



MOUNT LAWLEY SENIOR HIGH SCHOOL
An Independent Public School

PRINCIPAL'S REPORT

As we come to the end of another term, I want to commend the staff who provide so many additional opportunities for students beyond the normal school curriculum. This term saw over twenty staff give up time with their families to ensure approximately 250 students had a good time at the Year 8 camp. The students returned from camp, having taken part in a wide range of adventure and team-building activities. They voted the camp the best they had been on. Other staff and students took part in Outdoor Education and Bushranger camps. In addition, thanks to our music staff, over 380 music students had the opportunity to take part in 6 Festivals, 4 Concerts and several exciting workshops.

The annual Honours Society Assembly was held recently with the guest speaker Dr Jesse Li. Dr Li (class of 2003) was head boy and a member of the Honour Society, spoke via zoom and certainly positively impacted the 2000 strong audience. You may remember seeing Dr Li on TV giving Prime Minister Scott Morrison his COVID vaccine shot.

As part of Reconciliation Week, all our students and staff were invited to paint a large artwork canvas reflecting the theme Reconciliation 2021 - Reconciliation Takes Action. The canvas was displayed in the foyer of the Metropole Hotel at the Crown Resort. When the exhibition is over, the framed canvas will be displayed in the Specialist Building.

We were thrilled to be selected by the Department as one of four finalists in the three categories of the WA Education Awards. We were selected for the Secondary School of the Year Award, the Premier's Award for Aboriginal Excellence and the Secondary Principal of the Year Award. We have had the judging panels conduct interviews with many staff for each of the categories. Regardless of the outcome, these nominations are affirming of the work undertaken at the school.

I am worried about the increase in the number of students experimenting with e-cigarettes or vaping. This is of concern as this is an unregulated industry, and no one knows what chemicals are contained in the vapours. We already know that short term effects can include nausea, coughing, shortness of breath and irritation of the mouth. Long term effects are listed as heart disease, necrotising of tissues due to reduced oxygen and cancer. The school is trialling the use of Halo devices which alert us to the presence of vapours in the air. I have asked that students be educated about the dangers of vaping, but I also seek your support by reinforcing the message at home.

I hope everyone enjoys the holidays.

Lesley Street Principal

STUDENT SUCCESS



Caleb's (9M3) rock band Sub Zero has made it to final six of the West Australian Music (WAM) Schools (14 & under) for "Take my Heart". The winners will be revealed at WAM's Song of the Year Awards at Freo.Social on 22 September, presented by Act Belong Commit!



Well done to **Brodie** (10H3) who completed in the Australian National Drag Racing series, Junior Dragster category. He missed out in Darwin (due to going quicker than allowed in the semis) but qualified in Alice Springs, going on to win. The next round is in Perth in November.



Ben (12O3) donated his artwork for auction at the Year 12 Quiz Night. Twins went for \$131, and Times Square went for \$235, raising a total of \$366. Ben's work displays a sophistication beyond his years, and the generous donation indicates that he couples graciousness with talent.



On Sunday 12th September, Associate Principal Michael Camilleri, Chaplain Andrew Paul and Principal Lesley Street had the opportunity to attend Lawley Legend **Arthur Leggett OAM's** 103rd birthday party. It was a great day, and a delight to see Arthur surrounded by family and friends.



Congratulations to **Maya** (10F3) who represented our school at the Rotary Four Way Test Speaking Final. Even with the microphone was not working, she proceeded to deliver a speech that was thoughtful and polished, conducting herself with class and poise.



A big congratulations to **Jasmine** (10O1) and **Emma** (10S1) on their detailed graphite self-portraits undertaken during mandatory COVID mask restrictions earlier this year. Both artworks were selected for exhibition in the Young Originals, and have now also been recommended as exemplary works of distinction for the upcoming MASKED exhibition at North Metropolitan College of TAFE, opening on the 18 October 2021. Well done to Jasmine and Emma - what an outstanding achievement to be recognised but not one, but two highly prestigious state institutions.



R U OK? DAY

September 9th was R U OK? Day, and this year's message was 'Are they really OK? Ask them today.' The day aims to inspire and empower everyone to meaningfully connect with those around them, and start a conversation with anyone who may be struggling. The Student Wellbeing Committee hosted a lunch time stall with a conversation corner, photobooth and resources available. They encouraged everyone to make a moment meaningful, and ask their friends and family how they're really going.

E-CIGARETTES AND VAPING

As per the School Drug Policy, Mount Lawley does not permit students, while on school premises or at a school function to: smoke and/or chew tobacco products, or be in possession of, or use, any form of e-cigarette.

Vaping and the use of e-cigarettes pose a **serious health risk**. E-cigarettes are linked to severe lung illness: Statement from the Chief Medical Officer and State and Territory Chief Health Officers about e-cigarettes.

READ THE STATEMENT <https://bit.ly/39ejtai>

It is **illegal to sell, supply or possess an e-cigarette** or any liquid that contains nicotine in Australia without a doctor's prescription and it is strictly regulated. In WA, products that resemble tobacco products, including e-cigarette devices, cannot be sold.

LEGAL STATUS OF E-CIGARETTES <https://bit.ly/3tMtR0Q>



Tanks & Mods Rechargeable Disposable

Image: National Center for Chronic Disease Prevention and Health Promotion

What are e-cigarettes?

E-cigarettes, also known as 'vapes', are **electronic devices** that heat a liquid (or 'juice') to create an aerosol that users **inhale**. Using an e-cigarette is commonly called **'vaping'**. E-cigarettes come in **all shapes and sizes** and can look like a highlighter, a pen or USB.

Some people mistakenly believe the 'cloud' from vaping is a vapour, like steam. It is really **an aerosol**, a fine spray of **chemicals** that enter the body via the lungs and small particles that can **lodge in the lungs**.

