



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE 7 Term 2 No. 2 2016

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On Friday, 6 May 2016, the school conducted the annual Ex Prisoner of War (POW) Ceremony. As the custodian of the POW memorial in Kings Park, the school acknowledges the contribution of the former POW to our society. A number of invited guests attended, including the Minister for Veterans, the Hon Joe Francis and the President of the RSL, the Hon Graham Edwards, AM. The President of the Association, Mr Arthur Leggett, OAM, ED also addressed the gathering. The Senior School Concert Band, Choir and the student leadership group supported the event. The performance of the music ensembles was praised by many attending, as was the attitude of the student leaders.



Last Monday, at a whole school assembly NAIDOC week, Sorry Day and Reconciliation were acknowledged. Ms Gail Barrow spoke about what Welcome to Country means and responded to the address to the whole school by four members of the 2015 Aboriginal Excellence Program (AEP) who reported on the results of the 2015 AEP project. In this work the students researched the factors behind the Constitutional Recognition of Australia's First Peoples question. This was completed in 2015 with the assistance of the Hon Ken Wyatt, AM, MP who was an apology for the assembly. The four students, Brittany, Sharlene, Anosh, Emma, spoke with great confidence. It was a daunting prospect to speak to 1,500 of your peers and all did this extremely well.

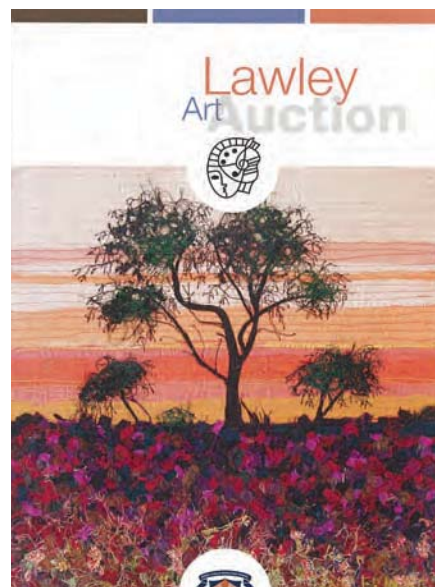


A number of students were also acknowledged at the assembly. This included Student of the Month (SOTM) and Colours. Congratulations are extended to the winners of SOTM for Term 1:

Sophia (Year 7)
Nathan (Year 9)
Olivia (Year 11)

Ava (Year 8)
Sophie (Year 10)
Bradley (Year 12)

Year 7 and Year 9 students undertook NAPLAN last week.



MOUNT LAWLEY
SENIOR HIGH SCHOOL

80 WA Artists including:

Pippin Drysdale
Lyn Franke
Anyia Brock
Peteris Ciemits
Sue Codee

Stephen Castledine
Mikaela Castledine
Jill Yelland
Denica Wichtermann
Gail Dell

William Stronsky
Kenzie Di Cataldo
Louise Wells
Delma White
Warayute Bannatsee

Saturday 18th June 2016
5pm Viewing 7pm Auction

Join us for an opportunity to view and purchase wonderful artworks including paintings, textiles, glass and ceramics from established and emerging Western Australian artists.

Funds raised by the Lawley Art Auction enrich the education of students in the Music and Specialist Visual and Performing Arts (SVAPA) programs at Mt Lawley Senior High School.

what

over 90 artworks
gold auction
live music and bar
complimentary canapés & treats
silent auction and raffle
** EFTPOS payments available

when

Saturday 18 June 2016
5pm viewing, music & refreshments
7pm auction starts

where

Mt Lawley Senior High School
enter via Bradford St
park on School Oval



www.lawleyarts.com



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A THOUGHT

Develop a passion for learning. If you do, you will never cease to grow. *Anthony D'Angelo*

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



The testing program ran very smoothly and Mr Lee Payne and the Middle School staff are acknowledged for their good work in this area. Results of the series will be available later this year.

Senior School examinations commence this week with practical courses. Written papers commence next week. The rules of exams, similar to those conducted for the WACE by SCSA, are used and have been explain to students. They will take place over the next fortnight.

Exams are stressful - which is natural - and students need to be able to manage the unknown and the natural fears associated with exams. Ms Iva Filipovska, the School Psychologist, has some information to assist parents and students on her page on the school's website and parents may find this useful to manage situations at home. Ms Filipovska is able to assist those students with particular anxiety concerns.

All members of staff extend their best to the student group as they undertake Semester 1 exams. Good luck.

