



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE 7 Term 2 No.3 2016

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The last two weeks has seen a focus on examinations in the Senior School and representational opportunities in the Middle School. Across the school teachers will shortly commence finalising Semester 1 assessment schedules and undertake reporting.

The annual Indigenous Veterans ceremony was conducted on Wednesday, 25 May 2016. It was supported, as usual, by the Junior Concert Band and the Choir. Attended by Her Excellency the Governor of Western Australia, the members of the Aboriginal Excellence represented the school. This is again an annual event for the group.

The Concert Band and Choir performed to the usual very high standard and drew praise from a number of guests, including the President of RSL, the Hon Graham Edwards, AM and Sharlene, Emma and Dakota laid a wreath on behalf of the school.



On Monday, 30 May 2016, Year 8 and 9 student leaders attended the US Memorial Day commemoration in Kings Park. Romy and Nathan laid a wreath. These ceremonies provide students with the opportunity for presentational tasks and undertake community service. It is a component of the

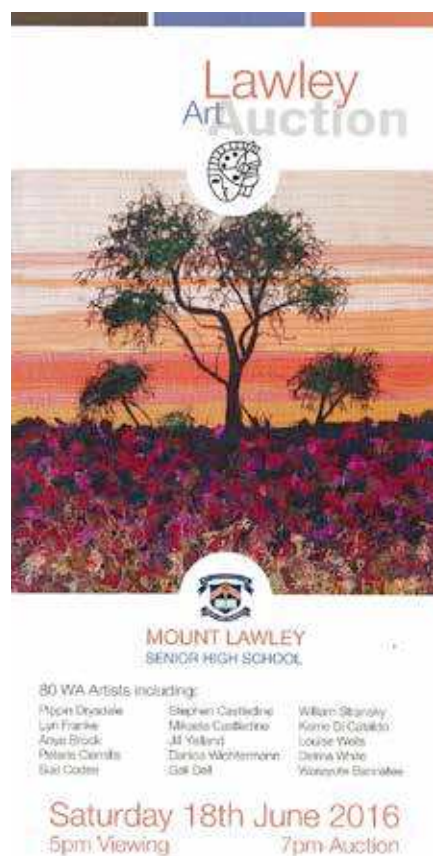
CONGRATULATIONS



Anjali 9M5

Anjali has been participating in all the State level competitions of badminton this year and has steadily progressed. Recently she participated in the Geraldton Open and was the winner in the C Grade and Runner-up in Mixed Doubles C Grade. Her rankings (provided by Badminton Australia) have jumped to 146 after that tournament, clearly indicating that she is doing the right things as a competitive badminton player.

Anjali is now part of the Under 15 High Performance Squad and being trained by the State team's coach. She will be trying out for the Under 15 State Team on 18/19 June in about 3 weeks time. We wish her all the best with her upcoming trials.



80 WA Artists including:
Pipon Dondale Lyn Frankle Anna Brock Patricia Carrillo Gail Corder Stephen Castledine Michele Castledine Jill Yelland Darlene Wichtermann Gail Bell William Stanbury Kaine Di Gaudio Louise Wells Dennis White Wynneville Barnardale

Saturday 18th June 2016
5pm Viewing 7pm Auction

A THOUGHT

Education is the best friend. An educated person is respected everywhere. Education beats the beauty and the youth.
Chanakya

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



school mission about developing young people and making better citizens.



urday night. They will spend a week in Chengdu and return this weekend - just in time for a public holiday and then to resume school. Thanks to Mr Dodds, Dr Zhen, Ms Tumak and Mr Camilleri for the work to make the tour happen and to the families that assisted, speedily, with all administrative requirements.

Milton Butcher, Principal



With reporting on the horizon teachers will shortly complete Semester 1 reports and these will be posted home shortly. Packages will also include OLNA reporting profiles for Years 10-12.

The package will also contain information for booking interviews with teachers for the Semester 1 parent/teacher reporting afternoon/evening. This will be held on Thursday, 30 June 2016. Appointments will be made through the PTO tool as previously. The reporting period will run in the afternoon and conclude at 7:00pm. This is similar to the reporting activity conducted in Term 1 for the interim reports.

An important event for Year 10 parents is the information evening for Year 11. During this time, scheduled for Tuesday, 14 June 2016, the conditions for study in Years 11/12 over 2017/18 will be outlined. Students must complete a program leading to an ATAR or Certificate. There are a range of factors that need to be satisfied in selecting a program of study. These will be canvassed by the staff during the presentation. One of the critical factors in selecting a course, especially an ATAR program, is the student's ability to succeed. This can be seen as a 'C' grade or a final score of at least 50%. If students do not reach these standards there is every chance that they will fail to achieve, which closes doors to future study. Parents are asked to consider the advice of staff very clearly in deciding subjects.

