



MOUNT LAWLEY SENIOR HIGH SCHOOL An Independent Public School

LAWLEY UPDATE 5 Term 3 No. 1 2018

Last term finished in a flurry of successful activities including our NAIDOC Assembly, mock trials, two very outstanding music concerts, our excellent Languages Expo and the fantastic Lawley Art Auction. What a wonderful effort, over the whole weekend, by our marvellous committee. I am in awe of the dedication, commitment and expertise displayed by these hardworking and selfless individuals. I can honestly say that, in my many years of working in education, I have never met such active parent groups as we have here at Mount Lawley. I am delighted to announce that this year \$28 000 was raised for the benefit of our SVAPA and Music Programs.

The start of Term 3 is a good time to remember that the school has a Uniform Policy that all students are expected to follow at all times. The policy has been endorsed by the both the P&C and the School Board. A full range of uniforms is available at the uniform shop situated at 834 Beaufort Street, Inglewood.

Year 12 students are now in their final few months of school. A number of students took advantage of revision courses that were run during the holidays. This term Master Classes will be running on Saturdays and many teachers are offering before or during school support. We know that consistent effort over the whole school year is the best way to maximise results. We wish all Year 12 students a productive and successful term.

The final set of OLNA testing for this year will take place later this term. Attaining the required literacy and numeracy standards is a requirement to gain the WACE and graduate. Students have multiple opportunities to sit for and pass the tests during Years 10 to 12. Students who achieve Band 8 or above in Year 9 NAPLAN prequalify and do not have to sit the OLNA tests.

We are committed to creating a safe, supportive environment for all students at the school. Bullying, drug use, theft and other unacceptable behaviours are not tolerated. We use the Positive Behaviours Policy to reinforce our expectations and support is available for students through the Student Services team led by Mr Neil Hudson.

Lesley Street, Principal

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CONGRATULATIONS



Ava 1001

Ava was selected to attend an international three week camp (Step Up) in Manila, Philippines conducted by CISV Australia, which is a not for profit international peace organisation.



Jayna 906

Jayna has been selected to represent Western Australia in the Girls U15's National Youth Soccer (NYC) Championships held in Coffs Harbour, NSW.



Roy 10F1

Roy has been selected to represent Western Australia in the U15 State soccer team, where he will be travelling to China for an international football tournament.



Felicity 1003

Last month Felicity attended the UCI World BMX championships in Baku, Azerbaijan where she competed in 2 events, girls 16yrs and under 24" cruiser and 15yr old girls 20" challenge class. She finished 7th in the world on the cruiser. Congratulations Felicity.

Nathan (10F1) Ethan (1002) Jack (10H3) Olivia (10M1)

Earlier this year all the Year 10 Science Academic Extension class competed in Round 1 of the Australian Brain Bee Challenge. These four students achieved results in the neuroscience competition to qualify to participate in the Individual and team Challenges of the Round 2 WA State Final of the Australia-New Zealand Brain Bee Challenge at UWA. The students came third in the state, the best our school has done. Nathan's individual performance was outstanding and he won the individual event. He will now represent WA in the National Final in Brisbane.



*Please support our Green initiative by viewing newsletter
online at school website www.lawley.wa.edu.au
P & C Website <http://mlshspc.org.au>*



LAWLEY ART AUCTION

With over 90 established and emerging artists and over 120 artworks on offer, the 15th Lawley Art Auction was a resounding success. A lively and competitive auction supported by direct sales from The Irving Gallery produced another bonanza crop of fundraising dollars for the school Music and SVAPA programs (\$28,000).

Supported by over 60 sponsors from the local community, guests were treated to delicious canapés and entertained by talented Music students whilst planning their purchases. The night's success would not have been possible without the team of dedicated parents and hard-working student volunteers. Next year they would love you to join them!



SPONSORS AND SUPPORTERS OF LAWLEY ART AUCTION

2nd Ave IGA
 Alto Capitol
 Amanda Humphreys
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 Attika Hotel
 Balshaw's Florist
 Black Swan Theatre Company
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 Helen O'Grady Drama Academy
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 Jumping Jigsaws
 Leanne Pearson Art & Framing
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 Mondos Butchers
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 Oxlades
 Paintball Skirmish
 Perth Academy of Performing Arts
 Perth Expo Hire
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 Pier Street Cosmetics
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 Revelation Film Festival
 Rochelle Adoni
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 Salt and Co
 Scoop
 Sherbert
 Sound Business Equipment and Stationery
 Spare Parts Puppet Theatre
 Stuart Weston Realty Fuzz Factory Touring
 Superstars and Legends
 The Actors Hub
 The Agency on Beaufort
 The Little Arthouse
 The Pearl Of Highgate
 The Perth Observatory
 Timea's Mosaic Tiles
 West Australian Ballet
 West Australian Symphony Orchestra
 William Topp

CONNECT UPDATE FOR PARENTS

The school has adopted Connect as a means of keeping parents informed on how Connect provides a unique way for teachers to deliver content and how students access digital resources and engage in their learning from home or school anywhere anytime. Parents should have now received their log in details.

View the connect video <http://vimeo.com/connectwa/welcome> and <http://vimeo.com/234791047> or access 'Guide to Using Connect' on our school website www.lawley.wa.edu.au (third brown button, right hand side of website)

As a parent you will be able to access: your child's classes, week by week attendance information, assessment outlines information drawn from Reporting to Parents (secondary), assessments, teachers feedback and evidence about your child's learning and development, be automatically emailed about any notices posted by your children's teachers. In the near future you will be able to access your children's report online through Connect.



MOCK TRIALS

Making it to the finals of the Law Society Mock Trials is a long standing tradition at Mount Lawley, and this year is no exception! After three preliminary rounds over two terms, our Senior Team has just been announced as a State Finalist. They have scored high enough to make it into the top five teams in the State, out of more than 200 teams competing this year.

This year we put forward three teams, with a majority of students having never participated in the competition before. These students are from Years 10 to Year 12. Each faced elite private schools, consulted with legal professionals, tackled unusual cases and tough judges. Our students gained an understanding of the legal system, public speaking skills, problem solving, teamwork, as well as research and analysis.

Throughout the preliminaries Mount Lawley students were consistently complimented on their manners and personal presentation, and all students demonstrated admirable sportsmanship. The competition has also drawn lots of parent attention and participation. Many thanks must go to Grace Willshire, Sarah Linden, Lynne Noack and the law student volunteers, for supporting and preparing the teams during the preliminaries. Elisha Rayner (final year law student) will now continue in support of "Lawley 1" for the finals. In the first of the finals Mt Lawley 1 will be versing Ashdale SHS in a criminal case of public graffiti.

Ms Lynne Noack, HASS

A GREAT DAY AT THE LAKE!

Congratulations to the Year 11 Outdoor Education students on their terrific first-time efforts in the paired 16A & 16B divisions of the 2018 Be Active WA Secondary School Orienteering Championships. This year's event was held at Lake Leschenaultia, Chidlow.

Two teams Ruby-Mae Dorn/Cate James and Solan Henry/Olivia Barsely completed their courses in under 60 mins, both teams finishing 6th in their divisions.

All the students successfully completed their course in what turned out to be a spectacular day weather wise following an early fog and the threat of rain. Thank you to Mr Howard for his assistance and great expertise in helping our students to succeed. A fun day had by all!

Mr Tipping (Yr11 Outdoor Education Coordinator)





YEAR 12 STUDENTS "LIVE" ON ABC RADIO

On Tuesday 5 June, Year 12 Media students Lauren McDonald and Davis Burke went out 'live' on the ABC's Focus.

The broadcast, from Inglewood Primary School on 720AM, was hosted by former Mount Lawley student, Nadia Mitsopoulos and marked 50 years of the ABC's *Behind the News* program.



