



## MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

### LAWLEY UPDATE 16 Term 4 No.3 2016

The annual Year 12 Awards evening was held last week. It was a fitting end to the Class of 2016, who exited the school with dignity, likely the best exit for some years. The evening was very well attended and ran to schedule. Congratulations are extended to all members of the cohort and especially to those who were awarded a prize. The list of prize winners is published in the Update.

The supporters of the school in providing prizes and in presenting them is also acknowledged. Thanks to the Hon Tim Hammond, MP the Federal Member for Perth and Ms Eleni Evangel, MLA the State Member for Perth. Special mention is made of the Hon Michael Sutherland, MLA who attended despite having key duties to perform as Speaker before the end of the current parliamentary session. The Rotary Club of Mount Lawley support an award as does the P&C Association. The Australian Defence Force, Caltex and the Regional Office also support awards in many schools. AustralianSuper - Westscheme Division continue to support vocational education in this school as well as others.

The Year 12 Rock band and the Senior String Quartet performed during the evening, the latter now in the third iteration, welcomed Lucy Sutherland as the replacement for graduand, Lorraine Rossen, the now former leader of the quartet. The quartet played a composition of Year 12 leaver, Rosa Clifford. It was a demanding and complex piece for which Rosa is congratulated on her technical procuress to compose it and the quartet for executing it so well. Thanks to Music Teacher-in-Charge, Ms Michelle deRosario who assisted.

The keynote speaker was the school's substantive Head of Science, Mr Ian Barrett. Currently on sick leave and likely to retire next year, he spoke of his personal tragedy of being diagnosed with Parkinson's Disease and drew from this lessons of life for the graduating class. It was a moving address that took great courage and rightly, was accorded a standing ovation from many in the room.

Whilst the Class of 2016 has now left the school, Early Start has commenced and Year 10 and Year 11 students have moved to the next year. Early Start enables students to have more time in class for Year 12 and is a school initiative to assist teachers cover the curriculum and have time for a concerted revision program prior to final examinations. It also enables students to ensure that they have selected the best

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#### CONGRATULATIONS



##### Victor Zhong Year 12

Runner up in the Donate Life - organ donor Micro Fiction writer's competition 16-17 year old division.



**Maia 8M3** has been selected to participate in an international gymnastic competition in Singapore at the end on November.



##### Sam 10F1

Winner of the City of Perth History Award (Student Category) for his piece "Sir George Shenton: From Electoral Fraud to Mayor of Perth)

#### ROAD SAFETY

**The main car park of the school is not a student pick-up or drop-off area, especially at the start and end of the school day due to the need to provide a safe environment for children. There are signs that are posted that make this clear. However, this is not supported well by parents.**

**During periods of high tempo student movement (8:15am - 8:45am and 2:50pm - 3:15pm)**

**parents are urged not to enter the car park to either drop-off or pick-up students.**

**Thank you for your support.**

#### UNIFORM LOCATION CHANGE

From Tuesday 3 January 2017 Mount Lawley SHS uniforms will be available from 832/834 Beaufort Street, Inglewood. This store operates 6 days a week for parents/guardians providing greater accessibility.



**Monday, Tuesday, Wednesday & Friday 9am - 5pm**

**Thursday 9am - 6pm, Saturday 9am - 1pm**

Tel: 9270 4658 Email: [inglewood@uc.nellgray.com.au](mailto:inglewood@uc.nellgray.com.au)

#### EVENTS CALENDAR

**28 November Monday** 6.30pm P & C Meeting

**7 December Wednesday** Final Whole School Assembly

**7 December Wednesday 8.45-10.15am** Coffee Club

#### A THOUGHT

Music is the movement of sound to reach the soul  
for the education of its virtue.

**Plato**

**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)**



course load and one that will enable them to achieve a successful result. All students must aim to achieve the Western Australian Certificate of Education (secondary graduation) and this cannot be attained if students do not select courses that they can gain at least a 'C' grade. With the current WACE requirements all students, except those assured of a 90 ATAR, should complete a Certificate, which assists them gain attainment - an ATAR of at least 70 or a Certificate.

