school to study to employment.

Mei Lyn expressed how it's okay to not be fully aware of what future careers students want for themselves and emphasised *"how you'll end up in the right spot if you work hard and follow your passion"*.

After her motivating speech, breakfast was served by the Year 12 Certificate II Hospitality students.

Laura Tran
Year 11 student



LAWLEY ART AUCTION



This year the 18th Lawley Art Auction was successfully held on Saturday 18 June 2022. This exciting annual event organised by the P & C's Sub Committee was the highlight of Term 2.

It was a wonderful evening with more than 100 artworks on display, musical performances by the school's Music students and a variety of delectable refreshments served by SVAPA students. The evening raised more than \$35,000 for the SVAPA and Music programs.

Thank you to the school community for your continued support .



LAWLEY ART AUCTION - STUDENT AWARDS



BEST OF SHOW
 'Crushed Can graphite'
 - **Rowan Gage** (9S1)



INNOVATION AWARD
 Best use of Materials
 'Chicken Dumpsters'
 - **Will Moldrich** (12F2)



TEACHER'S CHOICE AWARD
 'Crushed can graphite drawing'
 - **Alannah Wong** (9S1)



BEST DRAWING AWARD
 'Crushed Can'
 - **Nisha Furtado** (9S1)



UPPER SCHOOL ASSOC. PRINCIPAL'S EXCELLENCE AWARD
 'Untitled'
 - **Joseph Davey** (9S1)



BEST YEAR 10 PAINTING
 'Untitled'
 - **Noah Cockburn** (10M3)



BEST YEAR 10 DRAWING
 'Untitled'
 - **Giselle Sorto** (10O1)



BEST YEAR 9 SVAPA PAINTING
 'Untitled'
 - **Sienna Kelly** (9S1)



BEST YEAR 9 SVAPA PHOTOMONTAGE
 'Untitled'
 - **Zia Thyer** (9S1)



MIDDLE SCHOOL ASSOC. PRINCIPAL'S AWARD FOR EXCELLENCE - YEAR 7 SVAPA
 'Party Parrot'
 - **Emily Oldham** (7S4)



MIDDLE SCHOOL ASSOC. PRINCIPAL - YEAR 7 SVAPA CHOICE AWARD
 'Parrot'
 - **Violet Nugent** (7S4)



PRINCIPAL'S EXCELLENCE AWARD
 'Untitled'
 - **Olivia Crockford** (12M3)



PRINCIPAL'S EXCELLENCE AWARD
 'Turmoil'
 - **Olivia Crockford** (12M3)

GAT CLUB TERM 2 - MIDDLE SCHOOL

On Friday the 17th of June, the GAT students from Years 7 and 8 participated in the second GAT Club of the year. We had fun baking some Ricciarelli, an Italian almond biscuit, with the help of a traditional Italian Cook, Enza Sangiorgio. Ricciarelli originated from a similar biscuit in the Middle East and were named as they resembled the tips of slippers.

Enza spoke about the history of the biscuit and gave us a demonstration of how to make the almond cookie. We were also provided with a recipe to follow. It was great that it was simple and tasty with only five ingredients: almond meal, egg whites, sugar, lemon rind and icing sugar. We could make whatever shapes we pleased including hearts, diamond, circles etc. The secret to making and ensuring that the cookies were cooked was the cracks on the surface as they came out the oven. Overall, the classes enjoyed a fun afternoon cooking with their friends.

Abigail & Charlotte



GAT CLUB TERM 2 - UPPER SCHOOL



On Friday the 17th of June, the Year 9 and 10 GAT students participated in the second GAT Club of the year. We had a choice of playing two games: Chinese Chess or Scopa, an Italian card game. We sat down and watched a sample game of Scopa. It was quite daunting to understand at first, but once we had an in-person run through, we got the gist pretty fast. We were familiar with Chinese Chess, so some of us played it again and had a lot of fun.

While we were playing our chosen games, the teachers organised bubble tea for us! There were three flavours, tofu milk tea, peach oolong with crystal balls and brown sugar milk with tapioca. We sipped on our beverages as we battled fiercely, and before we realised, the second GAT Club had already come to a close! We also had delicious pizza and chatted while we ate. The GAT Club was a great way to end the week, relax after exams, and interact with each other and see how different cultures pass the time.

Nancy

ITALIAN REPUBLIC DAY

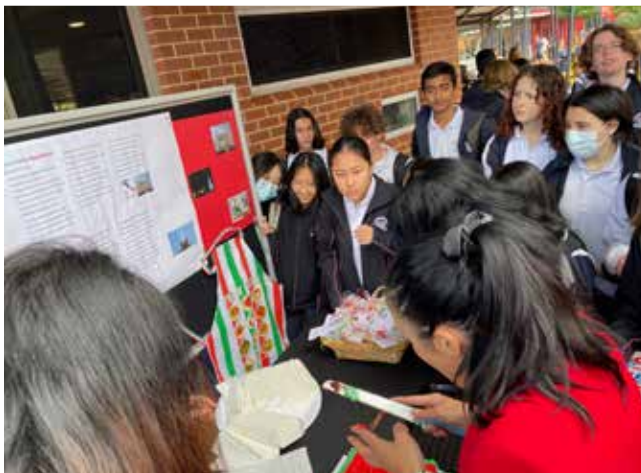


The Italian flag is flown famously during 'La Festa della Repubblica' or Italian Republic Day on 2nd June. To celebrate, Mount Lawley Senior High School made the boot-shaped country proud, providing their version of Italy's emblem – an edible one!

