



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE 12 Term 3 No.3 2016

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At the recent P&C meeting several important decisions were made. The school diary will be funded by the P&C in 2017, however, in a changed format. The diary will be in a smaller format (A5) without the education/wellbeing pack that has been a component for the past few years. This package will be made available in an electronic format to students and staff. This is also available to parents. The P&C will again provide each student in the school with a personal diary. This is appreciated by the staff.

Parents also decided to look at additional trees in the yard to provide more shade. These are expected to be on the edge of the oval/café area and advice on the best type of tree is being sourced.

The P&C make an outstanding contribution to the school and the funds raised/provided are always used to benefit students and school programs. Parents are always welcomed to attend meetings and participate in decision-making within the school.

The P&C also fund the Achievement Centre where teachers are available on Tuesday and Thursday afternoons for advice and homework supervision. This is commend to all students and is provided free of charge - paid for by the school's P&C.

There have been several instances of theft within the school. This has had an impact on both staff and students. Parents are asked to ensure that students look after their property. The school, and its insurer, are not liable for any loss of a student's private property. It is recommended that parents ensure such property has insurance. Items such as mobile telephones are attractive to thieves and whilst students may not agree, are actually not necessary at school. Any student who is the subject to theft are encouraged to report matters to the police.

Additionally, there have been several reports of students selling drugs at school. Police assistance has been provided in conducting investigations. Such conduct is absolutely unacceptable and if confirmed, decisive action will be taken. Any information from parents about this matter will be treated discretely.

Mount Lawley SHS is going to be a safe school. Bullying, drugs, theft and violence are unacceptable behaviours and will not be tolerated. Students attending this school should have an expectation of a safe passage through their learning program. My intent is to ensure that this is realised.

Year 12 students are now in the final half of their last term at school. In order to support them, a number of revision courses are being provided. These will assist students pre-

CONGRATULATIONS



Toma 702

Toma has been selected to participate in the Gymnastics National Clubs Competition held in Bendigo, Victoria. He is competing as a member of Northern District Gymnastics Club in National men's gymnastics Level 6.



Jinglun (Lucy) 9F6

Lucy is a finalist in the 2016 Black Swan Prize for Portraiture Youth Award with her portrait called: An Australian Poet (Subject: Glen Phillips), and her work will be shown to the public in October 2016.



Samuel

Samuel has been offered an exchange placement in Italy for next year by the WAATI (WA Association Teachers of Italian) /Intercultura Exchange Programme.

EVENTS CALENDAR

29 August - 2 September	OLNA Testing
30 August	House Athletics Carnival, Whole School attending Inglewood Oval.
31 August	SVAPA Support Group Meeting 7pm
7 September	SVAPA Parent Support Group 7pm
8 September	Street Fourz 3pm
13 September	Music Concert 6.30pm
14 September	Coffee Club 8.45 - 10.15am
14 September	Year 12 High Achievers Breakfast 7.30am
16 September	GAT Club
19 September	Board Meeting, Yr 11 Drama Production
19 September	Year 12 Exams start
23 September	Last Day of Term

A THOUGHT

The only fence against the world is a thorough knowledge of it.
John Locke

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



pare for their mock examination. These are held in the last week of term and in the second week of the holidays. Where students are enrolled in a WACE course with a practical examination, these are held in the first week of the school holidays. It is essential that students attend on the scheduled day and be on time. Personal examination schedules for the WACE have been provided.

In Term 4 Year 12 teachers conduct examination feedback and revision. This is to support students and they should attend classes. Being in their class and completing targeted revision enables them to prepare for the WACE examinations. This was utilised very effectively by the Year 12 group last year as they achieved a higher mean in the WACE examinations than predicted. Strategic use of revision lessons by teachers can achieve results for their students. Parent support in encouraged attendance is requested.

The final set of OLN testing for 2016 is taking place now. Students complete a practice test and then the assessments. It is a requirement to receive the WACE and graduate that students meet literacy and numeracy standards. These are met by Band 8 in NAPLAN or passing OLN in Reading, Writing and Numeracy.

Congratulations are extended to the parent run Art Auction committee led by Ms Patricia Kritas. The 2016 auction raised over \$29,000 for the school's Music and SVAPA programs. This is a tremendous result and the hard work and commitment of the parent volunteers is very much appreciated.

A number of the committee and art auction helpers were hosted to a dinner at Parliament House by the Hon Michael Sutherland, MLA and Ms Eleni Evangel, MLA. The support of Mr Sutherland and Ms Evangel is valued and their acknowledgement of parent volunteers is tremendous.

