



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE 2 Term 1 No.2 2017

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
enquiries@lawley.wa.edu.au

On Monday, 23 February 2017, the P&C conducted its AGM. There was a good turnout. Thank you to all parents who attended and supported the P&C. It was President Ms Jo Furness last P&C meeting after nearly 20 years holding various positions. The school wishes to acknowledge Jo's unselfish commitment and great work over decades! The school will duly acknowledge Jo and her efforts in the immediate future. It has always been reassuring when Jo has been in these positions as she is a committed level headed person with an abundance of energy and common sense. The school has been very fortunate to have had the services of such a wonderful ambassador for the school even when all her children had left the school. The school can't thank her enough. Jo will be missed however she deserves her life back and we wish her the very best fortunes in her future endeavours.

There are a couple of P&C positions still to be determined. Please visit the website if you are interested in finding out more about these positions. The P&C parent support groups are also in the process of determining their leaders for the year. These groups play a valuable role within the school community and the GAT/Languages, Music and SVAPA group are commended to parents with students within those programs. Another volunteer group, the Lawley Art Auction Committee, has been re-formed for 2017 and is already making inroads towards the big day and will again deliver one of the best community-based art auctions in the state. Led by Year 8 parent, Ms Patricia Kritas, the committee will always welcome new supporters.

Last week also saw the Year 10 parent BBQ. Thanks to all parents who attended and took the opportunity to meet teachers in the Senior School. Again it was pleasing to see more parents at the event than in previous years.

The Languages and Music Soiree was held last Friday evening. There was a record turnout of parents who enjoyed the fellowship well into the night! Thanks to the parent committees for music and languages for organising the event and working with the teacher contacts, Ms deRozario and Ms Costa respectively. The music department once again provided a lunch-time concert and thanks to the music teachers for their efforts in preparing the performance.

CONGRATULATIONS



Davis 11M1

Davis recently competed in the third round of the Rotary Four Way Speaking Competition held at the Mount Lawley Golf Club.



Lochan 804

In February Lochan competed in The Live Lighter Kingsway Tournament for badminton where he was runner up in the men's singles and winners in the men's doubles.

Recently Lochan travelled to Melbourne to compete in the Australian Para Badminton Championships and is now the Australian Para Badminton Doubles champion with his partner Grant. Congratulations Lochan.

MOUNT LAWLEY SHS P & C CURRENT VACANT POSITIONS

Several positions remain vacant for the 2017 P & C committee.

If you are interested in nominating for any of these positions or would like more information please contact Jo Furness, Past President, on 0407 302 674 or email jo@insighteye.com.au. See inside the Update for the results and other information.



2017 SECONDARY ASSISTANCE SCHEME

Applications close Friday 7th April



HAVE YOU CHANGED YOUR PHONE APP ?

Late last year Mount Lawley Senior High changed its phone app and now is using SKOOLBAG phone app. If you have not deleted the old app **please do so now**. The Mount Lawley Senior High School phone app can be found in the Apple and Android Apps Store. Just type in **Mount Lawley Senior High School**. Further information is available on school website.



A THOUGHT

*Education is the passport to the future,
for tomorrow belongs to those who prepare for it today.*
Malcolm X

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



The International Women’s Day breakfast was held by the students in Hospitality and a special thanks to Josie Baljic and Catherine Smith and the wonderful students for their preparation. We truly have some talented individuals at this school.

The House Swimming Carnival, held Wednesday was another very successful undertaking. It was pleasing to see the level of support by students - nearly 1,100 attended and many took part in the formal events as well as the novelty ones. A number of parents attended and your support is deeply appreciated by Mr Zen and his team. The co-operation of students made the work of organising competitors so much easier and this is typical of the overwhelming student population. They are well behaved and have positive values - a product of the parent group who support the school. The winning house in each component of the school and overall were:

Middle School: O’Connor, Senior School: Murdoch Overall: Murdoch. There were many highlights of the day with some records broken that had stood for more than a decade. The results are:

| Year | Champion | Runner Up |
|----------|----------------|---------------|
| 7 Girls | Ella | Leah |
| 7 Boys | Mitchell | Will |
| 8 Girls | Kyah River | Caitria |
| 8 Boys | Pavel | James Liam |
| 9 Girls | Imogen | Ella |
| 9 Boys | Jack | Mathew |
| 10 Girls | Kiara | Zoe |
| 10 Boys | Leon | Brandon |
| 11 Girls | Kiah | Frances |
| 11 Boys | Henry | Joshua |
| 12 Girls | Melissa | Tahlia |
| 12 Boys | Amaru Angus | Jett |