An on-line petition has been sponsored by a student at the school about installing lockers at school. This subject is canvassed on Year 7 Orientation Day, P&C meetings and discussed in the Update. It is not feasible to install lockers at the school. There is no place to put the 1600 or so that would be needed now, let alone the future 2000 plus, and in any case, it would be prohibitive financially. The subject of heavy school bags is part of orientation into Middle School and a number of initiatives, several by the P&C this year, will be implemented next year.

As part of planning for 2017, and in accordance with the legal framework, parents will be provided with invoices for 2017. Charges are compulsory and must be paid and the collection rate remains good, however, in the last few years the Years 7 - 10 Contributions rate has fallen. Whilst the financial impost on families is appreciated, these funds provide the main means of supporting curriculum operations. All funds collected through Contributions are paid to learning areas and therefore, classroom operations. No part of Contributions are allocated to administration. The support of parents in paying Contributions is requested. Your children benefit.

Uniform Concepts, who operate the uniform shop have established a super shop in Inglewood and from this, will conduct retail operations for a number of surrounding schools. The P&C has endorsed the proposal, although we will explore one-off options for the shop at the school. Information for parents is in this Update. The proceeds of uniform sales will continue to be directed to P&C projects.

With the Early Start initiative now executed for 2017 upcoming events include the Year 9 orientation into Senior School and the Year 7 Orientation Day. This is set for Monday, 5 December 2016. Nearly 300 students are expected in Year 7 for 2017.

The Final School assembly for the year is scheduled for Wednesday, 7 November 2016. This is a long assembly as many prizes and awards will be presented. Last year over one third of the school was recognised in some manner at this event. This year will be similar.

In the last week of the year the Middle School reward activities are scheduled. On the Monday of that week the annual volunteers' morning tea will be held where the many, many wonderful volunteers who support this school are thanked.

The final day for students is Thursday, 15 December 2016.

