



## MOUNT LAWLEY SENIOR HIGH SCHOOL LAWLEY UPDATE Term 3 August 2012 No. 12

Last week the school hosted, through the goodwill of 9 families, 9 students from Zhejiang, China. They were the winners of an English Speaking competition that was conducted in Western Australia's sister province. The winners received the prize of a trip to Perth for a week.

Mount Lawley SHS hosted most of the group. It was due to the generosity of the 9 families that we were able to complete this task. Thank you to all families.

The Zhejiang group spent some time at school following the timetable of their host with several excursions also available. These gave the students an opportunity to see some of Perth's tourist, cultural and social features. All of the visitors were extremely grateful to their host family and enjoyed the experience immensely. They were able to immerse themselves in Australian family life and culture. This gave them a better appreciation of our lifestyle.

The week also saw the official staff delegation visit. This enabled them to see the school that their students were hosted in and look at some relevant programs. The journalists attached to the delegation interviewed some of the students for the home market.



Additionally, last week saw a visit by Mrs Catherine Yu, a teacher at Mount Lawley SHS's sister school in Hangzhou (Zhejiang province.) Hangzhou Number 14. Ms Yu is visiting Australia and will observe some English and ESL classes and also watch Mandarin classes. It is hoped that Ms Yu will benefit from her interactions with students and teachers in terms of enhancing her English so that when she returns to Hangzhou Number 14 she will have a range of experiences to draw. As an English teacher, she will appreciate how the subject is taught in this country. It is hoped that Mandarin students will benefit from contact with a

Chinese resident.

During this week Year 9 students have been undertaking the Monitoring Standards in Education (MSE) 9 tests in Science and Society and Environment. These tests are completed by all students in Year 9 in Western Australia. Later in the year, parents will be provided with a report on how their children progressed in the test. The overall position of the school will also be reported in a future Update. Thanks to Mr Hamilton for co-ordinating the activity and for Year 9 teachers in administering the tests. I trust that students gain a deserving result.

### A THOUGHT

*Curious things habits. People themselves never  
know they had them.  
Agatha Christie*

65 Woodsome St, Mount Lawley WA 6050

#### GENERAL SCHOOL ENQUIRIES

PHONE: 9471 0300 FACSIMILE: 9271 1126

#### MIDDLE SCHOOL (YRS 8-9)

PHONE: 9471 0350 FACSIMILE: 9471 0338

#### SENIOR SCHOOL (YRS 10-12)

PHONE: 9471 0320 FACSIMILE: 9471 0329

<http://www.lawley.wa.edu.au>  
[enquiries@lawley.wa.edu.au](mailto:enquiries@lawley.wa.edu.au)

### CONGRATULATIONS



**Casey** is the first student from our school to win the prestigious Hanyuqiao (Chinese Bridge) Speech Competition recently held in Adelaide. Casey wins a trip to China for the World Competition.



**Georgia** played in the 18 & under Darling Rangers netball team and was triumphant in a 45-41 win to take out the State Netball Regional Titles. Well played Georgia who scored a massive 475 goals in her career so far.



**Cody** was selected for the Rotary Club of Balcatta - Clubs Forever - Rotary Junior Sports Scholarship in recognition of outstanding achievement in cycling. He has competed interstate and overseas and has a bright future in the sport. Congratulations



**Tessa** has been selected in the State under 18 womens Lacrosse Team. We wish you the best of luck Tessa.



**Andrej** will be participating in the Australian Basketball 3 on 3 Oceania Championships as a representative of the State U16 team. Congratulations

### POSSIBLE TRAFFIC DELAYS

**Monday 13th August  
Learoyd St**

**Please be advised that there may be road closures in Learoyd St due to the delivery of transportables for the Primary School. It may be advisable to use another access to the school if traffic appears heavy.**

### EVENTS CALENDAR

**Monday 13 August** Yr11 & 12 Science Olympiad Biology  
**Tuesday 14 August** Yr 8 Lightning Carnival, ICAS Maths Test  
**Wednesday 15 August** Yr11 Outdoor Ed John Forrest NP, Yr 11 & 12 Science Olympiad Physics  
**Thursday 16 August** Whole School Assembly  
**Tuesday 21 August** Yr 12 Titration Stakes



In the three weeks since the start of this term there have been no concerns with the co-location of Mount Lawley Primary School. Both schools are operating independently and the students rarely come into contact. It is pleasing to see that high school students are not annoying the primary classes and just "get on with things". This is a very mature approach and the responsible attitude shown by the students of this school is acknowledged. Well done.

