

MOUNT LAWLEY SENIOR HIGH SCHOOL An Independent Public School

LAWLEY UPDATE 1 Term 1 No. 1 2018

It has been a smooth but very busy start to the 2018 school year. We have a record enrolment this year of 1762 students with 342 Year 7 students joining us which makes this one of the largest cohorts to enter the school.

All students were in their timetabled classes by recess on Wednesday and are now well into their learning programs. All students have received a free diary courtesy of the P&C Association. We thank the P&C for continuing to fund this excellent resource which contains a variety of information to assist students and parents.

Eleven new staff have joined us this year including new graduates and experienced staff. Mrs Renae Hill has been appointed as the Middle School Associate Principal to replace Mr Michael White who is the acting Principal at Cunderdin Agricultural College for semester 1. We have two new teachers in English, HASS and Maths and new teachers in Home Economics, Media, Health and Physical Education and one teacher who is able to teach both Chinese and Japanese Language. I am sure our students will benefit from their expertise and enthusiasm.



Front Row L- R:

Ms Deborah Edwards (Media), Ms Sharon Jones (H& PhysEd), Mrs Fiona Craig (Maths).

1st Row L- R:

Sarah Linden (HASS) , Akksandra Zdravkovic (Eng), Madeline Morskate (H&PhysEd) Angelina Krleska (Eng), Renae Hill (Associate Principal, Middle School).

Back Row L-R:

Eric Tang (Maths), Tomas Mawer (Drama), Stuart Fox (HASS), Xiaopu (Lesley) Liu (Languages)

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

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

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

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

www.lawley.wa.edu.au
enquiries@lawley.wa.edu.au



CONGRATULATIONS

Elena (Ellie) 1101. Ellie, as part of the SM Argent Open Pom team has been selected to compete and represent Australia as **Team Australia** at the 2018 ICU World Cheerleading-International Cheer Union championships to be held at the Walt Disney World Resort in Orlando, Florida USA.

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

2018 SECONDARY ASSISTANCE SCHEME YEARS 7 TO 12

Do you hold a Centrelink health care card,
Centrelink pensioner concession card or
Veterans Affairs pensioner concession card?
YOU MAY BE ELIGIBLE FOR UP TO:
\$350 towards school expenses.
Applications Open Wednesday 31st January 2018
Close Friday 13 April 2018

ASK THE FINANCE OFFICER FOR MORE INFORMATION
Phone 94710302

SCHOOL BOARD ANNUAL GENERAL MEETING AND ANNUAL OPEN DAY

The School Board will hold its annual open meeting on Monday, 19 March 2018.

The meeting will be held in the Conference Room and commences at 5:30pm.



Congratulations are extended to the Year 12 Class of 2017 for their excellent results. The school was recognised as one of the top 10 schools in the state for Computer Science and Psychology. There were outstanding individual achievements with our ATAR dux Zac Dempsey gaining an ATAR of 99.7 closely followed by Anyang Zhou with 99.65 and Minh Giap Chu with 99.25. Anishka Brown was awarded a Certificate of Excellence for Economics and Taonge Sendama the same for English. 12 students were awarded a Certificate of Distinction and 37 were awarded Certificates of Merit. Many students have been offered their first preference for university courses in Western Australia and interstate. Students have been accepted into Medicine, Science, Economics, Commerce, Arts, Psychology, Neuroscience, Engineering, Nursing and Philosophy. Others are enrolled in TAFE or have accepted employment. We wish them all every success in their post school journey

Parents are advised the school and its insurer cannot accept liability for students' private property including telephones, parent funded notebooks or bicycles. This includes if items are lost, damaged or stolen. Parents are advised to ensure that these items are insured through home and world- wide insurance policies.

The first School Board meeting for 2018 was held on Monday 19 February. Parents are advised that the board meeting on 19 March is an open meeting as well as the AGM. All parents will shortly receive a ballot paper in the mail to vote for a new parent representative.