**Milton Butcher, Principal**

## 2016 Year 12 Award Winners

<i>Dux</i>	Kexin (Katherine) Sun
<i>Runner-Up Dux</i>	Borys Rembiasz
<i>General Studies Dux</i>	Jofi A'Court
<i>Vocational Education and Training Dux</i>	Ambika Aghi
<i>Westscheme Division of AustralianSuper Award for Excellence in VET</i>	Kian Kay
<i>Sportswoman of the Year</i>	Suci Wardana
<i>Sportsman of the Year</i>	Isaac Maclean
<i>Arts Award</i>	Lily Baitup
	Shaun Johnston
<i>Principal's Award</i>	Rosa Clifford
<i>North Metropolitan Education Region Commitment to Excellence Award</i>	William Tucker
<i>Ralph Honner DSO, MC Award for Endeavour</i>	Kiah Fraser
	Haojun (Kevin) Wu
<i>Christine Richardson Citizenship Award</i>	Mikayla Barty
<i>Caltex Best All-Rounder Award</i>	Tianna Furness
<i>ADF Long Tan Leadership and Teamwork Award</i>	Lily Baitup
<i>Community Service and Participation Award</i>	Alexander Martin
	Hannah O'Brien
<b>English</b>	
<i>English General</i>	Ambika Aghi
<i>English ATAR</i>	Kirsten Staines
<i>English as an Additional Language or Dialect ATAR</i>	Thien (Kim) Nguyen
<i>Literature ATAR</i>	Nina Youe
<b>Humanities and Social Sciences</b>	
<i>Accounting and Finance General</i>	Madeline Rogers
<i>Accounting and Finance ATAR</i>	Yong (Ryan) Tan
<i>Ancient History General</i>	Mikhaela Powell
<i>Ancient History ATAR</i>	Hannah McGirr
<i>Business Management &amp; Enterprise ATAR</i>	Alexander Martin
<i>Economics ATAR</i>	Kirsten Staines
<i>Geography ATAR</i>	Ashlyn Blandt
<i>Modern History ATAR</i>	Aimi Arai
<i>Politics and Law ATAR</i>	Kirsten Staines
<i>Psychology General</i>	Aimi Arai
<i>Psychology ATAR</i>	Hannah O'Brien
<i>Certificate II Business</i>	Bianca Koske
<i>Certificate III Business</i>	Zainab Al-Ahmad
<b>Languages</b>	
<i>Chinese: First Language ATAR</i>	Kexin (Katherine) Sun
<i>Chinese: Second Language ATAR</i>	William Tucker
<i>French: Second Language ATAR</i>	Telea Hotker
<i>Italian: Second Language ATAR</i>	Johanna Battista
<i>Certificate II Applied Languages (Japanese)</i>	Mary Lam
<b>Mathematics</b>	
<i>Mathematics: Essentials General</i>	Stella Thomas
<i>Mathematics: Applications ATAR</i>	Nicole Maher
<i>Mathematics: Methods ATAR</i>	Kexin (Katherine) Sun
<i>Mathematics: Specialist ATAR</i>	Kexin (Katherine) Sun
<b>Physical Education</b>	
<i>Outdoor Education General</i>	Elysse Hislop
<i>Physical Education Studies General</i>	Lachlan Stuart
<i>Physical Education Studies ATAR</i>	Lachlan Stuart
<i>Certificate II Sport and Recreation</i>	Bradley Barton
<b>Science</b>	
<i>Biology ATAR</i>	Hannah McGirr
<i>Chemistry ATAR</i>	Kexin (Katherine) Sun
<i>Human Biology ATAR</i>	Aimi Arai
<i>Integrated Science General</i>	Lorraine Rosson
<i>Physics ATAR</i>	Kexin (Katherine) Sun
<b>Technologies</b>	
<i>Applied Information Technology General</i>	Ethan Rice
<i>Applied Information Technology ATAR</i>	Daniel Willsher
<i>Design ATAR</i>	Drew Alexander
<i>Engineering Studies ATAR</i>	Dale Emmott
<i>Food Science and Technology General</i>	Yadanar Lynch
<i>Certificate II - Community Services</i>	Hannah Hall
<i>Certificate II Engineering Pathways</i>	Paul Athanassiou
<i>Certificate II - Hospitality</i>	Griffin Coggin
<i>Certificate II Visual Arts (Photography)</i>	Szilvia Kaszaniczky
<i>Certificate II Visual Arts (Technical Graphics)</i>	Danielle Tate
<i>Career Link</i>	Ambika Aghi
<b>The Arts</b>	
<i>Drama General</i>	Nicola Bower
<i>Drama ATAR</i>	Shaun Johnston
<i>The Don Rowe Media Production &amp; Analysis General</i>	Szilvia Kaszaniczky
<i>The Don Rowe Media Production &amp; Analysis ATAR</i>	Evan Menis
<i>Music General</i>	Griffin Reed-Lombardo
<i>Music: Jazz ATAR</i>	Drew Alexander
<i>Music Western Art ATAR</i>	Rosa Clifford
<i>Visual Arts General</i>	Johanna Battista
<i>Visual Arts ATAR</i>	Shahidah Rashid
<i>Certificate II Live Production and Services</i>	Telea Hotker



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

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

### WEEK 43 – PART-TIME JOBS

Wellbeing Element: **Meaning and Purpose**

Character Strength: **Gratitude**

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

Many students work part-time jobs to gain some financial independence to spend on things of their own choice

• also, they provide an excellent opportunity for students to experience firsthand what certain jobs entail

• in combination with formal Work Experience programs, part-time jobs enable students to learn to work collaboratively and cooperatively with others

Students' part-time employment will occur at a variety of times throughout the week

• as such it is essential that they put on their Personal Timetables.

There are aspects of part-time jobs which can seriously impact on students' progress at school and life balance

• firstly, any more than 10 to 12 hours per week is going to put pressure on the time available for students to do the things they want to do and have to do

• such as exercise, study, home learning and quality family and leisure time which young people thrive on.

