



MOUNT LAWLEY SENIOR HIGH SCHOOL
An Independent Public School

PRINCIPAL'S REPORT

As school we have said farewell to our Year 12 students who have reached the end of their formal schooling. As a cohort they left the school with dignity and grace and they celebrated this milestone with a wonderful Year 12 final Assembly, Leavers Lunch, formal Class Photo and final Dinner. The last opportunity to acknowledge the Class of 2021 will be at the Award Evening to be held at the Perth Convention Centre on Thursday 18 November. We wish our ATAR students every success in their examinations which run through until Friday 19 November.

The 2022 Year 12 Prefects were announced at the Year 12 Assembly and I am confident they will prove to be excellent leaders and wonderful representatives. Congratulations to School Captains **Amy** and **Will**, and prefects **Yasmine**, **Wilson**, **Olivia**, **Ken**, **Kiara**, **Max**, **Ashley**, **Will**, **Daniel**, and **Courtney**.

There are still many events and activities for students still to be held; the Year 9 Swan River Cruise, Year 10 Dinner Dance, and Year 11 Mocktail Night, the last Cadet Camp of the year as well as the Year 6/7 Orientation Day for students. For the wider school community, there is also the Outdoor Music Concert, the Volunteers Morning Tea, the Aboriginal Excellence Program Presentation Evening, and the Year 9 SVAPA's Drama performances. I look forward catching up with parents, guardians and caregivers at these end of year events.

Well done and congratulations to our staff member **Bruce Atkinson** for winning the Safety and Health Representative of the Year Award. This award, presented by the Department of Mines, Industry, Regulation and Safety, covers multiple industry sectors. The achievement is testament to Bruce's concerted efforts and hard work in keeping us all safe.

Lastly, I would like to thank members of the P&C and the many other parents who provided a wonderful morning tea for the entire staff on World Teacher's Day on Friday 29th October. This was huge logistical exercise, as due to the school's size they had to prepare food for over 150 people. Our staff were very grateful for their efforts.

Lesley Street
Principal

STUDENT SUCCESS



Ben (1203) has won the 2021 Mindascope Youth Art Awards for his piece 'On the train'. His work was described by the judges as being "superbly executed - with an expert choice of colour, light and shadow". The competition included art from 21 different schools.



A group of Mount Lawley Senior High School staff members are participating in MOVEMBER! Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's physical and mental health issues, such as prostate cancer, testicular cancer, and men's suicide.

If your family would like to support our efforts you can donate to the School's team by **clicking here**. If you would like to donate to an individual teacher, **click here**.



IGA COMMUNITY CHEST DONATION

The 2nd Ave IGA has generously donated \$1500 from their IGA Community Chest Program to put towards the purchase of a new keyboard piano for the music department. We would like to extend our gratitude to Rita and James Kelly, proprietors of the 2nd Ave IGA, for their kind donation. Thanks also to Angie Draca for her help in facilitating the donation.



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

2022 SCHOLARSHIPS

The Scholarship Advantage

✓ **Scholarships Provide You with Financial Support**
Let someone else pay for part of your education.

✓ **Scholarships Can Help You Get Where You Want to Go**
A scholarship confirms you would be a valued addition to an institution.

✓ **Recognition**
Be recognised for your potential and develop confidence to pursue your goals.

✓ **Distinguish Your Achievements**
Stand out amongst your peers.

✓ **Scholarships Make Your Resume Stand Out**
A scholarship will enhance your resume.

The following scholarships are available for students attending Mount Lawley Senior High School in 2022:

Peter Sparbier Perpetual Mathematics Scholarship (Year 11)
Valued up to \$2,000

Anne Griffiths Scholarship for Vocational Education & Training (Year 11)
Valued at \$500

Science Scholarships (one in each of Years 7, 10 and 11)
Value depends on Year

Academic and Financial Equity Scholarships (one in each of Years 7 to 12)
Value depends on Year

Michael Sutherland, OAM Scholarship for Humanities (Years 7 and 11)
Valued at \$100

Music Scholarship (Year 11)
Valued up to \$900 (Funds to be used over two years)

Gold Intercultural Learning Scholarships (one in each of Year 11 and Year 12 ATAR Japanese)
Valued at \$100 x 2

Korean Association of WA Scholarships (one in each of Middle and Upper/Senior School)
Valued at \$200 x 2

Students interested in applying are to submit:

- Application form.
- Copy of last school report.
- Statement addressing the selection criteria (maximum one typed page).

Application forms are available from Middle, Upper, Senior or the Main Administration Office and are also on our website.

For more information visit
www.lawley.wa.edu.au or phone 9265 1511

CLOSING
3:30pm Monday, 22 November 2021

NOTICES

E-CIGARETTES AND VAPING

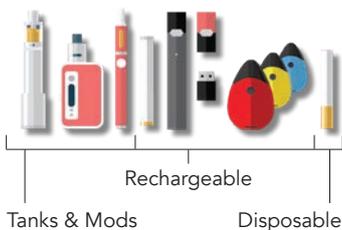
As per the School Drug Policy, Mount Lawley does not permit students, while on school premises or at a school function to: smoke and/or chew tobacco products, or be in possession of, or use, any form of e-cigarette.

Vaping and the use of e-cigarettes pose a **serious health risk**. E-cigarettes are linked to severe lung illness: Statement from the Chief Medical Officer and State and Territory Chief Health Officers about e-cigarettes.

READ THE STATEMENT <https://bit.ly/39ejtai>

It is **illegal to sell, supply or possess an e-cigarette** or any liquid that contains nicotine in Australia without a doctor's prescription and it is strictly regulated. In WA, products that resemble tobacco products, including e-cigarette devices, cannot be sold.

LEGAL STATUS OF E-CIGARETTES <https://bit.ly/3tMtRQO>



What are e-cigarettes?

E-cigarettes, also known as 'vapes', are **electronic devices** that heat a liquid (or 'juice') to create an aerosol that users **inhale**. Using an e-cigarette is commonly called '**vaping**'. E-cigarettes come in **all shapes and sizes** and can look like a highlighter, a pen or USB.