Lauren and Davis, along with Media Teacher, Chris Carrigg presented their ideas on how young people are changing their media habits from more 'traditional' to online forms, including social media.



"I really think Nadia was impressed by the insightful comments that Lauren and Davis brought to the program - they were brilliant," said Mr Carrigg.

YEAR 9 SPORTS CARNIVAL

On Wednesday June 13th 250 Year 9 students participated in the annual interschool sports carnival. After initially selecting a sport they wished to participate in, students were placed into teams and transported to various venues on this day competing in sports throughout the day such as Netball, Football, Floorball Hockey, Basketball, Soccer and Volleyball.

For many, it was a chance to enjoy the day playing a sport in the same team as some of their friends whilst for others it was a chance to catch up with previous primary school friends that are now being educated at other high schools.

Some of the schools that were participating on this day were Ellenbrook, Morley, Ballajura, Governor Stirling, Kiara College, Hampton, Eastern Hills and John Forrest.

On what turned out to be a nice day weather wise for playing sport, Mount Lawley finished with some outstanding results winning the Girls Basketball, Boys AFL and Soccer competitions.

Special thank you to all the Physical Education staff and Year 9 teachers for their efforts throughout the day and to all the Year 11 coaches / referees that looked after and managed teams.

Mr Reid Hamilton

YEAR 9 CARNIVAL RESULTS

- Boys AFL Football:** Division 1 Winners
- Boys Basketball:** Divisions 1 & 2 Runner Up
- Boys Soccer:** No placing
- Mixed Floorball Hockey:** 3rd, 5th & 7th place
- Girls Soccer:** 2nd place
- Girls Basketball:** Division 1 First place & Runner Up
- Girls Netball:** Gold division 5th, Silver division 3rd & 5th, Blue division 3rd
- Girls Volleyball:** 3rd, 4th, 5th and 6th placing





SUPPORTING OUR SCHOOL WELLBEING PROGRAM ONLINE
 Parent Newsletter Article With the **DIARY EXTRACT FOR THE WEEK**
The Learning Curve Funded by School P & C
 Available online <http://learningcurve.com.au>
 User **MLSHS** Password **MLSHS6050**

WEEK 17 – SOCIAL-EMOTIONAL RESILIENCE SKILLS

Parent Wellbeing: The Five Ways are effective ways to build your wellbeing. They are

- connect
- be active
- take notice
- keep learning
- give.

Describe one thing you could do for each of these. (Acknowledgement: New Economics Foundation) Resilience is a word often used these days in much educational language and discussion. It seems to be the “in” word commentators use to demonstrate they are aware of its importance. But it would be interesting, if many of them, actually know what it means to be resilient. The most common description of it, is being able to bounce back from adversity, but what skills do students need to possess to be able to bounce back.

Studies have shown that there are seven key skills, which are essential to develop in both students and ourselves, to be resilient. They are:

- Optimism and hope for the future—thinking positively when striving to achieve goals – develop through goal setting and growth mindsets
- Regulating emotions—controlling the intensity and duration of emotions—develop through wellbeing fitness challenges
- Impulse control—resisting the urge to react on emotions—develop through mindfulness activities
- Flexibility of thinking—changing thinking for different situations—develop through habits of mind and thinking tools
- Empathy—accepting the needs and feeling of others – develop through acts of kindness
- Self-belief—valuing yourself and your top strengths – develop through actioning character strengths
- Building social-connectedness—having a sense of belonging—develop through active constructive responding.

“I am I said” Saying

WEEK 18 – LAUGHING AND FUN

Parent Wellbeing: Gilbert Chesterton once said, “there are no uninteresting things, only uninterested people.” Describe three things you are uninterested in, but really need to be interested in to achieve what you have set out to do or would like to do.

Over one in four students, currently experience significant mental health issues during adolescence; this is a totally unacceptable situation and needs to be a major priority to be addressed immediately. Being connected to everyone else 24/7 leaves students with little time to connect with themselves; they don’t do solitude well:

- it’s ok to be serious about what they set out to do, but too many students are becoming too serious about themselves
 - encourage them to use their strengths to focus on things which make them happy
 - a sure-fire tonic is to create opportunities to look on the bright and light side of life, have fun and laugh
 - humour is a wonderful character strength which boosts positive emotions which nurture feelings of optimism and hope for the future.
- Everyone has mirror neurons which imitate the expressions and emotions of those around us. By being on the lookout for the funny things in life, you can use mirror neurons to benefits you and others
- releases feel good brain chemicals into the bloodstream
 - increases blood flow around the body, strengthens the immune system and reduces stress and anxiety.

Humour enables the brain and body to exercise together, just be careful to not overuse it in class.

“I’m a great believer in luck; I find the harder I work the more of it I have.” Woodrow Wilson

Wk 17 Meaning and Purpose

MIDDLE Student Planner Page 58	SENIOR Student Planner Page 58
<p>LIVING ETHICALLY</p> <p>Wellbeing Bank: to build my Meaning and Purpose by understanding how to live ethically.</p> <p>To live and act ethically, you:</p> <ul style="list-style-type: none"> • act in ways which you know will benefit you and others’ wellbeing • make choices based on what your mind tells you is the right thing for you to do • don’t do something for personal or material gain • use your top strengths often. <p>Ask yourself, will it:</p> <ul style="list-style-type: none"> • be fair, safe and legal for all involved? • enable me and others to experience positive emotions? • describe how you currently make decisions on how you live and act. <p>.....?</p> <p>Ethical behaviours include:</p> <ul style="list-style-type: none"> • showing empathy for others’ feelings • doing selfless kind actions for others • being honest with others and yourself • respecting others’ rights to have an opinion and then listening to it • valuing the planet we live on • following through on what you say you will do. <p>.....?</p> <p>▶ Complete Wellbeing Reflection sheet on website.</p> <p>ACTIONS</p> <p>What are two things I will start doing to live more ethically?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <p>MINDFULNESS ACTIVITY</p> <p>Doing Nothing. Lie on your back with your hands under your head and concentrate on doing absolutely nothing for at least five minutes. You can only do nothing.</p> <p>RESILIENCE BUILDER</p> <p>Behaving ethically means considering your actions. Are they fair to others? Safe? Legal? Do your actions make you feel better afterwards? Do they reflect your values and character strengths? Describe a time you behaved ethically.</p> <p>WELLBEING TIP</p> <p>To build energy for life reduce sugar and caffeine intake; energy thieves.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: center;">Character Strength Spirituality www.viacharacter.org</p> <p>WELLBEING FITNESS CHALLENGE</p> <p>WHAT WENT WELL – Being Grateful (p.19)</p>	<p>ETHICAL LIVING</p> <p>Wellbeing Bank: to build my Meaning and Purpose through understanding how to live my life ethically.</p> <p>Living ethically means:</p> <ul style="list-style-type: none"> • you choose to think and act positively to benefit others’ and your wellbeing • your moral compass tells you what is the right thing for you to do • you don’t do something for personal gain • describe what you currently do to live ethically. <p>.....?</p> <p>Ethical questions to ask yourself include, will it:</p> <ul style="list-style-type: none"> • be safe and legal? • enable others and myself to experience positive emotions and fulfillment? • build others’ and my wellbeing? <p>Ethical behaviours include:</p> <ul style="list-style-type: none"> • showing empathy for others’ needs and feelings • doing selfless acts of kindness to make a positive difference to others’ lives • being honest with others and yourself • respecting others’ rights to have an opinion and then allowing them to share it • valuing our planet to provide what we need for life • doing what you say you will do and following through well. <p>An ethical dilemma is having two choices about what you will do, and by choosing one:</p> <ul style="list-style-type: none"> • feel that you have done wrong by not doing the other. <p>.....?</p> <p>▶ Complete Wellbeing Reflection sheet on website.</p> <p>ACTIONS</p> <p>What are two things I will start doing to live and act more ethically?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <p>MINDFULNESS ACTIVITY</p> <p>Doing Nothing. Lie on your back with your hands under your head and concentrate on doing absolutely nothing for at least five minutes. You can only do nothing.</p> <p>RESILIENCE BUILDER</p> <p>Growth Mindsets allow you to believe you can change your ability and an outcome through your persistence to learn and try new things. Think of two aspects of your life that you can use a Growth Mindset way of thinking? What strategies can you use to change your thinking and how can you create a habit of this?</p> <p>WELLBEING TIP</p> <p>To build energy for life reduce sugar and caffeine intake; energy thieves.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: center;">Character Strength Spirituality www.viacharacter.org</p> <p>WELLBEING FITNESS CHALLENGE</p> <p>WHAT WENT WELL – Being Grateful (p.19)</p>