Fast facts

- 1 | Legality of e-cigarettes**
 - Buying and selling an e-cigarette device or any liquid that contains nicotine without a doctor's prescription is **illegal** in Australia.
 - In Victoria, it is illegal to sell an e-cigarette device or a liquid intended to be used in an e-cigarette device (even if it does not contain nicotine) to a **person under 18 years**.
- 2 | Safety**
 - Most e-cigarettes and e-liquids that are labelled nicotine-free and available for sale in Australia **do, in fact, contain nicotine**.
 - There are **no quality or safety standards** for e-cigarette devices nor nicotine-free liquids, meaning their manufacture, contents and labelling are unregulated.
 - E-cigarette devices can **explode** or catch fire.
- 3 | Detecting e-cigarette use**
 - E-cigarettes come in all shapes and sizes, and can look like a **pen, highlighter or USB**. Some can be **disposable** and some are small enough to fit into a pocket or a pencil case. An e-cigarette device can be identified by taking the 'top' off a suspected item to see if it has a mouthpiece.
 - Not all e-cigarettes emit visible aerosol. The easiest way to detect e-cigarette use is if there is an **unexplained scent in the air** from an e-cigarette flavouring. Teens tend to use fruit or confectionery flavours, so the scent is usually quite sweet.
- 4 | Harms of e-cigarettes**
 - Nicotine **harms adolescent brain development**, impacting memory and concentration.
 - Teens are particularly susceptible to **nicotine addiction**, and those who use e-cigarettes are more likely to take up smoking cigarettes.
 - The short-term side effects of e-cigarette use can include vomiting and nausea.
 - The long-term effects are not yet known, but it is clear that the inhalation of chemicals **damage the lung and heart**.
 - Even e-cigarettes without nicotine cause harm.

FURTHER INFORMATION AND RESOURCES
www.quit.org.au/articles/teenvaping

PLEASE NOTE - INSURANCE & AMBULANCE COVER

The Department of Education **does not** provide personal accident insurance or cover for student's lost, stolen, or damaged private property or personal items. The responsibility for the replacement of private property lies with parents. Insurance is available for personal items, although please be aware that not all household insurance policies cover personal items.

Parents are responsible for paying the cost of medical treatment for injured students, as well as the cost of an ambulance. Student accident policies are available from insurers, which provide cover for medical and ambulance costs.

TERM 3 NEWS



WOMEN'S HEALTH WEEK

To celebrate we held a small event for our Year 9 – 11 female student leaders, Wellbeing Committee Members and Health Studies students. Nicolette Beard, 2012 Alumni, is the co-founder of We Are Womxn, and is passionate about supporting young female adolescents. She shared her experiences in health promotion, and the journey of how she got to where she is today. This was followed by a healthy morning tea provided by Year 12 Hospitality, and a fun, self-care activity of making their own essential oil roller bottle.



WEAR IT PURPLE DAY

Wear It Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people. The Student Wellbeing Committee and LGBTQIA+ Alliance celebrated on September 16th to tie in with free dress day. The 2021 theme focused on the important conversations we have in our daily life, reminding people that the issues we reflect on during this day should be considered every day. Activities included rainbow bracelet making and a match the flag activity, supported with Wear it Purple resources.



NATURE PLAY WA APP DEVELOPMENT

A group of our Year 9 students are lucky enough to be working with Nature Play WA to co-design an innovative technology solution supporting teenage girls to be physically active and support their mental health and wellbeing while building positive friendships. The students will be involved in several workshops to help with the design, development and testing of a new app. The first workshop involved the students working with the Nature Play WA team on design "look and feel" elements and technical functionality of the solution. More information on this project to come!



IN YOUR HEAD FORUM BY ZERO2HERO

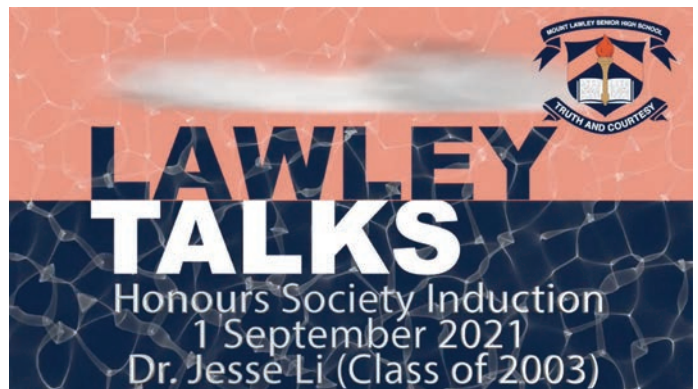
Year 11 Councillors attended Zero2Hero's WA Annual Youth Mental Health Forum for Young People. It's designed to provide young people and teachers with a greater understanding of adolescent mental health, and practical skills to support their own wellbeing. We had the privilege of hearing from keynote speakers; psychologist and author Karen Young, Aboriginal mental health consultant Brian Councillor, and Olympian and Ninja Warrior Olivia Vivian. Engaging breakout sessions included Yoga & Mindfulness, 90's Dance Jams, Mood & Food, and Busting Sleep Myths.
Ashley (11F3)

HONOURS SOCIETY ASSEMBLY



The Society was created in 1982 to recognise hardwork, consistent application and excellence in academic achievement. To be eligible for acceptance into the society an outstanding achievement must be attained in both Year 11 and 12. Students on either an ATAR or VET pathway can be granted membership.. Students select themselves' for this club through their attitude and application to their studies in Senior School.

This year we were delighted to have 2003 Head Boy, School Dux and Honours Society member Dr Jesse Li as our guest speaker. Jesse beamed into the assembly via video call from lockdown in Sydney, where he is responsible for coordinating Sydney's Hotel Quarantine system. Jesse also gave the Prime Minister his COVID-19 vaccination. It was a wonderful and inspiring message. Many thanks, Jesse.



Click here to watch Jesse's address on the school's Vimeo channel. There is also a link on the Mount Lawley Senior High School Facebook page.