Some people mistakenly believe the 'cloud' from vaping is a vapour, like steam. It is really an **aerosol**, a fine spray of **chemicals** that enter the body via the lungs and small particles that can **lodge in the lungs**.

FURTHER INFORMATION & RESOURCES

www.quit.org.au/articles/teenvaping

Fast facts

1 | Legality of e-cigarettes

- Buying and selling an e-cigarette device or any liquid that contains nicotine without a doctor's prescription is **illegal** in Australia
- In Victoria, it is illegal to sell an e-cigarette device or a liquid intended to be used in an e-cigarette device (even if it does not contain nicotine) to a **person under 18 years**

2 | Safety

- Most e-cigarettes and e-liquids that are labelled nicotine-free and available for sale in Australia **do, in fact, contain nicotine**
- There are **no quality or safety standards** for e-cigarette devices nor nicotine-free liquids, meaning their manufacture, contents and labelling are unregulated
- E-cigarette devices can **explode** or catch fire

3 | Detecting e-cigarette use

- E-cigarettes come in all shapes and sizes, and can look like a **pen, highlighter or USB**. Some can be **disposable** and some are small enough to fit into a pocket or a pencil case. An e-cigarette device can be identified by taking the 'cap' off a suspected item to see if it has a mouthpiece
- Not all e-cigarettes emit visible aerosol. The easiest way to detect e-cigarette use is if there is an **unexplained scent in the air** from e-cigarette flavouring. Teens tend to use fruit or confectionary flavours, so this scent is usually quite sweet

4 | Harms of e-cigarettes

- Nicotine **harms adolescent brain development**, impacting memory and concentration
- Teens are particularly susceptible to **nicotine addiction**, and those who use e-cigarettes are more likely to take up smoking cigarettes
- The short-term side effects of e-cigarette use can include vomiting and nausea
- The long term effects are not yet known, but it is clear that the **inhalation of chemicals damage the lung and heart**
- Even e-cigarettes without nicotine cause harm

TERM 4 NEWS



MENTAL HEALTH WEEK

Mental Health Week is a national week celebrated each year in October, kicking off with World Mental Health Day on October 10. The Student Wellbeing Committee and staff organized a series of lunchtime activities to celebrate. As an official Act-Belong-Commit mentally healthy school it was important to promote health and wellbeing to our staff and students.

This kicked off with the Act-Belong-Commit Wellness Wednesday. Students got involved in the Wheel of Wellbeing game, made pledges about how they will enact Act-Belong-Commit. They also shared resources. Thursday's Talk and walk-a-thon was a great success! To promote social connection and physical activity we had an inter-house Talk and Walk-a-thon. Students walked laps of the oval and had conversations on a variety of topics whilst earning points for their House.

We wrapped up the week with Feel Good Friday. This included giant lawn games, a chill out craft station and live music from our amazing music students.

Of course, mental health is not just a one week activity, so make sure to make time to regularly check in with yourself and friends. For ideas and resources on staying mentally healthy visit the Act-Belong-Commit website www.actbelongcommit.org.au

Jade Browning *Healthy Active Co-Coordinator*

PLEASE NOTE - INSURANCE & AMBULANCE COVER

The Department of Education **does not** provide personal accident insurance or cover for student's lost, stolen, or damaged private property or personal items. The responsibility for the replacement of private property lies with parents. Insurance is available for personal items, although please be aware that not all household insurance policies cover personal items. Parents are responsible for paying the cost of medical treatment for injured students, as well as the cost of an ambulance. Student accident policies are available from insurers, which provide cover for medical and ambulance costs.

TERM 4 NEWS

FINAL YEAR 12 ASSEMBLY



PRINCIPAL'S ART PRIZE – THE SAGITTE YOM-TOV YEAR 12 PRIZE

Mr Yom-Tov and 2021 winner **Ben** (12O3).

Sagitte Yom-Tov, Class of 1993 Mount Lawley Senior High School graduate, passed away in 2013. As Sagitte was a passionate artist the school has named the Principal's Art Prize in her Honour.

ANDREW DAVIS MEMORIAL AWARD FOR ART AND MUSIC

2021 music winner **Genevieve** (12F1), Mrs Davis, Mr Davis and 2021 art winner **Zoe** (12O2).

Andrew Davis was a student who was tragically killed whilst playing soccer in 1978. His family established an award in his memory that acknowledges excellence in Andrew's favourite subjects; music and art.

TERM 4 NEWS



INTERNATIONAL STUDENT BADGES

(l-r): Lesley Street - Principal, **Tom** (12O1), **Lucas** (12F1), **Michael** (12H3), **Kelvin** (12H1), **Vincent** (12H3), **Anh** (12M1), Pippa Beetson - International Students Coordinator.
Not pictured: **Yoni** (12H1)



ICAS MATHEMATICS CERTIFICATE

(l-r): Anna Jeffrey - Program Coordinator - Mathematics, **Terry** (12M1) - Recipient of High Distinction, and Renae Hill - Upper School Associate Principal.



YOUNG ORIGINALS CERTIFICATE

(l-r): Michelle de Rozario - Program Coordinator - Arts (Acting), **Ben** (12O3), and Julie Simon - Senior School Associate Principal.



ALLIANCE FRANCAISE CERTIFICATES

(l-r): Steve Raphael - Middle School Associate Principal (Acting), **Emily** (12O1) - Recipient of High Distinction, **Kiani** (12M1), **Josephine** (12M2), **Noor** (12F1) *not pictured* - Recipients of Distinction, and Sonia Hatzis - Program Coordinator - Languages.



TRICYCLE THEATRE AWARDS

(l-r): Michelle de Rozario - Program Coordinator - Arts (Acting), Excellence and Dedication to the Dramatic Arts - **Ivy** (12H3), Acting Excellence in Dramatic Arts - **Elizabeth** (12M3), Dedication to the Dramatic Arts - **Kasiah** (12M2), Excellence in Creative Industries - **Dunja** (12F1), and Julie Simon - Senior School Associate Principal.

