



## MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

### LAWLEY UPDATE Term 1 No. 5 2014

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Dear Parents, Caregivers, Students and Staff,

Welcome to the last Update of Term 1. Where has it gone? In previous schools I used to put up a list in the staff room of all of the activities that we had engaged in over the term as a means of celebrating our achievements and reminding ourselves of all of the opportunities offered to students to develop them as knowledgeable, skilled, civic-minded and caring young people. I don't think that there is a piece of paper large enough to capture everything that has occurred at MLSHS this term! It has been quite an amazing ride for all of us. Thank you to all staff and students for the way in which you engage so fully with all that is on offer.

#### Recent Events

Since our last newsletter we have seen the return of our students from the highly successful Outdoor Ed camps at Rottnest (skin diving) and on the Swan River and Crawley foreshore (sailing). Thank you to staff involved in these camps, which required considerable organisation and careful planning. One student told me that the Sailing camp was the best that she had been on!



#### CONGRATULATIONS



**Callan 10M3** participated in Heat 2 of the Mirror State Championships at Safety Bay Yacht Club recently representing Maylands Yacht Club. He was racing against members (mostly adults) from other local yacht clubs. It was his first ever championship event and the first time sailing on the ocean. Callan came 12th overall in a fleet of 18 boats and was awarded the rookie trophy. Well done, Callan!

#### EVENTS

**Tuesday 8 April** High Achievers breakfast 7-9am.

**Friday 11 April** ANZAC Service, Last day of Term 1

**Tuesday 29 April** Students return Term 2

**Thursday 1 May** Pathway information parent/student talk for current Year 10s. 7-9pm. ECU Education Lecture Theatre 157 in Building 17.



**2014**

**SECONDARY ASSISTANCE SCHEME**

**CLOSING SOON**  
**2 WEEKS TO GO!**

Eligible Parents/Guardians holding a current:

- Centrelink Family Health Care Card
- Centrelink Pensioner Concession Card
- Veterans' Affairs Pensioner Concession Card

are invited to submit their Secondary Assistance Scheme application. The application form must be completed at the school during Term 1.

The allowance consists of two components:

- \$235 Educational Program Allowance paid directly to the school.
- \$115 Clothing Allowance paid directly to the school or the parent/guardian.

If you intend having the \$115 Clothing Allowance paid directly to you please bring along your Bank BSB and account number details.

Please see the school's Finance Officer, Mrs Raadhia Evans, in the Main Administration Office to make your application.

#### CLOSING

**4:00pm Friday, 11th April 2014**

Please note: Late applications will only be accepted by the Department of Education in extenuating circumstances and must be accompanied with a written explanation.

Please support our Green initiative by reading the rest of this Update online using the school app or at  
<http://www.lawley.wa.edu.au/view/newsletters/lawley-update>  
or  
P & C Website <http://mlshspc.org.au>



Our Cadets attended Camp Wellington and returned having avoided any downpour – a condition which has plagued them over the past few years. By all accounts students had a great time and our Year 8 cadets were able to discover what it really means to camp out under the stars and not to have all of the comforts of home!

### Music Rooms

We have had two of our Music rooms refurbished and they look truly fabulous. The colours are crisp, the sound proofing effective, the air conditioning truly amazing and the facilities most conducive to learning.

### Feedback

Thank you to school community members who continue to feed back information on our performance. This week the issue of communication raised its head again. We endeavour to keep all families informed of our activities through email, newsletters, SMS, our website and our App. I would urge you to subscribe to our App as increasingly, this method is being utilised because of its immediacy. Additionally, we have numerous occasions where parents, caregivers and families are invited into our school to meet with staff to discuss issues. This includes our parent reporting nights, the various soirees, and focus group meetings. Thirdly, I would encourage you to contact your child's teachers if you have a concern. Best practice is always to resolve issues at the lowest possible level. By having a conversation with your child's teacher, you are often able to discover "further pieces of the puzzle" which aids everyone in achieving a very positive outcome.

### P & C

Thank you to the loyal band of parents who attended our second P & C meeting of the year. Our guest speaker, Christian Long from Centrecare talked to us about the "Being a Teenager" program at the meeting, that is currently offered in Middle School. He was offering to augment this program with parent sessions. Stay tuned for more information.

