



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE Term 2 No. 4 2015

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The 12th annual Lawley Art Auction took place last weekend. It can only be described as a tremendous success with a massive turnout to view the art works and a very good financial return for the school's Music and SVAPA programs. Some \$29,000 is likely to have been generated for the two programs.

The auction is a parent driven community event through the school's P&C Association. A committee, chaired by Ms Sonja Davidson, plans and executes the auction. It is supported by a range of local businesses who very generously provide raffle and silent auction prizes or supplies. The Committee take over the Senior School building and transforms it into a visual art gallery and auction room, returning it to classrooms for Monday.

There was a significant increase in sponsorship and supporters of the auction. This component was managed by Ms Michelle McDonald, who as part of the committee, made an enormous contribution within her portfolio.

Ms Kerri Bland masterfully managed the database of supplied artworks and Mr Daniel Ganon was a vigilant liaison for out-of-auction negotiation where works are passed in for not reaching the reserve price. Ms Vanessa Lombardo continued her work liaising with artists and accepting pieces. The complimentary food was again of exceptional standard thanks to the hard work and dedication of Ms Barbara Arseven.

The committee members all worked extremely hard over the past few months and dedicated themselves to ensuring the auction was smoothly executed. Through their work the conditions for success on the night were set. The successful outcome is a direct relationship to this effort. The school is very lucky to have such a committed and dedicated parent body with the vision to establish the auction and the planning and organising capability to execute it. To Ms Davidson and her committee, a job very well done and thank you.

Congratulations are also extended to Mrs Anita Chong on the award of the Medal of the Order of Australia in the recent Queen's Birthday Honours List. The award was made in recognition of her many years of teaching Mandarin at this school and her work in Chinese language teacher associations in WA and nationally and for her contribution to local Chinese community groups. Mrs Chong is on sick leave and best wishes are extended to her. A well-deserved accolade.

On Saturday, 6 June 2015, two students participated in the annual China Bridge speaking competition. The winner of the state competition then proceeds to the national event, held at the Confucius Institute in Adelaide. Congratulations to William of Year 11 for winning the WA event. Rosa, Year 11, was also a participant. Both William and Rosa displayed sound skills in

CONGRATULATIONS



Ryan 10F3

has been selected to attend the Parliament of Western Australia's "Statewide Student Parliament". He has been chosen as the Member for North Metropolitan Region and will sit in the Legislative Council.



Caitlin 1002

has been selected to represent Western Australia in the 2015 State AFL 16s Team. She will be competing at the National Schools Championships in Victoria in July.

Vote for us in
the People's
Choice Awards!



Mount Lawley SHS's entry is
the Sea Explorers program
Alumni mentoring.

The video is at
[http://ourschoolsastar.com/
contest/1/entry/35](http://ourschoolsastar.com/contest/1/entry/35)

Vote now ourschoolsastar.com

VOTE 1 SEA EXPLORERS

STOP PRESS

Volunteers honoured

Student awarded prestigious scholarship

Read all in the next issue.

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

A THOUGHT

To read without reflecting is like eating without digesting. *Edmund Burke*



Mandarin and Chinese culture. Both had to speak and perform in front of an audience. Thanks and Ms Tee and Ms Li Xia from the Confucius Institute for working with them to prepare their pieces.

Last Tuesday, the school conducted the annual NAIDOC assembly. This year the theme was to highlight school programs in Aboriginal education. Student speakers outlined the Follow the Dream (FTD) and Aboriginal Excellence Program (AEP) initiatives. Emma spoke on the AEP, Amber on the FTD and Sharlene and Lily outlined the 2015 AEP project. This is to research and report the current debate for Indigenous recognition within the Constitution.

The assembly also addressed a number of school events, including the Senior School World Cup, co-ordinated by Ms Suzie Barnes. As usual, parents were exemplary in their conduct. Parents are always welcome to attend assemblies.

The AEP group recently welcomed the Hon Ken Wyatt, AM, MP the Member for Hasluck. Mr Wyatt chairs the Indigenous Recognition in the Constitution working party for the Prime Minister. Mr Wyatt was able to speak on the topic and answer questions. The AEP will use this information in their 2015 research topic.

Senior School examinations have now concluded and in both components, assessment schedules are being finalised with a move to Semester 1 reports. Reports will be posted to parents shortly with information relating to the forthcoming parent/teacher reporting day of Thursday, 2 July 2015. The timetable of the school is suspended for that day so that teachers are able to meet with parents. If parents are unable to arrange supervision for their children, arrangements will be made at school. No timetabled work can be given and students should bring private study materials. Appointments are booked on-line as with earlier in the year. Again, parents are reminded that if they have children in both components, interview times requested should include travel time. This is because there is no facility able to accommodate all teachers in one location. Appointments are for 10 minutes and the day is commended to all parents. In addition to reporting, a Careers Forum is also available. Providers from universities, training and employer bodies will be present and can answer questions about post-school options.

