



# MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

## LAWLEY UPDATE 1 Term 1 No. 1 2017

Welcome to all families for the 2017 school year, especially those joining the school for the first time. In the main, the Year 7 group and the 2017 intake is the largest to enter the school for many years.

The Update also provides an opportunity to confirm the leadership changes at the school for Semester 1. Milton Butcher has been asked to serve as the Regional Executive Director of the Goldfields and I have been appointment as principal with Ms Anna Jeffery, as deputy and Ms Terry Ingle as Head of Mathematics. A number of new staff join the school across a number of learning areas. New staff are:



Dana Truica  
Maths



Andrew Yong  
Maths



Sonia Hatzis  
Languages



Vaughan Graham  
Humanities (HASS)



Tiarna Button  
Physical Education



Josephine Robinson  
English



Libby Klysz  
Drama



Pippa Beeton  
EALD



Adam Zen  
Physical Education



Anna Jeffery  
Associate Principal



Greg Wheeler  
Maths



Chantel Crabtree  
Science



Janice Gunn  
Home Economics



Stuart Bailly  
Science



Melanie Susinetti  
Humanities (HASS)



Jessica Lloyd  
English



Heidi Vanzetti  
English



Jennifer Barrie  
Music



Kate Maher  
Education Assistant



Karla Bellini  
Science

Congratulations are extended to the Year 12 Class of 2016. The results in the WACE were simply excellent. The school was placed in two of the three SCSA League Tables and many students were accorded individual awards. School Dux, Kexin (Katherine) Sun, was the top student in the state for Chinese First Lan-

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	

### CONGRATULATIONS



#### Dylan 9F2

Dylan won 3 silver medals at the State Track Cycling Championships for the following events:

- 500 metre time trial
- Flying 200 Sprint
- Keiren



Dylan will be heading off to the National's Junior Track Cycling in Sydney in late February. We wish him all the best for this event.



### SCHOOL BOARD ANNUAL GENERAL MEETING AND ANNUAL OPEN DAY

The School Board will hold its annual open meeting on Monday, 20 March 2017.

The meeting will be held in the Conference Room and commences at 5:30pm.

### HAVE YOU CHANGED YOUR PHONE APP ?



Late last year Mount Lawley Senior High changed its phone app and now is using SKOOLBAG phone app. If you have not deleted the old app **please do so now**. The Mount Lawley Senior High School phone app can be found in the Apple and Android Apps Store. Just type in **Mount Lawley Senior High School**. Further information is available on school website.

#### A THOUGHT

"Education is the most powerful weapon which you can use to change the world." Nelson Mandela

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)



guage and whilst International students are not awarded General Exhibitions, she met the requirements for one. She and Borys Rembiasz also gained an ATAR of 99.

47 students gained an ATAR of 90 or more and 52.7% an ATAR of 80 or better. Many of the cohort have been offered university and TAFE places and are set for their post-school journey. Some have been offered places in eastern states institutions such as the University of Sydney, the University of Melbourne and the Australian National University (ANU). Well done to all.

The school commenced operations after recess on Wednesday with timetabled classes. The students effectively started their programs and learning is under way. As with last year, parents may look at assessment outlines for each course on the website. Whilst there may always be adjustments to the schedule, this is a good guide for when assessments will be conducted.

All students will also receive a free diary. The diary is a slimmer version of the ones provided in the last few years. The diary is provided free to students by the P&C Association. The work in 2016 of Vice President Ms Caroline Nelson in determining the best diary is acknowledge and the P&C is thanked for their tremendous support to the school through issuing the diary. Parents may use the diary to check on homework and communicate with teachers. The Wellbeing parent and teacher support material previously found in the diary is now available on the school website and teaches and students will be referring to it on a regular basis.

**Available online <http://learningcurve.com.au>**

**User MLSHS Password MLSHS6050**

Parents are also advised that the school and its insurer, cannot accept liability or students' private property. This includes telephones and parent funded notebooks. If these items are lost, stolen or damaged, no liability will be accepted. Parents are advised to ensure that these items are insured through home and wide insurance policies. Injuries to students should also be considered for insurance purposes. Whilst it is positive that students ride bikes to school, these should also be insured as if stolen, no liability can be accepted.

