The first month of the 2013 school year is now behind us and students are well and truly into the “swing of education”. In the Senior School subject changes have closed unless parents negotiate with Mr Johnston. All students should be focused on their program and working to achieve their best.

The traditional Year 8 welcome BBQ was held last week with the usual very good attendance. Parents new or returning to Year 8 had the opportunity to meet with staff and discuss the protocols of Middle School operations as well as teachers appreciating the qualities of their new students. The Year 10 BBQ is scheduled for next Wednesday (13 March 2013) and commences at 5:00pm. I hope that Year 10 parents are able to attend.

The school’s Swimming Carnival was held on Wednesday just gone. It was a well attended event with many students enjoying the competitive racing and “games” approach to engage as many as possible in the day. Thanks to Mr Howard and the HPE staff for delivery the carnival.

The winning house was Hackett and congratulations are extended to the House’s swimmers.

Individual champions were:

Year 8 Girls Champion: Emily
Year 8 Girls Runner Up: Jasmin
Year 8 Boys Champion: Amara
Year 8 Boys Runner Up: Henry
Year 9 Girls Champion: Suci
Year 9 Girls Runner Up: Mikayla
Year 9 Boys Champion: Nicholas
Year 9 Boys Runner Up: Jacob
Year 10 Girls Champion: Madison
Year 10 Girls Runner Up: Emma
Year 10 Boys Champion: Sam
Year 10 Boys Runner Up: Paras
Year 11 Girls Champion: Samantha
Year 11 Girls Runner Up: Lily
Year 11 Boys Champion: Liam
Year 11 Boys Runner Up: Elliot
Year 12 Girls Champion: Gemma
Year 12 Girls Runner Up: Georgia

A THOUGHT

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

Abraham Lincoln
Again, congratulations are extended to these worthy age group champions and runners-up. The inter-school carnival is on Friday, 15 March 2013 and Mount Lawley SHS is of course now in the top Flight 'A' Division. Mr Howard will be finalising the inter-school team and the best wishes of all are passed to the team. If students are selected it is to be expected that they will take great pride in representing Mount Lawley SHS and give their best.

The annual Music/Languages Soiree was the social event of the past fortnight and the many parents attending enjoyed the evening. Thanks to all for attending and the teachers who joined the event to meet parents. A special thank you is extended to former parent, Mrs Sue Faranda who played the leading role in managing the Soiree. Thanks also to the Music Support Committee Convenor, Mr Tony Reed and Language Committee Convenor, Mr Niall Kilcullen for their great support. Other parents who made a great contribution were Ms Kay Maccione, Ms Jan Uridge, Ms Nerissa Berry and Ms Melanie Wood. A great result and the efforts of all are very much appreciated.

The SVAPA Information evening for prospective 2014 students was also conducted this week. Potential parents had the opportunity to hear about the program and to ask questions about the selection process and the conduct of the program itself. Thanks to Dr Irving for leading the planning of the evening.

As parents read this Update the Year 12 cohort will be preparing for the student social event of the year, the School Ball. Much preparation goes into this event and this is a shared task between the students and several staff. Thanks to Ms Tempone and her team for the night. A report will appear in the next Update.

Milton Butcher, Principal

SCHOOL NURSE

There have been several reported cases of Pertussis or Whooping Cough in the community in the last few weeks and although this disease is more serious in young babies it can affect older children and adults as well.

As such it is important to be aware of the signs and symptoms in case anyone in your family has been affected.

This fact sheet contained within this edition (Also located on school website, within the Update section) covers all FAQ about Pertussis. If you have any further queries or concerns please contact your GP for more information.

HOUSE SWIMMING CARNIVAL - A NEW CHAMPION HOUSE

Hackett are the new overall swimming champions for 2013 after ending Forrest’s 10 year reign. Hackett, Middle school and Forrest, Senior school had back-to-back wins. The attendance by all year groups was outstanding and the level of participation was excellent. Congratulations to the 16 House Captains on your positive involvement and leadership throughout the day.

RESULTS:

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<th>OVERALL</th>
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</table>

INTERSCHOOL SWIMMING CARNIVAL, ‘A’ division, is on Friday, March 15 at Challenge Stadium. The 2013 CAPTAINS are: Jason WOOD & Gemma RYAN. Permission forms must be returned by Friday March 15. Team members must be in the gym by 7.50am on the carnival day wearing their Mt Lawley PE uniform.