Wk 18 Exercise and Health

MIDDLE Student Planner Page 60	SENIOR Student Planner Page 60
<p>LAUGHING AND FUN</p> <p>Wellbeing Bank: to strengthen my Exercise and Health by laughing and having fun.</p> <p>When laughing and having fun:</p> <ul style="list-style-type: none"> • you look on the bright side of life and for what’s good • it is contagious for those around you; mirror neurons at work • you create growth mindsets in yourself and others. <p>Humour is a wonderful character strength which creates:</p> <ul style="list-style-type: none"> • uplifting positive emotions in you and others • feelings of optimism and hope for the future • a healthy sense of wellbeing in you and others • trusting and sharing relationships • be careful to not overuse humour in class • describe how you currently enjoy the funny side of life. <p>.....?</p> <p>Other benefits of humour include:</p> <ul style="list-style-type: none"> • the release of feel good brain chemicals into your bloodstream • increased blood flow around your body to relax you • strengthened immune system • reduced stress pressures • the brain and body to exercise together. <p>.....?</p> <p>▶ Complete Wellbeing Reflection sheet on website.</p> <p>ACTIONS</p> <p>What are two things I will start doing to laugh and have fun more?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <p>MINDFULNESS ACTIVITY</p> <p>Forgiving. For at least five minutes think about someone who has done something wrong by you, and focus on forgiving them for what they have done and letting go of your grudges.</p> <p>RESILIENCE BUILDER</p> <p>An ethical dilemma is when you have two choices and acting on one of those choices would make you feel you had done something unethical and wrong. For example, to keep the confidence of your friend you have to mislead your teacher. Describe an ethical dilemma you have had.</p> <p>WELLBEING TIP</p> <p>Try mountain bike riding; a great workout in the outdoors and plenty of fun.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: center;">Character Strength Humour www.viacharacter.org</p> <p>WELLBEING FITNESS CHALLENGE</p> <p>DISCOVERY LEARNING – Being Curious (p.19)</p>	<p>HUMOUR AND FUN</p> <p>Wellbeing Bank: to strengthen my Exercise and Health through laughing, playing and having fun.</p> <p>Neuroscience has shown that you possess millions of <i>Mirror Neurons</i>:</p> <ul style="list-style-type: none"> • they copy the expressions, feelings and actions of those around you • to have a healthy state of wellbeing you want them to copy happy and optimistic people. <p>Humour is a wonderful character strength which creates:</p> <ul style="list-style-type: none"> • uplifting spirals of positive emotions in others and you • feelings of optimism and hope for the future • trusting and warm relationships • but, be careful to not overuse humour in class • describe how you currently enjoy the light and funny side of life. <p>.....?</p> <p>When laughing and having fun:</p> <ul style="list-style-type: none"> • you can’t help but look on the bright side of life and for what’s good in what you are looking at • it is contagious for those around you • deliberately aim to mix with positive fun people. <p>Other benefits of humour for you and others include:</p> <ul style="list-style-type: none"> • the release of feel good brain chemicals into your bloodstream • increased blood flow around your body to relax you • strengthened immune system • reduced stress pressures • the brain and body to exercise together. <p>.....?</p> <p>▶ Complete Wellbeing Reflection sheet on website.</p> <p>ACTIONS</p> <p>What are two things I will start doing to laugh and have more fun?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <p>MINDFULNESS ACTIVITY</p> <p>Forgiving. For at least five minutes think about someone who has done something wrong by you, and focus on forgiving them for what they have done and letting go of your grudges.</p> <p>RESILIENCE BUILDER</p> <p>Optimistic thinkers look for what is right in what they are doing to inspire themselves to generate and seek new strategies to try and persist with to overcome challenges. They use positive self-talk. Describe three times you have changed your thinking and approaches to overcome a challenge or setback; how did you feel?</p> <p>WELLBEING TIP</p> <p>Try mountain bike riding; a great workout in the outdoors and plenty of fun.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: center;">Character Strength Humour www.viacharacter.org</p> <p>WELLBEING FITNESS CHALLENGE</p> <p>DISCOVERY LEARNING – Being Curious (p.19)</p>



WEEK 19 – ASSERTIVE LANGUAGE

Parent Wellbeing: A skill of social-emotional resilience is to seek help when you need it by reaching out to the right people. Describe a time you have done this and how you could do it more often.

Adolescence is a time in students' lives where risk taking becomes an issue and where students need to learn how to say no if they don't want to participate. Working against them having the strength to say no is their overwhelming need to stay socially connected to their group of peers and friends:

- many students often much prefer loyalty to the group over what they know is the safe and right thing to do
- they may be timid in standing up to group
- and perhaps worried by members of the group who use aggressive language to encourage doing the activity

A way to address this predicament, is to teach students how to use their strengths to speak assertively to say what they want to happen in a clear, firm and respectful way so others are in no doubt of what they mean.

The following is a guide of how to use assertive language:

- say what concerns you – "I think someone could get hurt doing this."
- say how you feel – "I feel very unsafe being involved in this."
- say what you want to happen – "I am not doing this and don't want any of you to do it either."
- they will win respect

"Great minds have purposes, others have wishes." **Washington Irving**

WEEK 20 – PLANNING TIME TARGETS

Parent Wellbeing: When you are not paying attention when listening to others, there can be little wonder and enjoyment in learning new things either about others, the world around, or you. Describe what you could do to pay more attention when listening.

While students' Personal Timetables serve the purpose of allocating their time to do what they have to do, they also need to learn how they are going to organise that time to complete it:

- learning how to plan and set time targets is the growth mindset they need to overcome these challenges
- they need to mindfully use their strengths to achieve the time targets they created

Students need to set time target for tasks such as:

- completing unfinished learning from the school day
- practising further subject material to reinforce and consolidate the concepts in their minds. (If they can do it at home on their own, then they know it.)
- connecting with and applying new knowledge learned to new situations.
- revising and practising what they have learnt to build strong and fast brain pathways
- reviewing notes from class in a structured manner; time targets are a must here.
- going off on tangents which interest them and investigating new possibilities to explore and experiment with.
- reading, researching, evaluating, reflecting, thinking and imagining.

Being able to plan and set time targets to accomplish what they set out to do broadens and engages their attention by connecting them with themselves and the moment to reduce anxious feelings.

"To master your time is to master your life."

