



# MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

## LAWLEY UPDATE Term 3 No. 10 2014

Dear Parents, Caregivers, Students and Staff

It is hard to believe that this is the final Update for Term 3.

Last time I wrote about the visit of Janet Homes à Court. This time the very exciting visit of Luke Steele of *Empire of the Sun* fame and Katy Steel of *Little Birdy* was all the more special as both are former students. They both very much enjoyed re-connecting with their alma mater. Thanks to Andrew Paul for returning from the Year 9 camp to meet with the Steele family and to talk to them about matters Alumni and to Mr Milton Butcher who organised the visit.



### Recent Student Successes/Achievements

A sample of some of the activities in which our students have been involved is:

- Write a Book in a Day. (Creative juices require lots of nourishment, I have discovered!)
- Taylor (Year 12) has been made an early offer to study at Charles Sturt University.
- Chloe was named Runner Up in the Hugh Jackman Award for Excellence in Acting, performing a Shakespearean Monologue. The Storm the Stage performing arts competition is a state-wide competition for young people aged between 16 and 21.
- Two of our Year 12 students have nominated for VET excellence awards. We await the outcome in the upcoming Year 12 awards in January 2015.
- 19 Year 12 students attended the Year 12 Power boating camp on the Swan River and demon-

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 8-9)  
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](http://www.lawley.wa.edu.au)  
[enquiries@lawley.wa.edu.au](mailto:enquiries@lawley.wa.edu.au)

### CONGRATULATIONS



**Henry 8H3** has been selected to represent the State in the Go Karting Rotax National titles to be held in Queensland.



**India 11H2** will be representing the state in the National Cheerleading Competition to be held next week in Brisbane.



**Brittany 10H1** will be representing the state in the National Cheerleading Competition to be held next week in Brisbane.



**Cailie 11M2** will be representing the state in the National Cheerleading Competition to be held next week in Brisbane.



**Mollie 11M1** will be representing the state in the National Cheerleading Competition to be held next week in Brisbane.



**Hannah 11O1** will be representing the state in the National Cheerleading Competition to be held next week in Brisbane.



**Lauren 12F3** will be representing the state in the National Cheerleading Competition to be held next week in Brisbane.



**Suzanna 11 M3** will be representing the state in the National Cheerleading Competition to be held next week in Brisbane.

Please support our Green initiative by reading the rest of this Update online using the school app or at <http://www.lawley.wa.edu.au/view/newsletters/lawley-update> or P & C Website <http://mlshspc.org.au>



strated exemplary behaviour throughout. All of the students gained their skippers ticket.

- Year 12 Original Solo Performances students: students' final pieces were varied and at times, challenging. It takes a lot of confidence to be able to write your own piece and then to perform it alone.
- Year 12 Prefect Quiz night.
- Year 9 transition camps where most of the Year 9 cohort relocated to just outside Waroona throughout last week.
- The Middle and Senior School Music concerts.
- Jeremy (Year 9), Jason (Year 8) and Helen (Year 10) received Credit Awards for the Education Perfect Maths Championships thanks to their placement in the top 20% of 20000 competitors from around the world.
- Liam won the Year 9 category of the State Chinese Speaking Competition on Saturday. Four of our students competed and Liam won the Year 9 section competing against students from Morley, Lynwood, Churchlands, Rossmoyne SHSs, and MLC and Perth Modern School.
- Monroe of Year 11 and Johanna of Year 10 have been named as finalists in the 2015 Premier's ANZAC Tour competition. They have to present a speech and complete an interview during the October holidays. There are 57 finalists and 30 will be chosen to go with eight teachers.
- The MLSHS team in the Education Perfect Science competition was placed 15th globally. Rossmoyne was 31st and Perth Modern School was 38th. A total of 7.3m questions were answered in 8 days.

### **Attendance**

Stars in the attendance competition are still our Year 8s with 90.5 % attendance. This is a top result. We continue to push for high rates of attendance across all year groups. The advent of warmer weather should be an additional encouragement for everyone to get out of bed on time and to get to school punctually!

### **Feedback**

We have been complimented recently on the high level of support offered to students and their families in times of acute need.

### **Voluntary Contributions and Charges**

Thank you to all of the families that have already paid their voluntary contributions and charges. These monies directly benefit students by paying for resources including text books and stationery supplies. Currently our collection rate of voluntary

contributions for Years 8-10 is quite disappointing; it sits at 76.42%. We would love to increase this and get it much closer to 100%.

