



**MOUNT LAWLEY SENIOR HIGH SCHOOL**  
An Independent Public School

**LAWLEY UPDATE Term 3 No. 8 2014**

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Dear Parents, Caregivers, Students and Staff,

**BUILDING UPDATE**

Building progressing. Rain has been a factor in over-all progress, however all is going to plan.

The last concrete pour for Stage 2 has occurred. That completed all major concrete pours for the project. The first floor Stage 1 brickwork is completed (first storey north building) and the bricklayers will be moving on to the first storey in the south building. Rain has slowed the brickwork progress. Structural steel for all roof sections is now completed. The internal area for the staff is almost complete with the furniture having been delivered.

**WORLD CUP SOCCER**

A great day was had by all. Thanks to the organisational efforts of Ms Suzie Barnes in reorganising the event after it had to be cancelled on the original date due to bad weather. To the many students and staff who supported the event – well done!



**JEANS FOR GENES DAY**

A successful student free dress day for "Jeans for Genes Day" fundraising. This proved a popular day for students and the amount of money contributed to Genes Day was the highest amount for any free dress day we have conducted. A worthy cause well supported by students and staff.

**CONGRATULATIONS**



**Katie Beaton 11F3** has been selected to represent the State U17s team for the National Volleyball Championships held in Canberra.



**Elysse Hislop 10H3** has been selected to represent WA in the 2014 State Volleyball team at the National Schools Championships in Adelaide.



**Finn Grieco-Hazwinkel 9F1** has been selected to represent WA in the 2014 State Volleyball team at the National Schools Championships in Adelaide.



**Imran Erciyas 11M3** has attended an elite soccer training camp in Portugal in July.



**Helena Graham 10O1** attended a Robotics Competition in Sydney as part of the Robotics Club that she has been attending at School of Engineering, Curtin



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**OUT FOR EARLY START**

**The Scholarship Advantage**

- ✓ **Scholarships Provide You with Financial Support**  
Let someone else pay for part of your education.
- ✓ **Scholarships Can Help You Get Where You Want to Go**  
A scholarship confirms you would be a valued addition to an institution.
- ✓ **Recognition**  
Be recognised for your potential and develop confidence to pursue your goals.
- ✓ **Distinguish Your Achievements**  
Stand out amongst your peers.
- ✓ **Scholarships Make Your Resume Stand Out**  
A scholarship will enhance your resume.

**ACADEMIC & FINANCIAL EQUITY SCHOLARSHIPS**

The provider of the bookshop, **Campion Education**, has provided a number of scholarships for students attending the school in 2015.

The scholarship is available for purchasing books, materials and stationery from **Campion Education**.

Students interested in applying are to submit:

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

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

For more information visit [www.lawley.wa.edu.au](http://www.lawley.wa.edu.au) or phone 9471 0300.

**CLOSING**

9:00am Tuesday, 16 September 2015 – Years 11/12 in 2015  
3:30pm Friday, 14 November 2015 – Years 7-10 in 2015



**PARKING**

Can I remind all community members of the need to follow the signage regarding parking around the school. The onset of the wet weather has meant that many more cars utilise the area at drop off and pick up times. Can I ask that everyone drives slowly in the vicinity of the school and that parents should NOT be using the staff carpark at the front of the school as either a drop off or pick up point. It is too busy an area for such activity.

**UNIFORMS**

With the onset of the wetter and cooler weather, it is probably a timely reminder for all students to be in school uniform. The Uniform Shop is well stocked with school apparel and students are expected to be in uniform. The School Board, P&C and School endorse our uniform and the school has the expectation that everyone will comply.

**MS YEAR 9 HEALTHY FOOD EXPO**

The Year 9 Middle School Communities held a successful and fun Healthy Food Expo by running food stalls and using tokens to buy a range of healthy food options. One of the highlights was a staff chilli eating competition which left Mr Payne in pain!

