

MOUNT LAWLEY SENIOR HIGH SCHOOL An Independent Public School

LAWLEY UPDATE Term 3 No. 3 2015

Planning for 2016 continues with the Year 9 to Year 10 parent evening held at ECU recently. Senior School processes and curriculum choices were canvassed with parents. Parents and Year 9 students are now considering the optional subjects that they wish to study next year.

In order to achieve breadth of curriculum, students must complete at least one Arts and one Technology and Enterprise subject. Students continue studies in Languages, Health and Physical Education and the MESS areas.

The P&C makes an outstanding contribution to school life. The Achievement Centre, conducted Tuesdays and Thursdays, is funded by the P&C. Many students participate in tutoring and homework sessions that are supported by the school's teachers.

Currently, the P&C is considering several options to improve shade structures in the yard. Through funding this work, the P&C will improve the facilities available for students. The P&C is commended to all parents. Support may be shown through paying the P&C family contributions (\$25) and attending meetings. Meeting dates for the remainder of 2015 are Monday, 26 October 2015 and Monday, 23 November 2015 at 7:00pm in the Main Administration building. A strong P&C provides better parent input into school operations.

The P&C is currently seeking an auditor to complete the audit of last year's financial records. If you are in a position to complete this work or can offer a suggestion that the committee can consider, please email the P&C Website Co-ordinator, Mr John Pryor, on john@mlshspc.org.au. An advertisement appears below. Mrs Furness and her team would welcome your assistance/ support in this matter.

Last week the school hosted the Consul-General of Japan in Western Australia, Mr Masanobu Yoshii, to a visit. He and several key members of his staff discussed the school's Japanese program and visited classes. Here, he was hosted by Mr Jeong. Mr Yoshii was very happy to assist him with several activities that enabled students to meet him and converse in Japanese.

Over the recent weekend, the school hosted the Japanese Speech Competition. Jossie Tan, Year 12, was a participant in the Second language component, while William Tucker, Year 11 won the Background competition. William is currently the national Chinese speech competition winner as well. Congratulations to both for a solid performance.

Over the weekend, the Years 7-9 SVAPA students took part in the Term 3 Saturday workshop. They engaged in activities conducted by the Western Australian Youth Theatre Company. Whilst the students enjoyed the day, and especially the stage combat

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

CONGRATULATIONS

Hope 8H3

is a member of the Co:Youth Dance Ensemble at Co3, WA newest contemporary dance company. She will be performing at the Heath Ledger Theatre at the State Theatre Centre in October in the upcoming soason *re:Loaded 2015*. Co3 was formed through the amalgamation of Buzz Dance Thare and STEPS Youth Dance Company.



Vanessa 12H2

was the winner of the Senior Division of the Social Media Essay competition conducted as part of the National Child Protection Conference conducted by ECU.



Tabassum 9M2.2

received a Certificate of Participation for her essay entry to the Social Media Essay competition conducted as part of the National Child Protection Conference conducted by ECU. She was presented with her certificate at the school assembly by Detective Sergeant Ron Fyneman.

STOP PRESS Information on Scholarships on the next page

HELP WANTED: Parent help requested for Italian, Korean and Japanese Language Expo 6.30pm Tuesday 15 September. Donations of finger food to share can be left on the day in the Languages staff room or on the evening in the Year 9 building kitchen. Helpers on the night welcome. Please contact Jaeik via email. *Jaeik.Jeong@lawley.wa.edu.au*

AUDITOR REQUIRED

The school's P&C Association is seeking an auditor for the 2014/2015 financial year books of account.

If you are interested in assisting or know someone who may be able to complete the work please email the P&C Website Coordinator,

Mr John Pryor, john@mlshspc.org.au.

Please support our Green initiative by reading the rest of this Update online at P & C Website http://mlshspc.org.au

A THOUGHT



class, the SVAPA Parent Support Group provided a most valuable service on the day - lunch. Many of the parents have students in their first year of SVAPA (Years 7/8) and their contribution is very much valued. Thanks also to the staff, Dr Irving, Ms Packham and Ms Diggins.

Milton Butcher, Principal



A PROGRAM FOR THE ADOLESCENT IN YOUR LIFE Mindfulness for Study & Exam **Preparation and Performance**

WHEN:

Friday, 4:00-5:30pm

Throughout Sept and October Please note each session only runs if we have sufficient numbers.

Min number: 5 Max number: 8-10
BOOK NOW. Time is running out. Places are filing fast!