Charges are not voluntary, but compulsory. There is an expectation that all families will pay any charges incurred. The collection rate stands at 72% for Years 8-10 and 73.63% for Years 11-12. This week our Business Manager has sent out formal letters to all families with outstanding charges. Those charges that are outstanding in December will be referred to a debt collection agency. This proposed course of action has been endorsed by the School Board.

### **Year 12**

The mock Exams are next week with the WACE exams due to start on 3 November. Practical exams will be held over the October holidays. We are now very much in the premierships quarter for Year 12s, all of whom have been reminded of the need to finish their career at Mount Lawley Senior High School on a high note. I would remind all Year 12s and their families that there is an expectation that our traditional high standards of student behaviour will be upheld right up until the last day of enrolment. Any misbehaviour will be dealt with accordingly. Students who breach the code of conduct can be prevented from sitting WACE exams at our school.

It would be very disappointing if any indiscretions were to spoil the good record of the Year 12 cohort. I am confident that all of our Year 12s have the training, maturity and good sense to acquit themselves in a manner befitting a Mount Lawley SHS alumnus.

### **Finally**

As promised, the first blooms of spring are out. It was worth the wait. As you are walking into the main admin office when you are next at our wonderful school, please take time to smell the roses!

Enjoy the holiday break and return in October with sunscreen, hats and summer uniforms at the ready!

***Lea Fairfoul-Hutcheon, Principal***



## YEAR 12 STUDENTS RETURNING LAPTOPS

All Year 12 students must return their school laptop computers prior to departing school.

Students simply need to collect and complete the return form to the Main Office or Senior school reception. Then return the laptop with the notice.

Students on non WACE pathway are expected to return their computer this term as they have completed their studies.

Students on a WACE program are expected to return their computer on or before the Year 12 Breakfast.

Extensions to this deadline may be applied for, by parents, for students who would like to hold their computer until their final WACE exam. Extension Application Forms can be collected from the Main Admin Office.

All computers must be returned prior to the Year 12 Award Night.

## ROAD SAFETY REMINDER: STUDENTS ARE VULNERABLE ROAD USERS

Students are vulnerable road users, meaning they are more likely to be killed or suffer injuries than other road users when walking or cycling to and from school. Road trauma is the leading cause of death and the second most frequent cause of hospitalisation for children under 14 years old. The Road Safety Council and School Drug Education and Road Aware are urging schools to remind their local communities to take care when dropping off and picking up children from school. Students should wear high-visibility clothing where possible and be cautious when walking or cycling to and from school. Principals may wish to include reminders in school newsletters, on websites and social media sites, or on electronic noticeboards outside their schools. Further information about vulnerable road users is online <http://www.ors.wa.gov.au/Road-Safety-Topics/Road-Users/Children>

## LIBRARY RECOMMENDS THE FOLLOWING :

Target audience: students 15+ will be interested in attending an event with a well-known local author and many will be familiar with her books.

Local young adult author Kate McCaffrey is coming to Boffins



Bookshop on Friday 3rd October at 2pm for an exclusive event to discuss her new book, *Crashing Down*.

The successful YA author's books deal with teen issues and she will be at Boffins for a discussion about her books. To secure your spot book your tickets online now via [TryBooking.com](http://www.trybooking.com).

<http://www.trybooking.com/Booking/BookingEvent-Summary.aspx?eid=102700>


For more information contact Adelene on 08 9321 5755

**Westbooks Presents:**


**Derek Landy of**


**Skulduggery Pleasant**

Come join Derek as he discusses his last instalment in the Skulduggery series and bring along any questions that you may have for him. There will be prizes for the best dressed in-character costumes on the day, door prizes, fun and frivolity. Copies of Derek's books in the Skulduggery series will be for available for purchase on the day. Derek will be happy to sign copies of books purchased on the day.