2021 INDUCTEES

- | | |
|---------------|-----------|
| Eloise | Kane |
| India | Sophia |
| Ben | Thi (Anh) |
| Asha | Alex |
| Lilit | Jayna |
| Noor | Fiona |
| Todd | Kiani |
| Lina | Pratistha |
| Imogen | Laura |
| Charlie | Lucas |
| Xinyi (Sunny) | Eloise |
| Terry | River |
| Sebastian | Hanna |
| Harrison | |



PHOTO CREDIT: Edwina Pickles

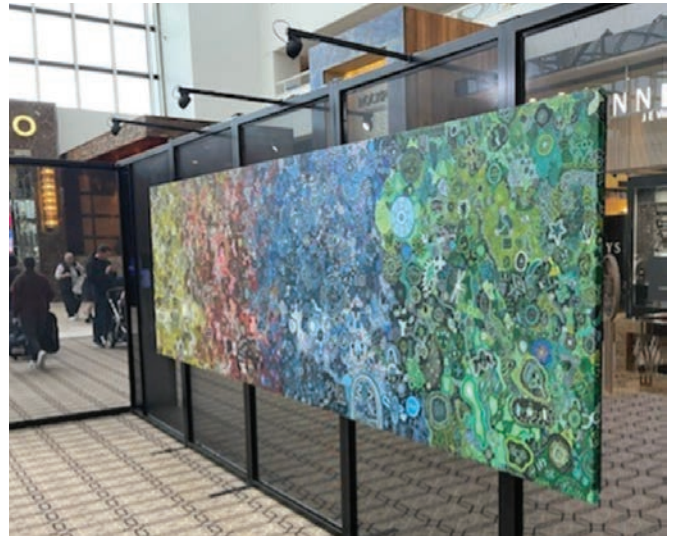
www.smh.com.au/national/my-heart-was-pounding-meet-the-doctor-who-gave-the-pm-his-covid-jab-20210221-p574fw.html?fbclid=IwAR0mnU9JUNVhO8Zkam5JA_YNOVtUF6WXrx39E3NF0RF8WmPas3qLm5WGnw

TERM 3 NEWS



YEAR 10 LEADERSHIP CAMP

In Term Three, a group of Year 10 students went to Bickley Outdoor Recreation camp for three days to build their leadership skills. We completed a range of activities, including canoeing, mountain bike riding, search and rescue, vertical challenge, trust activities, flying fox, and catapult building. It was a great experience and helped all of us strengthen ourselves as leaders and make new friends, helping prepare us as we move into Year 11 in the Senior School next year.



FOLLOW THE DREAM CANVASES DISPLAYED AT CROWN

As part of Reconciliation Week 2021 all our student and staff were invited to paint a 5 Metre artwork canvas reflecting the theme Reconciliation 2021 - reconciliation takes action. It was wonderful to see 2000 students and staff representing over 60 cultures coming together in an act of reconciliation to acknowledge that multicultural communities, led by both indigenous and non-indigenous people are truly special places. Four schools were invited to have the canvases displayed in the foyer of the Metropole Hotel at the Crown Resort. When the exhibition is over the framed canvas will be displayed in the Specialist Building

YEAR 12 HIGH ACHIEVERS' BREAKFAST

Eighty-three General, Vocational Education and Training (VET) and ATAR students were invited to the final Year 12 High Achievers' Breakfast for 2021. Our guest speaker was Lawley Legend **Matt Thomas**, Class of 1995. Matt is the Co-Founder and Co-director of Highs and Lows, an independently operated footwear and apparel boutique, established in 2005. Highs and Lows has faced many challenges, especially due to the isolation of being based in Western Australia.

Matt's vision is to build a creative platform through retail partnerships. Highs and Lows has collaborated with many well-known international brands including Lacoste, Reebok, Asics and Adidas to produce footwear exclusive to their brand. Matt spoke to the students about his life experiences - from school, to being a successful business owner.

He advised that it was important to find something that you believe in and to trust in your beliefs. Matt also told the students that it is OK to make mistakes because that is how you learn, and that if you at first don't succeed, don't be afraid to try again. One of his other key messages was to never give up on your dream and don't be afraid to pivot if your goals change. Matt's talk resonated with the students who are about to embark on their own journey.

Following his presentation, Matt joined the students and staff to enjoy the delicious breakfast prepared for them by the Year 11 Certificate II in Hospitality students.



TERM 3 NEWS



MOCK TRIALS

This year more than 40 students across Year 10, 11 and 12 competed in the WA Law Society Mock Trial competition. From early in Term 1, three teams competed in the non-elimination rounds. Two of our teams were knocked out after the initial three rounds, and Lawley Team 2 made it to the Round 5 Quarter finals. Sadly, they were narrowly defeated by Hale School, in a very competitive and entertaining trial. Congratulations to all the Mock Trialers, they are wonderful ambassadors for the school and have demonstrated excellent skills, commitment and teamwork in the competition.

Students play a variety of roles, from witnesses, barristers, solicitors and court staff and compete against over 100 teams from schools across the metro area. They prepare both criminal prosecution and defences and civil claims and defences. The trials take place at the Supreme Court in Perth and are judged by current judges and lawyers.



DAFFODIL DAY

Our Year 11 Councillors sold honey joy 'daffodils' to raise funds for the Cancer Council's Daffodil Day appeal. Their flower power donation supports life-saving cancer research. Well done.



ROYAL LIFE SAVING TALK

Our Year 12 students participated in a guest presentation from Royal Life Saving Society WA's Youth Safety Coordinator which covered information on Leavers week and leaving school. The session covered topics on - Leavers: what to expect, who to contact if in trouble, key events that will be run, key information that you should know. Basic information on alcohol consumption and harm minimisation messaging. How to practice safe sex: information provided by the WA Aids council. Be A Mermate: alcohol and water safety education. Thanks to Georgia from RLSSWA for coming out to present.

