



MOUNT LAWLEY SENIOR HIGH SCHOOL An Independent Public School

LAWLEY UPDATE 4 Term 2 No. 2 2018

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 7-9)
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

I can't believe we are already at the start of week six of a short nine week term. So much has happened in addition to teachers being kept very busy delivering teaching and learning programs. We have had students taking part in musical recitals, attending excursions and incursions, taking part in athletics carnivals, science competitions and Year 10,11 and 12 students sitting for their exams. I hope the students do well in the exams and experience the success they deserve.

Over 280 parents and students attended the Pathways Presentation evening on May 7 at the ECU Lecture Theatre. Representatives from all WA universities attended the event along with other post school providers. The next important night for Year 10 students and parents will be Wednesday 6 June at 7pm in the ECU Lecture Theatre. Further details including a map of the location are on the school website.

It was a great pleasure to attend the Year 9 High Achievers Breakfast which was superbly catered by the year 11 Hospitality students. The students also had the opportunity to hear from an inspirational guest speaker from Murdoch University Jessie. Details of the event are featured elsewhere in the Update.

We had almost 650 Year 7 & 9 students sit for the inaugural NAPLAN test online. This was a massive logistical exercise and thanks must go to Steve Raphael, Ross Oakes and Michael Camilleri for their organisation and oversight. The benefit of being a trial school is that the results will be made available to parents and teachers in a matter of a few weeks rather than months.

A large number of representatives from various organisations and schools attended the annual United States Memorial Day Service. Our school was represented by our the Year 9 Prefects with Sarah Van Straalen and Connor Brosnan laying a wreath. As usual the behaviour of our students was exemplary.

The Lawley Art Auction Committee has been working very hard to prepare for this year's auction on Saturday 16 June 2018. You will be able to bid for the work of over 90 established and emerging West Australian artists on

CONGRATULATIONS



Nima 11M3 Earlier this year Nima participated in United for Wrestling and won two gold medals in the Freestyle Cadet's Division 16-17 years old and the Juniors Division 18-20 years old. With this win and last year's Gold medal in the State Championships these medals puts Nima with a great chance to win in the upcoming National Juniors Wrestling Championships in October.



Jack 802 represented his Water Polo Club in Canberra at the U14 National Club Championships where the team made the finals. It was a great experience for the team to visit the national capital and stay at the Australian Institute of Sport(AIS) for the championships.



Matia 8H1 represented his Water Polo Club in Canberra at the U14 National Club Championships where the team made the finals. It was a great experience for the team to visit the national capital and stay at the Australian Institute of Sport(AIS) for the championships.

ALUMNI NEWS



Marissa Byrne-O'Neil, Class of 2014

Marissa is now a qualified chef. She has worked for the Prendiville family for the last 3 years at Sandalford wines, Hotel Rottneest, Norfold Hotel, C Restaurant. Marissa is planning to travel to Asia in the coming months to further her culinary education. She is enjoying her career and is very grateful to Mount Lawley staff in the Career Link program.



Sally Simmons-Prince, Class of 2014

Sally is in her final semester of Nursing at Notre Dame University and she was also in the Career Link Program.

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



the night. There will also be a raffle, silent auction and the opportunity to view student art work on the night. The auction commences at 7pm but please join us from 5pm onwards for drinks and finger food. The catalogue will be available online from 8 June. All funds raised from the evening go toward supporting the SVAPA and music programs.

On Wednesday 30 May our school choir and junior concert band performed admirably at the Indigenous Veterans Memorial Service at Kings Park. The choir and band performed the hymn Abide with Me and the National Anthem. The service attracted many dignitaries and participants with the major address given by the new Governor of Western Australia The Honourable Kim Beazley AC. He spoke movingly of the debt of gratitude we owe to all those veterans who have come to the defence of Australia in the many conflicts since the Boer War.

Next week 86 cadets will be taking part in a camp in the Shannon National Park. They will take part in community service activities and hone their camping expertise. They will be accompanied by a number of staff including Andrew Paul, Vick Lazarov, Kevin Fletcher, Sue Faranda, Virginia Mmolotsi and Bill Armstrong. We hope the weather will be kind to them.

We are already working towards 2019 as staff have been conducting interviews with Gifted and Talented Language students and holding auditions for places in the Special Visual and Performing Arts Program(SVAPA).

Lesley Street, Principal

A MESSAGE FROM THE CHAIR OF THE SCHOOL BOARD

The Board of Mount Lawley Senior High School meets monthly and is often quite deeply moved by outstanding student initiatives and achievements.

At this time, however, we wish to thank the many, many staff who go out of their way to provide extracurricular activities and support.

