



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE 13 Term 3 No.4 2016

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

MAIN ADMINISTRATION
PHONE: 08 9471 0300 FAX: 08 9271 1126

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

SENIOR SCHOOL (YRS 10-12)
PHONE: 08 9471 0320 FAX: 08 9471 0329

www.lawley.wa.edu.au
enquiries@lawley.wa.edu.au

Each year the school conducts the National School Opinion Survey across parents, students and staff. The surveys are now live and parents have been advised via email and participation is encouraged.

School staff consider the results of the surveys and look at assess strengths and concerns that arise. This is an important component of the school's improvement agenda - the move from good to great. Strengths of the school need to be reinforced and concerns addressed. One example of how the results of the parent and student surveys have been used to improve is feedback. In the 2014 survey, students and parents rated the quality of feedback provided by teachers as a concern. Efforts to enhance feedback were undertaken and last year, there was a clear improvement in the rating.

Parents are asked to complete the 2016 satisfaction survey. The web address link, including a unique identifying code, has been emailed to all parents.

Year 12 students are completing their program and commence Semester 2 examinations in Week 10 of the term. These examine the whole course and prepare them for the WACE examinations in November. Practical WACE examinations will be conducted in the first week of the school holidays. Best wishes are extended to all for their examinations.

The first two weeks of next term are used by teachers to provide feedback on examination and targeted revision. The revision program that Year 12 students will undertake aims to highlight key areas of courses so that students are best prepared for the WACE. Parents are asked to consider the benefits of targeted revision and encourage their child to attend and participate. Following their final day at school, Year 12 students have a home study period. They are very welcomed to contact teachers and seek advice on areas of concern.

OLNA testing for 2016 has now concluded. This is the regime where students needing to meet WACE literacy and numeracy requirements complete. Results will be available shortly.

The annual school athletics carnival was held last week with very good attendance and participation. The day saw many students complete the track and field events. Thanks to Ms Tempone and her team for planning and delivering a successful carnival. The winning house in the Middle School and Senior School was Hackett, making them the overall winner. Congratulations to the team and all of the age group champions and runners-up. These were:

CONGRATULATIONS

Jinglun (Lucy) 9F6



Lucy was selected to perform at Perth Concert Hall during September. She danced with famous Chinese singers and dancers from the "Cultures of China, A Stellar Night by Huaxing". This performance was hosted by Office of Overseas Chinese Affairs of China's State Council, China Overseas Exchanges Association (COEA) and jointly organised by Chung Wah Association, Perth Hua Xing Arts Group and Sydney Hua Xing Arts Group. Congratulations Lucy.

Eric 10M3



Eric entered the State Chinese Writing Competition and won 4th place in the Second Language Category for Level 9 & 10 at the Chinese Language Teachers Association of WA State Chinese Writing Competition held over weekend.

Thaddeus (Rui) 10F1



Thaddeus entered the State Chinese Writing Competition and won 4th place in the Background Language Category for Level 6 - 8 at the Chinese Language Teachers Association of WA State Chinese Writing Competition held last weekend.

EVENTS CALENDAR

| | |
|-----------------|----------------------------|
| 14 September | Coffee Club 8.45 - 10.15am |
| 16 September | GAT Club |
| 19 September | Board Meeting, |
| 19-21 September | 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



CHAMPIONS AND RUNNERS-UP

| Category | Runner-Up | Champion |
|---------------|-----------|------------|
| Year 7 Girls | Kacy | Sophie |
| Year 7 Boys | Alex | Kane |
| Year 8 Girls | Jordan | Imogen |
| Year 8 Boys | Zaid | Matthew |
| Year 9 Girls | Annalise | Isabella |
| Year 9 Boys | Daniel | Bailey |
| Year 10 Girls | Mary | Emily |
| Year 10 Boys | Joshua | Kwame |
| Year 11 Girls | Beth | Amara |
| Year 11 Boys | Shadi | Erick |
| Year 12 Girls | Elysse | Suci |
| Year 12 Boys | Isaac | Theodosios |

Preparations for 2017 continue with the process to determine the Prefect group of next year. Initially, students vote for this, a group of contenders proceed to interview. The presentation of badges for the 2017 Prefects is made at the final Year 12 assembly for the year.