TERM 4 NEWS



ENGINEERS AUSTRALIA CERTIFICATES OF EXCELLENCE

(l-r): Michael Camilleri - Operations and Development Associate Principal, Engineering - **Junyuan (Andy)** (12O2), Science and Maths - **Terry** (12M1) and **Xinyi (Sunny)** (12M2), and Mat Winter - Program Coordinator - Science.



MOCK TRIAL CERTIFICATES

(l-r): **Lucy** (12O1), **Kasih** (12M2), **Arina** (12M2), and Mr Simon Millman, MLA.



2021 ATHLETICS CAPTAINS

(l-r): **Max** (12F3), **River** (12H2), and Michael Camilleri - Operations and Development Associate Principal.



2021 ATHLETICS CAPTAINS

(l-r): **Madeleine** (12F2), **Alex** (12O1), and Michael Camilleri - Operations and Development Associate Principal.



2022 ARTS CAPTAINS

(l-r): Michelle de Rozario - Program Coordinator - Arts (Acting), Drama - **Keiden** (11F2), Music - **Matilda** (11O3), Art / Media - **Jade** (11F2), and Julie Simon - Senior School Associate Principal.



2022 LANGUAGE CAPTAINS

(l-r): Sonia Hatzis - Program Coordinator - Languages, **Misheel** (11F3), **Karishma** (11M3), and Julie Simon - Senior School Associate Principal.

TERM 4 NEWS



2022 SCHOOL CAPTAINS

(l-r): 2021 School Captains **Sarah** (12F2) and **Jack** (12O1), Lesley Street - Principal, with 2022 School Captains **Will** (11O2) and **Amy** (11O3).



2022 PREFECTS

Back Row (l-r): Lesley Street - Principal, 2021 Prefects; **Jack** (12O1), **Sarah** (12F2), **Conor** (12O1), **Terry** (12M1), **Michael** (12H3), **Victor** (12M2), **Sebastian** (12F2), **Madeleine** (12F2), **Maria Eleni** (12O1), **Kate** (12F3), **Steven** (12M1).

Front Row (l-r): 2022 Prefects; **Amy** (11O3), **Daniel** (11H2), **Courtney** (11O1), **Kiara** (11M2), **Olivia** (11M3), **Max** (11F2), **Ken** (11M1), **Will** (11O2), **Yasmine** (11M2), **Ashley** (11F3), **Will** (11F2), **Wilson** (11O1).

TERM 4 NEWS

HOUSE CAPTAINS 2022

The House Captains for 2022 (Years 8 to 12) were announced at the Final Year 12 Assembly. Year 7 House Captains will be announced next year. Congratulations!



O'CONNOR

Year 8: Sunny and Millie
Year 9: Kenzie and Jack
Year 10: Hannah and Rosa
Year 11: Isabella and Mia
Year 12: Olivia and Milla



FORREST

Year 8: Milla and Daisy
Year 9: Mikayla and Grace
Year 10: Chelsea and Nia
Year 11: Taylah and Brendan
Year 12: Jade and Dayam



HACKETT

Year 8: Charlotte and Tayla
Year 9: Ashleigh and Riannah
Year 10: Calyn and Flynn
Year 11: Maggie and Faith
Year 12: Angus and Daniel



MURDOCH

Year 8: Scarlet and Hannah
Year 9: Ruby and Bronte
Year 10: Aika and Harry
Year 11: Florence and Eloise
Year 12: Olivia and Joshua

TERM 4 NEWS



YEAR 12 COLOURS

Students participate in a variety of curricula and extra-curricula activities. Students who have demonstrated a significant level of competence, involvement and commitment over an extended period of time (a minimum of 3 years) in these activities deserve to be recognised by the school community. These students will be awarded Colours, enamel badges of a particular colour for the appropriate category.

Colours can be awarded in five categories: House, The Arts, Service, Sport, and Academic. If they continue for a fourth year, they will receive a badge with one bar and if they continue for a fifth year they receive a badge with two bars. If they do so for all 6 years they will receive a gold badge of that Colour. This is the first year that students are eligible to be awarded a gold badge, having attended Mount Lawley for 6 years.

Sebastian (12F2)

Academic 2 bars, Academic Gold, Service Gold, House 2 bars, and House Gold

Max (12F3)

Service, and Sport

Samuel (12F2)

Arts, Arts 1 bar, Arts 2 bars, Arts Gold, Service, and Service 1 bar

Madeleine (12F2)

Service Gold, Sport 2 bars, Sport Gold, House 2 bars, and House Gold

Jack (12O1)

Service Gold, Academic, Academic 1 bar, Academic 2 bars, and Academic Gold

YEAR 7 RIVER CRUISE



TERM 4 NEWS

INTER-SCHOOL ATHLETICS CARNIVAL

On Tuesday the 19th of October over 100 student athletes travelled to the State Athletics Centre to represent Mount Lawley in the annual Interschool Athletics Carnival. The weather gods were not on our side on this day and the athletes had to battle high winds and rain affected events. At one stage of the day our running lane was underwater, and we were sharing the lane with some swimming ducks. Though if you just looked at our team's performance you would have thought they had perfect conditions, with the weather not dampening anyone's spirit or attitude!

Our goal for the year was to remain in the 'B' division carnival for 2022 and students more than delivered on this goal. We stated the day strong in field and hurdle events and this carried on with our running and relay events. We had an exciting end to the day, when the results were read, we finished in a well-rewarded second place! In any other year this would mean Mount Lawley would be moving up into A division in 2022, unfortunately due to a scheduled track repair for the State Athletics Centre only the first-place team will be moving up, as we will be competing at a different track location next year.