This year we had two fantastic Lawyer volunteers, Dino Todorov returning for a fourth year of coaching the students and Jessica Tower from the CCC in her first coaching role. Ms Linden, Ms Willshire, Ms Noack and I also assist in the preparations. It is a privilege to work with these students because of the maturity and focus they display.

Siobhan Galavan

Teacher - Humanities and Social Sciences

TERM 3 MUSIC CONCERT

This event, held on Father's Day, was to mindfully include important loved ones on our students' musical journey. Our students have been participating in multiple festivals this term. This concert is our opportunity to celebrate our ensembles concerts with our community. These concerts celebrate the awards of outstanding and excellence gained through the huge number of festivals such as the Senior ABODA festival, The WA Classical Guitar festival and the State Choral festival. These three consecutive concerts were made up of 16 performances, featuring 250 students.



TERM 3 NEWS



WA CONTEMPORARY MUSIC FESTIVAL

At the end of August, Mount Lawley had four bands performing in the WA Contemporary Music Festival. Year 7 and 9 Rock Bands, and our two larger Contemporary Ensembles (Intermediate and Senior). These students did a brilliant job, covering classics by Stevie Wonder, David Bowie and Crowded House. They wowed the audience with their maturity and musicianship. They achieved an excellent level of achievement in all categories and left the audience and adjudicators very impressed. A big thank you to our excellent directors - Kevin Ferguson, Graham Bell and Troy Nababan.



ABODA FESTIVAL

Our Year 7 Concert Band performed at the ABODA (Australian Band and Orchestra Directors' Association) Festival last Friday night. They performed three pieces and then took part in the workshop. This band did a brilliant job, receiving a certificate of 'Outstanding achievement'. The adjudicators were so impressed by the level of musicianship shown by such young performers. This festival was also the last chapter in a massive effort from the music department and music students - six festivals, six concerts, 16 ensembles, 380 students...all in the one term!

TERM 2 NEWS



YEAR 10 GAT COLAZIONE ALL'ITALIANA

At the end of Term 2, the Year 10 GAT students enjoyed an Colazione all'italiana (Italian breakfast) of bomboloni doughnuts rolled in sugar and filled with Italian pastry cream. They were incredibly delicious, and such a special treat! In Italy, they are served in cafés for breakfast alongside a cappuccino. The literal translation of 'Bomboloni' is big bombs - which is a perfect name for these round doughnuts jam-packed with an irresistible filling! We also enjoyed apricot jam croissants, another traditional Italian breakfast option, and hot chocolate.



LIBRARY BOOK SALE

A big thank you to everyone who supported this year's book sale via buying or donating books. We raised \$324 for the Indigenous Literacy Foundation. They will use this money to provide books and literacy programs to remote Indigenous communities to help close the literacy gap, currently working in 400 communities across Australia. The Indigenous Literacy Foundation also publishes books, reflecting 26 Indigenous languages; from Walmajarri in the Kimberley region, to Arabana in South Australia, to Kriol in the Katherine region.

STUDENT HONOURS AND AWARDS

MERIT CERTIFICATES



COMMUNITY CHAMPION AWARDS



STUDENT OF THE MONTH



Year 7 - **Oliver** (7H1), Year 8 - **Mia** (8O3),
 Year 9 - **Matthew** (9H1), Year 10 - **Maya** (10F3),
 Year 11 - **Olivia** (11M3), and Year 12 - **Charlie** (12F1)

COLOURS

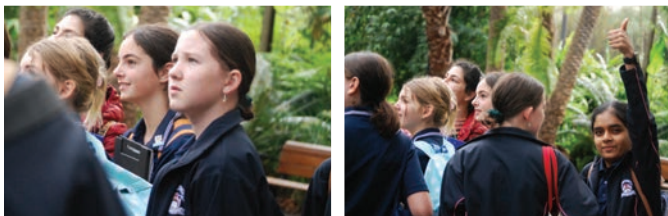


Kashish (Arsh) (12H2) -
 Service, Service 1 bar, Service 2 bars
 Arts, Academic, and Academic 1 bar

YEAR 7 ZOO EXCURSION



On the 31st of August, the Year 7 GAT and AE classes went on an excursion to Perth Zoo as part of their current topic; Classification. They explored the zoo, looking at all of the beautiful, exciting – and some scary – animals. To further extend our knowledge of classification, we recorded our observations as we walked around. We also had the amazing opportunity to watch a presentation, given by one of the zookeepers, about how to classify organisms. The presentation was called “Fantastic Beasts and How To Name Them”, a play on words for Harry Potter fans. During this presentation, we were given the chance to pet a Bobtail lizard called Cinnamon and a Python that Ms. Fitter was very scared of. It was a great day filled with lots of fun and we are very thankful to Ms. Fitter for organising this excursion.



Some of the student’s experiences are included below - “I definitely learnt a lot about animal classification including learning about the different species at the zoo. I enjoyed looking at the different species in the African savannah, Nocturnal house and Asian rainforest.”

“I am very happy with our behaviour, and we had such a fun time at the zoo. The orangutans were very playful and by far the best!”

“It was an enjoyable experience! I took some great photos of the Sumatran Tiger for the photography competition, and the red pandas were really cute.”



Samantha (7O5), **Charlotte** (7M5), **Aja** (7M5), and **Meher** (7O5)



HOUSE ATHLETICS CARNIVAL

The 2021 All Things Aussie House Athletics Carnival has been run and won for this year. We ordered some unreal weather and the day delivered with a lovely, sunny 22-degree day. Student spirit and enthusiasm was high with awesome costumes and records being broken throughout the day.

HPE would like to thank students, staff, parents and the community for their support of the House Athletics Carnival. Congratulations to the individual champions, event winners and a big congratulations to O'Connor for winning the Overall Shield for the day.

