



**MOUNT LAWLEY SENIOR HIGH SCHOOL**  
**An Independent Public School**  
**LAWLEY UPDATE 7 Term 4 No. 2 2020**

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### Principal's Report

We have finally reached the last week of term, and I am sure I speak for many of us when I say I will not be sad to leave 2020 behind. It certainly has been a very challenging and unusual year for everyone. I am very grateful to live in WA as I know we have had it a lot easier time than many places.

We have had a busy end of term with many events taking place, including the Aboriginal Education Program 10th Anniversary Dinner, which was attended by the Director General Lisa Rodgers. Lisa was very complimentary about the students and the program. We have also hosted the incoming Year 7 students who spent a very productive day taking part in a range of activities. My gratitude and thanks to the parents on the Orientation Morning Tea committee, who produced a wonderful morning tea for over three hundred parents on Thursday 10 December. Our students, across the year groups, have had the opportunity to attend several social functions, and I was very pleased to be told by several outside venues how mature and well behaved our students were.

We were able to make sure the Year 12 students had a wonderful award night where we were able to celebrate their achievements. I am looking forward to the Year 12 results, and I am sure our students will do well. It is also timely to congratulate all students for the efforts they made to ensure they kept up with their studies despite the interruptions and uncertainty. This year has definitely proved that teachers and parents working in partnership can overcome most obstacles. I want to acknowledge the many parents who took the time to contact teachers to thank them for their efforts over the year. I extend my personal thank all the staff, both teaching and non-teaching, for their dedication and commitment throughout the year.

As is the case each year, our Board and P&C made significant contributions to school life, and I thank them for their efforts on our behalf. They work tirelessly on a volunteer basis, and it is appreciated. The many subcommittees of the P&C ensure that students in special programs are provided with additional opportunities, workshops, scholarships and awards and these are pivotal to the success of the programs.

I wish every family a safe and relaxing break and a happy and healthy New Year. I look forward to welcoming our students back for the 2021 school year on 1 February.

**Lesley Street, Principal**

### CONGRATULATIONS



**Riana 7H5**

Riana has been selected to compete in the upcoming Junior State Tennis Championships. Riana will play with more than 110 WA junior tennis players this month at the State Tennis Centre. This will provide her with an excellent opportunity to be selected for the nationals in 2021. We wish her all the best for this competition.



**Karen 7M5**

Karen has won the WA State Wrestling Championships again winning gold in the 12-13 age division and also the 14-15 year old division. Karen's club (Mt Lawley TRUTH) will recommence training in Term 1 2021 at Inglewood Bowling and Sports club. Contact BASED [www.basedwrestling.org](http://www.basedwrestling.org)

### STUDENTS START SCHOOL Monday 1st February 2021



### School Offices Opens Monday 25 January (Closed 26 January Australia Day)

Hours 8.15am - 4pm

Main Administration Office	9265 1500
Middle School Years 7-8	9265 1573
Upper School Years 9-10	9265 1543
Senior School Years 11-12	9265 1535

### Chaplain's Second Hand Uniform Shop

Monday	25 Jan - 9am	- 3pm
Wednesday	27 Jan - 10:30am	- 3pm
Thursday	28 Jan - 1pm	- 3pm

**Second Hand Uniform Shop will not available during Week One of Term 1 2021.**



### ABORIGINAL EXCELLENCE PROGRAM AWARDS AND PRESENTATION EVENING 3 DECEMBER

The Aboriginal Excellence program (AEP) celebrated a major milestone in achieving its 10th year of operation and another very successful Awards and Presentation evening. This year's theme was Education and Culture Through Storytelling. Students presented their research derived from interviews with successful Aboriginal people alongside a set of unique stories based on the lives of accomplished family members. A major theme running through the students' research was that Storytelling is a powerful medium that Aboriginal people have consistently used to pass down knowledge, promote cultural understanding and empower younger people to become future Elders in their own right. The quality of their research and oral presentations were outstanding as evidenced by the glowing praise of those in attendance.

to acknowledge their generous support over the past couple of years and for their commitment to the Aboriginal Excellence Program and students at Mount Lawley SHS (pictured right).



Simon Millman, MLA (Mount Lawley) had the honour of making two special award presentations. He presented the impressive Attendance Award to Alexis (Year 7, below left) and the prestigious Ambassador Award on behalf of Patrick Gorman, MHR (Perth) to Tahlia-Rose (Year 9, below right). Both were very deserving winners and have demonstrated significant leadership qualities throughout the year.



Students were presented with their Certificates of Completion by school principal Ms Street and Associate Principal, Mr Camilleri. Ms Street also welcomed our future AEP students by presenting them with Certificates of Induction (pictured below).



The final set of certificate presentations went to Mount Lawley SHS staff who participated in an eight (8) module Cultural Responsiveness Program. The training was coordinated by Dr Philip Paioff and led by experienced Cultural Consultants Ms Gail Barrow and Mr Jason Barrow (pictured opposite page with the successful participants).



This year's Community Service Awards were provided by Aurora Environmental Managing Director, Dr Mark Shepherd and Director Brad Dermody (pictured below with award winners Aaliyah and Jorja). Aurora has been building a productive relationship with the school and both parties are keen to extend the partnership to include some site visitations to their head office in East Perth and an excursion to various environmental operations throughout the metropolitan area. Ms Street made a special presentation to Aurora Environmental

One of the many highlights of the evening was the cutting of the cake by Director General of Education, Ms Lisa Rodgers in recognising the 10th Anniversary of the Aboriginal Excellence Program. Ms Rodgers inspired students with words of encouragement prior to cutting the cake with Ms Street and Year 12 graduate (soon to be teacher) Dakota Tilbrook (pictured below left). Keen to be part of the festivities, AEP students joined in the formality, probably to ensure they did not miss out on what was a very delicious cake.

In conclusion, I wish to formally congratulate the 2020 AEP students for their impressive presentations and contributions throughout what has been a challenging year.





Thanks must go to the school's leadership team and staff for their ongoing support of the program. We must also give significant thanks to Dr Mark Shepherd (Managing Director) and Mr Brad Dermody (Director) of Aurora Environmental for making the Awards and Presentation Night possible. A final thanks goes to the many parents and carers who have encouraged their children to be at school every day and for supporting the aims of the Aboriginal Excellence Program.

*Dr Philip PAIOFF Program Coordinator*





### ECONOMICS: RESHAPING A GREEN ECONOMY

On the 12th of November, fourteen Year 10 HASS students attended the launch of the report *Green Shoots: Opportunities to grow a sustainable WA economy*. Mount Lawley students were the only students in attendance along with two teachers. The audience consisted of government members, academics and prominent business representatives. The report was the result of a recently undertaken research program focusing on transition pathways towards a more environmentally sustainable economy. The research was conducted by the Bankwest Curtin Economics Centre (BCEC). This focus is also the current focus of the year 10 Humanities and Social Science class. The transition to a sustainable WA economy and the possible future job opportunities is quite meaningful to the future students of Economics. The students were additionally presented with a copy of the report.