FINAL RESULTS

- 1726 Melville Senior High School
- 1563 Mount Lawley Senior High School**
- 1535 Perth Modern School
- 1414 Darling Range Sports College
- 1220 Applecross Senior High School
- 1188 Willetton Senior High School
- 1161 Ellenbrook Secondary School
- 1107 Leeming Senior High School

We would like to acknowledge some fantastic individual performances from the day:

- Year 8 Champion Girl **Riannah** (8S4)
- Year 9 Champion Boy **Harrison** (9M2)
- Year 9 Champion Girl **Luka** (9M3)
- Year 12 Champion Boy **Alex** (12O1)

All students were fantastic ambassadors for the school. HPE would like to specifically congratulate **Alex** (12O1) and **Madeleine** (12F2) for being elected Interschool Athletics Captains, and thank all Year 11 and 12 students who took time out of their busy study schedules to represent the school, we would not have achieved this fantastic result without you. Well done to all, bring on next year's carnival!

Madeline Morskate

Health and Physical Education Teacher



Photos from Inter-School Athletics Training Day

TERM 4 NEWS

FINAL YEAR 12 DINNER



TERM 3 NEWS

YEAR 7 LIGHTNING CARNIVAL

On Friday 29th October Year 7 students participated in the Interschool Lightning Carnival, comprising of over 25 teams in the following sports; Netball, AFL, Basketball, Soccer, Floorball and Super 8's Cricket against the following schools John Forrest, Swan View, Hampton, Ballajura, Ellenbrook, Eastern Hills, Aveley, Ellenbrook, Governor Stirling, Dianella, and Morley Senior High School.

The weather was fantastic after a rainy start to the week and the students were really excited to be taking part in this event. Mount Lawley had some fantastic results and all had a fun day.

FINAL RESULTS

Boys Basketball: Division 2 MLSHS 4 – Won, and MLSHS 3 – 3rd

Girls Basketball: Division 2 – Won

Boys AFL: MLSHS 1 – Won

Floorball: MLSHS 5 – Won

Girls Netball: Blue Div – Won & 2nd, Gold – 4th, Silver – 5th, Green – 4th & 5th, and Pink – 4th & 5th

Boys Soccer: Division 2 MLSHS C – Won, MLSHS B – 5th, and Division 1 MLSHS A – 2nd

Super 8's Cricket: MLSHS 2 – 2nd

Congratulations to all teams that participated, played with sportsmanship, and contributed to making it a great day. A big thank you to all staff who helped on the day making it all possible.

Sharon Jones (Year 7 Leader) & **Reid Hamilton** Health and Physical Education Teachers



TERM 3 NEWS



IDO PORTAL WORKSHOP

As part of the ECU Scholar in Residence Program, guest teacher Dr Margaret Durnan hosted a workshop for Year 7 Academic Extension students. It focused on balance, strength, coordination, mobility and stillness, and addressed skills around stress management and mental health. Margaret is a chiropractor, medical student, and a co-owner of Modus Movement Studio, the only Ido Portal Mentorship facility in Australia. The practice offers a process to help individuals develop awareness of how to LIVE, MOVE and be STILL in their body.



CELEBRATING SUMMER IN A YUKATA

Ms Edwards' Year 7 students celebrated the end of term and the upcoming warmer season with the opportunity to experience wearing traditional summer Japanese kimonos with our ECU Pre-service teacher Baldwin Sensei. The yukata is an unlined cotton kimono, worn in casual settings such as summer festivals and to nearby bathhouses. The students found that tying an Obi is not as easy as they thought, and that it takes patience to wear such a beautiful outfit. The summer designs and colours made us all feel just that bit happier.



STREET FOURZ

Last Term we worked with Mark Lee Football Coaching again to run our after school Street Fourz 4 on 4 Futsal Tournament. We had a record number of teams with a Year 7 and 8 Tournament and a Year 9, 10, 11 Tournament. Fast, fun, self-refereed games were played to music. Thanks to Mark Lee for another great after school futsal tournament! The teams showed impressive skills, sportsmanship and camaraderie.

Jade Browning *Healthy Active Co-Coordinator*



VOLLEYBALL CARNIVAL

Every week, students participate in Volleyball Club, allowing players from Year 9-12 to compete in a fun and friendly way. The club is based on inclusivity, good sportsmanship, and game play development. Because of the exposure in the club, we have been fortunate enough to compete in inter-school carnivals. In two separate competitions, four of our Volleyball teams managed to finish on the podium 7 times! What a fantastic achievement. Look out for some future volleyball stars, because Mount Lawley has volleyball fever!

Brittany Henry *Health and Physical Education Teacher*

TERM 3 NEWS



YEAR 8 KOREAN & ITALIAN SHARE CULTURES

The Korean class prepared and assembled Jumeokbap - rice balls made from steamed rice, seaweed, sesame seeds and chilli sauce. The Italian class made Bruschetta, an antipasto dish consisting of bread, tomatoes, basil, garlic, balsamic vinegar, olive oil, salt, and pepper. The Year 8 classes then shared the cultural dishes, and it was a fantastic opportunity to educate each other on Korean and Italian culture. We look forward to doing this again! Thank you to Mr Jeong and Ms Chapman.

Sophie (8H5) and **James** (8M4)



SVAPA SATURDAY MASTERCLASS

The SVAPA students participated in a Saturday workshop; rotating through Visual Arts with Gayle Mason using charcoal and inks, an intensive Media workshop facilitated by Alicia How, and an immersive theatre experience conducted by Teresa Izard from First Feet Collective. Thanks to Moya Thomas, and the supervising teachers Deb Edwards, Natalie Diggins and Charles Warren for their assistance in this wonderful masterclass immersion opportunity across the Arts!

Lynda Kuntjy Program Co-ordinator - The Arts



GAT CLUB 3 - CHINESE

We had an amazing time participating in many different cultural activities. We played a Chinese version of 'Duck, Duck, Goose'; the 'it' person walked around the circle and dropped a napkin behind someone's back, whilst everyone was singing a song. Once the person realized the napkin was behind them, they ran after the 'it' person. Next was the Gu Zheng, essentially the Chinese harp, which has a 2,000 year old history. After a beautiful demonstration, we got a chance to play it ourselves. Then, we learnt to play Chinese Chess, which was very competitive. We then finished the day with some Chinese snacks, even chicken feet!



