



## MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

### LAWLEY UPDATE 4 Term 1 No. 4 2016

This week the school conducted the first of two parent/teacher meetings for the year. This was for a half day and evening. The event was very well attended and parents were able to discuss the progress of their child/children with teachers.

The format was a new approach and followed a deal of consultation, including through the P&C. The intent was to provide more time for parents at the high demand Term 1 evening, which for the last few years has been only 3 hours.

If parents have any concerns over the format, feedback would be appreciated. One way to do this would be through the next P&C meeting on Monday, 4 April 2016. Whilst several parents spoke to me and raised the 5 minute timeslot, if this is increased to 10 minutes, the number of appointment times is halved. This is the reason for running with 5 minute appointment times.

Mrs Smith organised the annual Career Expo for the parent/teacher meeting and it was supported by all universities, many training organisations and some employer groups. This provided parents with the opportunity to look at post-school options and to discuss these with expert staff. This is seen by parents as very useful.

Also, the P&C Language Parent Support Group operated a cake stall that sold out. Thanks to all parents who spent time serving and to all who made a purchase. The funds raised will be used by the parent group to support Languages.

Earlier in the week Mount Lawley SHS competed in the 'B' Division Swimming Carnival. Following a hard day of competition, the school's team came second to Willetton SHS and won promotion to 'A' Division. The school won the Meritorious Shield for the first time which is calculated on the size of the school divided by the number of swimming points gained. It is effectively a handicap system as in the Sydney-Hobart yacht race. This is the first time the school has won this award.

Mount Lawley had many excellent performances throughout the day and the team captains, Suci Wardana and Nicholas Foster, lead from the front. Three students were age group champions and 4 runners-up.

#### CHAMPIONS:

Year 7	Pavel
Year 8	Ethan
Year 11	Phoebe

#### RUNNER'S-UP:

Year 8	Imogen
Year 9	Lou-Ellen
Year 10	Kiah
Year 12	Nicholas

Congratulations to the team and to champions and runners-up. Well Done.

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

### CONGRATULATIONS



**Ben 10H1** has been selected to play golf in the Western Australian State Men's Championships at Cottesloe Golf Club. Quite an achievement for a 15 year old player to complete in the Men's State Championship.



**Leon 9M6** has been selected to participate in the Chung Wah Association Lion and Dragon Dance Troup who will be performing in Karratha this week.

### SCHOOL CLOSED EASTER TUESDAY 29th March



### SCHOOL PHOTO CATCHUP DAY



**Any student who was absent on Photo Day Thursday 17 March can have their catch up photo taken on Tuesday 5th April MORNING ONLY**

Order can be done online at [www.kapture.com.au](http://www.kapture.com.au).

The online order code is LDSHNW.

Any parent who forgets or is unable to supply their envelope on the photo day can complete an order online.

Late payment envelopes cannot be accepted by the school office or by Kapture.

Kapture offer a money back guarantee for any parent who is not fully satisfied with their photo package.

Should you have any queries please contact the Kapture office on 9240 1714 or email

[enquiries@kapture.com.au](mailto:enquiries@kapture.com.au).

### A THOUGHT

Education is the ability to listen to almost anything without losing your temper or your self-confidence. *Robert Frost*

**Please support our Green initiative by reading the rest of this Update online at P & C Website <http://mlshspc.org.au> or on school website [www.lawley.wa.edu.au](http://www.lawley.wa.edu.au)**



There has been a lot of media commentary on an organisation called the Safe Schools Coalition. It was established to support young people who are homosexual, lesbian, trans-gender or gender diverse and provides a supportive mechanism where they may be bullied or "doing it tough".

On Wednesday, 16 April 2016 two adults, who are opposed to the Coalition, distributed leaflets to students and parents dropping off children near the Middle School. It is not reasonable, no matter what the issue - whether in favour or not of the Coalition - to distribute essentially political material to children.

Whilst it is appreciated some families may not approve of the Coalition's aims, supporting children facing difficult and challenging circumstances is fundamental to a safe school and I will continue the school's association with the Coalition. If this helps one child's physical or mental wellbeing and makes him/her feel safer at school then it is a productive relationship.

The Coalition has prepared curriculum material, which at this time is not utilised within the Health Education program. It may be used to support individuals or small groups, however, if staff wished to use it in class and factors such as balance were addressed, due to the contested nature of the program, parents will be provided with an opt-out. This curriculum package, whilst confronting, does not incorporate some of the more newsworthy claims against the Coalition.