The school hosted Ms Evangel earlier in the week and she was interested in how the Middle School operates to support students and assist in their transition from primary schools and then in Year 9, to the Senior School. Ms Evangel was also keen to look at how the expected growth in student numbers over the next few years will be managed.

The NAPLAN results for 2016 have been released and school staff are studying the data looking at ways to assist student learning and plan for the next iteration in 2017. Individual student reports will be provided to parents shortly.

The initial assessment of results shows that the students achieved well. The percentage of students gaining the minimum standard was very pleasing. It should be noted that in the analysis below absent students are counted as not achieving the benchmark.

NAPLAN element	Achievement of the minimum standard	
	Year 7	Year 9
Numeracy	97.4%	98.3%
Reading	96.7%	97.1%
Spelling	95.2%	94.9%
Grammar and Punctuation	97.4%	95.8%
Writing	95.6%	94.9%

These results show that teachers worked with students to ensure relevant standards were covered in classes and students acquitted themselves very well in the tests.

By considering the differences in scores achieved in the last NAPLAN series in 2015 (Year 5 or Year 7) and subtracting the national difference in means, the "value add" or growth by students can be calculated. Whilst this is a "rough measure" students in Year 7 showed better than expected scores in all five NAPLAN areas and Year 9 students in four. Only in Numeracy did Year 9s not score as could be expected.

NAPLAN element	Value Added to Student scores Against Expected score	
	Year 7	Year 9
Numeracy	+6	-3
Reading	+1	+4
Spelling	+5	+7
Grammar and Punctuation	+3	+8
Writing	+16	+15

This is a good situation for the school as students performed better in 9 of the 10 domains. Parents can have confidence in the work of Middle School teachers.

In Year 9 where school performance is assessed through systemic measures, the overall NAPLAN performance for 2016 was rated as "Green" in terms of overall relative performance as compared to similar schools. With continued effort to improve student learning the school could likely return to an overall "Green" in terms of the two year cycle that is considered systemically.

Students in Year 7 and Year 9 are congratulated for their hard work and diligence during NAPLAN. Over 200 Year 9 students are not required to sit OLN in Year 10. They have already met one component to graduation for 2019.

On Wednesday ninety Chinese Language students were invited to the Chinese Consulate in East Perth to help celebrate their Open Day. Head Boy William gave a speech in Mandarin describing his journey with Chinese language. Other activities included traditional dancing, kung fu and a variety of musical performances. The students were also provided with lunch.

Milton Butcher, Principal





MOUNT LAWLEY SENIOR HIGH SCHOOL
An Independent Public School

OUT FOR EARLY START

The Scholarship Advantage

- ✓ **Scholarships Provide You with Financial Support**
Let someone else pay for part of your education.
- ✓ **Scholarships Can Help You Get Where You Want to Go**
A scholarship confirms you would be a valued addition to an institution.
- ✓ **Recognition**
Be recognised for your potential and develop confidence to pursue your goals.
- ✓ **Distinguish Your Achievements**
Stand out amongst your peers.
- ✓ **Scholarships Make Your Resume Stand Out**
A scholarship will enhance your resume.

ACADEMIC & FINANCIAL EQUITY SCHOLARSHIPS

The provider of the bookshop, Campion Education, has provided a number of scholarships for students attending the school in 2017.

The scholarship is available for purchasing books, materials and stationery from Campion Education.

Students interested in applying are to submit:

- Application form.
- Copy of last school report.
- Statement addressing the selection criteria (maximum one typed page).

Application forms are available from the Middle, Senior or Main Administration Offices and are also on our website.

For more information visit
www.lawley.wa.edu.au or
phone 9471 0300.

CLOSING

9:00am Tuesday, 13 September 2016 – Years 11/12 in 2017
3:30pm Friday, 4 November 2016 – Years 7-10 in 2017



YEAR 12 PREFECTS QUIZ NIGHT

On Wednesday the 17th of August, the Prefects held their quiz night! A lot of behind the scenes effort went into the preparation, with the Prefects creating every quiz that was presented and, with the help of Ms Tempone, collecting donations for the prizes of the night. There was a fantastic turnout, with over 90 people attending and 14 tables filled! It was a night filled with eating, laughing and learning lots of new things which is always a bonus - overall, a huge success. Thank you to all that participated and helped the night be as great as it was. We raised over \$900 which is sensational.

