



# MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

## LAWLEY UPDATE 11 Term 3 No.2 2016

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

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

SENIOR SCHOOL (YRS 10-12)  
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[www.lawley.wa.edu.au](http://www.lawley.wa.edu.au)  
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The highlight of the last two weeks was the Honours Society assembly, held, Wednesday, 10 August 2016. 22 students were inducted.

Members of the Honours Society are the best academic performers of their year group. For some years the entry standard was 12 'A' grades, however, with reforms to education, such an approach is no longer relevant. For instance, with this standard applied across all students, none studying a vocational pathway would be inducted. Frankly, in an environment where 30% of students do not complete an ATAR pathway and study Certificates which are not graded, the traditional Honours Society standard is no longer relevant. Hence, there is some flexibility around the entry point, however, no student inducted, in the opinion of key staff, do not deserve the accolade.



### CONGRATULATIONS

#### Caitlin 906

Caitlin has been selected to compete in the 2016 Australian National Taekwondo Championships in Bendigo Victoria later this month. Caitlin will be competing in the 12 - 14 Year Age category in the Blue Belt Individual Poomsae, which is a defined pattern of defence and attack motions.



#### Ben 752

Ben is a finalist in the 2016 Black Swan Prize for Portraiture with his portrait called: Luka, (Subject: Luka Buchanan), and his work will be shown to the public in October 2016.



#### Izabella 9H5

Izabella is a finalist in the 2016 Black Swan Prize for Portraiture with her portrait called Human, (Subject: Stephanie McLernon), and her work will be shown to the public in October 2016. Congratulations Izabella, this is her second successful competition entry this year, refer to last newsletter regarding the Shaun Tan Awards for Young Artists.



#### Saira 8F3

Saira has been selected to compete in the 2016 Australian National Taekwondo Championships in Bendigo Victoria later this month. Saira will be competing in the 12 - 14 Year Age Cadets category.



Thanks to all parent and family members of inductees who attended the assembly.

The school's symphony orchestra provided the musical item of the assembly. The playing of students was simply superb and the performance of 'Pirates of the Caribbean' was a great credit to the orchestra's members. The leadership of Ms de Rozario in establishing and preparing the orchestra is acknowledged. She has added significantly to the music program since she commenced at the school.



### EVENTS CALENDAR

15 August	School Board Meeting 5:50pm, Main Administration Building.
17 August	Coffee Club 8.45am D Cafe
22 August	P & C Meeting 7:30pm, Main Administration Building
24 August	Language Support Group 7.30pm
25 August	Music Parents Meeting 7pm
29 Aug -9 Sept	OLNA Writing/Numeracy 9.00am
31 August	SVAPA Support Group Meeting 7pm
6 September	High Achievers Breakfast 7.30am MS/SS Music Concert 6pm

### A THOUGHT

To educate a man in mind and not morals  
is to educate a menace to society. **Theodore Roosevelt**

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)



In Semester 1, the Year 10 Academic Extension HASS class completed a project researching aspects of the history of the local area. The projects were entered into a competition conducted by the City of Vincent. The group of Samuel, Max, Samuel, and Eric, were awarded first prize in the student section of the competition for work on the East Perth Train Station. The prize was presented at the assembly by the Mayor of the City of Vincent, Mr John Carey.



The School Board and the P&C are both considering options for parent/teacher meetings in 2017. With more parents attending the first meeting (interim reports) than the second (Semester 1 reports) is the best approach to conduct a full day for the first meeting and only an after school schedule for the second? The next P&C meeting is Monday, 22 August 2016. Parents are encouraged to attend and contribute to decision-making within the school. Ms Jo Furness and her hard working committee welcome all parents to meetings.