Nominations for the School Board parent representative for the next two years will be sent home shortly. The Board also has several community representatives and parents are asked to bring to the attention of members of the community that they know, the opportunity to nominate to serve on the Board. Good people are always welcomed to assist the school. I am happy to answer any questions that a potential Board member may wish to ask.

The school has recently been advised by School Curriculum and Standards Authority (SCSA) of changes to WACE requirements. From 2017, students who do not sit an

ATAR course examination and do not have an approved sickness/misadventure application for that course, will not have the grade for the pair of units completed in that year contribute to the calculation of the Western Australian Certificate of Education (WACE). As a consequence, a student may not meet the requirement to receive a WACE.

Parents/Carers are therefore asked to confirm with students, who may be enrolled in ATAR course/s but who are not requiring an ATAR, that they must sit the examination for that course for it to contribute to their WACE.

**Michael Camilleri, Principal**

### **SCHOOL PSYCH CORNER** **IVA FILIPOVSKA, SENIOR SCHOOL** **PSYCHOLOGIST**



### **FREE PARENTING SEMINARS** **for EVERY PARENT**

Positive Parenting Program  
SEMINAR SERIES TEEN  
Term 1 2017



Mount Lawley Senior High School

Parents/carers are invited to attend free parenting seminars to learn practical, positive and effective ways to strengthen bonds with their teenagers, encouraging them to develop the skills to become independent and to successfully connect with the wider community. The seminars are standalone and parents may choose to attend one, two or all three of the seminars. However, it is best to attend all three to get the full benefit of the program.

#### **Wednesday 22 February**

Seminar One: Raising Responsible Teenagers

#### **Wednesday 1 March**

Seminar Two: Raising Competent Teenagers

#### **Wednesday 8 March**

Seminar Three: Getting Teenagers connected

**Time:** 7:00pm – 9:00pm

**Venue:** Mount Lawley Senior High School  
(please sign in at Main Administration Office)

**Cost:** Free – however bookings are essential.

Parents of children in Years 7, 8, 9 and 10 are welcome to attend. This is an adult only event, so please do not bring your teenager along.

For more information, or to register to attend a free parenting seminar please:

Visit the EventBrite page to register online  
(<https://mlshsteenpppseminars.eventbrite.com.au>)

*If you wish to attend all three seminars, you have to register for each seminar separately online.*



**SUPPORTING OUR SCHOOL WELLBEING PROGRAM ONLINE**  
**Parent Newsletter Article With the DIARY EXTRACT FOR THE WEEK**  
**The Learning Curve Funded by School P & C**  
**Available online <http://learningcurve.com.au>**  
**User MLSHS Password MLSHS6050**

### WEEK 1 – MIDDLE / SENIOR – POSITIVE FAMILY TEAMWORK

When students enjoy transparent, honest and caring relationships with their families, they are happy in themselves and able to look for the good things they are doing. They are also in a position to make the most of family teamwork.

Well functioning families look for what they are doing well. A great exercise is for the whole family to do the free Character Strengths Survey at [www.viacharacter.org](http://www.viacharacter.org), then each member will know their signature and top supporting strengths. Conversations can be about how they can use their strengths together, to achieve what they set out to.

Receiving and accepting feedback from family on how they are travelling enables students to self-assess and then set process self-expectations for themselves. They need regular developmental, non-judgemental feedback.

The adolescent brain is a turbulent place, with the good decision-making centre – the Pre-frontal Cortex – not completely wired up. While they can create emotions just like adults, they don't yet have the capabilities to consistently control them. This often leads to any feedback being seen as criticism. The key is to treat all of their activities equally; an over-emphasis on school fires up their brain turbulence. Explore how they can use their individual strengths to overcome challenges.