• secondly, working can be extremely fatiguing, adversely affecting their health and making effective learning very difficult

A balanced approach to part-time employment is a must

• the teenage years are a formative period to be enjoyed and lived to their fullest

• no one aspect of their lives should be allowed to negatively impact on other ones

**"Borrow time; never steal it " MW**

WEEK 43 PART TIME JOBS	
<p><b>MIDDLE STUDENT PLANNER</b> PAGE 114</p> <p><b>PART TIME JOBS</b></p> <p><b>My Wellbeing Bank:</b> Boost <i>Meaning and Purpose</i> by learning about the world of work.</p> <p><b>Part-time jobs</b> are great introductions to the world of work and rich learning opportunities.</p> <p><b>They enable you to:</b></p> <ul style="list-style-type: none"> <li>raise money for yourself to save and spend</li> <li>meet new people to build your and their wellbeing</li> <li>experience different types of careers and work</li> <li>feel a sense of satisfaction and independence</li> <li>build your gift and growth mindsets by focusing your energies on learning new life skills</li> <li>make considered decisions on Work Experience to do.</li> </ul> <p><b>Make sure:</b></p> <ul style="list-style-type: none"> <li>the time commitment is suitable: no more than 10 hours weekly.</li> <li>you spend quality time with your family and friends.</li> <li>you spend enough time on your learning</li> <li>you use your top five strengths in your thinking.</li> </ul> <p><b>Balance is the key.</b> It's about:</p> <ul style="list-style-type: none"> <li>raising the money you need and enjoying quality leisure time.</li> <li>Try to avoid night work. It is very tiring and may affect your health and reduces your time with friends and family.</li> </ul> <p><b>ACTIONS</b></p> <p>What are two things I will start doing to learn more about part-time jobs?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol> <p><b>MINDFULNESS ACTIVITY:</b></p> <p>43. <b>Country Names.</b> There are about 200 different nations in the world. For five minutes write down as many of them that you can think of.</p> <p><b>RESILIENCE BUILDER:</b></p> <p>43. There are many coping strategies to calm yourself down, such as going for a walk, ride, run, doing a mindfulness activity from the website and meditating. It is important to practise a number of them and not just rely on one. What are your five most effective coping strategies?</p> <p><b>WELLBEING TIP:</b></p> <p>Go through your wardrobe; if you haven't worn it for a year donate it to charity.</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>Gratitude</b> www.viacharacter.org</p> <p>Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>	<p><b>SENIOR STUDENT PLANNER</b> PAGE 114</p> <p><b>PART TIME JOBS</b></p> <p><b>My Wellbeing Bank:</b> Strengthen <i>Meaning and Purpose</i> through learning about the world of work.</p> <p><b>Part-time jobs</b> are great learning opportunities provided the Part is not too big: no more than 10 hours weekly.</p> <p><b>They enable you:</b></p> <ul style="list-style-type: none"> <li>an outlet from study and a chance to meet new people</li> <li>to finance your various needs and wants</li> <li>to experience different types of careers and work</li> <li>to feel a sense of independence</li> </ul> <p>They can also <b>deavour</b> large slices of your time: you are a full-time student; are you giving your studies sufficient time?</p> <ul style="list-style-type: none"> <li>has the extra money distorted your perspective?</li> <li>are you still enjoying quality leisure time?</li> </ul> <p><b>Balance is the key:</b></p> <ul style="list-style-type: none"> <li>raising the money you need</li> <li>enjoying yourself while never losing sight of your goal</li> <li>living the life you want to live after you leave school.</li> </ul> <p>Try to avoid <b>late night work</b>: very tiring and will impact on both your health and your studies.</p> <ul style="list-style-type: none"> <li>when you achieve your goals money will look after itself.</li> </ul> <p>Part-time jobs mean you have <b>money</b>:</p> <ul style="list-style-type: none"> <li>it's easy to forget about saving and spend your wants may become must haves</li> <li>develop a saving and spending plan look at Money: Saving and Spending on website.</li> </ul> <p>Only have enough money in your wallet/purse to cover expenses; bank the rest.</p> <p><b>ACTIONS</b></p> <p>What are two things I will start doing to learn more about the world of work?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol> <p><b>MINDFULNESS ACTIVITY:</b></p> <p>43. <b>Country Names.</b> There are about 200 different nations in the world. For five minutes write down as many of them that you can think of.</p> <p><b>RESILIENCE BUILDER:</b></p> <p>43. When things are not going well in life, a sign of strength is to use your top five strengths to seek help. With a friend describe three things your friends can help you with, three your family can and three your teachers can.</p> <p><b>WELLBEING TIP:</b></p> <p>Go through your wardrobe; if you haven't worn it for a year donate it to charity.</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>Gratitude</b> www.viacharacter.org</p> <p>Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>