Alan Laekin

Wk 19
Strengths and Emotions

<p style="text-align: center; font-weight: bold; font-size: 0.8em;">MIDDLE Student Planner Page 62</p> <p style="font-weight: bold; font-size: 0.8em;">SPEAKING ASSERTIVELY</p> <p style="font-size: 0.7em;">Wellbeing Bank: to develop my Strengths and Emotions learning to speak assertively.</p> <p style="font-size: 0.7em;">Speaking Assertively is saying what you want to say in a firm, clear and respectful way:</p> <ul style="list-style-type: none"> • others are in no doubt about what you think, how you feel and what you want to happen • you speak assertively when you need to be understood clearly • including social activities, feeling peer pressure with risk taking behaviours • describe how you currently say what you need to say. <p style="font-size: 0.7em;">To speak assertively:</p> <ul style="list-style-type: none"> • say what concerns you, how you feel and what you want to happen • e.g. I don't think this is a safe thing to do, I feel uncomfortable, we will try something else • practise speaking assertively for situations you may find yourself in. • Use your strengths to avoid speaking in the following ways: <ul style="list-style-type: none"> Aggressively – threatening and non-respectful Timid – indirect and lacking effort. <p style="font-size: 0.7em;">See Assertive Language activity sheet on page 137.</p> <p style="font-size: 0.7em;">Complete Wellbeing Reflection sheet on website.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">ACTIONS</p> <p style="font-size: 0.7em;">What are two things I will start doing to practise assertive language for when I need to use it?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <hr/> <p style="font-weight: bold; font-size: 0.8em;">MINDFULNESS ACTIVITY</p> <p style="font-size: 0.7em;">Rocks and Shells. Go to the beach or outside and collect as many different shaped shells and rocks as you can for five minutes. Come back inside and study the differences and similarities.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">RESILIENCE BUILDER</p> <p style="font-size: 0.7em;">Select the 'Positive, Negatives, Effects, Decision' Thinking Tool from the website to analyse the following ethical dilemma: A friend confides in you that she is self-harming and makes you promise to keep it a secret. You are worried about her; do you break your promise and tell a trusted adult or say nothing?</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WELLBEING TIP</p> <p style="font-size: 0.7em;">Don't fight tiredness; a 10 minute power nap does wonders.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: right; font-size: 0.7em;">Character Strength Honesty www.viacharacter.org</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WELLBEING FITNESS CHALLENGE</p> <p style="font-size: 0.7em;">VALUES LIVING – Standing Tall (p.19)</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">SENIOR Student Planner Page 62</p> <p style="font-weight: bold; font-size: 0.8em;">ASSERTIVE LANGUAGE</p> <p style="font-size: 0.7em;">Wellbeing Bank: to develop my Strengths and Emotions through learning to use assertive language.</p> <p style="font-size: 0.7em;">In the senior years, it is highly likely that you will find yourself:</p> <ul style="list-style-type: none"> • in situations where you will need to be understood clearly • this is particularly so in your social activities which may involve peer pressure situations with risk taking behaviours. <p style="font-size: 0.7em;">Assertive language is when you say what you want to say in a firm, clear and respectful way:</p> <ul style="list-style-type: none"> • others are in no doubt about what you think, how you feel and what you want to happen. <p style="font-size: 0.7em;">Assertive language uses the following structure:</p> <ul style="list-style-type: none"> • say what concerns you, how you feel and what you want to happen • for example, there are several people at this party I'm not comfortable being around; I want to leave now please. • practise assertive language for possible situations. <p style="font-size: 0.7em;">There are several other types of language which are not effective in getting your message across:</p> <ul style="list-style-type: none"> Aggressive – you speak in a threatening and non-respectful way Timid – you really don't make any sort of effort or are indirect Texting – you text to avoid personal contact. <ul style="list-style-type: none"> • See Assertive Language activity sheet in Positive Education. • Complete Wellbeing Reflection sheet on website. <hr/> <p style="font-weight: bold; font-size: 0.8em;">ACTIONS</p> <p style="font-size: 0.7em;">What are two things I will start doing to practise assertive language for when I need to use it?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <hr/> <p style="font-weight: bold; font-size: 0.8em;">MINDFULNESS ACTIVITY</p> <p style="font-size: 0.7em;">Rocks and Shells. Go to the beach or outside and collect as many different shaped shells and rocks as you can for five minutes. Come back inside and study the differences and similarities.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">RESILIENCE BUILDER</p> <p style="font-size: 0.7em;">Negative thinkers look for what is wrong in what they are doing and with a fixed mindset keep doing the same things and eventually give up. They use negative self-talk. Describe a time you have been in this position and how did it feel? What are two things you could have done to turn the situation around?</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WELLBEING TIP</p> <p style="font-size: 0.7em;">Don't fight tiredness; a 10 minute power nap does wonders.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: right; font-size: 0.7em;">Character Strength Honesty www.viacharacter.org</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WELLBEING FITNESS CHALLENGE</p> <p style="font-size: 0.7em;">VALUES LIVING – Standing Tall (p.19)</p>
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Wk 20
Skills and Achievement

<p style="text-align: center; font-weight: bold; font-size: 0.8em;">MIDDLE Student Planner Page 64</p> <p style="font-weight: bold; font-size: 0.8em;">TIME PLANNING TARGETS</p> <p style="font-size: 0.7em;">Wellbeing Bank: to boost my Skills and Achievement by planning time targets to complete learning.</p> <p style="font-size: 0.7em;">To complete what you need to do on time:</p> <ul style="list-style-type: none"> • plan time targets to achieve for each step • Use Five Es of Learning Thinking Tool to help you • describe how you currently plan time targets. <p style="font-size: 0.7em;">Following is a dependable process to use:</p> <p style="font-size: 0.7em;">Day 1: record due dates on a Year Planner and in your phone.</p> <p style="font-size: 0.7em;">Micro, within 2 days – ENGAGE</p> <ul style="list-style-type: none"> • how does it connect with what you already know? • brainstorm possible ideas/resources. <p style="font-size: 0.7em;">Mini, within 3 days – EXPLORE</p> <ul style="list-style-type: none"> • plan your research strategy • locate resources. <p style="font-size: 0.7em;">Short, within 5 days – EXPLAIN</p> <ul style="list-style-type: none"> • collect information under main points • develop sentences and paragraphs using T.E.E.L. • write first draft. <p style="font-size: 0.7em;">Medium, within 7 days – ELABORATE</p> <ul style="list-style-type: none"> • ask your teacher for feedback • improve phrasing/vocabulary. <p style="font-size: 0.7em;">Long, within 9 days – EVALUATE</p> <ul style="list-style-type: none"> • discuss interpretations with family/ friends • complete final. <p style="font-size: 0.7em;">Complete Wellbeing Reflection sheet on website.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">ACTIONS</p> <p style="font-size: 0.7em;">What are two things I will start doing to plan time targets?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <hr/> <p style="font-weight: bold; font-size: 0.8em;">MINDFULNESS ACTIVITY</p> <p style="font-size: 0.7em;">Forgive Myself. Think about something you did or did not do, or said or did not say, that you were upset with yourself for. Spend at least five minutes forgiving yourself and making it right for yourself.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">RESILIENCE BUILDER</p> <p style="font-size: 0.7em;">With a friend discuss what you think would be the ideal top five strengths of an effective and inspiring leader in the community and your reasons for choosing each of them.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WELLBEING TIP</p> <p style="font-size: 0.7em;">Listen to your favourite music on an iPod while exercising; benefits your performance.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: right; font-size: 0.7em;">Character Strength Prudence www.viacharacter.org</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WELLBEING FITNESS CHALLENGE</p> <p style="font-size: 0.7em;">STRENGTHS SPOTTING – In the Moment (p.19)</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">SENIOR Student Planner Page 64</p> <p style="font-weight: bold; font-size: 0.8em;">PLANNING TIME TARGETS</p> <p style="font-size: 0.7em;">Wellbeing Bank: to develop my Skills and Achievement through planning time targets to finish things.</p> <p style="font-size: 0.7em;">Planning Time Targets use your strengths to put you in charge of your own time:</p> <ul style="list-style-type: none"> • you plan process self-expectations to achieve what you set out to do • your create windows of time to develop your thoughts through drafting • drafting is a process which shows your thought growth • describe how you currently plan time targets. <p style="font-size: 0.7em;">Planning Time Targets – use different colours for each stage:</p> <p style="font-size: 0.7em;">Day 1: record due dates on Year Planner and in phone</p> <p style="font-size: 0.7em;">Micro, 2 days:</p> <ul style="list-style-type: none"> • how does it connect with what you already know? • brainstorm possible ideas <p style="font-size: 0.7em;">Mini, 3 days:</p> <ul style="list-style-type: none"> • plan your research strategy <p style="font-size: 0.7em;">EXPLORE</p> <ul style="list-style-type: none"> • locate resources and begin your research <p style="font-size: 0.7em;">Short, 5 days:</p> <ul style="list-style-type: none"> • collect information under main points • develop sentences and then paragraphs using "Paragraph Building: TEEL" Thinking Tool from website • assemble first draft <p style="font-size: 0.7em;">Medium, 7 days:</p> <ul style="list-style-type: none"> • ask your teacher for feedback on first draft • analyse comments to improve phrasing/vocabulary <p style="font-size: 0.7em;">Long, 9 days:</p> <ul style="list-style-type: none"> • discuss interpretations with family/ friends • evaluate feedback and complete final. <p style="font-size: 0.7em;">Complete Wellbeing Reflection sheet on website.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">ACTIONS</p> <p style="font-size: 0.7em;">What are two things I will start doing to improve my focus and effectiveness on planning time targets?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <hr/> <p style="font-weight: bold; font-size: 0.8em;">MINDFULNESS ACTIVITY</p> <p style="font-size: 0.7em;">Forgive Myself. Think about something you did or did not do, or said or did not say, that you were upset with yourself for. Spend at least five minutes forgiving yourself and making it right for yourself.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">RESILIENCE BUILDER</p> <p style="font-size: 0.7em;">Logical self-talk is when you talk yourself through each of the steps you need to take to accomplish what you set out to do. With a friend describe three situations where logical self-talk would really benefit your progress. For one of them define each of the steps.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WELLBEING TIP</p> <p style="font-size: 0.7em;">Listen to your favourite music on an iPod while exercising; benefits your performance.</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: right; font-size: 0.7em;">Character Strength Prudence www.viacharacter.org</p> <hr/> <p style="font-weight: bold; font-size: 0.8em;">WELLBEING FITNESS CHALLENGE</p> <p style="font-size: 0.7em;">STRENGTHS SPOTTING – In the Moment (p.19)</p>
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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.