KYZER'S 8TH BIRTHDAY

Everone's favourite fur friend celebrated with upper and senior school students and staff. Don't worry Middle School - Kyzer birthday celebrations alternate, so next year will be your turn!

Even though Kyzer's 7th birthday was cancelled due to COVID-19, Kyzer's 8th birthday was definitely one of the most fun events of the year. The cake was delicious, and the cinnamon doughnuts surpassed my expectations. This was a perfect way to celebrate our favourite dog's birthday. On a scale of one (lowest) and four (highest) legs, I would absolutely pick four. Keep up the good work! **Zachary** (9M1)

TERM 3 NEWS



THE INNOVATORS' TEA PARTY - WOMEN IN STEM PRESENTATION

On the 16th August, students from Years 7-9 were invited to an Inspire in 5 careers event. As soon as I read the notice, I was very excited! I enjoy doing projects involving STEM so naturally, when I heard there were people who had careers in STEM fields coming to talk to us, I signed up immediately.

There were 6 women who all had very interesting and unique careers in STEM – Illicit Drugs Chemist, Water Engineer, Business Analyst, Research Scientist, Medical Science PhD Student, and Senior Mining engineer and it was hosted by a Fisheries WA Scientist.

They each had 5 minutes to talk to us about their jobs, their educational journey getting to that job, and a piece of advice to share with all of us students.

These women were all very smart and independent people, as I'm sure you would have to be when only 15-25% of people with careers in STEM are women.

Each story was inspiring and the advice they shared was invaluable. In particular, I was inspired by a woman called Evelyn's presentation. She was a Senior Mining Engineer and the founder of Innovator's Tea Party! Her advice was that STEM and leadership in STEM is all about good communication.

This event has shown me just how many exciting jobs there are out there and that by taking opportunities and motivating yourself, you can have a successful career in STEM. The main thing that I took away from this is STEM is not just about maths and science, it's exciting, it's new and it's where the future is. Let's raise the percentage of females in STEM roles from 15 to 50!

Meher (705)

YEAR 9 CONSTRUCTION FUTURES CENTRE EXCURSION

This event provided keen students with plentiful information and activities to explore the construction industry, and made us aware of the opportunities in the industry. They began with a great video summarising the three main components, then let us explore all the comprehensive simulations and games, they were very interesting and engaging. We enjoyed the games and now have a good idea on what it's like to be in the construction industry and for some of us inspiring our pathways of the future. It was a very fun and engaging experience. **Jasper (9F3)**



YEAR 10 MENTAL HEALTH PRESENTATIONS

Last term we invited a guest speaker from Headspace/Be You to present on wellbeing and self-care to our Year 10s. Our school has a long-standing partnership with Headspace and has been a Be You school (previously known as MindMatters) for a number of years. Each year, the School Psychology Service alongside the Student Services team organises guest speakers to present on various topics about mental health and wellbeing to our students. This year's presentation was incorporated in to the Year 10 Health Education curriculum, and students found the session engaging, youth-friendly and a useful experience in creating their individual self-care toolbox.

Iva Filipovska School Psychologist

CALENDAR

Week 5 YEAR 11 EXAMS

Monday & Tuesday

YEAR 9 SWAN RIVER SOCIAL

Wednesday

AFTER SCHOOL YOGA* 3.15 - 4.15pm

Week 6 YEAR 11 EXAMS

Wednesday

PARENTS COFFEE CLUB 8.45 - 10.15am

AFTER SCHOOL YOGA* 3.15 - 4.15pm

LANGUAGES SUPPORT COMMITTEE 7.30 - 9pm

Thursday

MUSIC SUPPORT COMMITTEE 7.00 - 9pm

YEAR 12 AWARDS NIGHT 7.00 - 10pm

Week 7 YEAR 10 EXAMS

Monday

P&C COMMITTEE 7.00 - 9pm

Wednesday

YEAR 11 FINAL ASSEMBLY

AFTER SCHOOL YOGA* 3.15 - 4.15pm

YEAR 11 MOCKTAIL NIGHT

SVAPA SUPPORT COMMITTEE 7.00 - 9pm

GAT SUPPORT COMMITTEE 7.00 - 9pm

Sunday

YEAR 9 SVAPA TECH REHEARSAL

CADET CAMP DEPARTS

Week 8

Monday

YEAR 9 SVAPA PRODUCTION 7PM

FOLLOW THE DREAM GRADUATION

Tuesday

YEAR 9 SVAPA PRODUCTION 7PM

Wednesday

CADET CAMP RETURNS

PARENTS COFFEE CLUB 8.45 - 10.15am

YEAR 10 GAT FAREWELL BREAKFAST 8.30 - 9.30am

AFTER SCHOOL YOGA* 3.15 - 4.15pm

YEAR 9 SVAPA PRODUCTION 7PM

YEAR 10 DINNER DANCE

Thursday

ABORIGINAL EXCELLENCE PROGRAM PRESENTATION

Friday

GAT CLUB 4

OUTDOOR MUSIC CONCERT 5 - 7pm

SVAPA MIDDLE SCHOOL ARTS EXHIBITION

Week 9

Wednesday

ZERO2HERO FREE DRESS DAY

Thursday

YEAR 6 ORIENTATION & YEAR 8 TRANSITION DAY

Friday

FINAL ASSEMBLY

Week 10

Wednesday

PARENTS COFFEE CLUB 8.45 - 10.15am

MIDDLE SCHOOL REWARD DAY

Thursday

LAST DAY OF SCHOOL

Friday

STAFF DEVELOPMENT DAY

* Upper School Building, everyone welcome, mats available.