Adam Zen
Program Coordinator - Health & Physical Education



HOUSE ATHLETICS CARNIVAL



HOUSE ATHLETICS CARNIVAL

HOUSE POINTS

	Middle School	Upper School	Senior School	Overall
Forrest	1551	1318	964	3580
Hackett	1661	955	1134	4003
Murdoch	1894	1649	1179	4722
O'Connor	2195	1369	1407	4971

INDIVIDUAL ACHIEVEMENTS

	Gender	Champion	Runner-Up
Year 7	Female	Summer	Scarlet
	Male	Fergus	Jarvis
Year 8	Female	Leah	Ashleigh B
	Male	Cristiano	Tyson
Year 9	Female	Luka	Sophie E
	Male	Harry	Sebastian
Year 10	Female	Tui	Mackenzie
	Male	Judd	Euan
Year 11	Female	Amy	Jazuli
	Male	Max	Luke
Year 12	Female	Jayna	Madeleine
	Male	Alex	Spiro



SCHOOL RECORDS

YEAR 7 BOYS 100M
Fergus (F) 12.88s

YEAR 8 GIRLS LONG JUMP
Leah (M) 4.90m

YEAR 8 GIRLS 200M
Leah (M) 28.00s

YEAR 8 GIRLS 100M
Leah (M) 12.87s

YEAR 7 GIRLS 800M
Ava H (O) 2:41.00

YEAR 9 GIRLS TRIPLE JUMP
Luka T (M) 10.02m

YEAR 10 GIRLS 400M
Tui (H) 1:09.35

YEAR 9 GIRLS 800M
Luka (M) 2:45

HOUSE ATHLETICS CARNIVAL

YEAR 7 CHAMPIONS



YEAR 8 CHAMPIONS



YEAR 9 CHAMPIONS



YEAR 10 CHAMPIONS



YEAR 11 CHAMPIONS



YEAR 12 CHAMPIONS



YEAR 11 DRAMA VESTIAIRE ENSEMBLE

The Year 11 ATAR and General course require students to familiarise themselves with a range of theatrical directors. This includes the avant-garde and the experimental: Bertolt Brecht's Epic Theatre, Jerzy Grotowski's Poor Theatre, Antonin Artaud's Theatre of Cruelty as well as the visually dynamic physical work of Complicite and Frantic Assembly. To really understand these theatrical methodologies (because art theory can be abstract and as solid as smoke) the Year 11s created two short plays inspired by the ideas and approach taken by these practitioners.

An important part of this process is operating as a new theatre company: Vestiaire Ensemble. The two short plays were shown over the 7th and 8th September. Audiences praised the work, commenting on the maturity and the insight demonstrated by the students. As the teacher of the Year 11s, and the producer of Vestiaire Ensemble, I am impressed and proud with the dedication, the initiative, the creativity they all displayed. Bravo! Special thanks to Natalie Diggins, Hollie Hines, Moya Thomas and the Year 11 Cert II Creative Industries students: Bodhi Huntley, Oscar Knorr, Will Moldrich and Tijana Starcevic.

Tomas Mawer
Teacher - Drama

SHE COULDN'T CONTROL IT

Follow the life of Mally: An ordinary girl and her ordinary life. Except, you can see inside her head. Watch and listen as her Id, Ego and Superego guide Mally from infancy to womanhood. How should you react when someone breaks your toys? Is there ever a nice way to break up with somebody? And does life ever get better? **Cast and Crew:** **Grace** (Mum/director), **Nicola** (Mally/dramaturge), **Jack** (Keith/sound), **Keiden** (Superego/scenographer), **Ondrej** (Ego/lighting), and **Manon** (Id/costume).

OTHELLO NOVA

This energetic physical theatre retelling of Shakespeare's classic tragedy moves the action of 'Othello' to a contemporary household. Othello is a devoted husband to Desdemona but lets his fatherly duties slip, neglecting Iago who desperately craves attention. To be noticed by his father, Iago conspires against his family, framing his mother Desdemona as an adulteress. The family falls apart with disastrous consequences. **Cast and Crew:** **Harry**(Othello/director), **Lilith** (Desdemona/dramaturge), **Jade** (Emilia/scenographer), **Ace** (Iago/lighting), **Rose Palacios** (Bianca/costume), and **Dylan** (Cassio/sound).



SCHOOL WELLBEING PROGRAM

Parent Newsletter Article With the DIARY EXTRACT FOR THE WEEK | Funded by P & C for Year 7 & 8 parents | Available online at <http://learningcurve.com.au> | Username **MLSHS** Password **MLSHS6050**

Week 39

Week 40

MIDDLE PLANNER PAGE 92

SENIOR PLANNER PAGE 92

MIDDLE PLANNER PAGE 94

SENIOR PLANNER PAGE 94

Relationships + empathy

POSITIVE LISTENING AND RESPONDING

WHY: by understanding what types of body language show that you are really interested in listening to someone share their happy story with you, you will receive warm responses from them.

HOW: listening this way, not interrupting and asking them to 'fill 'em. More when they run out of words, is the only way of listening which creates positive emotions and builds respectful relationships. Practise doing this when listening to your family and friends.

DO: who is someone you know who is a great listener and what do they do?

What types of body languages show that you are really interested in listening?

How could the resilience skill, Empathy, help you to do this? (pg 125)

Relationships + empathy

BEING PRESENT

WHY: by accepting that when people have their faces buried in their phones to communicate, you will understand how they are losing the art of being present when listening in person to others.

HOW: do you know what body language to show that you are genuinely interested when listening? Do you know when others aren't interested in what you are saying? You make people feel that they matter when you are enthusiastically present in conversation with them, which releases the great feelings of serotonin. Make a point of practicing welcoming body language when listening to family and friends.

DO: what body language should you use to role model active and enthusiastic listening?

What do you do when someone is more interested in their phone than listening to you?

How could the resilience skill, Empathy, help you to do this? (page 119)

Meaning + purpose

SORTING OUT ISSUES

WHY: by believing that your personal issues with others threaten everyone's feelings of being connected, respected and protected, you will be keener to sort them out.