The 2016 School Ball is scheduled for this Friday, the 18th of March 2016. It will no doubt be a great success and will be reported in the next update.

The election of student, parent and P&C representatives to the School Board have now been decided. The P&C endorsed Ms Jo Furness as its representative. Ms Furness continues her long and productive membership of the Board. Mr Nigel Becroft was elected in a close contest for a two year term. Mr Becroft's service ethos is appreciated, as is that of all parent nominees. In the election for students, Jason Kim of Year 10 was elected. Two Community representatives also commence a two year term. Dr Jenny Fay, the current Board chair has nominated to continue her service. The second place has been discussed with a local businessman and he has agreed to attend the next Board meeting to "test the waters". The next Board meeting is the AGM and annual open meeting. It is open for any parent to attend.

**Milton Butcher, Principal**

## REMINDER 2016 SECONDARY ASSISTANCE SCHEME CLOSES 8 APRIL



Eligible Parents/Guardians holding a current:

- Centrelink Family Health Care Card
  - Centrelink Pensioner Concession Card or • 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.**

Please see the school's Finance Officer Mrs Suzanne Cheriton in the Main Administration Office



*Jerry Pilcher presenting the Rotary 4Way Speaking award with Hank De Smith to Year 11 student Olivia.*

## ROTARY FOUR-WAY SPEAKING COMPETITION

Year 11 student Olivia, competed in the Semi-Finals of the Rotary Four-Way Speaking Competition at the Mount Lawley Golf Club on Monday March 22.

She presented a superb speech entitled: *"The Art of Conversation Amongst the Young is Lost"*. She certainly impressed all who were present with her stylish and engaging presentation being judged the overall winner of the evening. She edged out competition from Shenton College, St Hilda's, Hale School and Strathalbyn Christian College to win the \$100 voucher prize and go in to the final round of competition.

The Final will be held the day at the Matilda Bay Restaurant on Thursday April 7.

## LAWLEY ART AUCTION COMMITTEE

Meets fortnightly, 29 March, 12 April, 26 April, 10 May, 24 May and 7 June. New Parents are welcomed and needed. Please come along and attend our fortnightly meetings and join in the fun. The more volunteers we have the more successful we can make this significant event. The Lawley Art Auction is the major fundraising event which benefits Mount Lawley SHS and its SVAPA and MUSIC students. We also welcome parent contributions for sponsorship, food and raffles. Thank you for your valuable time and continuing support.







**Mount Lawley Senior High School Interschool Swimming Team Middle School**



**Mount Lawley Senior High School Interschool Swimming Team Senior School**



Mount Lawley Senior High School  
Interschool Swimming Team Captains



Mount Lawley Senior High School Interschool Swimming Team  
Captains with our three Year 7, 8, & 11 age group champions  
who received their medals at the presentation







**Parent Newsletter Article SUPPORTING SCHOOL DIARY,  
With the DIARY EXTRACT FOR THE WEEK  
Funded by School P & C. Source : The Learning Curve**

**WEEK 7 – MEMORY CODING/REVIEWING NOTES**

**Wellbeing Element: Skills & Achievement**

**Character Strength: Curiosity**

**Wellbeing Fitness Challenges: Years 7-9 – You Matter, Years  
10-12 – Move More**

While taking accurate and thorough notes is an essential in quality learning

- reviewing them regularly will build strong brain pathways to embed them in students' long term memories.
- doing this is often called memory coding
- the Learning Curve program provides a variety of effective memory coding strategies

Facts relating to how much the brain retains:

- should notes not be reviewed within 24 hours, 60% to 80% of the learnt material is forgotten by the brain
- after a month with no reviews, only 3% to 4% is remembered
- the brain pathways which were created wither and die
- when 50 minutes of learning is not reviewed regularly, it takes 30 to 40 minutes to relearn it
- why learn it in the first place?

As renowned Polish pianist, Ignace Paderewski, once said, "If I miss one day's practice, I notice it. If I miss two day's practice, the critics notice. If I miss three days practice, the audience notices it."

- when students regularly train for sport and practise their musical instruments their brain pathways are becoming freeways and messages travel faster and faster; thus their skills and capabilities develop.