Records : Year 8 Pavel 50m Freestyle: 27.38s
50m Breast stroke: 37.50s and 50 Backstroke: 33.60s

We are already half way through the term and in preparation for our next parent/teacher meeting in the form of the Progress Report. This will occur on **March 23 from 1.00pm until 7.00pm**. Information packages with the reports will be mailed to all parents shortly and as in previous years, you will need to go online and book the session times for your appointments utilising the password provided.

Michael Camilleri, Principal

ROAD SAFETY

Parents are reminded of the speed restrictions around the school and to take special care of the pedestrians. Additionally parents/guardians are reminded that the Woodsome Street staff car park **SHOULD NOT** be used

as a drop off point for students, especially during the busy periods of the day. Nor should students be dropped off or picked up from Stancliffe Street near the roundabout or the school gate. **The safety of students is paramount.** Thank you for your support in this measure.



COMPUTERS AT SCHOOL

Dear Parents

It has been brought to my attention that some concerns have been raised in the student population regarding the request to install the Casper/Jamf Self Service Application on your BYOD device.

Most Year 7-9 students do and have had the software installed on their devices since they first attended Mount Lawley SHS. Their machines have not suffered any ill effects from the application being there. The application is there to enhance and empower the experience on the Lawley Network. It allows installation of software updates and various network settings, such as printers. It is not used and cannot be used as a tool for spying or gaining access to personal information on BYOD machines. It does not allow the school access to the device when not on campus.

The software provided for installation via the Self Service application are virus free and this also allows for better management of the school’s network bandwidth, as the installs occur from the local network and not from the internet. This accurately equates to the downloads occurring quicker as it is already cached internally, onsite. It is purely a management tool that allows for settings for the Lawley Network to be uploaded easily to the device as need be.

The only monitoring of student devices that occurs is via the school’s proxy server that monitors all network traffic in and out of school. If a student is found in breach of the rules that have been set, an investigation will be started to find out why the breach has occurred. Penalties can occur depending on the severity of the breach. This is in line with Department of Education policies and guidelines on internet usage.

The school has a duty of care for all the students, to provide a safe network environment free from cyberbullying, inappropriate websites etc and these provided applications enable us to perform that duty.

Ross Oakes, Network Administrator



COMMUNITY LETTER:

".....dangerous junction that many of the students at Mt Lawley and indeed ECU use on a daily basis on their commute to school. The junction at Alexander Dr and Walcott St is a very busy and large junction. Children and indeed anyone wishing to cross Walcott St from SW to NE can press a button and are given a green light to help cross.

The problem is that, vehicle approaching from Alexander Drive and wishing to turn onto Walcott St must give way to pedestrians. Now due to several factors this junction is very unsafe to use the sheer size of the junction allows cars to gain considerable speed before meeting the pedestrians, the uphill gradient on the approach obscures vision the presence of a busy filling station distracting drivers who may be reading fuel prices or looking for an entry to the station rather than pedestrians. Drivers at certain times of day are dealing with setting sun.

it is a huge and constant matter of concern for many parents at how dangerous this crossing is.

Most children now refuse to use the crossing, choosing instead to cross elsewhere on Walcott St, which is in itself a death trap, with cars reaching great speeds on the long stretch of road down to Charles street and with limited safe crossings."

If you have any comments, please contact the P & C.

COMMUNITY LETTER:

"...I was on the # 19 bus today on the way to Yokine when about two dozen of your students got on when it turned off Alexander Drive. They were loud on the bus, but no louder than you'd expect a group of teenagers glad the school day was over. What impressed me was how almost all of them getting off the bus thanked the driver. Some getting off the back door, waved to the driver, who waved back. I was impressed. It is a good image for your school.

What I have told students, in my 46 years in the classroom, is, "When you are in school uniform, remember someone watching you may a potential employer. The impression you give stands for the entire school." Students may see it as a small thing, but a poor impression by a student in uniform, may be a "black eye" for any students applying for a position with that employer. Your students on the bus today certainly gave a good impression."