## WEEK 45 – Wellbeing Element – Resume Building/ Peer Group

### Wellbeing Element: **Honesty** Character Strength – **Honesty**

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

Feeling socially connected is the biggest factor in students (and us) in being happy

• as such, peer group issues often consume students and they fall into emotional traps

• they need to be provided with structured opportunities to discuss peer group expectations and problems to overcome

this, rather than guessing what their peers are thinking

• when they do this, encourage the language of Character Strengths, growth mindsets, mindfulness and elements of wellbeing to ensure there is no uncertainty.

For older students, compiling a resume should be a celebration of their achievements

• reflecting on how they have used their strengths and talents to accomplish tasks fills them with positive emotions

• it is their presentation of what they can offer others to help them achieve their goals

When assembling a list of their strengths, achievements, skills, attributes and what they can offer others

• having someone to bounce ideas off and remind them of past successes is of great benefit

• family and friends are ideal.

• it also benefits the other person because they can't help but deeply reflect on how it relates to them.

Just listing things they have done rather than the benefits they brought is to be avoided

• think value add for others

"

**"It is better to be looked over than overlooked." Mae West**

WEEK 45 PEER GROUP / RESUME BUILDING	
<p><b>MIDDLE STUDENT PLANNER</b> PAGE 118</p> <p><b>PEER GROUP</b></p> <p><b>My Wellbeing Bank:</b> Grow <i>Relationships and Optimism</i> by sharing positive times with my peer group.</p> <p><b>Your Peer Group</b> is made up of who you mix with at school and in the community.</p> <p><b>Healthy</b> peer groups understand:</p> <ul style="list-style-type: none"> <li>shared and clear expectations of each other</li> <li>what are acceptable ways to speak and act</li> <li>the importance of speaking up if they don't want to do something</li> <li>valuing, trusting and believing in each other</li> <li>respect and accept the needs, feelings and opinions of each other.</li> </ul> <p>In your peer group it is important to:</p> <ul style="list-style-type: none"> <li>have the self-confidence to be your true self</li> <li>not show some pretend image</li> <li>use your top five strengths in your thinking</li> <li>stand up <b>alone</b> when you disagree with the group; underneath they will respect you for your strength.</li> </ul> <p>Sometimes, students make <b>poor</b> choices so that they will fit in with their peer group. They do what they know is wrong. Be strong, look for what is right and stick to it.</p> <p><b>ACTIONS</b></p> <p>What are two things I will start doing to be a positive influence in my peer group?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol> <p><b>MINDFULNESS ACTIVITY:</b></p> <p>45. <b>Cat Stretching.</b> Pretend you are a cat and practise stretching like cats do for five minutes. What are your favourite types of stretching?</p> <p><b>RESILIENCE BUILDER:</b></p> <p>45. With two friends describe five interpersonal skills and five character strengths that you believe are essential for a group to be effective in achieving what they set out to do. Give your reasons for choosing each of them.</p> <p><b>WELLBEING TIP:</b></p> <p>Love your mum; she can do 10 things at once and will always be there for you.</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>Honesty</b> www.viacharacter.org</p> <p>Kate your wellbeing this week: 1 FAIR to 5 GREAT 1 2 3 4 5</p>	<p><b>SENIOR STUDENT PLANNER</b> PAGE 118</p> <p><b>RESUME BUILDING</b></p> <p><b>My Wellbeing Bank:</b> Boost <i>Meaning and Purpose</i> through reflecting on my greatest achievements to compile my resume.</p> <p>Your resume is a <b>celebration</b> of your achievements and what you will offer to benefit others' wellbeing.</p> <p>It provides potential employers with a picture of <b>you</b>:</p> <ul style="list-style-type: none"> <li>strengths and skills, experience and achievements</li> <li>suitability for the position</li> <li>what you will bring to benefit their organisation; research the target organisation to tailor your resume to their needs</li> <li>people are impressed when they discover you have taken the time to find out about them</li> </ul> <p><b>Be to the point:</b></p> <ul style="list-style-type: none"> <li>three pages at most with relevant information</li> <li>include a photo of yourself</li> <li>introduce yourself via a covering letter emphasising specific parts of your resume relevant to the position.</li> </ul> <p>Use the headings:</p> <ul style="list-style-type: none"> <li>Personal Particulars</li> <li>Achievements and Skills</li> <li>Names of three referees. Ask each to focus on a specific area about you to cover all bases.</li> <li>Qualifications and Training</li> <li>Strengths and Capabilities</li> </ul> <p><b>Highlight</b> what you offer:</p> <ul style="list-style-type: none"> <li>well developed communication skills, both oral and written</li> <li>problem solving capabilities</li> <li>ability to work to schedules</li> <li>initiative to work towards goals</li> <li>how you stand out from the competition; focus on achievements rather than purely responsibilities</li> <li>work experience benefits</li> <li>ensure the presentation of your Resume is stylish.</li> </ul> <p><b>ACTIONS</b></p> <p>What are two things I will start doing to compile a resume I am proud of?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol> <p><b>MINDFULNESS ACTIVITY:</b></p> <p>45. <b>Cat Stretching.</b> Pretend you are a cat and practise stretching like cats do for five minutes. What are your favourite types of stretching?</p> <p><b>RESILIENCE BUILDER:</b></p> <p>45. There may well be times when you are out and medford help is needed for friends who have hurt themselves or are ill. With two friends discuss and describe five things you would do for such a situation. Ask your teacher if you can all share your thoughts with the class.</p> <p><b>WELLBEING TIP:</b></p> <p>Love your mum; she can do 10 things at once and will always be there for you.</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>Honesty</b> www.viacharacter.org</p> <p>Kate 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.