“Green shoots” is about working towards opportunities to grow a sustainable WA economy. The event started with a beautiful traditional welcome to the country by Emeritus Professor, Colleen Hayward AM who reinforced that sustainability is core belief of Aboriginal and Indigenous culture. The keynote speech was delivered by Hon Dave Kelly BA MLA; Minister for Water; Forestry, Innovation and ICT; Science; Youth, who clearly indicated that climate change is quite evident in Western Australia and the dwindling ground water resources and the dam levels means that the change must occur sooner than later. Jessica Strutt; Journalist and presenter of ABC radio Perth’s Focus program was the MC for the event. The report was presented by Professor Alan Duncan, director Bankwest Curtin Economics Centre and Dr. Silvia Salazar, Research Fellow, Bankwest Curtin Economics Centre. The panellists included Elizabeth Brennan; Co-Founded and Managing Director, agdots, Yvonne Power; Co-Founder and Chief Operating Officer, Village Energy. Piers Verstegen; Executive Director, Conservation Council of Western Australia. We learnt about the impact of our current economic activity on our environment and some of the ways through which these issues can be and must be addressed. Statistics of where WA stands compared to other states revealed the urgency of this issue how little we are really doing. The confronting information was followed by the impact of mining sector and other industries and the possible diversification of environmental opportunities in WA. It was a great experience and a major eye opener to how WA is reshaping its future.

*Charlie, Year 10*





**AWARDS – TOP OF SUBJECT – YEAR 7 – 2020**

Chloe Hadfield	Art
Deren He	Chinese
George Holder	Chinese GAT
Michael Wang	Computing
Jacinta Hermann	Design & Technology
Aliyah Blank	Drama
Eva Edwards	English
Tengis Addy	French
Shakira Anzir	Health Education
Mia Beatty	Home Economics
Poppy Fletcher	Humanities and Social Sciences
Riannah Allen	Italian
Audrey Brown	Italian GAT
Riana Tan	Japanese
Cheng Leng (Cherise) Loh	Korean
Aliyah Blank	Mathematics
Maycee Stevenson	Media
Angus Boss	Music
Chloe Hadfield	Physical Education (Female)
Christiano Farfan	Physical Education (Male)
Vanessa Nguyen	Science
Waitana Zachariassen-Baro	SVAPA Drama
Riannah Allen	SVAPA Media
Ally Chin	SVAPA Music
Nisha Furtado	SVAPA Art

**Year 8 Councillors 2021**

Brodie, Aliyah, Bridget, Amelia, Audrey, Yosef, Shakirah, Nikolas, Addison, George, Vienna.

**Year 9 Councillors 2021**

Ashanti, Harry, Luke, Tommy, Joeb, Eva, Amy, Malaki, Joshua, Megan, Sofia, Hasti.

**Year 10 Councillors 2021**

Louis, Dharyll Mae, Laura, Amanda, Hayley, Umi, Kate, Brendan, Devaan, Tom, Liam.

**Year 11 Councillors 2021**

Kiara, Amy, Ashley, Will, Wilson, Kahu, Yasmine, Courtney, Ken, Lilith.

**AWARDS – TOP OF SUBJECT – YEAR 8 – 2020**

Angela Le	Art
Weng Yan (Bernice) Yan	Chinese
Shirin Kwang	Chinese GAT
Ashanti Allen	Computing
Christopher O'Brien	Design & Technology
Shirin Kwang	Drama
Angela Le	English
Sophie Alteruthemeyer	French
Aika Zachariassen-Baro	Health Education
Chloe Burns	Home Economics
Elizabeth Widderick	Humanities and Social Sciences
Angela Le	Italian
Rosa Dickie	Italian GAT
Indigo Kong	Japanese
Thanutda (Minnie) Nitiprecha	Korean
Angela Le	Mathematics
Chloe Burns	Media
Rosie Scutt	Music
Rosa Dickie	Physical Education (Female)
Jasper Syme	Physical Education (Male)
Elizabeth Widderick	Science
Isobel Lippiatt	SVAPA Drama
Avani Zheng	SVAPA Media
Alyssa Tabi	SVAPA Music
Mya Adams	SVAPA Art

**AWARDS – TOP OF SUBJECT – YEAR 9 – 2020**

Indigo MacRae	Creative and Expressive Arts
Erina Tan	Chinese
Belinda Chen	Chinese GAT
Tom Harrowing	Computing
Jasmine Kinder	Creative Design
Coco Johnston	Design & Technology - Materials
Jarrah Fortune-Smith	Design & Technology - STEM
Maggie Keay	Drama Film and Acting
Erina Tan	Drama Guerilla Theatre
Charlotte (Lottie) Berinson	English
Jessica Martin	French
Maya Djurdjevic	Health Education
Amana Imran	Home Economics - Food
Ally Davis	Home Economics - Textiles
Tatjana Jovanovic	Humanities & Social Sciences
Alessandra Berti	Italian
Regina Murguia Sanchez	Italian GAT
Umi Schapper	Japanese
Lena Nguyen	Korean
Jennifer Le	Mathematics
Charlotte (Lottie) Berinson	Media - Television Drama
Jarrah Fortune-Smith	Media - Advertising and Audiences
Chengyi Zhang	Music
Shae Callaghan	Physical Education (Female)
Oliver Diaz	Physical Education (Male)
Luka Novakovic	Science
Faith Cary	SVAPA Drama
Kate Rintoul	SVAPA Visual Arts Media
Bethany Tabi	SVAPA Music





## AWARDS – TOP OF SUBJECT – YEAR 10 – 2020

Eloise Monaghan	Café Studies
Claire Hornung	Child Care
Michael Ho	Chinese
Bo Roger (Roger) Pang	Chinese – GAT
Ella Hansen	Clothing Designs
Olivia Crockford	Criminal Minds
Jason Le	Digital Technologies
Jade Del Borrello	Drama
Savion Saeedi	Drama Intensive
Tiffany Lee	English
Minh (Kha) Huynh	English as an Additional Language or Dialect
Kaori Stewart-Wynne	French
Olivia Crockford	Health Education
Olivia Crockford	Humanities and Social Sciences
Evan Kaloeracos	Industrial Technologies
Mila Bukilic	International Foods
Sofia Dissidomino	Italian
Tiffany Lee	Italian – GAT
Jason Le	Japanese
Avelyn Lwe	Korean
Huu Trung (Bill) Pham	Mathematics
Hayden Wong	Mechatronics
Claire Hornung	Media
Shane Miller	Media Intensive
Cyril Wibowo	Music
Will Corbett	Outdoor Education
Jade Del Borrello	Photography
Will Corbett	Physical Education - Boys
Ashley McPhee	Physical Education - Girls
Finn Toneki	Physical Education Studies – A - Racquets
Finn Toneki	Physical Education Studies – B - Ball
Jack Wheeler	Product Design
Ngoc (Linh) Nguyen	Psychology
Tiffany Lee	Science
Madeleine Wickham Brown	SVAPA Project
Olivia Crockford	Visual Art
Avelyn Lwe	Visual Art Intensive