*Parenting in July
West Leederville*

Survival Kit for Separating Dads Tuesday, 17 July 6.30pm to 9.00pm
This session covers expectations, needs, family background & communication \$30pp

Fathering after Separation Tuesday 24 July, 6.30pm to 9.00pm \$30pp
Held in a male friendly environment, this workshop will help you develop parenting skills that are responsive to your children's needs -

- what children experience in the separation & what they need from their dads
- relating to your former partner & managing conflict constructively
- styles of co-parenting
- practical ways to maintain a positive & rewarding relationship with your children

Partners to Parents Wednesday 25 July 6.30-9.00pm \$45per couple
This session helps couples successfully move from being a couple to being parents.

Mums Raising Teen Boys Tuesday 31 July 6.30-9pm \$30pp
As the primary female role model in a boy's life, mother play an important role in the development of their son's identity, including their ability to be nurturing.

Making Stepfamilies Work Wednesday 1 Aug to 5 Sep 6.30-9.00pm
\$80pp, \$130 per couple
Learn ways of responding to your child to assist them to learn how to regulate their emotions.

Places are limited - contact (08) 6164 0200 to register today!
For more info click [here](#) or go to www.relationshipswa.org.au



Relationships Australia

PLAYERS WANTED

FOR THE UPCOMING BASEBALL SEASON 2018/2019

**JOIN THE MOST SUCCESSFUL
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OR ROS.OLIPHANT@BIGPOND.COM

LITTLE LEAGUE: Under 13s

Fees \$250.00
If players are still playing T Ball, fees are only \$150
9 to 12 years old inclusive
Born between 1/9/2006 - 31/8/2010

JNR. & INTER. LEAGUE: Under/15s

Fees \$250.00
12 to 14 years old inclusive
Born between 1/9/2004 - 31/8/2006

SENIOR & BIG LEAGUE: Under 19s

Fees \$250.00
15 years to 18 years old inclusive
Born between 1/9/2000 - 31/8/2004



New players to bring a copy of their Birth Certificate. 10% discount applies if more than one family member is registered. Fees can be paid by cash, cheque, credit card and Direct deposit BSB 036000 A/C 229870 (name as ref). All club merchandise will be available to purchase on the day.



Term 3 & 4 Enrolments now open

Help your Child Achieve Success at School

Why choose Us: We use only qualified teachers with proven results in improving student's grades. Your child will receive support in the WA curriculum to improve their marks and confidence at school.

Tuition Help for Years 7 - 12

Various classes available Saturdays and Sundays from 9am up to 2pm

- An affordable way for your child to access top quality and highly qualified teachers throughout the term who have proven success in improving student's school achievement.
- Individual help according to the learning needs and academic goals of your child.
- Your child will receive help on their specific needs, clarify problem areas and teachers can supplement learning with additional worksheets and questions.
- Students will build their skills and understanding in a small group environment (2 - 6 students).

Venues: Churchlands Senior High School, Perth Modern School and Rossmoyne Senior High School.

ATAR Master Classes for Year 11 & 12

Classes available Sundays and afternoons after school

- Specialised classes that help students maximise their grades and strive for top marks
- Each week, the teacher will focus on a particular topic in the syllabus, students will get in-depth explanations, examples and questions to practice.
- Receive expert coaching and individual feedback from one of WA's top ATAR teachers.
- Ideal for students seeking higher achievement and advanced insights.

Venues: Perth Modern School and our Applecross Office.

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2. Click on the program you wish to enrol in
3. Select the *Enrol Today* button to view timetable and enrol



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**THE UNIVERSITY OF
NOTRE DAME
AUSTRALIA**

**NOTRE DAME OPEN DAY
Sunday 19 August**

Kick-start your uni journey at the Notre Dame Open Day. Enjoy the atmospheric Fremantle campus, check out the facilities, enjoy music, food and games and get involved in the festivities.

[visit notredame.edu.au/events](http://visit.notredame.edu.au/events)



COMMUNITY NOTICES

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Building Relationships



If you are looking to enhance and review your relationships and the various issues that affect them, Relationships Australia has developed the following comprehensive interactive programs. Relationships Australia welcomes same sex couples to all our couples courses.

Dates: Wed 25 Jul, 1, 8, 15, 22, 29 Aug, 5, 12 Sep West Leederville
Wed 17, 24, 31 Oct, 7, 14, 21, 28 Nov, 5 Dec West Leederville
Wed 17, 24, 31 Oct, 7, 14, 21, 28 Nov, 5 Dec Joondalup

Together Forever

This weekend course is for couples planning a future together, whether they are going to marry, live together or are already sharing their lives. The course covers expectations, needs, family background and communication.

Fee: \$160 per couple
Time: Fri 6.30 - 9pm, Sat 1 - 5.30pm, Sun 10am - 1pm
Dates: 14, 15, 16 Sep.....West Leederville
30 Nov, 1, 2 Dec.....West Leederville

Building Better Relationships for Couples

This 8 week course, based on the research of Dr John Gottman, offers couples new ways of relating. Gottman found that increased friendship, trust and commitment, leads to more positivity in the relationship. It also increases a couple's ability to manage differences and conflict. Working with these foundations enables the couple to create increased meaning in their lives together.

Fee: \$160 per couple
Time: 6.30 - 9pm

Communication for Couples

Whatever the state of your relationship, there is always room for improved communication. The health and strength of a relationship depends on the ability to communicate effectively. This ability, added to a willingness to work through challenges and pressures, leads to growth both as an individual and as a partner. This course is for couples who want to find out how to communicate in a way that creates safety in their relationship so that they can maintain their feelings of love and connection, whilst working through differences. This weekend course is also ideal for those in a FIFO relationship or who live in the country.