The school has agreed to provide parents with information and contact details for a research project. Researchers from Curtin University and Monash University are examining adolescent mental health and family functioning. The mental health of young people is a significant factor in our society and the researchers are seeking parents to complete a survey. The researchers are looking to better intervention strategies to support at-risk adolescents. An information sheet on the project and the survey link is included. The survey is confidential and the organisers say that it will take about an hour. It is voluntary and up to parents to decide to participate.

As part of the school's Healthy Active program, Ms Barnes co-ordinated an R U OK event. This is a mental health strategy designed to check on friends/colleagues/peers wellbeing. Healthy Active is part funded by parents and focuses on the health and wellbeing of students. Mental health, self-harm and suicide prevention are features of the R U OK program. Thanks to those parents who support the valuable programs that are delivered through the Healthy Active program.

The Early Start program is due to start in Term 4. Here, Year 10 and Year 11 students commence Year 11 and Year 12 respectively. Resource lists for Early Start will be available shortly.

As part of the arrangement with the provider of the bookshop, Campion, there are two scholarships available at Year 11 and Year 12. One is for high achieving students and the other considers equity and family means. Both scholarships close on Tuesday, 13 September 2016 and students/parents wishing to apply should do so to meet this deadline. An information sheet on the scholarship is in this Update.

Milton Butcher, Principal

ADOLESCENT



MONASH University



Curtin University

WELL-BEING AND FAMILY FUNCTIONING



We are seeking parents of adolescents to participate in an online questionnaire.

We are conducting a study to better understand adolescent mental health, why some adolescents deliberately harm themselves and the impact that this has on the family, in particular, parental wellbeing. The questionnaire will take an hour and can be completed at any time.

Your responses will be confidential and no identifiable information will be used.

If you would like to participate, or you would like more information about the study, please contact one of the researchers:

Penelope.Hasking@curtin.edu.au or
Henry Booth henry.booth@student.curtin.edu.au or
go directly to the questionnaire at

https://curtin.au1.qualtrics.com/SE/?SID=SV_bgBiw5PNhmKGTIN

By participating, you can receive information about self-injury and maintaining good mental health



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



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

WEEK 32 – IN CHARGE OF NOW

Wellbeing Element: Positive Engagement

Character Strength: Prudence

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

While reflective and “taking stock” habits are valuable to cultivate in our students’ lives and learning

- it is also essential that once they have deliberated on something, they are decisive and act
- procrastination has the capacity to adversely impact on all areas of students’ lives (and ours) should it be ignored or remain unchecked
- adopting growth mindsets to learning new positive coping strategies to overcome procrastination is the key

Procrastination can be caused by many issues including:

- **Perfection** – wanting to produce the “perfect” piece of work; being obsessed with detail
- **Organisation** – wanting to be totally prepared and as a result not getting started or lacking the necessary study and research skills to perform the task.
- **Self Doubts** – lacking the self-confidence to tackle the task at hand.
- **Prioritising** – being unable to prioritise their activities to get the things done that they have to do.
- **Motivation** – lacking a purpose for being at school; “having to” rather than “wanting to.”

Whatever the cause for procrastination may be

- recognising it and addressing it immediately is a must
- it will not go away by ignoring it
- teaching students confident and assertive help seeking approaches will overcome procrastination

“Procrastination is the art of keeping up with yesterday.”

WEEK 32 IN CHARGE OF NOW

MIDDLE STUDENT PLANNER PAGE 90

IN CHARGE OF NOW
My Wellbeing Bank: Increase Positive Engagement by being aware of how to not procrastinate.
Do you **delay** doing what you need to? If so, why do you do it?
Procrastination can arise from:
• avoiding tasks you are not confident of completing
• being afraid of poor outcomes
• focusing too much on details
• not understanding or coping with workload
• lacking prioritising skills
• going from one thing to another not finishing them.
To overcome these, look at things through your **top five strengths**:
• what tasks do you regularly delay?
• put up a list of them on the fridge
• have your goals on your bedroom wall
• break tasks down into achievable pieces
• set timelines to complete tasks
• commit yourself to one task for 20 minutes and then repeat the process.
Positive Self-talk is powerful (page 158).
I can do it, I will do it, to achieve what I set out to do. Although I don't feel like working, I will, because I am in charge of me.