Towards the middle of the term, the last series of OLNA testing for 2016 is scheduled. This commences on Monday, 29 August 2016. Passing OLNA is crucial to achieve the Western Australian Certificate of Education as it provides the literacy and numeracy component of graduation. OLNA must be completed by all students who do not achieve a Band 8 in NAPLAN in Year 9. Once the OLNA test in the three areas of Numeracy, Writing and Reading has been satisfied, there is no need to sit the test again. The last opportunity for Year 12 students yet to pass OLNA is the one upcoming. The school provides support and revision seminars for students needing to complete OLNA across Years 10 - 12. This is outlined in the next section. Best wishes are extended to all students needing to complete OLNA, especially the Year 12 group.

**Milton Butcher, Principal**

## OLNA HELP FOR SENIOR SCHOOL STUDENTS



The school is offering assistance to those students who were not successful at achieving Category 3 in Round One 2016.

### **When is the help available?**

#### **Reading:**

Before school in SS 7 on a Thursday morning from 8 – 8.30 am.

#### **Writing:**

After school in the library on a Tuesday afternoon from 3.00 – 4.00 pm.

#### **Mathematics:**

Wednesday Period 5 (SS finishes period 4) in Library Seminar room – Year 11 OLNA support

Wednesday 3 to 4pm Year 10 OLNA and general maths support in room 1.3 community 1.

Thursday 3 to 4pm OLNA support Year 9 building – all year groups

### **When does Round Two start?**

Round Two begins on 29th August and runs until the 9th September.

### **What is OLNA and how does it affect graduation?**

To achieve the Western Australian Certificate of Education (WACE) from 2016, students will need to demonstrate a minimum standard of literacy and numeracy. These are the skills regarded as essential to meet the demands of everyday life and work. For example, it would be expected that a young person leaving school can write a good job application, read and follow instructions and complete the sorts of maths adults encounter all the time when shopping or balancing the family budget.

There are two ways students can demonstrate the minimum standard:

- *prequalification through the Year 9 National Assessment Program Literacy and Numeracy (NAPLAN), or*
- *performance in the Online Literacy and Numeracy Assessment (OLNA).*

Students who achieve Band 8 or higher in any of the three components of reading, writing and numeracy in their Year 9 NAPLAN are acknowledged as having demonstrated proficiency in using a range of ACSF Level 3 skills in that component. They are not required to sit the corresponding OLNA component, e.g. if a student achieves Band 8 or higher in reading in their Year 9 NAPLAN they will not need to sit the reading component of the OLNA. The OLNA is an online assessment.

**Who should I contact if I have questions about OLNA literacy?** If you are the parent/guardian of a Year 10, 11 or 12 student who has not achieved Category 3 in Reading or Writing and want to know more please begin contact by sending an email to: [bette.parker@lawley.wa.edu.au](mailto:bette.parker@lawley.wa.edu.au)  
**Who should I contact if I have questions about OLNA Mathematics/Numeracy?**

Please contact: [Kevin.Fletcher@lawley.wa.edu.au](mailto:Kevin.Fletcher@lawley.wa.edu.au)



## HAVE YOU UPLOADED OUR NEW SCHOOL PHONE APP ?



Go to School Website

<http://www.lawley.wa.edu.au/>

Click on the Lawley Home page on the web

On the right hand side of the screen

is a photo of our new phone app,

click on this photo

and it will take you to the information page

where you can click on the right app for you.

## Fund raiser FOR SVAPA

Rorschach Beast's multiple award winning production of *Girl in the Wood* returns for a **ONE** night only performance before continuing the adventure in Melbourne.



*If you missed this performance the first time. This is your chance to catch this hit Fringe production.*

### WINNER:

**Best Emerging Artist Award - Fringe World 2016**

### WINNER:

**Melbourne Fringe Ready to Tour Award - Fringe World 2016**

### NOMINATED:

**Martin Sims Award for Best WA Production - Fringe World 2016**

*In the clearing that sits at the centre of the wood dwells a beast of shadows and darkness. In this frightening forest fairy tale, a young girl ventures into the woods to save her brother from the shadowy beast that controls him. The woods are dark and terror lies in wait around every corner.*

*Be Brave. Not everyone is making it out alive.*

Director: Izzy McDonald // Writer: Geordie Crawley  
// Performers: Sal Briggs Goodridge, Tristan McInnes, Alicia Osyka, Geordie Crawley // Sound Design: Robert Woods.