Life Resolutions Morley 1072A Beaufort St Bedford 6052

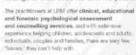
COST:

\$15 per session

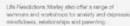
PARTICIPANTS WILL LEARN

- √ What is mindfulness?
- √ Why is it helpful?
- ✓ How do I "do" mindfulness?
- √ Different types of mindfulness activities
 - Find the ones that work best for you
- ✓ Mindfulness during study
- √ Mindfulness in the exam room





and toward insues, as well as "everyday big difficulties" like parenting, relationships, self-enteent body image, grief, family breakdown and shops just



of specially, that exist within the practice visit please call to make an anguly 6446 6917.







SCHOOL PSYCH CORNER IVA FILIPOVSKA, SENIOR SCHOOL PSYCHOLOGIST

SLEEP LOSS IN STUDENTS: A COMMON ISSUE

It's no surprise that sleep is a low priority for many students, and something that they regularly don't get enough of on school nights. Unfortunately, research shows that chronic sleep loss can lead to negative consequences such as impaired memory, attention and concentration difficulty, depressed mood, poor school performance, and in extreme cases, non-school attendance.

One biological reason for the lack of sleep amongst adolescents is when the 'body clock', which heavily influences when people want to go to sleep and wake up, is timed later than normal. For these individuals, falling asleep between 12-4am isn't unusual. Naturally they want to wake up later as well, the problem is school requires an early start, so they don't end up getting enough sleep.

To improve your sleep if this is an issue, try and make a few simple changes.

- Reduce bright light in the evening by dimming screens on electronic devices.
- Avoid consuming caffeine in the afternoon and evening.
- Go outside in the sunlight immediately after waking.
- Don't sleep-in 2 hours past your normal weekday wake-up time on weekends.

The above tips will make the chances of sleeping easier. Of course, if a problem persists, then seeking professional help is always an option.

Daniel Bonnar is a Clinical Psychologist Registrar who runs the Insomnia and Sleep Management Program at Life Resolutions Morley. Contact: (08) 6446 6817

A PROGRAM FOR THE ADOLESCENT IN YOUR LIFE

Riding the Wave: Managing Your Mood to Better Manage your Life

WHEN: Thursday, 4:30-6pm 3rd, 10th, 17th & 24th Sept

15th and 22nd Oct Please note there is a break in the program during school holidays

Max number: 8-10 - BOOK NOW

Life Resolutions Morley 1072A Beaufort St Bedford 6052

BRING: Just yourself!

COST: \$40 total - that's \$7 per session!

FACILITATORS: Lucy Moran & Susan Smith

PARTICIPANTS WILL LEARN

✓ Mindfulness

What is it and how does it relate to self-awareness?

What you need to know about emotions

✓ Improving your mood

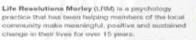
√ Navigating and surviving a crisis Communication

Assertivenes

Negotiation skills

✓ Improving your relationships

ENQUIRIES: morley@liferesolutions.com.au









It's Good To Talk



HONOURS SOCIETY 2015

In 1982 the Honours Society was created to recognise outstanding scholastic achievement in Years 11 and 12at Mount Lawley Senior High School. The society recognises hard work, consistent application and high standard of excellence. A student "selects herself/ really himself" through attitude and application to studies in upper school. To be eligible for membership,



a student must achieve a minimum of 12 'A' grades. Today, with vocational pathways in place the number of 'A' grades can be discounted due to certificate studies. Additionally, achievement across extracurricular domains is also considered.

At the school assembly each new member is given a Mount Lawley SHS Honours Society badge and a Mount Lawley SHS Honours Society certificate. Parents and family members are invited to the assembly.











Parent Newsletter Article SUPPORTING SCHOOL DIARY, With the DIARY EXTRACT FOR THAT WEEK

Funded by School P & C . Source : The Learning Curve

WEEK 32 - IN CONTROL OF NOW

Wellbeing Element – Strengths and Control

Character Strength - Prudence

While reflective and 'taking stock' habits are valuable to cultivate in our students' lives and learning, it is also essential that once they have deliberated on something, they are decisive and act. Procrastination has the capacity to adversely impact on all areas of students' lives (and ours) should it be ignored or remain unchecked.

Adopting growth mindsets will enable students to show grit to in dealing with procrastination. It can be caused by many seemingly unrelated issues such as:

- Perfection wanting to produce the 'perfect' assignment; being obsessed with detail and not pursuing the investigation with energy.
- Organisation wanting to be totally prepared, having everything completely arranged and as a result not getting started or lacking the necessary study and research skills to perform the task.
- Self-Doubts lacking the self-confidence to tackle the task at hand.
- Prioritising being unable to prioritise their activities to get the things done that they have to do.
- Motivation lacking a purpose for being at school; 'having to' rather than 'wanting to'.