There are a number of events happening in the next few weeks and parents are welcome to attend the House Swimming Carnival at the Terry Tyzack Aquatic Centre on 28 February and the Year 10 Welcome BBQ on Wednesday 21 February.

Lesley Street, Principal

ICT CHANGES INFORMATION

Over the holidays and in the last two weeks the school has been involved in a major upgrade to its computer operating system. We have moved to align the school's systems to the Standard Operating System (SOE4) supported by the Education Department. This has meant that emails sent using @lawley.wa.edu.au will no longer work. Please note our new email for enquires – mountlawley.shs.enquiries@education. wa.edu.au. Staff emails have been updated on our website. The email for responding to absentees is - mountlawley.shs. absentees@education.wa.edu.au. The Lawley website can still be accessed at - lawley.wa.edu.au.

Positive Parenting Program SEMINAR SERIES TEEN Term 1 2018 Mount Lawley Senior High School



Parents/carers/grandparents are invited to attend free parenting seminars to learn practical, positive and effective ways to strengthen bonds with their teenagers, encouraging them to develop the skills to become independent and to successfully connect with the wider community.

The seminars are standalone and parents may choose to attend one, two or all three of the seminars. However, it is best to attend all three to get the full benefit of the program. The seminars are a presentation style format rather than fully interactive. However, there is a question and answer opportunity in the last 15 minutes of the seminar.

When: Wednesday 28 February Seminar One: Raising Responsible Teenagers
Wednesday 7 March Seminar Two: Raising Competent Teenagers
Wednesday 14 March Seminar Three: Getting Teenagers connected

Time: 7:00pm – 8:30pm

Venue: Mount Lawley Senior High School Staff Room – upstairs in Main Admin building

Cost: Free – however bookings are essential.

Parents of children in Years 6, 7, 8 and 9 are welcome to attend. This is an adult only event, so please do

For more information, or to register to attend a free parenting seminar please:

Visit the EventBrite page to register online (https://mlshsteenpppseminars.eventbrite.com.au) If you wish to attend all three seminars, you have to register for each seminar separately online.

We look forward to seeing you at the seminar.

not bring your teenager or younger children along.

Iva Filipovska (School Psychologist) and Mary Keeley (School Nurse)

NB: These seminars focus on strategies for supporting very low level challenging behaviours that teenagers display. For more in-depth parent support and complex presentations, the Group Teen Triple P would be a suitable option. You can check when and where this program is offered through the Department of Health (http://healthywa.wa.gov.au/Articles/S T/Triple-P-Positive-Parenting-Program)



Congratulations to Class of 2017 students who were inducted into the exclusive 90's Club and were presented with certificates at our school assembly last week.





How To Install Skoolbag On Your Smartphone

Phone & iPad Users

- 1. Click the "App Store" can an your Apple dense
- 2. Type your school name in the search, using suborb name will help
- 3. If Phone, you will see your sofoot appear, disk "Fise" then "restall
- If Ped, stronge the drop list to "Phone Agus", your school will then be violate, Alick "Free" than "Hotali".
- 5. Witen installed ofor "Open"
- 6. Select 'OK' to receive push notifications, when asked.
- 7. Click the "Main" button on the bottom right of the Ago, then "Setup"
- R. Toggle on the Push Categories that are applicable for you

Android Users

- You must first have signed up with a Google Account below installing the app
- 1. Click the "Play Store" button on your Android Device
- Oak the magrating glass icon at the top and type in your school name, using suburb name will help.
- 3. Old the school name when it appears in the search
- 4. Click the "Install" buston
- Dick "Accept" for various permissions (please note, we do not modify any of your personal data on your device)
- B. Click "Open" when installed
- I Clox the "More" button on the bottom right of the Ago, then "Selbe"
- 5. Togglir on the Push Categories that are applicable for you.



iPhone

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HOUSE SWIMMING CARNIVAL Wednesday 28 February 8.30am -3.00pm

Reminder that All STUDENTS attend this event

@ the

Terry Tyzack Aquatic Centre
ALL STUDENTs must be at the Aquatic centre by 8.30am in
their Physical Education uniform OR House Colours.