Special mention to the following sponsors for your great donations and support:

Mt Lawley Pet and Puppies
ECU Mount Lawley Gym
Alexander Park Tennis Club
Mount Lawley Golf Club
Bunnings Inglewood
Outback Jacks Northbridge
Siena's Sister Highgate
Tutti Frutti Leederville
Ying Yang Design
Item – Gift & Home
Grill'd Leederville
Inglewood Hotel
Uniform Concepts

National Detection Program for Scoliosis (NSDP)

Self Detection Brochure available online from the Scoliosis Australia home page.
www.scoliosis-australia.org.

Scoliosis (spine curvature) is an important health problem for adolescent girls and 25 per thousand are at risk of developing a significant curve.

Thanks Year 12 Prefects



HONOURS SOCIETY STUDENTS 2016

Front row: Kim Nguyen, Lily Baitup, Abbey Smit, Tianna Furness, Shaun Johnston, Mikayla Barty, Suci Wardana, Aisha Chaudhry, Kirsten Staines

Back row: William Tucker, Katherine Sun, Hannah McGirr, Braeden Sims, Xaiver Mah, Natalie Bambaci, Amika Aghi, Edele Holman-Mackey, Aimi Arai, Victor Zhong, Borys Rembiasz, Lachlan Stuart

Absent: Jofi A'Court



FOLLOW THE DREAM MOUNT LAWLEY OUTREACH HITS NEW HEIGHTS!

YEAR 11/12 MT LAWLEY MOCK TRIALS

Twenty five students from 10 outreach schools came together on the 45th floor of the BHP building to explore careers paths from our major supporter BHP Billiton Iron Ore. It was a day of actual realisation for these students; that if they have the self-belief than there is an International company willing to support them to Follow their Dreams; through traineeships, cadetships, undergraduate scholarships and graduate programs.

The glamorous sparkling business centre of the BHP WA branch with security passes and glass elevators was a lot to take in but I believe these students left feeling inspired and thankful for this aspect of the Follow the Dream program. Next stop Curtin University.

Staff from the 'AHEAD in school' Curtin Campus met us at the bus, took our lunch orders and we were taken straight to CAS to meet staff and students currently at Curtin. We learnt from 2017 Curtin will introduce a 5-year undergraduate medical degree with the full support of CAS to encourage as many Aboriginal students to apply as possible. Follow the Dream Mount Lawley Outreach has a couple of potential cadets already!

The remainder of the day, after a delicious lunch was spent being split into groups to explore the faculties of the student's choice. Students came away realising that university was definitely within their reach through direct entry or through the bridging enabling courses and the comfort of knowing they have the structures in place to support them.

Bridgid Lafferty

Follow the Dream Program Coordinator

The Year 11/12 Mt Lawley mock trial team competed against Christchurch Grammar School on Thursday night at the Supreme Court in the quarterfinal of the Law Society's of Western Australia's competition. The team of Sophia, Shaun, Johnny, Lulu, Penny, Olivia T, Olivia W and Kat were outstanding in their individual roles and all contributed to a narrow team victory (140 to 141.5 out of a possible 165).

They argued a misleading or deceptive conduct case against a developer in the hypothetical town of Wombat. Penny played the client who bought the dodgy land and her friend a fung shui expert was played brilliantly by Johnny. Their barristers Sophia and Shaun were able to argue that the developer had made promises that he had not fulfilled. Supporting roles by the two Olivias were carried out with calm professionalism and gave their roles that extra polish according to the judge. Watched on by their anxious coaches, Mount Lawley staff Ms Galvan Mr Pearce, Ms Bell and a gallery of parents and siblings, the trial provided great drama and entertainment.

For their next trial they face a semifinal against Chisholm College. It is a criminal matter of driving while disqualified and Mount Lawley will play the Prosecution.

The trial will be held in the court rooms at the new David Malcolm Justice Centre in Perth. Interested students and staff are welcome to attend the trial and support a very hard working and talented bunch of students.

Ms Siobhan Galavan





WRITE A BOOK IN A DAY

On the 24th of August, the GAT and AE English classes of Year 7-10 embarked on a remarkable objective; to write a book in 12 hours to support The Kid's Cancer Project. After a bustling 51 students bundled into the library full of excitement at the dauntingly early hour of eight o'clock, each group quickly buckled down and started to write.

Each team was given a set of criteria that they had to abide by, so that each book was completely unique in plot and design. As the groups worked, they drank hot chocolate and tea, with breaks only for food.

As each group worked in a different way to the next group, the library sounded like something akin to an office; much of the work being done was remarkably stressful for a high school project.