Whatever the cause for procrastination may be, it is essential for parents and teachers to recognise it and address it immediately by assisting students with strategies to overcome it. It will not just go away on its own and a team approach is necessary.

CAREER AND TIME MANAGEMENT

WEEK

32
Trickaning Care

- LEARNING INTENTIONS/GOALS. AT THE END OF THIS LESSON STUDENTS SHOULD LEAVE WITH:
- Wellbeing Bank: to increase students' Character Strength Prudence and wellbeing element Strengths and Control through being mindful of how not to procrastinate.
- A raised awareness of why and when they procrastinate, an understanding of personal strategies to combat putting things off and a willingness to ask their team for support to overcome it.
- кемптим зырыль то Омгастия И.

 Actions: What are two things they will start doing for this Wellbeing Builder?

 To develop their thinking capabillies through Taking Responsible Risks and Applying Past Knowledge to New Situations Habits of Mind and the Exploring Habits of Mind. Three Amigos and Pohits of the Compress Thinking Tools

MIDDLE STU	DENT PLANNER	PAGE 9
IN CONTROL O		
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Procrastination of		r so, mry do you do n.
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 being afraid of pr 	or outcomes	
 focusing too must 		
	inderstanding or work	load
 lacking prioritisin 	g skills ning to another not fini	tale to or the con-
to overcome these strenaths	look at things throug	n your signature
 what tasks do yo 	u regularly delay?	6
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 have your goals 	on your bedroom	
wall • break tasks dow	a into achiguable	
 break tasks down pieces 	1 Into acriievable	
 set timelines to c 	omplete tasks	
 commit yourself 		
20 minutes and t	hen repeat it the	
process.		7
Self-talk is power do it to achieve wh	ful, I can do it, I will	
	el like working, I will,	
because I am in c e	ontrol of me.	
ACTIONS		
	gs I will start doing to	avoid delaying and
putting things off?		
1.		
2.		
"Procrastinatio	is the art of keeping up	with yesterday." Saying.
MINDFULNESS	ACTIVITY:	
32. Name game	- write down all the ob	ejects you know that
	ter C and what they a	
VOCABULARY	שווו מרט	
impudence approximate	delicate assimilate	virtuous abandon

SENIOR STU	IDENT PLANNER	PAGE 90
IN CONTROL (OF NOW	
	to increase your wellbe ugh being mindful of how	
Do you delay do	ing what you need to? W	/hy do you do it?
 being afraid of being obsesse not coping with 	can stem from you are not confident of unpleasant outcomes d with detail to achieve t h study demands ing and time manageme	he perfect result
	ture strengths will assi	
these issues	hat you regularly delay	
 put up a list of over breakfast priorities for th have your goal break tasks do 	them in your study area every morning, create a e day is for the year on your be own into achievable piece	edroom wall
 set timelines to phone. 	complete tasks on your	Year Planner and
I will do it, I will as "although I don't because I am in		lo".
 completing any commit yourse intensely for 20 the process 	task to task without	at The same of the
Being effective is control to manag	means using internal e NOW.	
ACTIONS!		
	will I start doing this wee of of now?	k to improve my focus
1.		<i>Q</i>
2.		
"Procrastinati	on is the art of keeping up w	with yesterday," Saying.
	VOCABULARY BUIL	DER
dazzling	garrulous hedonist	jocular
elusive	neaonist	lassitude magnanimous

WEEK 33 - NOT COPING

Wellbeing Element – Strengths and Control Character Strength – Social Intelligence

Unfortunately, all too often, students only speak up about not coping and falling behind when they are about to implode and give up. Therefore it is important that they are empowered to build mindful and reflective habits and to regularly take stock on how they are faring and the resourcefulness to seek help.

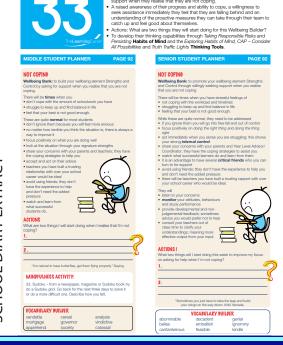
There are many reasons which cause students to have self-doubts about coping and falling behind. The key is to instil in them a belief that they are not on their own and the confidence to speak up and seek help as soon as they feel they are struggling. Viewing their situation through their signature strengths will promote their growth mindsets.

This is especially so for senior students who don't manage their time effectively, particularly in private study periods at school. These present a perfect opportunity for students to consult their teachers for extra assistance and to clarify any aspects of the course which concern them. When concepts are clear in students' minds, effective learning and study will occur; their time input equals their effective output.

When students don't ask their teachers for clarification, their learning and study effectiveness are severely blunted; their time input is not rewarded with quality output. So while some students appear to devote sufficient hours to their studies, the reality is they are not getting true value for their efforts. They are doing the right thing but not doing the thing right.