## YEAR 11 TOP OF SUBJECT AWARDS 2020

Course	Recipient
<b>The Arts</b>	
Cert II Creative Industries Live Production	Sophia Moldrich
Certificate III Music Industry	Emily Kroonenburg
Drama ATAR	Kiani Secco
Drama General	Ben Buchanan
Media Production & Analysis ATAR	Sophia Moldrich
Media Production & Analysis General	Mercedes Della Maddalena
Music: Jazz ATAR	Kate McCracken
Music: Western Art ATAR	Ben Buchanan
Visual Art ATAR	Ben Buchanan
Visual Art General	Sophie Ivulich
<b>English</b>	
English General	Todd Christidis
English ATAR	Harrison Huxham
English as an Additional Language ATAR	Dunja Jancic
English as an Additional Language General	Rachel Sitorus
Literature ATAR	Lina Doan
<b>Health &amp; Physical Education</b>	
Cert II Sport Coaching	Jayden-Lee Hearne
Outdoor Education General	Madeleine O'Loughlin
Physical Education Studies ATAR	Harrison Huxham
Physical Education Studies General	Veerachai (Nine) Butsart
Health Studies ATAR	Natasha Vilaylack
Health Studies General	Cara Jeffree
<b>Languages</b>	
Japanese Second Language ATAR	Lina Doan
Chinese Second Language ATAR	India Anderson-Prentice
French Second Language ATAR	Josephine Samuel
Italian Second Language ATAR	Sebastian Hensley
<b>Mathematics</b>	
Mathematics Essentials General	Alex Nicolaidis
Mathematics Applications ATAR	Imogen Foote
Mathematics Methods ATAR	Terry Hatzis
Mathematics Specialist ATAR	Terry Hatzis
<b>Science</b>	
Biology ATAR	India Anderson-Prentice
Chemistry ATAR	Eloise Allen
Human Biology ATAR	Hanna Wibbeke-Khoo
Human Biology General	Alex Nicolaidis
Integrated Science General	Jianen Wang
Physics ATAR	Terry Hatzis
Geography ATAR	Imogen Foote
Geography General	Lilit Catts
Modern History ATAR	Noor Cheaib
Politics & Law ATAR	Lilit Catts
Psychology ATAR	Pratistha Shrestha
Psychology General	Lily Brown
<b>Technology and Enterprise</b>	
<b>Business &amp; Computing</b>	
Business Management & Enterprise ATAR	Alexandria Willis
Business Management & Enterprise General	Spiro Kalafatas
Career & Enterprise General	Ella Baxter
Certificate II Business	Aditya Patil
Computer Science ATAR	Thi (Anh) Nguyen
<b>Design &amp; Technology</b>	
Certificate II Engineering Pathways	Jackson Tang
Certificate II Visual Arts (Photography)	Rosalind Miners
Engineering Studies ATAR	Noah Braunstein
Engineering Studies General	Liam Corney
Materials, Design & Technology: Wood General	Jade Jensen
<b>Home Economics</b>	
Cert II Hospitality	Olivia Colangelo
Children, Family & Community General	Ella Baxter & Bella Montgomery

## Colours Awards

**Jack** Service 1 bar, Service 2 bars  
**Seb** Service 2 bars  
**Conor** Service  
**Noor** Academic, Academic 1 bar  
**Olivia** Academic, Academic 1 bar, House, House 1 bar  
**Matilda** Academic, Academic 1 bar, Service, Service 1 bar, Arts, Arts 1 bar, House, House 1 bar  
**Madeleine** Academic, Academic 1 bar, Academic 2 bars, House, House 1 bar, Sport, Service, Service 1 bar, Service 2 bars  
**Angus** Service, Service 1 bar, Academic House House 1 bar  
**Milla** Service, Service 1 bar, House, House 1 bar Sport  
**Amy** Academic 1 bar





**END OF THE YEAR ASSEMBLY AWARDS**



**STUDENT OF THE MONTH AWARDS**



**STUDENT OF THE YEAR AWARD**



**MIDDLE SCHOOL DUX**



**ALMA PORTER AWARD**



**ANITA CHONG & GEOFF DAVIS  
CHINESE LANGUAGE AWARDS**



**PRINCIPAL'S LANGUAGE AWARDS  
ITALIAN**



**PRINCIPAL'S LANGUAGE AWARDS  
JAPANESE**



**PRINCIPAL'S LANGUAGE AWARDS  
KOREAN**



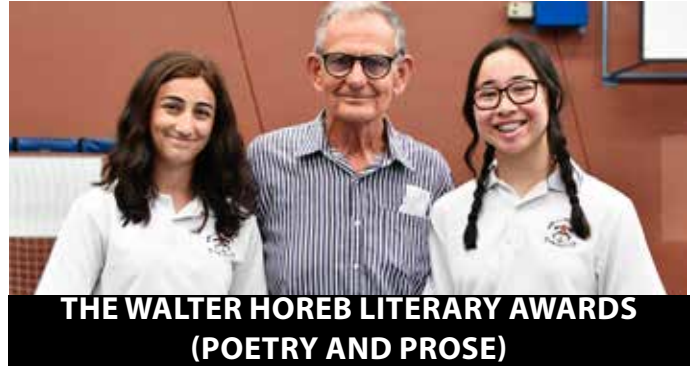
**PRINCIPAL'S LANGUAGE AWARDS  
FRENCH**



**PRINCIPAL'S LANGUAGE AWARD  
KOREAN**



**END OF THE YEAR ASSEMBLY AWARDS**







### END OF THE YEAR ASSEMBLY AWARDS



**UPPER SCHOOL SVAPA AWARD**

### HASS: GLOBAL GOALS CHALLENGE

The GAT Year 8 class had a wonderful opportunity to collaborate with other GAT students in the Curtin University Global Goals Challenge. GAT students from Bob Hawke College and Governor Stirling Senior High School travelled to Mount Lawley SHS to join our Year 8's in this unique learning experience over three days in week nine this term.

From Wednesday 9th December to Friday 11th December, students from the three schools participated in cross curricular, real-world learning experiences based on the UN Sustainable Development Goals. Students collaborated to design ideas to solve some of the biggest problems that face humanity in the 21st Century. They presented their thought processes, proposed solutions, and blew the audience away with their passion, insight and innovation.

It was so positive to hear brilliant and inspiring solutions to real and complex challenges the world faces today. I was very proud of these students and their ability to collaborate with new people and tackle the biggest of global issues makes me optimistic for the future.

Here is some feedback from participants of the workshop.

**Teachers:**

*"The mentor teachers (all from HASS) returned with very positive comments about their day."*

*"Have spoken to my Year 8's just now. They very much enjoyed the experience! They LOVED the Mount Lawley students and would look forward to being able to join up with them for another event."*

**Students:**

*"I just wanted to say thank you for organising the three-day challenge, I personally really enjoyed it and I feel like I have learnt a lot from the experience."*

*"I would just like to thank you for organising the Global Goals Challenge. I know many people including myself really enjoyed the experience, particularly working with and seeing other people's ideas. It was great to hear other people's points of view and watch them present plausible ideas that could definitely be implemented to fix global issues."*





**SUPPORTING OUR SCHOOL WELLBEING PROGRAM ONLINE**  
 Parent Newsletter Article *With the DIARY EXTRACT FOR THE WEEK*  
**The Learning Curve Funded by School P & C**  
 Available online <http://learningcurve.com.au>  
 User **MLSHS Password MLSHS6050**

**WEEK 45 – TEAM POWER**

*Parent Wellbeing: Write down five things you treasure in your life and every morning spend 30 seconds thinking about each one doing deep breathing exercises.*

When students practise using their top strengths doing the Wellbeing Fitness Challenges, Strengths Boosters and Weekly Character Strengths, they build their confidence and capabilities to share and combine their strengths with other students and teachers. This develops their resilience through social connectedness with those around them.

Group learning is an effective way to harness students' strengths by combining a wide range of abilities, points of view and attitudes to issues. Peer learning enables students to have input, be valued for their ideas and perspectives and learn how to cultivate collaborative and interdependent habits through mindful and empathetic listening.

Learning in teams also goes a long way to removing the perceived stigma of asking for help from their teachers. When students teach each other, they remember over 90% of the processes involved, and they are actively participating in real learning, not just filling the bucket.