I think it fair to say that we were low on numbers at the meeting. We have over 1300 students enrolled at Mt Lawley and we struggled to get a quorum of 10! I encourage all parents and caregivers to consider giving up a couple of hours twice per term to engage with our school community at a whole school level.

### IPS Review

Last week saw the return of our three reviewers: Pauline Coghlan; Keith Newton and Gill Jenkins. They spoke with over 60 staff, students and school community members with a view to verifying our self-review of our performance against the targets in our school business plan 2012-2014. Thank you to all of those people who made themselves available to participate in this important process. The results of the review will help to inform the next iteration of our business plan.



Recently we hosted our Year 6 and 7 Parent Information Evenings for students enrolling at Mount Lawley SHS in Years 7 and 8 in 2015. Well done to Michael White, Associate Principal of the Middle School for his thorough organisation and planning for both evenings and to Andrew Paul, our chaplain, for his assistance with the great slideshow. Thank you also to Kylie Burke and Vere Bradley-Mills who presented on one night each, giving a leader's perspective on what it means to be a Middle School student at MLSHS. Of course the stars of the show were our very own eloquent advertisements for Middle School. Thank you so much to Bojana and Alora (Year 8) and Oscar and Jason (Year 9). They were fine ambassadors for our school.







## NAPLAN

A reminder that NAPLAN testing occurs early next term. Students are always encouraged to do their best in these tests as the data is used to inform our teaching and learning and as part of the review of our whole school performance. As mentioned in the last Lawley Update, this year NAPLAN is even more significant given that students who do not achieve Band 8 (out of 10) will be required to sit the OLNA tests in Year 10 (and subsequent years if they do not pass), in order to graduate when they exit Year 12. I know that Middle School staff have been preparing students this term in particular for the NAPLAN testing régime.

## School Diaries

I thought it might be timely to remind families, and students, that our wonderful diaries (paid for by our most generous P & C) have myriad information in them to assist students with organisation, time management, stress relievers. I encourage everyone to have a dip into the diaries on a regular basis to make use of the excellent information contained therein.

Have a lovely rest of term and a great break with your children over the holidays!

*Lea Fairfoul-Hutcheon, Principal*

The new look Lawley Art Auction website is now live! Head over to <http://lawleyevents.com/> and check it out. This is the place for artists to register online, peruse previously exhibited artwork, biography of last year's artists, and images of our catalogues from previous years. Also catch up on our list of sponsors, key dates and contact details.

The Lawley Art Auction committee is delighted to have secured another major sponsor, Viva Photography. If you know of any businesses that would like to provide sponsorship, please contact Michele McDonald [sponsorship@lawleyevents.com](mailto:sponsorship@lawleyevents.com) for further details. This all helps to secure our children the best possible music and arts based education.

## PATHWAYS PRESENTATION

An information session on post-compulsory pathways will be held on Thursday 1 May. This session is particularly relevant for parents of students who are currently in Year 10, but is open to all parents. Students are welcome to attend.

Representatives from a State Training Provider (TAFE), all of the WA Universities and ApprentiCentre will be providing information on courses, entrance requirements and employment.

## THE INFORMATION IS RELEVANT FOR YEAR 11 SUBJECT SELECTION



Date: Thursday 1 May  
Time: 7 to 9pm  
Location: ECU Education Lecture Theatre 157  
in Building 17.

## NEWS FROM THE NURSE YEAR 8 IMMUNISATIONS

This year sees the national program resume to the routine immunisation schedule offered to all Year 8 students. All students will be offered a booster dose of diphtheria, tetanus and whooping cough (dTpa), a chickenpox vaccine (varicella), and a three dose course of the human papillomavirus (HPV) vaccine, provided across three terms.

Consent packs have gone out to all Year 8 students and if you haven't returned these we encourage you to do so before the end of Term 1. The first dose is scheduled for 20 & 21 May 2014.

The Western Australia Department of Health have developed a video which highlights the importance of immunisation in protecting children and communities against vaccine-preventable diseases. This is available at [www.healthywa.wa.gov.au](http://www.healthywa.wa.gov.au)

# Protect your teen

## for a lifetime

**Give your consent for the year 8 vaccines**

Immunising protects against infectious diseases, including HPV, which can cause cancer in males and females.