Date: Thursday 9th of October  
Venue: Hale School - John Inverarity Music & Drama Centre (off Glenelg Rd, Please see attached map)  
Entry: Free  
Book: [www.trybooks.com/FXKC](http://www.trybooks.com/FXKC)





Telephone: +61 8 9361 4211      Facsimile: +61 8 9361 8295  
Web Address: [www.westbooks.com.au](http://www.westbooks.com.au)      Email: [Reception@westbooks.com.au](mailto:Reception@westbooks.com.au)  
James Caffey & Caffey Family Trust T/A Westbooks ABN 56 301 349 349

## 2014 HOUSE ATHLETICS CARNIVAL FORREST RECLAIMS OVERALL CHAMPION STATUS

Forrest reclaimed the title as champion House at this year's athletics carnival. The lead throughout the day was shared by three Houses – firstly Murdoch, then Hackett but Forrest overran them both to win by around 200pts.

Congratulations to the Year 12 House captains who performed in all events, setting a fantastic example to others and by encouraging students from their House to compete.



**2014 HOUSE ATHLETICS CARNIVAL RESULTS**

OVERALL	SENIOR	MIDDLE
Forrest 5649	Hackett 2598	Forrest 3359
Hackett 5441	Forrest 2270	Hackett 2843
Murdoch 4607	Murdoch 2024	Murdoch 2583
O'Connor 4002	O'Connor 1955	O'Connor 2047

**CHAMPION**

**YEAR 8**

Kooper (O)  
Shaina (F)

**YEAR 9**

Amaru (M)  
Maddy (H)

**YEAR 10**

Kyle (O)  
  
Suci (H)

**YEAR 11**

David (F)  
Kaity (F)

**YEAR 12**

Chris (M)  
Lauren (F)

**RUNNER-UP**

Jason (M)  
Mary (M)

Erick (F)  
Ruth (H)

Kyle (F)  
Alex (H)  
Elyse H

Harry (H)  
Raqeema (F)

Andrej (M)  
Georgia (H)

**MOUNT LAWLEY SENIOR HIGH SCHOOL**  
*An Independent Public School*

2015

SCHOLARSHIPS

The following scholarships are available for students attending Mount Lawley Senior High School in 2015:

- Peter Sparbier Perpetual Mathematics Scholarship (Year 11)**  
*Valued at \$2,000*
- Anne Griffiths Scholarship for Vocational Education & Training (Year 11)**  
*Valued at \$500*
- Science Scholarships (one in each of Years 7, 8, 10 and 11)**  
*Value depends on Year*
- Academic and Financial Equity Scholarships (one in each of Years 7 to 10)**  
*Value depends on Year*
- Michael Sutherland, MLA Scholarship for Humanities (Years 7, 8 and 11)**  
*Valued at \$100*

Students interested in applying are to submit:

- Application form.
- Copy of last school report.
- Statement addressing the selection criteria (maximum one typed page).

Application forms are available from Middle, Senior or the Main Administration Office and are also on our website.

**For more information visit**  
[www.lawley.wa.edu.au](http://www.lawley.wa.edu.au) or phone 9471 0300.

**CLOSING**  
**3:30pm Friday, 14 November 2014**



**IN-TERSCHOOL ATHLETICS**

Congratulations to Lauren and Chris for being selected as the Captains of the interschool athletics team. The team will compete in the 'B' division carnival at the State Athletics Stadium on Tuesday, October 21.  
*Mark Howard, Physical Education*





**HOUSE ATHLETICS**





SECONDARY

Parent Focus Article

The LearningCurve™

These articles are to be used with the School Diary which has been supplied by the P & C Association

MIDDLE – SQ3R STUDY METHOD  
SENIOR – SQ3R STUDY TECHNIQUE

Learning Intentions/Goals - at the end of this week students should leave with:

- An understanding of how to use the SQ3R method in their learning and heightened curiosity to discover further learning techniques to make their best better.
- A proactive attitude to use Thinking Flexibly and Taking Responsible Risks Habits of Mind and the Exploring Habits of Mind and Learning Jigsaw Thinking Tools to sharpen their thinking, enabling them to be self-managing, self-monitoring and self-adjusting.
- A proactive attitude to use the weekly Habits of Mind and Thinking Tools to strive, thrive and flourish in their living, learning and thinking.

Value for Life – Flexibility: Identify three positive behaviours which show Flexibility at home, then at school and then in the community.

Wellbeing Focus: A positive growth mindset to nurture in students is a willingness to want to make their good better and their better best. While most students strive to 'do the right thing' by applying themselves to their learning, unfortunately their efforts are not always rewarded because they don't know how to 'do the thing right'. They need to be taught how to learn and think smarter in a variety of ways.