- using the colourful interactive Thinking Tools organises learnt material visibly in students' brains

**"I'm a great believer in luck;**

**I find the harder I work the more of it I have."**

**Woodrow Wilson**

WEEK 7		REVIEWING NOTES / MEMORY CODING	
MIDDLE STUDENT PLANNER	PAGE 36	SENIOR STUDENT PLANNER	PAGE 38
<b>REVIEWING NOTES</b> <b>My Wellbeing Bank:</b> Promote Skills and Achievement through efficiently storing what I learn in my memory. Memory coding techniques are what you use to review the notes you take in class. The most effective are those which use both sides of your brain. Your left brain sorts the material in a logical way. Your right brain looks for connections to what you already know. Your brain relies on seeing regular patterns. If it is to remember and make sense of what you learn, you remember 90% if you review notes within 24 hours but only 30% if you wait 3 days. After a month only 3% to 4%. Read Positive Memory Habits Awe? on page 151. Use the bright colours of interactive Thinking Tools on the website to stimulate your brain and provide clear pathways for your thinking to follow. Other effective ways of coding include Repeating, Routines, Memorics and Acronyms, Flash Cards, Group Associations, Graphic Organisers, Sharing Ideas and Idea Maps.		<b>MEMORY CODING</b> <b>My Wellbeing Bank:</b> Develop Skills and Achievement through efficiently storing learning in my memory. Coding techniques which use both sides of your brain are the most effective in storing what you learn. It is coded in a retrievable manner combining both formal and relational learning. Your left brain sorts the material in a logical way, your right brain looks for connections to what you already know. <b>Why review and code?</b> <ul style="list-style-type: none"> <li>• when you review your notes within a day of taking them you remember 90%, building strong pathways</li> <li>• if you wait three days this drops to 30%</li> <li>• reviewing and coding are much more than rereading</li> <li>• to learn more read Positive Memory Habits Awe?</li> </ul> <b>How do you review and code?</b> <ul style="list-style-type: none"> <li>• effective ways to review and code learning in your memory are active and organised</li> <li>• the bright colours of the interactive Thinking Tools on the website stimulate your brain</li> <li>• their varying structures provide clear brain pathways for your thinking to follow</li> </ul> Other Memory Coding techniques to investigate are: <ul style="list-style-type: none"> <li>• Thinking Tools</li> <li>• Repeating and Routines</li> <li>• Differing Approaches</li> <li>• Sharing Ideas and Summarising</li> <li>• Memorics and Acronyms</li> <li>• Group Associations</li> <li>• Posters</li> <li>• Local Pegs</li> <li>• Graphic Organisers</li> <li>• Flash Cards</li> <li>• Idea Maps</li> <li>• Sticky Notes/Reminders</li> </ul> Look at regular reviewing and coding as: <ul style="list-style-type: none"> <li>• daily, weekly, monthly, term process goals.</li> </ul>	
<b>ACTIONS</b> What are two things I will start doing to improve how I store what I learn in my memory? 1. 2. 3.		<b>ACTIONS</b> What are two things I will start doing to boost my memory through reviewing and coding? 1. 2. 3.	
<b>MINIFULNESS ACTIVITY:</b> <b>7. Gratitude Check.</b> It doesn't matter what time of day it is. Think of and write down as many things that have happened today that you are thankful for and why you are.		<b>MINIFULNESS ACTIVITY:</b> <b>7. Gratitude Check.</b> It doesn't matter what time of day it is. Think of and write down as many things that have happened today that you are thankful for and why you are.	
<b>RESILIENCE BUILDER</b> <b>7. Stronger emotions</b> are felt in conflict and disagreement situations. While it is important for you to recognise and understand your own emotions, it is important that you have empathy for the needs and feelings of others involved. Describe what empathy means to you and a time you have shown this quality to a friend or family member. What did you do?		<b>RESILIENCE BUILDER</b> <b>7. From the Positive Descriptors List</b> (refer to index) with a friend, choose the ten most important ones you think are essential to being a successful senior student and why.	
<b>WELLBEING TIP:</b> Every day use the 5 to 1 ratio; look for 5 positives for every negative.		<b>WELLBEING TIP:</b> Every day use the 5 to 1 ratio; look for 5 positives for every negative.	
<b>WHAT WENT WELL THIS WEEK AND WHY?</b> 1. 2. 3.		<b>WHAT WENT WELL THIS WEEK AND WHY?</b> 1. 2. 3.	
Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5		Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5	