MOUNT LAWLEY SENIOR HIGH SCHOOL PARENTS & CITIZENS ASSOCIATION INC.

ELECTION RESULTS

The Mount Lawley SHS P&C Assoc. Inc. would like to congratulate the following members elected at the recent AGM.

| | |
|--------------------------------------|-----------------------------|
| Vice-President: | Niall Kilcullen |
| Treasurer: | Mark Westera |
| Secretary: | Karen Johnston |
| Minutes Secretary: | Sharon Cockroft |
| Committee Members: | Sue Faranda Suzie Barnes |
| Delegate to the Finance Committee: | Gary Cockroft |
| Delegate to the Health Committee: | Carolyn Sandell |
| Website and Email List Co-ordinator: | John Pryor |
| Auditor: | Ian McCallum |

CURRENT VACANT POSITIONS

Several positions remain vacant for the 2017 committee

If you are interested in nominating for any of these positions or would like more information please contact Jo Furness, Past President, on 0407 302 674 or email jo@insighteye.com.au

You can also attend the next meeting scheduled for Monday, 27 March 2017 in the Main Administration Building at 7:00pm.

WHY JOIN THE P&C?

Joining the P&C has many benefits

- Experience how things work first hand.
- Build strong relationships.
- Be part of building a strong School Brand.
- Contribute to the growth and future success of the school.
- Help to make up a valuable community knowledge resource.
- Have your say.

VACANCIES and their ROLES

President

The key task of the president is to ensure that the needs and wishes of the parent body are given a voice and that good relationships are establish with the principal and school.

This role includes:

- Planning and chairing meetings in consultation with the secretary and principal.
- Ensure meetings run according to the agenda.
- Ensure fair discussion and all are given the opportunity to speak.
- Ensure decisions are carried out.
- Sending out updates and reminders.



- Presenting reports to P&C general meetings.

P&C Representative on the School Board

The key task of the P&C Representative on the School Board is to represent the P&C at School Board meetings. This will enable parents and members of the community to engage in activities that are in the best interest of students and will enhance the education provided by the school.

This role includes:

- Attending School Board and P&C meetings.
- Presenting a report to the School Board about P&C meetings.
- Presenting a report to the P&C about School Board meetings.
- Establishing and reviewing the school's objectives.
- Taking part in the planning of financial arrangements.
- Formulating codes of conduct for students at the school.
- Providing advice to the principal on general policy.

P&C Delegate to the Western Australian Council of State School Organisations Inc. (WACCSO) Conference

The key task of the P&C Delegate to the WACCSO Conference is to enhance the P&Cs knowledge. WACCSO strives to influence in a positive way, the future direction of education for the benefit of students.

This role includes:

- Attending the WACCSO Conference.
- Presenting a report to the P&C about the WACCSO Conference.
- Gathering resources and receiving training to enhance knowledge.
- Clarifying any misconceptions.
- Obtaining advice.



SCHOOL PHOTO DAY IS COMING!

THURSDAY 16 MARCH

CATCH UP DAY: TUESDAY 4 APRIL



Dear Parents,

Our school photo day is coming! Every student has received a Kapture Photography order envelope to bring home. The recommended method of ordering your photos is online through Kapture's website <https://www.kapture.com.au> as your payment is secure and can be easily verified at any time. Alternatively you can pay by cash and return the provided envelope to the school on the photography day.

Late payment envelopes **cannot be accepted by the school office or by Kapture.** You have the remainder of the current year to place an order however late fees will apply 5 days after photography. Please check the website for charges.

Kapture offer a money back guarantee for any parent who is not fully satisfied with their photo package. Should you have any queries before or after photo day, please direct them to the Kapture office on 9240 1714 or email enquiries@kapture.com.au.

All students will be photographed individually on Photo Day for school administration records AS WELL as included in their class group photo available for purchase to all families. Could Year 12 students please ensure they have their photo taken on the day, as these will be used for the Year Book.