To quote Abraham Lincoln, "if I had nine hours to cut down a tree, I'd spend six hours sharpening my axe." Habits of Mind and Thinking Tools are used in the Learning Curve Wellbeing Program to sharpen students' thinking. The SQ3R Study Method is being introduced to sharpen students' learning approaches.

Parents spend thousands of dollars having their children coached in a wide variety of pursuits to improve and develop their techniques that will see their performance enhanced. These pursuits include ballet, playing musical instruments, different sports and so on. To improve their learning habits students need to be coached to explicitly learn how to learn better; we can't rely on them randomly picking up good habits. Ballet dancers, for example, are taught explicitly how to move and then follow it up with hours of training; why should learning be any different?

The focus this week is on introducing to students a study/learning method that has proven to be dependable in improving learning outcomes. It is called the SQ3R technique and provides students with a step by step guide on how to learn better. Teaching students methods such as the SQ3R, may light a fire in their curiosity to seek out further study/learning methods.

Also, throughout the planners and on the website www.learningcurveplanner.com.au there are numerous strategies and techniques that enable students to reap more positive rewards for their efforts.

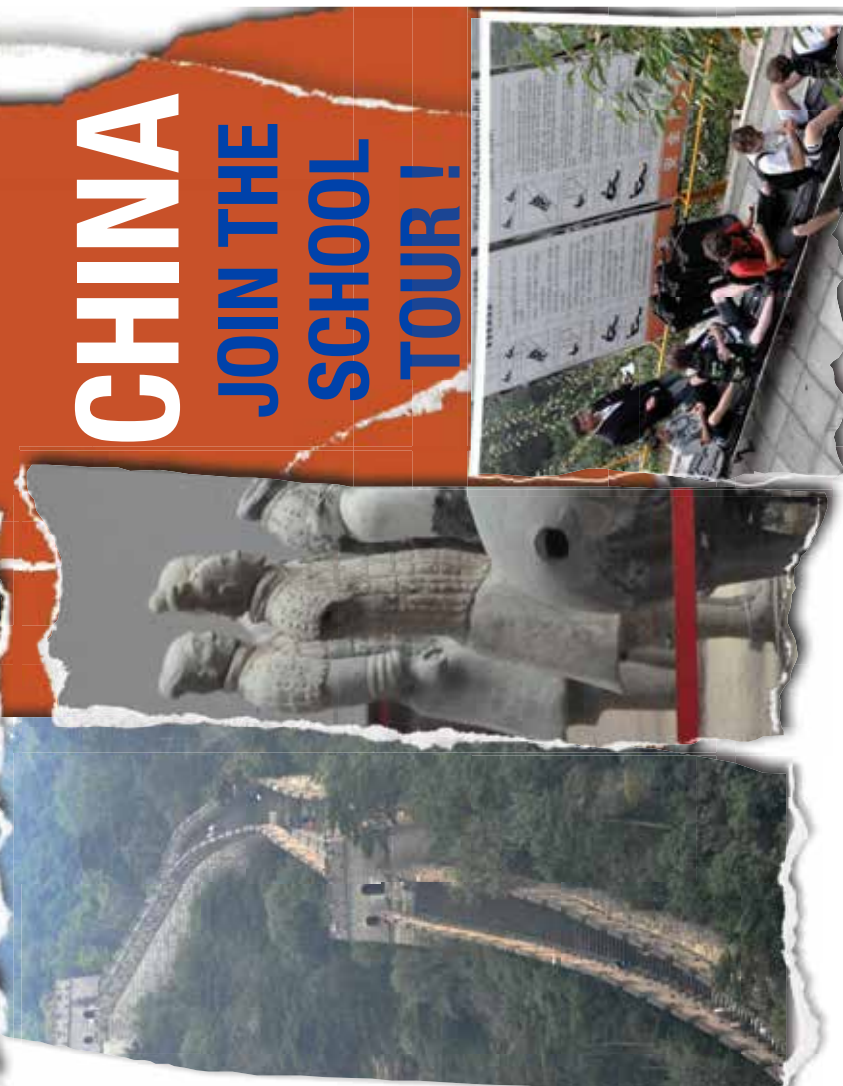
"Motivation is what gets you started. Habit is what keeps you going." Jim Rohn

APR  
HOLIDAYS  
2015

CONTACT  
[ANITA.CHONG@LAWLEY.WA.EDU.AU](mailto:ANITA.CHONG@LAWLEY.WA.EDU.AU)



CHINA  
JOIN THE  
SCHOOL  
TOUR!