**WEEK 8 – LISTENING ENGAGEMENT**

**Wellbeing Element – Positive Engagement**

**Character Strength – Social-intelligence**

**Wellbeing Fitness Challenges: Years 7-9 – Discovering Learning, Years 10-12 – Adventure Eat**

Cultivating conscious habits in our students to adapt how they learn and think for differing situations

- mindfully connects them with themselves and the moment
- is an effective growth mindset to meet the challenge of actively listening to others

- creates classes which are places of adventure, experimentation and exploration that arouse students' curiosity to enable them to strive, thrive and flourish.

The secret is to teach them to listen with their eyes, their ears and their hearts. This enables students to

- absorb and question the main messages and how they connect with what they already know and ask

- "How does this connect with what I already know?" "How can I use this knowledge?" "How can I apply it to new situations?" "How can I make predictions based on this knowledge?"

- read body language, listen for verbal cues and changes in voice tones to emphasise certain points

- use the strengths curiosity and social-intelligence to lift their concentration

Expecting students to sit in class passively and quietly and hoping that their brains will somehow absorb knowledge

- is non-productive and disengaging for them
- the key to quality learning is for them to actively and enthusiastically engage in exploring with their teachers"

**"Education is not the filling of the bucket,  
but the lighting of the fire."**

**William Butler Yeats**

WEEK 8		LISTENING ENGAGEMENT	
MIDDLE STUDENT PLANNER	PAGE 38	SENIOR STUDENT PLANNER	PAGE 38
<b>LISTENING ENGAGEMENT</b> <b>My Wellbeing Bank:</b> Add to Positive Engagement by actively listening. Your understanding depends on how effectively you listen. The more of your senses you can engage in your listening the more you will relate to the topic. Maintain eye contact on your teacher and use the Cornell Note Taking Process. <b>Connect to the moment</b> Be mindfully present when listening: in the zone. Watch your teacher's body language for messages he/she is sending. <b>Be involved</b> Think first, then write, not vice versa. <b>Be prepared</b> Have your pens and books ready. Use the microphone on your phone if allowed to record your teacher's words. <b>Be creative</b> Use lists, diagrams, idea maps, thinking tools to use both sides of your brain. Think, what does this mean to me? Tell me more. <b>Be strong</b> When you have a problem ask for help. Ignore and sit away from disinterested students.		<b>LISTENING ENGAGEMENT</b> <b>My Wellbeing Bank:</b> Strengthen Positive Engagement through attentive and active listening. Listening engagement begins with maintaining eye contact on your teachers' body language. <b>Most teachers:</b> <ul style="list-style-type: none"> <li>• pause, like paragraphs in writing, to separate ideas</li> <li>• check their notes, indicating the start of a new idea</li> <li>• emphasise points using voice tone, slower pace</li> <li>• pose questions, which they then go on to answer</li> <li>• use key dates to separate ideas</li> <li>• list reasons, justifications or arguments</li> <li>• use generalisations, then give specific examples</li> <li>• use numbers to indicate what is coming like, "There are two views on this..."</li> <li>• use body language, including gestures and facial expressions to emphasise important points</li> <li>• write key points or words on the board/screen</li> <li>• provide a handout, underline key words they stress</li> <li>• use power point, write down headings</li> <li>• use signs to indicate important points, such as "Next...", "Now...", "Previously...", "Remember..."</li> </ul> <b>Pre-reading</b> before class creates more meaning: <ul style="list-style-type: none"> <li>• to have questions to answer, listening for a reason</li> <li>• if permitted, record the class on your phone</li> <li>• play it back at home, filling in gaps in your notes.</li> </ul>	
<b>ACTIONS</b> What are two things I will start doing to listen more actively in class? 1. 2. 3.		<b>ACTIONS</b> What are two things I will start doing to listen more actively in class? 1. 2. 3.	
<b>MINIFULNESS ACTIVITY:</b> <b>8. Positive Emotions.</b> For the next week choose two Positive Emotions you will feel for each day. Think about what body language you will show for each of them.		<b>MINIFULNESS ACTIVITY:</b> <b>8. Positive Emotions.</b> For the next week choose two Positive Emotions you will feel for each day. Think about what body language you will show for each of them.	
<b>RESILIENCE BUILDER</b> <b>8. Reflect on a conflict situation</b> you have been involved in. Describe the other person's wants, needs, emotions and their intensity and the body language they showed. How were your own wants, needs, emotions and intensity similar?		<b>RESILIENCE BUILDER</b> <b>8. To learn about ISMART</b> targets read page 22 from your planner's wellbeing journal and from the website use Goals, Targets and Strategies Plan to analyse and break up three of your goals for this year. Look at pages 20-21 for ideas.	
<b>WELLBEING TIP:</b> Google "superfood" to learn about amazing vegetables from around the world to improve your health.		<b>WELLBEING TIP:</b> Google "superfood" to learn about amazing vegetables from around the world to improve your health.	
<b>WHAT WENT WELL THIS WEEK AND WHY?</b> 1. 2. 3.		<b>WHAT WENT WELL THIS WEEK AND WHY?</b> 1. 2. 3.	
Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5		Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5	