Keys to a well functioning group include, a valuing, tolerance and acceptance of individual differences and a clear set of agreed expectations for the group to operate by. To avoid having groups of similar thinking clones, set the expectation that they have two ears and one mouth and as such should listen twice as much as they talk.

*Acknowledgement: Hassed & Sinek*

*"Alone we can do so little, together we can do so much." Helen Keller*

**WEEK 46 – MAKING THINGS RIGHT**

*Parent Wellbeing: A skill of social-emotional resilience is having self-belief in your selfworth as a person who matters. Describe how often you feel this and what you could do to feel it more. Acknowledgement: Rievich & Shatte*

To build the wellbeing of the whole school community there needs to be a shift in our thinking from what school rule was broken, why did it happen and what are the consequences, to this was a violation of our school community's trust which affected respectful relationships. Then ask students how can they use their strengths to make things right for others and act more positively. This approach promotes growth mindsets to ensure others matter, because they do.

This shift is about moving from external control by adults to showing students how they can use their top strengths to build their own internal control to understand what has to happen to make things right and how will it be done. Asking students who do the wrong thing to complete Restoring Esteem and Focus (see website) will assist them to have empathy for others.

Reflecting on the following questions focuses students on using their strengths to make changes themselves:

- *who has been affected by what happened and how?*
- *what could I have done or said differently?*
- *what would I now do and say?*
- *what do I have to do to make things right?*
- *How can I use my top strengths to achieve this?*

*Acknowledgement: Peterson & Gable*

*"From a little spark may burst a flame." Dante Alighieri*

**WEEK 45**



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**RELATIONSHIPS + EMPATHY**



**TEAM POWER**

**Wellbeing Reality:** by using social connectedness to learn well with other students and teachers in teams, you will multiply your creativity and opportunities to share and appreciate new ideas, outlooks and others' strengths. Shared team expectations could include, valuing and accepting individual differences, one person to speak at a time, no put downs and having fun.



Important team roles which well-functioning teams have include:  
 Organiser, Starter, Recorder, Verifier, Listener, Timer, Coordinator, Finisher and Energiser.  
*Acknowledgement: Hassed & Sinek*

*Discuss with a classmate – when are times you have learnt well in teams and why?*

*What do you think are the most important things you need to do when in a team?*

*Last Word – TEAM: Together Everyone Achieves More.*

**MINDFULNESS**

**CAT STRETCHING.** Pretend you are a cat and practise stretching like cats do for five minutes. What are your favourite types of stretching?

**RESPECTFUL RELATIONSHIPS**

*With a classmate discuss – mixed emotions are when you feel both positive and not so positive emotions together, such as, you really like doing an activity, but you are afraid of hurting yourself. When are three times you have felt mixed emotions and what they were?*

**CHARACTER STRENGTH:** Use **GRATITUDE** to do **DIAL-UP STRENGTHS** on page 131. [www.viacharacter.org](http://www.viacharacter.org)

**RELATIONSHIPS + EMPATHY**



**GROUP LEARNING**

**Wellbeing Reality:** through understanding that working collaboratively together with others in groups to achieve a goal can be satisfying and enjoyable, you will experience amazing natural human highs; your tribal feel good chemicals oxytocin and serotonin come alive.



Ensure that before you begin, your group establishes shared expectations of effort, listening, valuing all members input and calling each other out when you don't live up to group expectations. By giving of yourselves in groups, you add real meaning to the personal and academic growth of all of you.

*Discuss with a classmate – when are times you were in groups which worked really well and then those that didn't?*

*What are specific shared expectations you think all groups should live by?*

*Last Word – as humans we are hard wired to be at our best when with others in groups.*

**MINDFULNESS**

**CAT STRETCHING.** Pretend you are a cat and practise stretching like cats do for five minutes. What are your favourite types of stretching?

**RESPECTFUL RELATIONSHIPS**

*With a classmate discuss – many people know their strengths, but not many people know how to think to use them properly. What is at least one Habit of Mind to guide your thinking for each of your top strengths? How would knowing this affect your relationships.*

**CHARACTER STRENGTH:** Use **GRATITUDE** to do **DIAL-UP STRENGTHS** on page 133. [www.viacharacter.org](http://www.viacharacter.org)

**WEEK 46**



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**MEANING + PURPOSE**



**MAKING THINGS RIGHT**

**Wellbeing Reality:** by resolving issues with others quickly and fairly, you will stay connected, respected and protected. Use your strengths to consider, what did you do or say? What were you thinking then? What have you thought since? Who has been affected and how? What could you have done or said differently? What would you do and say now? How do you think things would change? What things should you say and do to make things right? *Acknowledgement: Peterson & Gable*

*Discuss with a classmate – when are times you used this approach to resolve issues with others?*

*What are three benefits to resolving issues with win-win outcomes?*

*Last Word – win-win are the only outcomes to strive for.*

**MINDFULNESS**

**PAPER SQUEEZE.** Screw up a piece of paper and spend five minutes writing down the different shapes, objects and things you can see in it.

**RESPECTFUL RELATIONSHIPS**

*With a classmate discuss – what are two things you do often and deliberately to use each of your signature strengths? Which Habits of Mind work best for each of your signature strengths?*

**CHARACTER STRENGTH:** Use **BRAVERY** to do **COURAGE JOURNAL** on page 133. [www.viacharacter.org](http://www.viacharacter.org)

**MEANING + PURPOSE**



**WIN-WIN**

**Wellbeing Reality:** through accepting that the most desirable outcome from disagreements is win-win, with no losers, you will give yourself opportunities to build others' and your wellbeing. Disagreements are a perfectly normal part of life. How you resolve them is what counts for the wellbeing of all involved. Think about what happened and what were you thinking at the time? Who was affected and how? Would you change what you said or did? What do you have to do to make things right? Your human responsibility is to give and share. *Acknowledgement: Peterson & Gable*

*Discuss with a classmate – when are times you had disagreements with others and how did you resolve them? Fairly?*

*What are issues you are currently having with others and what are fair ways to resolve them?*

*Last Word – only the strong are able to forgive by opening their hearts.*

**MINDFULNESS**

**PAPER SQUEEZE.** Screw up a piece of paper and spend five minutes writing down the different shapes, objects and things you can see in it.

**RESPECTFUL RELATIONSHIPS**

*With a classmate discuss – many people in abusive or violent relationships feel trapped and think there is nothing they can do to escape. Should your friends or you be involved in such relationships, who can you turn to for effective support and what would you say?*

**CHARACTER STRENGTH:** Use **BRAVERY** to do **COURAGE JOURNAL** on page 135. [www.viacharacter.org](http://www.viacharacter.org)



**WEEK 47 – T.E.E.L. PARAGRAPHS**

*Parent Wellbeing: Your self-belief is built upon you having optimism to master things, called willpower. Then waypower is setting goals to achieve, identifying possible obstacles and using your strengths to stretch your abilities. Acknowledgement: Rievich, Shatte & Synder*

The ability to construct well structured and logical paragraphs enables students to clearly express the message they wish to convey in what they are writing about. The T.E.E.L. method builds this capability and there is a T.E.E.L. Thinking Tool on the website which will assist in using it.

All too often, students may have investigated a topic or created a story very well, but through their inability to construct meaningful paragraphs, their efforts are not rewarded. A step by step intelligent plan to follow creates new brain pathways which become faster and stronger every time they use it, which enables them to confidently and capably construct paragraphs.