HEALTH CENTRE 2018

I am the School Nurse at Mount Lawley SHS this year and my name is Mary Keeley.

The Health Centre is located in Student Services; Monday to Friday 8 00 am until 3.30pm. I have an open door policy and students and care givers are welcome.



The role of the School Nurse includes promoting health and well being.

In partnership with the student's family, the nurse will encourage self care so that by the end of year 12 students will be confident in

- Be able to recognise and attend to minor health issues before they come to school/work and see to these issues themselves
- Recognise the normal and when and how to seek medical advice if they are concerned that something is not normal
- Have their own GP; someone they trust and who bulk bills.
- Make their own appointments with GP, dentists and other health professionals and have the confidence to seek a second opinion if they are still concerned.0

In case of an emergency, the school will not hesitate to call an ambulance for your child and so it is recommended that you have ambulance cover.



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 1 - MIDDLE - IN CHARGE OF YOUR FEELINGS SENIOR - REGULATING YOUR EMOTIONS

Parent Wellbeing: The best way to build your wellbeing and personal growth is through contributing to make a positive difference to others' lives; doing good to feel good. Describe three times you have done this and the emotions you felt.

When students experience something, their thinking is influenced by two competing parts of their brain, the amygdala and the prefrontal cortex.

- The amygdala is the unconscious part which generates emotions. It is well developed in students and causes the fight, flight or freeze reactions, depending on the intensity of the positive or negative emotions produced.
- The prefrontal cortex is the conscious rational part which controls the intensity of their emotions to make decisions. It not fully developed till they reach their late teens or early twenties. As a consequence, their responses to what they experience may vary considerably.

When their Amygdala are in charge of their feelings, good decision-making is difficult; this is often called emotional hijacking. The key is to raise their self-awareness of this, so that that they are in a position to self-regulate their emotions.

Cultivate this by:

- initiating discussions about positive, negative, mixed and hidden emotions and their intensity
- helping them create their own positive coping and self-calming strategies to reduce emotional intensity
- introducing them to some common thinking traps (refer (to http://learningcurve.com.au/resources/teacher/thinking-traps.html)
- learning how to use assertive and positive self-talk to combat possible hijacking
 doing Mindfulness Activities to distract their amygdala to put their prefrontal cor-
- tex back in charge (see website)

 "By constant self-discipline and self-control, you can develop greatness of

 character." Grenville Kleiser

WEEK 2 - MIDDLE / SENIOR - PRIORITISING SKILL

Parent Wellbeing: Draw an outline of your body and on it write down the warning signs you feel on different parts when you are becoming stressed or angry. Be on the lookout for these warning signs.

Prioritising is a self-regulation skill and strength which enables students to use their time more effectively:

- mindfully reflecting on and then arranging their daily/ weekly activities and commitments in order of importance broadens their attention and engagement with what they are doing and need to do
- learning to prioritise gives them tools to develop growth mindsets to overcome setbacks and challenges
- most students find it very difficult to apply themselves to Home Learning/Study unless it is planned ahead of time

The spontaneous approach of just letting it happen doesn't work.

To prioritise their activities, the Musts and Options is an effective Thinking Tool to use and it provides them with a valuable perspective on the activities they participate in which may include:

- Sport training
- Part-time jobs
- · Study, reading and home learning
- Socialising and networking with friends
- · Favourite television shows and games
- Family commitments
- · Daily exercise and leisure activities

The learning of prioritising supports the development of their brain capabilities and enables students to mindfully practise using the character strengths of perspective, judgement, self-regulation and zest. Discussing these strengths in action is a way to develop students' brain pathways and willingness to use their strengths in everything they do.