HOW: firstly, 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 would things change? What should you say and do to make things right.

DO: what is an issue you had with someone that went on and on? What finally happened?

What is an issue that you should start sorting out today?

How could the resilience skill, Connecting with Others, help you to do this? (pg 125)

Meaning + purpose

CONFLICT RESOLUTION

WHY: by mastering the courage to resolve the problems that you have with others, you will avoid carrying around the heavy emotional baggage which these issues bring with them.

HOW: when you are about to sort out a problem, self-assess on what you said or did to cause the issue. Be sure not to blame, justify or exaggerate. Then assess what you feel the other person said or did. Initiate the resolution process by saying sorry to the other person for your contribution to the problem. Even if they don't accept it, you've cleared out your baggage.

DO: what strengths would you need to call on to find the courage to do this?

What is an issue with someone that has been worrying you that you need to sort out?

How could the resilience skill, Connecting with Others, help you to do this? (page 119)

Respectful Relationships

Empathy is understanding and accepting others' needs, feelings and the body language they show.

What body language would someone show if:

- They are not asked to a party?
- They are to speak at an assembly?



Respectful Me: I share

The pressures of senior study and adolescence can often intensify your feelings and emotions when things don't go your way. From Feelings and Emotions on page 131, what are five emotions you need to watch?

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What went well this week?

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What went well this week?

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What went well this week?

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What went well this week?

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-
-

Character strength

Use **FORGIVENESS** to do **STRENGTHS BOOSTER EMOTIONAL STRENGTHS** on page 129.

Study Tip

Use the **80/20** Principle when taking notes, 80% listening, 20% writing.

Character strength

Use **LEADERSHIP** to do **WELLBEING FITNESS CHALLENGE LIFE'S TREASURE** on page 131.

Study Tip

To enable continuity of thought when studying, arrange contact free intervals of time with friends.

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

PARENT WELLBEING
Role modelling having self-belief in your self-worth as a person who matters and self-acceptance of who you are, will benefit the wellbeing of your son/daughter. Young people have not always listened to adults, but they have never failed to imitate them. Doing this, will also fill you with frequent positive emotions, which are the best builders of wellbeing.

Respectful relationships are underpinned by participating in open and trusting face to face conversations with others. This involves listening intently and enthusiastically to others tell you their story, without interrupting. Because of teenagers' addiction to communicating electronically, this often means they haven't learnt interpersonal skills, such as welcoming body language with eye contact, open posture, interested and positive facial expressions, an inquiring tone of voice and nodding with points raised, all contribute to being there for others. Do you know when others are genuinely interested in your story?

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 and threatened respectful relationships. Then ask students how can they use their strengths to make things right for others and act more positively. This approach promotes school wide growth mindsets to ensure that the wellbeing of everyone is valued and matters.

To develop students' self-awareness of how to show empathy and build respectful relationships, they need to be provided with numerous opportunities to practise using active constructive responding in their face to face conversations with others. Simply asking another person to tell you more about a story they are sharing, fills both of you with uplifting spirals of positive emotions, which benefit your and their wellbeing. Another important aspect to emphasise with students, is to aim to say five positives for every negative when having a conversation. Other ways of listening and responding which don't build respectful relationships include:

- passive constructive: listening quietly, without any interest or enthusiasm.
- passive destructive: showing disregard to learn about their story.
- active destructive: dismissing their story with disrespectful body language and changing the subject.

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 Individual Resources on 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?

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."
John Quincy Adams

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

SCHOOL WELLBEING PROGRAM

Parent Newsletter Article With the DIARY EXTRACT FOR THE WEEK | Funded by P & C for Year 7 & 8 parents | Available online at <http://learningcurve.com.au> | Username **MLSHS** Password **MLSHS6050**

Week 41

MIDDLE PLANNER PAGE 96

Achievement + optimism

JUST ASK!

ASKING FOR SUPPORT

WHY: by accepting that there is no question you can't ask either your teacher to learn better, or your *Trusted Champions* to help you overcome a problem, you will protect your healthy wellbeing.

HOW: often, teenagers let things continue to build up until the learning or personal problem becomes very difficult to solve. The main thing is to know who the right people are to ask for different problems and then ask immediately.

Acknowledgement: Ericsson, Griffiths & Christensen

DO: who are your *Trusted Champions* and why did you ask each of them to be there for you?

What subjects are you having learning problems with? Ask for help today?

How could the resilience skill, Optimism and Hope, help you to do this? (pg 125)

SENIOR PLANNER PAGE 96

Achievement + optimism

JUST ASK!

HELP SEEKING

WHY: by accepting that people with a healthy state of wellbeing welcome more challenges, make more mistakes, seek more feedback and ask for help to sort out their issues, you will be more likely ask for help when you need it.

HOW: doing this empowers you to stretch your abilities both personally and academically. Don't let problems build up till they overwhelm you to give up. Your teachers will always welcome your learning questions and your *Circle of Champions* are your anchors to help you get through personal concerns. Help seeking provides optimism and hope for the future.

Acknowledgement: Ericsson, Griffiths & Christensen

DO: what fears and anxious thoughts could you and other students have about asking for help?

What are problems that you really should seek help for and from whom?

How could the resilience skill, Optimism and Hope, help you to do this? (page 118)

Week 42

MIDDLE PLANNER PAGE 98

Health + strengths

BULLYING STOPS HERE

BEATING BULLYING

WHY: by realising that you can walk away from people who are bullies, and that you can also not engage with trolls who choose to bully online, you will protect your healthy state of wellbeing.

HOW: unfortunately, FOMO causes many online bullying problems with victims not being able to resist opening everything. Don't give these people any power over you by using JOMO. They will soon move onto someone else when you don't engage with them.

Acknowledgement: Mihaly Csikszentmihalyi & Hunter

DO: which of your strengths could you use not to engage with these trolls online?