T.E.E.L. stands for:

- **TITLE** – the first or topic sentence explains to the reader what the paragraph will be about
- **EXPLANATION** – expand on the Title sentence and discuss your thoughts, reasons and arguments about the topic
- **EVIDENCE** – provide support for your thoughts and reasons as proof to the reader
- **LINK** – one or two sentences relating back to the Title or topic sentence.

T.E.E.L. is also a very effective strategy to use when reviewing their notes and revising for assessment tasks and tests, because it organises and codes learnt material logically in students' minds.

*"Well done is better than well said." Benjamin Franklin*

**WEEK 48 – IN THE MOMENT**

*Parent Wellbeing: To notice the changing feelings in your face and the messages your face is sending to others, look into a mirror and move different facial muscles, eyebrows, cheeks, mouth, jaw*

As Gandhi so wisely once said, "There is more to life than increasing speed." Yet, the opposite is precisely the expectation people in the 21st century seem to have for themselves; the human race is what many have become, instead of human being. It is often good to just be.

Many feel that they have to go twice as fast to stay in the same place; called the Red Queen Effect from Alice in Wonderland. They are encouraged to take the fast lane in everything they do, especially with processed and takeaway foods, and as a consequence, their health and quality of life suffers. How often do you taste and savour what you eat, or take time to enjoy time away from the pressures of life? For most, not often enough.

Beneficial strategies to introduce to students that will make their journeys far more satisfying and enjoyable, include taking three or four five-minute timeouts every day to stop, breathe deeply and stretch, turn off their phones for 30 minutes, dream of places they want visit, write a gratitude journal or colour in. They could also watch mother nature shine, do neck, hip, ankle, arm and shoulder rotations or do a Mindfulness Activity from the website.

Acknowledgement: Kabat Zinn & Baer

*"Life isn't a matter of milestones, but of moments." Saying*

# WEEK 47

MIDDLE PLANNER	PAGE 120
<div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">ACCOMPLISHMENT + OPTIMISM</div> <div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">T.E.E.L. PARAGRAPHS</div> <p><b>Wellbeing Reality:</b> by learning how to create quality paragraphs using T.E.E.L., you will grow academically.</p> <p>T.E.E.L. stands for:</p> <ul style="list-style-type: none"> <li>• <b>Title</b> – first sentence explains what the paragraph is about.</li> <li>• <b>Explanation</b> – expand on Title sentence with your reasons and arguments.</li> <li>• <b>Evidence</b> – provide support for your reasons and arguments. For an argumentative essay, supporting evidence are trends and statistics. For books, supporting evidence are quotes from and references to the book.</li> <li>• <b>Link</b> – two sentences relating back to Title sentence.</li> </ul> <p><i>Acknowledgement: Papas &amp; Wade</i></p> <p>Discuss with a classmate – what methods do you use to write paragraphs and how could T.E.E.L. help you?</p> <p>When you are shown more intelligent approaches, do you use them or ignore them and why?</p> <p>Last Word – use T.E.E.L. thinking tool to support your growth.</p>	<div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">ACCOMPLISHMENT + OPTIMISM</div> <div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">T.E.E.L. STRUCTURE</div> <p><b>Wellbeing Reality:</b> through accepting that there are more intelligent processes you can use in your learning and then using them, you will enable your academic growth to flourish. One of these processes is called T.E.E.L. used for constructing paragraphs.</p> <p><b>Title</b> – first sentence explains meaning of paragraph.</p> <p><b>Explanation</b> – expand on Title sentence with thoughts and arguments.</p> <p><b>Evidence</b> – support for thoughts and arguments. Argumentative essay – supporting evidence would be trends and statistics. Books, supporting evidence would be quotes from and references to the book.</p> <p><b>Link</b> – one or two sentences relating to Title sentence.</p> <p><i>Acknowledgement: Papas &amp; Wade</i></p> <p>Discuss with a classmate – what processes and structures do you currently use to construct paragraphs? Are they effective?</p> <p>By searching the Internet, what are other intelligent ways to construct paragraphs? Look at the TEEL thinking tool on the website.</p> <p>Last Word – great processes don't work unless you do.</p>
<div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">MINDFULNESS</div> <div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">DRAW MYSELF</div> <p>Spend five minutes drawing a self-portrait concentrating on as much detail that you can include.</p>	<div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">MINDFULNESS</div> <div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">DRAW MYSELF</div> <p>Spend five minutes drawing a self-portrait concentrating on as much detail that you can include.</p>
<div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">RESPECTFUL RELATIONSHIPS</div> <p>With a classmate discuss – negative self-talk focuses you on what is wrong about what you are doing and makes your chances of achieving it less likely. When are three times you fell into the trap of negative self-talk, how did it affect respectful relationships?</p>	<div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">RESPECTFUL RELATIONSHIPS</div> <p>With a classmate discuss – different communities have different levels of abusive and violent relationships. What things could your friends and you do to make a difference in your community to assist others to overcome abusive and violent relationships?</p>
<div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">CHARACTER STRENGTH</div> <p>Use <i>PRUDENCE</i> to do <i>CLASH STRENGTHS</i> on page 131.</p> <p><a href="http://www.viacharacter.org">www.viacharacter.org</a></p>	<div style="background-color: #0072bc; color: white; padding: 5px; text-align: center; font-weight: bold;">CHARACTER STRENGTH</div> <p>Use <i>PRUDENCE</i> to do <i>CLASH STRENGTHS</i> on page 133.</p> <p><a href="http://www.viacharacter.org">www.viacharacter.org</a></p>

# WEEK 48

MIDDLE PLANNER	PAGE 122
<div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">HEALTH + STRENGTHS</div> <div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">IN THE MOMENT</div> <p><b>Wellbeing Reality:</b> by making time every day to connect with yourself and the present moment, you will build your physical and mental wellbeing. Just being with yourself and your own thoughts, is self-calming. Several times a day stop for five minutes, turn off your phone, do mindfulness activities, colouring in, journaling what you are grateful for and looking forward to, deep breathing and kind meditation, stretching exercises, savouring, eating healthy snacks and drinking water.</p> <p><i>Acknowledgement: Kabat Zinn &amp; Baer</i></p> <p>Discuss with a classmate – when are times you have stopped, turned your phone off and connected with yourself?</p> <p>How could using JOMO help you to use your strengths to just be totally with yourself?</p> <p>Last Word – spend time every day just with yourself.</p>	<div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">HEALTH + STRENGTHS</div> <div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">PRESENT WITH YOURSELF</div> <p><b>Wellbeing Reality:</b> through understanding that you can connect fully with yourself and the present moment, by simply journaling your thoughts, you will enable yourself to enjoy the wonder of just you. Having your face buried in your phone non-stop, disables you from being with you, often causing anxious feelings. To challenge your best possible self, four or five times every day turn it off for 10 minutes to just be with you, watching your own thoughts coming and going. It will be difficult at first, but persist, it's worth it.</p> <p><i>Acknowledgement: Kabat Zinn &amp; Baer</i></p> <p>Discuss with a classmate – when are times you have turned off your phone to connect with yourself and the moment?</p> <p>What benefits could there be for you to turn off your phone four or five times every day for 10 minutes?</p> <p>Last Word – get to know the fantastic person you see in the mirror.</p>
<div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">MINDFULNESS</div> <div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">WHAT AM I?</div> <p>If I was an animal what would I be? If a car? If a tree? If a fish? If a meal? If a place? If an object? If a fruit? If a vegetable?</p>	<div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">MINDFULNESS</div> <div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">WHAT AM I?</div> <p>If I was an animal what would I be? If a car? If a tree? If a fish? If a meal? If a place? If an object? If a fruit? If a vegetable?</p>
<div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">RESPECTFUL RELATIONSHIPS</div> <p>With a classmate discuss – what is a positive "I can and I will" self-talk statement you could use?</p> <ol style="list-style-type: none"> <li>1. Doing a test?</li> <li>2. Water skiing for the first time?</li> <li>3. Speaking at an assembly?</li> <li>4. Cooking a barbecue for the family?</li> </ol>	<div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">RESPECTFUL RELATIONSHIPS</div> <p>With a classmate discuss – senior students can experience a mix of joyful and not so joyful emotions when participating in the rigours of this level of education. From Feelings and Emotions, what are ten of each type of the above emotions and your body language showing them?</p>
<div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">CHARACTER STRENGTH</div> <p>Use <i>PERSEVERANCE</i> to do <i>STEP IT UP</i> on page 133.</p> <p><a href="http://www.viacharacter.org">www.viacharacter.org</a></p>	<div style="background-color: #76b82a; color: white; padding: 5px; text-align: center; font-weight: bold;">CHARACTER STRENGTH</div> <p>Use <i>PERSEVERANCE</i> to do <i>STEP IT UP</i> on page 135.</p> <p><a href="http://www.viacharacter.org">www.viacharacter.org</a></p>