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 5 – MIDDLE – PERSONAL TIMETABLE
SENIOR _SCHEDULING TIME

Personal timetables empower students to be in charge of what they need to do and when they will do them. They are more mindful of, and connected to, what is happening right now and more likely to achieve what they set out to do. This self-regulation strength encourages students to take greater ownership of their learning progress. Their Personal Timetable is a contract with themselves. They develop a sense of meaning and purpose for being at school and it will actually provide them with more time for themselves by reducing “nothing time” between activities. While many students believe they ‘have their acts together’ and don’t need to be so structured, completing a timetable and sticking to it will build their resilience to distractions. After living by their timetables for three weeks, they will realise themselves how it is making their lives better. By deliberately practising and following it they will build strong habitual brain pathways. The Timetables (see index on website) show the suggested number of weekly Home Learning/Study Sessions each year level follows. Use the teamwork and leadership strengths at home to help students stick to their timetable. A good strategy is to place a copy on the fridge.

WEEK 6 – MIDDLE / SENIOR – SELF-CALMING BREATHING

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 and disrupted sleep patterns.

Teaching them emotional “off ramps” and self-calming and positive coping strategies enables students to reduce these negative feelings and boosts their wellbeing and social-emotional resilience. One very effective technique for achieving this is Square breathing. They can do it anywhere and anytime they have a spare five minutes. Nobody around them is aware that they are square breathing. Also read Why Self-Calming Strategies? for more approaches.

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’ emotional minds from their pressing issues and puts their rational minds in charge of their thinking. It increases their oxygen intake and blood flow to the brain which promote clarity of thought. It is also known as box breathing. Concentrating on breathing deeply will release feel good brain chemicals, clear their minds and lessen tension and anxiety.

“If you are ruled by mind, you are a king; if by body, a slave.” Cato

“All things good to know are difficult to learn.” Greek Proverb



PERSONAL TIMETABLE
Wellbeing Bank build *Meaning and Purpose* by creating a Personal Timetable.
A Personal Timetable is a contract with yourself:
 • it organises how you use your time
 • it helps to avoid time wasters
 • how do you organise yourself now?
 See sample timetable (page 183) for ideas and the suggested number of home learning sessions:
 • put your **musts** and options on the blank timetable
 • put in when you will do your learning sessions
 • if short of time leave out an option.
 Include:
 • revising for 10 minutes in each subject weekly
 • time for exercise/ leisure
 • a copy on the fridge for your parents
 • check that it is ok on Sundays.
Home Learning sessions strengthen your brain pathways:
 • set something to achieve in each one
 • 10 minute exercise/bathroom break
 • put when to begin and end in your phone
 • finish with a 5 minute revision.

ACTIONS
 What are two things I will start doing to create and follow a Personal Timetable?
 1.
 2.

MINFULNESS ACTIVITY:
Sounds – go outside, close your eyes and listen to the sounds around you for one minute. Then write down all of the sounds you heard and what made them.

RESILIENCE BUILDER
 Remembering we are searching for what is right in what we are looking at, all our class expectations need to be worded in a positive way. With a friend come up with two positive class expectations in the areas of safety, people matter, communication, learning, gratitude and sorting out problems.

WELLBEING TIP: Some takeaway foods are better than others; avoid deep fried, try vegetarian pizza.

WHAT WENT WELL THIS WEEK AND WHY?
 1. _____
 2. _____
 3. _____
 Character Strength **Self-regulation**
www.viacharacter.org

WELLBEING FITNESS CHALLENGE: LOOKING FORWARD – Positively Focused (p.20)
 RATE YOUR WELLBEING THIS WEEK: FAIR 😊😊😊😊😊 GREAT

SCHEDULING TIME
Wellbeing Bank to strengthen *Meaning and Purpose* through scheduling my time more effectively.
Prioritising is the first step in effective time management:
 • scheduling your **Musts** and **Options** and **Home Study Sessions** on a personal timetable is the next step
 • for senior students about three hours daily for home study
Home Study Sessions enable you to achieve what you set out to do
 • they are one hour process self-expectations you set yourself
 • describe how you currently schedule your study time.
 When **creating** your personal timetable:
 • see sample timetable for ideas
 • fill in your **musts** and most favoured **options** on the blank timetable
 • arrange the suggested number of home study sessions
 • equal time for all subjects and start with hardest ones
 • if difficult to fit everything in leave out an option
 • if you borrow time from a study session replace it, don't steal it
 • include revising for 45 minutes in each of your subjects weekly
 • a copy on the fridge will keep your parents informed and supportive
 • ensure you schedule exercise and leisure
 • spend 20 minutes on Sunday night prioritising the week ahead.