Following the information evening individual counselling appointments will be conducted and more on these will be provided on the night. Individual circumstances are considered.

Approximately three weeks ago the school was approached to send a delegation to Chengdu, China to represent the City of Perth in sister-city celebrations. Ten students agreed to participate and after herculean efforts by several staff members and the co-operation of parents, the group departed on Sat-

From the Principal:

Nationally Consistent Collection of Data for School Students with Disability

Our school is part of a national project about students with disability and/or learning difficulties.

We have been asked to provide data about the number and learning needs of children at our school. The name of the school and the name of the students will not be reported. Information about the different types of needs and the programs and resources the school uses to overcome barriers and support children with special educational needs will be collected.

We believe it is important to contribute to this because it will help Governments and the Department develop better policies that acknowledge the level of resources needed in schools to meet the needs of all students in Western Australia.

If you would like to learn more about the Nationally Consistent Collection of Data for School Students with Disability you can visit this website:

<http://det.wa.edu.au/supportforschools>

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



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

WEEK 16 – BELONGING AND CONNECTED

Wellbeing Element: Relationships & Optimism

Character Strength: Prudence

**Wellbeing Fitness Challenges: Years 7-9 – Emotions Spotting
10-12 – Give to Live**

The single biggest influence on people being happy in themselves is to have a strong feeling of social connectedness; they belong. While these connections should start with family and then extend to school and the community, in the 21st century this is not always the case. Building students' Relationships and Optimism element of wellbeing through frequent little positive actions is the key to them looking to the future with hope.

These actions include welcoming gestures, smiles, hellos, pats on the back, friendly texts, saying thank you and sorry, asking how they are feeling, giving compliments, doing five minute mindfulness activities several times daily, doing selfless acts of kindness, sharing their strengths to help someone overcome a challenge, choosing two positive personal descriptors to live by each week, spotting different ways of thinking in themselves and others, monitoring their and others' emotions, using assertive language when they need to, recognising when they need to seek help and many other simple little positives.

It's all about broadening both their and our attention with now and ourselves. This is essentially about instilling in the school community's members a belief that they and others matter and we all should striving, thriving and flourishing.

"Judge a man by his questions rather than by his answers."

Voltaire

WEEK 16 BELONGING AND CONNECTED / SOCIAL CONNECTEDNESS	
MIDDLE STUDENT PLANNER PAGE 56	SENIOR STUDENT PLANNER PAGE 56
<p>BELONGING AND CONNECTED</p> <p>My Wellbeing Bank: Strengthen Relationships and Optimism by building positive relationships</p> <p>Feeling that you are socially connected is the single most influential factor in you being happy. It makes a lot of sense to invest your efforts heavily in building your relationships and this releases pleasure inducing chemicals into your bloodstream, which immediately reduce anxiety. It develops positive emotions in you which broaden your attention to think creatively and flexibly, which are growth mindsets and in turn builds your engagement, your mindfulness.</p> <p>When you are happy:</p> <ul style="list-style-type: none"> • you are healthier and experience less anxiety • you are more likely to achieve what you set out to do • your positive attitude is contagious for those around you • it rubs off to make them feel happier too • you show gratitude to others for their efforts • they feel that they matter and are appreciated. <p>Neuroscience has discovered that we have mirror neurons. They copy the feelings, expressions and actions of others around us. When someone smiles at you, it is almost impossible not to smile back. Unfortunately the opposite is also true; they copy negative feelings, expressions and actions.</p> <p>Connect with optimistic, happy and thankful people.</p> <p>ACTIONS</p> <p>What are two things I will start doing to strengthen my feelings of being socially connected?</p> <ol style="list-style-type: none"> 1. 2. <p>MINDFULNESS ACTIVITY:</p> <p>16. Being Playful. Look around the class and think of at least ten funny things that could happen in the class without putting anyone down.</p> <p>RESILIENCE BUILDER</p> <p>16. Think of a famous person (e.g. actor, musician, sports person, media personality) in the public eye. Describe what you think are their personal Character Strengths and how have those strengths helped them to be successful in their life/career. Are there any other Character Strengths that you feel they would benefit from developing?</p> <p>WELLBEING TIP:</p> <p>A cool down after exercise is as important as a warm up before exercise.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Character Strength Prudence www.viacharacter.org</p> <p>Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>	<p>SOCIAL CONNECTEDNESS</p> <p>My Wellbeing Bank: Strengthen Relationships and Optimism through building positive relationships</p> <p>Feeling that you are socially connected is the single most influential factor in you being happy. It makes a lot of sense to invest your efforts heavily in building your relationships and this releases pleasure inducing chemicals into your bloodstream, which immediately reduce anxiety. It develops positive emotions in you which broaden your attention to think creatively and flexibly, which are growth mindsets and in turn builds your engagement, your mindfulness.</p> <p>When you are happy:</p> <ul style="list-style-type: none"> • you are healthier • you are more likely to achieve what you set out to do • experience less depressive feelings • your positive attitude is contagious for those around you • the ripple effect from you makes others happier. <p>When you show gratitude to other people for their efforts:</p> <ul style="list-style-type: none"> • it ignites an upward spiral of relationship growth • they feel that they matter and are appreciated. <p>Neuroscience has discovered that we have mirror neurons:</p> <ul style="list-style-type: none"> • they sense and copy the feelings, expressions and actions of others around us • have you ever found that when someone smiles at you, it is almost impossible not to smile back at them • unfortunately the opposite is also true; they mimic negative feelings, expressions and actions • connect socially with optimistic, happy and thankful people and avoid pessimistic thinkers. <p>ACTIONS</p> <p>What are two things I will start doing to increase my feelings of being socially connected?</p> <ol style="list-style-type: none"> 1. 2. <p>MINDFULNESS ACTIVITY:</p> <p>16. Being Playful. Look around the class and think of at least ten funny things that could happen in the class without putting anyone down.</p> <p>RESILIENCE BUILDER</p> <p>16. With two friends, brainstorm ten things you should do during your holiday breaks. You can use the CAP: Consider All Possibilities Thinking Tool to assist you. Read Holidays on page 116 for ideas.</p> <p>WELLBEING TIP:</p> <p>A cool down after exercise is as important as a warm up before exercise.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Character Strength Prudence www.viacharacter.org</p> <p>Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>