## Date of Production 19th of August at 7pm

The Tricycle Theatre - Mount Lawley Senior High School, 65 Woodsome St Mount Lawley, WA 6050

## BOOKINGS:

<https://www.trybooking.com/Booking/Booking-EventSummary.aspx?eid=217614>

For more information contact Geordie Crawley.  
Phone: 0400645117  
email: [rorschachbeast@gmail.com](mailto:rorschachbeast@gmail.com)



Vote now for your favourite teacher, principal or support staff member and give them a chance to win \$1000.

As part of the WA Education Awards 2016 we're asking students and parents to tell us who makes a difference in their public school.

The staff member who receives the most votes will be awarded the People's Choice Award at the WA Education Awards 2016 presentation event on Monday 28 November.

All school staff who receive a vote will be acknowledged in The West Australian on World Teachers' Day on Friday 28 October.

Voting closes 5.00 pm Friday 23 September 2016.



For more information about the WA Education Awards, visit [education.wa.edu.au](http://education.wa.edu.au)

<https://competitions.thewest.com.au/print-comps/the-west-australian/2020-wa-education-peoples-choice-award/>





# HONOURS SOCIETY ASSEMBLY







## YEAR 8 SPORTS CARNIVAL







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

**WEEK 22 – ANGER**

**Wellbeing Element: Strengths and Emotions**

**Character Strength: Bravery**

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

Adolescence is an emotionally challenging period of time for students, parents and teachers.

- both at home and at school, outbursts of anger and stress attacks can often occur.
- the teenage brain is anatomically different to our brains; they are not little adults.
- while their brains are wired up to create emotions like ours, the control centre of their brains, the prefrontal cortex, is not.
- therefore their emotions often go unchecked and their planning and forward thinking are often quite impulsive.

Combine this with the brain chemicals being released throughout puberty and it is little wonder that the adolescent brain is a turbulent place

- most cases of adolescent stress and anger are not deliberate, nor defiant
- a proactive strategy is to initiate discussions about identifying the stressors that trigger emotional behaviours.

The time to repair the roof is when the sun is shining, not when it is raining.

- likewise, the time to have these conversations is when there is calm and no issues occurring, not during emotional episodes
- reading Positive Coping Strategies and Why Self-Calming Strategies? is a proactive exercise
- a big part of being socially and emotionally resilient is for students to have their own 'off ramps' for anger in place.