Fee: \$160 per couple
Time: Fri 6.30 - 9pm, Sat 1 - 5.30pm, Sun 10am - 1pm
Dates: 7, 8, 9 Sep.....West Leederville
16, 17, 18 Nov.....West Leederville

Understanding Stepfamily Relationships Weekend

Stepfamilies present a whole array of challenges that are different to those found in a biological family. It is a huge juggling act! This one day workshop is based on research that highlights some of the more helpful ways of forming and living in this new family, be it a stepfamily or a blended family. Learn some useful strategies around how to parent and maintain healthy relationships in this context.

Fee: \$60 per person/\$100 per couple
Time: 9.30am - 4.30pm
Date: Sat 24 Nov.....West Leederville

Making Stepfamilies Work

Couples with children from previous relationships often benefit from strategies on communication, agreement on discipline and handling competing demands. Find out how to build the enduring, resilient stepfamily you both want.

Fee: \$80 per person, \$130 per couple
Time: 6.30 - 9pm
Dates: Wed 1, 8, 15, 22, 29 Aug, 5 Sep West Leederville
Wed 24, 31 Oct, 7, 14, 21, 28 Nov West Leederville



Prepare-Enrich Questionnaire

Prepare-Enrich is a customised couple questionnaire completed online and is a program designed to focus on important relationship issues by assisting couples in all stages of their relationship, whether in a committed relationship or planning one.

Based on a couple's responses, a trained Facilitator provides a number of feedback sessions in which the Facilitator helps the couple discuss and understand their outcomes from the questionnaire.

The major goals of the program are to assist couples cement and enhance their relationship. Areas covered include:

- Communication and conflict resolution skills
- Partner style and habits
- Family, friends and leisure activities
- Assertiveness and self confidence
- Financial management
- Affection, intimacy and sexuality

The program is divided into an initial 1 hour session followed by a minimum of 2 hours up to a maximum of 4 hours feedback.

The program is by appointment only - call 1300 364 277.

- Fee:**
- \$110 for the first session, including cost of on-line questionnaire and two copies of the workbook.
 - Follow up sessions charged on a sliding scale based on couple's income.

Special offer:

Book in to both Prepare and our weekend course "Together Forever" which is normally \$160 per couple and receive a discount of \$40 off the "Together Forever" course.

FOR MORE ON BUILDING BETTER RELATIONSHIPS PLEASE SEE OUR SHORT COURSES PAGES.

Programs for Men

Developed and presented by male facilitators, these courses have been designed to help men deal with their relationship challenges in a comfortable, honest setting.

Introduction to Managing Anger - A Workshop for Men

Are your angry actions and words hurting you and others? It doesn't have to be that way. This weekend workshop will help you understand the attitudes, thoughts and beliefs that take you down the path of anger. Particularly suitable for those unable to attend the 8 week Anger Management course due to work commitments (i.e. FIFO or those living outside the metro area). This course does not replace the 8 week course.

Fee: \$95 per person
Time: Fri 6.30 - 9pm, Sat: 9.30am - 4.30pm
Dates: Fri 23 & Sat 24 Nov.....West Leederville

Anger Management (for men)

This 8 week course is for men who are concerned their angry actions and words are hurting themselves and others. It doesn't have to be that way. The participants learn what attitudes, thoughts and beliefs take them down the path of anger. Through weekly practice and group interaction, participants develop new skills to help them avoid the harmful effects of anger.

This course is not suitable for men where domestic violence is an issue.

Fee: \$130 per person
Time: 6.30 - 9pm
Dates: Mon 23, 30 Jul, 6, 13, 20, 27 Aug, 3, 10 Sep West Leederville
Wed 25 Jul, 1, 8, 15, 22, 29 Aug, 5, 12 Sep Fremantle
Tues 16, 23, 30 Oct, 6, 13, 20, 27 Nov, 4 Dec West Leederville

Survival Kit for Separating Dads

Separation presents many challenges for men especially fathers. If you are going through a separation or divorce this course will provide a supportive place to acknowledge the challenges you are experiencing through this process. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future.

** We strongly recommend all separating Dads attend this course prior to any other course, particularly parenting courses.*

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Tues 17 Jul.....West Leederville
Tues 4 Sep.....West Leederville
Tues 9 Oct.....West Leederville
Tues 13 Nov.....Midland
Wed 12 Dec.....West Leederville

Fathering after Separation

It's important for fathers to distinguish between their parenting role and their relationship break-up. This session, held in a male-friendly environment, will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation, and to assist you find helpful ways to stay in contact with your children.

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Tues 24 Jul.....West Leederville
Wed 17 Oct.....West Leederville

Dads Raising Girls (under 12 years)

Find out how to build a rewarding father-daughter relationship. As the primary male role model in a girl's life, Dads play an important role in the development of their self-concept and self esteem. This can often affect how their daughters relate to others, particularly to boys and men.

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Tues 14 Aug.....West Leederville
Mon 15 Oct.....West Leederville

Dads Raising Teenage Girls

For teenage girls, a father's support and love are extremely important. This workshop helps Dads understand the changes occurring in their teenage daughters and shows ways to help them navigate this difficult time and encourage them to make good choices.

Fee: \$30 per person
Time: 6.30 - 9pm
Date: Thur 1 Nov.....West Leederville

Dads Raising Boys (under 12 years)

For a boy a close relationship with his father is like gold. A father can be an anchor for a son. A Dad models behaviours that shape who they become as an adult. This workshop for Dads will assist in building their sons' self-esteem, healthy identity and resilience as well as managing challenging behaviours.

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Mon 17 Sep.....West Leederville
Wed 7 Nov.....Fremantle
Mon 10 Dec.....West Leederville

Dads Raising Teenage Boys

Raising teenage boys can be challenging but there can also be exceptional times of fun and closeness. This workshop is designed to assist fathers and father figures navigate their way through the teen years to help build positive relationships and strong, positive young men for the future.

Fee: \$30 per person
Time: 6.30 - 9pm
Date: Wed 10 Oct.....West Leederville



PLACES ARE LIMITED SO PLEASE PHONE 6164 0233 TO SECURE YOUR PLACE.



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Programs for Parents



Raising our children should be one of life's greatest experiences, but as any parent knows, it is not an easy task. With this in mind our professional facilitators offer a range of courses to help you address parenting challenges.

Building Stronger Families

Building and nurturing families can seem a daunting task, but it's not mission impossible. This 6 week course is for adults and their children around 10 years and over - inclusion is the key. Parents and children will learn about cooperation, relating respectfully and solving problems.

Fee: \$80 per one parent family, \$120 per two parent family
Time: 6.30 - 8.30pm
Dates: Thur 9, 16, 23, 30 Aug, 6, 13 Sep
 West Leederville

NEW Bringing Up Great Kids

This is an exciting new 5 week course for parents who want to understand and enhance their relationships with their children. The course includes insights into your child's developing brain, mindfulness, emotions and behaviour, and helpful insights into who you are as a parent. By the end of 5 weeks you will have been given practical tools to assist you in your parenting journey.

Fee: \$60 per person
Time: 6.30 - 9pm
Dates: Mon 22, 29 Oct, 5, 12, 19 Nov
 West Leederville

Partners to Parents

This one night session will assist couples move from being a couple to becoming parents.

There are many joys and delights in becoming new parents and also many challenges. Managing the transition well and preparing your relationship for the change will help you build your strengths as a couple and help you manage all that lies ahead of you.

Fee: \$45 per couple
Time: 6.30 - 9pm
Dates: Wed 25 Jul.....West Leederville
 Mon 8 Oct.....West Leederville
OR
Time: 10am - 12.30pm
Date: Sat 10 Nov.....West Leederville

Parent-Child Connection

Being a parent can be tough. People with children under 10 are encouraged to attend this four week course to learn new skills, feel more positive about their parenting ability and increase their confidence.