## PHOTO ORDERS 2016

Dear Parents

We have been advised by Kapture Photography that all sports and/or special team photos taken this year will be removed from their website at the end of this term in readiness for next year's photography. This is your last chance to view and purchase these photographs. Please **visit [www.kapture.com.au](http://www.kapture.com.au)** and access the gallery using our school code; **LDSHNW**

This code can also be used to purchase class or individual photographs should you have missed out earlier in the year.



## CONOCOPHILLIPS SCIENCE EXPERIENCE AT ECU



The ConocoPhillips Science Experience is taking place at ECU Joondalup from 17 - 20 January 2017.

ECU is offering four days of interactive hands-on workshops. A welcoming team of scientists and engineers will expose students to the following disciplines which could include:

1. School of Engineering  
(Motorsport, Robotics, Structural Engineering)
2. School of Medical and Health Science  
(Sport Analysis, Nutrition, Paramedicine, Explore DNA)
3. School of Nursing and Midwifery (Nursing)
4. School of Science  
(Chemical Forensics, Reptiles, Physics, Security Science & Technology)
5. School of Arts and Humanities (Psychology)

This event is suitable for **current Year 8, 9 or 10** students who want to be exposed to science careers or have an interest in science. There are no interviews or entry tests as advanced science ability is not required.

The program costs \$160. Students can register online or call the ConocoPhillips Science Experience office on the number below.

More information about the ConocoPhillips Science Experience?

Watch our YouTube video:

<https://www.youtube.com/watch?v=DPY7AInGUTg>

Feel free to visit the science experience website for all the information you may need, including costs and sponsorship at [www.scienceexperience.com.au](http://www.scienceexperience.com.au)

If you would like to contact the ConocoPhillips Science Experience office, please call (03) 9756 7534.



**behaviour  
tonics** presents

## Engaging Adolescents®

Parenting skills for resolving teenage behaviour problems

**Held over 2 sessions - Wed 30th Nov & 7th Dec 2016**  
6.45 to 9.30pm, \$150pp OR \$270 for 2.

Venue: Behaviour Tonics, 352D Cambridge St, Wembley (entrance off Simper St)

### Learn:

- Understanding adolescence: a time of reconstructions, redeveloping social landscapes, brainsnaps and body make-overs.
- Understanding your job as parent/carer of a teenager - observer, advisor, negotiator, director.
- A three-option model for decision making...a 'drop down' menu for parents
- Working out how NOT to respond in tricky emotional encounters
- Building your relationship with your teenager
- How to hold difficult conversations more successfully when discussing issues such as internet overuse, sibling conflict, disrespect, truancy, going out, school work, helping out, choice of peers... and much more.