**"If you're not feeling good about you, what you're wearing on the outside doesn't mean a thing."**

Leontyne Price

WEEK 22 ANGER	
MIDDLE STUDENT PLANNER PAGE 68	SENIOR STUDENT PLANNER PAGE 68
<p><b>ANGER</b></p> <p><b>My Wellbeing Bank:</b> Boost Strengths and Emotions by understanding my anger to be in charge of it.</p> <p>Anger is a natural part of life and happens when:</p> <ul style="list-style-type: none"> <li>• your emotions strengthen</li> <li>• you fall into one of the Emotional Traps (page 108)</li> <li>• setbacks or challenges confront you</li> <li>• anxiety, causing brain chemicals to enter your bloodstream</li> </ul> <p>How you take charge of it is what matters. Your sense of wellbeing will benefit when you:</p> <ul style="list-style-type: none"> <li>• understand what things make you angry</li> <li>• realise no one else makes you angry, other than being bullied.</li> <li>• Don't react and allow yourself to "lose it"</li> <li>• Use Square Breathing to distract your mind</li> <li>• recognise your body signals when you are becoming angry; could be hot ears, muscle tension, fast breathing.</li> </ul> <p>Draw an outline of your body and put your signals on it.</p> <p>There are two types of anger:</p> <ul style="list-style-type: none"> <li>• <b>controlled:</b> being confident and assertive; you maintain logical decision making – good choices</li> <li>• <b>uncontrolled:</b> being consumed and destructive; you lose your decision making abilities – poor choices.</li> </ul> <p><b>ACTIONS</b></p> <p>What are two things I will start doing to understand and be in charge of my anger?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol> <p><b>MINDFULNESS ACTIVITY:</b></p> <p><b>22. My Body.</b> It is very easy to focus on the things that are wrong with your body. Close your eyes for five minutes and think about at least ten parts of your body which are working really well.</p> <p><b>RESILIENCE BUILDER</b></p> <p><b>22.</b> With a friend discuss and describe what positive self-talk you could use when you find yourself feeling "precious", thinking everyone is against you and over-exaggerating how bad the situation is?</p> <p><b>WELLBEING TIP:</b></p> <p>To flavour meals replace salt with fresh or dried herbs, spices, vinegar, garlic, onion, curry powder and so on.</p> <p><b>WHAT WENT WELL THIS WEEK AND WHY?</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> <p>Character Strength <b>Bravery</b> www.viacharacter.org</p> <p>Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>	<p><b>ANGER</b></p> <p><b>My Wellbeing Bank:</b> Strengthen Strengths and Emotions through understanding and being in charge of my anger.</p> <p>Anger is a natural human function and happens when:</p> <ul style="list-style-type: none"> <li>• challenges and setbacks intensify your emotions</li> <li>• you fall into one of the Emotional Traps (page 108)</li> <li>• adrenaline related chemicals enter your bloodstream</li> <li>• when you feel others show you a lack of respect or put you down.</li> </ul> <p>There are two types of anger:</p> <ul style="list-style-type: none"> <li>• <b>Uncontrolled</b> anger which is destructive. It causes:           <ul style="list-style-type: none"> <li>• aggression and consumes you</li> <li>• you to lose your normal functioning level</li> <li>• logical thinking to become very difficult.</li> </ul> </li> <li>• <b>Controlled</b> anger which is positive. It causes:           <ul style="list-style-type: none"> <li>• you to be assertive in dealing with uncomfortable situations</li> <li>• you to think using your top five strengths</li> <li>• Other than being bullied, no one makes you angry. You do it yourself.</li> </ul> </li> </ul> <p>To be in charge of your anger:</p> <ul style="list-style-type: none"> <li>• write down physical warning signals you experience as you become angry; could be hot ears, hastened breathing, muscle tension</li> <li>• draw an outline of your body and put the warning signals on it</li> <li>• encourage yourself to use positive self-talk</li> <li>• "settle, it's not worth the pain if I lose it, I'll wait till I calm down"</li> <li>• exercise to release endorphins, feel good brain chemicals</li> <li>• have a critical friend who will let you know when you are showing signs of anger; they are your off ramps.</li> </ul> <p><b>ACTIONS</b></p> <p>What are two things I will start doing to be in charge of my anger?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol> <p><b>MINDFULNESS ACTIVITY:</b></p> <p><b>22. My Body.</b> It is very easy to focus on the things that are wrong with your body. Close your eyes for five minutes and think about at least ten parts of your body which are working really well.</p> <p><b>RESILIENCE BUILDER</b></p> <p><b>22.</b> The most pressing concerns for young people in your age group are school and study, including prioritising, time management, learning effectively, completing learning tasks and coping with and overcoming stressful challenges. If you are really struggling coming to grips with what's required of you, what can you do?</p> <p><b>WELLBEING TIP:</b></p> <p>To flavour meals replace salt with fresh or dried herbs, spices, vinegar, garlic, onion, curry powder and so on.</p> <p><b>WHAT WENT WELL THIS WEEK AND WHY?</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> <p>Character Strength <b>Bravery</b> www.viacharacter.org</p> <p>Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>

**WEEK 23 – EXERCISE, LEISURE AND TENSION**

**Wellbeing Element – Exercise and Health**

**Character Strength – Humour**

**Wellbeing Fitness Challenges: Adventure Eat – Values Living,  
Years 10-12 – Discovery Learning**

A balanced student lifestyle places an equal emphasis on all of their elements of wellbeing

