



MOUNT LAWLEY SENIOR HIGH SCHOOL An Independent Public School

LAWLEY UPDATE 9 Term 4 No. 2 2019

65 Woodsome St, Mount Lawley
Western Australia 6050 ABN 47 842 936 866

MAIN ADMINISTRATION
PHONE: 08 9471 0300 FAX: 08 9271 1126

MIDDLE SCHOOL (YRS 7-9)
PHONE: 08 9471 0350 FAX: 08 9471 0338

SENIOR SCHOOL (YRS 10-12)
PHONE: 08 9471 0320 FAX: 08 9471 0329

www.lawley.wa.edu.au
mountlawley.shs.enquiries@education.wa.edu.au

Principal's Report

Welcome to our final Lawley Update for 2019. I want to thank all our parents and volunteers who have supported us over the year. Your support is vital to our students and staff. We hope you will continue to support us next year and, join our many active parent support groups. Our aim is, with help from all stakeholders, to take the school from a 'good school to a great school'.

The 2019 Year Book has been published and already distributed to our Year 12 students. The students in Years 7 to 11 will have them given out in form classes early next year. It is a credit to Ms Tumak and the team of students from Years 7 to 11.

This year we will be farewelling number of staff, including some who have been with us for many years. Off to enjoy a well-deserved retirement are our librarian Lyn Hutchinson, HASS teacher Bryan Dubios, English teacher Tom Samson and school officer Leanne McGrath. A number of new appointments have been made, some are experienced teachers and we have also selected several new graduates to join us.

The final few weeks saw us host a number of excellent events including the Outdoor Music Concert which was a wonderful celebration of our students' musical talents. The 'Tiny Works' SVAPA season was another outstanding success and congratulations must go to everyone involved.

On Thursday 12 December we welcomed over 330 incoming Year 7 students and their parents to the Orientation Day. Student met with the staff and undertook a variety of activities throughout the day. Parents listened to presentations from key staff and enjoyed a morning tea provided by parent volunteers including Terena Semmler, Francine Gordon, Kate Field and Farida Keiner.

Today we received some very pleasing preliminary results for our Year 12 ATAR students.

- TISC indicates that our median ATAR is 82.95. This is one calculation, the one in the paper usually is different and a little bit lower. Last year according

CONGRATULATIONS



Tayla 12H1 has accepted an offer for a place in the highly competitive Stage Management course at WAAPA.

Tayla was one of our SVAPA students and topped Cert II In Creative Industries: Live Production for two years running.



Christoffer 8M4 has been selected to represent WA in an international soccer tournament held in Singapore. He played for a U15 team called Perth United.



Montana 9O6 recently participated in a national ballroom dancing competition, the 'Australian Dance Sport Championships' in Melbourne. Montana's speciality is Ballroom and Latin Dancing.



Kamryn 11H2 represented WA in U16's State Team in the Junior Indoor Netball Championships 2019 in Queensland. She was selected as Captain for her team and Tour Captain for the entire WA State Squad of 7 teams (103 athletes). WA completed a great Tour against all other states, as well as South Africa, in age groups from U12's to U16's, Ladies and Mixed competition. This was Kamryn's 5th year at Junior Nationals and she will now compete for selection into a Senior team for 2020.

(Back Row: L-R Helen Carr (Manager), Kamryn.)





to TISC our median was 80.1 so this is a significant improvement. Well done to everyone from Year 7 – 12.

- Four students achieved above 99 with ATARs of 99.35, 99.5, 99.6 and 99.8. Last year there were two students.
- There are 38 students in the 90s club.
- There are 5 students between 89 and 90 who just missed out on being eligible for the 90s club.

I look forward to sharing additional information with you next year. Well done to all the teachers from Year 7 to 12 who taught this group of students as they moved through the school.

When we return to school next year the construction of the new STEM building will be underway. As a result there will be some serious disruption to the staff carpark and parents are advised that they **will not be able to use this car park** even to drop off students .

I wish every member of the school community a happy and safe festive season. I look forward to the 2020 school year.

Lesley Street, Principal



Opening Days 2nd-Hand Uniform & Books

Friday 24th January 9am -3pm & Tuesday 28 January 9am -3pm
Located Outside Senior School Building

2nd Hand

Uniform & Books

Prices are roughly half that of new uniform or books. We may sell individual items cheaper depending on condition.

Cash, EFTPOS and Credit Card facilities available.