ACTIONS
 What are two things I will start doing to create and use my personal timetable?
 1.
 2.

MINFULNESS ACTIVITY:
Sounds – go outside, close your eyes and listen to the sounds around you for one minute. Then write down all of the sounds you heard and what made them.

RESILIENCE BUILDER
 Research has proven that taking the time to stop, connect with yourself and the moment and then write down your goals significantly increases your ownership of them and your likelihood to achieve them. Write yourself a short letter about how you want to inspire your best possible self this year.

WELLBEING TIP: Have a note pad next to your bed to jot down things that may worry you during the night.

WHAT WENT WELL THIS WEEK AND WHY?
 1. _____
 2. _____
 3. _____
 Character Strength **Self-regulation**
www.viacharacter.org

WELLBEING FITNESS CHALLENGE: LOOKING FORWARD – Positively Focused (p.20)
 RATE YOUR WELLBEING THIS WEEK: FAIR 😊😊😊😊😊 GREAT

SELF-CALMING BREATHING
Wellbeing Bank: to develop *Exercise and Health* by regularly practising self-calming breathing to relax.
 When you feel anxious or tense use deep breathing:
 • do it for ten minutes to calm yourself
 • nobody knows you are doing it
 • describe how you use deep breathing now.
Square Breathing is a type of deep breathing:
 • it distracts your mind from issues
 • it increases your oxygen intake and blood flow to the brain which clears your mind.
Slowly count to five and repeat each step:
 1. inhale and exhale through your nose only
 2. pursing your lips as if to whistle inhale through your mouth and exhale with your lips relaxed through your mouth
 3. inhale through your nose and exhale through your mouth
 4. pursing your lips inhale through your mouth and exhale through your nose.
Increase the count to breathe deeper and deeper.

ACTIONS
 What are two things I will start doing regularly to develop self-calming breathing exercises?
 1.
 2.

MINFULNESS ACTIVITY:
Animals – if you could be any animal, what would you choose to be and describe why this animal is your choice for you. What characteristics do you relate to?

RESILIENCE BUILDER
 Being in charge of the intensity of your emotions enables you to control how you react to differing situations. From the List of Emotions (page 157) pick three low intensity, three mid intensity, and finally three high intensity emotions. With a friend role play the body language you would show at each stage.

WELLBEING TIP: Write down the things that provide you with positive stress – being psyched up.

WHAT WENT WELL THIS WEEK AND WHY?
 1. _____
 2. _____
 3. _____
 Character Strength **Social Intelligence**
www.viacharacter.org

WELLBEING FITNESS CHALLENGE: THINKING SPOTTING – Habits of Mind (p.20)
 RATE YOUR WELLBEING THIS WEEK: FAIR 😊😊😊😊😊 GREAT

SELF-CALMING BREATHING
Wellbeing Bank: to develop *Exercise and Health* through regularly practising self-calming breathing to relax.
 When you will feel under pressure, hard on your body responds with tension in your neck and back, quickened/ shallow breathing, a hot face and anxious thoughts flooding through your mind.
 Being able to concentrate to breathe **deeply** for ten minutes:
 • enables you to reduce anxiety and tension to self-calm yourself
 • you are in charge of you and nobody knows you are doing it
 • describe how you currently self-calm yourself.
Square Breathing is an effective form of deep breathing:
 • it has four parts which you continue to repeat breathing more deeply.
 Sit with your hands on your lap and feet flat on the floor. For a **slow** count of five on each:
 1. inhale and exhale through your nose only
 2. pursing your lips as if to whistle inhale through your mouth and exhale with your lips relaxed through your mouth
 3. inhale through your nose and exhale through your mouth
 4. pursing your lips as if to whistle, inhale through your mouth and exhale through your nose.

ACTIONS
 What are two things I will start doing regularly to develop self-calming breathing exercises?
 1.
 2.

MINFULNESS ACTIVITY:
Animals – if you could be any animal, what would you choose to be and describe why this animal is your choice for you. What characteristics do you relate to?

RESILIENCE BUILDER
 When setting goals it is important to record where you think you are starting from on the ladder and where you can realistically reach on the ladder this term. Each term set three goals you wish to achieve and record your anticipated starting and finishing points on the ladders (see index).