Mrs Hatzis served up slices of delicious sponge cake, coloured in the iconic green, white and red of the Italian flag. Plenty of hungry students enjoyed tricolour cake and a range of treats while also learning about the day Italy decided to get rid of its royals.

After World War Two, almost two thirds of Italians voted to abandon the monarchy, becoming a republic on the second of June 1946. Today, Italians still commemorate the occasion, holding festivities with fireworks, running concerts, and hosting various parades.

Leah



TRIKE CREW AT WAMED DANCE FESTIVAL



On the 3rd and 4th of June, the Trike Crew had the incredible opportunity to assist our production manager, Ms Diggins, behind the scenes at the annual WA Middle Eastern Dance Festival. It was a privilege to support the WAMED Festival for the two nights, packed full of culture, colour, and community in Fremantle. We managed the box office, ushered patrons, undertook stagehand duties, and organised performers to ensure the night ran smoothly. We are so proud of Ms Diggins and the production she had produced! It was a great experience and an excellent way to get our foot in the door into the industry. We can't wait for next year!

Kate & Sabrina



Thank you to Photographer Alma Sarhan for the use of the photographs for this article



MIDDLE SCHOOL KNITTING CLUB



Knitting Club is held every Monday and Tuesday Lunch 2 in Middle School Community 4. Gracie, Cindy, Trinity, Jordan, and Veronica knit and chat as they create squares. These squares are made into blankets which are then donated to Nursing Homes. They are already onto their second project for the year. You can bring your own knitting and join us for a relaxing time or come along and learn how to knit. We would love to have you join us.

Ms Rowe.

KNITTING WOOL 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.



YEAR 10 SCIENCE & ENGINEERING CHALLENGE



On Monday, 20th June, selected Year 10 students from the Academic Extension, and Advanced Science groups attended the Science and Engineering Challenge (SEC) held at the Royal Showgrounds. The SEC is a nationwide STEM outreach program presented by the University of Newcastle in partnership with communities, Rotary clubs, universities and sponsors. Through the SEC, students experience aspects of science and engineering which they would not usually see in their school environment through, for example, designing and building a bridge, a turbine or a bionic hand.

The day was a great success for our students. We won the individual bridge and turbine challenges and were declared the overall champion school. The bridge designed and constructed by **Joshua, Ashanti, Mya** and **Rishav** far exceeded that of other schools, only being compromised by the greatest mass available.

Similarly, the turbine design of **Noah, Dashiell, Flynn** and **Alexander** generated the greatest amount of power when put to the test. The contributions by all other students were valuable in helping us win the day overall.



COMIC STUDENTS IN THE SPOTLIGHT



Three Year 8 students have been selected to be a part of the inaugural Perth Comic Arts Festival teen anthology, **Safia**, **Teodor** and **Nazario** were among only six comics makers chosen from the state.

The anthology includes works created by six emerging comics makers between the ages of 13-15, showcasing their experiences of the COVID-19 pandemic and how it impacted their sense of self and identity.

The project, "Constructing Identity Through Comics" was proudly sponsored by Healthway, promoting the Drug Aware message and Propel Youth Arts WA.

Led by Kristina Turner and Sarah Low, the project was formed over a series of workshops with mentor Campbell Whyte and held at the Milktooth: School of Art and Stories. Alongside guest mentors, Lola Baldsing, Scott Higginbotham and Sarah Winifred Searle, these workshops guided artists through the process of making comics for publication.

The finished publication debuted at the Perth Comic Arts Festival where it was highlighted in the panel talk 'An Anthology of Anthologies' on Saturday the 6th of August and was available to purchase at the Market Hall on Sunday the 7th of August.