## SECONDARY

### Parent Focus Article

The LearningCurve™

## SECONDARY

### Parent Focus Article

## MIDDLE – SQUARE BREATHING SENIOR – SQUARE BREATHING

**Learning Intentions/Goals - at the end of this week students should leave with:**

- An acceptance that using square breathing will reduce their tense feelings and anxiety and a willingness to act immediately they begin to feel their stress warning signs and use relaxation techniques and square breathing for relief.
- A proactive attitude to use Thinking about Thinking (Metacognition) and Remaining Open to Continuous Learning Habits of Mind and the Exploring Habits of Mind and Plan, Do, Reflect Thinking Tools to sharpen their thinking, enabling them to be self-managing, self-monitoring and self-adjusting.
- A proactive attitude to use the weekly *Habits of Mind* and *Thinking Tools* to strive, thrive and flourish in their living, learning and thinking.

**Value for Life – Poise:** Identify three positive behaviours which show *Poise* at home, then at school and then in the community.

**Wellbeing Focus:** When students experience tense feelings and anxious thoughts about their progress, the workload ahead, maintaining their study performances and peer group issues, their bodies respond with signals such as:

- tension in their necks and backs
- quickened and shallow breathing
- hot facial flushes
- anxious thoughts flooding through their minds

To assist students to overcome these negative experiences, they need to be taught techniques to improve their wellbeing. To relieve these tensions and anxieties, research has shown that a technique called Square Breathing will bring immediate benefits

- they can do it anywhere and anytime they have a spare five minutes
  - nobody around them is aware that they are square breathing
- Square refers to the fact that there are four parts to it which they repeat over and over again
- concentrating hard on the four parts distracts students' minds from their pressing issues
  - it increases their oxygen intake and blood flow to the brain which promote clarity of thought
  - it is a form of meditation.

Concentrating on breathing deeply will release feel good brain chemicals and lessen tension and anxiety. Knowing how and when to use Square Breathing will benefit their overall wellbeing and enhance their performances.

**“You must expect things of yourself before you can do them.” Michael Jordan**

## SECONDARY

### Parent Focus Article

## MIDDLE – DIFFERENT TYPES OF PEOPLE SENIOR – DIFFERENT TYPES OF PEOPLE

**Learning Intentions/Goals - at the end of this week students should leave with:**

- An understanding that to flourish in their lives they need to be able to build healthy relationships with different types of people and accept and value diversity of approach, attitude, culture and willingness to contribute.
- A proactive attitude to use Listening with Understanding and Empathy and Thinking Interdependently Habits of Mind and the Exploring Habits of Mind and Colours, Symbols, Pictures, Animals Thinking Tools to sharpen their thinking, enabling them to be self-managing, self-monitoring and self-adjusting.
- A proactive attitude to use the weekly *Habits of Mind* and *Thinking Tools* to strive, thrive and flourish in their living, learning and thinking.

**Value for Life – Tolerance:** Identify three positive behaviours which show *Tolerance* at home, then at school and then in the community.

**Wellbeing Focus:** Relationships make the world go around and nearly everything our students will achieve in life will come from working well with others. Therefore it is important that there is a deliberate focus on cultivating in students the necessary skills, dispositions and attributes to enable them to build high quality relationships. These include the following specific foundations of wellbeing which are described by Pollard and Davidson (2001):

- Emotional aspects, which are closely linked with social aspects and include emotional development and control, coping, autonomy, positive self-development, trust and attachment.
- Social aspects, which include parent-child relationships, sibling relationships, peer relationships, positive social behaviour, empathy and sympathy.
- Spiritual aspects, which include beliefs, values, morals and ethics; a sense of meaning and purpose; and a sense of connectedness to something larger than oneself.
- There are also the Cognitive and Physical aspects, which are not applicable in this context.

It is essentially about building students' moral, social, emotional, ethical and spiritual infrastructures. These areas are major focuses of the Learning Curve Wellbeing Program.

To this end, this week focuses on introducing students to a range of different types of people who they may interact with. The way they interact with them at school, at home and in the community will contribute to their wellbeing and how successful they are in achieving their goals.

The majority of people they will meet are friendly and easy to be with. Then there are those people who have irritating manners and habits who they will find difficult and uncomfortable to be around. To be their best in life they need to learn strategies to tolerate such people and build working relationships with them.

