



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE Term 3 No. 3 2015

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

MAIN ADMINISTRATION
PHONE: 08 9471 0300 FAX: 08 9271 1126

MIDDLE SCHOOL (YRS 8-9)
PHONE: 08 9471 0350 FAX: 08 9471 0338

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

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

Planning for 2016 continues with the Year 9 to Year 10 parent evening held at ECU recently. Senior School processes and curriculum choices were canvassed with parents. Parents and Year 9 students are now considering the optional subjects that they wish to study next year.

In order to achieve breadth of curriculum, students must complete at least one Arts and one Technology and Enterprise subject. Students continue studies in Languages, Health and Physical Education and the MESS areas.

The P&C makes an outstanding contribution to school life. The Achievement Centre, conducted Tuesdays and Thursdays, is funded by the P&C. Many students participate in tutoring and homework sessions that are supported by the school's teachers.

Currently, the P&C is considering several options to improve shade structures in the yard. Through funding this work, the P&C will improve the facilities available for students. The P&C is commended to all parents. Support may be shown through paying the P&C family contributions (\$25) and attending meetings. Meeting dates for the remainder of 2015 are Monday, 26 October 2015 and Monday, 23 November 2015 at 7:00pm in the Main Administration building. A strong P&C provides better parent input into school operations.

The P&C is currently seeking an auditor to complete the audit of last year's financial records. If you are in a position to complete this work or can offer a suggestion that the committee can consider, please email the P&C Website Co-ordinator, Mr John Pryor, on john@mlshspc.org.au. An advertisement appears below. Mrs Furness and her team would welcome your assistance/support in this matter.

Last week the school hosted the Consul-General of Japan in Western Australia, Mr Masanobu Yoshii, to a visit. He and several key members of his staff discussed the school's Japanese program and visited classes. Here, he was hosted by Mr Jeong. Mr Yoshii was very happy to assist him with several activities that enabled students to meet him and converse in Japanese.

Over the recent weekend, the school hosted the Japanese Speech Competition. Jossie Tan, Year 12, was a participant in the Second language component, while William Tucker, Year 11 won the Background competition. William is currently the national Chinese speech competition winner as well. Congratulations to both for a solid performance.

Over the weekend, the Years 7-9 SVAPA students took part in the Term 3 Saturday workshop. They engaged in activities conducted by the Western Australian Youth Theatre Company. Whilst the students enjoyed the day, and especially the stage combat

CONGRATULATIONS



Hope 8H3

is a member of the Co:Youth Dance Ensemble at Co3, WA newest contemporary dance company. She will be performing at the Heath Ledger Theatre at the State Theatre Centre in October in the upcoming season *re:Loaded 2015*. Co3 was formed through the amalgamation of Buzz Dance Thare and STEPS Youth Dance Company.



Vanessa 12H2

was the winner of the Senior Division of the Social Media Essay competition conducted as part of the National Child Protection Conference conducted by ECU.



Tabassum 9M2.2

received a Certificate of Participation for her essay entry to the Social Media Essay competition conducted as part of the National Child Protection Conference conducted by ECU. She was presented with her certificate at the school assembly by Detective Sergeant Ron Fyneman.

STOP PRESS

Information on Scholarships on the next page

HELP WANTED : Parent help requested for Italian, Korean and Japanese Language Expo 6.30pm Tuesday 15 September. Donations of finger food to share can be left on the day in the Languages staff room or on the evening in the Year 9 building kitchen. Helpers on the night welcome. Please contact Jaeik via email. Jaeik.Jeong@lawley.wa.edu.au

AUDITOR REQUIRED

The school's P&C Association is seeking an auditor for the 2014/2015 financial year books of account.

If you are interested in assisting or know someone who may be able to complete the work please email the P&C Website Coordinator,

Mr John Pryor, john@mlshspc.org.au.