- they work together, like their top Character Strengths, to create harmony and build their wellbeing fitness
- research has revealed that active and positive people are more likely to achieve what they do and are less ill
- a shortfall in any of these has adversely effects the others and in time see a build up tense feelings
- this is particularly so if the Skills and Achievement element is pushed too hard and
- the Exercise and Health is ignored

All students' Personal Timetables should include

- at least an hours pulse lifting exercise every day
- quality outdoor leisure activities with friends and family which are light and bright
- frequent opportunities to have fun and laugh with others to experience positive emotions
- happy students enjoy, strive, thrive and flourish on their school journey

Some quality physical and brain leisure activities include

- a brisk walk, run, swim or bike ride, yoga, aerobics, pilates, gym workout, tai chi
- surfing, skateboarding, bush walking, playing sport, zumba, dancing, gymnastics, resistance training
- chess, board games, suduko, crosswords, scrabble, cards

It's time to ensure our students have plenty of timeout from electronic pursuits

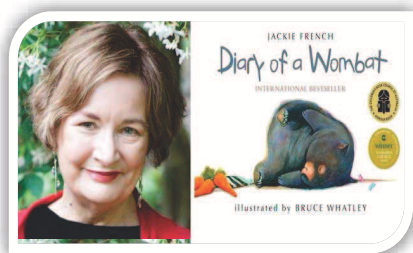
**"The three words of success – Care, Share and Dare."**  
Saying

WEEK 23 EXERCISE & LEISURE / EXERCISE, LEISURE & TENSION	
MIDDLE STUDENT PLANNER PAGE 70	SENIOR STUDENT PLANNER PAGE 70
<p><b>EXERCISE AND LEISURE</b></p> <p><b>My Wellbeing Bank:</b> Increase Exercise and Health by focusing on my exercise and leisure activities.</p> <p><b>Exercise</b> for at least an hour every day.</p> <p>If you can't find time for exercise, you'll have to find time for illness. Put exercise, sport and leisure activities on your Personal Timetable. If not planned for, time can get away from you.</p> <p>Exercise and leisure have many forms:</p> <ul style="list-style-type: none"> <li>• a brisk walk, run, swim or bike ride</li> <li>• yoga, aerobics, pilates, gym workout, surfing, skateboarding, bush walking, playing sport, zumba, dancing, gymnastics, resistance training</li> </ul> <p>Surprise yourself by trying something new. Use Square Breathing and Why Self-Calming Strategies? Spend quality time with family and friends.</p> <p>Quality and frequent exercise, benefits your wellbeing by:</p> <ul style="list-style-type: none"> <li>• improving your fitness, flexibility and body tone</li> <li>• building positive relationships</li> <li>• increasing your oxygen intake and endurance</li> <li>• reducing tension and anxiety</li> <li>• improving your sleeping patterns</li> <li>• learning new skills through different leisure activities.</li> </ul> <p><b>ACTIONS</b></p> <p>What are two things I will start doing to plan and make the most of exercise and leisure activities?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol> <p><b>MINDFULNESS ACTIVITY:</b></p> <p><b>23. Headline.</b> Look at a headline on a magazine or newspaper without reading the article. Spend five minutes being creative writing an article about the headline in your head or if you prefer on paper or electronically.</p> <p><b>RESILIENCE BUILDER</b></p> <p><b>23.</b> You are in a class of students who are to organise a talent quest for the whole school. When assembling your group, what mix of top five strengths do you think are essential to have within the group to be successful in achieving your goal. Describe your reasons.</p> <p><b>WELLBEING TIP:</b></p> <p>When in the car travelling with family turn off the music and have a conversation.</p> <p><b>WHAT WENT WELL THIS WEEK AND WHY?</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> <p>Character Strength <b>Humour</b> www.viacharacter.org</p> <p>Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>	<p><b>EXERCISE, LEISURE AND TENSION</b></p> <p><b>My Wellbeing Bank:</b> Increase Exercise and Health by using exercise and leisure activities to reduce tension.</p> <p><b>Exercise and Leisure</b> activities have many forms:</p> <ul style="list-style-type: none"> <li>• the main thing is that they involve you moving more</li> <li>• require you to be in charge of your breathing</li> <li>• they provide relationship building time with others</li> <li>• or they clear your mind with private me time.</li> </ul> <p>Some quality ones include:</p> <ul style="list-style-type: none"> <li>• a brisk walk, run, swim, bike ride, yoga, aerobics, pilates, gym workout, tai chi, surfing, skateboarding, bush walking, playing sport, zumba, dancing, gymnastics, resistance training</li> <li>• surprise yourself by trying something new.</li> </ul> <p><b>Exercising</b> for at least an hour daily enables you to:</p> <ul style="list-style-type: none"> <li>• experience feel good brain chemicals called endorphins</li> <li>• improve your fitness, flexibility and body tone</li> <li>• increase your oxygen intake and endurance</li> <li>• reduce tension and anxiety</li> <li>• improve your sleeping patterns.</li> </ul> <p>Put exercise and leisure on your <b>Personal Timetable:</b></p> <ul style="list-style-type: none"> <li>• doing this makes them priorities for you</li> <li>• their importance cannot be over emphasised</li> <li>• it keeps you aware of the time you spend and</li> <li>• if not planned, you probably won't do them.</li> </ul> <p>Focusing on your <b>breathing</b> to find calmness:</p> <ul style="list-style-type: none"> <li>• exercises your diaphragm</li> <li>• tenses and relaxes your muscles</li> <li>• Square Breathing and Why Self-Calming Strategies? (refer to index).</li> </ul> <p><b>ACTIONS</b></p> <p>What are two things I will start doing to plan and make the most of exercise and leisure activities?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol> <p><b>MINDFULNESS ACTIVITY:</b></p> <p><b>23. Headline.</b> Look at a headline on a magazine or newspaper without reading the article. Spend five minutes being creative writing an article about the headline in your head or if you prefer on paper or electronically.</p> <p><b>RESILIENCE BUILDER</b></p> <p><b>23.</b> You are meeting up with a special friend. Describe the positive self-talk you would use the day before and then minutes before you meet up. Does positive self-talk change over time? How?</p> <p><b>WELLBEING TIP:</b></p> <p>When in the car travelling with family turn off the music and have a conversation.</p> <p><b>WHAT WENT WELL THIS WEEK AND WHY?</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> <p>Character Strength <b>Humour</b> www.viacharacter.org</p> <p>Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>