TERM 2 NEWS



YEAR 8 GAT AND AE MINING CAREERS EXCURSION

The Year 8 GAT & AE classes went to the Perth Convention Centre for a mining careers excursion - the whole day was a blast! With fun activities such as a treasure hunt where we needed to find different exhibits and write about them. There was also a giant rescue helicopter that you could go in and explore. We all had a great time and learnt about the different roles and responsibilities in mining careers. **Sophie** (8H5)

STAY UP TO DATE WITH ALL THINGS LAWLEY

SKOOL BAG APP

CONNECT NOW APP



SOCIAL MEDIA



SCHOOL WELLBEING PROGRAM

Parent Newsletter Article With the DIARY EXTRACT FOR THE WEEK | Funded by P & C for Year 7 & 8 parents | Available online at <http://learningcurve.com.au> | Username **MLSHS** Password **MLSHS6050**

Week 43

Week 44

MIDDLE PLANNER PAGE 100

SENIOR PLANNER PAGE 100

MIDDLE PLANNER PAGE 102

SENIOR PLANNER PAGE 102

Positive emotions + gratitude

HOPE AND CHOICE

WHY: by believing that having optimism and hope for the future is your choice, and that it relies on you setting goals and finding ways to achieve them, you will feel you have what it takes to be successful.

HOW: to keep yourself focused on your goals, narrow your choices to only strive for what you need, not what you want. The secret to making hope and choice work for you is living by the theme that less is more.

DO: what are things that you are optimistic and hopeful about for the future?

What are areas where your wants are more than what you really need?

How could the resilience skill, Optimism and Hope, help you to do this? [pg 125]

Positive emotions + gratitude

LESS IS MORE

WHY: by setting personal goals to aim for, identifying the minimum you need to feel fulfilled, ignoring the lure of advertising that big is better and savouring what you have and what you do every day, you will feel more satisfied with life.

HOW: spend time watching young children playing to learn about the joy of doing simple things with simple toys. Don't compare yourself with others, particularly the fake social media images, and be happy with who you are, because you are enough, because you are enough is much better than more.

DO: what is enough in your life to feel satisfied?

What areas of your life do you need to simplify and choose less is more and why?

How could the resilience skill, Optimism and Hope, help you to do this? [page 118]

Engagement + mindfulness

POSITIVE COPING STRATEGIES

WHY: by understanding that by using positive coping strategies you have the abilities to self-calm yourself when feeling upset or anxious, you will be more able to look after your wellbeing.

HOW: positive coping strategies include active exercise, talking to your Trusted Champions, colouring carefully, doing grateful and purposeful breathing, spending time in nature, playing with pets, reading books, turning off your phone, riding or walking or helping cook a special meal for your family.

DO: what are your favourite positive coping strategies to use when you aren't feeling great?

When are times they have worked well to self-calm you?

How could the resilience skill, Regulating Emotions, help you to do this? [pg 125].

Engagement + mindfulness

ACT TO COPE

WHY: by acting immediately when your mind-body warning signals tell you that you are beginning to struggle to cope, you will be using self-regulation, an essential strength to accomplish your goals.

HOW: beware of getting activity mixed up with action. When you are under pressure it is very easy to pretend to try harder and then get nowhere. Action includes asking for help, exercising briskly, breathing deeply, colouring in and meditating. The biggest obstacle to overcome is motivating yourself to act and not sink further by just thinking about your issues. Thinking is not acting.

DO: what strategies do you use or have heard of that are effective in helping you to cope?

What are areas where you are not coping that you need to take action for now?

How could the resilience skill, Regulating Emotions, help you to do this? [page 118]

Resilient Me: I am enough

Describe, draw, discuss or role play...
Exercising every day and eating fresh whole foods to care for my physical wellbeing. For four days in a row write down your exercise and healthy foods you ate.

Day 1.....
Day 2.....
Day 3.....
Day 4.....

Resourceful Me: I adapt

Senior students tend to let problems build up rather than seek help when they realise they are struggling. To achieve your goals you need to speak up. Who are five people who are always there for you to ask?

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

Respectful Relationships

Who are positive role models in your life who show in their every thought, word and action that other people matter? Why would you like to turn out like them and what do you need to do to achieve this?

Person 1.....
Actions.....

Person 2.....
Actions.....

Mindful Colouring In



What went well this week?

- 1.....
- 2.....
- 3.....

What went well this week?

- 1.....
- 2.....
- 3.....

What went well this week?

- 1.....
- 2.....
- 3.....

What went well this week?

- 1.....
- 2.....
- 3.....

Character strength

Use HOPE to do STRENGTHS BOOSTER CLASSROOM STRENGTHS on page 129.

Study Tip

Teaching another student is the very best way to consolidate your understanding.

Character strength

Use PRUDENCE to do WELLBEING FITNESS CHALLENGE FORGIVENESS LETTER on page 131.

Study Tip

Besides your text book, always have a novel to read before sleep for 20 minutes.

PARENT WELLBEING

Having a purpose is the difference between getting by and making a life for yourself every day. It offers you fulfilment and the drive to succeed because you care. Purpose will always come from within, and will always be fueled by the belief that you matter as a person. Dig deep to live with meaning and purpose.

While having choices gives students a sense of autonomy, which is an essential ingredient to be self-determined, too many choices can often confuse and frustrate them, leading to procrastination. Also, advertising is forever targeting young people (and us) that more is better; the reality is that this is untrue.

Teaching students to identify the minimum they need to meet their needs, and then choosing that, will enable them to be more decisive and autonomous. They are many things in life where "good enough" is the best fit for everyone. While we are all being encouraged by advertising to be maximisers, and have a world of choices at our finger tips, in most cases, being a satisfiser, where our needs are sufficiently met is the best way to go.

The most difficult thing to communicate to students is to know what are their needs and what are their wants. The pressure on them from all sorts of media often smudges the difference between needs and wants. An effective way to clarify things for them is to write down the barest minimum they need to get by, and then choose that. Let's encourage students through our role modelling that less is more. Accepting that enough is better than more, is a great starting point in assisting students to set goals.