Please support our Green initiative by reading the rest of this Update online at P & C Website
<http://mlshspc.org.au>

A THOUGHT

"The whole purpose of education is to turn mirrors into windows." Sydney Harris



class, the SVAPA Parent Support Group provided a most valuable service on the day - lunch. Many of the parents have students in their first year of SVAPA (Years 7/8) and their contribution is very much valued. Thanks also to the staff, Dr Irving, Ms Packham and Ms Diggins.

Milton Butcher, Principal

MOUNT LAWLEY SENIOR HIGH SCHOOL
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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 2016.

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 or
phone 9471 0300.

CLOSING
9:00am Tuesday, 15 September 2015 – Years 11/12 in 2016
3:30pm Friday, 6 November 2015 – Years 7-10 in 2016

A PROGRAM FOR THE ADOLESCENT IN YOUR LIFE

Mindfulness for Study & Exam Preparation and Performance

WHEN:
Friday, 4:00-5:30pm

Throughout Sept and October
Please note each session only runs if we have sufficient numbers.

Min number: 5
Max number: 8-10
BOOK NOW. Time is running out. Places are filling fast!

WHERE:
Life Resolutions Morley
1072A Beaufort St Bedford 6052

COST:
\$15 per session

PARTICIPANTS WILL LEARN

- ✓ What is mindfulness?
- ✓ Why is it helpful?
- ✓ How do I "do" mindfulness?
- ✓ Different types of mindfulness activities
 - Find the ones that work best for you
- ✓ Mindfulness during study
- ✓ Mindfulness in the exam room

Life Resolutions Morley (LRM) is a psychology practice that has been helping members of the local community make meaningful, positive and sustained change in their lives for over 15 years.

The practitioners at LRM offer **clinical, educational and forensic psychological assessment and counselling services**, and with extensive experience helping children, adolescents and adults, individuals, couples and families, there are very few "issues" they can't help with.

LRM's specialities include mental health, educational and forensic issues, as well as "everyday life difficulties" like parenting, relationships, self-esteem, body image, grief, family breakdown and stress just to name a few.

Life Resolutions Morley also offer a range of seminars and workshops for anxiety and depression, mindfulness, relationships and parenting.

For more information on the various areas of speciality that exist within the practice visit www.liferesolutions.com.au/morley or please call to make an enquiry 6446 6817.



SCHOOL PSYCH CORNER

IVA FILIPOVSKA, SENIOR SCHOOL PSYCHOLOGIST

SLEEP LOSS IN STUDENTS: A COMMON ISSUE

It's no surprise that sleep is a low priority for many students, and something that they regularly don't get enough of on school nights. Unfortunately, research shows that chronic sleep loss can lead to negative consequences such as impaired memory, attention and concentration difficulty, depressed mood, poor school performance, and in extreme cases, non-school attendance.

One biological reason for the lack of sleep amongst adolescents is when the 'body clock', which heavily influences when people want to go to sleep and wake up, is timed later than normal. For these individuals, falling asleep between 12-4am isn't unusual. Naturally they want to wake up later as well, the problem is school requires an early start, so they don't end up getting enough sleep.

To improve your sleep if this is an issue, try and make a few simple changes.

- Reduce bright light in the evening by dimming screens on electronic devices.
- Avoid consuming caffeine in the afternoon and evening.
- Go outside in the sunlight immediately after waking.
- Don't sleep-in 2 hours past your normal weekday wake-up time on weekends.

The above tips will make the chances of sleeping easier. Of course, if a problem persists, then seeking professional help is always an option.

Daniel Bonnar is a Clinical Psychologist Registrar who runs the Insomnia and Sleep Management Program at Life Resolutions Morley. Contact: (08) 6446 6817

A PROGRAM FOR THE ADOLESCENT IN YOUR LIFE

Riding the Wave: Managing Your Mood to Better Manage your Life

WHEN:
Thursday, 4:30-6pm

3rd, 10th, 17th & 24th Sept
15th and 22nd Oct

Please note there is a break in the program during school holidays

Max number: 8-10 – **BOOK NOW**

WHERE:
Life Resolutions Morley
1072A Beaufort St Bedford 6052

BRING:
Just yourself!