ACTIONS
What are two things I will start doing to avoid putting things off?
1. _____
2. _____

MINDFULNESS ACTIVITY:
32. **Stop and Think.** Think about, celebrate and write down five Positive Personal Descriptors that make you shine and flourish as a person.

RESILIENCE BUILDER
32. With two friends discuss a situation that has arisen due to a member of your peer group teasing/turting things about others as a joke, which then went too far and turned into bullying. Use the Y Diagram Thinking Tool from the website to organise your thoughts about it together.

WELLBEING TIP:
Your mind and your body are your best mates; appreciate and develop them.

WHAT WENT WELL THIS WEEK AND WHY?
1. _____
2. _____
3. _____

Character Strength: Prudence
www.viacharacter.org

Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5

SENIOR STUDENT PLANNER PAGE 90

IN CHARGE OF NOW
My Wellbeing Bank: Develop Positive Engagement through learning how to not put things off.
Do you **delay** doing what you need to? Why do you do it?
Procrastination can stem from:
• avoiding tasks you are not confident of completing
• being afraid of unpleasant outcomes
• being obsessed with detail to achieve the perfect result
• not coping with study demands
• lacking prioritising and time management skills.
Use your top five **strengths** to overcome these issues:
• identify tasks that you regularly delay
• put up a list of them in your study area
• over breakfast every morning, create a things to do list of your priorities for the day
• have your process goals on your bedroom wall
• break tasks down into achievable pieces
• set timelines to complete tasks on your Year Planner and phone.
Use the power of positive **self-talk**. “I can do it, I will do it, I will achieve what I set out to do,” although I don't feel like working, I will, because I am in charge of me.”
Beware of the “**bouncing effect**”:
• slipping from task to task without completing any of them
• commit yourself to one and apply yourself intensely for 20 minutes and then repeat the process, this stops you considering other options.
Being **effective** means using internal control to be in charge of NOW.

ACTIONS
What are two things I will start doing to be in charge of now and not procrastinate?
1. _____
2. _____

MINDFULNESS ACTIVITY:
32. **Stop and Think.** Think about, celebrate and write down five Positive Personal Descriptors that make you shine and flourish as a person.

RESILIENCE BUILDER
32. A positive strategy that works is when you can't be with a friend who is not coping with stress and you want to boost their wellbeing fitness, is to send them supporting texts. Be careful to ensure they are positive in nature so victim mentalities aren't created in your friend. Describe five positive texts you could send.

WELLBEING TIP:
Your mind and your body are your best mates; appreciate and develop them.

WHAT WENT WELL THIS WEEK AND WHY?
1. _____
2. _____
3. _____

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Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5

WEEK 33 – POSITIVE COPING STRATEGIES

Wellbeing Element – Strengths and Emotions

Character Strength – Social Intelligence

**Wellbeing Fitness Challenges: Year 7-9 Adventure Eat
Years 10-12 – Discovery Learning**

There are many stressors which trigger negative emotions in students which

- cause anxiety in them about their capabilities to cope with peer issues and study demands
- unfortunately, often they only speak up about not coping when they are about to implode and give up.
- having a number of positive coping strategies to reduce these anxious feelings is essential for their wellbeing.
- introducing them to new approaches provides them with opportunities to adopt growth mindsets to create their own strategies.

The TED talk by Rita Pierson, ‘Every kid needs a champion’, provides great stimulation to do the above.

Adolescents on the whole are not comfortable in immediately asking for help from adults.

- therefore, it is important for us to take the initiative and raise the issue
- positive coping strategies are little positive actions which relieve pressure and they vary from student to student.