[www.behaviourtonics.com.au](http://www.behaviourtonics.com.au) PH (08) 9382 1182



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## Do your kids struggle to be organised and study effectively?

Victoria and her successful methods have had media coverage on nationwide TV and national newspapers. She continually applies current research and updates all her programs to

ensure students receive "state of the art" teaching and learning strategies.

## STUDY SKILLS TERM 1 2017

### Students will learn -

- ✓ How to study
- ✓ How to become organised
- ✓ Different study techniques
- ✓ The importance of timetables and timelining
- ✓ Accelerated learning techniques
- ✓ How to relax and coping mechanisms.

This course is highly recommended for ALL high school pupils. We meet each Tuesday in Term 1 from 6:15-7:15.

It is a 10 week intensive program and full notes and study materials will be provided.

Investment: \$550 inclusive of all materials  
Bookings are now being accepted.

All bookings must be accompanied by a 50% deposit.

A place to study. Setting up a special area. Getting organized.

Relaxation techniques: brain gym, breathing, positive self-talk, affirmations, visualisation (see your success)

Exam and test timing, distribution of marks, effective use of time, planning

How to set and check a goal. Quiz and research about what makes a successful student

Study methods. Cards/ flash cards/ mnemonics/ recording/song/raps

Effective use of a diary and how to create a workable schedule/timetable

How to read effectively: main points/skim/scan/highlight/ notate/quote

How to prioritise and how not to procrastinate. Allowing time for everything, including some fun!

The language of testing. How to read/ interpret/ understand and respond accurately to different types of questions.

### INTERNATIONAL CENTRE FOR EXCELLENCE

WE BELIEVE THAT ALL  
KIDS ARE SMART!

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email: info@icc-au.com  
Web: www.icc-au.com

## Notre Dame ATAR express workshops



## Year 11 and 12 Study Skills

### Do you want to study less and achieve more?

Key topics of this one day course include:

- > Learn how to get organised and how to plan your study sessions
- > Learn how to manage your time effectively
- > Learn how to deal with procrastination
- > Discover how your brain retains and recalls information
- > Understand your learning style and what study techniques work for you
- > Discover techniques that have you **studying less and achieving more**

Date: Friday 13 or Friday 20 January 2017

Time: 9.30am-3.15pm (lunch will be provided)

Cost: \$90


To register, please complete the form overleaf.




Apply direct [notredame.edu.au](http://notredame.edu.au)

[Fremantle](#) [Broom](#) [Sydney](#)

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## DORRIEN GARDENS HOME OF PERTH GLORY WOMEN



### PERTH SOCCER CLUB IS SEEKING FEMALE PLAYERS

FOR THE 2017 SEASON  
GIRLS AGED 9-17 AND WOMEN



COME & TRY OUT  
ON SATURDAY 10:00AM  
3<sup>rd</sup> DECEMBER 2016  
AT DORRIEN GARDENS  
MORE INFO ON  
WEBSITE

REGISTER YOUR  
INTEREST BY VISITING  
[PERTHSC.COM.AU](http://PERTHSC.COM.AU) OR  
[TINYURL.COM/FEMALEFOOTBALL](http://TINYURL.COM/FEMALEFOOTBALL)



BELINDA SEYDEL presents

# Embrace

One woman's journey to inspire everyBody

5% of ticket sales will be  
donated to the Kyilla Prima-  
ry School P and C

**MON 5th DEC at 7:00PM**  
EVENT CINEMAS,  
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The following information is presented as a service to parents/guardians, however Mount Lawley SHS does not recommend, endorse or promote these providers.

**A university as unique as you.**  
**Notre Dame.**

"When Notre Dame offered me a pathway into university – it was incredible! It gave me the tools and support to do better in my degree. Without it I wouldn't be studying Nursing."