## 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.



## 1<sup>ST</sup> SEPTEMBER LUNCH WITH JACKIE FRENCH

### National Literacy and Numeracy Week 2016

To celebrate National Literacy and Numeracy Week, DSF is officially launching the new DSF/AUSPELD Parent Portal. This resource is the online version of the Understanding Learning Difficulties: A parent guide and will be accessible to all parents in Australia, free of charge. DSF will also be launching a support network for parents in WA.

Join us for lunch and meet Jackie French, our guest speaker. Jackie has struggled with Dyslexia all her life and understands only too well the challenges this brings. Despite this, she has been extraordinarily successful, writing over 140 books and winning more than 60 national and international awards. Jackie believes that children should enjoy reading and aims to put the fun back into children's literacy Jackie will be talking to parents about the importance of staying positive and helping children develop resiliency and a high self-esteem.



Places are strictly limited. For further information, please contact DSF on 9217 2500 or via email on [support@dsf.net.au](mailto:support@dsf.net.au)

To book your place at this must-see event, visit our website at [dsf.net.au](http://dsf.net.au)

Listen to Jackie French talk about why it is important to stay positive and build up your child's self-esteem and resiliency

Official Launch of the parent guide website

Official Launch of the DSF Parent Support Network

Meet other parents who have children with learning difficulties

#### WHERE:

DSF Literacy and Clinical Services  
10 Broome Street  
South Perth

#### COST:

\$35 Non-Members  
\$25 Members

Relationships Australia.  
WESTERN AUSTRALIA

1300 364 277  
[www.relationshipswa.org.au](http://www.relationshipswa.org.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.