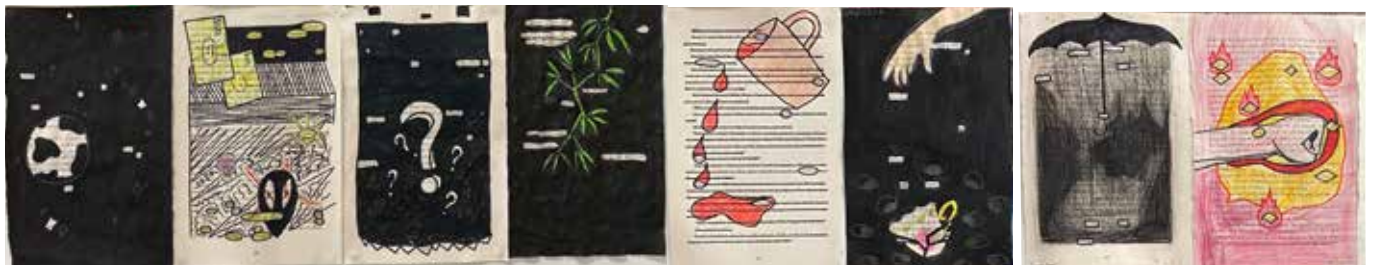
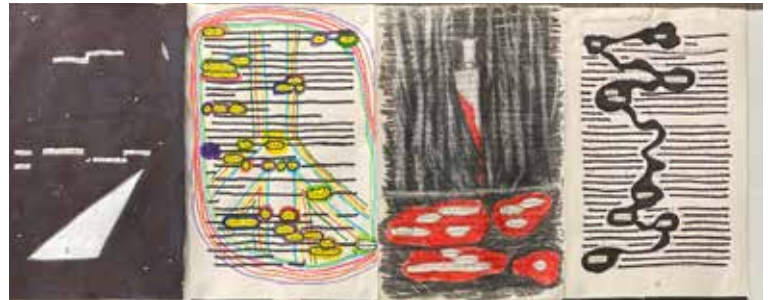
It is hoped that this project will serve as a record of the experience that young people had during this tumultuous time and inspire the next generation of local comics makers to tell their stories.



YEAR 7 GAT & AE BLACKOUT POETRY

In Year 7 English, we are learning about poetry. The first type of poetry that we have researched is blackout poetry. Blackout poetry is when you have a page of a book, and then redact words from the page to make your own poem, then, we would blackout every other word (hence the name Blackout), except for the words you chose. Some people decorated their page to reflect the subject of the poem.

Minh Year 7 GAT student



TECHNOLOGIES - WOODWORK YEAR 7 & 8



One of the semester subjects that students in Years Seven and Eight have exposure to is the Technologies Learning Area of Woodwork. Students design a project and complete it within a term in this area. In Year 8, students are tasked with designing a breadboard, and students who complete their project could develop their own project.

At the start of Woodwork Year 7, students are introduced to the WorkSafe requirements needed when working in the Technologies Area. Once they have mastered these skills, they design and make their own robots using various types of wood. Another project for some students was to design a spinning top and for others to make boxed games.



TECHNOLOGIES - WOODWORK YEAR 7



YEAR 8 SVAPA PRODUCTION

The 2022 Midsummers show is done! We had so much fun performing our immersive magic edition of Shakespeare's classic, 'A Midsummer Night's Dream'. With the amazing help from our Year 11/12 Certificate II Creative Industries students and our teachers Ms Thomas, Mr Mawer and Ms Diggins, support from praccie Rebecca Voss and Artist Mentor Michelle Aitken, the Year 8 SVAPA class put on a great performance for three nights in Term 2. We rehearsed during Term 2 and as the class is made up of 32 students the class was split with each group taking one act of the play and getting focused rehearsal on their scenes. This allowed us to make a high-quality performance in a limited time and despite the many interruptions that Term 2 offered all the students and staff.

With their help and coaching from our director, Ms Thomas, we performed with a range of effects. On a magnificent set dripping with wisteria, we had projectors showing casing ponds, forests, fires and storm, shadow puppetry, puppetry, animation, lights, sound effects and props arranged by the group, which showed off the creativity, technicality, skill and application of Ms Thomas and Michelle Aitken. The Cert II students and Ms Diggins were there every step of the way and their skill, time, effort and support was greatly appreciated by everyone involved with the production.

The Year 8 class is now looking forward to next year's non-traditional Year Nine production of 'Tinyworks'. We can't wait to use our new skills and discoveries to make even more beautiful works in the future.

Rebekah

Year 8 SVAPA student



MUSIC CAMP



Music Camp 2022 began with military precision. The trailer was packed, the buses were full and off we went to Advent Park (our campsite since 2013) for three days of fun-packed rehearsals and activities. As we arrived, it was discovered that building works were taking place and the decision was made to return students to school. After some rapid-fire phone calls, text messages, emails, and a power walk that would leave a gazelle in the dust, a non-residential camp was organised at WAAPA.



The Camp comprised two days of rehearsals at WAAPA. The students and staff did a wonderful job recalibrating their expectations and delivering an excellent level of focus and energy. Instrumental Music School Services (IMSS) staff and industry professionals worked together to cover a large repertoire of music across all genres.



One of the highlights (apart from the fabulous donuts and morning tea) was the concert at the end of the Friday that took place on the steps of the Music Department building. This concert coincided with school lunchtime so students from all areas of the school were able to hear our wonderful ensembles rehearse. The Music Department also organised a quiz and movie night back at school. While we didn't get the camp we expected, there were still many fantastic take-aways for our Music Students.