COST:
\$40 total - that's \$7 per session!

FACILITATORS:
Lucy Moran & Susan Smith

PARTICIPANTS WILL LEARN

- ✓ Mindfulness
 - What is it and how does it relate to self-awareness?
- ✓ What you need to know about emotions
- ✓ Improving your mood
- ✓ Navigating and surviving a crisis
- ✓ Communication
 - Assertiveness
 - Negotiation skills
- ✓ Improving your relationships
- ✓ Putting it all together

ENQUIRIES:
morley@liferesolutions.com.au

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HONOURS SOCIETY

2015

In 1982 the Honours Society was created to recognise outstanding scholastic achievement in Years 11 and 12 at Mount Lawley Senior High School. The society recognises hard work, consistent application and high standard of excellence. A student really "selects herself/himself" through attitude and application to studies in upper school. To be eligible for membership, a student must achieve a minimum of 12 'A' grades. Today, with vocational pathways in place the number of 'A' grades can be discounted due to certificate studies. Additionally, achievement across extra-curricular domains is also considered.

At the school assembly each new member is given a Mount Lawley SHS Honours Society badge and a Mount Lawley SHS Honours Society certificate. Parents and family members are invited to the assembly.



HONOURS SOCIETY 2015



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

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

WEEK 32 – IN CONTROL OF NOW

Wellbeing Element – Strengths and Control

Character Strength – Prudence

While reflective and 'taking stock' habits are valuable to cultivate in our students' lives and learning, it is also essential that once they have deliberated on something, they are decisive and act. Procrastination has the capacity to adversely impact on all areas of students' lives (and ours) should it be ignored or remain unchecked.

Adopting growth mindsets will enable students to show grit to in dealing with procrastination. It can be caused by many seemingly unrelated issues such as:

- **Perfection** - wanting to produce the 'perfect' assignment; being obsessed with detail and not pursuing the investigation with energy.
- **Organisation** - wanting to be totally prepared, having everything completely arranged and as a result not getting started or lacking the necessary study and research skills to perform the task.
- **Self-Doubts** - lacking the self-confidence to tackle the task at hand.
- **Prioritising** - being unable to prioritise their activities to get the things done that they have to do.
- **Motivation** - lacking a purpose for being at school; 'having to' rather than 'wanting to'.

Whatever the cause for procrastination may be, it is essential for parents and teachers to recognise it and address it immediately by assisting students with strategies to overcome it. It will not just go away on its own and a team approach is necessary.

CAREER AND TIME MANAGEMENT

WEEK

32
The Learning Curve

LEARNING INTENTIONS/GOALS. AT THE END OF THIS LESSON STUDENTS SHOULD LEAVE WITH:

- Wellbeing Bank: to increase students' Character Strength Prudence and wellbeing element Strengths and Control through being mindful of how not to procrastinate.
- A raised awareness of why and when they procrastinate, an understanding of personal strategies to combat putting things off and a willingness to ask their team for support to overcome it.
- Actions: What are two things they will start doing for this Wellbeing Builder?
- To develop their thinking capabilities through Taking Responsible Risks and Applying Past Knowledge to New Situations **Habits of Mind** and the Exploring Habits of Mind, Three Amigos and Points of the Compass **Thinking Tools**.

MIDDLE STUDENT PLANNER

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SENIOR STUDENT PLANNER

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IN CONTROL OF NOW

Wellbeing Bank: to increase your wellbeing element Strengths and Control by being aware of how to not procrastinate.

Procrastination can arise from

- avoiding tasks you lack confidence in doing
- being afraid of poor outcomes
- focusing too much on details
- not coping with understanding or workload
- lacking prioritising skills
- going from one thing to another not finishing them.