UNIFORM SHOP

Beat the rush, order your winter woolies now.

Music Students: Be sure to order your concert uniform soon, if possible before the end of Term 1. We only carry a limited stock and may need to order in your requirements. Uniform Shop, Tel 9270 4663, Email mountlawleyshs@uc.ubd.net.au. Opening Hours Tuesday 8 - 3.30 Thursday 8 - 11.30

Go to the school website …..www.lawley.wa.edu.au for the next few pages
Pertussis (Whooping Cough) Fact Sheet

Pertussis (or whooping cough) affects people of all ages, but it is most serious in infants, especially those under 6 months of age who are too young to be fully vaccinated. Immunisation is an effective way to protect people against pertussis, and it is particularly important that children receive all 5 scheduled doses of pertussis vaccine (at 2, 4 and 6 months of age, with booster doses at 4 years of age, and in Year 7 of primary school). In addition, it is recommended that adults who live or work with young children should have pertussis vaccine.

What is pertussis?

Pertussis (or whooping cough) is a disease caused by infection of the respiratory tract with the bacterium Bordetella pertussis.

What are the symptoms?

- Pertussis usually begins just like a cold, with a runny nose, tiredness and sometimes a mild fever.

- Coughing then develops, which may occur in bouts, sometimes followed by a deep gasp (or “whoop”), especially in unvaccinated children. People may vomit after a bout of coughing.

- Pertussis can be very serious in young children, especially those under 6 months of age. Complications can include pneumonia, brain damage from lack of oxygen suffered during bouts of coughing, and death.

- Older children and adults tend to have a less serious illness, but they can still have persistent coughing that may continue for several weeks, regardless of treatment.

How is it spread?

Pertussis is spread to other people by droplets from coughing or sneezing. Untreated, a person with pertussis can spread it to other people for up to three weeks after onset of cough.

How is it prevented?

- Make sure children are up-to-date with their pertussis vaccines.

- Children need to be immunised at 2, 4 and 6 months of age, but can start as early as six weeks during an outbreak of pertussis.

- Booster doses of pertussis vaccine are recommended at 3 ½ to 4 years of age prior to school entry, and at 12 – 13 years (in the year 8 school-based program).

- Vaccination is also recommended for adults planning a pregnancy; parents of infants and other household carers, including grand-parents; and for adults who work with young children, including child-care workers and health-care workers.

- Immunisation is available through general practitioners; some local council immunisation clinics, community health immunisation centres and through the Year 8 school-based vaccination program.

- The vaccine does not give lifelong protection against pertussis, and protection is sometimes incomplete (not completed vaccination series).
Pertussis (Whooping Cough) Fact Sheet

Keep babies away from people who cough

Babies need to complete two or three doses of vaccine before they are protected. For this reason, it is very important to keep babies away from people with coughing illnesses to reduce the risk of them being infected.

Get immunised if you are an adult in close contact with small children

A vaccine for adults is available but not funded. It is recommended for:
- both parents when planning a pregnancy, or as soon as possible after the baby is born
- grandparents and others who will have close contact with the baby
- adults working with young children, especially health-care and child-care workers

If you have pertussis:

- People diagnosed with pertussis should stay away from school and work while infectious (up to 21 days) or until they have completed 5 days of a course of a recommended antibiotic. It is particularly important not to expose young children (child care centres, pre-school) to infection.

How is pertussis diagnosed?

If a doctor considers that you could have pertussis infection, a swab from the back of the nose or throat, and/or a blood specimen may be collected to help confirm the diagnosis.

How is it treated?

A recommended antibiotic – usually azithromycin for 5 days, or erythromycin or clarithromycin for 7 days is used to treat pertussis. These antibiotics can prevent the spread of the infection to other people.

People often continue coughing for many weeks despite treatment, but they are no longer infectious after 21 days, or after completing a five day course of antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff may then provide advice on the best way to prevent further spread of infection. This may include exclusion from child-care of well children who have not completed their course of pertussis vaccination or a recommended preventive antibiotic.