Step 1: Year 8 students will receive a consent form at school.

**Step 2: Sign and return the form.**

Step 3: A community nurse will administer the vaccines at school.

For more information and to watch our year 8 video visit [healthywa.wa.gov.au](http://healthywa.wa.gov.au)



## MIDDLE SCHOOL TERM 1 ASSEMBLY AWARDS



### ROAD SAFETY MAYLANDS



Students using the Maylands Train Station need to be aware of road safety as there have been a number of concerns from the public. At the pedestrian crossing outside Maylands Train Station, where many students get off the school bus, cross diagonally right next to the pedestrian crossing, this causes confusion for all of the car drivers whether and where to stop, since the students are not using the crossing. If you require to cross the road PLEASE USE THE CROSSWALK!

Also, students crossing the road further down the street start to cross without even glancing left or right! PLEASE REMEMBER TO LOOK BEFORE CROSSING, don't expect cars to just stop for you! We would like you to get home safely!

### CANCELLATION

Demystifying WACE 2014 and 2016 Presentation scheduled for Wednesday 9 April has been cancelled due to lack of numbers.

If you would like to book an individual appointment to discuss the WACE requirements for 2014/15, please contact Student Services [catherine.smith@lawley.wa.edu.au](mailto:catherine.smith@lawley.wa.edu.au) or 9471 0312.

A Demystifying WACE 2016 will be held later in Term 2. More details will follow.

## TEEN POSITIVE PARENTING PROGRAM TERM 3 2014 NORTH METROPOLITAN EDUCATION REGION

Teen Positive Parenting Program is an internationally renowned program being offered by the North Metropolitan Education Region to schools in your area. Parents from across Perth have given it rave reviews and it is free.

If you are a parent of a teenager, you are invited to:

- Play an active role in guiding and supporting your teenager
- Discuss common parenting challenges that come with the teenage years
- Enrich your parent - teenager relationship
- Explore effective behaviour management strategies.



Remember, you don't have to be experiencing difficulties – Teen Triple P is for every parent! This course is generally useful for parents of year 8, 9 or 10 students. Places are limited, so please ensure you sign up quickly!

Venue: Mount Lawley Senior High School Staff room

Term: Term 3 2014

Dates: Wednesdays – July 30, August 6, August 13, August 20

Attendance: Commitment to attend all four sessions is desirable

Time: 5-7pm

Parking: Ample parking Mount Lawley SHS staff parking area

Cost: There is no cost for this program

Refreshments: Tea/Coffee provided

Format: Workbook, discussion, DVD

After the four group sessions there will be follow-up telephone consultations. These are scheduled at a mutually agreed time to help you tailor the program to suit your family. More information will be available in Term 2.

For more information or a registration form contact: Iva Filipovska at Mount Lawley Senior High School on 9471 0314, email [iva.filipovska@lawley.wa.edu.au](mailto:iva.filipovska@lawley.wa.edu.au) or Jayde Walsh at Hampton Senior High School on 9270 5758, email [jayde.walsh@education.wa.edu.au](mailto:jayde.walsh@education.wa.edu.au)






## Parent Focus Article

### WEEK 10

**Middle – Team – Trust**  
**Senior – Team – Trust**

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

#### Learning Goals - at the end of this week your child should have:

- An awareness of their emotional intelligence, what their input into building relationships needs to be and an understanding that to be at their best, they need to develop both independent and interdependent learning habits.
- A willingness to work collaboratively with their parents, friends and teachers and accept the importance of receiving developmental feedback to build their positive growth mindsets to make their best better.
- A proactive attitude to use the weekly Habits of Mind and Thinking Tools to strive, thrive and flourish in their living, learning and thinking.

#### Value for Life – Faith

Identify three positive behaviours which show Faith at home, then at school and then in the community.

#### Wellbeing Focus

When students enjoy transparent, honest and caring relationships with their parents, friends and teachers, they feel positive about their lives, are happy in themselves and approach their learning with positive growth mindsets. Also, having trusting, clear and open communication lines between their parents and teachers provides a fertile environment in which students can flourish.