Your donations of money or uniform & books are very welcome and greatly appreciated. Please drop off at one of the school offices or Student Services.

* Navy shirts for Year 7, 8 & 9 only.

General	\$15 Polo Shirt Navy*
	\$15 Polo Shirt White
	\$40 V-Neck Jumper
	\$30 Jacket
	\$20 Sport Shirt
	\$15 Sport Shorts
Boys	\$25 Navy Trousers
	\$25 Navy Shorts
	\$15 White Shirt
Girls	\$25 Navy Trousers
\$25	Black Trousers
\$25	Black Skirt
\$20	Black Shirt Boys
\$15	Black Blouse Girls
	\$20 Navy Shorts
	\$30 Pleated Skirt
	\$35 Navy Dress
	\$15 White Blouse
Other	\$45 School Bag

www.lawley.wa.edu.au youthcare.org.au

School Chaplain

Available from the Student Services building - speak to Andrew the Chaplain to arrange a time (0419 048 310), or chaplain@lawley.wa.edu.au.

We open a stall at major parent functions during the year. Times will be advertised on the school website.

Funds raised by our Second Hand Uniform & Books go towards supporting the work of our School Chaplain.

Donations of your old uniform are welcome at any of the school offices, or the Student Services building.

www.lawley.wa.edu.au youthcare.org.au

UNIFORM CONCEPTS NELLGRAY

832 Beaufort St, Inglewood WA 6152
Tel: 9270 4658
Email: inglewood@uc.nellgray.com.au
Website: nellgray.com.au

- Mondays, Tuesdays, Wednesdays & Fridays 9am – 5pm
- Thursdays 9am – 6pm
- Saturdays 9am – 1pm

Please note the store will be closed for the Christmas period from Wednesday 18 December 2019 and will re-open on Thursday 2 January 2020.



VOLUNTEERS MORNING TEA

Recently the school sent out invitations to the over 220 volunteers who have supported the Mount Lawley Senior High School community throughout the year to a 'Thank You' morning tea which was held on Monday 9th December, upstairs in the staff room. It was a significant occasion, as not only did we have a vast number of volunteers. It was also the only time we have been able to have our three local members attend this event.

Special mention to :

Sharon and Gary Cockroft for their commitment to various committees (P & C, SVAPA, Music, Art & Finance) 2009-2019

David Rose (P& C, Music, and transporting students to music events) 2008 to 2018

Stephen and Suzanne Worner (Camp donations to support disadvantaged students)

Romina Griffith-Nguyen (Languages Committee, Languages Expo, Parents & Students Masterclasses 2015-2019



CONGRATULATIONS

Charlotte 804

Charlotte represented CA Flyers All Star Cheerleading gym at the recent AASCF National Championships held in Melbourne. Her team, CA Altitude, placed 5th in the Senior Coed 3 division.



With over 12,000 athletes present at the championships, from across Australia and New Zealand. On Monday, December 2nd Altitude competed in Australia's most prestigious cheer competition, the Australasian Pinnacle, where the 'best of the best' go head to head in an invitation-only event. The team were placed 2nd in Australia in their division.

Charlotte is a base and a tumbler and a very well respected teammate!





MUSIC SUNDOWNER

On Friday 6th December Mount Lawley Senior High School's Music Department topped off the year with their annual music sundowner. This event showcased an array of fantastic talent in student contemporary and jazz ensembles. Performers included; Contemporary ensembles 1,2 and 3, Big Bands 1 and 2, Chamber Jazz ensembles 1 and 2, the new Junior Funk Blues trio and Certificate III Bands. With the incredible support of the Music Parents Support Committee, the quality entertainment on offer was supported by refreshments and food supplied free of charge. Despite the heat of the day, it was a very successful event enjoyed by all who attended. A hearty congratulations to all who performed, IMSS conductors, as well as the Certificate III Music Industry students who assisted in running the evenings proceedings.

Ms Shahna Gallagher







ABORIGINAL EXCELLENCE PROGRAM AWARDS AND PRESENTATION EVENING

The Aboriginal Excellence program (AEP) has just completed its ninth year culminating in another very successful Awards and Presentation evening on the 29 November. This year's theme was ***Bush Tucker: Happier, Healthier and Wiser.*** Students presented their research on a variety of amazing foods including quandongs, wattle seeds, kangaroo, lemon myrtle and bush potatoes just to name a few of the vitamin packed foods. A major conclusion of the students' research was that traditional Aboriginal foods have unique nutritional and healing properties that have significant implications for today's fast paced, fast food society. Students have participated in cooking, tasting and planting most of the foods that were examined throughout the year. I should also mention that the quality of their research and oral presentations were outstanding.

