



## MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

### LAWLEY UPDATE Term 3 No. 10 2015

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Welcome to all families and members of the school community to Term 3. It is a very busy term and one vital to the progress of Year 12 students - the so called premierships term. Certainly university pathway students need to be motivated and focused on preparing for firstly mock exams, and then the WACE series in November. The importance of this has been stressed.

Last term closed with the parent/teacher interview day and whilst many parents attended and made use of the opportunity, we are looking to see across both of the interview situations if we can improve things and provide parents a better service.

Is what we do now the best way? Could we offer a better service by looking at two half days and evenings or reversing the format with the whole day/evening for the interim reports and the evening only at the end of Term 2? This has been discussed at the School Board and the P&C and I propose to raise it again and seek feedback on the options.

The length of interview times can be frustrating, however, longer interviews equals less appointments. Again, this will be raised at the P&C meeting.

Last term the students and staff of the school conducted an appeal for Foodbank. This result was stunning with the official receipt showing 196kg of food collected, which equates to around 261 meals. Another 40kg or so awaits collection. The generosity of families is very much appreciated by Foodbank which provides a service to the needy in our community. Thank you to parents, students and staff for this result.

The school is also very grateful to those families who offered a homestay place to the visiting delegation from Houzhai Middle School from Yiwu in China. The visiting staff and students are enjoying their time in Perth. Their visit would not be possible without the homestay offers. Thank you to the families concerned. Next week we welcome a group of visiting Japanese students. Again, this is possible thanks to homestay offers. Having international groups visit the school assists our language learning and helps students understand the importance of different cultures, goodwill and respect.

The Director and Assistant Director of the Confucius Institute visited last week and discussed our Mandarin program. The Institute support this program through providing an assistant from China. In several weeks the school will welcome the Consul General for WA of Japan. He is interested in visiting Japanese classes.

Last Friday the school visited Mount Hawthorn PS to deliver a presentation to the primary students on this school. Whilst this is a usual event, it was different in that the Senior and Junior

#### CONGRATULATIONS



##### Ethan 7H1

has been selected to represent Western Australia in the 2015 Swimming Team. He will be competing at the National Schools Championships in Adelaide during November. Congratulations Ethan.



##### Alex 12H2

will be competing at the 2015 Union Cycliste Internationale (UCI) World Track Championships in Kazakhstan after his Interstate team camp and competition. We wish Alex all the best during his interstate and international competitions during August.

#### FAMILY SEEKING ASSISTANCE

A family in North Perth is seeking assistance in getting a Year 7 student to school. He was injured earlier in the year when getting off the bus. The family is prepared to pay a fee, which can be negotiated.

If you are in a position to assist, please telephone Mr Li on 0469972729



Your Sticker Sheets can be dropped into the Collection Box outside Mrs Barnes Office @ Student Services

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

#### A THOUGHT

"Education is the key to unlock the golden door of freedom." George Washington Carver



String Quartets played a mini concert. The Senior Quartet has been an excellent innovation this year and the music staff, in generating a Middle School Quartet, are continuing the genre. It was a return to her former primary school by Lorraine Rosson, the leader of the Quartet. Both groups, who played superbly, showed a strong music primary school a sample of what can be studied in music at Mount Lawley SHS. Thanks to the girls, several of whom were ill and played, and the Junior Quartet who had to perform with a player short, again due to illness.

For university pathway students in Year 12, TISC will shortly be providing information on applying for a university place in 2016. Applications are made on-line and are due by 11:00pm on 30 September 2015. There is a fee involved.

In terms of key staff changeover into Semester 2, Mr Ian Johnson is welcomed back after his term as acting Principal of Yanchep DHS and Ms Julie Simon, from Ballajura CC, is acting as Deputy in the Middle School. Ms Simon worked here as a deputy previously in 2013. They are both keen to assist parents as required.

**Milton Butcher, Principal**

## 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 & 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

## SCHOOL PSYCH CORNER



### HOW TO CONTACT THE SCHOOL PSYCHOLOGIST at MOUNT LAWLEY SHS

If you need to contact the School Psychologist regarding your child, please discuss your concerns with the relevant Community Team Leader or Year Coordinator in the first instance.

The Community Team Leader or Year Coordinator will refer your concerns to our Student Services Coordinator and these will be discussed and triaged in our relevant Students At Educational Risk (SAER) meetings.

If it is deemed that the School Psychologist needs to be involved in the case management of your child, the Team Leader or Year Coordinator will schedule a meeting with you to discuss an action plan further.

### USEFUL ARTICLE

'Four Lessons from "Inside Out" to Discuss With Kids'

By Jason Marsh, Vicki Zakrzewski.