We all need feedback on how we are travelling in order to make necessary adjustments in our lives and our students are no different. To build students' self awareness and ownership of their attitudes and behaviours, they need regular developmental, non judgemental feedback, even though they will probably disagree.

The adolescent brain is a turbulent place, with the good decision making centre, the Pre-frontal Cortex, not completely wired up as yet. As such, while they can create emotions like adults, they don't yet have the capabilities to consistently control them. This often leads to any advice or feedback to be seen by them as criticism and put downs.

Building relationships is a two way street, which is sometimes quite a challenge with many teenagers preferring a one way street; my way or the highway. To encourage them to think beyond me, myself and I, a beneficial exercise is to ask them to do a self-analysis of their emotional intelligence. In completing this they will have to reflect on their input into relationships with others.

The focus should be on encouraging them to adopt positive attitudes and approaches in all their pursuits including health, friendships, leisure, hobbies, sport and their learning. When parents and teachers put an extra emphasis on school, the turbulence of their brain often kicks in and defiance and/or indifference arise.

When a "Team" approach is fostered both at school and in the home, students tend to see parents' and teachers' advice more as positives to adopt rather than something to rebel against.



## Parent Focus Article

### WEEK 11

**Middle – Self Esteem and Self Confidence**  
**Senior – Self Esteem and Self Confidence**

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

#### Learning Goals - at the end of this week your child should have:

- A belief that to get the best out of life they need to feel good about themselves and then do good things.
- An understanding that when the intensity levels rise, so too must their focus on maintaining their self-confidence and an awareness of the personal warning signals when their self-esteem is wavering.
- A proactive attitude to use the weekly Habits of Mind and Thinking Tools to strive, thrive and flourish in their living, learning and thinking.

#### Value for Life – Assertiveness

Identify three positive behaviours which show Assertiveness at home, then at school and then in the community

#### Wellbeing Focus

For young people to successfully negotiate the challenges of adolescence and schooling they require a healthy sense of self-esteem and self-confidence. Cultivating resilient habits and positive growth mindsets in our students is something that we need to focus on in our every action and every word every day to ensure they develop a belief in their self worth and value as a person.

We need to encourage conversations and activities at home, at school and in the community about understanding the importance of feeling good about themselves and then more importantly doing good things as a consequence. This will enable them to look life in the eye and develop as young citizens with spirit and confidence. Role modelling and using positive psychology in all of your interactions with your children is a sound platform for them to consistently approach everything they do positively.

While it is perfectly natural for them to experience self-doubt, we need to assist them in managing these thoughts. Being always on the lookout for warning signals that their self-esteem is declining and then acting to remedy it, will keep their wellbeing in fine tune. Some alarm bells include:

- a reluctance to try new things
- adopting a 'victim' mentality of blaming others for their performance
- losing their assertiveness, 'shine' and presence as people and students
- feeling that their best isn't good enough
- being obsessed with unimportant and irrelevant things
- becoming temperamental and thinking inconsistently
- not enjoying the challenge of striving to continually make their best better
- preferring to be alone more than usual and on social networking excessively

As soon as we begin to notice any of the above, we need to act immediately to assist and coach them to address the causes to their loss of self-esteem and self-confidence. It's all about helping them to not only 'do the right thing' but also 'do the thing right'.

*"As is our confidence, so is our capacity." William Hazlitt*



## Parent Focus Article

### WEEK 12

**Middle – Friends and Leisure**  
**Senior – Friends, Socialising and Exercising**

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

#### Learning Goals - at the end of this week your child should have:

- An awareness of the personal behaviours which underpin high quality relationships and an understanding of the importance of being a positive role model in their every day habits.
- A valuing of the benefits of learning and working collaboratively with friends and other people.
- A proactive attitude to use the weekly Habits of Mind and Thinking Tools to strive, thrive and flourish in their living, learning and thinking.

#### Value for Life – Consideration

Identify three positive behaviours which show Consideration at home, then at school and then in the community.