Throughout the day there was a constant sense of achievement, and when a chapter was finished or an illustration completed, cheers could be heard as the books came together.

As the time approached eight o'clock, the time at which each book had to be finished and printed, there was a flurry of activity, as printers and keyboards alike were furiously used, the last edits and final touches made to the book before they were finished.



By the time the pencils had been dropped and the lap tops packed up, there was no denying that each group had done a remarkable job. Books of high quality with illustrations to match, sat on the desks in a manner that showed just how well each group had performed.

The honour being apart of such a great and important project is apparent in the quality of the work, and the day was a remarkable success.

Davis Burke.





WEAR IT PURPLE & DAFFODIL DAY

It was a busy Friday 26th August at Mount Lawley SHS. The Student Wellbeing Committee arranged a celebration for "Wear it Purple Day." Encouraging all students to be proud of who they are with the motto, "You have the right to be proud of who you are. Sexuality or gender identity does not change this." Many students and staff wore purple to show their support, took wristbands and photos in our purple photo booth and the Safe Schools Coalition WA donated delicious purple cupcakes to aid the celebrations.



We shared the day with a beautiful fundraiser organised by our Year 10 councillors for Cancer Council Daffodil Day. Daffodils could be pre purchased and then delivered to your friend along with a special message. A lot of student hard work went into this activity, fund-raising for a great cause.



Mount Lawley is an Act Belong Commit Mentally Healthy School and these activities are perfect examples of our students following the important Act Belong Commit message

*Suzie Barnes,
Healthy Active Coordinator*





MIDDLE SCHOOL BASKETBALL CARNIVAL

On Friday 19 August Mt Lawley was represented by 60 students in 6 basketball teams. The school performed well with the year 9 boys and girls coming 3rd overall. Our year 7 and year 8 competed in the same competition year 8 girls placing 5 and the year 7 boys and girls placing 7. It was a wonderful day, our students were amazing on and off the court and we were proud of their efforts and attitudes.

Ms Tina Deegan





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

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

WEEK 25 – POSITIVE SELF-IMAGE

Wellbeing Element: Strengths and Emotions

Character Strength: Appreciation of Beauty and Excellence

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

The greatest assets we all have to be happy with healthy wellbeing fitness are ourselves and other people

- how we see ourselves, our self-image influences how we want ours to see us
- for adolescents in particular, how they are accepted and viewed by their peer group is all important for them

To quote Abraham Lincoln, "if I had nine hours to cut down a tree, I'd spend six hours sharpening my axe."

- providing students with effective tools to develop a positive self-image is the sharpening part of the exercise

- these include Positive Personal Descriptors, List of Emotions and examples of Positive Self-talk

- the cutting part of the exercise is to build strong brain pathways by mindfully practising using them.

To do this

- each week role model two Positive Personal Descriptors they want others to think of when they see them

- they will need to practise the body language which shows each of them

- make a list of positive emotions they want to feel and negative ones they want to avoid

- then use Positive Self-talk to encourage themselves to accomplish what they have set for themselves to achieve

- doing this also develops our students social-emotional resilience

"