When are times you have walked away from someone who chose to bully you and what happened?

How could the resilience skill, Self-belief, help you to do this? (pg 125)

SENIOR PLANNER PAGE 98

Health + strengths

BULLYING STOPS HERE

HARASSMENT

WHY: by accepting that there are people who take their delight from wanting to have power over others mentally and physically, you will have the choice to not give them any joy.

HOW: if approached physically, make firm eye contact, say assertively that you won't accept it and walk away. If rumours and nasty comments are spread online, use JOMO not to open them. Believe that you can be in control of whether or not you are harassed or bullied by others. These people want you to react, and when you don't, they are left with nothing.

Acknowledgement: Mihaly Csikszentmihalyi & Hunter

DO: what other strategies could you use to immunise yourself against harassment and bullying?

What strengths could you dial up to assist you to beat harassment and bullying?

How could the resilience skill, Self-Belief, help you to do this? (page 118)

Mindfulness Time

SELF-HUGGING. Give yourself a self-hug by wrapping your arms around yourself for one minute. From *Feelings and Emotions* (page 132) what are four emotions you felt being connected to yourself and why?

1. _____
2. _____
3. _____
4. _____

Mindfulness Time

Choose one of these resources to explore self-calming and mindfulness activities.

The Learning Curve Wellbeing Program

Beyond Blue

Love of Learning Week

This week enjoy making a positive difference to other peoples' lives, by creating activities using the strength **LOVE OF LEARNING**, to grow relationships with your family, friends and school community.

(Love of Learning Week worksheet and Love of Learning Wellbeing Award are in Individual Resources of www.learningcurve.com.au)

Love of Learning Strengths Week

Emilie du Chatelet once shared, "love of learning is the most necessary passion ... In it lies our happiness." The 21st century is constantly changing. What are three things you would love to learn?

1. _____
2. _____
3. _____

What went well this week?

1. _____
2. _____
3. _____

What went well this week?

1. _____
2. _____
3. _____

What went well this week?

1. _____
2. _____
3. _____

What went well this week?

1. _____
2. _____
3. _____

Character strength

Use **FAIRNESS** to do **STRENGTHS BOOSTER STRENGTHS STOCKTAKE** on page 129.

Study Tip

To learn deeply, create questions about what you are learning; be focused.

Character strength

Use **LOVE OF LEARNING** to do **WELLBEING FITNESS CHALLENGE EVEN BETTER** on page 131.

Study Tip

Should you choose to work with a Study Buddy, create shared expectations.

PARENT WELLBEING

Showing and having empathy for other peoples' needs and feelings in our communities is the social glue that binds us together. We are hard wired to be at our best when working cooperatively with others to accomplish mutual goals. People feel valued when others show them empathy, which in turn, releases the powerful feel good brain chemical serotonin.

Students can seek help from peer groups, friends, parents, teachers, Circle of Champions and outside groups such as Reachout or Kids Helpline. Knowing who is best to ask for different problems, and then asking, is a key skill in maintaining a healthy state of wellbeing. The strengths judgement, trust, courage and hope for the future, will empower students to ask when they need to seek help for learning and personal problems.

Another key factor for a healthy state of wellbeing is for them to have at least two supportive peer groups which they can share things with. It is inevitable that they will have problems with one of their peer groups, and having another one to turn to for support, will ensure that they will not slide into pessimistic thinking or feel social isolation. Too much electronic leisure time also detracts from their feelings of being connected. We need to encourage students to meet new people in places such as, sports and arts groups, choirs, life saving, debating, church or leisure pursuits.

Healthy peer groups understand shared and clear expectations of each other, to speak up if they don't want to do something and have empathy for each other. Seeking help is a key resilience skill of reaching out for social connectedness.

Acknowledgement: Gulliver, Griffiths & Christensen

"I can't change the direction of the wind, but I can adjust my sails." Louisa May Alcott

PARENT WELLBEING

The best way to build your wellbeing and personal growth is through contributing to make a positive difference to others' lives; doing good to feel good and feeling good to do good. Do little kind things for others often to send out ripples of wellbeing feelings, which will eventually, find themselves back to.

Students know what bullying is, they understand the power bullies can have over them, they know what to do to not engage with them, but many of them still do. Why? It is their addiction to Fear Of Missing Out (FOMO). They open every single electronic communication they receive, including the cruel ones, and then the damage is done. In person bullying, while still severe harassment, is much easier for students to overcome or not engage with than electronic bullying, by walking away.

- Following some approaches to use to not engage with bullies:
- Make up five assertive language statements with the body language to match. The structure is, say what concerns them, how they feel and what they want to happen.
 - Listening to and giving others time is the greatest respect they can give a person. They don't respect bullies, so switch off and don't give them any attention.
 - Use Joy Of Missing Out (JOMO)
 - Think about what are five strengths bullies overuse, underuse or misuse and how they do; they are weak and cruel people.
 - Make up five positive I can and I will self-talk statements to stop them engaging with bullies.
 - For each of their top strengths, write down one thought, one word and one action they could use not to engage.

Acknowledgement: Mihaly Csikszentmihalyi & Hunter

"I've got two reasons for my success; I'm standing on both of them." Betty Grable

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.

Free, family-friendly event:

BUSHLAND DISCOVERY WALK

REGISTER ONLINE AT:
bit.ly/3zKUGGE




**WEDNESDAY 29 SEPT
10AM - 12PM
BUSHLAND BEHIND
TERRY TYZACK
AQUATIC CENTRE**



YEAR 12 ATAR ENRICHMENT PROGRAM
Enrol Today



Year 11-12 October ATAR Revision Program
Enrol Today



Year 7-10 Skills Development Program
Enrol Today



Let's Get You Exam Ready!
One Day
6 Hours Seminars
3 Venues & Online
Year 11-12 Exam Boost Seminars
Enrol Today

PRACTICAL POSITIVE BEHAVIOUR SOLUTIONS WEBINAR SERIES

Dolly Bhargava, NDIS registered provider for Behaviour Support and Therapeutic Support, is running the following webinars for parents, educators, disability support staff and allied professionals.

behaviourhelp.com/positive-behaviour-support/workshops

MT LAWLEY INGLEWOOD CRICKET CLUB

The Mt Lawley Inglewood Cricket Club is currently recruiting girls to be part of our 2021/2022 cricket season.