#### Wellbeing Focus:

Nearly everything we achieve in life is with and through people, side-by-side and face-to-face. Being able to build rich and caring relationships with other people is an essential lifelong habit to nurture and cultivate in our students. There are many dimensions to consider when establishing rapport with others, and students need to learn these by explicitly being taught them. The school is there to support you as parents because you can't do it all on your own. They include:

- Living and learning collaboratively and cooperatively with other people
- Giving and receiving equally
- Focusing on mutual respect; everyone is special – expect it and respect it
- Appreciating others and their thoughts; learn from them
- Listening with their eyes, their ears and their heart; being fully present
- Being true to themselves; respect the person they see in the mirror
- Building empathy for others' feelings, needs and views; being positively mindful

The acquisition of these personal attributes will enable students to build healthy and respectful relationships with others. A close knit and harmonious friendship group provides students with opportunities to enjoy leisure activities, study, share good and not so good times together; a desirable lifelong disposition. It is all about assisting them to develop their Emotional Intelligence.

A beneficial lifelong disposition for students to build into their lives is to learn how to mix with and accept people of all age groups, differing cultures and backgrounds in a variety of situations, ranging from family, school friends, employers, fellow workers, teachers, to competitors in sporting competitions.

*"A friend is someone that knows you as you are, understands were you have been, accepts what you have become, and still, gently allows you to grow." William Shakespeare*





## COMMUNITY NOTICES

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



## Arts Workshops Program

Term 2 Courses 2014  
MAY – JULY

Day & Evening Short Courses in Arts, Crafts & More  
for Adults, Youth & Children

**ENROL NOW!**

*Our mission is to improve the quality of community life through increased participation in the arts and cultural diversity.*

**Arts, Crafts, Writing, Drama and More...**

**ACRYLIC PAINTING** with Felicia Lowe. Starts: Monday 12<sup>th</sup> May, 12.30-3.30pm. Cost: \$150 for 5 sessions. Contact: Contact 040 915 9155 or [felicia@artfulflowe.com](mailto:felicia@artfulflowe.com) or [www.artfulflowe.com](http://www.artfulflowe.com)  
Learn how to use this resourceful medium with an award winning acrylic and pastels artist who has a passion for realism. Beginners or advanced students welcome. Improve your skills and confidence.

**PAPIER MACHE** with Louise Lodge. Starts: Fridays, 9<sup>th</sup> May for 6 sessions, 9.30-11.30am. Cost: \$200 for 6 sessions, some materials included. Contact: Learn how to make your own papier mache bowls and decorate them with colour and personal designs.

**ILLUSTRATION** with Beba Hall. Starts: Wednesday 30<sup>th</sup> April, 2.15-4.15pm. Cost: \$130 for 7 weeks. Contact: 9367 4001 or [bebahall@live.com.au](mailto:bebahall@live.com.au)  
Learn from a professional book illustrator character development, design, layout & artistic techniques. You can illustrate your own project if you have one.

**WRITING CHILDREN'S BOOKS** with children's author Cristy Burne. Starts: Tuesday 6<sup>th</sup> May, 7.00-9pm. Cost: \$150 for 6 weeks. Contact: 0427 266 383, <http://cristyburne.wordpress.com> Join a small class of writers-in-progress. Share your work, pick up great tips, practice new techniques & discover publishing markets. (One day classes on weekend also).

**UPCYCLE ART** with Lilith Schaap. Starts: Friday 2<sup>nd</sup> May, 9.30-11.30. Cost: \$80 for 4 sessions. Contact: 0405 443 991 or [www.lilithschaap.nl](http://www.lilithschaap.nl)  
See the possibilities in recycled plastic. Bring your own plastic and crochet or iron it into a necklace, a pouch, a dolly ... no crochet experience needed.

**MEMBER'S ART GROUP** (\$2 donation to the Centre – Membership is \$25/20 per year). If you would like to work on your artwork in a group at the Art Centre without a teacher at 6.30-9pm on Sat pm or Sun pm, please contact Boro Trpevski on 9450 3715 /0404 223 562.

**MEMBERS WRITING GROUP** (No Tutor, occasional guest instructor). \$2 coin per session. Starts: Alternative Thursday evenings, 6.15-8.15pm. Contact: Sophie Adshead ph 0447 571 096. Engage with exercises designed for fun & freeing up creativity with likeminded fellow 'wordsmiths'.