WELLBEING TIP: When talking with other people ask them to “Tell me more”, they’ll appreciate your interest.

WHAT WENT WELL THIS WEEK AND WHY?
 1. _____
 2. _____
 3. _____
 Character Strength **Social Intelligence**
www.viacharacter.org

WELLBEING FITNESS CHALLENGE: THINKING SPOTTING – Habits of Mind (p.20)
 RATE YOUR WELLBEING THIS WEEK: FAIR 😊😊😊😊😊 GREAT



LANGUAGES AND MUSIC SOIRÉE

What an enjoyable event for teachers, parents and students! On Friday March 3, the Languages Parent Support Group and the Music Parent Support Group held the Annual Soirée to welcome new parents and provide them with an exciting opportunity to meet the Languages and Music staff. The pleasant and enjoyable evening event ended with nibbles and drinks. Parents enjoyed our music students' performance while a video featuring the school. Tours to China and Italy played in the background.

A big thank you to parents who came along and showed their strong support for the children's learning and the Languages and Music Support Groups for organizing a most enjoyable event.

Languages and Music Departments





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.

<https://www.familyzone.com/au/>



WACE Plus Education
April Revision Program
Naplan – Study Skills – Essay Writing
Subject Revision & Preparation
For all students in Year 7 – 12

The April Revision Program aims to prepare students for Naplan and First Semester Exams, as well as revision consolidation. Course will be conducted in the April school holidays at:

Hale School
Monday 17th April to Friday 21st April 2017
Students receive discounted price of \$180.00 from \$260.00

For further information contact Dr. Robert Hallam
at WACE Plus Education on 9486 1377
Or visit www.waceplus.com.au

 **ACADEMIC GROUP**
 Academic Task Force & Academic Associates
Achieve success at school

APRIL SCHOOL HOLIDAY REVISION PROGRAM
Yr 11 & 12

April ATAR Revision Program
 Each course will provide you with thorough subject revision AND exam question practice to give you the best possible exam preparation for Semester 1 exams.

With our premium revision courses you will:

- ▶ Increase your confidence and maximise your performance
- ▶ Receive expert teaching from subject specialists
- ▶ Revise and enrich your understanding of the course content
- ▶ Receive top tips and strategies to increase marks in your exams
- ▶ Be provided with a workbook and notes to take home to support your exam revision

Yr 7-10

April Year 7-10 Skills Development Program
 Specialist teachers will inspire and build your child's confidence. Courses available include:

- ▶ Essay Writing
- ▶ Learning Skills
- ▶ Advanced Maths
- ▶ Intermediate English
- ▶ Foundation Maths and English
- ▶ Naplan Preparation



Venues: Churchlands Senior High School, Perth Modern School, Rossmoyne Senior High School and University of WA (UWA).

Enrol online: www.academictaskforce.com.au

For a brochure visit www.academictaskforce.com.au or speak with your Year Coordinator.

www.academictaskforce.com.au 9314 9300
PO Box 627 | Applecross | WA 6153
info@academictaskforce.com.au

 **behaviour tonics** presents

Engaging Adolescents®
 Parenting skills for resolving teenage behaviour problems

Held over 2 sessions
Thursday 2nd & 9th March 2017
6.45 to 9.30pm, \$150pp OR \$270 for 2.
Venue: Behaviour Tonics, 352D Cambridge St, Wembley (entrance off Simper St)

Learn:

- Understanding adolescence: a time of reconstructions, redeveloping social landscapes, brainsnaps 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



www.behaviourtonics.com.au PH (08) 9382 1182

CALINGIRI PRIMARY SCHOOL



Centenary Pathway

In 2017, the Calingiri Primary School and community will hold a Centenary Celebration. The event will be held on 14th October 2017. This will be a major event for Calingiri that will attract ex students and residents (and their families) to the town. The most recent school/community anniversary was held 25 years ago to recognise the 75th Anniversary of the school. We are gathering support from current and past students, staff and former staff, along with local residents and their families to purchase a paver and have it included in our proposed "Centenary Pathway" which will replace the old and tired school entry path". We will also incorporate our school logo in the "Centenary Pathway".