*"A loving heart is the truest wisdom."* **Charles Dickens**

### WEEK 2 – PERSONAL TIMETABLE

Encouraging students to adopt reflective and organised approaches to their planning will cultivate in them independent can do and want to attitudes called growth mindsets

- *personal timetables empower students to be in charge of what they need to do*
- *they are more mindful of what is happening right now*

This self-regulation strength encourages students to take greater ownership of their learning progress

- *their Personal Timetable is a contract with themselves.*
- *it will actually provide them with more time for themselves by reducing "nothing time" between activities.*

While many students believe they 'have their acts together' and don't need to be so structured

- *completing a timetable and sticking to it will build their resilience to distractions.*
- *after living by their timetables for three weeks, they will realise themselves how it is making their lives better.*

The suggested weekly number of Home Learning/ Study Sessions for each year level is in the sample timetable. Use the teamwork and leadership strengths at home to help students stick to their timetable

- *a good strategy is to place a copy on the fridge*

*"You never find time, you make time."* **Saying**

## Wk 3 Relationships and Optimism

MIDDLE Student Planner Page 28

### POSITIVE FAMILY TEAMWORK

**Wellbeing Bank:** to increase *Relationships and Optimism* by building positive family relationships.  
 Positively focused families look for what is **right** about what they are doing. They have growth mindsets.

**Teamwork is:**

- putting others before yourself because they matter
- trusting each other
- sharing feedback to learn from each other
- describe the teamwork in your family.



**Positive** conversations focus families on the bright side of life:  
 • aim for five positives for every negative, such as "we are always here for you."

Sometimes you may think your **family**:

- don't understand and put pressure on you
- question your commitment to school
- lighten up; they **only** want to help you
- put your Personal Timetable on the fridge.

Family **teamwork** can be a huge advantage to:

- listen to your ideas and concerns
- improve your understanding and vocabulary
- provide support and advice
- share highlights and lowlights.

### ACTIONS

What are two things I will start doing to add to positive family teamwork?

1.  
2.



### MINIFULNESS ACTIVITY:

**Going Home** – close your eyes and pretend you are travelling home from school. Focus on every turn, every time you must stop and start for the whole way home.



### RESILIENCE BUILDER

Recent studies have shown that the main concerns reported by young people of your age are (in no particular order) – mental health issues, bullying, family relationships, emotional wellbeing, personal relationships and friendships. With a friend rank them in order of importance for you.



**WELLBEING TIP:** Visit an art gallery and wonder at the creativity of the artists.

### WHAT WENT WELL THIS WEEK AND WHY?

1.  
2.  
3.

Character Strength  
**Love**  
[www.viacharacter.org](http://www.viacharacter.org)

WELLBEING FITNESS CHALLENGE: MOVE MORE *Actively Active (p.20)*  
 RATE YOUR WELLBEING THIS WEEK: FAIR 😊 😊 😊 😊 😊 GREAT

SENIOR Student Planner Page 28

### POSITIVE FAMILY TEAMWORK

**Wellbeing Bank:** to boost *Relationships and Optimism* through developing positive family relationships.  
 The keys to building positive family teamwork are:

- looking for what is **right** in what you all are doing
- sharing each other's strengths and focusing on using them.

**Teamwork involves:**

- putting others in the team before yourself; giving
- having faith and confidence in each other
- accepting constructive advice and acting on it
- describe how your family supports each other

Daily **positive** conversations build family wellbeing:

- aim for five positive comments for every negative one
- such as "thanks for reminding me about that."

Sometimes your **family** may:

- irritate you because you think they are interfering
- and don't understand the demands on you
- prompt your conscience about your commitment, "Are you putting effort in?"

Their **only** motivation is to see you be happy:

- a copy of your Personal Timetable on the fridge will invite them to be a part of your efforts
- include them in your **drafting** their vocabulary and understanding of issues are valuable.

Ask them to:

- listen to your ideas and concerns
- suggest alternative approaches
- share your highlights and lowlights.



### ACTIONS

What are two things I will start doing to develop more positive family relationships?

1.  
2.



### MINIFULNESS ACTIVITY:

**Going Home** – close your eyes and pretend you are travelling home from school. Focus on every turn, every time you must stop and start for the whole way home.