SCHOOL DIARY EXTRACT

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WEEK 17 – RESEARCHING

Wellbeing Element – Skills and Achievement

Character Strength – Spirituality

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

The main thing students will be doing in their lives in the 21st century is learning. Combine this with them being electronically connected 24/7 to a many others, and we have a situation where they seldom slow down enough to be in the moment to think hard about what they looking at.

Teaching students to follow a research process enables them to slow down and think hard about each step they are doing. To support this process even further we can ask them to identify and describe how they are thinking using Habits of Mind. Also using the brain pathway building structure and prompting questions of the Thinking Tools, we can slow and deepen their thinking even more.

Adopting these approaches cultivates effective research habits which include

- *knowing what to do when they don't know what to do.*
- *relate to how it connects to their world.*
- *identify and find the information they need to address it.*
- *plan a timeline to solve it.*
- *analyse their findings and look for bias, patterns, inference and implied messages.*
- *present what they learned with clarity and precision.*
- *evaluate their thoughts and make sense of them in relation to their world.*
- *make forecasts and predictions from their findings.*

**"If we knew what it was we were doing,
it would not be called research, would it?"**

Albert Einstein

WEEK 17 RESEARCHING	
MIDDLE STUDENT PLANNER PAGE 58	SENIOR STUDENT PLANNER PAGE 58
<p>RESEARCHING</p> <p>My Wellbeing Bank: Strengthen Skills and Achievement by developing my researching capabilities.</p> <p>Having a set process to follow when researching:</p> <ul style="list-style-type: none"> • builds strong pathways in your brain • enables you to make sensible research conclusions. <p>An effective process for researching is:</p> <p>Defining</p> <ul style="list-style-type: none"> • describing the topic and aims in your own words • breaking it up into smaller pieces • setting timelines on your forward planner/phone for data collection, analysis, drafting, final report. <p>Locating</p> <ul style="list-style-type: none"> • finding sources of information • asking library teachers and using the internet. <p>Selecting</p> <ul style="list-style-type: none"> • gathering data efficiently • checking its accuracy <p>Organising</p> <ul style="list-style-type: none"> • putting gathered information under main points • arriving at an overall judgement. <p>Presenting</p> <ul style="list-style-type: none"> • writing a draft and seeking teacher/family feedback • using feedback in your final report • reflecting resources used in a Bibliography. <p>Evaluating</p> <ul style="list-style-type: none"> • reflecting and identifying stages that require improvement • looking at what thinking tools would be best to use. <p>ACTIONS</p> <p>What are two things I will start doing to improve the way I research?</p> <ol style="list-style-type: none"> 1. 2. <p>MINDFULNESS ACTIVITY:</p> <p>17. Doing Nothing. Lie on your back with your hands under your head and concentrate on doing absolutely nothing for at least five minutes. You can only do nothing.</p> <p>RESILIENCE BUILDER</p> <p>17. Behaving ethically means considering your actions. Are they fair to others? Safe? Legal? Do your actions make you feel better afterwards? Do they reflect your values and character strengths? Describe a time you behaved ethically.</p> <p>WELLBEING TIP:</p> <p>To build energy for life reduce sugar and caffeine intake; energy thieves.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Character Strength Spirituality www.viacharacter.org</p> <p>Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>	<p>RESEARCHING</p> <p>My Wellbeing Bank: Add to Skills and Achievement by developing my researching capabilities.</p> <p>A logical research process to follow builds strong brain pathways and enhances your research outcomes.