Calingiri Primary School Ph: (08) 9628 7030 Fax: (08) 9628 7142
 Email: fiona.watson@education.wa.edu.au

Have your name (or your family group) etched in history and come along on Saturday 14th October 2017 to what will be a great event for our school and wider community



OPTION 1 \$30
Standard Name
 (up to 3 lines of text)
 (max 17 characters per line)

TICK



OPTION 2 \$60
Double Name
 (up to 6 lines of text)
 (max 17 characters per line)

TICK

OFFER CLOSES 31ST MAY 2017



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



FLOREAT ATHENA SOCCER CLUB
(MT HAWTHORN)

REGISTRATIONS - NOW OPEN

Registrations are now open for all boys and girls ages 6 – 18. This year we are excited to have exclusive girl's teams and U18's Sunday team!

E: Junioradmin@floreatathenafc.com.au
W: Floreatathenafc.com.au



HOLLYS TABLE TENNIS ACADEMY
Girls Training Sessions

NEW





Junior Girls training sessions are now available Friday evenings 6pm – 8pm at Perth TT Club

with Holly Nicolas
Current U.18 Oceania & Australian No.1

“Any level welcome”

Costs \$12 per session paid up front (5 sessions at a time - \$60)

Mobile: 0452 181 299 or Email: hollynicolas99@gmail.com

VOGUE PERFORMERS
ENROL NOW !

EXAMS - COMPETITIONS - SHOWS and MUCH MORE



For babies to Adults
JAZZ - TAP -
ACROBATS - HIP HOP -
BALLET - LYRICAL -
MUSICAL THEATRE -
SINGING

Vogue Performers
45 Edward Street, Osborne Park

Contact Tanya Edwards on 0433 592 443 or
at tanya@vogueperformers.com.au

TOP MARKS Learning Centres

STUDY SKILLS 2017
Years 10-12

2.5 Day Course
(April School Holidays 2017)
Years 10-12

Date Venue
April 10th, 11th and 12th - (Edith Cowan University - Mt Lawley Campus)
Monday 10th April and Tuesday 11th - April commences at 9:00am and finishes at 3pm.
Tuesday 12th April commences at 9:00am and finishes at 12 noon.
We also will be running Junior (Years 6-9) Seminars during April. Please call for more details.

COURSE OUTLINE

- Stress Management
- Time Management
- Memory Strategies
- Revision Program
- Exam Preparation
- Speed Reading
- Goal Setting
- Effective Note-Taking
- Mind Mapping

 This course is presented by former Principals and Deputy Principals.

Testimonials
 "My daughter thoroughly enjoyed the course and has spent each afternoon this week showing me what she has discovered. She also feels more confident now she has these tools at her disposal and is keen to set up a study space in preparation for year 10 to utilise her new found knowledge. I am so happy that I discovered this course and booked her on it." *Shariene (Parent Year 10 Student - 2016)*
 "One of the best seminars ever" *Harrison - Hale School (2016)*
 "Very motivating that I now know and understand more about how to study. Great Experience." *Bridle - Mater Dei College (2016)*
 "Amazing! It helped me a lot. I learnt so many ways to study better so that I could get top marks." *Noura - Langford Islamic College (2016)*

Guarantee: We Offer A Full Money Back Guarantee if you are not completely satisfied with the course.

FOR REGISTRATION
CALL Ann on:
Landline: 9091 7374
Mobile: 0437 222 480
Or
E-mail: topmarks1@bigpond.com
Or
Visit our Website www.topmarks1.com
COST: \$395
(For the 2.5 Full Days)
Full Money back guarantee if you are not completely satisfied
Places Are Limited So Please Book Early.



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.

LION HEART
CAMP FOR KIDS

REBUILDING LIFE AFTER GRIEF

LION HEART
CAMP FOR KIDS

A children's bereavement program supporting grieving children following the death of a parent, primary caregiver or sibling

- Tuesday April 11**
8.30am - 3.30pm
- Wednesday April 12**
8.30am - 3.30pm
- Venue TBC**
Perth Metro Area
- Cost**
Free
- Helping children and parents understand the process of grief
- Providing the opportunity to connect with other children experiencing the death of a parent or sibling
- Strengthening parents knowledge and skills in supporting their grieving children

Children's program and parent's program to run simultaneously

To enquire please contact:
Program Director Shelly Skinner on 0416 344 024

Proudly sponsored by
CMS Legal
The Mad Empire

Designed by
little lungs



NO CHILD SHOULD GRIEVE ALONE

Children need time and support to rebuild their lives after the death of a family member.