### RESILIENCE BUILDER

Having completed your VIA Character Strengths Survey to identify your signature and top supporting strengths and filling in your strengths wheel (see index), with a friend brainstorm how you can achieve them to work towards achieving your goals.



**WELLBEING TIP:** Aim to make someone's day every day; give to live.

### WHAT WENT WELL THIS WEEK AND WHY?

1.  
2.  
3.

Character Strength  
**Love**  
[www.viacharacter.org](http://www.viacharacter.org)

WELLBEING FITNESS CHALLENGE: MOVE MORE *Actively Active (p.20)*  
 RATE YOUR WELLBEING THIS WEEK: FAIR 😊 😊 😊 😊 😊 GREAT

## Wk 4 Positive Engagement

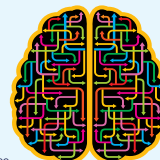
MIDDLE Student Planner Page 30

### STRONG BRAIN PATHWAYS

**Wellbeing Bank:** to build *Positive Engagement* by understanding how your brain creates habits.  
 When your brain sees patterns in what you do it rewires itself to build pathways for you to repeat them. This happens throughout life.

In your **brain** there are millions of nerve cells called **neurons**:

- they connect to form brain pathways
- they process and send information
- electric messages travel down these pathways from neuron to neuron to create your every thought, word and action
- the neurons become more connected the more you practise doing something
- stronger connections enable the messages to travel faster and more automatically creating your habits
- describe how you practise to build habits now.



To develop **positive** habits make them easy to do. To avoid negative habits, make them difficult to do.  
 If it takes longer than 20 seconds to do, you won't do them.

### ACTIONS

What are two things I will start doing to develop strong brain pathways?

1.  
2.



### MINIFULNESS ACTIVITY:

**Favourite Song** – in your mind mentally sing your favourite song while at the same time writing out all of the words and describe what they mean to you and how they make you feel.



### RESILIENCE BUILDER

With two friends describe the types of things that would and wouldn't happen if there were no classroom expectations, which some people call rules. Brainstorm to come up with at least five main areas you think there needs to be shared class expectations.



**WELLBEING TIP:** Aim to read about a happy and successful person each month.

### WHAT WENT WELL THIS WEEK AND WHY?

1.  
2.  
3.

Character Strength  
**Zest**  
[www.viacharacter.org](http://www.viacharacter.org)

WELLBEING FITNESS CHALLENGE: GRATITUDE LETTER – *Being Thankful (p.20)*  
 RATE YOUR WELLBEING THIS WEEK: FAIR 😊 😊 😊 😊 😊 GREAT

SENIOR Student Planner Page 30

### NEUROPLASTICITY AND BRAIN PATHWAYS

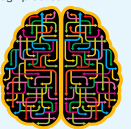
**Wellbeing Bank:** to build *Positive Engagement* through understanding how my brain changes through practice.

**Neuroscience** has shown that your brain rewires itself:

- after every experience you have
- and lifting your efforts to learn new approaches builds new brain pathways
- this process continues throughout your life and is called **neuroplasticity**.

In your **brain** there are millions of nerve cells called **neurons**:

- they process and send information
- they are connected to form neural or brain pathways
- electric messages travel down these pathways from neuron to neuron to determine your every thought, word and action
- the more you do something, the more connected the neurons become; neurons which fire together wire together
- the stronger the connections the faster the messages travel and the more automatic they become
- this is how habits are created, especially when learning
- describe what you could do to build strong brain pathways.



To build **positive** habits, make them easy to do:

- e.g. put reminders in your phone when to begin and end home learning sessions
- to avoid negative habits, make them difficult to do
- e.g. put your phone on flight mode when studying.

### ACTIONS

What are two things I will start doing to practise building strong brain pathways?

1.  
2.



### MINIFULNESS ACTIVITY:

**Favourite Song** – in your mind mentally sing your favourite song while at the same time writing out all of the words and describe what they mean to you and how they make you feel.



### RESILIENCE BUILDER

The senior years are also times to share special experiences with friends and classmates in social situations and other places. With a friend, brainstorm ten of these experiences and the positive emotions you could feel (see index).