Go to: [http://greatergood.berkeley.edu/article/item/four\\_lessons\\_from\\_inside\\_out\\_to\\_discuss\\_with\\_kids](http://greatergood.berkeley.edu/article/item/four_lessons_from_inside_out_to_discuss_with_kids)

## HEALTH COMMITTEE GEARING UP FOR YEAR 12 CHILL OUT DAY 2015

Mount Lawley SHS boasts an enthusiastic and active Health Committee that is in charge of organising a variety of health promotion initiatives across the school, such as Ride to School Day, National Day Against Bullying, R U OK Day, Health Expo, and much more!

The committee consists of a number of Student Services staff and teachers - Suzie Barnes (Healthy Active Coordinator), the School Nurse, Iva Filipovska (School Psychologist), Natalie Tempone (PE Teacher), Catherine Smith (VET/Careers Coordinator), Jennifer Heal (PE Teacher), Alice Basini (English teacher).

In September this year, the committee is organising the annual Chill Out Day to promote a balanced approach to study and play for all our Year 12 students. We are excited to showcase a variety of activities, talks, information booths, as well as provide free healthy lunches for our Year 12s.

For more information - watch this space! The Year 12 Chill Out Day is scheduled for 2nd September 2015 and we have invited a special guest speaker to talk about the importance of sleep and the impact of sleep disorders on schooling and mental health.



## **DISTRACTIONS**

Getting distracted doesn't take much. A chatting passenger or a good song can easily divert your attention from the task of driving safely. As our dependency on technology increases, so does the temptation to participate in distracting activities.

It's no secret that driver distraction contributes significantly to serious road crashes. Driving is a complex task, and to anticipate and avoid hazards on the road, you need to concentrate and give it your full attention.

***DID YOU KNOW: Between 15-20% of all distractions appear to involve driver interaction with technology.***

### **STATISTICS & EFFECTS OF DISTRACTIONS ON DRIVING**

It has been estimated that distraction played a role in 32% of all road crash deaths and serious injuries in Western Australia between 2005 and 2007. Approximately one third of all distractions appear to be outside-the-vehicle distractions.

Distraction appears to be largely associated with rear-end crashes, same travel-way or same direction crashes, single vehicle crashes, and crashes occurring at night.

### **THE LAW**

While "distraction" is not an offence in Western Australia under the Road Traffic Act 1974 or the Road Traffic Code 2000, there are still distraction-related offences drivers may commit.

Some of these offences include:

- It is illegal to use a hand-held mobile phone while driving. Penalty is a \$400 fine and 3 demerit points.
- It is illegal to drive a motor vehicle which has a television receiver or visual display unit operating if any part of the image on the screen is visible to the driver from the normal driving position. Penalty is a \$300 fine and 3 demerit points.

While the law provides for the making and receiving of phone calls on a mobile phone while driving, there are some provisions that must be adhered to.

### **MOBILE PHONES**

Collectively, a number of studies have shown that using a mobile phone while driving can:

- Impair your ability to maintain the correct lane position.
- Impair your ability to maintain an appropriate and predictable speed.
- Result in longer reaction times to detect and respond to unexpected events.
- Result in missing traffic signals.
- Reduce the functional visual field of view, which in turn, has been shown to be associated with an increase in crash involvement.
- Result in shorter following distances to vehicles in front.
- Result in accepting gaps in traffic streams that are not large enough.
- Increase your mental workload, resulting in higher levels of stress and frustration.
- Encourage you to look straight ahead rather than scanning around the road ahead.
- Reduce your awareness of what is happening around you in time and space.

As a result of these impacts on driving performance, the use of a mobile phone while driving increases the risk of being involved in a crash by up to 4 times.

The safest option is to turn your mobile phone off while driving.

***FACT: Sending a text message is even more distracting than talking on a mobile phone.***

### **HOW DO I AVOID DISTRACTION?**

Do you get easily distracted? Here are some tips to help you change your ways and become a safer driver:

- Turn off your mobile phone when driving (even if it is a hands-free mobile phone).
- Adjust all vehicle controls (including the radio/CD player) before setting off.
- Turn off your MP3 player when driving.
- Take a break rather than eat, drink, smoke or groom yourself while driving.
- Don't know the route? Either you or your passenger can check a map before starting the journey to know what lies ahead.
- Ask passengers to be quiet if you are having difficulty concentrating while driving.
- Ensure pets are properly restrained in the vehicle (e.g. using a secured carrier box or pet seat belt system).
- Recognise what makes you distracted and either avoid engaging in that activity when driving, or find a safe place to pull over and do it.
- Make sure the vehicle's windscreens and mirrors are clean and unobstructed.