Aboriginal Excellence Program students were presented with their Certificates of Completion by Director of Aboriginal Teaching and Learning, Ms Paulina Motlop (left) and Associate Principal, Mr Camilleri. Our special guests and major sponsors are pictured (below) with the successful 2019 AEP cohort. The successful 2020 candidates were presented with their 'Certificates of Induction' by foundational supporter of the Aboriginal Excellence Program, Mr Lindsay Hale (left), Executive Director Statewide and South West and Remote Communities. Mr Hale played an important role in establishing the AEP back in 2010 and has never missed a Presentation evening.



This year's Community Service Awards were provided by Aurora Environmental Managing Director, Dr Mark Shepherd. Aurora is keen to build an ongoing relationship with the school as indicated by Environmental Scientist, Mr Brad Dermody, who is

keen to extend the partnership to include some site visitations to their head office in East Perth and various environmental operations throughout the metropolitan area.

Mount Lawley SHS has also continued to build upon its long-term partnership with Edith Cowan University as evidenced by the educational, financial and cultural support provided by its Centre for Indigenous Australian Education and Research headed by Professor Braden Hill. Parents and guests were kept both informed and entertained throughout the evening, including a quiz to determine the extent to which they were paying attention. The challenge involved examining eight (8) bush foods and naming them based on what they had learned from the respective student presentations.

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 former and current Edith Cowan University staff, Ms Gail Barrow and Mr Jason Barrow.

In conclusion, I wish to formally congratulate the 2019 AEP students for their impressive presentations and valuable contributions made to our school throughout the past nine years. Thanks must go to the school's leadership team for their ongoing support of the program, backed by the teaching staff who have encouraged students to partake in the respective activities. We must also give significant thanks to Dr Mark Shepherd (Managing Director) of Aurora Environmental for making the Awards and Presentation Night possible and to Professor Braden Hill and his staff for their invaluable support of the Aboriginal Excellence Program. It would be remiss of me not to acknowledge the outstanding contributions of Ms Irene Parker who has supported and cared for the students like a second mother. She has already commenced planning and preparation to ensure 2020 exceeds expectations. 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







GAT CLUB TERM 4

For this term's GAT Club both Italian and Chinese classes went to a Chinese restaurant called 'Red Chilli'. We enjoyed a variety of Chinese food such as honey chicken, sweet and sour pork, steamed buns, fried rice and loads more. My friends and I enjoyed eating the different food and it was fun trying to eat dishes with chopsticks. I hope that we can do something like this next year. It was a fun and enjoyable afternoon.

Chloe & Nikita





YEAR 9 CELEBRATE END OF MIDDLE SCHOOL

The Year 9 students celebrated the end of their middle schooling with a special lunch and disco arranged by the students. They had a wonderful time, and special thanks go to DJ Outten and DJ Winter.





HARRY POTTER IN THE LIBRARY

On the last week of the year, the Arthur Leggett library held a Harry Potter day to celebrate all things, Harry Potter! During the day we had a range of activities such as Harry Potter trivia, hocrux scavenger hunt and a movie. There were some delicious treats as well, such as Slytherin jelly cups and lots and lots of candy. Overall this was a fantastic day with great memories and moments.

Wilson





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 46 – PLAGIARISM

Parent Wellbeing: A skill of social-emotional resilience is having empathy for others' needs and feelings. Describe a time you have done this and how you could do it more often. (Acknowledgement: Rievich and Shatte)

When someone creates original materials, they are called their *Intellectual Property (IP)*. These include writings, artistic works, musical compositions, inventions, designs, images, symbols, names and computer generated images students use to add meaning and colour to their work. When students use others' IP in their work they must acknowledge and reference who created it. They do this by citing materials they used in a bibliography. (see index)

Plagiarism is using others' intellectual property without acknowledging that is someone else's. Pretending that they created it is both unethical and unfair. Students need to be aware that this includes using chunks of information from the internet and that it is a simple process to check for plagiarism by doing a google search. It will benefit students' progress and wellbeing to teach them ways to avoid plagiarising which include:

- *paraphrasing* – using different words to express the meaning of the author and listing his/her name
- *citing* – listing other authors' names and publication years of sources used
- *quoting* – using the exact author's words in quotation marks and listing his/her name
- *referencing* – under the heading references, describe in alphabetical order each source used and the authors' names
- *summarising* – using your own words to describe main points listing author's name.