**WILD & EXCITING PAINTING.** Starts: Wednesday 30<sup>th</sup> April – 2 July, 6.30-9pm. Cost: \$80 for 10 weeks or \$10 for 1<sup>st</sup> week trial. Note: This group has no weekly instructor, but occasional guest artists. Contact: Tricia 6468 8404 or [cia.tricia@gmail.com](mailto:cia.tricia@gmail.com). Bring your own art equipment, project/s & creativity & join a group of like minded people who create paintings in acrylics, oils, watercolour, mixed media or collage. All Welcome.

**LIFE DRAWING.** Starts: Monday 28<sup>th</sup> April, 6.30-9pm, ongoing. Contact: Devenghart on 9470 2291. Cost: \$15 per session. Welcoming, friendly & fun with support & encouragement. Bring paper & drawing materials.

**OIL PAINTING** with Ruth Drewell. Starts: Wednesday 28<sup>th</sup> May, 9am-12pm. Cost: \$200 for 10 weeks. Contact: 0405 653 661. Learn oil painting, especially landscape and portrait painting. Delight yourself and amaze your friends!

## Autumn SCHOOL HOLIDAYS-YOUTH &amp; CHILDREN

**MUSIC FRENZY WORKSHOP** with Roly Skender. (ages 9+). Runs: Tuesday, 22nd April, 9am-12pm. Cost: \$44. Contact: Roly: [mail@frankensound.com.au](mailto:mail@frankensound.com.au) or 0403 330 913.  
This inspiring musical experience for young people aged 9+ is a hyper-speed exercise in creativity. It's a hands-on workshop including song writing, recording and collaboration, resulting in a piece of work you can keep forever.

**PAINTING FOR YOUNGSTERS** (ages 7+) with Irena Harper. Runs: Thursday 17 April, 9-4pm.  
**PAINTING FOR TEENS** with Irena Harper Runs: Thursday 24th April, 9-4pm. (Own project OK). Cost: \$100 per day, materials included. Contact: 93131043 or [irenharp@hotmail.com](mailto:irenharp@hotmail.com)  
Learn to paint with acrylics - paint all day, have fun and pick up tips and techniques. Activities will be geared to age and experience, older participants can bring school projects to work on with coaching or engage with class programme.

**LITTLE CRAFTERS** (4-10yrs) with Sadaf Durrani. Runs: 1-2pm. Cost: \$15 per session, materials provided. Contact: Bookings essential on 0431 145 650, or through [www.littlecrafters.com.au](http://www.littlecrafters.com.au)  
Wednesdays: 16th April – Making character Goody Bags themed to movies Cinderella and FROZEN.  
23rd April – Cookie Decoration- Roll, Bake and Decorate cookies ...yummm!

**WRITING WORKSHOP** with Melissa Smith. Runs: Tuesday April 15th, 9-4pm. Cost: \$49. Contact: 0407 071 043 or [Melissa@lifelonglearners.com.au](mailto:Melissa@lifelonglearners.com.au)  
Activities adjusted to different ages and ability levels -all ages welcome! Explore free writing, develop vocabulary, sentence structure as well as building your concept of narrative story writing. Students will develop a story from beginning to end with characterisation. Take home a completed resource file.

PLEASE CONTACT THE TUTOR FOR MORE INFORMATION & TO REGISTER YOUR INTEREST IN A PARTICULAR COURSE. THE TUTOR WILL LET YOU KNOW IF THERE ARE SUFFICIENT NUMBERS FOR A COURSE TO RUN.

BECOME A MEMBER – See Website for details  
JOIN OUR EVENTS LIST – Please email your contact details through. We will send you invitations to all our special events and programmes, including regular updates on workshops at the Centre.

**VICTORIA PARK CENTRE FOR THE ARTS**  
Address 12 Kent st, East Victoria Park, WA 6101  
Telephone (08) 94705520  
Email [vicparkarts@westnet.com.au](mailto:vicparkarts@westnet.com.au)  
Facebook Victoria Park Centre for the Arts  
Opening Hours Monday - Friday 10 a.m. - 4 p.m.  
[www.vicparkarts.org.au](http://www.vicparkarts.org.au)



# hbf run FOR A REASON

Presented by **The West Australian**

## COME AND RUN/WALK WITH US!

With the recent, unfortunate news that one of our students has been diagnosed with leukaemia, we have decided that the reason for our run this year will be The Leukaemia Foundation.