**“Success is liking yourself, liking what you do, and liking how you do it.” Maya Angelou**

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COMMUNITY NOTICES

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

**ECU Rangers Hockey Club Inc.**  
Expressions of Interest for 2015 Winter Season

Looking to play fun Hockey?  
ECU Rangers are looking for players for our Junior ranks.

Located at Yokine Reserve, Wordsworth Ave.  
Yokine.

Email: [info@rangershockey.org.au](mailto:info@rangershockey.org.au)

Amanda King (President) MB: 0416 016 437

**ACADEMIC ASSOCIATES**  
WACE REVISION COURSES

OCTOBER HOLIDAYS 2014 @ University of Western Australia

Make success at school a reality  
**ENROL WITH ACADEMIC ASSOCIATES**

- You will improve your study skills, better understand your subject, receive exclusive workbooks, learn to maximise exam performance.
- Learn in a small group environment with a maximum of 14 students and receive personal help.
- The presenters are very experienced teachers with excellent communication skills and WACE examination experience.
- Past students have found the programs motivating, helpful and above all a valuable preparation for examinations.

**COST:** The complete course in each subject is \$260. This includes all materials and GST. Each course is run over five days, 2 hours each day, a total of 10 hours.

**EARLYBIRD ONLINE BONUS!**  
Book online at [www.academicassociates.com.au](http://www.academicassociates.com.au) before Sept 8 and receive a FREE Trial Exam Paper of your choice valued at \$22.95

**OCTOBER 2014 - WACE Revision and Exam Prep Courses**

UWA, Nedlands 29 Sept - 3 Oct			
8:30am - 10:30am	10:45am - 12:45pm	1:00pm - 3:00pm	3:15pm - 5:15pm
Mathematics 2C 2D	Human Biology 3A 3B	Chemistry 3A 3B	English 3A 3B
Maths Extension 3C 3D	Mathematics 3C 3D	English 3A 3B	Physics 3A 3B
Mathematics 3A 3B	Psychology 3A 3B	Phys Ed Studies 3A 3B	Modern History 3A 3B

Need accommodation in Perth? Subsidised accommodation is available for Academic Associates students at UWA. Call 9314 9500 for details.

Enrol online at [www.academicassociates.com.au](http://www.academicassociates.com.au)

ACADEMIC ASSOCIATES Ph: 9314 9500 872 Canning Highway Applecross  
Fax: 9314 9555 PO Box 527 Applecross WA 6953

**YEAR 10 PREPARATION FOR UPPER SCHOOL ENGLISH**

This 12 hour academic reading and writing course will help you develop the skills you need for academic success in Years 11 and 12, and beyond.

Each session will focus on improving writing skills to help reduce the all-too-often stress experiences when completing assessments. How?

- Looking at and discussing current/popular stories, articles, movies, and advertisements to understand how and why they have been made.
- Understanding the popular, but sometimes confusing expression, "There isn't just one answer".
- Recognising ways to make writing clearer and more meaningful (especially important for eliminating teacher feedback like "unclear" and "wordy").
- Learning how to maintain structure and focus and not feel lost when writing essays.
- Revisiting punctuation, apostrophes and subject-verb agreement, and other exciting elements of grammar that are sometimes forgotten.
- Learning how to prepare for exams by understanding what the markers want, and knowing how to plan and be organised.

**Date:** Tuesday 30 September – Friday 3 October 2014  
**Time:** 9.00 am – 12 noon  
**Cost:** \$140.00

Please note that once an enrolment has been confirmed, refunds are not offered for any reason as course fees are set to only cover costs.

Each group has a maximum of 16 students. Enrolment on a "first in" basis.

**Registrations close on Thursday 25 September 2014**

Please complete the form overleaf and return it to:  
Administrative Assistant  
Academic Enabling and Support Centre  
PO Box 1225, Fremantle WA 6959  
T: 9433 0950 E: [fremantle.aesc@nd.edu.au](mailto:fremantle.aesc@nd.edu.au)  
CRICOS Code: 01032F

**Ways to maximise your school success throughout the year**

- WACE Revision Programs** - specially designed programs to help revise WACE course content and teach you how to maximise your results. Held in January, April, July and October holidays
- Weekend Classes** - Small group tutoring classes available throughout the year to provide on-going help as you need it. For years 7, 12.
- Master Classes** - Weekly teaching classes by expert WACE teachers who aim to extend and teach students how to gain maximum marks.
- Individual Tuition** - In your own home or boarding school. All ages, all areas.
- Steady Guides** - Revision questions and material to help you succeed in exams.
- Crestman Exam Questions** - The past WACE exam questions arranged in topics, with model answers.
- Head Start Program** - Held in January for Years 7 - 12.
- Skills Development Program** - Held in April for years 7-10 to help students revise important concepts and skills and prepare for NAPLAN testing.