This year, we will have at least one 13s, under 15s girls and under 18s team for the season. All girls are welcome, so spread the word - Cricket is a fun and social game, so more the merrier!

All interested girls are encouraged to register today at: <http://play.cricket.com.au>

Please note: Fees to sign up for our club have been dramatically reduced this year. Our girls will only pay the insurance fee (so registration is only \$5). This includes a playing shirt and training ball. There is also a range of other great merchandise available.

Season starts at the end of the October school holidays and finishes towards the end of March with a break in the middle (December). The girl's competitions are an all-girls competition - this is not a mixed competition and we play on Saturday mornings (games take no more than 2 hours).

Rules for each competition available at <http://cjcc.wa.cricket.com.au>

If you have questions, contact Lisa Bell, Girl's Cricket Coordinator by email mlicc.panthers@bigpond.com or by phone 0438 196 815.



ALL AGES FREE EVENT

DRUG, ALCOHOL + SMOKE FREE EVENT

STRESS LESS FEST

**SAT 9 OCT * 12-3PM
BELMONT SKATE PARK**

- WORKING TABLE
- DJ
- DISCO BALL
- FAIRY FLOSS
- ICE CREAM
- POPCORN
- COMMUNITY ART
- MISSION TABLES
- INFLATABLE OBSTACLE COURSE
- OUTDOOR LASER TAG
- PRIZES TO BE WON

THE BASE @ BELMONT
275 Abernethy Rd, Cloverdale T 9479 5794 E belmont.base@ymcawa.org.au

[f belmontyouthservices](https://www.facebook.com/belmontyouthservices) [@ basebelmont](https://www.instagram.com/basebelmont)

THE BASE @ BELMONT
YOUTH SERVICES

Self-Defence

Exclusive Training Course for Mount Lawley Senior High School girls

Learning how to *stay safe* and *protect yourself* against dangerous situations is essential in today's environment. Self-defence is an important tool that teaches you how to sense potential danger, attempt to avoid it and physically defend yourself if necessary.

When: 4 pm - 5.30 pm Tuesday the 26th Oct & 2nd Nov 2021

Where: 9 Stanford Way, Malaga (Yoseikan-Ryu Dojo)

Free!

Number Limited! Register your interest by emailing your full name and form class to tina.ho.lee@gmail.com

Registration form will be sent for completion prior to participation.

The course is carried out by highly experienced instructors under strict guidance and supervision and offers two x 1.5 hour sessions designed to teach participants basic self-defence.

Fully funded by Mount Lawley Senior High School P&C.

You will learn how to:

- ✓ stay safe and be aware of your surroundings
- ✓ recognise potentially dangerous situations
- ✓ use words and actions to protect yourself
- ✓ perform basic strikes and kicks, and
- ✓ build self-confidence.



Mount Lawley Senior High School boys can contact Ben directly (email: ben@househomelife.com.au) for 2 free trial lessons at the dojo (unrelated to the P&C).

FREE PERFORMANCE TRAINING AT WA YOUTH THEATRE COMPANY (WAYTCO)!

Free performance training opportunities at our Act-Belong-Commit Studio Sessions. The next Studio Sessions is on Saturday, 25th September 3 - 4pm, in the heart of the city - our King Street Arts Centre. It's a FREE program - thanks to our Partner, Healthway! Whilst there are no fees, we do need you to sign up.

The program provides a great taster for young people interested in theatre/performing arts skills, covering Acting Fundamentals, Movement for Performance, Voice, Improv, Puppetry and more.

www.eventbrite.com.au/e/act-belong-commit-studio-sessions-tickets-164929192655

An advertisement for Peak Trampoline. At the top, there are three circular images: a person performing a stunt on a trampoline, a large gold trophy on a pedestal, and another person performing a stunt. The background is dark blue with yellow stars. The text is in white and yellow.

PEAK TRAMPOLINE
SEPT/OCT. SCHOOL HOLIDAY PROGRAM

LEARN TO FLY AT PEAK TRAMPOLINE!

WHEN:

- TRAMPOLINE: 28/29/30 SEPT. OR 5/6/7 OCT.
- TUMBLING: 2 & 9 OCT.

TIMES:

- TRAMPOLINE : 8.30-12PM OR 12.30-3PM
- TUMBLING: 9.30 - 10.30AM OR 10.30-11.30AM

WHAT TO BRING!

- Socks
- Water bottles
- Healthy Snacks (NO NUTS)

BOOK NOW ON OUR WEBSITE!
www.peaktrampoline.com.au
0431 409 575
admin@peaktrampoline.com.au

@peaktrampoline @peaktrampoline

PERTH BASEBALL CLUB

Welcome to the 2021/22 season of baseball at the Perth Baseball Club. REGISTRATIONS OPEN NOW!!!

Junior players wanted from 9 years to 16 years. Teams available Little League 9yrs to 12yrs, plus Intermediate League, Junior League and Senior League teams. Our club is always looking for new players and would love for you to join our club this season, the season starts in October.

As per last year, all registrations will take place through the Sportlomo portal. Payments of fees will continue as previous either by credit card or directly into our account. All fees must be paid before first game is played.

Register here:

<https://reg.sportlomo.com/club/baseballaustralia/baseballwa/perthbaseballclub>



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

65 Woodsome Street, Mount Lawley WA 6050 | 08 9471 0300 [Main Administration]
MountLawley.SHS.Enquiries@education.wa.edu.au | lawley.wa.edu.au