**GIRL'S NETBALL & BOY'S FOOTBALL**

Both the Girl's Netball team and Boy's Football team acquitted themselves as worthy competitors against sides from specialist sports schools. We can be proud of their achievements, yet again celebrating the depth of commitment and perseverance from our talented students.



**25 JAPANESE EXCHANGE STUDENTS FOR TWO WEEKS & 5 ITALIAN EXCHANGE STUDENTS UNTIL END OF TERM.**

We currently have students from Japan and Italy at homestays with some of our students. They have all been impressed and in awe of the wonderful hospitality shown by members of the school community who have been so generous in offering to homestay a student or two for the duration. The Mount Lawley SHS Community Spirit shines brightly! Thank you to all.

**BUNNINGS DONATION**

Last week we were privileged to receive a Shed donated and erected by Bunnings. This shed will provide storage for our Bike Club run by Frank Camilleri who approached Bunnings for the shed. We acknowledge the valuable contribution Bunnings has made to the Bike Club.

*Michael Camilleri, Associate Principal*





Congratulations to the following students who have been nominated as House Athletics Captains in the upcoming Athletics Carnival in September.

Forrest Captains: **Lauren O'BRIEN, Sally BRENNAN, Shaun AMEDURI, Jordan LOVELLE**

O'Connor Captains : **Lauren OATES, Wyonna STEWART, Liam JONES, Tessa KIRBY**

Murdoch Captains: **Paris MAJEKS, Nathan EATON, Ciaran ALLSOP, Chris BARAC**

Hackett Captains: **Georgia BURMESTER, Emily FULLER, Clay McCULLOCH, Brandon HOSA**



**Brittany CLARKE 10H1, Lauren O'BRIEN 12F1, Hannah O'BRIEN 10O1 and Nicole MAHER 10O1**(from left to right) have recently returned from 3 weeks in the USA where they competed in the NCA Daytona International Championship and COA Ultimate International Championship 2014 Cheer-leading competitions. These were held in Daytona Beach and Orlando, Florida, USA.

They competed with their team COMETZ, which is a level 4 Senior team in both competitions where they were awarded 2nd place in Daytona and 3rd place at the COA Ultimate competition.

The girls then spent a week in Disneyland celebrating, before returning home.

**Elevate Awards**

The City's annual Youth Week Awards acknowledged the personal achievements and community-minded efforts of young people around the City of Stirling. Whether it was an inspirational role model or a cultural champion promoting the value of diversity, the City received some impressive nominations from outstanding young people.

A recent awards ceremony held in Scarborough recognised 10 young leaders who have excelled in fields such as sports, the arts and in academic pursuits. Thank you to everyone who entered and congratulations to the following award winners and runner-up entrants:

- Cultural Champion: Braydon Roberts
- Community Ambassador: Drisana Levitzke-Gray
- Community Ambassador (Runner-up): Cameron Dall
- Bright Spark: Phoebe Blaxill
- Bright Spark (Runner-up): Rahul Jegatheva
- Tough Nut: Vanessa Vljakovic
- Tough Nut (Runner-up): Keith Robinson
- Power Packed: Kayla Dickie
- Power Packed: Ashley Barnes
- Creative Flare: Kim Domleo

Congratulations to **Vanessa VLAJKOVIC 11H2** for being awarded a City of Stirling Youth Awards



## Parent Focus Article

### WEEK 19

#### Middle – Harassment Senior – Harassment

**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 clear understanding of what harassment is as a victim or as a perpetrator.
- A confident willingness to speak up should they or others be harassed and a plan of what to do and who to tell.
- 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 – Strength

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

#### Wellbeing Focus

All members of the school community have the right to feel a sense of belonging and security and be comfortable at home, school and in their community. No one can be allowed to deny any person this right and it is important that all students have a real awareness of harassment and what constitutes it, whether as a victim or as a perpetrator. Harassment in any form cannot be tolerated.