**"Motivation is what gets you started.
Habit is what keeps you going."**

Jim Ryun

WEEK 25 POSITIVE SELF-IMAGE	
MIDDLE STUDENT PLANNER PAGE 76	SENIOR STUDENT PLANNER PAGE 76
<p>POSITIVE SELF-IMAGE</p> <p>My Wellbeing Bank: Build Strengths and Emotions by developing a positive personal self-image.</p> <p>Your self-image is:</p> <ul style="list-style-type: none"> • how you see yourself • what you stand for • what you want others think of when they see you. <p>A positive self-image means you:</p> <ul style="list-style-type: none"> • have a healthy sense of wellbeing; you are happy • understand your emotions and the body language you show for each of them • accept the person you see in the mirror every day • have effective coping and self-calming strategies • know a trusted adult you are confident with and can seek help from; your champion. <p>Beware of wanting to act like, look like, sound like and be like other people. If you want to be like everyone else, who is going to be like you? Do your own thing and be happy in yourself.</p> <p>Select five Positive Personal Descriptors (page 157) that you really want to be like. Describe how you will think, speak and act for each of them.</p> <p>ACTIONS</p> <p>What are two things I will start doing to build my positive self-image?</p> <ol style="list-style-type: none"> 1. 2. <p>MINIFULNESS ACTIVITY:</p> <p>25. Fragrances. Smell perfume or a flower and take in the beautiful smells. Spend five minutes reflecting on where you may have enjoyed these fragrances before and how you can experience them again.</p> <p>RESILIENCE BUILDER</p> <p>25. Positive or optimistic thinking occurs when you look for what is and could go right with something or "glass half-full" thinking. Describe three situations when you have noticed yourself or others thinking like this.</p> <p>WELLBEING TIP:</p> <p>Try to make someone else's day every day through kind words or actions.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Character Strength Appreciation of Beauty and Excellence www.viacharacter.org</p> <p>Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>	<p>POSITIVE SELF-IMAGE</p> <p>My Wellbeing Bank: Develop Strengths and Emotions by developing a positive personal self-image.</p> <p>Your self-image is:</p> <ul style="list-style-type: none"> • how you see yourself • what you stand for • what you want others think of when they see you. <p>A positive self-image enables you to have a healthy sense of wellbeing; you are happy and understand your emotions and the body language you show for each of them.</p> <p>Be happy with and accepting of the person you see in the mirror every day. There are a number of effective positive coping and self-calming strategies. Talk to a trusted adult you are confident with and can seek help from; your champion.</p> <p>Beware of wanting to act like, look like, sound like and be like other people; being a penguin. If you want to be like everyone else, who is going to be like you? Always try to act like an eagle; they do their own thing and are happy in themselves, whereas penguins copy each other and flock to feel secure.</p> <p>From the list of Positive Personal Descriptors (p.155)</p> <ul style="list-style-type: none"> • select eight that you really want to be like • describe how you will think, speak and act for each of them and then practise being them every day • you brain loves patterns and will require itself to live up to those personal descriptors. <p>ACTIONS</p> <p>What are two things I will start doing to develop a positive self-image?</p> <ol style="list-style-type: none"> 1. 2. <p>MINIFULNESS ACTIVITY:</p> <p>25. Fragrances. Smell perfume or a flower and take in the beautiful smells. Spend five minutes reflecting on where you may have enjoyed these fragrances before and how you can experience them again.</p> <p>RESILIENCE BUILDER</p> <p>25. To support friends you need to be an active receiver, not a transmitter; focus on their words and body language, not your thoughts. Listening to others' concerns with your eyes, your ears and your heart takes practice. With two friends practise your active listening by each of you sharing concerns and worries you have.</p> <p>WELLBEING TIP:</p> <p>Try to make someone else's day every day through kind words or actions.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Character Strength Appreciation of Beauty and Excellence www.viacharacter.org</p> <p>Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>

WEEK 26 – SQUARE BREATHING

Wellbeing Element – Exercise and Health

Character Strength – Judgement

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

When students experience tense feelings and anxious thoughts about their progress, the workload ahead, maintaining their study performances and peer group issues, their bodies respond with signals such as:

- tension in their necks and backs
- quickened and shallow breathing
- hot facial flushes
- anxious thoughts flooding through their minds
- disrupted sleep patterns

Teaching them emotional "off ramps" and self-calming strategies

- enables students to reduce these negative feelings

- boosts their wellbeing fitness and social-emotional resilience

- one very effective techniques for achieving this is Square breathing

- they can do it anywhere and anytime they have a spare five minutes

- nobody around them is aware that they are square breathing

- also read "Why Self-Calming Strategies? for more approaches

Square refers to the fact that there are four parts to it which they repeat over and over again

- concentrating hard on the four parts distracts students' minds from their pressing issues

- it increases their oxygen intake and blood flow to the brain which promote clarity of thought

- it is a form of meditation developed in Eastern communities

- it is also known as box breathing

Concentrating on breathing deeply will release feel good brain chemicals, clear their minds and lessen tension and anxiety.

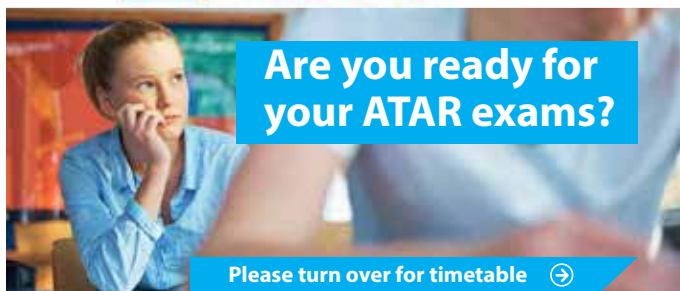
"You must expect things of yourself before you can do them."
Michael Jordan