Acknowledgement: Snyder, Schwartz & Boniwell

"If it is to be it is up to me." Saying

PARENT WELLBEING

When you are not paying attention when listening to others, there can be little wonder and enjoyment in learning new things, and others will know that you are not interested. Reflect for a moment. Do you feel valued when people take the time to attentively listen to you? Become a better listener to grow personally.

There are many stressors which trigger negative emotions in students, which cause anxiety in them about their capabilities to cope with peer issues and study demands. Unfortunately, often they only speak up about not coping when they are about to implode and give up. Having a number of positive coping strategies to reduce these anxious feelings is essential for their wellbeing. Introducing students to new coping pathways provides them with opportunities to adopt growth mindsets to create their own strategies.

Adolescents on the whole are not comfortable with immediately asking for help from adults. Therefore, it is important for us to take the initiative and raise the issue, by explaining that positive coping strategies are little positive actions which relieve pressure and that they can vary from student to student. For example, colouring in reduces emotional intensity very quickly, restoring their normal functioning level. This works for 98% of the population.

Positive coping strategies fall into four main categories:

- Exercise – anything that lifts the heart rate
- Positive self-talk – personal assertive I can and I will statements, which work for the individual
- Personal support – their own personal Circle of Champions who will stick with and never give up on them
- Meditation – mindfully focusing on their breathing and their thoughts; see Mindfulness activities on website.

Acknowledgement: Hassed & Sinek

"Wisdom is not knowing what to do now, but what to do next." Proverb

SCHOOL WELLBEING PROGRAM

Parent Newsletter Article With the DIARY EXTRACT FOR THE WEEK | Funded by P & C for Year 7 & 8 parents | Available online at <http://learningcurve.com.au> | Username **MLSHS** Password **MLSHS6050**

Week 45

Week 46

MIDDLE PLANNER PAGE 104

SENIOR PLANNER PAGE 104

MIDDLE PLANNER PAGE 106

SENIOR PLANNER PAGE 106

Relationships + empathy

FUN AND LAUGHTER

WHY: by understanding that human beings have always lived, worked and had fun in groups to achieve things together to be at their best, you will look for more opportunities to do this.

HOW: having fun and laughing with other people, enables you to feel fantastic feel good brain chemicals such as endorphins, dopamine, serotonin and oxytocin. Beware that in the 21st century social media is threatening your ability to do this, reducing time in person together and your abilities to read and send body language.

DO: when are times recently you had great fun laughing and having fun with family and friends?

What do you notice about yourself if it has been a while since you have had fun and laughed?

How could the resilience skill, Connecting with Others, help you to do this? (pg 125).

Relationships + empathy

HUMOUR

WHY: by self-generating positive emotions through humour, you will broaden and build your engagement and attention with what you are doing to make your best better.

HOW: enjoying humour, having fun and laughing with others, brighten the darkest day, because the feel good brain chemicals, serotonin and oxytocin, flow through you. Being with other people is the best tonic for life's ups and downs. When feeling flat use your initiative to create an opportunity with family and friends to generate positive emotions through humour to regain your normal functioning level. Choose fun every day.

DO: what opportunities could you create to have fun and laugh every day to generate positive emotions?

When are times your spirits have lifted because you made the effort to have fun with others?

How could the resilience skill, Connecting with Others, help you to do this? (page 119)

Meaning + purpose

VALUING OTHER CULTURES

WHY: by understanding that you are living in multicultural communities and that you are a global citizen, you will be able to appreciate the varied and rich input from many different cultures.

HOW: the world is both at your fingertips online and when you venture outside to mix with students from a variety of backgrounds. The key is to learn, understand and value cultural differences, before you judge anyone.

DO: within your school, how many different cultures are represented in students and teachers?

What different countries fascinate you and you would love to visit?

How could the resilience skill, Empathy, help you to do this? (pg 125).

Meaning + purpose

CULTURAL APPRECIATION

WHY: by accepting that your generation are true global citizens, you will understand your accompanying responsibility to value and appreciate the diversity of cultures which make up your community.

HOW: every culture has something individually special to make the world a better place, and part of having a healthy state of wellbeing is being prepared to search for these things. Building your awareness of the needs of other cultures enables you to have empathy for them and to be grateful for the wonderful aspects of your own culture. Investigate what interests you about different cultures.

DO: what are special things that your own culture brings to your community?

Which cultures would you like to learn about to understand them more?

How could the resilience skill, Empathy, help you to do this? (page 119)

Mindful Colouring In

What went well this week?

- 1
- 2
- 3

Character strength

Use **GRATITUDE** to do **STRENGTHS BOOSTER DIAL-UP STRENGTHS** on page 129.

Respectful Me: I share

You can show empathy for a friend who is struggling by encouraging them to create 1. can and 1 will self-talk. What could that be if they were? 1. Scared of failing 2. Broke up with a close friend 3. Behind in their studies.

- 1
- 2
- 3

What went well this week?

- 1
- 2
- 3

Study Tip

Visit your school librarians; they will show you how to authenticate information.

Mindfulness Time

SANDY JAR. Put two tablespoons of sand in a jar of water and shake the jar. Concentrate for five minutes watching individual particles of sand falling to the bottom as the water clears. What are four little things you observed?

- 1
- 2
- 3
- 4

What went well this week?

- 1
- 2
- 3

Character strength

Use **BRAVERY** to do **WELLBEING FITNESS CHALLENGE COURAGE JOURNAL** on page 131.

Mindfulness Time

Choose one of these resources to explore self-calming and mindfulness activities.

REACH OUT.COM **SMILING MIND**

What went well this week?

- 1
- 2
- 3

Study Tip

Sip water all day, especially when studying; water assists brain functioning.

PARENT WELLBEING

When you and your family learn how to self-generate positive emotions in yourselves, everyone's wellbeing will be in a healthy place. An activity which enables this, is Photo 7. Every day for a week, you all take photos of things on your phones which made you happy. Share them as a family at dinner time each night.