**WELLBEING TIP:** Every day have 3 or 4 five minute timeouts for you to connect with yourself.

### WHAT WENT WELL THIS WEEK AND WHY?

1.  
2.  
3.

Character Strength  
**Zest**  
[www.viacharacter.org](http://www.viacharacter.org)

WELLBEING FITNESS CHALLENGE: GRATITUDE LETTER – *Being Thankful (p.20)*  
 RATE YOUR WELLBEING THIS WEEK: FAIR 😊 😊 😊 😊 😊 GREAT






## 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.

## Children's School of Art

CREATIVE CLASSES FOR KIDS AGED 5 – 15 YEARS



**Fashion • Design + Build • Kid's Crafts**  
**Drawing • Painting • Sculpture**

Classes commencing this week, and filling up fast!

<p><u>Design + Build (8 - 13 years)</u> <i>Paper Pandemonium! Paper craft</i> <i>Modelling</i> Monday 5:15pm - 6:30pm</p> <p><u>Primary Art (8 - 11 years)</u> <i>Planet Earth - Creative projects inspired by David Attenborough</i> Tuesday 5:15pm - 6:30pm Saturday 2:15pm - 3:45pm (FULL)</p> <p><u>Senior Art (11 - 15 years)</u> <i>Planet Earth - Creative projects inspired by David Attenborough</i> Thursday 5:15pm - 6:45pm Saturday 4:00pm - 5:30pm (FULL)</p>	<p><u>Drawing + Painting (8 - 12 years)</u> <i>Paradise Birds / Planet Earth / Private Life of Plants - Creative projects inspired by David Attenborough</i> Thursday 3:45pm - 5:00pm Saturday 12:30pm - 2:00pm (FULL)</p> <p><u>Prep Art (5 - 7 years)</u> <i>Invention Island</i> Saturday 9:00am - 10:30am</p> <p><u>Fashion (8 - 13 years)</u> <i>Fabulous Fabrics &amp; Designer Dresses</i> Saturday 10:45am - 12:15pm</p>
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For more information and to enrol, visit [www.csoca.net](http://www.csoca.net)

## THINK YOU PROTECT YOUR PRIVACY?

**INFORM...**  
 YOURSELF ON HOW TO PROTECT YOUR PRIVACY AND IDENTITY  
Personal information is anything that could ID you, including your name, DOB, address, email, phone number or social media ID

**CHAT...**  
 WITH PEOPLE YOU TRUST ABOUT STAYING SMART ONLINE  
Two heads are better than one

**READ...**  
 UP ON WHAT INFO THE WEBSITES, APPS AND GAMES YOU USE ARE COLLECTING ABOUT YOU, AND WHAT THEY'RE DOING WITH IT  
On average, popular apps share your information with up to 3 other companies

**KNOW...**  
 THE CONSEQUENCES OF WHAT YOU DO AND SAY ONLINE  
Your digital identity is forever

**SET...**  
 THE PRIVACY CONTROLS ON YOUR SOCIAL MEDIA AND ONLINE GAMES — DON'T RELY ON DEFAULTS  
1.2 billion usernames/passwords are hacked in a year

**USE...**  
 STRONG PASSWORDS FOR EVERYTHING  
No birthdays, pets or family names, and don't share it across sites or with anyone, not even your best mate

**THINK...**  
 ABOUT WHAT YOU SHARE, AND WHO YOU SHARE IT WITH  
33% of young people have posted something on social that they're later regretted

**CLEAR...**  
 YOUR COOKIES AND BROWSER HISTORY REGULARLY  
These can be used to track and target advertising at you

**CALL...**  
 FOR HELP IF YOU NEED IT  
The OAIC received 2,841 privacy complaints in 2015 and the eSafety Commissioner conducted 5,963 online content investigations

**LOCK...**  
 YOUR MOBILE DEVICES  
4000 mobile devices are lost or stolen in Australia every week

Your privacy is valuable, and worth protecting.  
Visit [www.oaic.gov.au](http://www.oaic.gov.au) or call 1300 363 992 for info and help on how to do it.