Ms Michelle deRozario
Teacher in Charge Music



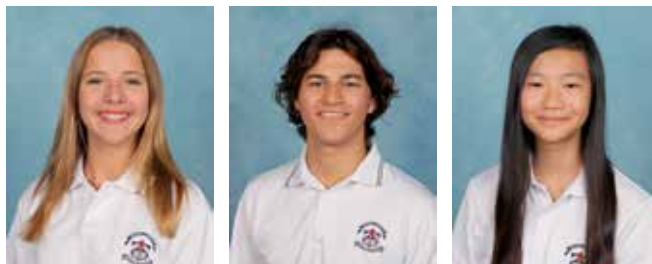
YEAR 11 VISUAL ART GENERAL SELF

The Year 11 the General students delved into the world of the fantastic and created Morphed portraits which took inspiration from the animal headed gods and goddesses of Ancient Egypt. Students chose animals that linked to their personality traits and melded them with their features to paint their "Spirit Animal Self Portraits"

Mr Charles Warren, Art Teacher



YOUNG ORIGINALS EXHIBITION



After a highly competitive round of over 228 entries and a comprehensive judging process, the following artworks from Mount Lawley Senior High were selected for the Young Originals Exhibition.

Crushed Can, graphite on paper and Georgian Oil Paint, acrylic on paper by **Rowen** (Yr 9), Guarana – Energy Drink, graphite on paper by **Alannah** (Yr 9), Chicken Dumpsters, epoxy clay, styrene and acrylic paint by **Will** (Yr 12).

The Young Originals Exhibition is funded by the Western Australian Secondary School Executives Association (WASSEA) and the Sangora Education Foundation, in partnership with Edith Cowan University, School of Arts and Humanities and the Department of Education. The exhibition was open for families and friends in the city, and they were on display during the ECU Mount Lawley Open Day in August.



YEAR 12 BIOLOGY ZOO EXCURSION

Even with all the Covid restrictions that we had faced throughout the year, the Year 12 Biology Class were lucky enough to travel to Perth Zoo for an excursion on the 27th of June. This educational and immersive experience was part of our homeostasis unit. After exploring the zoo for a bit, we listened to a presentation about homeostasis, and were then given the opportunity to touch a python on the way out. We were trusted to explore the zoo with our partners, while gathering information and filling out a booklet about different animals around the zoo.

We took some memorable pictures as we frantically explored the zoo, trying to see all the animals in the time that we had. The general consensus was that the penguins were pretty cute, and the salt water crocodile was pretty big. My classmates and I thoroughly enjoyed the excursion, and it was most definitely a highlight of Year 12. Thank you Miss Hancock for this incredible opportunity.

Ashley



META ART EXHIBITION

The META exhibition at Gallery Central, North Metropolitan College of TAFE was the location of artworks by **Olivia Turmoil** and **Will Chicken Dumpsters**. The exhibition showcased innovative and exciting creative works completed by Year 11 and Year 12 students enrolled in visual art and design courses. It was fabulous to see the high level of interest taken in the student works. Will's work received praise for the quality craftsmanship and attention to detail from TAFE's Director and lecturer in Product Design. During the night Will was approached and was asked to do a commissioned work and there were several inquiries about whether the work was for sale.

Olivia was unable to attend the opening night to see her wonderful work on display which also received the Principal's Award at the recent Lawley Art Auction. Artworks are judged on submission which means Olivia and Will's work have been selected over the top of many other Years 11/12 Visual Art and Design students in Western Australia. Congratulations and well done on this fantastic exhibition achievement.



STUDENT ECONOMIC FORUM

Every year, the Chamber of Commerce and Industry WA (CCIWA) and Economics Teachers Association of Western Australia (ETAWA) invites select top year 12 students for its annual Student Economic Forum. It is a highly anticipated event by all students of ATAR Economics across the state. This event provides year 12 Economics students a unique opportunity to meet and interact with the best economists in WA and to gain useful insights to tackle the WACE Economics exam.

After a gap of two lockdown years, it was very exciting to reconvene and make this opportunity available to our students again. On 5th August this year, six Mount Lawley SHS students, **Dylan, Bill, Linh, Karishma, Hailey and Oliver** attended the forum. Students from different schools gathered and were given a very comprehensive update on the state of the Australian economy and the WA economy by the Principal Economist at CCIWA, Mr. James Walsh. He outlined how the economy is recovering well and the possible developments that in WA economy.

CCIWA also introduced young undergraduate and graduate students at CCIWA, who shared their journey from school to university and workplace and why they chose Economics in high school. Students were curious to know more about their job profile and their experience. The interactive session followed by morning tea and students got the opportunity to discuss their personal career pathway with the young economists.

Another highlight of the day was the invaluable insights regarding the imminent ATAR exams presented by Mr. Steven Kemp, Chief Marker for Economics. He outlined useful strategies that students could employ when tackling the upcoming WACE exam. Every student in the room frantically noted the all-important advice. Students also got to interact with Mr. Greg Parry, co-author of their textbook. When asked about what the highlight of the day was, in unison they said – "We won the coveted box of chocolates!!"



JAPANESE ONIGIRI 'RICE BALLS'

Near the end of Term Two, the Japanese classes made onigiri. Champalle Sensei brought rice, nori (seaweed), rice seasoning and umeboshi (pickled plums), which can be used as filling. We had to bring our favourite fillings to put in our onigiri. When we arrived to class, Sensei had everything set up. We took turns getting a ball of rice on a piece of cling wrap and a plate. The rice was very sticky, so we used the cling wrap to mould it. We first shaped it into a ball, then made a well in it. We then put our filling inside and shaped it into a triangle shape. We then cut a small rectangle of seaweed and folded it under the onigiri, so we could hold it without getting rice stuck to our fingers. Then we could eat it! Sensei held a competition in my class, and whoever won got her demonstration onigiri.