On the evening of Tuesday, 9 June 2015 the annual Year 10 to Year 11 parent night was conducted. Held at ECU, the evening was disrupted with the failure of the projection system. It was not possible to repair the system and the evening had to be conducted without access to the graphics and information that would have enabled staff to convey information to parents in a visual sense. Due to the absence of this support it is fair to say that the evening lost focus and parents may not have received "value for money". This is very much regretted.

As this is the second time in three years that the projection system has failed and based on feedback from parents there will be a review of this evening. It is likely that it will return to school. However, as there is no room able to hold the numbers of the Year 10 parent group, it will need to be conducted over several nights. I appreciate parents providing feedback and suggestions to improve the evening. It is my clear intent that this will be better next year.

Associated with the parent evening, the individual counselling for families has commenced. Families meet with a staff member and options for 2016 can be considered. All students must complete either a University pathway (minimum of four examination courses) or at least one Certificate II. The school offers a range of certificate courses and should meet the needs of all.

It is vital that parents consider very carefully going against staff recommendations. With the new Western Australian Certificate of Education (WACE) construct, a student failing to gain at least four 'C' grades in Year 11 almost certainly cannot achieve graduation. Staff recommendations are made on the basis of evidence and are meant to support students and set the conditions for success.

Invoices for contributions and changes have been posted to parents. It is vital that for the provision of services to classroom programs that these are paid. Monies from contributions and charges are provided to learning areas and do not in any way get allocated to school administrative overheads. Charges are compulsory.

Parents are also requested to consider supporting several other programs, including Healthy Active and the Chaplaincy. Whilst the Chaplain is now supported by the State government, this only provides a day and a bit of the Chaplain's time. The support provided by parents enables the Chaplain, Mr Andrew Paul, to be available to provide pastoral support to students for several additional days. The Healthy Active program is one that supports healthy eating, lifestyle choices and physical activity. This is delivered by Ms Suzie Barnes. Please consider.

Milton Butcher, Principal

PEER TUTORING - MATHEMATICS/LITERATURE

Attention students and parents: Are you or is your child in Years 9,10 or 11 and having trouble with MATHEMATICS/LITERATURE ? We now have a peer tutoring program up and running, whereby a group of excellent Mathematics & Literature students meet in the library on **Tuesdays and Thursdays from 3-4 pm** and help you with your individual needs.

Totally free and supervised by teachers.

Ms Amy Paterson, English Department.



TEEN POSITIVE PARENTING PROGRAM

Teen Positive Parenting Program is an internationally renowned program being offered by the North Metropolitan Education Region to schools in your area. Parents from across Perth have given it rave reviews and it is free.



If you are a parent of a teenager, you are invited to:

- Play an active role in guiding and supporting your teenager
- Discuss common parenting challenges that come with the teenage years
- Enrich your parent - teenager relationship
- Explore effective behaviour management strategies.

Remember, you don't have to be experiencing difficulties – Teen Triple P is for every parent!

This course is generally useful for parents of Year 7, 8, 9 or 10 students.

Venue: Mount Lawley Senior High School Staff room

Term: Term 3 2015

Dates: Wednesdays – August 5, August 12, August 19 and August 26

Attendance: Commitment to attend all four sessions is desirable

Time: 5-7pm

Parking: Ample parking in Mount Lawley SHS staff parking area

Cost: There is no cost for this program

Refreshments: Tea/Coffee provided

Format: Workbook, discussion, DVD

Year 9 Interschool Sports Carnival





COMMUNITY NOTICES

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



A Day in the Life of a University Student



Agribusiness Degree Taster for Year 11 and 12 @Muresk July 17th and 18th 2015

Curious About 'University Life'?

Experience life as a Uni student

Explore your career opportunities and pathways to get you there

Talk to recent graduates

Meet current university students

Mix with students from all over WA

Enjoy an experience you will never forget at the iconic Muresk Institute

| | | |
|-----------------|---|--|
| Duration | 2 day overnight stay 11am July 17th to 1pm July 18th | Day 1 - Explore your career opportunities Day 2 - University experience |
| Cost | \$40 toward catering and accommodation | |
| Register | By 6th July 2015 through your Careers Advisor or C.Y. O'Connor Institute [Apply now as places are limited] | |
| Contact | Daisy Bulloch agribusiness@cyoc.wa.edu.au or call 9622 6789 | |

www.cyoc.wa.edu.au Freecall: 1800 627 256 or 08 9622 6789 Agribusiness@cyoc.wa.edu.au

Facebook: Agribusiness Muresk

Gain valuable insight into a typical day at university for a UWA student and explore the range of options available for your chosen course.