"I do the very best I know how, the very best I can; and I mean to keep doing it to the end." Abraham Lincoln







WEEK 3 - MIDDLE/SENIOR -FAMILY AND FRIENDS

Parent Wellbeing: The shadow side of a strength is when you underuse, misuse or overuse it. For three of your strengths describe a time you used them on the shadow side.

When students enjoy honest and caring relationships with their families and friends, they are:

- happy in themselves and able to look for the good in things they are doina
- in a position to make the most of teamwork
- socially connected and have a sense of belonging

Well-functioning families and friendship groups look for what they are doing well. A great exercise is to do the free Character Strengths Survey at *www.viacharacter.org* Then each person will know their signature and top supporting strengths. Conversations can then be about how they can use their strengths together to achieve what they set out to do. Doing this creates growth mindsets.

Receiving and accepting feedback from family and friends on how they are travelling enables students self-assess and then set process self-expectations for themselves. They need regular developmental, non-judgmental feedback.

The adolescent brain is a turbulent place, with the good decision making-centre, the pre-frontal cortex, not completely wired up: As such, while they can create emotions just like adults, they don't yet have the capabilities to consistently control them. This often leads to any feedback to be seen as criticism.

"A loving heart is the truest wisdom." Charles Dickens

WEEK 47 – MIDDLE - FAST BRAIN PATHWAYS SENIOR – NEUROPLASTICITY

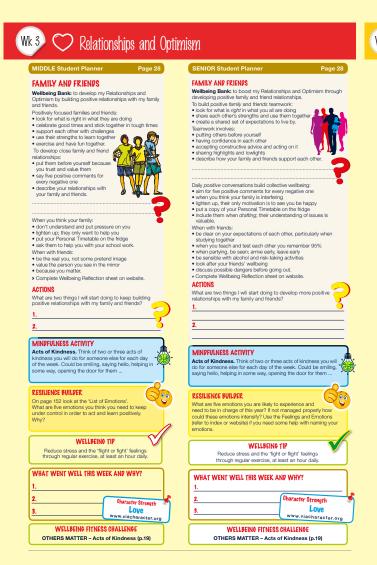
Parent Wellbeing: What you focus on grows. To develop your top strengths, create habits and rituals to action them and consciously celebrate with yourself when you do. Describe a habit or ritual you can develop for each of your top strengths.

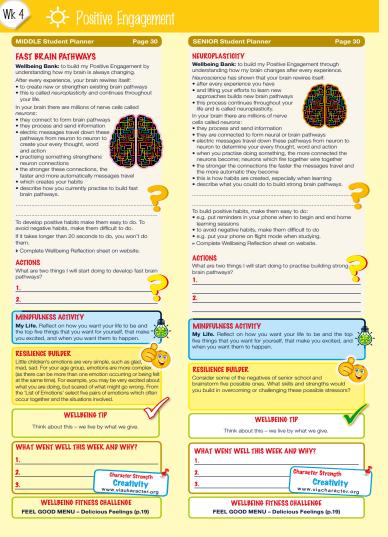
Since the beginning of time, parents and teachers have encouraged students to practise and apply what they learnt in class in other settings after school. The push back from students and some members of the school community, has always been understandable, but if they knew how brains learn new things to build habits, they might well be more open-minded.

Neuroscience has proven that our brains rewire themselves when we experience new things; called Neuroplasticity. Our brains create new brain (neural) pathways by joining millions of nerve cells, called neurons, together. The more often we repeat something, the stronger these pathways become and the faster the messages travel down them. Our brains love searching for patterns and practising regularly creates patterns which in time become our habits. Deliberate practice is a must for a healthy brain.

But on the other hand, when these pathways aren't used they wither and die. That is why learnt material needs to be revisited for the brain pathways to strengthen. Study and practise applying learning to new situations are how students develop the brain pathways in their memories to remember things. The character strength perseverance is an effective one to action to achieve this.