In a number of Updates school attendance has been raised. It is the intent of staff to improve the current attendance situation, which sees Mount Lawley SHS as having an attendance rate lower than similar schools. Parents can assist here by making sure that when fit and well, students are at school. It is a legal requirement to attend school. When a student is absent it is the legal responsibility of a parent to provide a reason. This may be done through a note, SMS, email or telephone call. Please assist in this regard.

Students should also be on time. The number of students arriving late is not acceptable and parents are asked to assist. When late, students will miss parts of lessons and this can have a negative impact on their results. Students should be on time.

Parents are also asked not to use the Woodsome Street car park as a drop-off point. It is requested that you do not enter the car park during busy times as this is a traffic hazard.

This week a student was hit by a car when he exited a school bus on a busy street. Thankfully, he was not seriously injured and he will be back at school shortly. It is therefore timely to remind students they do need to be vigilant in crossing roads, especially in inclement weather. All drivers should also exercise caution where students are involved.

The injured boy was assisted by some of his friends, in particular, the efforts of Brad Barton (Year 8) has been acknowledged by the mother of the injured boy. She advised that Brad displayed great maturity and common sense in rendering assistance. His act of Citizenship will be acknowledged at the next assembly.

The next assembly is the annual Honours Society induction. This is the highest academic accolade that can be awarded to a student save a subject prize. A number of high achieving students will be honoured. The special guest is a member of the 1992 Honours Society, Dr Jonathon Paxman. A report will appear in the next Update.

### ATTENTION Year 9 Students

Due to the generosity of a Mount Lawley High School family, a scholarship is available to a student to attend the Year 9 camp. The scholarship is valued at \$235. Applications may be made in a letter to Mrs Burnside by 24 August 2012.

To qualify for the Scholarship, families need to demonstrate financial hardship.

The family donating the Scholarship wish to remain anonymous. They are thanked for their kind donation.



Parents  
Have  
you ever  
thought,



**"We wish our school had....."**

(fill in the blank space!)

There is **\$50,000** up for grabs

The P&C wants **YOUR** input

into how these \$\$\$ can be spent

Got a **great** idea? **Contact the P&C**

at [john@hydrogold.com](mailto:john@hydrogold.com)

### Ride your bike. Carpool. Work from home. Take a break.

These are all tips to follow on Friday, 17 August when Perth Station closes from 10:30am until last service on Sunday, 19 August, with the following train disruptions:

- **Fremantle Line:** services will only run between West Leederville and Fremantle.
- **Midland Line:** services will only run between Claisebrook and Midland.
- **Armadale Line:** services will stop all stations between Claisebrook and Armadale.
- **Thornlie Line:** will close with train replacement buses from Cannington to Thornlie.
- **Joondalup and Mandurah Lines:** no impact

### Perth Train Station Closures - Fri 17 Aug

A CAT-style bus service will loop from Claisebrook to West Leederville via Perth Station.

From Monday, 20 August changes at Perth Station will see Fremantle, Armadale and Midland line trains depart from a different platform.

The disruption allows works to continue on sinking the Fremantle Line for the Perth City Link rail project.



Plan your journey  
[www.transperth.wa.gov.au](http://www.transperth.wa.gov.au)



Find out why  
[www.perthcitylink.wa.gov.au](http://www.perthcitylink.wa.gov.au)

## COMMUNITY



### Want to play Cricket?

Bedford Junior Cricket Club is hosting a registration day for those interested in playing junior cricket this season. Higher age group teams are available for under 11's through to under 17's. 17 year olds can still play if they turn 17 after October 1st this year. Registrations will take place at Coode Street Bayswater, in the Bayswater-Morley Club Rooms on Saturday 18th Aug, from 10 am - 3pm and Sunday 19th Aug from 10am to 1pm. Further enquiries can be made to the club registrar, Penny Chapman 0468 490 355 or myself on 0419 001 167.