Australian Government  
Office of the Australian Information Commissioner

# Taekwondo

• Child Safety • Child Health • Peace of Mind

## TAEKWONDO for KIDS






Give your child the help they deserve to build their:

- CONFIDENCE
- 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!**

**FREE 2 WEEK PASS**  
for you and a friend.  
**BOOK EARLY!**  
Limited Spaces



**Dianella Soccer Club Inc.**  
[www.dianellasoccer.com.au](http://www.dianellasoccer.com.au)  
 P.O. Box 522 Dianella WA 6059

Do you want to play Soccer for a friendly, community based club?

Dianella Soccer Club has positions vacant in U12's (born 2005), U13's (born 2004), U14's (born 2003) and U15's (born 2002).

If you would more information please contact Jenny Rossi at [jrossi@inet.net.au](mailto:jrossi@inet.net.au).

Starting from  
**4 YRS AND UP!**

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



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

**0402 144 018**  
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





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## JUNIOR REGISTRATION DAY

February 2, 2017 | Events, Featured, Juniors, News



Inglewood United is holding its second Junior Registration Day on Sunday 12th February between 9am-12noon at Perth Plasterboard Centre Stadium, Hamer Parade in Inglewood.

Your child will grow as a player, make new friends and foster a love of the world game by signing on to play the winter of 2017 at Inglewood.

To register bring your completed Registration Form along on the day -

- Miniroo (U6-U11) Team Registration Form (pdf, 1844kb)
- Development (U12-U18) Team Registration Form (pdf, 1041kb)

Full payment (cash or EFTPOS) of registration fees is required on Sunday 29th January.

For further information please contact Angela Antonas, Club Registrar, on [registrar@inglewoodunitedfc.com.au](mailto:registrar@inglewoodunitedfc.com.au)

FLOREAT ATHENA SOCCER CLUB  
REGISTRATION & OPEN DAY

Registrations are now open for all boys and girls ages 6 – 16.  
This year we are excited to have exclusive girl's teams and U18's Sunday team!

**Sunday 12<sup>th</sup> February 2017**

**9:00am – 11:00 am**

**at Litis Stadium**

**41 Britannia Rd, Mt Hawthorn**

Come down and enjoy a sausage sizzle, take a look around the club and see the great facilities we have to offer.

Take this opportunity to meet your Club Committee members and ask any questions you may have regarding the season.

E: [Junioradmin@floreatathenafc.com.au](mailto:Junioradmin@floreatathenafc.com.au)

W: [Floreatathenafc.com.au](http://Floreatathenafc.com.au)



# When you are the parent or caregiver of a teenager



**A seminar for parents and caregivers who want to improve their relationship with their teenagers.**

Adolescence is a time of great transition and challenge for young people and their families alike.

Conflict, communication difficulties and a lack of understanding may often occur. At such an important time it can be easy to lose confidence in the ability to parent successfully.

This group is designed to assist you:

- increase your understanding of adolescence;
- improve your relationship with your teenager; and
- learn new ways of communicating.

**When:** Tuesday 28<sup>th</sup> March 2017  
**Time:** 5:00 pm – 7:30 pm

OR

**When:** Thursday 30<sup>th</sup> August 2017  
**Time:** 9:30 am – 12:30 pm

**Registration is 15 minutes prior to the seminar.**

**Cost:** **FREE of charge**  
**Venue:** **Centrecare**  
**12 Brewer Place, Mirrabooka.**

**Bookings Necessary**

For further information or to register, please call:

**9440 0400**



**ACADEMIC TASK FORCE**  
ACHIEVE SUCCESS AT SCHOOL

**Term 1 Enrolments Now Open**

**Year 7-12 Weekend Tuition Classes and Master Classes**

**Yr 11 & 12 Classes:**

### ATAR Master Classes

Classes available Sundays and afternoons after school

- WA's top ATAR Teachers
- For students seeking higher achievement
- Maximise school and exam results



Expert Teachers: For information about our teachers see our website

### ATAR Weekend Tuition Classes

Various classes available Saturday and Sunday from 9am to 3pm

- Ask questions about your school work and get one-on-one help in a small group class (3 – 7 students)
- Expert ATAR teachers
- Receive help in areas of need in your subject courses

**Yr 7-10 Classes:**

### Weekend Tuition Classes

Various classes from 9am to 1pm every Saturday and Sunday

- Experienced teachers in Maths, Science and English
- Students will build their skills and understanding in a small group environment
- Receive individual help in areas of need.