We will be holding the following 'A Day in the Life of...' events for students in Years 11 and 12 in the upcoming July school holidays:

- Architecture – Thursday 9 July
- Psychology – Friday 10 July
- Engineering – Monday 13 July*
- Physics – Tuesday 14 July
- Business – Wednesday 15 July
- Botany – Thursday 16 July**
- Law – Friday 17 July

*Also open to Year 10 students

**Students interested in Agricultural Science and Marine Science are also encouraged to apply

Online applications are now open and close 30 JUNE 2015
<http://www.studyat.uwa.edu.au/about/events/DITL>

For further information, please contact:

Jacqui Baker
Prospective Students Adviser

jacqui.baker@uwa.edu.au

Academic Group helps high school students achieve their best

Experience the benefits of our July School Holiday Programs:

Yr 11 & 12 WACE & ATAR Revision Program

Yrs 7 – 10 Skills Development Program



Our courses inspire students to achieve everyday. In small group classes our specialist teachers assist students to succeed at school and in their exams.

6 – 10 July & 13 – 17 July

Various subjects – Various Times – Study Skills – Essay Writing

Venues North of Perth

University of Western Australia (Yr 12 only)
Churchlands Senior High School (Yrs 7 – 12)
Perth Modern School (Yrs 7 – 12)

Venues South of Perth

Notre Dame University (Yr 12 only)
Rossmoyne Senior High School (Yrs 7 – 12)

To see our programs and to enrol go to:

www.academictaskforce.com.au for Churchlands, Perth Modern School and Rossmoyne

Early Bird Bonus: 10% discount until 15th June

www.academicassociates.com.au for UWA and Notre Dame

Early Bird Bonus: Free trial exam book valued at \$25.00 until 15th June



Speak to one of our education consultants:

Phone: 9314 9500

Email: learn@academictaskforce.com.au



SECONDARY

The Learning Curve™

Parent Newsletter Article

WEEK 20 – BULLYING: NO WAY!

Wellbeing Element – Relationships and Optimism
Character Strength – Fairness

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

Bullying is a severe form of harassment that occurs when someone, or a group of people, have power over a student and deliberately upsets or hurts him/her, damages his/her property, reputation or social acceptance more than once. The student's inner self has been hurt and he/she may experience and feel:

- Anxious – when will it happen again?
- Powerless – there's nothing I can do.
- Angry – it's not my fault, why me?
- Frustrated – this is consuming me!
- Embarrassed – are other students watching and what do they think?
- Helpless – no one understands what I'm going through!

Bullying is unacceptable in any shape or form and students must be empowered to speak up until they are heard and action is taken by responsible adults to address the issue. All too often, students lack confidence to confront the issue, feel overpowered by the bully, say nothing and continue to be the subject of bullying. The bully must have this power taken away forever and be counselled on appropriate ways in which to treat others. Explicit conversations about bullying build robust assertive attitudes and growth mindsets in our students.

Students craving for peer esteem and acceptance will often not report bullying. They desperately don't want to lose connections to their group and may see speaking up against bullying as threatening to this. A healthy sense of wellbeing enables students to overcome this.

Building the wellbeing and resilience of our students to not tolerate the bullying of themselves or others will instil valuable lifelong dispositions in them. The intention of this focus on bullying is to initiate capacity building discussions both at home and at school about bullying. These discussions should include many of the considerations following:

- importance of responsibly reporting bullying and harassment for everyone
- dealing with bullies, social skills training and rights and responsibilities
- need to support those who have been bullied or harassed with empowering strategies
- assertive habits and appropriate responses training for victims of bullying

WEEK 21 – STRESS/REDUCING TENSE FEELINGS

Wellbeing Element – Strengths and Control
Character Strength – Perspective

The onset of stress is an aspect of our lives that can be triggered by numerous events. There will be times in all students' school careers where they experience stress and anxiety. It is essential for parents and teachers to be 'tuned in' to their students to recognise early warning signals so that they can provide the required support to teach them coping mechanisms to deal with stress. Encouraging them to look at the situation through their individual signature strengths is an effective strategy to achieve this.

These tense feelings may originate from a number of stressors such as:

- Heavy study and learning workload
- Overly high expectations of themselves and from others
- Striving to be "too" perfect and obsessed with detail
- Lack of organisation and not coping
- Peer group problems and pressure
- Social networking harassment

While these situations are undesirable, the reality is that they will occur. The key is teaching students positive approaches of how to control these feelings before they have too much of an adverse effect on their health, self-esteem and progress.

There are two types of stress:

- Positive stress – called Eustress. Being psyched, pumped up and in the zone. It enables students to use it to fuel their lives and learning efforts.
- Negative stress – called Distress. This has a debilitating effect on their learning efforts and all round health.

Stress Warning Signals fall into three main categories:

- Physical – trembling, headaches, skin disorders, dizziness, stomach aches, tiredness.
- Emotional – anxiety, temperamental, lack of interest, loss of self-esteem.
- Behavioural – disturbed sleeping patterns, forgetfulness, abnormal eating habits, withdrawal, easily distracted.

A proactive approach is for students to identify and list their main sources of stress/anxiety and their individual warning signals. Then when they first start to see these signals they should be encouraged to seek support from their team and use the strategies in the above focuses to control them. A true sign of strength is to speak up. Anxiety caused by tests and exams is discussed in several future wellbeing builders.