The capacity to build relationships, learn collaboratively and have empathy for others are desirable lifelong capabilities and habits that need to be nurtured in our children. The presence of harassment in any environment can have a debilitating effect on the acquisition of these personal attributes and qualities.

There are many forms of harassment, including, physical, verbal, electronic, emotional, sexual, etc, which must be addressed immediately they occur; they won't just go away and may escalate into bullying. Also, the harassers need assistance to raise their self awareness of their unacceptable behaviours in order to become self-correcting to modify how they treat people. At times we may have to explicitly teach certain students how to treat other people appropriately because they have had no positive role models in their lives to learn from.

In today's society, school is very often the most stable and safe environment for many students and maintaining this must be a high priority within the school community. Developing children's preparedness to realise that it is their right to speak up if they are being harassed or bullied is essential in building their lifelong resiliency.

Initiating frank and proactive dialogue, both at school and at home, on this destructive issue and supported by immediate and decisive action will see harassment diminish.

*"Throwing mud is losing ground."* Saying

## Parent Focus Article

### WEEK 20

**Middle - Bullying: No Way!**  
**Senior - Bullying: No Way!**

**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 clear understanding what bullying is and what bullying is not.
- A resilient determination to speak up and not tolerate the bullying of themselves or others and continuing to speak up until responsible adult action is taken to address it.
- 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 – Resiliency

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

#### Wellbeing Focus

Bullying is a severe form of harassment that occurs when someone, or a group of people, have power over a person and deliberately upset or hurt him/ her, damage his/ her property, reputation or social acceptance more than once. The person's inner self has been hurt and may experience and feel:

- Anxious – when will it happen again?
- Powerless – there's nothing I can do?
- Angry – it's not my fault, why me?
- Frustrated – this is consuming me.
- Embarrassed – are other people watching and what do they think?
- Helpless – no one understands what I'm going through.

Bullying is unacceptable in any shape or form and students must be empowered to speak up until they are heard and action is taken responsible adults to address the issue. All too often, students lack confidence to confront the issue, feel overpowered by the bully, say nothing and continue to be the subject of bullying. The bully must have this power taken away forever and be counselled on appropriate ways in which to treat others. Explicit conversations about bullying build robust assertive habits in students.

21st century students craving for peer-esteem and acceptance often are blockers for them to report bullying. They desperately don't want to lose connections to their group and may see speaking up against bullying as threatening this. We need to cultivate healthy positive growth mindsets in students to overcome this.

Building resiliency in our children to stand their ground and not tolerate bullying of themselves or others will instil valuable lifelong dispositions in them. The intention of this focus on bullying is to initiate capacity building discussions both at home and at school about bullying. These discussions should include many of the considerations following:

- Importance of responsibly reporting bullying and harassment for everyone
- Dealing with bullies, social skills training and rights and responsibilities
- Need to support those who have been bullied or harassed with empowering strategies
- Assertive habits and appropriate responses training for victims of bullying
- Anger management strategies, empathetic thinking and restoring focus activities for bullies

## Parent Focus Article

### WEEK 21

**Middle – Stress Reduction**  
**Senior – Stress Warning Signals**

**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 self-awareness of the onset of negative stress through their body warning signals and an understanding of which strategies to use to reduce feelings of stress/ anxiety.
- A positive growth mindset to speak up to seek support from their Team when they realise that they are experiencing stress.
- 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 – Purposefulness

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

#### Wellbeing Focus

The onset of stress is an aspect of our lives that can be triggered by numerous events. There will be times in all students' lives where they experience stress and anxiety. It is essential for parents and teachers to be "tuned in" to their students to recognise early warning signals so that they can provide the required support to teach them coping habits to deal with stress.