"If I try to be like him, who will be like me?" Yiddish Proverb

WEEK 47 – YOU AND 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 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, use flight mode or turn off their phones for an hour or dream of places they want visit. They could also watch mother nature shine, do neck, hip, ankle, arm and shoulder rotations or do a Mindfulness Activity from the website.

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

WEEK 46

MIDDLE PLANNER

PAGE 118

SENIOR PLANNER

PAGE 118

SKILLS AND ACHIEVEMENT

PLAGIARISM

Wellbeing Bank: to build my Skills and Achievement by understanding what plagiarism is and avoiding it.
 Plagiarism is using texts, images, videos, music and written articles which someone else created and not acknowledging the author and pretending they are yours. This amounts to stealing others' intelligent ideas.
 Describe how you currently acknowledge others' work when you use it.

Not acknowledging others' work, shows a lack of respect for them and their efforts in creating it.
 Some ways to avoid plagiarising include:
 • *paraphrasing* – using different words to express the meaning of the author and listing his/her name
 • *citing* – listing other authors' names and publication years of sources used
 • *quoting* – using the exact author's words in quotation marks and listing his/her name
 • *referencing* – under the heading references, describe in alphabetical order each source used and the authors' names
 • *summarising* – using your own words to describe main points listing author's name.
 > Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to acknowledge other's work to avoid plagiarism?

- 1.
- 2.

MINDFULNESS ACTIVITY

Character Strengths Search – reflect on what you think are the top five strengths of your best friend or your Mum or your Dad and describe what they do to make you think that.

RESILIENCE BUILDER

Asking for help is courageous, but knowing who the right people to ask is just as important. With two friends brainstorm the types of things you could ask your family, your friends, your teachers, school counsellor and your champion.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

WELLBEING FITNESS CHALLENGE
 COURAGE JOURNAL (see pages 10-11)

CHARACTER STRENGTH HONESTY
www.viacharacter.org

SKILLS AND ACHIEVEMENT

PLAGIARISM

Wellbeing Bank: to build my Skills and Achievement through understanding what plagiarism is and avoiding it.
 Creations of other people are called their Intellectual Property (IP) and include writings, artistic works, musical compositions, inventions, designs, images, symbols, names and computer generated images you use to add meaning and colour to your work. The ethical thing to do when you have used or looked at others' IP, is to acknowledge that you have done so by referencing and citing the materials used in a bibliography (see index).
 Plagiarism is using others' IP without acknowledging it and virtually pretending that you created it, which is very unfair.
 Describe how you currently acknowledge others' IP.

Ways to avoid plagiarising include:
 • *paraphrasing* – using different words to express the meaning of the author and listing his/her name
 • *citing* – listing other authors' names and publication years of sources used
 • *quoting* – using the exact author's words in quotation marks and listing his/her name
 • *referencing* – under the heading references, describe in alphabetical order each source used and the authors' names
 • *summarising* – using your own words to describe main points listing the author's name.
 > Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to acknowledge others' IP to avoid plagiarism?

- 1.
- 2.

MINDFULNESS ACTIVITY

Character Strengths Search – reflect on what you think are the top five strengths of your best friend or your Mum or your Dad and describe what they do to make you think that.

RESILIENCE BUILDER

You are finding difficulty in understanding the concepts in three of your classes and you are struggling to see any positives in what you are doing. Collect all of your teachers' timetables and put their free periods on your own Personal Timetable. What should you do next?

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

HOW DID YOU FEEL THIS WEEK?



WEEK 47

MIDDLE PLANNER

PAGE 120

SENIOR PLANNER

PAGE 120

EXERCISE AND VITALITY

MINDFULNESS MOMENTS

Wellbeing Bank: to boost my Exercise and Vitality by making time every day to connect with myself and the moment.
 In this busy world, it is quite easy to forget about daily exercise, eating healthy and making time to connect with yourself. The consequence is that your state of wellbeing drops.
 Describe what you currently do when this happens.

Making time for mindfulness moments with yourself, is another difficult thing to do, but doing so will result in personal wellbeing growth.
 Try these:

- four or five times a day; stop for 5 minutes, turn off your phone and do deep breathing, push-ups, situps and burpees
 - hip, ankle, arm and shoulder rotations
 - stretching
 - eating healthy snacks and drinking water.
- To make daily exercise and eating healthy easier, the night before, have your clothes and numbers laid out ready and make healthy snacks for school for the next day.
 > Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to have four or five mindfulness moments every day to connect with myself?