### Open Your mind Day

2012

Sunday 19 August  
10am - 4pm

- Visit our South Street campus to open your mind to a new world of discovery. You can:
- Pick up course and career information
  - Get involved with hands on activities and demonstrations
  - Talk to our lecturers, counsellors and students
  - Enjoy live bands, rides and entertainment

[www.murdoch.edu.au/OpenYourMind](http://www.murdoch.edu.au/OpenYourMind)



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Where do you go for  
Dental Care  
In  
High  
School?

Did you know that the School Dental Service provides free dental care to high school students?

After primary school, the School Dental Service provide free general and preventative dental care in Years 8 - 11. This service is provided from many fixed or mobile Dental Therapy Centres mainly located in Primary Schools.

If you are not already enrolled, its not too late to enrol now!

**Remember even if you are attending an orthodontist you still need regular dental check-ups.**

A wide range of services are provided ranging from examinations to x-rays & from cleaning to simple orthodontic treatment.

If you dont have a recall appt you can ring the Dental Therapy Centre which is currently located at

Hillcrest Primary School

Ph 9271 5561

### Extra - Extra

Three ex-students of MLSHS are representing Australia in Dublin next week in the World Junior Ultimate Disk Championships - that's the team sport of frisbee! Jack Morris, Monte Masarei and Annie Jessop are three of the nine West Aussies who are part of the twenty-strong men's team "Aussie Thunder" and the fifteen women who make up "Southern Terra." The two teams travelled to London earlier this week to compete in some exhibition matches before sightseeing through Wales and catching the ferry to Dublin where they will compete against other world class teams for the honour of being World Champions.



### AFTER-SCHOOL MATHEMATICS FOR ABLE AND GIFTED SCHOOL STUDENTS

The Faculty of Computing, Health and Science offers year-long programs for mathematically able and gifted school students.

Classes are held after school during term time throughout the year on ECU's Mount Lawley Campus.

The Mathematical Problem Solving Programs are for students aged 10 to 15, though exceptional students of a younger age can apply. For students aged 13 to 15 the programs are linked to the Mathematics Challenge for Young Australians, a national program of the Australian Mathematics Trust. Students intending to apply for a place in the program for 2012 should enrol, through their schools, for the Australian Mathematics Competition. For more information go to [www.ecu.edu.au/mpsp](http://www.ecu.edu.au/mpsp)



# ...Scene. Around the school.

## 2012 Zhejiang English Language Competition (ELC)

This year 300,000 high school students from the Zhejiang province competed for a chance to visit Western Australia. Twenty four winners of the English language competition sponsored by the WA Zhejiang sister-state relationship program visited Perth in August as part of their prize. The students were selected from schools across Zhejiang Province, on the basis of an essay and an oral presentation on Western Australia. They were hosted by families of students who study Mandarin in WA. Four Perth high schools (Mt Lawley SHS, Mercedes College, Woodvale Sec College, Rossmyrne SHS) kindly co-hosted these students in their classrooms for a week.



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*Kitila welcomes Gong Yi from Hangzhou China to Mt Lawley on exchange. Gong Yi said "I'm now studying in Hangzhou No.2 High school. Hangzhou is a beautiful city, so is Perth. This is my first time to Australia, and I really love this amazing place. Usually, I'm not very outgoing, but I had a good time chatting with people here. Moreover, I like trying new things, like tasting different food or travelling around. Since I'm here now, I can't wait to know more about Perth."*

## Zhejiang Delegation



## Snap shots in Senior School

While Year 12 Home Economics students entertained Mt Lawley Pre-primary students with a three course meal, Year 12 Economics students were entertained by Ryan Buckland from CCI who gave the students an informative update on the WA Economy.