Fee: \$50 per person, \$75 per couple
Time: 6.30 - 9pm
Dates: Tues 21, 28 Aug, 4, 11 Sep
 West Leederville

All about Anger - for Parents and Teens

This workshop, for both parents and their teens, has been designed to assist families when anger is becoming troublesome. Gain a deeper understanding of the ways we create and maintain angry feelings within our family, and develop language and skills which will help family members respond to their own and other's anger in a more constructive and positive way.

Fee: \$50 per family
Time: 6.30 - 9pm
Date: Tues 18 Sep.....West Leederville

Parent-Teen Connection

Adolescence can be a time of turmoil and change - for both children and their parents. This course teaches parents how to communicate, negotiate and minimise conflict.

Fee: \$50 per person, \$75 per couple
Time: 9.30am - 4.30pm
Dates: Sat 18 Aug.....West Leederville
 Sat 17 Nov.....West Leederville

Successful Single Parenting

If you are a single parent and are well through that initial relationship break-up stage, this course will provide strategies that will help you develop a close and special relationship with your child. Parenting alone is different in many ways compared to a two parent household and can have its difficulties and challenges. Whatever the challenges it is important to live your life in ways that show your children you are happy. Those still going through a relationship breakdown are advised to attend Parenting After Separation first.

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Wed 19 Sep.....West Leederville
 Wed 12 Dec.....West Leederville



Programs for Individuals

The "Rock and Water" Program

(suitable for 8 - 14 years)

The "Rock and Water" Program for the family is facilitated by an accredited Rock and Water trainer. The program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. We encourage fathers, mothers, daughters and sons to spend a Saturday morning together examining their emotional connections with each other whilst learning new skills to strengthen family ties.

Note: due to the nature of activities there is room for only one child/adolescent per adult.

Fee: \$70 per pair
Time: 8.30am - 12.30pm
Dates: Sat 1 Sep.....West Leederville
 Sat 10 Nov.....West Leederville

Emotion Coaching

Every parent wants to do the best for their child but can often feel overwhelmed. After many decades of research it has been found that one of the most useful skills and awareness a parent can give is emotional intelligence. This means helping their child to recognise what they are feeling and why. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Tues 7 Aug.....West Leederville
 Tues 16 Oct.....West Leederville
 Wed 21 Nov.....Fremantle

Virtues Parenting Program

This interactive six week program will offer strategies which can easily be integrated into how parents interact with their children in the home, when disciplining them and supporting socialisation. It is a positive, holistic program which has been used in many cultures and countries throughout the world to bring out the best in our children.

Fee: \$110 per person
Time: 9.30am - 12pm
Dates: Wed 1, 8, 15, 22, 29 Aug, 5 Sep
 Fremantle

Parenting After Separation

If it is managed well by the adults, separation doesn't have to be harmful for children. Research shows what children need after their parents separate is a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own needs, can help their children adapt best to family separation.

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Tues 18 Sep.....West Leederville
 Wed 5 Dec.....West Leederville

Communicate Effectively

This 6 week course covers all areas of communication including attitudes, listening and speaking skills, as well as conflict resolution. Healthy relationships, whether at work or at home, are created by individuals who communicate clearly and effectively.

Fee: \$110 per person
Time: 6.30 - 9pm
Dates: Wed 24, 31 Oct, 7, 14, 21, 28 Nov
 West Leederville

Family Patterns - Understanding how your past influences your present

Many of our adult attitudes and behaviours stem from experiences in our early years. This 6 week course explores the impact of our early family life on current patterns of closeness, affection, stress management, communication, displays of love and other emotions and conflict management. Becoming aware of these patterns enables us to move beyond them so that the present and future are not anchored in the past.

Fee: \$110 per person
Time: 6.30 - 9pm
Dates: Tues 23, 30 Oct, 6, 13, 20, 27 Nov
 West Leederville

Change and Loss - A Life's Journey

This all day workshop explores how change is a part of life, and that with change often come losses. Participants are introduced to the two tasks of dealing with loss, and the part that grieving plays in this process. They are invited to consider how they have learnt to cope with loss. Different frameworks for understanding the grieving process are presented, and participants are introduced to Mindfulness as a gentle way of supporting themselves when they are grieving a loss.

Fee: \$90 per person
Time: 9.30am - 4.30pm
Date: Tues 4 Dec.....West Leederville

Managing Anger and Stress for Women

This 8 week course is for women who have difficulty in managing and expressing their anger appropriately. The group learns how to understand anger and reduce its harmful effects and feel less stress. This course is not for people affected by domestic violence.

Fee: \$130 per person
Time: 6.30 - 9pm
Dates: Mon 30 Jul, 6, 13, 20, 27 Aug, 3, 10, 17 Sep
 West Leederville
 Mon 15, 22, 29 Oct, 5, 12, 19, 26 Nov, 3 Dec
 West Leederville

Self-Worth - Free to Be Me

Held over 8 weeks, this course gives participants a better understanding of themselves and others while providing skills and strategies to enhance self-worth. It also provides the opportunity to learn and practise new skills, take reasonable risks in relationships and set goals, all within a safe and trusting environment.

Fee: \$150 per person
Time: 6.30 - 9pm
Dates: Thur 18, 25 Oct, 1, 8, 15, 22, 29 Nov, 6 Dec
 West Leederville

Emotional Intelligence

Emotions play a strong role in individual thought, decision-making, our behaviour and our handling of all relationships. The goal of this all-day workshop is to appreciate the basis for emotions and how, if we link them to our mental processing skills, we can direct them towards a positive effect.

Fee: \$90 per person
Time: 9.30am - 4.30pm
Date: Mon 29 Oct.....West Leederville

FOR MORE COURSES FOR MUMS OR DADS PLEASE SEE OUR SHORT COURSES PAGE.



BOOKINGS AND PAYMENT ARE ESSENTIAL TO ENSURE A PLACE.



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.

Starting Over

No matter how much effort we put into our relationships, they don't all end 'happily ever after'. Getting on with our lives after a failed relationship can be distressing, but there are positive things you can do.

Rebuilding After Separation and Divorce

Do you want to rebuild your life following a relationship break-up? Perhaps you are keen to feel less pain and distress. Or maybe you want to make some sense of your break-up and learn from it. This comprehensive 8 week course takes you through a series of rebuilding blocks, such as looking at grief and loss, fear, loneliness and anger, your role in the relationship, through to letting go, rebuilding self worth, learning to trust again, and making the transition to the next phase of your life: finding fresh horizons.

Fee: \$150 per person
Time: 6:30 - 9pm
Dates: Wed 25 Jul, 1, 8, 15, 22, 29 Aug, 5, 12 Sep West Leederville
 Mon 22, 29 Oct, 5, 12, 19, 29 Nov, 3, 10 Dec West Leederville

Included in this course is a copy of Dr Bruce Fisher's book 'Rebuilding When Your Relationship Ends'

NEW Mums Surviving Separation

Separation brings major changes and challenges for Mums - financial and economic adjustments, having to respond to the needs of the children as they adjust to the changes, juggling work and home responsibilities, and multiple losses. This course aims to be a supportive space to explore the challenges of separation with other women in a similar position and to identify and/or reconnect with coping strategies to help in moving on to a fulfilling and happy life.

Fee: \$30 per person
Time: 6:30 - 9pm
Date: Tues 11 Sep.....West Leederville
 Wed 10 Oct.....West Leederville



Seeking and Keeping your Next Relationship

Just looking for someone to love - isn't it supposed to be simple? What if we have never had a serious relationship? Or why are we reluctant to commit to someone even if they seem to 'tick all the boxes'? And how do you hold onto someone for the longer term? This course aims to examine the tricky business of being at ease being single and seeking and keeping love. This is a course specifically designed for people who are currently single.

The course is not for those still processing the emotion from more recent relationship breakdowns and we do suggest 'Rebuilding after Separation' for those participants.