## **DISTRACTIONS CONT.**

### **FACT SHEETS & RESEARCH**

Curtin-Monash Accident Research Centre has developed a Using Mobile Telephones while Driving fact sheet which describes the current situation in Western Australia and presents the latest evidence on the crash risk of using a mobile phone while driving. A full review of the research on in-car driver distraction has been undertaken by the Monash University Accident Research Centre.

### **WORLD HEALTH ORGANISATION RESEARCH REPORT**

The World Health Organisation (WHO) has published a research report on the use of mobile phones while driving. You can download the report from the WHO website.

The Governors Highway Safety Association (GHSA) in the USA has reviewed and summarised distracted driving research available as of January 2011 to inform states and other organisations as they consider distracted driving countermeasures. The report can be downloaded from the GHSA website.

For any further information and fact sheets please go to <http://rsc.wa.gov.au/Road-safety-Topics/Road-Issues/Distractions>

## *Chinese Language and Culture Workshop for Future Engineers*

Date: 23 August 2015, Sunday 10.30 – 15.00  
Venue: Confucius Institute, UWA  
Proudly co-organized by ACBC Education Committee and the Confucius Institute, UWA

This program is a one-day workshop for senior school students, undergraduates, postgraduates and those interested in Engineering and the benefits of cultural and language skills in the workplace. Participants have the opportunity to hear experts in the Engineering & Resources sectors speak about their experiences and presentations by students, faculty and professional engineers. There are opportunities to network with diverse group of individuals within the fields of science and engineering, especially with people managing major projects in China.

**Guest Speakers:**

- Dr Ting Zhang, President, WA Chinese Engineers Association
- Mr Adam Handley, President, ACBC WA Branch

10.30	Registration
10.35	Welcome and Introduction (Adam Handley, President, ACBC WA branch)
10:40	Group Projects
	Group 1 – Engineering research and engagement with China
	Group 2 – In the ‘Real World’ – after my qualifications, then what?
11:45	Presentation 1 with Q&A
12:00	Presentation 2 with Q&A
12:15	Lunch and Networking
13:15	Cultural Activities – Martial arts, calligraphy, Chinese construction games
15:00	Conclusion

Student contribution: \$10 dollars (pay on the day at registration)  
Booking is essential: Contact: [confucius.institute@uwa.edu.au](mailto:confucius.institute@uwa.edu.au) or 6488 6888 before 18 August Tuesday



**Australia China Business Council**  
澳大利亚中国工商委员会



**The Confucius Institute**  
at The University of Western Australia  
西澳大学孔子学院



## Parent Newsletter Article

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

### WEEK 26 – SQUARE BREATHING

**Wellbeing Element – Exercise and Vitality**  
**Character Strength – Judgment**

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
- disrupted sleep patterns

To assist students to overcome these negative influences, they need to be taught techniques to improve their wellbeing. To relieve these tensions and anxieties, research has shown that a technique called **Square Breathing** will bring immediate benefits

- they can do it anywhere and anytime they have a spare five minutes
- nobody around them is aware that they are square breathing.

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' minds from their pressing issues
- it increases their oxygen intake and blood flow to the brain which promote clarity of thought
- it is a form of meditation
- it is also known as box breathing.

Concentrating on breathing deeply will release feel good brain chemicals and lessen tension and anxiety. Knowing how and when to use Square Breathing will benefit their overall wellbeing and enhance their performances.

### WEEK 27 – PEOPLE YOU MEET

**Wellbeing Element – Relationships and Optimism**  
**Character Strength – Forgiveness**

Relationships make the world go around and nearly everything our students will achieve in life will come from working well with others. Therefore it is important that there is a deliberate focus on cultivating in students the necessary skills, dispositions and attributes to enable them to build high quality relationships. Continually building all the elements of students' wellbeing every day will equip them to achieve this. It is essentially about building students' moral, social, emotional, ethical and spiritual infrastructures.

Encouraging students to use their signature strengths when interacting with others will provide them with plenty of positive experiences which will strengthen their overall wellbeing. It is the frequency of positives that make the difference to relationships, not the intensity of them. It can be as simple as smiling when meeting other people, or listening with their eyes, ears and heart and asking over and over again, tell me more. We need to keep reminding students that others matter.

The way they interact with others at school, at home and in the community will contribute to how successful they are in achieving their goals.

The majority of people they will meet are friendly and easy to be with. Then there are those people who have irritating manners and habits who they will find difficult and uncomfortable to be around. To be their best in life they need to learn strategies to tolerate such people and build working relationships with them.

### WEEK 28 – SPEAKING PRESENTATIONS

**Wellbeing Element – Meaning and Purpose**  
**Character Strength – Zest**

Throughout our lives there are numerous occasions on which we are expected to give speeches, including engagements, weddings, funerals, birthdays, work presentations, club functions and so on. Many people cringe at the thought because they have never been shown how to prepare for and deliver a high quality speaking presentation.