"To make headway, improve your head." B.C. Forbes







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

Relationships Australia. Westernaustralia 1300 364 277 www.wa.relationships.com.au

RELATIONSHIP EDUCATION PROGRAM

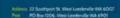
JOONDALUP

Lotteries House, Unit 7/70 Davidson Terrace March - June 2018

Short courses give an overview, some tips and answers to your questions while In-depth learning and skills development are offered in our longer courses.

New SURVIVAL KIT FOR SEPARATING DADS Separation presents many challenges for men, especially fathers. If you are going through a separation or divorce, this workshop will provide a supportive place to acknowledge the challenges you are experiencing through the process. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future. This workshop will look at: Separation and men's experiences Helpful ways for you to cope with the separation What is resilience and why it is important Choices you can make to enable you to feel positive about yourself and the future	DATE: 14 March DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
* We strongly recommend all separating Dads attend this course prior to any other course, particularly parenting courses.	
COMMUNICATION IN RELATIONSHIPS People who communicate with care create healthy relationships. This seminar covers the basic principles of communicating to those you love with clarity and respect.	DATE: 14 March DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
BUILDING BETTER RELATIONSHIPS x 8 weeks This course, based on John Gottman's work, offers new ways of relating and being inlimate. The greater a couple's awareness of each other, the greater their mutual consideration and ability to work through changes and problems.	DATE: 9 May - 27 June DAY: Wednesday TIME: 6.30-9pm COST: \$160 per couple

For further information and to enrol please phone 6164 0200







1300 364 277 www.wa.relationships.com.au

RELATIONSHIP EDUCATION PROGRAM

MIDLAND

February to June 2018

One Night Seminars give an over view, some tips and answers to your questions while In-depth learning and skills development are offered in our longer courses.

New SURVIVAL KIT FOR SEPARATING DADS DATE: 20 February or 26 June DAY: Tuesday TIME: 6.30-9pm Separation presents many challenges for men, especially fathers. If you are going through a separation or divorce, this workshop will provide a supportive place to acknowledge the challenges you are experiencing through the process. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future. This workshop will look at: COST: \$30 per person Separation and men's experiences Helpful ways for you to cope with the separation What is resilience and why it is important Choices you can make to enable you to feel positive about vourself and the future * We strongly recommend all separating Dads attend this course prior to any other course, particularly parenting courses. HEALTHY SELF ESTEEM DATE: 13 March DAY: Tuesday TIME: 6.30-9pm Would you like to feel better about yourself? Self esteem is essential to good health, both physical and emotional. COST: \$30 per person UNDERSTANDING ANGRY EMOTIONS DATE: 12 June DAY: Tuesday TIME: 6.30-9pm This seminar helps to raise awareness of our emotions and is a good introduction to our eight-week Anger Management course. COST: \$30 per person