Josephine Year 7



JINJEERDUP INDIGENOUS INCURSION

On Wednesday, 10th of August, Mount Lawley Senior High School hosted an Indigenous incursion with all our Aboriginal Students. The theme was "Jinjeerdup", meaning the place of the honey eater, the Traditional name of Mount Lawley.

We invited Jade Dolman, a famous WA Aboriginal artist and Mount Lawley Alumni, to mentor students to create a piece of artwork. The artwork represents Jinjee, the honey eater. Jade also helped students with a storyboard of a book they were making.

The school also invited Wally McGuire and his partner Meg to discuss the importance of an Acknowledgment and Welcome to Country. They also shared cultural knowledge with the groups, and brought along various artifacts.

Wally and Meg will return to Mount Lawley for another workshop to help students create an Acknowledgement to Country to be displayed at the front of the school. Wally McGuire is also a Mount Lawley Senior High School Alumni, so we are incredibly grateful to have him back at the school helping our Indigenous Students.

Written by **Travis** .



Cultural Incursion
10th of August

Special Guests

Walter McGuire, Elder
(Class of 1981)

Jade Dolman, Artist
(Class of 2012)

Venue: Mount Lawley School Library

Program

- 11:00am Yarning Circle
- 11:30am Jade Dolman Introduction
Workshop: Painting the story on carvas (Jade)
Workshop: How to illustrate a story (Jade)
- 12:30pm Lunch
- 1:00pm Walter McGuire Introduction & Welcome to Country
Workshop: Creating an Acknowledgement in Language
- 2:00pm Workshop: The Significance of Elders and the book
- 2:50pm Finish

PROUDLY FACILITATED BY
FOLLOW THE DREAM MOUNT LAWLEY
Polly Farmer 25





COMPUTING YEAR 7

All students in Year 7 have the great opportunity to have a challenge with robotic technology being taught by Mr Hazelgrove and Ms McGrath and some have provided the following quotes:

"For me computing was a great experience, I was able to learn about python, I coded and created robots. I can now understand coding and python on a deeper level as well as networks and how they work, that semester was the best all thanks to computing."

Nicholas

"Computing was so fun to do it was challenging but achievable. It really tested my knowledge but at the same time taught me lots of new things. I loved learning how to make our own robots using spike, it let my creativity take over and was satisfying once I achieved it. It taught a really good lesson to continue persevering and was such a fun thing to do in Semester 1."

Jemilla

"I enjoyed the python coding and the block coding for the robots I found it helped me in the coding experience I have recently started to code more and found it fun."

Atlas



YEAR 12 OUTDOOR EDUCATION GOES SURFING

Year 12 Outdoor Education students enjoying the best way to start the day! They have been participating in surfing lessons run by GoSurf at Leighton Beach. Can't wipe the smiles off their faces.

David Turnbull

Teacher - Physical Education and Health



JUNE HOCKEY CARNIVAL YEAR 7-9



JULY HOCKEY CARNIVAL YEAR 8-12



YEAR 9 LIGHTNING CARNIVAL

MOUNT LAWLEY A SOCCER

Got 3rd place after some very tight games with the top teams. The players and team have improved tremendously since last year and other teams noticed. Biggest highlight was beating Dianella 4-0 after losing to them last year. The boys did really well considering we had no substitutions and were tired and sore going into the finals. Well done lads! looking forward to pushing for the title next year!



MOUNT LAWLEY B SOCCER

The boys played very well and made it to the Grand final with a penalty shootout but unfortunately couldn't take home the title. With no substitutions and sometimes playing with less than 11 players on the pitch, I am very proud of them for getting this far. Well in lads! Let's get it next year.



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



SAVOURING

WHY: by enjoying the present moment, looking forward to the future, or revisiting special past experiences, you will be savouring, which fills you with positive emotions and feelings of gratitude.

HOW: to savour, plan enjoyable activities, take photos of events to look at later, journal how you felt at the time or be fully present while the special experience is happening. Savouring keeps your grateful feelings circulating in your heart. Doing this often benefits your wellbeing because you are creating positive emotions in yourself.

Acknowledgement: Bryant & Veroff

DO: what is a past, present or future experience which you can practise savouring now?

.....

What is a special experience or achievement that you think about to savour often?

.....

Which resilience skill could help you?

.....

WEEK 25

The frenetic pace at which the world is moving today means that often special events we experience are quickly forgotten. We don't have time to maintain the joy and positive emotions we enjoyed at the time. There is so much more to life than increasing speed and relishing the journey is what it should be about.

Teaching students how to prolong and relive the feelings from magic moments and look forward to upcoming events, are effective ways to build their wellbeing. Being able to do this is called savouring. There are tried and proven ways to savour including, when the moment is happening, take photos and record their feelings on their phones, then listen to the recording and look at the photos to relive the event. Or, after the experience, write down the positive emotions and feelings they had, then read their stories to enjoy the experience again.