*Imogen*  
Aspiring registered nurse  
Bachelor of Nursing

Overall quality of educational experience  
#1 in WA  
qit.edu.au

## Notre Dame ATAR express workshops

Week commencing **Monday 9 January**

- |                                   |                  |
|-----------------------------------|------------------|
| • Year 12 ATAR Mathematic Methods | 9-10 January     |
| • Year 11 ATAR Chemistry          | 9-10 January     |
| • Year 11 ATAR Mathematic Methods | 11-12 January    |
| • Year 12 ATAR Chemistry          | 11-12 January    |
| • Year 11 and 12 Study Skills     | 13 or 20 January |
| • Year 11 ATAR English            | 16-17 January    |
| • Year 12 ATAR Human Biology      | 16-17 January    |
| • Year 12 ATAR English            | 18-19 January    |
| • Year 11 ATAR Human Biology      | 18-19 January    |



For further information [nd.edu.au/aesc](http://nd.edu.au/aesc)

Fremantle Broome Sydney

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## Taekwondo

• Child Safety • Child Health • Peace of Mind

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  - SELF ESTEEM • FOCUS • STRENGTH
  - COORDINATION • BALANCE • LIFE SKILLS
- in our specially designed **programs just for kids.**

**Help your child grow, develop and defend for themselves!**

Starting from  
**4 YRS  
AND UP!**

**GIVE YOUR CHILD A KICKSTART  
IN LIFE! A FIGHTING CHANCE!**



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Call **ANTHONY** to make your booking today!

**FORSTER PARK HALL** corner Keane Street & Abernethy Road, Cloverdale  
**WOODVILLE PAVILION HALL** corner Fitzgerald & Farmer Street, North Perth

## HELPING TEENAGERS EMBRACE FAILURE

Failure is often something that's frowned upon. But the truth is we all fail at some things some times. It's often the best way to learn. It's important to teach children not to fear failing. Fear of failure can be crippling, and lead to avoiding challenging tasks and taking away our motivation and our desire to achieve. Teach your child about the differences between growth and fixed mindsets, and how this can help them deal with setbacks.

See details below, Reach out .com



## Parents

When a parent recognises a teenager needs help, they're more likely to get it. That's why we've introduced a free new service to help parents help teenagers:  
[ReachOut.com/Parents](http://ReachOut.com/Parents).



ReachOut Parents provides evidence-based practical support and tips that encourage effective communication and relationships between parents and young people aged 12–18 years, as well as easy-to-read information on a range of mental health and wellbeing issues.

The service features more than 140 fact sheets, stories, practical tips and tools, and provides access to an online community forum so that parents can connect with each other to share experiences in an anonymous, supportive space.

New stories, fact sheets and features, as well as a coaching program delivered in partnership with the Benevolent Society, will be added to [ReachOut.com/Parents](http://ReachOut.com/Parents) throughout the year.



### FREE AND ACCESSIBLE

Free and available 24/7, ReachOut Parents' mobile-first design and AA accessibility rating mean parents can access information where and when they need it.



### CO-DESIGNED WITH AUSTRALIAN PARENTS

Insights from more than 1100 parents from across Australia helped us design and build the service.



### WE KNOW YOUNG PEOPLE

We've been working with young people for 18 years (through our flagship service ReachOut.com) and understand what they're going through.



### EVIDENCE-BASED SUPPORT

ReachOut Parents is based on the latest research evidence and has been developed in consultation with experts.



### COMING SOON: COACHING

A coaching program delivered in partnership with the Benevolent Society will be launched in 2016.

### ABOUT REACHOUT AUSTRALIA

ReachOut is Australia's leading online mental health organisation for young people, providing practical support to help them get through everything from everyday issues to tough times.

Since 1998, ReachOut has worked alongside young people to deliver online tools that address youth mental health and reduce youth suicide. An extension to ReachOut's service for young people was launched in 2016 to help parents and carers improve the mental health and wellbeing of the young people within their family environment.

Available anytime and pretty much anywhere, ReachOut.com is accessed by 110,000 Australians each month. That's more than 1.31 million people each year.