

## MOUNT LAWLEY SENIOR HIGH SCHOOL An Independent Public School

LAWLEY UPDATE 1 Term 1 No. 1 2016

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

MAIN ADMINISTRATION PHONE: 08 9471 0300

FAX: 08 9271 1126

MIDDLE SCHOOL (YRS 8-9) PHONE: 08 9471 0350

FAX: 08 9471 0338

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

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

Welcome to the 2016 school year. To those families joining the school for the first time, this Update is usually produced on a fortnightly basis with the first two pages sent home with your child/children. The complete Update is place on the school and P&C websites. The editor is very happy to acknowledge outside achievements of students, so if your children excel in an area, please advise so publication of this information is possible.

In 2015 the school performed well in both NAPLAN and in the WACE. In both Year 7 and Year 9, the students scored above both the state and national means and most achieved the minimum standard in all five areas.

In Year 12, the school achieved above the state median ATAR and was placed in 3 out of the 4 School Curriculum and Standards Authority league tables and in the Top 50 ATAR table. It was the school's best result since 2009.

Three students, Kes Hunter, Qinhui (William) Chen and Clara Lee all achieved an ATAR of 99. Perry Walker-Marston gained a Certificate of Distinction in English and 12 students, a Certificate of Commendation (minimum of 10 'A' grades over Years 11/12). 54 students achieved an ATAR of 90 or more, which is a record number for the school whilst 49.7% of the cohort, 80 or more. An ATAR of 80 is the minimum required to enter UWA. 91% gained an ATAR of 55 or better, which means they can enter a relevant university program.

The Class of 2015 achieved commendable results. The key reason for their success lay in gaining good examination scores. Well done to them. Best wishes are extended to them as they move into the world after school.

The Parents and Citizen Association is a very important voice in the school and all parents are recommended to consider playing a role in the general meeting and/or in one of the support groups. These include the Languages, Music, SVAPA and Art Auction Committees. All provide parents with a real role in the school supporting programs and students. The Annual General Meeting of the P&C, and first meeting for 2016, will be held on Monday, 22 February 2016. Please consider attending and supporting your child/children and Mount Lawley SHS. The P&C is very welcoming to all and members do look forward to the new year to gain new members from families entering the school to replace those who have "graduated".

The value of the P&C can be seen in the support provided to improve the facilities in the yard for students. New outdoor furniture has been purchased for the canteen area and the space between the theatre and the music building is being shaded. The P&C is acknowledged for these additions to the school grounds.

#### **A THOUGHT**

The philosophy of the classroom in one generation will be the philosopy of government in the next. *Abraham Lincoln* 

#### CONGRATULATIONS

2015
SCHOOL CURRICULUM & STANDARDS AUTHORITY

Certificate of Distinction - English Perry Walker-Marston



#### **Certificate of Commendation**

Madison Bostock, Chaz Carrington-Wilson, Qinhui (William) Chen, Agner Grieco Hazewinkel, Natasha Hatson, Ashleigh Hay, India Hickey, Jadviga Kobryn-Coletti, Clara Lee, Monroe Masa, Perry Walker-Marston, Mei Lyn Woon



ATAR 99+ CLUB Kes Hunter, Qinhui (William) Chen and Clara Lee







#### CONGRATULATIONS



**Beth 11H3** has been selected to represent the state in U19 Western Australian team in the National 'PIZZEY'Tennis Cup competition to be held in Albury NSW.



**Dylan 8F4** has been selected to represent Western Australia in the U15 State Track Cycling Team at the national Championships in Launceston, Tasmania. Dyan is to be congratulated in achieving such an outstanding result considering his age.

Please support our Green initiative by reading the rest of this Update online at P & C Website http://mlshspc.org.au or on school website www.lawley.wa.edu.au

The School Board is an active body in the school and is made up if parents, staff, students and community members. This year there will be an election for a two year vacancy from the parent group and the P&C will elect one member to a one year term. Information seeking nominations has been sent to families. Nominations close at 4:00pm on Monday, 15 February 2016.

The following information is presented for the benefit of new families, whilst for current families, it restates some key school features.