The membership of the School Board is now finalised for the year. On Monday night, Mr Rob Bryant, an executive with local business, Purslowe Funerals accepted a role as a Community member and was endorsed. It is very useful to have business people on the Board to provide guidance on pathways to employment.

The parent member elected last year, Ms Jo Wynaden, has been forced to resign due to her busy work schedule. She has been replaced by Ms Ebru Cotton after referral to the 2015 parent election. Thanks to Ms Cotton for joining the Board. The work of Ms Wynaden is also acknowledged as she brought a keen mind and great interest with the school to deliberations. She made effective links to the City of Vincent and the school's Bike Club. Thank you to her.

Congratulations are extended to those elected to positions on the School Board. The following members have been elected/appointed for this year.

Position	Name	Term
Parent Representatives	Mr Nigel Becroft	2016/2017
	Ms Ebru Cotton	2016
P&C Representative	Mrs Jo Furness	P&C AGM
Staff Representative	Ms Anne Tumak	2016/2017
Year 10 Student Representative	Mr Jason	2016/2017
Community Representatives	Dr Jenny Fay	2016/2017
	Mr Rob Bryant	2016/2017

Milton Butcher, Principal

SCHOOL PHOTOGRAPHS

Dear Parents

Following our recent school photography by Kapture, you can now view and order any sports and / or special photos taken on the day.

When visiting www.kapture.com.au/event.asp you will need to enter our school code under the Sports & Event tab to access the gallery;
Code: LDSHNW

YEAR NINE HIGH ACHIEVER'S BREAKFAST (HAB)

Early on Wednesday morning, 18 May the first Year 9 High Achiever's Breakfast HAB occurred with over fifty students attending.

Our guest speaker, Tom Durkin, a Fogarty Foundation Scholarship recipient was a fantastic presenter who connected with the students and gave them some exceptionally good advice, including be true to yourself- you are unique!

The Home Economics Department and the Year 11 Certificate II in Hospitality students provided an amazing breakfast for all students and staff. The food was restaurant quality, prepared and served by our Certificate II students. An outstanding event for Year Nine students.





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

WEEK 14 – GROUP LEARNING TEAMWORK

Wellbeing Element: Relationships & Optimism

Character Strength: Leadership

Wellbeing Fitness Challenges: Years 7-9 – Brain Stretch 10-12 – Values Living

When students have identified their top strengths through completing the free VIA Character Strengths Survey

- they are able to discuss issues from positions of strength which can overcome the following situation
- 21st century students crave for a sense of acceptance from their peers as the main way to build their self-esteem.
- often, they are more comfortable doing what they know is not the best for them to protect their social connectedness.
- unfortunately, this often means students are reluctant to leave their comfort zones to explore other ways of thinking

Group learning is an effective way

- to harness and value a wide range of abilities, points of view and attitudes to issues.
- for students to combine their top strengths
- to gather input from all students
- for students to experience “peer” learning and feel valued for their views and ideas
- to cultivate collaborative and interdependent habits through attentive and empathetic listening

Keys to a well functioning group are

- a valuing, tolerance and acceptance of individual differences
- they have two ears and one mouth and as such should listen twice as much as they talk.
- a clear set of agreed expectations to operate by for the group
- not a group of similar thinking clones.

“It’s great when we realise them is really us”

MMW

WEEK 14		GROUP LEARNING TEAMWORK	
MIDDLE STUDENT PLANNER	PAGE 52	SENIOR STUDENT PLANNER	PAGE 52
<p>GROUP LEARNING TEAMWORK</p> <p>My Wellbeing Bank: Develops Relationships and Optimism by positively contributing to groups.</p> <p>Group work presents great opportunities to share, learn from, appreciate and value others' input. When listening to others in a group, repeat three words to bring out their best, tell me more. It is an effective way to bring together a wide range of abilities, multiple intelligences and character strengths, points of view and attitudes to issues.</p> <p>Keys are:</p> <ul style="list-style-type: none"> • valuing and acceptance of individual differences • everyone having something worthwhile to give • one speaker at a time, no put downs, have fun • awareness of body language messages • not having similar thinking clones • having the following types of people. <p>Organiser: creates framework for member involvement</p> <p>Starter: gets things started</p> <p>Verifier: checks for accuracy</p> <p>Listener: steers group's direction</p> <p>Timer: maintains focus on timelines</p> <p>Coordinator: ties input together</p> <p>Finisher: ensures a stylish presentation</p> <p>Energyiser: encourages resilience to push on.</p>			
<p>ACTIONS</p> <p>What are two things I will start doing to contribute positively to groups I'm part of?</p> <p>1. _____</p> <p>2. _____</p>			
<p>MINIFULNESS ACTIVITY:</p> <p>14. Favourite Relatives. Think of your favourite relatives and write down what you think their top five character strengths would be. Five positive personal descriptions to describe them and the positive emotions they make you feel.</p>			
<p>RESILIENCE BUILDER</p> <p>14. Ask your family to do the VIA Character Strengths survey at www.viacharacter.org and then discuss how each of you can use your individual top five strengths to benefit your family. Which ones did you have in common? How do your combined strengths benefit the family as a whole?</p>			
<p>WELLBEING TIP:</p> <p>Smile more; it boosts self confidence and builds relationships with others.</p>			
<p>WHAT WENT WELL THIS WEEK AND WHY?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>Character Strength: Leadership</p> <p>www.viacharacter.org</p>			
<p>Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>			