Being a teenager should be a most satisfying and enjoyable time in students' lives. Safely negotiating new relationships, risk taking activities, having fun and learning about what their best possible self could look like are stimulating experiences. The natural highs students get from having fun in person with groups of family and friends, come from the brain's feel good brain chemicals serotonin and oxytocin being released into their blood streams. No electronic pleasure comes close in intensity to being with other people. We really need to encourage more in person and less electronic communication.

Humour is a wonderful strength to enjoy for students to lighten up. It creates opportunities to look on the bright side of life, have fun and laugh, which boost positive emotions that nurture feelings of optimism and hope for the future. Everyone has mirror neurons which imitate the intentions, expressions and emotions of those around us. By encouraging students to be on the lookout for the funny things in life, they can unconsciously use mirror neurons to benefit their and others' wellbeing.

The best tonic when they are feeling a little down or tense is to do something kind for someone else or have fun with other people.

Acknowledgement: McQuaid & Kern

"A day without laughter is a day wasted." Saying

PARENT WELLBEING

Mindfulness is about pausing to connect with yourself and the present moment. To achieve this, you need to find unplanned and unstructured time to notice something different about every day. Another effective way to do this, which will benefit your wellbeing, is to regularly do the mindfulness activities from www.learningcurve.com.au - username and password at the top of this page.

The 21st century is one in which nearly every town and city contains many families from numerous countries around the world. Our country has evolved from the input of many rich cultures. Each has brought its own special mix of traditions, rituals, foods, clothing, languages and many other valuable perspectives. Open-mindedness to accept difference as a normal part of life, is a strength which requires courage to use properly.

Community wellbeing and social connectedness relies very much on seeking first to understand and appreciate different cultures and what special gifts that they bring. Students build these understanding through listening, observing and asking questions to learn more. We can learn a lot by watching preschool children from many cultures playing together. They accept, play with and learn from each other as equals; no judgements being made.

In Australia there are about 90 different cultures and in New Zealand about 75. Both of our nations are in a constant state of cultural change and accepting difference and diversity will see both countries continue to prosper. The essential element for personal growth is for students to look at different cultures through the lenses of their top strengths. This will enable them to look for what is good about what they see and experience.

Acknowledgement: Covey & Fredrickson

"Understanding advances by steps, not by leaps." Lord Macaulay

Mount Lawley Senior High School P&C Assoc. Languages Parent Support Group END OF YEAR WINE SALE

We support all languages programs available at the school and funds raised benefit all languages students at MLSHS.

Stock up for the Christmas / Holiday season at these great prices.

Please support this “contact free” fundraising effort by the P&C.



Mad Bay wines from WA are made by the makers of Howard Park and MadFish wines. Enjoy them with confidence!	Cases of 12 (\$130 each)	Cases of 6 (\$70 each)	\$ Subtotal
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Direct Delivery: **Wine will be delivered direct to customers in the MLSHS catchment area on the w/end of 11/12 December. If you would like direct delivery, please supply your delivery address here:**

Delivery Address: Postcode:.....

Optional Pickup: **If you prefer to pickup your order, please contact Terena on 0409 293 253 to arrange pickup time.**

ORDERS MUST BE PLACED BY SUNDAY 28 NOVEMBER 2021

For all enquiries, please call Terena on 0409 293 253

Thank you for your support!



COMMUNITY NOTICES

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



JOIN AIR FORCE CADETS

The Australian Air Force Cadets at Palmer Barracks in South Guildford will be accepting new members in February 2022. Boys and girls turning 13-16 in 2022 will be eligible to join. The Australian Air Force Cadets (AAFC) is a youth organisation actively supported by the Royal Australian Air Force.

The AAFC is great way to have fun and meet new friends. It will teach you valuable life skills and help you develop qualities including leadership, self-reliance, confidence, teamwork and communication.

You can be involved in flying, fieldcraft, adventure training, firearms safety training, drill and ceremonial, service knowledge, aeromodelling, navigation and gliding – just to name a few!

To join or to find out more, find us at airforcecadets.gov.au

ATAR HEAD START Available for Year 11 & 12 ATAR subjects, Essay Writing and Study Skills. Start your studies with an academic boost | Gain an overview of the syllabus for your courses of study | Receive expert teaching from ATAR specialist teachers | Preview important concepts.

YEAR 7-10 HEAD START Short courses in NAPLAN Preparation, English, Maths, Learning Skills, Essay Writing and GATE and Scholarship Exam Preparation. Learn from WA's top teachers | Small group classes for individual attention | Targeted help to ensure you develop your skills | Build confidence.

To enrol call 9314 9500, email learn@academicgroup.com.au or visit academicgroup.com.au VENUES Rossmoyne SHS & Churchlands SHS. 10% Early Bird Discount ends Mon Dec 13th.



#SeaToSource

Student Poster and Video Competition 2021

It's time to get creative for a cause! Grab your craft supplies along with your imagination and show us how you can help to stop ocean litter at the source.

We know that ocean litter is one of the biggest threats to our amazing marine life - but we also believe that we can do something about it!

So we're calling on all students to get creative for a good cause. Students will have the chance to design a poster or video that shows how a common ocean litter item could be repurposed or reinvented, or how others in the community can be inspired to change their usage of these items, to create positive change for our environment.

Prizes will be awarded to the best entry in three age groups:

- 8 years old and under
- 9-12 years old
- 13-18 years old

Australian Geographic Magazine is also providing a reward for all valid entries. The competition is open until December 3rd, 2021, 5pm AEST.

Find out more and to register:
action.cva.org.au/sts-competition-2021
 or email Ella on eryan@cva.org.au

Powered by Conservation Volunteers Australia

This project received grant funding from the Australian Government

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7:30pm - 8:30pm	Shin Sei Kan WA School of Japanese Swordsmanship	Brazilian Jiu Jitsu		7:55pm - 8:55pm Muay Thai

0429 123 202 | 14 Government Road, Nedlands, WA 6009 | admin@sosfma.com.au | www.schooloffreestyl martialarts.com



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