Fee: \$130 per person
Time: 6:30 - 9pm
Dates: Mon 23, 30 Jul, 6, 13, 20, 27 Aug, 3, 10 Sep West Leederville

Understanding Stepfamily Relationships

Stepfamilies present a whole array of challenges that are different to those found in a biological family. It is a huge juggling act! This one day workshop is based on research that highlights some of the more helpful ways of forming and living in this new family, be it a stepfamily or a blended family. Learn some useful strategies around how to parent and maintain healthy relationships in this context.

Fee: \$60 per person/\$100 per couple
Time: 9:30am - 4:30pm
Date: Sat 24 Nov.....West Leederville

Making Stepfamilies Work

Couples with children from previous relationships often benefit from strategies on communication, agreement on discipline and handling competing demands. Find out how to build the enduring, resilient stepfamily you both want.

Fee: \$80 per person, \$130 per couple
Time: 6:30 - 9pm
Dates: Wed 1, 8, 15, 22, 29 Aug, 5 Sep West Leederville
 Wed 24, 31 Oct, 7, 14, 21, 28 Nov West Leederville

Short Courses

These sessions, held in a comfortable setting, give an overview of various aspects of relationships and are a great introduction to our longer, in-depth relationship courses.

Fee: \$30 per person
Time: 6:30 - 9pm (unless otherwise stated)

COURSES FOR EVERYONE

Understanding Angry Emotions

Rather than being a destructive force, anger can be our greatest ally. This session helps you understand anger and turn it to your advantage. It includes how we mismanage anger, how we can learn to respond and not react in an unhelpful way, and some strategies for its positive resolution.

Date: Tues 28 Aug.....West Leederville

Healthy Conflict in Relationships

Are you often in conflict with others? Don't be too worried - differences are part of any relationship and can be healthy. Learn how to manage conflict and make it constructive.

Date: Tues 14 Aug.....West Leederville

Communication in Relationships

People who communicate with care create healthy relationships. This session covers the basic principles for communicating with those you love to gain clarity and achieve respectful relationships.

Dates: Wed 18 Jul.....West Leederville
 Tues 28 Aug.....Midland
 Wed 19 Sep.....Joondalup
 Mon 8 Oct.....West Leederville
 Wed 12 Dec.....West Leederville

Express Yourself Assertively

You may be a good communicator, but isn't there always room for improvement? Asserting yourself effectively gives you the edge in improving your relationships with family, friends, neighbours and work colleagues. It helps you to get your needs met whilst respecting the needs of others.

Date: Tues 31 July.....West Leederville

Setting Healthy Boundaries

In order to experience satisfying connections with other people - whether family, work colleagues or love relationships - we need to set healthy boundaries. This workshop looks at the difference between healthy and unhealthy boundaries and teaches skills that help with good boundary setting.

Dates: Wed 18 Jul.....West Leederville
 Mon 8 Oct.....West Leederville

What is Love - Including the Five Love Languages

Confused about love relationships? Our family, life experience and the media often give us conflicting messages. This workshop explores some of these ideas and their impact, how to move from being 'in love' to healthy love and the 5 Love Languages.

We are currently updating this course. Please refer to our website for upcoming dates.

Healthy Self Esteem

Would you like to feel better about yourself? Self esteem is essential to good health, both physical and emotional. Come to this session and start learning some strategies to maintain healthy self esteem through change in attitude, language and behaviour.

Dates: Tues 21 Aug.....West Leederville
 OR
Time: 10am - 12:30pm
 Sat 10 Nov.....West Leederville

PLEASE REFER TO OUR WEBSITE FOR UP TO DATE INFORMATION ON OUR FULL RANGE OF COURSES.

COURSES FOR MUMS

Mums Raising Boys - up to the age of 12 years

Mothers, who are usually their sons' primary female role model, play a vital part in developing their son's identity, including their ability to be nurturing. This session includes building confidence and competence in sons and setting boundaries.

Dates: Mon 17 Sep.....West Leederville
 Wed 17 Oct.....West Leederville

Mums Raising Teenage Boys

For teenage boys the relationship they have with their mother has long term implications and this is at the heart of this session. This includes how they relate to others, particularly to girls and women.

Date: Tues 31 Jul.....West Leederville

Mums Raising Teenage Girls

As we know, the relationship between a mother and her daughter is very important. This workshop helps mothers to better understand their daughters and the challenges they go through during puberty and helps to better equip their daughters to be happy and strong individuals.

Date: Wed 19 Sep.....West Leederville

Mums Surviving Separation

Please see page 12

COURSES FOR DADS

Dads Raising Girls

Find out how to build a rewarding father-daughter relationship. As the primary male role model in a girl's life, Dads play an important role in the development of their self-concept and self esteem. This can often affect how their daughters relate to others, particularly to boys and men.

Dates: Tues 14 Aug.....West Leederville
 Mon 15 Oct.....West Leederville

Dads Raising Teenage Girls

For teenage girls, a father's support and love are extremely important. This workshop helps Dads understand the changes occurring in their teenage daughters and shows ways to help them navigate this difficult time and encourage them to make good choices.

Date: Thur 1 Nov.....West Leederville

Dads Raising Boys (under 12 years)

For a boy a close relationship with his father is like gold. A father can be an anchor for a son. A Dad models behaviours that shape who they become as an adult. This workshop for Dads will assist in building their son's self-esteem, healthy identity and resilience as well as managing challenging behaviours.

Dates: Mon 17 Sep.....West Leederville
 Wed 7 Nov.....Fremantle
 Mon 10 Dec.....West Leederville

Dads Raising Teenage Boys

Raising teenage boys can be challenging but there can also be exceptional times of fun and closeness. This session is designed to assist fathers and father figures navigate their way through the teen years to help build positive relationships and strong, positive young men for the future.

Date: Wed 10 Oct.....West Leederville

Survival Kit for Separating Dads

Please see page 6

Mindfulness - Transform Your Relationships

Negative reactivity, in any relationship, is a major cause of relationship deterioration. For a couple's relationship, the consequence is loss of feelings of love and connection, and even divorce. Mindfulness is the practice of becoming more fully aware in the present. People who practice mindfulness in their daily lives are more likely to respond in a loving way rather than automatically reacting.

Dates: Tues 24 Jul.....West Leederville
 Tues 9 Oct.....West Leederville
 Mon 10 Dec.....West Leederville

PLEASE REFER TO OUR PROGRAMS FOR PARENTS SECTION FOR MORE PARENTING COURSES.



Relationships Australia also offers the following professional development courses:

- Accidental Counsellor
- Defusing Angry and Abusive Customers
- Mentoring Adolescents
- Introduction to Couples Counselling
- Introduction to being a Supervisor
- Parenting between Cultures: Working with Migrant and Refugee Parents
- Cultural Fitness Training - Aboriginal Culture

Call 6164 0233 for more information.

IF YOU WOULD LIKE A COURSE PAYMENT FORM PLEASE EMAIL YOUR REQUEST TO courses@relationshipsaustralia.org.au



THE ART OF THE CHOCOLATIER



MONDAY AUGUST 13TH

6:15PM REGISTRATION

6:30PM TO 9PM

COOKING ROOM UPSTAIRS IN THE
SPECIALIST BUILDING
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JAPANESE STYLE AUSTRALIAN FLAVOURED CHOCOLATE

Totally unique chocolates

What do you get when you cross the beauty and perfection of Japanese style with Australian flavoured chocolate? The answer is Nakamura Chocolates – crafted right here in Perth. Sit back, relax and watch in awe, and learn from Yuki as, with her elegant, gracious manner she guides you in the necessary skills to make your own chocolates from scratch. Her wish is that you take home the know-how to craft chocolates in your own kitchen to enjoy with *your* loved ones.

MLSAS – LANGUAGE PARENT SUPPORT GROUP FUNDRAISER

At the end of the class you will leave with skills to make chocolate

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