To overcome these look at things through your **signature strengths**

- what tasks do you regularly delay?
- put up a list of them on the fridge
- have your goals on your bedroom wall
- break tasks down into achievable pieces
- set timelines to complete tasks
- commit yourself to one task for 20 minutes and then repeat it the process.

Self-talk is powerful. I can do it, I will do it to achieve what I set out to do. Although I don't feel like working, I will, because I am in **control** of me.

ACTIONS

What are two things I will start doing to avoid delaying and putting things off?

1.

2.

"Procrastination is the art of keeping up with yesterday." Saying.

MINIFULNESS ACTIVITY:

32. Name game - write down all the objects you know that begin with the letter C and what they are used for.

VOCABULARY BUILDER

impudence delicate virtuous
approximate assimilate abandon
exasperate appearance cautious

IN CONTROL OF NOW

Wellbeing Bank: to increase your wellbeing element Strengths and Control through being mindful of how not to procrastinate.

Procrastination can stem from

- avoiding tasks you are not confident of completing
- being afraid of unpleasant outcomes
- being obsessed with detail to achieve the perfect result
- not coping with study demands
- lacking prioritising and time management skills.

Using your **signature strengths** will assist you to overcome these issues

- identify tasks that you regularly delay
- put up a list of them in your study area
- over breakfast every morning, create a Things to do list of your priorities for the day
- have your goals for the year on your bedroom wall
- break tasks down into achievable pieces
- set timelines to complete tasks on your Year Planner and phone.

Use the power of **self talk**. "I can do it, I will do it, I will achieve what I set out to do", although I don't feel like working, I will, because I am in **control** of me".

Beware of the **"bouncing effect"**

- skipping from task to task without completing any of them
- commit yourself to one and apply yourself intensely for 20 minutes and then repeat the process
- this stops you considering other options.

Being **effective** means using internal control to manage **NOW**.

ACTIONS!

What two things will I start doing this week to improve my focus on being in control of now?

1.

2.

"Procrastination is the art of keeping up with yesterday." Saying.

VOCABULARY BUILDER

dazzling ingenious popular
elusive hedonist lassitude
taux pas idyllic magnanimous

WEEK 33 – NOT COPING

Wellbeing Element – Strengths and Control

Character Strength – Social Intelligence

Unfortunately, all too often, students only speak up about not coping and falling behind when they are about to implode and give up. Therefore it is important that they are empowered to build mindful and reflective habits and to regularly take stock on how they are faring and the resourcefulness to seek help.

There are many reasons which cause students to have self-doubts about coping and falling behind. The key is to instil in them a belief that they are not on their own and the confidence to speak up and seek help as soon as they feel they are struggling. Viewing their situation through their signature strengths will promote their growth mindsets.

This is especially so for senior students who don't manage their time effectively, particularly in private study periods at school. These present a perfect opportunity for students to consult their teachers for extra assistance and to clarify any aspects of the course which concern them. When concepts are clear in students' minds, effective learning and study will occur; their time input equals their effective output.

When students don't ask their teachers for clarification, their learning and study effectiveness are severely blunted; their time input is not rewarded with quality output. So while some students appear to devote sufficient hours to their studies, the reality is they are not getting true value for their efforts. They are doing the right thing but not doing the thing right.