WEEK 15 – CHANGING BRAIN: NEUROPLASTICITY

Wellbeing Element – Positive engagement

Character Strength – Humility

Wellbeing Fitness Challenges: Years 7-9 – Bright & Light 10-12 – Strengths Spotting

For many years researchers told us that our brains' intelligence was fixed and consequently both students and teachers believed that hard work was the only way to get the best out of this fixed quantity; leading to non-productive fixed mind sets.

Research has now shown that our brain change and this is called Neuroplasticity. As students learned from Building Brain Pathways, their brains build new pathways for every new experience they have and existing ones are strengthened through practising to create habits.

Understanding and accepting this fact can act as a powerful growth mind set for students. This means that they can build their intelligence by lifting their efforts to learn new ways of thinking and applying what they have learned to new situations. To fuel this growth mind-set teachers need to provide students with these new ways to create new brain pathways. The old hard work message still applies in order to turn these pathways into fast freeways through practice.

Some very effective new and innovative brain building strategies in the planner and on the website include

- Investigating and using the 60+ Thinking Tools
- Working through the Positive Education section
- Doing the Resilience Builders
- Applying Mindfulness Activities
- Completing Wellbeing Reflection Activities

**“I’ve never made a mistake,
I’ve only learned from experience.”**
Thomas Edison

WEEK 15		CHANGING BRAIN: NEUROPLASTICITY	
MIDDLE STUDENT PLANNER	PAGE 54	SENIOR STUDENT PLANNER	PAGE 54
<p>CHANGING BRAIN: NEUROPLASTICITY</p> <p>My Wellbeing Bank: Add to Positive Engagement by building my understanding of how my brain changes.</p> <p>Neuroplasticity explains how your brain reorganises itself when you have new experiences. This continues throughout your life. What is happening around, to and by you determines the brain pathways created.</p> <p>This means that you can build strong brain pathways through learning and practice. Your brain's capability depends totally on your efforts. It's a simple choice.</p> <p>The following explains how your brain changes:</p> <ul style="list-style-type: none"> • each neuron has two parts projecting from it, a dendrite and an axon • dendrites carry information to the neuron • axons carry information away from the neuron • the connections between neurons are called synapses • the information connections between neurons are called synapses • for information to flow between neurons, an electrical impulse travels through the axon to the synapse where connections with other neurons are made • the synapses you use often are strengthened and those you don't use wither and die, your brain prunes them • to shine, build your synapses through practice. 			
<p>ACTIONS</p> <p>What are two things I will start doing to positively develop my brain?</p> <p>1. _____</p> <p>2. _____</p>			
<p>MINIFULNESS ACTIVITY:</p> <p>15. Thinking Nothing. Sit still and close your eyes and focus your mind on thinking about nothing for five minutes. As thoughts come, push them out of your mind to enjoy "nothingness".</p>			
<p>RESILIENCE BUILDER</p> <p>15. Write a short story about how a person used several of their top five strengths to overcome a challenge or setback that confronted them. The story can be about a real life event or fictional.</p>			
<p>WELLBEING TIP:</p> <p>When you have things on your mind, use a thinking tool to organise your thoughts.</p>			
<p>WHAT WENT WELL THIS WEEK AND WHY?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>Character Strength: Humility</p> <p>www.viacharacter.org</p>			
<p>Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>			



www.foodbankwa.org.au Foodbankwa



FOODBANK SCHOOLS APPEAL 2016

It's the School Food Appeal time again! We are asking all families to please support the Foodbank Food Drive 2016. Last year participating schools collected enough food to help create over 10,000 meals for needy families.