It would be great to see as many staff and students walk or run the 12km with us on Sunday 25 May.

Please join us at: <http://www.hbfrun.com.au/>

Choose ENTER NOW, then register as a participant, as part of a team - Team name is **Mount Lawley SHS** and we are in Group C. I will collect race packs for everyone on 21st May and email details to participants of where we will meet up etc.

Many thanks, Suzie Barnes Healthy Active Coordinator  
Mount Lawley Senior High School  
tel: (08) 9471 2448 / 0411223748

## Communicating with your Teen



**FREE!**

A seminar for parents and caregivers who want to improve their relationship with their teenagers.

Adolescence is a time of great transition and challenge – for young people and their families alike. Conflict, communication difficulties and a lack of understanding may often occur. At such an important time, it can be easy to lose confidence in the ability to parent successfully.

This group is designed to assist you to:

- Increase your understanding of adolescence
- Improve your relationship with your teenager
- Learn new ways of communicating

**When:** Thursday 1<sup>st</sup> May 2014  
**Time:** 9.30 am – 12.30 pm  
**and**  
**When:** Tuesday 6<sup>th</sup> May 2014  
**Time:** 5.00 pm – 7.30 pm

Registration is 15 minutes prior to Seminar

**Cost:** Free of charge  
**Venue:** Centrecare Mirrabooka  
12 Brewer Place, Mirrabooka

Bookings are necessary

For further information or to book your place, please call:

**9440 0400**







## COMMUNITY NOTICES

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

**Part-time work for an Administration Assistant**

Contact:

Jody Driscoll | Administration

Gymcare | 21 McDonald Cres, Bassendean. WA 6054

P 08 9379 1888 | F 08 9379 1777 | [www.gymcare.com](http://www.gymcare.com).

*LifeFitness*

**HAMMER  
STRENGTH**

**FIRST DEGREE  
FITNESS**

*It is yellow, and it is lonely. It is the Bull's Eye at the  
International Shooting Complex, awaiting to wink at your mighty arrows!*

Join us at one of our first  
Target Shooting Clinics professionally presented by Archery WA,  
the peak governing body for the sport of archery in the state.

**April School Holiday Clinic 2014**

Dates: 14-17 April 2014 (Monday – Thursday)  
Time: 2-5 pm  
Age: 8+  
Fees: \$120

(Fees inc. 4 days of training and afternoon tea + games + 1 FREE Come 'N' Try voucher valued at \$20)



Phone 9248 8585 for bookings and enquiries

International Shooting Complex  
Beechboro Rd North, Whitman  
[www.archerywa.com.au](http://www.archerywa.com.au)

Wednesday 16 April 1-2pm **FROZEN** theme goody bags



Wednesday 23 April 1-2pm: **LEGO COOKIES**



**SCHOOL HOLIDAY CRAFT WORKSHOPS  
@ THE VICTORIA PARK CENTRE FOR THE ARTS  
12 KENT STREET, EAST VICTORIA PARK**

**BOOKINGS: 0431 145 650 (SADAF)**

[www.littlecrafters.com.au](http://www.littlecrafters.com.au) : littlecrafters



**HAVE FUN, MAKE NEW FRIENDS, AND LEARN ABOUT ANOTHER CULTURE!**

**Volunteer to host an international high school student arriving into Australia in July 2014, and you'll be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.**

**Carefully selected students will arrive in July for their 3, 5, or 10 month programs from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Spain and Colombia. They will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at [www.scce.com.au](http://www.scce.com.au), email [scceaustr@scce.com.au](mailto:scceaustr@scce.com.au) or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!**

## University Hall

### APRIL SCHOOL HOLIDAY TOUR



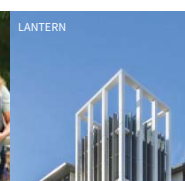
University Hall is owned and operated by The University of Western Australia.

Living at University Hall (UniHall) offers many benefits including making new, lifelong friendships with people from all over the world and being involved in a vibrant collegiate community.