When things are not going as well as they could for students and they are despondent, encourage them to relive their special moments, by asking them to tell you their story about the event and using active constructive responding to ask them to tell you more several times. They will soon bounce back to be more positive

Acknowledgement: Rievich & Shatte

PARENT WELLBEING

Developing your self-awareness will enable you to notice how you feel and then control your emotions. Draw an outline of your body and on it write down the warning signs you feel on different parts when you are becoming stressed or angry. When you notice them, use a coping strategy such as deep breathing, colouring in or meditating to self-calm yourself. What are your warning signs?

Acknowledgement: Rievich & Shatte

ENGAGEMENT + MINDFULNESS



ASSERTIVE AND RESPECTFUL

WHY: by practising assertive and respectful statements that you could use with your peer group in risky situations to get your message across, you will feel prepared should something happen.

HOW: to do this, say what concerns you, how you feel, what you want to happen and then practise saying it to yourself. Avoid being aggressive or timid. When you don't want to join in something that could result in someone getting hurt or seriously ill, don't hesitate to use the assertive and respectful statements.

Acknowledgement: Seligman & Griffin

DO: when is a time you have or should have used assertive and respectful statements?

.....

When is a time one of your group spoke using assertive and respectful statements?

.....

Which resilience skill could help you?

.....

WEEK 26

Risk taking is part of adolescence and students need to learn how to say no if they don't want to participate. Working against them having the strength to say no is their overwhelming need to stay socially connected to their group of peers and friends. Many teenagers often much prefer loyalty to the group over what they know is the safe and right thing to do, meaning they may not be prepared to stand up to the group.

An effective strategy is to teach students how to use their strengths to speak assertively to say what they want to happen in a clear, firm and respectful way so others are in no doubt of what they mean and intend to do.

The following is a guide of how to use assertive language which wins peer attention and respect:

- say what concerns them – "I think someone could get hurt doing this."
- say how they feel – "I feel very unsafe being involved in this."
- say what they want to happen – "I am not doing this and don't want any of you to do it either."

Two types of language which don't work in these situations are aggressive/threatening and submissive/timid.

Acknowledgement: Seligman & Griffin

PARENT WELLBEING

After the completing the Character Strengths survey (www.viacharacter.org) to identify your top strengths, write them on a Strengths Wheel and put it on the fridge. Download the wheel from the Individual Resources/ Character Strengths section of www.learningcurve.com.au

This is a great activity for your whole family to do to start conversations about strengths at home. What are your top three strengths?

Acknowledgement: Seligman & Peterson



SCHOOL WELLBEING PROGRAM

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RELATIONSHIPS + EMPATHY

FEEDBACK AND EMPATHY



WHY: by showing empathy when giving and receiving feedback, both of you will feel grateful and valued for the sharing of ideas.

HOW: when receiving feedback, listen and appreciate the messages you are hearing, and then consider the ones you will use. When giving feedback, use the sandwich method, good stuff before and after not so positive points. Feedback is a wonderful way to combine your and others' strengths to share with and learn from others to grow their and your wellbeing.

Acknowledgement: Ericsson & Anderson

DO: when is a time you received feedback which made a positive difference in your life?

.....

When is a time you felt that feedback was criticism of you and why?

.....

Which resilience skill could help you?

.....

WEEK 27

Learning how to give and receive feedback is an essential lifelong skill for students to develop. They don't know what they don't know and receiving developmental feedback enables them to consider other perspectives. Quality feedback builds social connectedness by others feeling they matter, and broadens and builds students' engagement with others and themselves. When giving or receiving feedback, students are forced to slow down their thinking, to be in the moment and think hard to consider, compare, evaluate and analyse what is being said.

Positive learning and teaching communities rely on feedback to build open, trusting and respectful communication lines, which in turn strengthen the wellbeing of everyone. The key is to welcome feedback as positive encouragement rather than negative criticism, even if it is advice they may not want to hear.

The purposes of feedback include listening to ideas and concerns to improve a situation, suggesting alternative approaches and strategies, monitoring attitudes, behaviours and performance. When having conversations, it is apparent when others aren't listening with their eyes, their ears and their hearts. Is it that they are not interested or that they have never been taught how to mindfully listen? Empathetic and attentive listening needs to be role modelled; respectful relationships rely on it.

Acknowledgement: Ericsson & Anderson

PARENT WELLBEING

Aristotle once wisely said that "the most important relationship we have, is the one with ourselves." Are you kind to yourself? Do you treat other people better than you treat yourself? And how often do you say yes to others, which really means you are saying no to yourself? Is there something that you are holding a grudge with yourself for, that you need to forgive yourself? What are your thoughts about these questions?

Acknowledgement: Neff & McGehee

MEANING + PURPOSE

FORGIVENESS AND APOLOGISING



WHY: by being prepared to apologise to and forgive others and yourself, you will untie emotional knots in their and your hearts to benefit everyone's wellbeing.