#### WEST LEEDERVILLE

22 Southport Street, corner of Cambridge Street

Tuesday 23 August 2016

Time: 9.30am - 4.30pm

Fee: \$220 - includes a light lunch

Places are limited so please book now on 6164 0200

Relationships Australia.  
WESTERN AUSTRALIA

1300 364 277  
[www.relationshipswa.org.au](http://www.relationshipswa.org.au)

## Parenting between Cultures

- Working with migrant and refugee families

This interactive workshop examines some of the issues that impact on migrant and refugee families and explores how workers can engage with families to provide support with parenting while considering their own cultural competence.

#### Activities -

Identifying and exploring issues that impact on parenting including:

- the refugee experience
- shift in gender roles
- parenting practices
- intergenerational conflict

Reviewing our own practice and developing an enhanced response -

- Analysing case studies reflecting situations that workers may encounter.
- Reflecting on resilience and the factors that support successful settlement.
- Examining Strength Based Practice - how to identify and build on family strengths.

#### WEST LEEDERVILLE

22 Southport Street, corner of Cambridge Street

Tuesday 13 September 2016

Time: 9.30am-4.30pm

Fee: \$220 per person

Places are limited so please book now on 6164 0200

**ACADEMIC GROUP**  
Academic Task Force & Academic Associates  
Achieve success at school

**Achieve Your Best with Academic Task Force**  
**OCTOBER HOLIDAYS REVISION PROGRAM**  
Yr 11 & 12 Classes:

**October ATAR Revision Program**  
Revision and exam preparation courses in ATAR subjects plus our popular Essay Writing and Study Skills courses. Ten hour courses available in both the first and second week of the October School holidays at 4 different venues.

**Yr 7-10 Classes:**

**October Year 7-10 Skills Development Program**  
Specialist teachers will inspire and build your child's confidence. Courses available include: Advanced Maths, Intermediate English, Foundation Maths and English, Learning Skills and Essay Writing.

**HOW TO ENROL?**

**Academic Task Force**  
**October Revision Program**  
Venues: Churchlands Senior High School, Perth Modern School AND Rossmore Senior High School  
**Early Bird Discount:** Enrol with full payment by 5th September 2016 and receive 10% discount.  
**Enrol online:** [www.academictaskforce.com.au](http://www.academictaskforce.com.au)

**Academic Associates**  
**October Revision Program at UWA (year 12 only)**  
Venues: University of Western Australia  
**Early Bird Discount:** Enrol with full payment before 5th September 2016 and receive one free Weekend Tutoring session valued at \$42.00  
**Enrol online:** [www.academicassociates.com.au](http://www.academicassociates.com.au)

**ATAR EXAM BOOST SEMINARS**  
**Year 12 only**  
One day, 6 hour courses offering students exam help and preparation before their Mock and ATAR Exams. Starting in week 7 of term 3, they will focus on working through how to answer ATAR exam questions to maximise marks with feedback from experienced ATAR markers.

**HOW TO ENROL?**  
Venues: Churchlands Senior High School, Perth Modern School, Rossmore Senior High School and Quins Baptist College  
**Enrol online:** [www.academictaskforce.com.au](http://www.academictaskforce.com.au)

For a brochure visit [www.academictaskforce.com.au](http://www.academictaskforce.com.au) or speak with your Year Coordinator.

[www.academictaskforce.com.au](http://www.academictaskforce.com.au)


931419100  
PO Box 627, Appleton WA 6150  
Learn at Academic Task Force today





## 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.



## Going to Uni for the first time in 2017?

Ian McClelland Memorial

# Scholarship available.

Applications are invited from eligible students in the local district attending university for the first time in 2017.

Drop into your nearest branch at 14 King William Street, Bayswater 9370 3899 or Noranda Shopping Village, Benara Road, Noranda 9375 2494 for more information.

**Bendigo Bank**  
Bigger than a bank.

[bendigobank.com.au/scholarships2017](http://bendigobank.com.au/scholarships2017)

## 2017 Scholarship.

Going to Uni in 2017, but struggling to pay?