Cultivating in our students the confidence and know how to stand up and deliver well thought out speaking presentations will benefit them for life. At school students are expected to give verbal accounts of what they have learnt, investigated and concluded to different audiences, including in class, school assemblies, representing the school in public arenas etc. They need to be coached how to do this.

The key to avoiding possible stressful situations in delivering speaking presentations is to nurture in students the resilient and resourceful habits of being prepared, rehearsing voice tones, practising body language and identifying important points beforehand.

The focus this week is designed to provide explicit guidelines and empower students to feel confident in themselves to deliver a clear and competent speaking presentation.



COMMUNITY NOTICES

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

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

**NEW**



**A Parenting Tune-up for Fathers**

This course covers -

- Why Dads Matter To Kids
- Developing a Healthy Parenting Style
- Improving Family Communication and Closeness
- Steering Your Children Through Stressful Stages
- Disciplining the Kids Without Losing It
- Balancing Life, Work and Family
- Working as a Team (Partner's Evening)
- Identifying and Implementing Change

Entertaining multi-media presentation.  
Highly visual – good for new arrivals learning English.  
Practical insights, strategies and problem-solving.  
Relevant for Dads of babies through to high-schoolers.  
Comprehensive practical manual included.

**WHAT MEN HAVE SAID ABOUT PIT STOP -**  
*"It was great to get together just with blokes. The guys up front are down to earth... I'm now on track to creating a better future for my kids"*  
*"I didn't like the idea of someone telling me how to parent, but I soon discovered Pit Stop is different... I look forward to it every week!"*  
*"This has been a fabulous course. It has given me many simple insights I just hadn't thought about before. I would strongly recommend it to every dad."*

**WEST LEEDERVILLE**  
 22 Southport Street (cnr. Cambridge Street)

**Wednesday 29 July, 5 12 19 26 Aug, 2 9 16 Sept**  
**Tuesday 20 27 Oct, 3 10 17 24 Nov, 1 8 Dec**  
**2015**

Time: 6.30-9.00pm  
 Fee: \$120 per person

Places are limited so please book now on 9489 6322

Address: 22 Southport St, West Leederville WA 6007 | Phone: 08 9489 6300 | Relationships Australia (WA) Inc. | ABN: 32 105 234 326  
 Post: PO Box 1206, West Leederville WA 6901 | Fax: 08 9489 6301

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**It's back!**  
 Help make a difference for your local school or ELC

**WOOLWORTHS EARN & LEARN 2015**

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school- and all we need you to do is shop for your groceries at Woolworths.

From *Wednesday 15th July to Tuesday 8th September*, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school (Student Services Office) or at your local Woolworths.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students. If you'd like to know more visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn)

**SCHOLARSHIP PROGRAM**

AVAILABLE FOR DOMESTIC STUDENTS COMMENCING FEBRUARY 2016  
 SAE Creative Media Institute offers scholarships to outstanding creative media degree applicants. SAE Scholarships are awarded to recognise creative talent coupled with academic excellence and outstanding leadership.

**CREATIVE MEDIA SCHOLARSHIP - THREE AVAILABLE**  
 (Full scholarship over the course of two years)

Creative Media Scholarships are awarded to high-achieving secondary school leavers who have demonstrated outstanding scholarly ability as well as strong leadership skills and creative potential.

The three scholarships can be undertaken in one of the following disciplines:  
 ANIMATION | AUDIO | DESIGN | FILM | GAMES | WEB & MOBILE

**CREATIVE INDIGENOUS SCHOLARSHIP - ONE AVAILABLE**  
 (Full scholarship over the course of two years)

Indigenous scholarships are awarded to Aboriginal or Torres Strait Islander students who have shown high academic achievement, strong leadership skills and a creative passion during secondary school.

\*Available to students of Aboriginal or Torres Strait Islander descent.

**ELIGIBILITY:**  
 To be eligible for an SAE Scholarship a student must:

- Be an Australian citizen or permanent resident
- Be at least 17 years old (turning 18 in their first year of study)
- Have completed an Australian Senior Secondary Certificate of Education (SSCE) or equivalent in 2015
- Not have previously studied with SAE

**APPLICATION PROCESS**  
 To apply for an SAE Creative Media Scholarship or Creative Indigenous Scholarship, please visit [sae.edu.au/scholarships](http://sae.edu.au/scholarships) for full details and application process. Applications should be sent electronically to [scholarship@sa.edu.au](mailto:scholarship@sa.edu.au)

APPLY NOW  
 SAE.EDU.AU/SCHOLARSHIPS OR CALL 1800 SAE.EDU  
 Brisbane | Byron Bay | Sydney | Melbourne | Adelaide | Perth | Online