To monitor their efforts and attitudes, it will benefit students immensely to have a critical friend who knows them and their habits well. Friends are not the people to adopt this role because they have enough to deal with themselves and often don't have the skills to so. An older and trusted member of their team is the most appropriate per-

son CAREER AND TIME MANAGEMENT





COMMUNITY NOTICES

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



NEW SUPPORT GROUP

Autism West's new education support group is starting this month!

If you have a child aged 10-15 years who would like support with homework and also an opportunity to socialise and make friends in a supportive environment, contact our office to find out more about the program!

Tuesdays group is aimed towards high to moderate needs support children and Thursdays group is aimed towards moderate to low needs support children. The group runs from 4-6pm on these days, until the end of term starting the week of the 24th August.

See the group flyer at this link:

http://www.autismwest.org.au/images/stories/ HomeworkGroupFlyer.pdf

Gabriella La Bianca Executive Officer Autism West Support Inc. www.autismwest.org.au 8/62 McCabe Street, Mosman Park, WA 6012 Mosman Park South LPO, PO BOX 4275, Mosman Park, WA 6012

Tel: 9383 6123Mobile: 0414167345

Relaționships Australia.

9489 6322

Enhancing Self Esteem in Adolescents

This is a course for teachers and others who work with adolescents.

Course Aims: Adolescence can be a difficult path for many young people as they attempt to find their own identity in an ever changing and challenging world. Based on recent research, this course updates participants' understanding and provides practical and creative ways that teachers and mentors can seamlessly integrate assistance to adolescents within



The course focuses on practical application - teachers will learn strategies aimed to help adolescents improve their mental wellbeing and build healthy self-esteem. Although this course aims to empower and up-skill the individual teacher, a number of simple and effective strategies and tools could be adopted by whole of school with a view to healthy self esteem culture

- how to assess what's going on for the adolescent while establishing an alliance with them
- how we can roll with the student's resistance to engaging with us ways of working with adolescents who are depressed, angry, disengaged or emotional

Highlights will include

- Understanding what happens in the adolescent and adult brain that makes changing some of our patterns difficult but not impossible Ways that people enter change via the 'Change Triangle' How to identify 10 Unhelpful Thinking Styles that appear in the language of young people and how to
- respond supportively Gaining a deeper understanding of anger and learn 4 strategies that young people use to mismanage
- Gaining a deeper understanding of anger and learn 4 strategies that young people use to mismanage their anger that can keep them stuck in feelings of low self worth Learning fun psychological strategies that help us defuse from the unhelpful 'stories' that our minds create that cause us stress and unhappiness Active listening skills and empathic responding. Experience through activities why these often neglected aspects of communication are vital to connecting with an adolescent



ne: 9.30am – 4.30pm (includes a light lunch)





PREPARE NOW FOR SUCCESS

PREPARATION FOR YEAR 11 ATAR ENGLISH

The English ATAR course focuses on developing students' analytical,

creative, and critical thinking and communication skills in all language modes. The English

ATAR course is designed to develop students' facility with all types of texts and language modes and to foster an appreciation of the value of English for lifelong learning.

Date: Tuesday 29 September – Friday 2 October 2015

Time: 1.00 pm - 4.00 pm

Cost: \$130.00

Attend all sessions.

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

To register, please complete the form overleaf. Registrations close on Friday 25 September 2015

NB: Once an enrolment has been confirmed, refunds are not offered for any reason as course fees are set to only cover costs.

CRICOS Code: 01032F

Katharine Susannah Prichard Writers' Centre, Not-For-Profit KSP WRITERS' CENTRE presents a community

Saturday 5 September 2015 11 Old York Road, Greenmount, 4,00pm—9,00pm

This is a fundraiser to buy much-needed new carpet and curtains for our non-profit arts Centre in the beautiful Perth hills; put on some STURDY SHOES to enjoy a great night out and help us reach our goal!

* \$5 entry per person or \$10 per family * All welcome * FREE entry if you donate a cake/biscuits/muffins to share (first 15 people only) * Pop in and stay as long as you like * BYO picnic, cold drinks and folding chairs or blanket

FREE TEA AND COFFEE SCORCHING SAUSAGE SIZZLE MUGS OF HOT WINTER SOUP (V, GF) MARSHMALLOWS FOR TOASTING PRIZES FOR BEST-DECORATED TOASTING FORKS FIERY OPEN MIC PERFORMANCES MUSICAL ENTERTAINMENT **BOOK SALES & MARKET STANDS**

http://www.kspf.iinet.net.au | Find us on Facebook