HOW: it takes a lot of emotional energy to hold a grudge, so instead use it to be positive. Forgiving is not excusing what happened, but rather getting on with life. Saying sorry and asking for forgiveness from others, also relieves their and your feelings. Forgiveness has been shown to benefit both your physical and mental wellbeing.

Acknowledgement: Lyubomirsky and Diener

DO: when is a time you apologised or showed forgiveness to others?

.....

Who is someone you really should apologise to or forgive?

.....

Which resilience skill could help you?

.....

WEEK 28

To live a fulfilling and meaningful life, it is important for students to learn how to apologise to others they have upset or done the wrong thing by. Similarly, when the shoe is on the other foot, they need to be prepared to forgive others who have upset them. And, also it will benefit their own wellbeing when they forgive themselves for silly things they have done.

It is amazing how much emotional energy gets used up every day by people holding grudges. In some ways this situation is quite understandable, because it takes a considerable amount of courage to open their hearts to say sorry or forgive others who have upset them. The issue can be that others may not be prepared to accept their apology and forgive them, and that's where courage comes in. Making the effort to at least try, will lift a load off their shoulders.

And to do this, students will have to use strengths to their fullest. While many students know about and talk about their strengths, they don't often use them. Apologising and forgiving are ideal opportunities for students to consciously and deliberately practise using them, and from this comes personal growth.

Acknowledgement: Lyubomirsky and Diener

PARENT WELLBEING

To be intrinsically motivated in your life is called being self-determined. To feel this way, you need three ingredients. They are a sense of autonomy that you have choices, a sense of competence that you have what it takes, and a sense of connectedness to those around you. Reflect on how strong your sense is for each of these in your life. What do you need to develop to feel more motivated?

Acknowledgement: Ryan & Deci

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ACCOMPLISHMENT + OPTIMISM

PROJECTS' PROCESS



WHY: by using a reliable process, Habits of Mind and Thinking Tools when researching, you will be able to think more clearly and intelligently.

HOW: follow this process:

- » **Define** – write the topic in your words, break it into smaller pieces and create time targets.
- » **Locate** – ask library teachers and use the Internet to find information.
- » **Select** – check accuracy of collected data.
- » **Organise** – write a draft using main points and parent/teacher feedback.
- » **Present** – finish project with a bibliography.

Acknowledgement: Anderson & Ericsson

DO: when is a time you followed a research process?

.....

What could be the benefit of using this research process?

.....

Which resilience skill could help you?

.....

WEEK 29

The main thing students will be doing in their lives in the 21st century is learning, and to do this successfully, they need to slow down enough to be in the moment to think hard about what they looking at. Google in some ways has taken the emphasis away from looking beyond first impressions; everything seems to be instant these days.

Teaching students to follow an intelligent research process enables them to slow down to think hard about each step they are doing. To support this process, you can ask them to describe how they are thinking using Habits of Mind. Also, using the brain pathway building structure of Thinking Tools and their prompting questions, provides opportunities for them to analyse, evaluate and predict; higher order thinking.

Adopting these approaches cultivates effective research habits which include knowing what to do when they don't know what to do, relating how what they learn connects to their world and identifying and finding the information they need to learn more about. Their organisation skills improve by planning time targets, analysing their findings and looking for bias, patterns, inference and implied messages and presenting what they learned with clarity and precision. Once they have mastered these, they can make predictions and forecasts from their findings.

Acknowledgement: Anderson & Ericsson

PARENT WELLBEING

To be kind to yourself, make a Feel Good Menu. Come up with five things that you love doing that you can do in most places which relax you. Eg, doing simple stretching exercises, deep breathing, saying hello to or ringing people, or colouring in. When you are starting to feel stressed, pause, and do something from your menu to relax yourself. Act to do something, not just think about it. What would be on your menu?

Acknowledgement: Ryan & Deci

HEALTH + STRENGTHS

KIND AND LOVING BREATHING



WHY: by combining deep breathing, thinking about kind and loving people you care about and repeating the words quietly, you will be able to self-calm yourself well.

HOW: while breathing deeply, repeat saying to yourself quietly what follows: firstly for yourself, I, then for your family, they and then for your friends, they. May I (or) they be well, May I (or) they be happy, May I (or) they be peaceful, May I (or) they let go of anger and sadness.

Acknowledgement: Hofmann, Grossman & Hinton

DO: when is a time you could have benefited from using this kind and loving breathing?

.....

Who are people you treasure in your life you could think about while breathing?

.....

Which resilience skill could help you?

.....

WEEK 30

At times all students experience tense feelings and anxious thoughts about their progress, their workload, maintaining their study performances and peer group issues. Their bodies often respond with distress signals. These include tension in their necks and backs, quickened and shallow breathing, hot facial flushes and disrupted sleep patterns.

Teaching them emotional "off ramps," self-calming breathing and other coping strategies enables students to reduce the intensity of such negative feelings, which boosts their wellbeing and social-emotional resilience. An effective technique for achieving this is deep breathing while concentrating on kind and loving things. They can do it anywhere and anytime they have a spare five minutes.