Winter storms and cold nights are a harsh reminder that many people in our community are in desperate need of help. With winter well on the way Foodbank are preparing for one of their busiest times of the year.

Demand for food relief remains high with over 51,000 Western Australians seeking help from Foodbank each month – around 16,000 are children. Winter is always a time of extra demand, so your help collecting canned foods will make a big difference too many lives over the colder months.

The School Food Appeal runs from Monday 30th May June to Friday 17th June 2016.

Cans and tins can be dropped off at Student Services - please no breakable glass jars as we collect into large bins.

Many thanks for your support with this venture.

Suzie Barnes
Healthy Active Coordinator

PHYSICAL EDUCATION : CROSS COUNTRY

On Friday 20th May, 13 students represented Mount Lawley Senior High School at the Interschool Cross Country Carnival held at McGillivray Park.

All students participated in and completed their events to the best of their ability. The team encouragement and support by all students was pleasing and the behavior of our students throughout the day can be highly commended. Well done to all who were involved!

HPE Staff





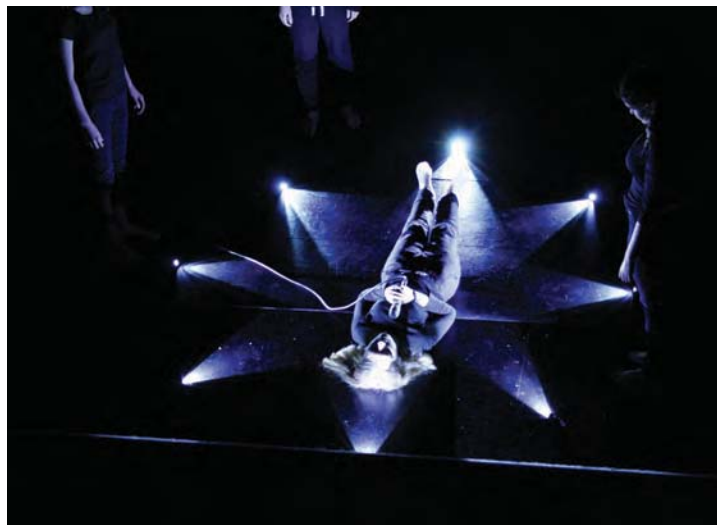
DRAMA : LIGHTWORX

lightworx was an intense experience of devising post-dramatic theatre over a short time frame. We were fortunate to have the expertise and kindness of our Director –in-Residence James Berlyn to guide and shape the process. Mr Charles Warren and I were the support crew and the Year 10 SVAPA Project students plus some SVAPAlings from Year 9 and Year 7 formed the ensemble.

We had excellent responses from the school community and from visitors from the Arts community of WA. Thanks to the staff who were able to attend.

The next SVAPA event on the calendar is A Midsummer Night's Dream in the last week of Term 2 with the Year 8SVAPAs jointly directed by Ms Moya Thomas and Ms Natalie Diggins and all things technical covered by the Year 11 Trike Crew under my command! So on we go, doing our best to present high quality performance work at the Tricycle Theatre.

You might enjoy the photos taken by Sussanah Ho (Year 11).
Dr Dale Irving, TIC Drama



PRISONERS OF WAR CEREMONY (POW)





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.

2016 School Holidays

JULY ATAR REVISION PROGRAM

for years 11 & 12

ACADEMIC TASK FORCE

Early Bird Offer: 10% Discount
Enrol early to secure a place!
If you enrol with full payment before
June 13, 2016 you will save 10%!

Please turn over for timetable →

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Our holiday revision programs motivate, empower and support students. Each course will provide you with the necessary skills to maximise your ATAR.



Experienced teachers.
We have a team of highly qualified, experienced teachers to help you maximise your school performance.



Results driven.
In the 2015 WACE exams, ACADEMIC TASK FORCE students who attended our courses achieved: 5 General Exhibitions, 5 Course Exhibitions, 47 Certificates of Distinction, 140 Certificates of commendation.

July School Holiday Program

Subject Courses

Each ten hour subject course (two hours a day over 5 days) will consolidate your semester 1 knowledge and give you the best exam preparation.

With our Premium Revision Courses you will:

- ▶ Increase your confidence and maximise your performance
- ▶ Receive expert teaching from subject specialists
- ▶ Revise and enrich your understanding of the course content
- ▶ Receive top tips and strategies to achieve maximum marks
- ▶ Be provided with a workbook and notes to take home and use during the year



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learn@academictaskforce.com.au

2016 School Holidays

JULY SKILLS DEVELOPMENT PROGRAM

for years 7, 8, 9 & 10

ACADEMIC TASK FORCE

Please turn over for timetable →

Learn more. Become more.