## COMMUNITY NOTICES

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

**FLOREAT ATHENA SOCCER CLUB**

Would you like to join a local soccer team for 2016?

We have positions available in our U12-U18 academy teams (NPL and non-NPL) for any interested players, girls and boys.



We have accredited coaches, good facilities, professional training sessions like Academies in Europe and fees include a training strip! Trainings are Tuesdays, Thursdays and Fridays with matches on Sunday mornings.

Please contact Nicola at [academy@floreatathenafc.com.au](mailto:academy@floreatathenafc.com.au) or visit [floreatathenafc.com.au](http://floreatathenafc.com.au) for more information and registration details.

One Step at a Time proudly presents...

# Quiz Night

One Step at a Time's fun and exciting annual quiz night is back!

**Friday 13 May 2016**  
**Morley Noranda Recreation Club**  
 85 McGilvray Ave, Noranda WA 6062

**Doors open 6.00pm**  
**Starts 7.00pm sharp**  
**Great prizes to be won!**  
 Raffles, Games and so much more!!

**Tickets \$20pp**

Tables of 8-10  
 Grab a group of friends, or come by yourself and meet new friends... everyone is welcome!

Tickets/Enquiries please call Georgia 0478 774 364 or  
 Susanna 0450 029 403. Alternatively feel free to email us  
 at [onestepcharityevents@gmail.com](mailto:onestepcharityevents@gmail.com)

No BYO drinks  
 cash bar available

BYO snacks  
 Sausage sizzle on Sale from 6.30pm

[onestepcharityevents@gmail.com](mailto:onestepcharityevents@gmail.com)  
[www.facebook.com/OneStepATATimeCharityEvents](http://www.facebook.com/OneStepATATimeCharityEvents)

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## T.E.E. Consultants WACE Preparation Series



### Need help preparing for your WACE exams?

Improve your ATAR score by studying the T.E.E. Consultants WACE Preparation series, proudly hosted by Murdoch University.

As a Year 12 student, you will have the opportunity to study your chosen subject/s, while also learning about exam techniques, how to eliminate errors and how to maximise your time to gain the most number of marks, improving your performance both at school and in your final WACE exams.

Courses are taught by teachers who have a minimum of 15 years' experience and who have also marked WACE exam papers, ensuring you receive tuition from the very best teachers in the State.

#### Subjects to choose from include:

- Mathematics Methods **or** Mathematics Applications
- English **or** English Literature
- Chemistry, Geography **or** Economics
- Physics **or** Human Biology

### Event details

**Dates:**  
 Monday 4 July 2016 - Friday 8 July 2016 (July school holidays)

**Location:**  
 Murdoch University, South Street campus. Our campus is easily accessible by public transport. Parking permits are also available on request.

**Cost:**  
 \$175 per subject (2 hours per day for 5 days - total of 10 hours)

Enrol in three or more subjects before Friday 29 April to receive a scholarship of \$85 toward your enrolment fees from Murdoch University.\*

For further information and to enrol visit [www.teeconsultants.com.au](http://www.teeconsultants.com.au) or phone (08) 9387 2106

\*No scholarships of \$85 will be available to metropolitan students from non RISE schools, and will be awarded to the first 20 students who apply for 2 or more courses. Further discounts will be made available by TEE Consultants.

DW18a, 02/16 CRICOS Provider Code: 00251