## ... Meanwhile ..... in Middle School ...

### Academic Extension

Students competed in the ICAS English Test and the Australian Maths Competition. As you can see students applied themselves to the task with a studious intensity.





## Year 10 Lightning Carnival Boys Basketball, Girls Soccer



This week our Year 10 Boys competed in the Perth Metro Finals at the State Basketball Centre against all the other zone winners.

We placed third behind the two specialist basketball schools in Woodvale & Willetton SHS's.

The girl's braved the rain and played gallantly against tough opposition. They all enjoyed the day!





# GENERATION NEXT

Understanding the unique health and wellbeing challenges facing our young people and how they can be met.

<http://www.generationnext.com.au/2012/04/tips-to-help-kids-with-depression-at-school/>

## Tips to help kids with depression at school

Posted on April 23, 2012 by Helen Splarn

### 25% of adolescents experience depression

Dr Jules Bemporad, of Harvard Medical School, describes childhood depression as:

“



a painful state of having lost, or being unable to attain, something that is essential for maintaining a sense of wellbeing (such as the absence of a loved one, frustration of some aspiration or curtailment of some meaningful function or activity). The child feels helpless to remedy the loss, and impotent and resigned in the face of deprivation.

It is not always easy to identify a child with depression because of the social stigmas surrounding it. A teenager may try and hide it for fear of further rejection by their peers.

They may be quite and withdrawn or they may not co-operate in class with other children, they can also display aggressive and antisocial behaviour or be slow and unmotivated. Depression affects every sphere of a young person's world; at home, at school, socially and emotionally.

Their mood swings may vary from day to day and hour to hour. This makes it very difficult to anticipate and respond in a positive way to the behaviour they are displaying.

Certain situations can trigger depression such as a family break up at home or bullying at school.

**Andrew Fuller**, author, clinical psychologist and **Generation Next** speaker, says that many adolescents may feel 'pissed off' and bored rather than sad. They may also be restless and have trouble concentrating, engage in risk taking behaviour and not see the point or value in anything.

### Tips to help children with depression

- ▶ Try to collaborate with parents and care givers to gain a full picture of what might be making the child depressed and try to put some supportive measures in place.
- ▶ Listen to the child, never dismiss their concerns but acknowledge their feelings.
- ▶ Find out if certain classes, groups of students or times of day add to their anxiety and if so try and support them through these times by giving them coping strategies. This might be some time out to pursue something that makes them feel good about themselves.
- ▶ If the classroom environment is too overwhelming for them try to give them a quiet activity that they can do alongside the class.
- ▶ If you can see that they are just not managing then suggest they go and see the school counsellor for support and a chat or seek the help of a health professional.
- ▶ Empower a child suffering from depression by teaching them resilience skills and problem solving strategies.
- ▶ Provide opportunities for success; let them know that you believe in them and that they can succeed. Give positive feedback whenever the opportunity presents itself.

You can get more information and help from:

Headspace  
Youthbeyondblue  
Black Dog Institute

Writer Helen Splarn. Editor Dr Ramesh Manocha.

Source: [headspace](#). [Youthbeyondblue](#). [Black Dog Institute](#).

Andrew Fuller will be speaking at our **Mental Health and Wellbeing Seminars** on suicide prevention. The remaining seminars for this year will be in **Brisbane**, the **Gold Coast**, **Melbourne**, **Canberra**, **Adelaide** and **Sydney**. To register or download the brochure click on one of these locations or go to the events section of our website. These events are extremely popular so we urge you to book your seat soon!

## Bullying - No Way

The Australian Government provides a number of resources within our education system to help address the issue of Bullying in our schools.

One such resource is the **Bullying No Way** website which has resources for parents, students and teachers.

**Parents** can access information to help them identify if their child is being bullied, what to do about it and who to contact for help.

**Students** are able to make their own Avatar and be involved in an interactive App to help them deal with bullying and its consequences.

*Check it out. It's kinda cool!!*

<http://www.bullyingnoway.gov.au>