**ENROL AT ANY POINT DURING THE TERM**

**Venues:** Churchlands Senior High School, Perth Modern School, Rossmyrne Senior High School and our Applecross Office.

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

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

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

9314 9500  
PO Box 627 | Applecross | WA 6053  
[team@academictaskforce.com.au](mailto:team@academictaskforce.com.au)



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## RELATIONSHIP EDUCATION PROGRAMS

### Parenting Courses – February 2017

#### West Leederville / Fremantle Branch

<b>WEST LEEDERVILLE</b> <b>Circle of Security</b> This 7 week program is designed to enhance attachment security between parents and children and provides a natural and gentle approach to parenting focussing on the need of the child and the reason behind their behaviour. Suitable for parents of children 0-4 years old.	DATE: 6 Feb-27 March DAY: Monday TIME: 6.30 – 9.00 pm COST: \$120 pp/\$220 couple
<b>Parent-Teen Connection</b> Adolescents can be challenging, and living alongside them can be confusing and worrying. This 4 week course helps to reduce stress and teaches parents how to communicate, negotiate and minimise conflict.	DATE: 9 Feb-2Mar DAY: Thursday TIME: 6.30-9pm COST: \$50 pp/\$75 couple
<b>Successful Single Parenting – 1 night seminar</b> Single parenting is different in many ways to a two parent household and can have its difficulties and challenges. If you are a single parent and are through that initial break-up stage this course will provide strategies that will help you develop a close and special relationship with your child.	DATE: 8 February DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
<b>Dads Raising Girls – 1 night seminar</b> Find out how to build a rewarding father-daughter relationship. As the primary male role model in a girl's life, Dads play an important role in the development of their self-concept and self-esteem. This can often affect how their daughters relate to others, particularly to boys and men.	DATE: 8 February DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
<b>Making Stepfamilies Work</b> Couples with children from previous relationships often benefit from strategies on communication, agreement on discipline and handling competing demands. Find out how to build the enduring, resilient stepfamily you both want.	DATE: 15 Feb-22 March DAY: Wednesday TIME: 6.30-9pm COST: \$80 pp/\$130 couple
<b>Tuning into Teens x 6</b> This evidence based parenting program for parents of 10 to 16 year olds teaches how to manage your own and your adolescent's emotions in ways that help you remain close and keep communicating.	DATE: 15 Feb-22 March DAY: Wednesday TIME: 6.30-9pm COST: \$110 pp/\$200 couple
<b>Family Patterns x 6</b> Many of our adulthood attitudes and behaviour stem from experiences in our formative years. This six-week evening course investigates the impact of those family patterns.	DATE: 16 Feb-23 March DAY: Thursday TIME: 6.30-9pm COST: \$110 pp / \$200 couple
<b>FREMANTLE</b> <b>Emotional Coaching – 1 night seminar</b> This seminar explores the most helpful way of responding to a child to help them to learn how to regulate their own emotions.	DATE: 8 February DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
<b>Virtues Parenting Program</b> The Virtues Project™, part of the Living Values Program, is designed to create a culture of caring and character-building in young people. It is for anyone— parents, teachers and others – with responsibility for children and introduces the five strategies that help enhance moral growth.	DATE: 22 Feb-29 March DAY: Wednesday TIME: 6.30-9pm COST: \$110 pp / \$200 couple

**For further information and to enrol please phone 6164 0200**



Any community member interested in serving the Mount Lawley Primary School School Board is invited to nominate. Nominations to be sent to [schoolcouncil@upnaway.com](mailto:schoolcouncil@upnaway.com). Nominations close at 16:00 on February 16.