There is clear expectation from the school's administration that teachers will work with parents as partners. If your child is not progressing as expected, is not co-operating in class or there are specific concerns, teachers will contact you. If you have any concerns about the progress of your child, please contact the class teacher. If there are issues about relationships, especially bullying, please contact student services staff. In the Middle School this is the Community Leader and in the Senior School, the Year Co-ordinator.

Mount Lawley SHS will be a safe school. Bullying is not acceptable and if this is an issue for your child, please contact relevant staff. I also wish to make it very clear that fighting is not tolerated and this will result in suspension. Likewise, possession or being under the influence of drugs is equally unacceptable and in addition to suspension, the police will be advised.

Mobile telephones may not be used in class - for any purpose. This is a long standing instruction from the Director General. Students may not use music devices in class either. Students cannot complete tasks in class if they are misusing the telephone or not listening to the teacher. In fact, it is recommended these items are not brought to school. If you have a need to communicate with your child, please telephone the relevant office and a message will be passed to him/her. The school and its insurer, Riskcover, are not in a position to accept responsibility for the loss or damage of any personal property of students. Students bring such items to school at their own risk.

In the same way, the school and Riskcover are not in a position to accept responsibility for parent owned/provided notebook computers. Whilst staff do their best, no responsibility for loss or damage is accepted. It is important that parents insure the property of students. Also, injuries are unlikely to be accepted by the school's insurer and accident insurance for students should also be considered.

Mount Lawley SHS does not have lockers for students. This was a decision made a decade ago when the school was rebuilt. With parent agreement, the funds that could have been used, were put into the buildings, including classrooms. The school is not architecturally able to accept lockers or fund them. Staff in Middle School look at what students should bring to school and minimise what is carried in bags. The P&C also funded class sets of books for Senior students.

I wish all students the best for 2016. The following tips will assist them achieve to their potential. They should attend school and be on time, to class, bring their equipment, co-operate with their teachers, complete homework and work hard in class. Best wishes to all.



### UNDERSTANDING MENTAL HEALTH EDUCATION PRESENTATION FOR PARENTS

Youth Focus, a leading service provider in youth mental health, has developed a mental health program in partnership with Black Dog Institute that is designed to 'Start the conversation' around mental health in our school and community.

They have kindly offered to run an information session for parents which is designed to increase the level of mental health literacy across the community and is part of the 'Understanding Mental Health Education Program' to increase awareness around common mental health issues young people face, focusing on depression and anxiety. This forms part of our school's strategic plan for the implementation of MindMatters as a whole school approach to raising awareness of and preventing mental health issues among our young people.

During Term 4 last year we had Youth Focus come out to present to our students who found the presentation interesting and meaningful, and now they are offering to run an Information Session for parents.

We would love as many parents as possible to attend the Information session which will take place at school on Wednesday, 10th February 2016.

#### Please note that this session is only for adults.

When: Wednesday 10th February @ 6.00pm

Where: Staffroom - Upstairs Main Administration Building

Who: All Parents are invited
Presenter: Sarah Kubicki (Youth Focus)

Duration: 6.00pm - 7:30pm (1 Hour presentation + Half hour

questions)

This program is supported by the Department of Education and is majority funded by the Mental Health Commission. Youth Focus in partnership with Black Dog Institute.

#### **MOUNT LAWLEY COFFEE CLUB**

The Mount Lawley Coffee Club has returned for 2016. We will meet fortnightly (odd weeks of term) in the Dee Kaf at school from 8.45am – 10.15am.

Parents and caregivers are invited to pop in and purchase a great coffee from the café and have an informal chat with other parents and staff from the school.

The Coffee Club provides a great opportunity to catch up with other families and have any questions answered that you may have regarding the school, its community, or just teenagers in general!

Dates for Term 1 2016: Weds 17th Feb, Weds 2nd Mar (Swimming Carnival), Weds 16th Mar, Weds 30th Mar,

Hope to see you there, Suzie Barnes, Healthy Active Coordinator

Lawley Update No. 1 Term 1, 2016

#### THE ROLES OF THE SCHOOL HEALTH NURSE

The School Nurse part of the student services team. The nurse works collaboratively with students and families to help students achieve optimal health. The role of the school nurse includes

- Health Promotion and Primary Prevention. The nurse assists with small group work focussing on health related discussions and information as requested by teaching staff.
- Individual Student Counselling. She is there to listen to, advise on health related issues and refer to appropriate services if necessary.
- Encourages self help and independence skills so that students are equipped to take care of their own health as they approach adulthood.