</p> <p>Defining: identify topic</p> <ul style="list-style-type: none"> • describe it and your research aims in your words • divide the investigation into smaller pieces • develop an order to follow. <p>Locating: establish resources</p> <ul style="list-style-type: none"> • access the internet, books and library • be aware of the currency of sources you access. <p>Selecting: collect data</p> <ul style="list-style-type: none"> • identify most suitable method of gathering information • be aware to check the accuracy of web data • set timelines for data collection, analysis, drafting and completion of final report • record these dates on your year planner and in your phone. <p>Organising: analyse data</p> <ul style="list-style-type: none"> • interpret gathered information • is there bias, prejudice, inferences or hidden messages? • synthesise the components into a coherent unit. <p>Presenting: prepare a report</p> <ul style="list-style-type: none"> • write a draft and seek feedback from teachers and family • assess feedback and incorporate relevant points in your report • you will be assessed on your conclusions, analysis, commentary, arguments and interpretations, NOT on your summarising ability. <p>Evaluating: assess the process and findings</p> <ul style="list-style-type: none"> • identify stages that require improvement • how well was the topic addressed. <p>ACTIONS</p> <p>What are two things I will start doing to improve the way I research?</p> <ol style="list-style-type: none"> 1. 2. <p>MINDFULNESS ACTIVITY:</p> <p>17. Doing Nothing. Lie on your back with your hands under your head and concentrate on doing absolutely nothing for at least five minutes. You can only do nothing.</p> <p>RESILIENCE BUILDER</p> <p>17. Compile a "Things to do" list containing "Must do's" and "Should do's" every night for five school days in a row. Use your top five strengths to make it work. Was it an effective strategy and why? Describe how you can build this strategy as a growth mindset habit.</p> <p>WELLBEING TIP:</p> <p>To build energy for life reduce sugar and caffeine intake; energy thieves.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Character Strength Spirituality www.viacharacter.org</p> <p>Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>





INDIGENOUS VETERANS CEREMONY

This year saw another successful and moving Reconciliation Service at Kings Park. Mount Lawley Senior High School was well represented by the School Choir and Band who played Abide With Me and the National Anthem. The Aboriginal Excellence Program students were also in attendance and had the honour of laying a wreath by Dakota, Emma and Sharlene (on behalf of our school) at the site of the Eternal Flame.

It was a moving ceremony that has grown from its humble beginnings almost a decade ago. Mount Lawley Senior High School has been there from the start and is well regarded by the Department of Veterans Affairs Planning Committee and the Indigenous War Veterans Associations for the level of respect and commitment afforded by our school's leadership, staff and students.

Dr Philip Paioff, Aboriginal Excellence Program Co-ordinator



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



Black Swan State Theatre Company in collaboration with the National Theatre of China present Bertolt Brecht's The Caucasian Chalk Circle, an epic tale of motherhood, ownership and identity. This world-class 'Chinese opera' style production is a rare and exciting opportunity to see an epic work reinterpreted for the modern day. Not to be missed!. At the State Theatre Centre of WA from 30 July - 14 August. Tickets on sale now through Ticketek.

http://premier.ticketek.com.au/shows/show.aspx?sh=THECAUCA16&utm_source=lawley-shs&utm_medium=enews&utm_campaign=black-swan-state-theatre-company|the-caucasian-chalk-circle

SPECIAL DISCOUNT TICKET OFFER!

See The Caucasian Chalk Circle on Sat 30 July, Mon 1 or Tues 2 Aug for only \$57.00 – that's a \$10 savings! Just quote the password CHINA when booking online, in person or over the phone.