**Scholarship Snapshot**

<b>Overview:</b>	The scholarship aims to assist high achieving and highly motivated local students who have been offered a future place at an Australian university or college for the first time and are experiencing financial and/or social challenges.
<b>Eligibility:</b>	All
<b>Study area:</b>	All
<b>Scholarship type:</b>	Need based, merit based
<b>Year of study:</b>	First year undergraduate degree
<b>Duration:</b>	One year initially but may be awarded for up to two years depending upon academic performance.
<b>Intention of Scholarship:</b>	Study related expenses including accommodation and course costs, study related materials, equipment and books, clothing and/or educational related travel (within Australia).
<b>Award value:</b>	\$5,000 per annum per student.
<b>Eligibility:</b>	To be eligible the student must meet the following criteria: <ul style="list-style-type: none"> <li>must reside in and be attend secondary school in the City of Bayswater</li> <li>must be an Australian citizen or permanent resident</li> <li>must be a first time first year undergraduate in 2017 (first attendance at an Australian University)</li> <li>must be studying a full-time degree at an Australian university or college (all study must take place within Australia)</li> <li>must have graduated from secondary school in either 2016 or in 2015 (close a gap year)</li> <li>should be able to demonstrate community involvement</li> <li>should be able to demonstrate the challenges (financial and/or social) which are hampering the student's ability to undertake further study</li> <li>should be academically motivated</li> </ul>
<b>Nationality:</b>	Australian citizen or permanent resident
<b>Application dates:</b>	Open: 1 December 2016 - 31 October 2017
<b>How to apply:</b>	Register your interest from 1 June 2016. Please visit <a href="http://www.bendigobank.com.au/scholarships2017">www.bendigobank.com.au/scholarships2017</a> for more information. Applications are invited from 1 December 2016.
<b>Criteria:</b>	Scholarships will be awarded on the recommendation of a selection committee and will be based on how an applicant addresses the following criteria: <ul style="list-style-type: none"> <li>Academic achievement</li> <li>Financial and/or social challenges</li> <li>Evidence of leadership and a leadership within their community</li> </ul>
<b>Further Information:</b>	This website will contain full information from 1 December 2016. If you still have a query please contact Bayswater and Noranda Community Bank branches or phone 9370 3899 or 9375 2494.


The summary above is intended to provide you with a quick snapshot only. Please ensure you review all information provided on the website during the application period through the below website opening.

**Bendigo Bank**  
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**Community Enterprise Foundation™**

# CHAN TAE KWON-DO ACADEMY

陈 趙 道



**Talent Search Program**

**St Andrews Grammer**  
4 Hellenic Drive, Dianella

**Classes begin in October**  
Tuesday 11<sup>th</sup> & Thursday 13<sup>th</sup>

**Pre-School/Primary 5.00pm – 5.5pm**  
**Teenager/Adults 6.00pm – 7.00pm**

**LEARN & DEVELOP SKILLS TO**  
PERSONAL DEVELOPMENT • CONFIDENCE  
SELF-BELIEF • FOCUS • CONTROL  
BALANCE • MEMORY • DISCIPLINE  
FITNESS • COORDINATION • TEAMWORK  
MAKING FRIENDS AND HAVE FUN

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FOR THE UPCOMING BASEBALL SEASON 2016/2017

# JOIN THE MOST SUCCESSFUL BASEBALL CLUB IN WA

# PERTH BASEBALL CLUB

**REGISTRATION DAYS FOR 2016/2017 SEASON**  
MOYLE PAVILION, INGLEWOOD OVAL, CENTRAL AVE, INGLEWOOD

SUNDAY 21st AUGUST 2016 - 9am till 1pm  
THURSDAY 25th AUGUST 2016 - 5pm till 7.30pm

**POSTAL ADDRESS**  
23 ARMSTRONG WAY, NORANDA WA 6062

**F A C E B O O K**  
PERTH BASEBALL CLUB

**Perth**  
PERTH BASEBALL CLUB INC.  
ABN 55 357 684133