Lionheart Camp for Kids is here to help with emotional and physical support for families experiencing grief.

WE NEED YOUR HELP TO MAKE THIS HAPPEN

Relationships Australia.
WESTERN AUSTRALIA

1300 364 277
www.relationshipswa.org.au

RELATIONSHIP EDUCATION PROGRAMS

Parenting Courses – March 2017

West Leederville Branch

| | |
|--|--|
| <p>Parent-Child Connection Being a parent can be tough. People with primary school children are invited to this four week course to learn new skills, feel better about their parenting and gain confidence. Read more...</p> | <p>Date: 9Mar-30Mar DAY: Thursday TIME: 6:30-9pm COST: \$50 per person \$75 per couple</p> |
| <p>Mums Raising Boys DAYTIME Mothers, who are usually their son's primary female role model, play a vital part in developing their son's identity, including their ability to be nurturing. Read more...</p> | <p>DATE: 16 March DAY: Thursday TIME: 10 – 12.30pm COST: \$30 per person</p> |
| <p>Understanding Stepfamily Relationships Weekend Stepfamilies can be a huge juggling act. This course held over a weekend addresses the complex needs and priorities of a blended family including parenting. Read more...</p> | <p>DATE: 24,25,26 March DAY/TIME: Fri 6.30-9pm Sat 1-5.30pm Sun 10am-1pm COST: \$75pp / \$120 couple</p> |

For further information and to enrol please phone 6164 0200

FREE EVENT

Harmony Day

EVERYONE BELONGS

ENTERTAINMENT
SAUSAGE SIZZLE
SCHOOL PERFORMANCES
INFORMATION AND CULTURAL STALLS
CHILDREN'S ACTIVITIES

Friday 24th March
10am - 2pm
Herb Graham Recreation Centre Mirrabooka
Followed by **Harmony Beatball**
From 6-9pm at Herb Graham



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THE UNIVERSITY OF WESTERN AUSTRALIA

Achieve International Excellence

Please be aware that UWA has a few upcoming events on our campus. These events will be very valuable for all future students and their families to attend. Details as follows:

UWA Campus Tour

Monday, 6 March (Labour Day)

9am – 11am

This event will include a tour of the campus with a current UWA student, followed with morning tea where the Future Students Team will be on hand to answer any questions about studying at UWA.

YR10 and 11 Course Information Evening

Wednesday, 22 March

5.30pm – 7pm

The YR10 and 11 Course Information Evening will have an informative presentation for parents and students, specifically on UWA courses and admission requirements, advice on subject selection, fee information and the UWA student experience. All UWA faculties will be present so that families will also have the opportunity to speak directly to specific course advisers. Light refreshments are provided.

YR12 Course Information Evening

Wednesday, 22 March

7pm – 8.30pm

The YR12 Course Information Evening will have an informative presentation for parents and students, specifically on UWA courses and admission requirements, Direct Pathways into postgraduate degrees, our new Bachelor of Biomedical Science degree, fee information and the UWA student experience. All UWA faculties will be present so that families will also have the opportunity to speak directly to specific course advisers. Light refreshments are provided.

Bookings are essential, students can register at www.studyat.uwa.edu.au/events.



Sundowner Lecture Sessions 2017

Tuesday 28th March

5.30-7.30pm

Joondalup Campus

Ever wondered what it is like to be a University student? Please join us for a complimentary lecture from the School of Science and the School of Education followed by the opportunity to network with academics, careers counsellors and staff from the Future Students team on careers, courses, admission pathways and support. Each session will be delivered as a real lecture as if you were a current University student!

You can choose to attend a lecture from one of these study areas:

1. Bachelor of Education (Secondary)
2. Bachelor of Cyber Security & Bachelor of Counter Terrorism, Security and Intelligence

Registrations will commence at 5.30pm, with the lectures taking place between 6.00pm and 7.00pm. Light refreshments will be offered following these lectures as well as the opportunity to meet with our friendly staff.

Please visit the ECU events page to confirm your attendance

<http://www.ecu.edu.au/future-students/course-entry/events>

Limited places available.