Positive coping strategies fall into four general categories, which are

- exercise – anything that lifts the heart rate
- positive self-talk – personal assertive messages which work for the individual
- personal support – a trusted adult; their champion who will stick with them
- meditation – mindfully focusing their consciousness on breathing and their thoughts – see Why Self-calming Strategies?

(refer to index in the school diary)

“Those who care to learn will always find a teacher.” Saying

WEEK 33 POSITIVE COPING STRATEGIES

MIDDLE STUDENT PLANNER PAGE 92

POSITIVE COPING STRATEGIES
My Wellbeing Bank: Build Strengths and Emotions by using positive coping strategies and seeking support when I am not coping.
Positive coping strategies:
• reduce the intensity of your emotions
• help you overcome times when you struggle to keep up and find balance in life
• feel that your best is not good enough.
They are grouped in **four** main areas:
• exercise, self-talk, personal support and meditation.
Exercise:
• your heart rate needs to be raised
• distract yourself by concentrating hard on what you are doing.
Positive Self-talk:
• “I can” and “I will” statements (page 158)
• practise saying them to yourself often.
Personal Support:
• create ten different ways to ask for help and practise saying them
• find a trusted adult, your champion, who will never give up on you and insist that you continually lift your efforts.
Meditation:
• your consciousness has to be fully used up
• use mindfulness activities and square breathing.

ACTIONS
What are two things I will start doing when I realise that I'm not coping?
1. _____
2. _____

MINDFULNESS ACTIVITY:
33. **Giving.** If you had 10 million dollars given to you that you had to spend or you would lose it, what would you spend it on; whose lives could you positively impact?

RESILIENCE BUILDER
33. There are times when you need to express your concerns and needs to others. You can use aggressive, assertive or timid language. With two friends, discuss and describe what each of the following means by providing three examples of each. (Aggressive – hostile and forceful. Assertive – confident and self-assured. Timid – passive and resigned.)

WELLBEING TIP:
Write a letter to yourself, just to yourself, about what you really want for you; then go for it.

WHAT WENT WELL THIS WEEK AND WHY?
1. _____
2. _____
3. _____

Character Strength: Social Intelligence
www.viacharacter.org

Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5

SENIOR STUDENT PLANNER PAGE 92

POSITIVE COPING STRATEGIES
My Wellbeing Bank: Build Strengths and Emotions through using positive coping strategies and seeking support when I am not coping.
Positive Coping Strategies assist you to overcome your social, emotional and academic stressors:
• they are simple activities such as Square Breathing to distract your brain by using all of your consciousness
• they reduce the intensity of your emotions
• create your own set of strategies
• different people are stressed in different ways, react in different ways and need different strategies
• nearly 40% of your age group report that they experience stress from school and study.
Coping strategies are grouped in **four** main areas.
Exercise:
• considerably raise your heart rate
• concentrate hard on what you are doing to distract yourself.
Self-talk (refer index)
• create “I can” and “I will” statements you practise saying to yourself
• your brain will see a pattern that you are using your positive self-talk.
Relational Support:
• create ten different ways to ask for help and practise saying them
• find a trusted adult, your champion, who will never give up on you and insist that you continually lift your efforts.
Meditation:
• breathe mindfully to relax yourself both mentally and physically
• try mindfulness activities and self-calming strategies.

ACTIONS
What are two things I will start doing when I become aware that I am not coping?
1. _____
2. _____

MINDFULNESS ACTIVITY:
33. **Giving.** If you had 10 million dollars given to you that you had to spend or you would lose it, what would you spend it on; whose lives could you positively impact?

RESILIENCE BUILDER
33. Some coping strategies focus on doing positive things to overcome the issue, such as setting short term goals to achieve or trying new strategies to solve the problem; this is having growth mindsets. Describe three times you have done this well.

WELLBEING TIP:
Write a letter to yourself, just to yourself, about what you really want for you; then go for it.