Boost your results.
Since 1986 ACADEMIC TASK FORCE has helped over 100,000 students boost their academic results.



Reach your true potential.
Our Middle School Skills Development Program provides quality teaching to help students develop their academic skills, improve their performance and boost their confidence.



Experienced teachers.
We have a team of highly qualified, experienced teachers to help you maximise your school performance.



Results driven.
In the 2015 WACE exams, ACADEMIC TASK FORCE students who attended our courses achieved: 5 General Exhibitions, 5 Course Exhibitions, 47 Certificates of Distinction, 140 Certificates of commendation.

July School Holiday Program

Available courses:

- ▶ **Learning Skills:** Learn time management, study skills, goal setting, homework strategies, how to use a diary, learning techniques and many more skills to improve your school work.
- ▶ **Essay Writing:** Learn how to write great essays using a template that you can adapt to any subject and develop skills to improve your writing.
- ▶ **Foundation Maths and English:** Recommended for students in Year 7 and 8 who would benefit from some extra help, motivation and confidence in their high school studies. The class reviews concepts learnt in early high school years.
- ▶ **Advanced Maths and Intermediate English:** Recommended for Year 9 and 10 students who like to consolidate their skills and be extended by learning new concepts and practising advanced questions.

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ACADEMIC ASSOCIATES

2016 School Holidays

ATAR Revision Courses

at UWA

Academic Associates UWA Revision Courses offer Year 12 students the opportunity to benefit from intense revision and preparation for ATAR exams in an effective and time efficient manner.

Make success a reality

Course Details

The complete course in each subject is \$300. This includes all materials and GST. Each course is run over five days, 2 hours each day, a total of 10 hours.



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Book online at www.academicassociates.com.au before June 13, 2016 and receive one FREE Weekend Tuition Help session valued at \$42.00

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- ✓ You will revise course content and better understand your subject. Prepare for your exams with an exclusive workbook and learn to maximise exam performance.
- ✓ Learn in a small group environment and receive personal help.
- ✓ The presenters are very experienced ATAR subject teachers with excellent communication skills and ATAR examination experience.

2016 JULY ATAR REVISION TIMETABLE

UWA Business School, Crawley, Week 2 School Holidays, Monday July 11 - Friday July 15 2016			
8.30am - 10.30am	10.40am - 12.40pm	1.20pm - 3.20pm	3.30pm - 5.30pm
Economics Yr 12 ATAR	English Yr 12 ATAR	Chemistry Yr 12 ATAR	Chemistry Yr 12 ATAR
English Yr 12 ATAR	Maths Methods Yr 12 ATAR	Human Biology Yr 12 ATAR	Geography Yr 12 ATAR
Maths Applications Yr 12 ATAR	Modern History Yr 12 ATAR	Literature Yr 12 ATAR	Human Biology Yr 12 ATAR
Maths Specialist Yr 12 ATAR	Phys Ed Studies Yr 12 ATAR	Maths Applications Yr 12 ATAR	Maths Methods Yr 12 ATAR
Politics and Law Yr 12 ATAR	Psychology Yr 12 ATAR	Physics Yr 12 ATAR	Physics Yr 12 ATAR

Enrolment Terms and Conditions: Please see our website for our policy on payments and refunds. Other subjects and times may become available, classes may be cancelled or changed depending on demand. See website for any changes.



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Relationships Australia

WESTERN AUSTRALIA

1300 364 277
www.relationshipswa.org.au

Parent-Teen Connection

We have all come through adolescence – do we remember? It has always been a challenging, sometimes frustrating period of life's journey. Thankfully, today's parents are usually more inclined to listen. Living with teenagers can be confusing and even worrying, but also rewarding. This course reduces stress and teaches parents to communicate, negotiate and minimise conflict.

This workshop will discuss:

- behaviours and tasks of adolescence
- developing a helpful perspective on adolescence
- communication adolescents understand
- handling conflict
- how to minimise discipline

WEST LEEDERVILLE
22 Southport Street, corner of Cambridge Street
Monday 29 16 23 May
6.30-9pm

Saturday 18 June 2016
9.30-4.30

Fee: \$50 per person / \$75 per couple

Places are limited so please phone 6164 0200 to enrol

Address: 22 Southport St, West Leederville WA 6007
Post: PO Box 1206, West Leederville WA 6801

Ph: 08 9489 6300
Fax: 08 9489 6301

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