Further information – Public Health Units

<table>
<thead>
<tr>
<th>Public Health Unit</th>
<th>Telephone/Fax No.</th>
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<tbody>
<tr>
<td>Kimberley (Broome)</td>
<td>Tel: 9194 1630</td>
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<tr>
<td></td>
<td>Fax: 9194 1633</td>
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<tr>
<td>Pilbara (Port Hedland)</td>
<td>Tel: 9158 9207</td>
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<tr>
<td></td>
<td>Fax: 9158 9253</td>
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<tr>
<td>Midwest (Geraldton)</td>
<td>Tel: 9956 1985</td>
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<td></td>
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<tr>
<td>Midwest (Camarvon)</td>
<td>Tel: 9941 0515</td>
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<tr>
<td>Goldfields (Kalgoorlie)</td>
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<td>Wheat belt (Northam)</td>
<td>Tel: 9622 4320</td>
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<tr>
<td>Southwest (Bunbury)</td>
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<td>Great Southern (Albany)</td>
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Reference

Updated Feb 2013
COMMUNITY NOTICES

THE FOLLOWING INFORMATION IS PRESENTED AS A SERVICE TO PARENTS, HOWEVER, MOUNT LAWLEY SHS DOES NOT RECOMMEND, ENDORSE OR PROMOTE THESE PROVIDERS.

‘TRAINING FOR PARENTS’ PROJECT
This project provides free training and increased job opportunities for principal carers of children where they have a health condition and are currently receiving Centrelink benefits. http://www.crsaustralia.gov.au/training_for_parents_in_wa.htm

USEFUL WEBSITE
A parent has found a website that is helpful. http://www.dearestchildren.com/

GROUP TUTORING PROGRAM-MATHEMATICS
Are you looking to improve your results and enjoyment in mathematics but feel unsure about the easiest way to improve? Our Aim: As Mount Lawley S.H.S alumni, we have developed a group tutoring program exclusively for Mount Lawley S.H.S students. We’re offering tuition in 2C/D, 3A/B and 3C/D mathematics as well as 3A/B and 3C/D specialist mathematics. Experience: All of our tutors have over a year of experience tutoring high school mathematics as well as a wealth of resources and notes from our time as students. Details: The sessions will be run at Mount Lawley S.H.S. We have a limit of 6 students per session so get in quick! Our program is completely obligation free. It’s only $25 per student per session. If you are interested feel free to contact Langdon or James on 0434847951 or 0414187159 for a friendly chat about how we can help you achieve your goals. Or you can email us at jgrouptutors@gmail.com

MASTER MIND AUSTRALIA – ACADEMIC PATHWAYS APRIL REVISION PROGRAM
Master Mind Australia will be conducting revision programs in the April school holidays for all year 10 students and year 11 and 12 WACE students. The programs are subject-specific teaching programs that focus solely on the syllabus and reinforce the work students do at school. Class sizes are small and aimed at improving the individual’s academic performance. They offer students a structured learning environment that will prepare them for success in first semester examinations. For more information contact Dr Robert Hallam on 9486 1377

MIRRABOOKA HARMONY EVENTS
The organising committee of Mirrabooka Harmony Events cordially invite you to the two Harmony events taking place this year. Celebrating Harmony Week is vital in recognising the positive contribution we all receive from our diverse population. We would be delighted if you could promote the events to your students and their parents and join us at the following;

From 2pm to 7.30pm on Saturday the 16th of March we are hosting a Festival Event at the Stirling Civic Gardens. The Festival event will feature a range of well known artists presenting cultural performances along with some up and coming local acts, there will also be activities for children and young people to enjoy.

From 10am to 2pm on Friday 22nd March we are hosting a Harmony Event at the Mirrabooka Square shopping centre. This event will showcase performances from local school choirs and talented local artists.

Harmony Day has been celebrated in Mirrabooka for a number of years and has grown to include the support and participation of many community organisations, Government and non-Government agencies, schools and cultural groups. This year with the aim of spreading the harmony message we have been able to obtain funds from the Office of Multi Cultural Interest and City of Stirling to host a larger event at the Stirling Civic Gardens. It is our hope that by engaging people in projects, activities and events that celebrate the diverse range of cultures in the City of Stirling and surrounding suburbs we can bring the broad community together to share common interests, be entertained by the varied talents of local communities, promote a positive image local communities along with shared understanding and admiration. We look forward to your attendance.