COMMUNITY NOTICES

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

# INTERNATIONAL SPORTS CAMPS

ISCAMPS.COM.AU

## GREAT SCHOOL HOLIDAY SPORT COACHING CAMPS

## REAL SPORTS COACHING FOR CHILDREN AGED 5 - 15



Experienced coaching panels and guest star coaches attend each camp program



# Book Now

Be your best

ISCAMPS.COM.AU

### JUNIOR STARS PROGRAM



Ages 5 to 11

### SENIOR CHAMPIONS PROGRAM



Ages 12 to 15

**FAMILY, SCHOOL AND CLUB DISCOUNTS AVAILABLE!**

**CALL US NOW ON 1300 418 204 FOR DETAILS**



"Get out there, have fun, enjoy it at International Sports Camps. Give it a crack because so many kids have learned the game through the camps and I'm sure you'll learn plenty as well. Good luck and we might see you during the summer!"

**Justin Langer**  
Head Coach, Australian Cricket Team



"I grew up around school holiday programs and participated in many clinics as a young girl. I've seen hundreds and hundreds of kids go through those camps and have such a great time. I've learnt so much from the camps, and I know you will too!"

**Bianca Chatfield**  
Former Australian Diamond and Vixens Captain



"Every time I've gone to the camps, I've loved getting to know the kids! They learn the fundamental and basic skills, they get to have lots of fun, improve their fitness and make new friends. Everyone should get involved in International Sports Camps!"