There are two techniques for breathing described in students' planners/journals which will very quickly relax them and prompt more optimistic mindsets. Try them yourselves. Thinking about people and things close to their hearts will distract their amygdalas from their pressing issues and put their rational minds in charge of their thinking. It also increases their oxygen intake and blood flow to the brain which promote clarity of thought.

Acknowledgement: Hofmann, Grossman & Hinton

PARENT WELLBEING

When things don't go your way, as they can often do, you can learn much about yourself. By choosing to understand what you need to do to overcome your setback, and then making the effort to do it, you will grow as a person. This only happens when you leave the safety of your comfort zone, but nothing special is ever created in comfort zones. Describe a time you left your comfort zone to experience this and what you learned about yourself.

Acknowledgement: Seligman



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.

2022 October Holiday Skills Development Courses

Years 7 - 10



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October 2022 Mt Lawley Revision Program

This course will deliver a comprehensive exam preparation program aimed at preparing year 12 students for their ATAR exams.

Specifically, the classes will focus on subject related exam techniques and the modelling of exam style questions to prepare students for their final assessments. Teachers will also explain how the syllabus content can be employed to construct successful examination responses.

There is sufficient time within the program for teachers to model how to answer exam questions successfully as well as time for students to independently practice constructing their own answers.

A Successful Program

Students attending exam preparation programs report that they feel more empowered and confident in tackling the examinations.



F.A.Q.

How can students be assured that what they have learnt in semester one will be addressed in this program. The answer to this important question is really quite simple.

- ✓ The foundation of our tutorials is the Western Australian curriculum which is the same syllabus guidelines used by the school.
- ✓ We also send out a questionnaire to all families participating in the program before the classes begin, to find out exactly what topics and texts students have been studying, and this information is forwarded to teachers for inclusion in their programs.
- ✓ This questionnaire also asks families to alert us of any specific weaknesses in the student's knowledge that may have been identified by the school or the student so that specific area can be re-taught by the teacher.

Enrol Now

Enrol on-line at mastermindaustralia.com.au

By phone on 9342 2000

Or simply by completing this enrolment form and posting it to:

Master Mind Australia
P.O. Box 1734, West Perth 6872

Phone: 9342 2000 Mobile: 0488 102 907

Email: admin@mastermindaustralia.com.au

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MT LAWLEY October 2022 EXAM PREPARATION PROGRAM



Enrol online now
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AUSTRALIA

October 2022 Mt Lawley Program

Overview

The Mt Lawley Exam Preparation program will assist students in preparing for their ATAR exams. These classes have been highly valued by students, and their evaluations can be viewed at www.mastermindaustralia.com.au.

The staff engaged to deliver these programs are experienced subject specialists. Some are heads of department, others are senior teachers and most have marking experience. They have all delivered similar programs in the past and the student feedback from these classes has always been excellent.

Structure

The classes will be delivered on the Mt Lawley campus and consist of one session per subject. Each session involves 3 hours of exam preparation.

Program includes:

- ✓ Exam techniques
- ✓ Exam preparation
- ✓ Experienced teachers



Mount Lawley Senior High School Exam Preparation Program

Choose one subject per time-slot

SUNDAY 2 October

Time: 9.00am to 12.00noon

- Biology Year 12
- Chemistry Year 12
- Psychology Year 12

Time: 12.30pm to 3.30pm

- Economics Year 12
- Human Biology Year 12
- Maths Specialist Year 12

MONDAY 3 October

Time: 9.00am to 12.00noon

- Ancient History Year 12

Time: 12.30pm to 3.30pm

- English Year 12
- Literature Year 12

TUESDAY 4 October

Time: 9.00am to 12.00noon

- PE Studies Year 12
- Physics Year 12

Time: 12.30pm to 3.30pm

- Human Biology Year 12

WEDNESDAY 5 October

Time: 9.00am to 12.00noon

- Chemistry Year 12

Time: 12.30pm to 3.30pm

- English Year 12

THURSDAY 6 October

Time: 9.00am to 12.00noon

- Geography Year 12
- Maths Methods Year 12

Time: 12.30pm to 3.30pm

- Maths Applications Year 12

FRIDAY 7 October

Time: 9.00am to 12.00noon

- Maths Methods Year 12
- Modern History Year 12

Time: 12.30pm to 3.30pm

- Maths Applications Year 12



APPLICATION:

Student's name: _____

Parent/Guardian's email: _____

Phone: _____

School: _____ Year in 2022: _____

I enclose/authorise full payment of:

Mt Lawley Exam Preparation Program

\$25 for 3 hours of teaching

Payment can be made:

through the online enrolment module at mastermindaustralia.com.au

OR

EFT Account name: Master Mind Australia
BSB: 306 044
Account No.: 0437415
Description: Exam Prep, Student's last name.

OR by completing the credit card details below and returning to admin@mastermindaustralia.com.au

Please debit my Visa/Mastercard.

Card type: Visa Mastercard

Cardholder's name: _____

Card number: _____

CVV: _____ Expiry date: _____ / _____

Please note: A credit for absences is only awarded when the scheduled class clashes with a school event or a doctor's certificate is produced to verify illness.