These tense feelings may originate from a number of stressors such as:

- Heavy study and learning workload
- Overly high expectations of themselves and from others
- Striving to be "too" perfect and obsessed with detail
- Lack of organisation and not coping
- Peer group problems and pressure
- Social Networking harassment on Facebook

While these situations are undesirable, the reality is that they will occur. The key is teaching students positive approaches on how to control these feelings before they have too much of an adverse effect on their health, self-esteem and progress. There are two types of stress:

- Positive stress – called Eustress. Being psyched, and-out pumped up and in the zone. It enables students to use it to fuel their lives and learning efforts.
- Negative stress – called Distress. This has a debilitating effect on their learning efforts and all round health.

Stress Warning Signals fall into three categories:

- Physical – trembling, headaches, skin disorders, dizziness, stomach-aches, tiredness.
- Emotional – anxiety, temperamental, lack of interest, loss of self esteem.
- Behavioural – disturbed sleeping patterns, forgetfulness, abnormal eating habits, withdrawal, easily distracted.

A proactive approach is for students to identify and list their main sources of stress/ anxiety and their individual warning signals.





## COMMUNITY NOTICES

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



## Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Meagan Parry, your local Saver Plus Worker:  
(08) 9440 4147 / 0438 518 603  
or [meagan.parry@thesmithfamily.com.au](mailto:meagan.parry@thesmithfamily.com.au)

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Mirrabooka by The Smith Family. The program is funded by ANZ and the Australian Government.

## Open your mind at ECU & WAAPA's Open Day - Sunday 10 August



State-of-the-art facilities, interactive displays, performances and behind the scenes guided tours of Australia's premier performing arts academy, WAAPA, are on offer at Edith Cowan University's (ECU's) Mount Lawley Campus for Open Day on **Sunday, 10 August 2014.**

Learn about the flexible study options with ECU's arts courses and take a tour of our fashion, printmaking, painting and design rooms as well as Spectrum Project Space.

If you're serious about a television or film career behind the scenes, you can find out all you need to know about becoming a director, producer, writer, editor or director of photography from the WA Screen Academy.

Visitors will also get a chance to meet staff and students, talk to lecturers and learn more about ECU's business, communications and arts, computing and security, law and justice, medical and paramedical sciences, teaching and performing arts courses.

Interactive activities on the day include:

- The (virtual) Amazing Race: an interactive tourism experience;
- Glass Sculpture: experience live demonstrations in glass, hot glass and kiln work in our sculpture studio.
- Deal or no deal: learn about financial risk and strategy and earn a virtual fortune;
- How to film with a green screen: Learn how to create movie magic.
- Be a TV Weather Reader: Try out activities in Studio A, including stop motion animation and TV weather reading.
- Design a Game: Explore your creative side by designing and making your own game.
- Pick the Suspect: How good are your powers of observation? As a witness to a crime, see if you can pick the suspect from a line-up.
- Numbeat: Come and play a computer game designed to help children acquire maths skills developed from research into cognitive skill acquisition.

**To plan your Open Day, visit [www.ecuopendayplanner.com.au/](http://www.ecuopendayplanner.com.au/)**



To All Yr 8 to Yr 12 Students:

Whether you simply want to pass a particular subject, improve your expected ATAR to fulfil your career aspirations, or maximise your academic potential, our team of Perth's best and brightest university students offer the tutoring solution you need!

TLG is a registered charity. Each hour tutored through the tutoring centre will provide 3 hours free tutoring and mentoring of disadvantaged children in WA.

TLG's alumni boasts Rhodes Scholars, Beazley medallists and Fogarty Scholars. We attract high achieving tutors who have excelled in your desired area of tuition! Many of them General Exhibition winners, Certificate of Distinction winners and school Duxes. They know what it takes to do well.

You can find further information and register your interest free of charge at [www.teachlearngrow.com.au/tutoringcentre/](http://www.teachlearngrow.com.au/tutoringcentre/) or call Susan Enright on (08) 9449 5591 for further information.

Please don't leave it too late to secure the right tutor for you. Get the help you need now and reach your academic potential without the unnecessary stress and pressure.



Mount Lawley Senior High School  
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For Announcements, Absences, links & more.