**Bec Cole**  
Australian Opal, WNBL



**COMMUNITY NOTICES**

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# 3 DAY CAMPS



**ACT**

**BASKETBALL**

RADFORD COLLEGE, BRUCE  
JANUARY 12-13-14

**CRICKET**

RADFORD COLLEGE, BRUCE  
JANUARY 12-13-14

**NETBALL**

MERICI COLLEGE, BRADDON  
JANUARY 13-14-15

**SOCCER**

MERICI COLLEGE, BRADDON  
JANUARY 13-14-15

**SA**

**BASKETBALL**

WESTMINSTER SCHOOL, MARION  
DECEMBER 14-15-16

**JAKE WEATHERALD CRICKET CAMPS**

WESTMINSTER SCHOOL, MARION  
DECEMBER 14-15-16

WESTMINSTER SCHOOL, MARION  
JANUARY 19-20-21



**NETBALL**

WESTMINSTER SCHOOL, MARION  
JANUARY 19-20-21

**SOCCER**

WESTMINSTER SCHOOL, MARION  
DECEMBER 14-15-16

WESTMINSTER SCHOOL, MARION  
JANUARY 19-20-21

**WA**

**BASKETBALL**

BENDAT BASKETBALL STADIUM, FLOREAT  
JANUARY 20-21-22

**CRICKET**

PAT GOODRIDGE RESERVE, JOLIMONT  
DECEMBER 21-22-23

ASHTON TURNER CRICKET CAMP, (FORMERLY JUSTIN LANGER CRICKET CAMP)  
HALE SCHOOL, WEMBLEY DOWNS  
JANUARY 18-19-20

**NETBALL**

CHURCHLANDS SNR HIGH SCHOOL, CHURCHLANDS  
DECEMBER 21-22-23

**SOCCER**

PAT GOODRIDGE RESERVE, JOLIMONT  
DECEMBER 21-22-23

**NSW**

**JULIAN KHAZZOUH BASKETBALL CAMPS**

WAVERLEY COLLEGE, WAVERLEY 1  
DECEMBER 21-22-23

RYDE COMMUNITY SPORTS CENTRE, NORTH RYDE  
JANUARY 13-14-15

WAVERLEY COLLEGE, WAVERLEY 3  
JANUARY 20-21-22

**DOUG WALTERS CRICKET CAMPS**

DAVID PHILLIPS SPORTS FIELDS, DACEYVILLE 1  
DECEMBER 21-22-23

BORONIA PARK, HUNTERS HILL  
JANUARY 13-14-15

DAVID PHILLIPS SPORTS FIELDS, DACEYVILLE  
JANUARY 20-21-22

**NETBALL**

RYDE AQUATIC CENTRE, RYDE  
DECEMBER 21-22-23

RYDE AQUATIC CENTRE, RYDE  
JANUARY 13-14-15

UTS SYDNEY BOYS HIGH SCHOOL, MOORE PARK  
JANUARY 20-21-22

**SOCCER**

DAVID PHILLIPS SPORTS FIELDS, DACEYVILLE 1  
DECEMBER 21-22-23

RYDE COMMUNITY SPORTS CENTRE, NORTH RYDE  
JANUARY 13-14-15

DAVID PHILLIPS SPORTS FIELDS, DACEYVILLE 2  
JANUARY 20-21-22

**HOCKEY**

DAVID PHILLIPS SPORTS FIELDS, DACEYVILLE 1  
DECEMBER 21-22-23

DAVID PHILLIPS SPORTS FIELDS, DACEYVILLE 2  
JANUARY 20-21-22

**QLD**

**BASKETBALL**

HIBISCUS SPORTS COMPLEX, UPPER MT CRAVATT  
DECEMBER 14-15-16

HIBISCUS SPORTS COMPLEX, UPPER MT CRAVATT  
JANUARY 20-21-22

**NETBALL**

HIBISCUS SPORTS COMPLEX, UPPER MT CRAVATT  
DECEMBER 21-22-23

KIM RAVAILLION NETBALL CAMP, HIBISCUS SPORTS COMPLEX, UPPER MT CRAVATT  
JANUARY 11-12-13

**VIC**

**BASKETBALL**

CAMBERWELL GRAMMAR SCHOOL, CANTERBURY 1  
DECEMBER 15-16-17

BOROONDARA SPORTS COMPLEX, NORTH BALWYN  
DECEMBER 21-22-23

BRIGHTON GRAMMAR SCHOOL, BRIGHTON  
JANUARY 6-7-8

TRINITY GRAMMAR SCHOOL, KEW  
JANUARY 12-13-14

CAMBERWELL GRAMMAR SCHOOL, CANTERBURY 2  
JANUARY 18-19-20

**CRICKET**

HA SMITH RESERVE, HAWTHORN  
DECEMBER 14-15-16

MACLEAY PARK, NORTH BALWYN  
DECEMBER 21-22-23

TRINITY MARLES PLAYING FIELDS, BULLEEN  
JANUARY 13-14-15

LE PAGE RESERVE, CHELTENHAM  
JANUARY 19-20-21

**NETBALL**

KIM RAVAILLION NETBALL CAMP, AQUALINK, BOX HILL  
DECEMBER 21-22-23

STATE NETBALL HOCKEY CENTRE, PARKVILLE  
JANUARY 12-13-14

SANDRINGHAM YOUTH CLUB, HAMPTON  
JANUARY 18-19-20

**RODRIGO VARGAS SOCCER CAMPS**

MACLEAY PARK, NORTH BALWYN  
DECEMBER 21-22-23

TRINITY MARLES PLAYING FIELDS, BULLEEN  
JANUARY 13-14-15

CHELTENHAM SECONDARY COLLEGE, CHELTENHAM  
JANUARY 19-20-21

**CARLY JAMES HOCKEY CAMP**

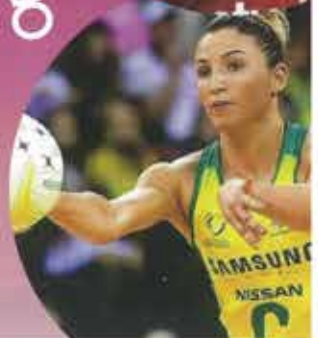
HAWTHORN MALVERN HC, HAWTHORN  
DECEMBER 21-22-23

**BOOK NOW!**

To book visit: [iscamps.com.au](http://iscamps.com.au)

Call: 1300 418 204

Email: [admin@iscamps.com.au](mailto:admin@iscamps.com.au)





## School Holiday Self Defence Courses for ages 6 to 16yrs.

Tuesdays to Fridays - 8 hours over 4 days January 2021

### GIRLS 12th to 15th

Girls 6-11yrs 9.30am to 11.30m

Girls 12-16yrs 1.30pm to 3.30pm

### BOYS 5th to 8th

6-11yrs 9.30am to 11.30m

12-16yrs 1.30pm to 3.30pm

### GIRLS & BOYS 19th to 22nd

6-11yrs 9.30am to 11.30m

12-16yrs 1.30pm to 3.30pm

These courses are suitable for any level of experience - new, existing and returning students

**Mount Lawley SHS receive a 10% discount on these 4-day courses.  
(Paid online before 31st December) Use code – MLSHS at check out.**



JAN de JONG

MARTIAL ARTS • FITNESS

6-11 yrs \$208 for 8 hours (over 4 days) Single-day \$58

12-16 yrs \$256 for 8 hours (over 4 days) Single-day \$75

Jan de Jong Martial Arts Fitness has been teaching in Perth since 1952.

Located in "the Atrium" in the CBD.

*"Thank you, Maggie, for running a fantastic self-defence course for girls over the school holidays. My girls were at first very reluctant, but after I convinced them to join the course, they now agree that it was both worthwhile and enjoyable. The format and content of the course is perfect for beginners to the concept of self-defence (as my girls are) and would also be a good refresher for anyone who has done a course like this before. I think my girls discovered a new confidence in the way they can use their bodies and their voices to deal with confronting situations. I'm hoping my kids will never have to use the skills that you have taught them, but it gives me some comfort to know that they have a few tricks in their back pocket after the course. Now I'm waiting to sign up for the self-defence course for women."*

This course is based on **Traditional Japanese Ju Jutsu** which was the effective and practical self defence of the Samurai in feudal Japan and is not the very different sport of Brazilian Ju Jutsu. Our teaching experience is vast, to include Australia and throughout the world. Jan de Jong Ju Jutsu is based on a Ju Jutsu system that has a 600-year history dating back to feudal times in Japan. Although there is no denying this rich and unique history of our school, we are constantly progressing our methodology to meet today's challenges.

**Course Content:** We recognize that young men and women sometimes struggling to recognize and deal with this rapidly changing world that seemed to be predictable and somewhat safer than the time we currently experience. Social media, bullying and some team sports can create unreasonable fear and can be a mine field for someone who is developing into adulthood.

- Would it be helpful to identify the correct path to take **under stress and pressure**?
- Would decision making be easier if you were given **simple and effective tools** to help you?
- Would feeling safe be of benefit when it seems that you are under threat?

We teach students to be **responsible for their actions** and to act in a balanced and considered manner.

**Controlling techniques** are our specialty and we will be taking techniques and strategies from our "Patient Handling Course" which we have developed specifically for hospitals and carers.

#### Sample of course content:

- Use of effective body language and voice.
- Protective falling skills.
- Breaking free from grips.
- Overcoming fear of a confrontation.
- Evading a strikes.
- Body holds.
- Reflex training, testing your skills.
- Defending against neck holds.
- Chokes on the ground.
- Defending when on the ground.
- Rolling skills.
- Defending against weapon attacks



COMMUNITY NOTICES

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

### School Holiday Self Defence Courses for ages 6 to 16yrs continued

**Course instructors: Maggie de Jong - has over 30 years experience in teaching self defence to children. Paul Connolly – over 55 years experience in teaching self defence to children.**

Wear comfortable and easy to move in clothing (t-shirt, track pants or shorts is ideal). Bring a water bottle. Change rooms and showers are available. There will be a short break in the middle of the session so bring a snack. Bring your friends.

*Bookings can be made via our website [www.jandejong.com.au](http://www.jandejong.com.au) or by emailing us [info@jandejong.com.au](mailto:info@jandejong.com.au)*

*Parents are welcome to contact Paul and Maggie with questions on any aspect of the course. 0427970481 / 9321 8685.*

[www.jandejong.com.au](http://www.jandejong.com.au)

[info@jandejong.com.au](mailto:info@jandejong.com.au)

Instagram: <https://www.instagram.com/jdjmartialarts/>

Facebook: <https://www.facebook.com/JanDeJongMartialArtsFitness>

YouTube: [https://www.youtube.com/channel/UCHb1Y6f-hd7T6D\\_07V7qGNQ](https://www.youtube.com/channel/UCHb1Y6f-hd7T6D_07V7qGNQ)



# JAN de JONG

MARTIAL ARTS • FITNESS

**Ordering information:**  
 Please email [fellowship@rotaryperth.org.au](mailto:fellowship@rotaryperth.org.au) with your order:  
 \_\_\_\_\_ (#) of 2.5kg bags of Toffee Dots @ \$30 per bag  
 (\$) Total of Order: \_\_\_\_\_ Name: \_\_\_\_\_  
 Paid Y/N \_\_\_\_\_

Please eft your payment to the Perth Rotary Bank Account and include your **SURNAME + CANDY** in the description.  
**Perth Rotary: BSB: 066 000 Account: 12450323**

**Collection Options:**  
 1.) Perth Rotary Christmas Breakfast Y/N  
 2.) Quairading Earthmoving Office Y/N  
 (U27/11 Preston St, COMO)

Toffee Dots can be collected from the Perth Rotary Christmas Breakfast: Friday 18 December ([www.trybooking.com/BMQRD](http://www.trybooking.com/BMQRD)) or from Quairading Earthmoving Office U27/11 Preston St, COMO (0429 451077) after 18 December 2020.