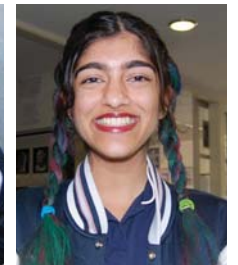
WHAT WENT WELL THIS WEEK AND WHY?
1. _____
2. _____
3. _____

Character Strength: Social Intelligence
www.viacharacter.org

Rate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5



YEAR 12 CRAZY HAIR DAY





West Coast Futsal Association

Junior Futsal Summer Season

Competition age groups: 9s, 11s, 13s, 15s and 17s

Get your friends/kids involved in the fastest growing sport in Australia, within the best futsal environments in WA! The competitions at Mt Lawley and Hollywood Futsal Clubs run from 4:30—6:00pm and the Gol Brasil Academy goes from 4:45 to 5:45, on the following days:

Mt Lawley: Monday – 9s, Tuesday – Gol Brasil Academy, Wednesday – 11s, Thursday – 13s and Friday – 15s.

Hollywood: Monday – Gol Brasil Academy, Tuesday – 11s, Wednesday – 9s, Thursday – 15s and Friday – 13s.

Scarborough: Saturday (10am – 5pm) – 13s, 15s and 17s



Hollywood Futsal Club—56

Smyth Rd, Nedlands

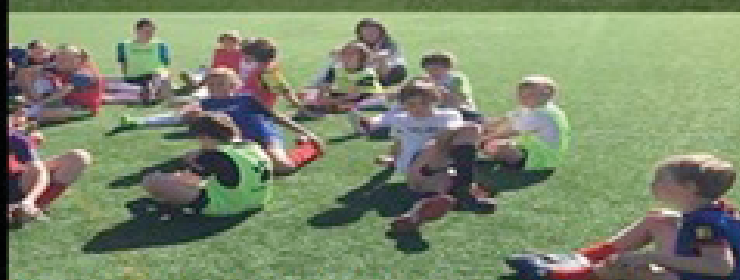
Mt Lawley Futsal Club—Cnr

of Stancliffe St and Central

Avenue, Mt Lawley

Scarborough Futsal Club—2

Nerita Way, Karrinyup



To register your interest for a team or to join as an individual, please contact: 0423784776 or send an email to admin@westcoastfutsal.org.au.



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.

Relationships Australia

Relationships Australia.
WESTERN AUSTRALIA

1300 364 277
www.relationshipswa.org.au

PARENTING SEMINARS – WEST LEEDERVILLE BRANCH

| | | |
|--|----------------------------|---------|
| Mums Raising Boys | Monday, 10 October | \$30 |
| Fathering After Separation | Tuesday, 11 October | \$30 |
| Dads Raising Boys | Wednesday, 12 October | \$30 |
| Partners becoming Parents | Wednesday, 12 October | \$30 |
| Kids and Today's Technology x 2 | Wednesday, 12 & 19 October | \$35/50 |
| Parent-Teen Connection x4 | Tuesday, 18 Oct-8 Nov | \$50/75 |

Ring 6164 0200 to enrol

Relationships Australia.
WESTERN AUSTRALIA

1300 364 277
www.relationshipswa.org.au

Kids and Today's Technology

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.

Highlights of this two night seminar will include:

- Family conversation starters around technology
- Parenting boundaries and how other parents manage this
- Cyber bullying, predatory behaviours and safety
- Social media – how it works and control measures available
- How to maximise many good aspects of technology
- Apps, websites and sharing of many highly useful resources
- How to keep yourself up to date with technology

WEST LEEDERVILLE
22 Southport Street, corner of Cambridge Street

Wednesday
12 & 19 October
2016

Fee: \$35 per person / \$50 per couple
Time: 6.30 – 9.00pm

Places are limited so please phone 6164 0200 to enrol

Dads Raising Boys (under 12)

For a boy a close relationship with his father is like gold. A father is like an anchor for a son. A dad is one constant in life who models what they become as an adult.

All boys benefit from a strong male figure in their lives and it's a father's greatest privilege to be the man that not only gets to enjoy "tearing up the grass" with his sons but also to teach them how to become good men.

Boys whose dads are involved with them from a young age do better in lots of ways – academically, emotionally and socially. Well-fathered boys show the positive effects years later with an improved capacity for empathy and the health of their social relationships.