To monitor their efforts and attitudes, it will benefit students immensely to have a critical friend who knows them and their habits well. Friends are not the people to adopt this role because they have enough to deal with themselves and often don't have the skills to so. An older and trusted member of their team is the most appropriate person

CAREER AND TIME MANAGEMENT

WEEK

33
The Learning Curve

LEARNING INTENTIONS/GOALS. AT THE END OF THIS LESSON STUDENTS SHOULD LEAVE WITH:

- Wellbeing Bank: to promote students' Character Strength Social Intelligence and wellbeing element Strengths and Control through willingly seeking support when they realise that they are not coping.
- A raised awareness of their progress and ability to cope, a willingness to seek assistance immediately they feel that they are falling behind and an understanding of the proactive measures they can take through their team to catch up and feel good about themselves.
- Actions: What are two things they will start doing for this Wellbeing Builder?
- To develop their thinking capabilities through Taking Responsible Risks and Persisting **Habits of Mind** and the Exploring Habits of Mind, CAP - Consider All Possibilities and Truth Traffic Lights **Thinking Tools**.

MIDDLE STUDENT PLANNER

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SENIOR STUDENT PLANNER

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NOT COPING

Wellbeing Bank: to build your wellbeing element Strengths and Control by asking for support when you realise that you are not coping.

There will be **times** when you

- don't cope with the amount of schoolwork you have
- struggle to keep up and find balance in life
- feel that your best is not good enough.

These are quite **normal** for most students

- don't ignore them because you will feel more anxious
- no matter how terrible you think the situation is, there is always a way to improve it

Look at the situation through your signature strengths

- share your concerns with your parents and teachers; they have the coping strategies to help you
- accept and act on their advice
- teachers you have built a trusting relationship with over your school career would be ideal
- avoid using friends; they don't have the experience to help and don't need the added pressure
- watch and learn from what successful students do.

ACTIONS

What are two things I will start doing when I realise that I'm not coping?

1.

2.

"It is natural to have butterflies, get them flying properly." Saying.

MINIFULNESS ACTIVITY:

33. Suduku - from a newspaper, magazine or Suduku book try to do a Suduku grid. Go back for the next three days to solve it or do a more difficult one. Describe how you felt.

VOCABULARY BUILDER

verdict cereal analysis
mortgage governor vindictive
apprehend society colossal

NOT COPING

Wellbeing Bank: to promote your wellbeing element Strengths and Control through willingly seeking support when you realise that you are not coping.

There will be **times** when you have stressful feelings of

- not coping with the workload and timelines
- struggling to keep up and find balance in life
- feeling that your best is not good enough.

While these are quite normal, they need to be addressed

- if you ignore them you will go into free fall and out of control
- focus positively on doing the right thing and doing the thing right
- act immediately when you sense you are struggling; this shows your strong **internal control**
- share your concerns with your parents and Year Level Advisor/Coordinator; they have the coping strategies to assist you
- watch what successful learners do and learn from them
- it is an advantage to have several **critical friends** who you can turn to for support
- avoid using friends; they don't have the experience to help you and don't need the added pressure
- there will be teachers you have built a trusting rapport with over your school career who would be ideal.

ACTIONS

What are two things I will start doing this week to improve my focus on asking for help when I'm not coping?

1.

2.

"Sometimes you just have to take the leap and build your wings on your own. Kick Butts."

VOCABULARY BUILDER

abominable decadent genial
belies embellish ignominy
cantankerous feasible kinds



COMMUNITY NOTICES

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

**NEW SUPPORT GROUP**

Autism West's new education support group is starting this month!

If you have a child aged 10-15 years who would like support with homework and also an opportunity to socialise and make friends in a supportive environment, contact our office to find out more about the program!

Tuesdays group is aimed towards high to moderate needs support children and Thursdays group is aimed towards moderate to low needs support children. The group runs from 4-6pm on these days, until the end of term starting the week of the 24th August.

See the group flyer at this link:

<http://www.autismwest.org.au/images/stories/HomeworkGroupFlyer.pdf>

Gabriella La Bianca Executive Officer
Autism West Support Inc. www.autismwest.org.au
8/62 McCabe Street, Mosman Park, WA 6012
Mosman Park South LPO, PO BOX 4275, Mosman Park, WA 6012
Tel: 9383 6123 Mobile: 0414167345

Relationships Australia
WESTERN AUSTRALIA

9489 6322
www.wa.relationships.com.au

Enhancing Self Esteem in Adolescents

This is a course for teachers and others who work with adolescents.