WEEK 26 SQUARE BREATHING	
MIDDLE STUDENT PLANNER PAGE 78	SENIOR STUDENT PLANNER PAGE 78
<p>SQUARE BREATHING</p> <p>My Wellbeing Bank: Raise Exercise and Health by regularly practising square breathing to relax.</p> <p>When you feel anxious or tense, use Square Breathing. It will relieve these feelings quickly. Do it anytime for ten minutes or till you feel calm. Nobody is aware you are doing it.</p> <p>It is called Square because there are four parts you concentrate on repeating. It distracts your mind from your issues. It increases your oxygen intake and blood flow to the brain which helps to clear your mind.</p> <p>For a slow count of five on each:</p> <ol style="list-style-type: none"> 1. inhale and exhale through your nose only 2. pursing your lips as if to whistle inhale through your mouth and exhale with your lips relaxed through your mouth 3. inhale through your nose and exhale through your mouth 4. pursing your lips as if to whistle inhale through your mouth and exhale through your nose. <p>Increase the count to breathe deeper until you feel calm.</p> <p>ACTIONS</p> <p>What are two things I will start doing regularly to develop relaxing breathing exercises?</p> <ol style="list-style-type: none"> 1. 2. <p>MINIFULNESS ACTIVITY:</p> <p>26. Tree Branches. Look at a tree or shrub for 5 minutes and count as many different branches as you can.</p> <p>RESILIENCE BUILDER</p> <p>26. Research has indicated that optimistic thinkers enjoy better health, live longer, cope with difficult situations more comfortably and experience less depressive thoughts in their lives. Describe a person you know that you believe is an optimistic thinker and why you think they are. Can you think of a time when thinking positively has helped them through a difficult time/situation? How did it influence their decisions, in turn leading to a positive outcome?</p> <p>WELLBEING TIP:</p> <p>Try to have a win-win in all relationships; no losers.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Character Strength Judgment www.viacharacter.org</p> <p>Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>	<p>SQUARE BREATHING</p> <p>My Wellbeing Bank: Build Exercise and Health through regularly practising square breathing.</p> <p>When you will feel under pressure, often your body responds with tension in your neck and back, quickened/ shallow breathing and a hot face and anxious thoughts flooding through your mind.</p> <p>Square Breathing will bring immediate relief for these symptoms</p> <ul style="list-style-type: none"> • it can be done anywhere and anytime you have ten minutes • nobody around you is aware that you are doing it. <p>It is called Square because there are four parts to it which you repeat over and over again</p> <ul style="list-style-type: none"> • concentrating hard on the four parts distracts your mind from your pressing issues • it increases your oxygen intake and blood flow to the brain which helps to clear your mind <p>Sit with your hands on your lap and feet flat on the floor. For a slow count of five on each:</p> <ol style="list-style-type: none"> 1. inhale and exhale through your nose only 2. pursing your lips as if to whistle inhale through your mouth and exhale with your lips relaxed through your mouth 3. inhale through your nose and exhale through your mouth 4. pursing your lips as if to whistle inhale through your mouth and exhale through your nose. <p>Increase the count gradually:</p> <ul style="list-style-type: none"> • to make your breathing deeper and deeper • repeat the four step until you begin to feel calm. <p>ACTIONS</p> <p>What are two things I will start doing to use Square Breathing to relax me?</p> <ol style="list-style-type: none"> 1. 2. <p>MINIFULNESS ACTIVITY:</p> <p>26. Tree Branches. Look at a tree or shrub for 5 minutes and count as many different branches as you can.</p> <p>RESILIENCE BUILDER</p> <p>26. At home ask your family to share what they do when things don't go the way they want them to do and strategies they use when listening to others' worries.</p> <p>WELLBEING TIP:</p> <p>Try to have a win-win in all relationships; no losers.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Character Strength Judgment 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.



Are you ready for
your ATAR exams?

Please turn over for timetable →

Year 12 ATAR Exam Boost Seminars

Sit your ATAR exams with confidence.

6 hour one day seminars 4 venues \$200 per subject

You will receive valuable advice in the following key areas:

- ▶ Targeted exam preparation
- ▶ Strategies and problem solving techniques to boost your exam performance
- ▶ Insights into ATAR course marking guides and how to achieve top marks
- ▶ Extensive practise answering exam style questions and feedback on how to gain maximum marks

Seminars are taught in **small groups** by experienced exam markers.



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

Enrol online: www.academictaskforce.com.au

2016 School Holidays

October Skills Development Program
for years 7, 8, 9 & 10



Please turn over for timetable →

Reach your goals with Academic Task Force



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 and 140 Certificates of Commendation.

October 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.
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