**Funds raised from the sale of the chocolates will be directed towards our Community Fund for Club Projects.**

Thanks to Perth Rotary Corporate Member Candy People for donating the chocolates.  
**And thanks to you in anticipation of your support.**

Perth Rotary

**CHRISTMAS CHOCOLATE FUNDRAISER TOFFEE DOTS!**

Buy a 2.5kg bag today!  
 For only \$30

Bulk chocolate bags valued at over \$60 a bag!  
 Tiny yummy pieces soft caramel dipped in fine Swedish milk chocolate  
 (Best Before Feb 2021)

Chocolates kindly donated by Perth Rotary Corporate Member Candy People



**JUNIOR INTRODUCTION TO SAILING COURSE 2021**  
 Maylands Yacht Club



Here's the best come back to "What did you do during the school holidays??"  
 Join the Maylands Yacht Club Junior Introduction to Sailing Course. This course is specifically aimed at school aged sailors and runs for one week.

Monday 18<sup>th</sup> January to Friday 22<sup>nd</sup> January 2021.

9am to 1pm daily.

\$180 one child (excellent value). Discount for children in same family.

Using Mirror dinghies (2 in a boat), sailors are introduced to rigging boats, understanding the wind, and learning to sail a marked course. Suitable for beginners or those wanting to relearn the basics. Minimum 10 years recommended.

To register, go to this link: <https://www.trybooking.com/BMQWK>

Any questions please email [secretary@maylandsvyachtclub.org.au](mailto:secretary@maylandsvyachtclub.org.au).

Instructors hold Working with Children checks. Maylands Yacht club observes COVID safe practices. Parent/Child teams are welcome to join the All Ages Learn to Sail course beginning 31<sup>st</sup> January 2021.

Cnr East Street and Fourth Ave,  
 Maylands



**Vacancies**

If you are looking for education and care for your child

Mount Lawley Child Care Centre can help you.

We provide full day 7.30 – 6pm and half day 7.30 – 12:30 or 1230 – 6pm

Mount Lawley Childcare Centre based on the grounds of Edith Cowan University Mount Lawley with

an easy detour and drop off from Alexander Drive and Beaufort Street.

We have large open spaces, a home like environment and most importantly our caring staff are highly regarded by families who access the centre.

We are open from 7.30am – 6pm Monday to Friday.

Please contact Amanda on

Ph 9370 6850

[amanda.nicholas@mlccc.com.au](mailto:amanda.nicholas@mlccc.com.au)

**GOT GAME**   
 BALL FOR ALL

Got Game Basketball is an inclusive youth basketball training & skill development program providing high quality coaching to the community.

**SESSION TIMES:**

**Girls / U 10's :** Monday's @ 5:30pm  
**Girls / U 12's :** Mon @ 6:45pm & Wed @ 5:30pm  
**Girls / U 14's :** Mon @ 8:00pm & Wed @ 6:45pm  
**Girls / U 16's :** Wednesday's @ 8:00pm

**Boys / U 10's :** Thursday's @ 5:30pm  
**Boys / U 12's :** Tue @ 5:30pm & Thur @ 6:45pm  
**Boys / U 14's :** Tue @ 6:45pm & Thur @ 8:00pm  
**Boys / U 16's :** Tuesday's @ 8:00pm

**1 HOUR SESSIONS / \$20 PER SESSION**

**REGISTER NOW**  
[igotgame.co/programs](http://igotgame.co/programs)  
 Use code: FIRST-FREE  
 To get your first session for free

**LOCATED AT:**  
 Foley Centre Trinity College, 2 Trinity Ave  
 Perth, WA 6004

**CALL JOSH - 0427 189 439**  
 Register - [igotgame.co](http://igotgame.co)  
 info@igotgame.co  
 @f @igotgame.co

**YOUTH BASKETBALL TRAINING**





MEET & GREET TUES 9 FEB 2021 7PM, UPSTAIRS, MAIN ADMIN

Lawley Art Auction: 1 night (June 19th) of selling premium WA art to fund Arts student programs at MLSHS

## The 2021 Lawley Art Auction needs you!

Team player, a great communicator? Love art? Have skills or experience in computing, selling, organising, charming sponsors, wielding a hammer or punching out a persuasive email? Maybe you're just a helpful person or want to be involved at your child's school?

LAA funds state of the art equipment, workshops, excursions for Music and SVAPA.

Volunteer positions of all types await you on a committee filled with other great parents who'd love you to join the team to ensure we can continue to go that extra mile in your child's education!

Check out lawley art auction on Facebook, Instagram or [www.lawleyevents.com](http://www.lawleyevents.com) and email us now on [chair@lawleyevents.com](mailto:chair@lawleyevents.com).

You can catch a sneak peek of LAA in action: <https://youtu.be/VOHTSuxaVlw>



YOU'RE INVITED TO THE 2021 LAWLEY ART AUCTION MEET & GREET

TUESDAY 9TH FEB 2021

@7PM

UPSTAIRS, MAIN ADMIN BUILDING.

REFRESHMENTS PROVIDED!  
(rsvps welcome for catering: [chair@lawleyevents.com](mailto:chair@lawleyevents.com))

The major fundraiser for student activities in the SVAPA & Music programs, the LAA is the best night out and only happens with the help of a team of wonderful parents!

Please come join us to find out more & meet other parents interested in the arts or being involved in your child's school. It's a great team and all are welcome! Please follow us on Facebook, Instagram (lawley art auction), [www.lawleyevents.com](http://www.lawleyevents.com) for more info, or catch a sneak peek of LAA in action: <https://youtu.be/VOHTSuxaVlw>

### LAA 2021 Publicity Blurb for MLSHS events

The Lawley Art Auction is the major fundraising event for the Specialist Visual and Performing Arts (SVAPA) and Music programs at MLSHS. Funds raised enable before-school workshops, in-house artist residencies, state of the art musical instruments, stage equipment and access to performing arts expertise to better equip our students to become the talented artists and performers of tomorrow.

For one night in June, the auction sells stunning pieces of art from established and emerging WA artists and is an exciting and fun event held in the Senior school building. With a solid reputation as the premiere school art auction in Perth, it relies solely on parent volunteers to make it happen.

The Lawley Art Auction Committee is a great and friendly team to join. No matter what skills or contacts you may have, they welcome all new parents. You don't have to know anything about art to help out, just a desire to be involved and to contribute to your child's learning opportunities. Whether small or large, all participation is embraced and each year they look forward to meeting new parents on the committee.

You're invited to meet other friendly parents at the LAA 2021 'Meet & Greet' over wine and cheese at 7pm on Tuesday 9th February, upstairs in the main administration building. You can find the schedule for the Lawley Art Auction Committee meetings on the school calendar.

For updates, please follow Lawley Art Auction on the Facebook group and on Instagram and check out our website [www.lawleyevents.com](http://www.lawleyevents.com)

You can also email us on [chair@lawleyevents.com](mailto:chair@lawleyevents.com) to ask any questions or flag your interest.



[MLSHS Art Auction](https://www.facebook.com/MLSHSArtAuction)



[@lawley\\_art\\_auction](https://www.instagram.com/lawley_art_auction)

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## LAST CHANCE TO ORDER THIS YEAR'S CLASS, SPORTS & EVENT PHOTOS

Head to [kapture.com.au](http://kapture.com.au) with your school code & student ID to place your order!