**What our students say about ACADEMIC TASK FORCE courses**

"The small group tuition that courses are productive and friendly. I particularly liked the way teachers took time to see if I understood properly."  
*(Emily, Year 10)*

"I have gained great direction, better focus, more confidence."  
*(Tom, Year 10)*

"I now have a greater understanding of the subject and a more positive attitude towards tackling questions not previously understood."  
*(Jessica, Year 10)*

**FINAL EXAM BOOST 2014**  
6 hour one-day program: Saturday 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> Sept Sunday 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> Sept  
10 hour program (2 hours per day over 5 days):  
Week 1: Churchlands SHS 29<sup>th</sup> Sept - 3<sup>rd</sup> Oct (starts on the Monday Public Holiday)  
Week 2: Rossmore SHS and Perth Modern School 6<sup>th</sup> Oct - 10<sup>th</sup> Oct

ACADEMIC TASK FORCE  
ACHIEVE SUCCESS AT SCHOOL

Since 1986 ACADEMIC TASK FORCE has helped over 100,000 students boost their academic results

To enrol phone 9314 9500 or visit our website [www.academictaskforce.com.au](http://www.academictaskforce.com.au)

**Engaging Adolescents®**  
Parenting skills for resolving teenage behaviour problems

Held over 2 sessions - Thursday 11th & 18th Sept 2014  
6.45 to 9.30pm, \$150pp OR \$270 for 2.

Venue: Behaviour Tonics, Level 1, 252 Cambridge St, Wembley (entrance off Dalglish St)

**Learn:**

- Understanding adolescence: a time of reconstructions, redeveloping social landscapes, brain snaps and body make-overs.
- Understanding your job as parent/carer of a teenager - observer, advisor, negotiator, director.
- A three-option model for decision making...a 'drop down' menu for parents
- Working out how NOT to respond in tricky emotional encounters
- Building your relationship with your teenager
- How to hold difficult conversations more successfully when discussing issues such as internet overuse, sibling conflict, disrespect, truancy, going out, school work, helping out, choice of peers... and much more.

LOTS OF TIME FOR QUESTIONS

**The Presenter**  
Dr Dorothy Lenthall has a background in teaching and psychology and now works with schools helping them develop effective anti-bullying programmes. Her research for a Doctorate in Communication was on bullying in schools. She has presented papers on bullying at conferences in Australia and overseas and published the book "Don't Just Stand There, Parents Take Action". Dot is also the practitioner trainer for this program in WA and NT and is the parent of 3 adult children.

Name: \_\_\_\_\_ Course Dates - EA Thursday 11th Sept 2014

Address: \_\_\_\_\_

CONTACT DETAILS Ph: \_\_\_\_\_ Mob: \_\_\_\_\_ Email: \_\_\_\_\_

Payment \$ \_\_\_\_\_ EFT: Behaviour Tonics BSB: 016 464 Acc. No: 108 797 285 Please debit my: VISA  Mastercard  Cheques to be made payable to Behaviour Tonics

Card No: \_\_\_\_\_ Signature: \_\_\_\_\_

Name on Card: \_\_\_\_\_ EXPIRY Month: \_\_\_\_\_ Year: \_\_\_\_\_

Scan to [info@behaviourtonics.com.au](http://info@behaviourtonics.com.au) Fax 9382 1184 PH: 9382 1182

**HAVE FUN, MAKE NEW FRIENDS, AND LEARN ABOUT ANOTHER CULTURE!**

Volunteer to host an international high school student arriving into Australia in July 2014, and you'll be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in July for their 3, 5, or 10 month programs from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Spain and Colombia. They will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at [www.scce.com.au](http://www.scce.com.au), email [scecaust@sce.com.au](mailto:scecaust@sce.com.au) or call us toll free on 1800 500