- 1.
- 2.

MINDFULNESS ACTIVITY

Flying Paper – with a friend, design and make planes from sheets of A4 paper to fly as far as possible. Whose plane flew further?

RESILIENCE BUILDER

Sometimes you or your friends should really ask for help with serious issues; they won't go away on their own. Ask your friend/friends to help find someone you could ask for support and seek help.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

STRENGTHS' BOOSTER
 CLASH STRENGTHS (see pages 8-9)



CHARACTER STRENGTH SPIRITUALITY
www.viacharacter.org

EXERCISE AND VITALITY

YOU AND THE MOMENT

Wellbeing Bank: to boost my Exercise and Vitality through stopping at least four times every day to connect with myself.
 At times, do you feel you have to work twice as fast just to stay in the same place? The demands on you to be responsive to your social media network, while at the same time maintaining focus on your studies, can be quite daunting.
 To ensure you are continuing to grow to challenge your best possible self, have at least four timeouts, which are called comma and full stop moments, to connect with yourself.
 Describe how you could do this.

Comma moments are two minute stops in your day, to do quiet things such as, deep breathing while waiting for traffic lights to change. Full stop moments are five to ten minute stops, when you put your phone on flight mode or turn it off and do things such as, dreaming of places you want to visit, stretching, neck, hip, ankle, arm and shoulder rotations, colouring in shapes, writing yourself a letter about your dreams or sitting on your own enjoying nature.
 > Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to have several comma and full stop moments every day to connect with myself?

- 1.
- 2.

MINDFULNESS ACTIVITY

Flying Paper – with a friend, design and make planes from sheets of A4 paper to fly as far as possible. Whose plane flew further?

RESILIENCE BUILDER

Maggie is working long hours in her part-time job, training for and playing two sports and finding time to study difficult. She is not sleeping well, not eating healthy and never seems to have time for herself. What can she do?

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

HOW DID YOU FEEL THIS WEEK?





WEEK 48 – MAKING THINGS RIGHT

Parent Wellbeing: 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 and 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 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) to 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?

MOUNT LAWLEY SHS – AN ACT BELONG COMMIT MENTALLY HEALTH SCHOOL AWARD 2019

On Friday 13th December 2019, I had the pleasure of presenting at the annual Act Belong Commit Schools Professional Development Day and showcased the great work Mount Lawley SHS does to keep mentally healthy and raise awareness about this important topic. At this event, I accepted an award on behalf of our Staff and Student Wellbeing Committee (Be You Committee), which recognised Mount Lawley SHS for being a partner in the Act Belong Commit campaign for schools for 5 years. We were one of the inaugural schools that became an Act Belong Commit partner in 2014 when the campaign was first launched. A big thank you to our former Healthy Active Coordinator Suzie Barnes who has spearheaded this partnership and is the main reason we have continued to grow as a mentally healthy school. #actbelongcommit #mentallyhealthyschools #beyoucommittee #actbelongcommitawards2019
Iva Filipovska (on behalf of the Be You Committee)



WEEK 48



MIDDLE PLANNER

PAGE 122

SENIOR PLANNER

PAGE 122

MEANING AND PURPOSE



RIGHTING WRONGS

Wellbeing Bank: to boost my Meaning and Purpose by resolving issues fairly with others. It is a normal part of life to have issues with others sometimes and what matters is what you do to resolve them. Ignoring issues will make them worse but resolving them quickly and fairly is the best thing to do and will protect relationships. Describe what you currently do when you have issues with others.

When issues occur, use your strengths to think about what happened and what did you do or say? What were you thinking at the time and what have you thought since then?

Who has been affected by what happened and how?

What could you have done or said differently and what would you do and say now?

How do you think things would turn out and what things do you have to say and do to make things right?

> Website: Apologise and Forgive activity sheet, Wellbeing Builder Reflection.



ACTIONS

What are two things I will start doing to resolve issues quickly and fairly?

- 1.
- 2.

MINDFULNESS ACTIVITY

Word Creation – from the word **determination** create as many words as you can from the letters.