The school nurse is available on telephone 0408715087 or direct line 9471 0324. If you require help/assistance in completing your young person's health care forms, you can make a time to see the nurse who will be able to assist you with this. The nurse is available from 08-00 am, before lessons commence in the morning.

Students are encouraged to see the nurse in break times and if they need to see the nurse during lesson time, they must have their diary signed by their teacher.

Students should not be accessing the health centre to address sporting injuries that have occurred at home or at afterschool activities.

If students are sick, please keep them at home so they can rest and recover. This will ensure that the school community, including teachers and students, ares not at risk of becoming unwell due to cross infection.

#### A FRIENDLY REMENDER OF THE IMPORTANCE OF AMBU-LANCE COVER

It is prudent to ensure that your family has ambulance cover. An ambulance cover will cover all the family and in an emergency, an ambulance will be called and will incur a significant cost to the family budget

School Health Nurse's office is in student services. The entrance to the building is bright green and is sign posted HEALTH CENTRE.



#### Triple P Positive Parenting helps you:

- raise happy, confident kids
- manage kids' behaviour so everyone enjoys life more
- set family rules and routines that everyone follows
- get along well with your kids and argue less
- balance work and family without stress

#### FREE programs offered by the Department of Health

- Seminar Series
- Group Triple P

# SCHOOL PSYCH CORNER IVA FILIPOVSKA, SENIOR SCHOOL PSYCHOLOGIST



#### **BRAVE Online Program**

Brave is an online program to support young people with anxiety has been used by more than 5,000 Australians since launching in 2014.

*BRAVE Self-Help* is an interactive program for the prevention and treatment of childhood and adolescent anxiety. It's free and caters to young Australians aged 8-17 and their parents.

The program is based on a world leading, therapist-supported internet treatment (BRAVE-ONLINE), and has been developed by a team from The University of Queensland, Griffith University and The University of Southern Queensland, in association with beyondblue and UniQuest.

As BRAVE Self-Help is completely online and self-directed, it offers an alternative to face-to-face therapy in regions where traditional psychology services are limited.

Anxiety is among the most common mental difficulties experienced by young people. If left untreated, anxiety can impact significantly on a young person's day-to-day life and persist into adulthood.

BRAVE can be access on the following link https://brave4you.psy.uq.edu.au/



All parents, carers and grandparents are welcome to attend.

#### Next program:

Triple P Group held at Bakers House Kelmscott
10 Welcome Meander, Harrisdale WA 6112
9:30am-11:30am Tuesdays commencing 9th February 2016
No Crèche available. All enquires please call 0428 730 286 or email
Kayleo.crowley@health.wa.gov.au



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

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

**WEEK 1 – BUILDING BRAIN PATHWAYS** 

Wellbeing Element: Positive Engagement

**Character Strength: Love of Learning** 

Wellbeing Fitness Challenges: Years 7-9 - Give to Live, Years 10-12 - Emotions Spotting

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

The purpose of this wellbeing builder is to explain to students how their brains change when they experience new things. Their brains create new brain (neural) pathways by joining millions of nerve cells, called neurons, together. These pathways enable them to do the thing again should they choose to. When pathways are used often, the bond between the neurons strengthen and messages travel much faster down them, thus in time creating their habits.

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

"Thinking to the brain is what exercise is to the body" Saying

**WEEK 2 – PRIORITISING** 

Wellbeing Element - Skills and Achievment

Character Strength - Perspective

Wellbeing Fitness Challenges: Years 7-9 - Move More,

Years 10-12 - You Matter

Prioritising is a self-regulating skill and strength that enables students to use their time more effectively

- · mindfully reflecting on and then arranging their daily/ weekly activities and commitments in order of importance broadens their attention and engagement with what they are doing and need to do
- · teaching them to prioritise gives them tools to develop growth mindsets to overcome challenges
- · most students find it very difficult to apply themselves to Home Learning/Study unless it is planned ahead of time.
- the "spontaneous" approach of just letting it happen doesn't work