While very small boys often express a preference for their mother over their father, this often alters between the ages of two and four when Dad suddenly becomes the main attraction. It's at this age that little boys get excited about cars, boats, tools and tractors, and as Dad increasingly becomes their partner in play, being just like him becomes their mission.

Play time with Dad arms young boys with the knowledge they need to understand what their limits are.

This workshop will discuss:

- The importance of the role Dad's play in the development and nurture of boys
- The importance of play with your son
- Helping your son build self-esteem, a healthy identity and resilience
- How to manage difficult behaviour

FREMANTLE
1 Ord Street
Wednesday, 20 July
2016

WEST LEEDERVILLE
22 Southport Street, corner of
Cambridge Street
Wednesday, 12 October
2016

Time: 6.30-9.00pm
Fee: \$30 per person

Places are limited so please phone 6164 0200 to enrol

Fathering after Separation

It's important for fathers to distinguish between their parenting role and the relationship break-up.

This seminar, held in a male-only environment, suggests ways in which fathers can keep in touch with children, even if hindered by formal access arrangements.

This seminar looks at:

- developing age-appropriate communication skills
- particular skills with child/ children to cope with different space and time
- developing and communicating a functional and distinctly parent-focussed relationship with the mother of their child/ children
- enhancing your own health and well-being

WEST LEEDERVILLE
22 Southport Street, corner of
Cambridge Street

Tuesday, 11 October
Tuesday, 14 December
2016

Fee: \$30 per person
Time: 6.30 – 9pm



Junior Learn To Sail

Mon 3 Oct to Tues 4 Oct

8:30 AM – 1:30 PM

Contact Steve: 0417 995 598

Cost: \$100





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September

SCHOOL HOLIDAY CLASSES

**FOIL FISH COLLAGE**

8 years & older
with Tim Wilson
Monday 26 Sept
10am-12.30pm
Cost: \$30
All materials supplied

Enrolment:
0416 061 596
timbowilson@gmail.com

Create a beautiful sea or sky scene. First paint a watercolour wash, then collage a school of glowing foil fish. Made by cutting and embossing shapes and applying marking pen for a striking, glowing colour effect!

**CLAY WINDCHIME WORKSHOP**

with Sheryl Chant
Tuesday 27 Sept
10am-12pm
Cost: \$32 per child
All materials supplied

Firing of clay at participant's cost

Enrolment:
6454 1803
info@vicparkarts.org.au

Using terracotta paper-clay, explore the textures of natural and man-made objects. Develop your skills in using clay by making your very own windchime with experienced tutor and artist, Sheryl Chant, who will lead you on this creative adventure.

**ACRYLIC LOTUS FLOWER ART**

7yrs & up
with Michelle Culnane
Wednesday 28 Sept
9am-12pm
Cost: \$52 per child
BYO materials

Enrolment:
0404 926 381
michellensteve70@bigpond.com

Learn to paint a background in a modern style or could even be called impressionist style - blending the paints on the canvas with a particular movement of the brush. The lotus flowers will have light and dark coming through to give depth. This is a fun activity to do. You will have a beautiful art work for your wall.

**GIFTS FOR THE GARDEN CLAY WORKSHOP**

7-12 years
with Sheryl Chant
Thursday 29 Sept
10am-12pm
Cost: \$32 per child
All materials supplied

Firing of clay at participant's cost

Enrolment: 6454 1803
info@vicparkarts.org.au

Garden, Earth, Mud, Clay. From the earth our gardens grow. Using paper-clay, discover the earth from an unexpected dimension. Explore ancient, yet simple hand building techniques in the creation of small-scale sculptures as gifts for your garden. Experienced tutor & artist, Sheryl Chant, will lead you in this creative adventure.