RESILIENCE BUILDER

Muscle tensing for five seconds from your toes up to your face muscles and back again is an excellent way to self-calm yourself to reduce stress. Spend 10 minutes with your eyes closed and lying on your back practising the muscle tensing coping strategy.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

WELLBEING FITNESS CHALLENGE
STEP IT UP (see pages 10-11)

CHARACTER STRENGTH FORGIVENESS
www.viacharacter.org

MEANING AND PURPOSE



MAKING THINGS RIGHT

Wellbeing Bank: to build my Meaning and Purpose through fairly resolving issues with others because they matter. Having disagreements/issues with others are a normal part of life. To protect relationships, it is essential that these are sorted out quickly and fairly with win-win outcomes; no winners or losers. Otherwise, further more serious problems may arise. Describe how you currently resolve issues with others.

When you have an issue with others, look at the most intelligent Habits of Mind ways to think for each of your top strengths to ensure you avoid saying and doing inappropriate things.

When you have a disagreement/issue consider the following questions:

- what happened and what did I do or say?
 - what was I thinking then?
 - what have I thought about since then?
 - who has been affected by what happened?
 - how do I think others have been affected by what I did or said?
 - what do I have to do to make things right?
 - what could I have done or said differently?
 - what would I now do and say if it happened again?
 - how do I think things would turn out? Who can help?
- > Website: Restoring Esteem/Restoring Focus, Wellbeing Builder Reflection.



ACTIONS

What are two things I will start doing to resolve issues fairly to protect relationships?

- 1.
- 2.

MINDFULNESS ACTIVITY

Word Creation – from the word **determination** create as many words as you can from the letters.

RESILIENCE BUILDER

Too often young people your age are asked, "what do you want to become when you leave school?" A far better question to be asked is, "how do you want to live when you leave school?" Answering this question prompts you to look at your needs, wants and lifestyle choices. Write a fifty word answer for yourself.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

HOW DID YOU FEEL THIS WEEK?



TREASURED YOUTH CO PRESENTS

MINDTREASURE 2020

AN INSPIRING FUN WA YOUTH EVENT!
FOR AGES 15 - 24

JANUARY 29TH - 30TH, 2020
CITY FARM, EAST PERTH
9.15AM - 4.30PM

AN AWESOME FREE 2 DAY EVENT!!
LEARN FROM OUR AMAZING SPEAKERS TO MAXIMISE YOUR WELLNESS AND OVERCOME OBSTACLES!
WORK TOWARDS DISCOVERING YOUR TRUE PATH.

CHOOSE A FUN SKILL BUILDING WORKSHOP!

- LEARN HOW TO WRITE YOUR OWN SONG
 - MAKE YOUR OWN TREATS AND CHOCOLATE
 - SPECIAL ART PROJECT
 - WOODWORK WORKSHOP
- AND MORE!

LOADS OF PRIZES TO GIVE AWAY!!!
FREE SUBWAY LUNCH!
FREE HENNA TATTOOS AND HAIR BRAIDING

TO REGISTER VISIT: TREASUREDYOUTHCO.COM



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.

SECONDARY ASSISTANCE SCHEME

YEARS 7 TO 12
YOU MAY BE ELIGIBLE FOR UP TO:

\$350

towards school expenses

- DO YOU HOLD A:
- CENTRELINK HEALTH CARE CARD
 - (OR) ● CENTRELINK PENSIONER CONCESSION CARD
 - (OR) ● VETERANS' AFFAIRS PENSIONER CONCESSION CARD

Applications Close
Thursday 9 April 2020

Ask School Reception for More Information



Could \$500 help you with high-school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- laptops & tablets
- specialist subjects
- uniforms & shoes
- books & supplies
- sports fees & gear
- camps & excursions

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.

Contact
Meagan Mayhills
your local Saver Plus
Coordinator

Phone
08 9338 4802
0438 518 603

Email
meagan.mayhills@
thesmithfamily.com.au

Web
www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

guitarworks

Free School Holiday Workshops

Beginners Primer Workshop
Live demos and instruction on all aspects of guitar playing.

Full Details Contact GuitarWorks

041 444 8907
guitarworks@iinet.net.au

1072 Beaufort St
Bedford

SIMON MILLMAN'S END OF YEAR COMMUNITY BBQ BRUNCH

SUNDAY DECEMBER 15TH
10AM-1PM
YOKINE RESERVE

RSVP TO 9473 0800 OR
SIMON.MILLMAN.MLA@MP.WA.GOV.AU

**SIMON MILLMAN MLA
MEMBER FOR MOUNT LAWLEY**