INDIGENOUS VETERANS CEREMONY

USA MEMORIAL DAY CEREMONY





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.

WE HAVE THE BOARDING OPTION IN PERTH FOR YOU !!

ROTARY RESIDENTIAL COLLEGE

Rotary Residential College provides quality accommodation for country high school students. The college caters for all rural and remote country students from all over Western Australia that want to attend a State Government High School in the Metropolitan area. The college is situated in East Victoria Park, minutes from the Perth CBD. Call Management now on 08 94704177 or email admin@rotaryresidentialcollege.com.au or check out our website rotaryresidentialcollege.com.au

1300 364 277

www.relationshipswa.org.au

PARENTING COURSES JUNE 2016 (and early July)

Ring **6164 0200** to enrol or go to www.relationshipswa.org.au for more information

Rock & Water Program (8-14yos) (West Leederville Primary School) The Rock and Water program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence.	DATE: 11 June DAY: Saturday TIME: 8.30am-12.30pm COST: \$60 parent/child pair
Successful Single Parenting (West Leederville) This workshop is based on research that highlights some of the more helpful ways of forming and living in your new family.	DATE: 20 June DAY: Monday TIME: 6.30-9pm COST: \$25
Kids & Today's Technology - for parents of kids 'tween 2 & 18 (West Leederville) Technology is now being used by very young children and most teenagers are proficient users of many aspects of technology. Your knowledge of what's out there, how it's being used and how you manage it in your home will have a direct impact on your kids' learning and safety.	DATE: 22 & 29 June DAY: Wednesday TIME: 6.30-9pm COST: \$35/\$50 couple
Mums Raising Teenage Girls (West Leederville) This seminar helps mothers to better understand their daughters and the challenges they go through during puberty and helps them to better equip their daughters to be happy and strong individuals.	DATE: 27 June DAY: Monday TIME: 6.30-9pm COST: \$25
Dads Raising Girls (West Leederville) As the primary male role model in a young girl's life, Dads play an important role in the development of their self-concept and self-esteem. This can affect how they relate to others as they get older, particularly to boys & men.	DATE: 28 June DAY: Tuesday TIME: 6.30-9pm COST: \$25
Stepfamilies - an Introduction (West Leederville) This workshop is based on research that highlights some of the more helpful ways of forming and living in this new family.	DATE: 28 June DAY: Tuesday TIME: 6.30-9pm COST: \$25/\$40 couple
Fathering After Separation (Joondalup) It's important for fathers to distinguish between their parenting role and the relationship break-up. This seminar suggests ways in which fathers can keep in touch with children, even if hindered by formal access arrangements.	DATE: 28 June DAY: Tuesday TIME: 6.30-9pm COST: \$25/\$40 couple

COMMUNITY FORUM

'Masculinity in today's world.'

A free event FOR EVERYONE interested in understanding the role of men in today's changing world, how to nurture boys to fulfil their potential, and how they can contribute to ensuring women's empowerment.

A panel discussion featuring:

Mr Luke McPharlin: Former Dockers Player, Football coach, pharmacy student.
Mr Adam Przytula: Director of 'Armed for Life' equipping teenagers for a resilient life.
Ms Courtney Pelkowitz: Program assistant at the Perth US Asia Centre, with passionate interest in gender equality.
Mr Hoda Golestani: School psychologist with broad experience working with at risk youth.

Tuesday June 28th, 2016 at 7.15 pm

Baha'i Centre of Learning, Cnr North Lake Rd/Marmion St, Myaree
Tea and Coffee will be served.

Organised by the West Australian Baha'i Community
Contact Wendy Wisniewski to RSVP and for further information.
wendywisniewski@gmail.com 0438 319 195

1300 364 277

www.relationshipswa.org.au

Parent Teen Connection x 4 (West Leederville) This 4 week course will help to reduce stress and teach parents how to communicate, negotiate and minimise conflict.	DATE: 25 July-15 August DAY: Monday TIME: 6.30-9pm COST: \$50/\$75 couple
Building Stronger Families x 8 (West Leederville) This course is designed specifically for families with children over the age of 10. Inclusion is the key. Parents learn how to be leaders and role models in the family and children learn how to be special and also how to belong.	DATE: 27 July-31 August DAY: Wednesday TIME: 6.30-9pm COST: \$80/\$120 couple
PIT STOP - a Parenting Tune-up for Fathers (West Leederville) Dads play an essential role in raising their children. This eight week course is engaging, fun and above all, practical.	DATE: 27 July-14 Sept DAY: Wednesday TIME: 6.30-9pm COST: \$120