UniHall also ensures that you have the support and help you need to settle into university and succeed in your academic studies.

If you are interested in living on campus, please join us for a tour of the Hall to learn more about the accommodation and our Residential Life programs.

Places are limited so please register your interest to [laurissa.starling@uwa.edu.au](mailto:laurissa.starling@uwa.edu.au)



Date: Thursday, 17 April 2014  
Time: 11am  
Where: University Hall,  
130 Winthrop Avenue, Crawley  
Meeting point: The Lantern (see picture)

Contact  
Laurissa Starling  
Marketing Assistant  
T +61 8 9273 3488  
E [laurissa.starling@uwa.edu.au](mailto:laurissa.starling@uwa.edu.au)

Connect with  
University Hall   
CRICOS Provider Code 00123Z  
UNSW 123456

## AUTUMN SCHOOL HOLIDAYS—YOUTH & CHILDREN

**MUSIC FRENZY WORKSHOP** with Roly Skender. (ages 9+). Runs: Tuesday, 22nd April, 9am-12pm. Cost: \$44. Contact: Roly: [mail@frankensound.com.au](mailto:mail@frankensound.com.au) or 0403 330 913.  
This inspiring musical experience for young people aged 9+ is a hyper-speed exercise in creativity. It's a hands-on workshop including song writing, recording and collaboration, resulting in a piece of work you can keep forever.

**PAINTING FOR YOUNGSTERS** (ages 7+) with Irena Harper. Runs: Thursday 17 April, 9-4pm.

**PAINTING FOR TEENS** with Irena Harper Runs: Thursday 24th April, 9-4pm. (Own project OK).

Cost: \$100 per day, materials included. Contact: 93131043 or [irenaharp@hotmail.com](mailto:irenaharp@hotmail.com)  
Learn to paint with acrylics - paint all day, have fun and pick up tips and techniques. Activities will be geared to age and experience, older participants can bring school projects to work on with coaching or engage with class programme.

**LITTLE CRAFTERS (4-10yrs)** with Sadaf Durrani.

Runs: 1-2pm. Cost: \$15 per session, materials provided. Contact: Bookings essential on 0431 145 650, or through [www.littlecrafters.com.au](http://www.littlecrafters.com.au)

Wednesdays: 16th April – Making character Goody Bags themed to movies Cinderella and FROZEN.  
:23rd April – Cookie Decoration- Roll, Bake and Decorate cookies .....yummm!

**WRITING WORKSHOP** with Melissa Smith. Runs: Tuesday April 15th, 9-4pm. Cost: \$49. Contact: 0407 071 043 or [Melissa@lifelonglearners.com.au](mailto:Melissa@lifelonglearners.com.au)

Activities adjusted to different ages and ability levels – all ages welcome! Explore free writing, develop vocabulary, sentence structure as well as building your concept of narrative story writing. Students will develop a story from beginning to end with characterisation. Take home a completed resource file.

**PLEASE CONTACT THE TUTOR FOR MORE INFORMATION & TO REGISTER YOUR INTEREST IN A PARTICULAR COURSE. THE TUTOR WILL LET YOU KNOW IF THERE ARE SUFFICIENT NUMBERS FOR A COURSE TO RUN.**

**BECOME A MEMBER** – See Website for details

**JOIN OUR EVENTS LIST** – Please email your contact details through. We will send you invitations to all our special events and programmes, including regular updates on workshops at the Centre.

**Victoria Park Centre for the Arts**  
12 Kent Street, East Victoria Park, 6101  
Tel: (08) 9470 5520

[vicparkarts@westnet.com.au](mailto:vicparkarts@westnet.com.au)  
[www.vicparkarts.org.au](http://www.vicparkarts.org.au)

Facebook: [Victoria Park Centre for the Arts](https://www.facebook.com/VictoriaParkCentrefortheArts)

Office Hours 10-4pm Mon-Fri:

Centre Gallery, Arts Classes, Gift Shop & Cafe

Available Room Hire & Sculpture Garden

Our GIFT SHOP showcases the work of approximately 50 different local artists.

Our CENTRE GALLERY arts exhibition programme runs all year.