12 Kent Street East Victoria Park WA 6101

T. 6454 1803

Email: info@vicparkarts.org.au

Website: vicparkarts.org.au

Facebook: Victoria Park Centre For The Arts

Opening Hours: Monday 10am-2.30pm

Tuesday-Friday 10am-4pm



COMMUNITY NOTICES

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TERM CLASSES FOR YOUTH AND CHILDREN

DRAWING FOR YOUNG CHILDREN - 6-11yrs

with Michelle Culnane

Monday 4.15-5.15pm

Tuesday 4.15-5.15pm

Saturday 9.10am 10.15-11.15am 11.30-12.30pm

Cost: \$130 BYO materials

Enrolment: 0404 926 381

michellensteve70@bigpond.com

Learn to draw using pencil, oil pastel, soft pastel and paints. Explore colour, art and design in a variety of mediums and techniques.

TUTORING CLASSES - Years 2-7

with Lana

Tuesday 4.00pm-6.00pm

Wednesday 4.00pm-6.00pm

Cost: \$30 for 1 hour or \$50 for 2 hours

Enquiries: 0431 467 964

lana@lifelonglearners.com.au

Tutoring for primary school students in Maths and English.

CREATIVE KIDS ART CLUB - 5-10yrs

Wednesday 4.00pm-5.00pm

Cost: \$199 for the term - includes use of art shirt & all materials.

Online Enrolments:

www.creativekidsartclub.com.au

jane@creativekidsartclub.com.au

Join us to design & paint an African mask, do some fun drawing activities & exciting craft projects.

CARTOONING

with Tim Wilson

Saturday 1.00pm-2.00pm

Commencement: 22 October

Cost: \$80 for a 5 week course

Enrolment: 0416 061 596

timbowilson@gmail.com

Discover the secrets of cartooning technique in these fun workshops. Subjects include special effects, facial expressions, animals plus drawing games. No experience required.

OIL PAINTING

with Ruth Drewell

Wednesday 9.00am-12.00pm

Cost: \$250

Enrolment: 0405 653 661

Learn to paint with oils. Specialising in landscape and portrait. Delight yourself and amaze your friends!

WRITING GROUP

Wednesday 10.30am-12.30pm

Cost: \$15 or \$10 Members

Enquiries: 6454 1803

info@vicparkarts.org.au

Bring your work in progress. Share ideas and receive feedback in a supportive environment.

CHATS ENGLISH CONVERSATION

Thursday 12.30am-2.45pm

Cost: Free

Enrolment: Annette Pitts 9329 4220

APitts@vicpark.wa.gov.au

WILD EXCITING ART GROUP

Friday 10.00am-12.30pm & 1.00pm-3.30pm

Cost: \$15 or \$10 Members

Enquiries: 6454 1803

info@vicparkarts.org.au

Open Studio session for arts practitioners in any medium. No formal teaching but lots of support, sharing tips & fun.

LIFE'S SPECTRUM: CONTINUING THE EXPLORATION

with Dianne Smith and Joyce de Haas

Commencement: 16 October

Sunday 4.00pm-6.30pm

Cost: \$240 for 6 weeks includes all materials

Concession available

Enrolment: 0413 034 348 Dianne

0401 348 213 Joyce

diannejsmith9@gmail.com

joyce.dh@artlover.com

For women who have completed the 'Women Re-colouring Change' course.

FOR DETAILS ABOUT OUR
EXHIBITION CALENDAR &
SCHOOL HOLIDAY PROGRAM
PLEASE CHECK OUT OUR WEBSITE OR
FACEBOOK PAGE

Courses will only run if there are sufficient numbers. The tutor or art centre will confirm if there are sufficient numbers for a course to run.

BECOME A MEMBER

member@vicparkarts.org.au

Individual \$25 or \$20 concession

Family \$40 or \$35 concession

Not for profit organisation \$50

Business \$75

Please download membership form from our website

Victoria Park Centre for the Arts
12 Kent Street, East Victoria Park, 6101
Tel: (08) 6454 1803

info@vicparkarts.org.au

vicparkarts.org.au

Victoria Park Centre for the Arts

Gallery and Gift Shop

Open Monday 10am-2.30pm

Tuesday to Friday 10am-4pm

Be inspired by our local creative spirit!