Course Aims:

Adolescence can be a difficult path for many young people as they attempt to find their own identity in an ever changing and challenging world. Based on recent research, this course updates participants' understanding and provides practical and creative ways that teachers and mentors can seamlessly integrate assistance to adolescents within their day-to-day roles.

The course focuses on practical application - teachers will learn strategies aimed to help adolescents improve their mental wellbeing and build healthy self-esteem. Although this course aims to empower and up-skill the individual teacher, a number of simple and effective strategies and tools could be adopted by whole of school with a view to healthy self esteem culture.

The course covers –

- how to assess what's going on for the adolescent while establishing an alliance with them
- how we can roll with the student's resistance to engaging with us
- ways of working with adolescents who are depressed, angry, disengaged or emotional

Highlights will include –

- Understanding what happens in the adolescent and adult brain that makes changing some of our patterns difficult but not impossible
- Ways that people enter change via the 'Change Triangle'
- How to identify 10 Unhelpful Thinking Styles that appear in the language of young people and how to respond supportively
- Gaining a deeper understanding of anger and learn 4 strategies that young people use to mismanage their anger that can keep them stuck in feelings of low self worth
- Learning fun psychological strategies that help us defuse from the unhelpful 'stories' that our minds create that cause us stress and unhappiness
- Active listening skills and empathic responding. Experience through activities why these often neglected aspects of communication are vital to connecting with an adolescent



TWO FOR ONE OFFER

WEST LEEDERVILLE
22 Southport Street (cnr Cambridge)

Tuesday, 23 June
Tuesday, 25 August
2015

Time: 9.30am – 4.30pm (includes a light lunch)

Fee: **Special Offer – Two for the price of one.** If interested please enrol before/on 20 August 2015.

Places are limited so please book now on 9489 6322

**PREPARE NOW FOR SUCCESS****PREPARATION FOR
YEAR 11 ATAR ENGLISH**

The English ATAR course focuses on developing students' analytical, creative, and critical thinking and communication skills in all language modes. The English ATAR course is designed to develop students' facility with all types of texts and language modes and to foster an appreciation of the value of English for lifelong learning.

Date: Tuesday 29 September – Friday 2 October 2015
Time: 1.00 pm – 4.00 pm
Cost: \$130.00

Attend all sessions.

Each group has a maximum of 16 students.

Enrolment is "first in" basis.

To register, please complete the form overleaf.

Registrations close on Friday 25 September 2015

NB: Once an enrolment has been confirmed, refunds are not offered for any reason as course fees are set to only cover costs.

CRICOS Code: 01032F

Katharine Susannah Prichard Writers' Centre, Not-For-Profit
KSP WRITERS' CENTRE
presents a community

BONFIRE

Saturday 5 September 2015

11 Old York Road, Greenmount, 4.00pm–9.00pm

This is a fundraiser to buy much-needed new carpet and curtains for our non-profit arts Centre in the beautiful Perth hills; put on some **STURDY SHOES** to enjoy a great night out and help us reach our goal!

*** \$5 entry per person or \$10 per family * All welcome ***
FREE entry if you donate a cake/biscuits/muffins to share
(first 15 people only) * Pop in and stay as long as you like *
BYO picnic, cold drinks and folding chairs or blanket

FREE TEA AND COFFEE
SCORCHING SAUSAGE SIZZLE
MUGS OF HOT WINTER SOUP (V, GF)
MARSHMALLOWS FOR TOASTING
PRIZES FOR BEST-DECORATED TOASTING FORKS
FIERY OPEN MIC PERFORMANCES
MUSICAL ENTERTAINMENT
BOOK SALES & MARKET STANDS

<http://www.kspf.iinet.net.au> | Find us on Facebook



Government of Western Australia
Department of Culture and the Arts