For further information and to enrol please phone 6164 0200





Relationships Augralia. WESTERN AUSTRALIA

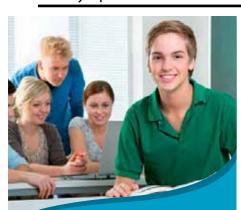
1300 364 277 www.relationshipswa.org.au

WEST LEEDERVILLE

Level 1/22 Southport Street (corner Cambridge Street) Parenting Courses February 2018	
We strongly recommend all separating Dads to attend this session prior to any other courses, especially parenting courses.	
EMOTION COACHING After many decades of research it has been found that one of the most useful skills/awareness a parent can give to their child is emotional intelligence. This means helping their child to recognise what they are feeling and why. This short course explores the most helpful ways of responding to a child to help them to learn how to regulate their own emotions.	DATE: 12 February DAY: Monday TIME: 6.30-9pm COST: \$30 per person
SUCCESSFUL SINGLE PARENTING People become single parents through a range of life choices and circumstances. Single parenting alone is different in many ways compared to a two parent household and can have its difficulties and challenges. If you are a single parent and are through that initial break-up stage this course will provide strategies that will help you develop a close and special relationship with your child.	DATE: 14 February DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
PARENT TEEN CONNECTION × 4 weeks This course reduces stress and teaches parents how to communicate, negotiate and minimise conflict	DATE: 19 Feb – 19 March DAY: Monday TIME: 6.30-9pm COST: \$50pp/\$75 couple
MAKING STEPFAMILIES WORK × 6 weeks Find out how to build the enduring, resilient stepfamily you both want. The course offers strategies on communication, discipline and managing competing demands.	DATE: 21 Feb - 28 March DAY: Wednesday TIME: 6.30-9pm COST: \$80pp/\$130 couple
DADS RAISING GIRLS Find out how you can build a rewarding father-daughter relationship. As the primary male role model in a girl's life, fathers play an important role in the development of their self-concept and self-esteem. This affects how they relate to others, particularly to boys and men.	DATE: 26 February DAY: Monday TIME: 6.30-9pm COST: \$30 per person

For further information and to enrol please phone 6164 0200





ATAR Tuition Help

With our Premium ATAR Tuition Help you will receive:

- Help with your own individual problem areas from our specialist teachers.
- Bring in your homework and assignments and receive one on one help in understanding course content and answering questions from a subject specialist teacher.
- Clear and simple explanations of challenging concepts from teachers who are trained to help you understand.
- Encouragement from teachers who will assist you to overcome areas of weakness and improve your confidence and academic performance.
- Receive tips on how to maximise your school results and feedback on your assignments, tests and exams.

Contact us

Phone: 9314 9500

Email: learn@academicgroup.com.au Web: www.academicgroup.com.au

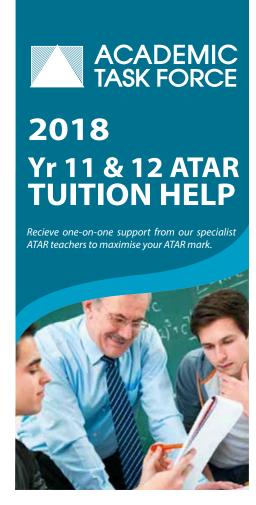
Our Venues

- C & D Block
 Entry via Memory Place carpark.
- Perth Modern School
 Andrews Building
 Entry via Subiaco Road carpark.
- Rossmoyne Senior High School English Learning Building Entry via Apsley Road carpark.

ATAR Tuition Help

- Expert ATAR Teachers
- Small groups (3 8 students)
- ✓ Individual help solving specific problems
- On-going academic support
- Feedback on your work
- Keep on top of school work

Enrol online: www.academicgroup.com.au





High School Tuition Help

About our High School Tuition Help:

- ✓ Maths: An experienced teacher will help your child understand and solve Maths problems. Teachers will review essential Maths skills and your child will receive individual attention for their specific needs. Teachers can also provide extra work for those who wish to extend themselves
- English: Teachers will work with your child focusing on areas they may be struggling in, such as grammar and punctuation, essay writing or reading comprehension each week. Your child will practise these skills in the class and receive individual help from the teacher.
- Science: Teachers will work closely with your child to help them understand new or difficult scientific concepts and extend their knowledge and confidence in Science.

Contact us

Phone: 9314 9500

Email: learn@academicgroup.com.au Web: www.academicgroup.com.au

Our Venues

- C & D Block
 Entry via Memory Place carpark.
- Perth Modern School
 Andrews Building
 Entry via Subiaco Road carpark.
- Rossmoyne Senior High School English Learning Building Entry via Apsley Road carpark.

High School Tuition Help

- Individual help and attention
- Small groups (3 8 students)
- Experienced and qualified teachers
- Gain a better understanding in the areas you find difficult
- Receive extra work on topics
- Friendly and encouraging teachers

Enrol online: www.academicgroup.com.au