Printing by Office of Steve Irons MP
Federal Member for Swan

PRINTMAKERS & ART GROUP

Sunday fortnightly 9.30am-12.00pm

Commencement: 16 October

Cost: \$15 or \$10 Members

Enquiries: 0407 476 090

mmjh@iinet.net.au

Share your ideas, skills and experience in a supportive, fun environment. Access to printing area and limited range of water based inks and test paper available.

ONE DAY OR WEEKEND WORKSHOPS

Limited places available – book early!

SHABBY CHIC 2 DAY WORKSHOP - Beginners

with Pam Symcox

Saturday 1 & 8 October 9.00am-4.00pm

(1 hr lunch)

Cost: \$200

SHABBY CHIC 4 DAY WORKSHOP - Beginners

with Pam Symcox

Tuesday 18 & 25 October 6.00pm-8.30pm

Thursday 20 & 27 October 6.00pm-8.30pm

Cost: \$200

Enrolment: 0401 452 433

pam.symcox48@gmail.com

Bring one small piece of furniture (chair size) and enjoy the transformation step by step.

We'll cover painting, waxing, stenciling, crackle.

Finish and material painting e.g. chair seat or cushion, go home with your new chic furniture.

You will have access to Anne Sloan white + cream. Chalk paint, wax, dark wax, stencils & crackle technique. Additional materials needed

including nylon brushes, old cushion & cotton rags (NO FLUFF) for waxing e.g. pillow cover.

Please contact Pam for full materials list.

MOSAICS FOR BEGINNERS

with Sonia Lewis

Saturday 12 Nov 1pm-5pm

Sunday 13 Nov 10am-4pm

Cost: \$195 for both days all materials supplied



Workshops Program
Term 4 2016
OCTOBER - DECEMBER

ENROL NOW!

TERM CLASSES FOR ADULTS

CLAY PLAY Suitable for Beginners

with Sheryl Chant

Monday 12.30pm-3.30pm

Commencement: 31 October

Cost: \$240 for 6 weeks

Enrolment: 0416 615 491

sherylchant@gmail.com

Hand building - exploring what you can create using a lump of clay, your hands and a few simple tools (tools supplied). Building methods include pinch, slab and coil using paper-clay enabling you to create your own functional and non-functional objects. A great opportunity to play with clay while developing your skills in a friendly and supportive environment.

IRAQI SINGING WORKSHOP All ages welcome

with Fadhila Sabiry

Monday 6.30pm-8.30pm

Cost: \$180 for 8 weeks

Enrolment: 0405 485 970

Enjoy singing in Arabic an Iraqi folk song (Iraqi Dialect), listening to the uniquely joyful Iraqi Ood (original word for Lute) and Iraqi rhythms & claps.

Enrolment: 0419 957 582

info@sonialewisdesign.com.au

Learn about design and colour, mosaicing materials, tools, cutting techniques, grouting and sealing. By the end of the weekend you will have completed a 40x40cm mosaic picture ready to hang.

MOSAICS FOR CHRISTMAS

with Sonia Lewis

Saturday 26 Nov 1pm-5pm

Sunday 27 Nov 10am-4pm

Cost: \$195 for both days all materials supplied

Enrolment: 0419 957 582

info@sonialewisdesign.com.au

You will be introduced to several mosaicing techniques and complete one or more Christmas objects to decorate your home or tree. Suitable for beginners and those with some experience.

LEARN TO SEW YOUR OWN QUILT

With Rene Olsen

Saturday 7 & 14 January 9am-4pm

Cost: \$180 for both days

Materials not included

Enrolment: 0414 257 590

rene@fivestarsettlements.com.au

All welcome. Beginners to advanced. Develop your sewing skills by creating your own master piece quilt. You will be taken through the process of making a small quilt from start through to completion. Please contact Rene for materials list.

LIFE DRAWING WEEKEND WORKSHOP

With Tracey Waugh

21 & 22 January 9.00am-4.00pm

Cost: \$185 for both days

Enrolment: 0412 059 056

traceyannewaugh@yahoo.com.au

Learn about the proportions and anatomy of the human body. Explore tone line shape, contours, negative & positive space etc. then apply your learning with real life models.