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

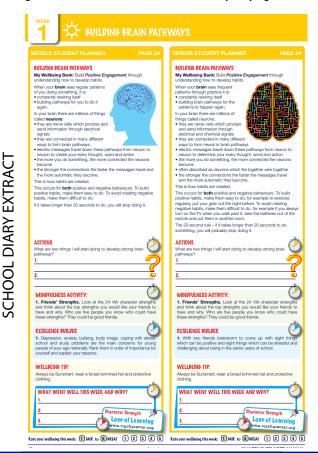
- Sport training
- Part-time jobs

SCHOOL DIARY EXTRAC

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

The teaching of prioritising supports the development of their brain capabilities and enables students to mindfully practise using the character strengths perspective, judgement, self-regulation and zest. Discussing how to use these strengths is a good way to develop students' willingness and brain pathways to use their strengths more often.

"A journey of a thousand miles begins with one step." Chinese Proverb

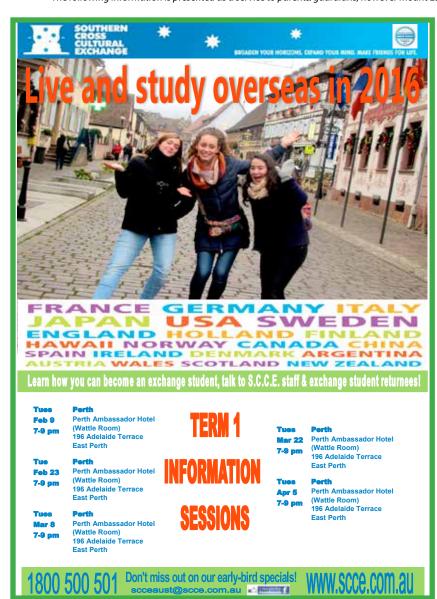






#### COMMUNITY NOTICES

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



Event  ciences Careers Evening  r. Suzy Green Parent Evening - An event for Parents and Teachers areers Masterclass - An event for fucation Professionals eet Murdoch Open Evening - Event to	Venue South Street Campus 6:00-7:30pm South Street Campus 6:30-8:00pm South Street Campus 8:30am - 3:00pm
r. Suzy Green Parent Evening - An rent for Parents and Teachers areers Masterclass - An event for function Professionals	6:00-7:30pm South Street Campus 6:30-8:00pm South Street Campus
vent for Parents and Teachers  areers Masterclass - An event for ducation Professionals	6:30-8:00pm South Street Campus
lucation Professionals	
eet Murdoch Open Evening - Event to	U.Juaiii - J.uupill
confirmed	South Street Campus 4:00pm - 7:30pm
reative Arts and Society & Culture areers Evening	South Street Campus 7:00-8:30pm
Day In The Life Of A Uni Student - n event for Year 11 & 12's	South Street Campus 9:00am-3:00pm
aw, Business & Politics Careers vening	South Street Campus 6:00-7:30pm
ature Age & Alternative Pathways ndergraduate Information Evening	South Street Campus 6:00-7:30pm
ngineering and IT Careers Evening	South Street Campus 6:00-7:30pm
ealth Careers Evening	South Street Campus 6:00-7:30pm
TAR Preparation Days - WACE Exam evision	South Street Campus Various Timings - see website
pen Day	South Street Campus 10:00am-4:00pm
ternative Pathways Evening	South Street Campus 6:00-7:30pm
ndergraduate Information Evening	Mandurah Campus 6:00-7:30pm
Day In The Life Of A Uni Student - n event for Year 9 & 10's	South Street Campus 9:00am-3:00pm
	Day In The Life Of A Uni Student - event for Year 11 & 12's  w, Business & Politics Careers ening  sture Age & Alternative Pathways idergraduate Information Evening  gineering and IT Careers Evening  AR Preparation Days - WACE Exam vision  Day  dernative Pathways Evening  dergraduate Information Evening  AR Preparation Days - WACE Exam vision  Day  dergraduate Information Evening

For further information please:

Visit our events page: <a href="https://www.experience.murdoch.edu.au">www.experience.murdoch.edu.au</a>
Or

Email us: engage@murdoch.edu.au