Many sacrifice their own time off, family time, and even holidays to support our students. This does not go unnoticed and we are deeply appreciative of all our staff and their commitment to making Mt Lawley Senior High School an outstanding learning and enriched environment.

Please remember to take the time to thank our staff. Bravo one and all!

Dr Jenny Fay, Chair of Board, Mount Lawley SHS

2018 School Food Appeal

May 28 - June 15 Term Two



Did you know that 1 in 5 kids in Australia, just like you, have gone without a meal in the last year?
By collecting food for Foodbank WA you will be helping other kids feel full this winter.

Register your school today!

E: janie.brackenridge@foodbankwa.org.au

T: 08 9463 3229

www.foodbankwa.org.au



MOUNT LAWLEY SENIOR HIGH SCHOOL

It is time again for the Foodbank School Food appeal. Once again we will be collecting tins, cans, packets of food (*no glass please*) which will be distributed to needy families across WA.

Donations can be brought to Student Services from Monday May 28th to Friday 15th June. Foodbank provide food staples and support for the running of our School Breakfast Club, this is a good opportunity for us as a school community to help and say Thank you.

For any further information please contact Suzie Barnes, Healthy Active Coordinator.

suzanne.barnes@education.wa.edu.au

**SCHOOL UNIFORMS**

The cooler weather is now upon us and what normally happens is that students start *wearing non-uniform jumpers/jackets and track pants.*

- ☑ Please ensure students wear school clothing with school letters/logo
- ☑ Plain long sleeve tops/jumpers that match the colour of the shirt can be worn under their shirts – Middle School can wear plain navy under their blue shirt and Senior School can wear plain white.
- ☑ If any student is not in correct uniform they are to be sent to Student Services where they will be asked to remove the offending item and be given an item by the school.
- ☑ Sports shirts and sports shorts are only to be worn for sport and students must wear normal uniform for every other period.

SCHOOL PSYCH CORNER
IVA FILIPOVSKA, SENIOR SCHOOL
PSYCHOLOGIST**WANT TO REDUCE STRESS, IMPROVE FRIENDSHIPS,
FLOURISH AND BEAT THE BLUES?**

At Black Dog Institute they have studied the evidence, uncovered the ingredients that make people more positive, and used what they found to create BITE BACK - Mental Fitness Challenge program. Find out how to take all this positive stuff off the page and translate it into real life. JOIN NOW ONLINE and you could be in with a chance to WIN \$250!!!

Black Dog Institute - Bite Back Fitness Challenge
<https://www.biteback.org.au/>

Calling all parents of Music & SVAPA...we need you!

The Lawley Art Auction and all the funds
it raises for the students' arts programs
only happens with the help of you all.

We would love you to join our fun team
for a GREAT weekend - 15th to 17th June

...please make time to help out...

it is a seriously amazing thing to be part of!

<https://www.signupgenius.com/go/4090d4dacab2cabff2-lawley>



HASS SENIOR SCHOOL POLITICS AND LAW PANEL DISCUSSION

On Tuesday March 26th, students from Year 10, 11 and 12 attended an incursion in the tricycle theatre. The incursion consisted of a panel discussion attended by two members of the State Legislative Assembly (Simon Millman MLA and John Carey MLA), the Vice President of the Liberal Party of Australia, Fay Duda, as well as the Mayor of the City of Stirling.



It was an insightful experience, with students given the opportunity to present questions to these influential political figures. Questions were raised on potential threats to democracy, nightlife in Perth, a transition to a republic and the day-to-day life of politicians. The panel presented a wide range of perspectives, with panelists coming from State, Local and Federal backgrounds. There was also diversity of political position, as figures from the Liberal and the Labor party were present.

The incursion was a worthwhile and beneficial experience, encouraging students to continue and/or adopt studies in Politics and Law. By hearing first-hand anecdotes of the lives of politicians, students were better able to understand how the political system operates and what it's all like. The incursion gave us an opportunity to cut through jargon and see political life what it really is - a noble and influential profession.

Oscar Kaspi Crutchett





YEAR 7 – 9 INTERZONE NETBALL CARNIVAL

Forty five talented Netballers from Year 7 to 9 represented Mt Lawley SHS at the Interzone Netball Carnival on Friday the 4th May at Fremantle Netball Centre.

After a freezing start the sun came out and it was a fantastic day. The students who made up the teams played their hearts out under some intense competition from the other schools and this provided some great games and entertainment. All of the students were absolutely outstanding and a big thank you to the players, umpires, helpers and staff as this day isn't possible without you. A special thank you to Mrs Newman who volunteered and umpired for us also. Special mentions to our handful of Year Sevens on their first carnival representing Mount Lawley SHS and not only playing but also helping umpiring too.

All teams had at least 1 win with hopefully one of our year 9 teams progressing into the next round, results are still pending as to which teams will progress.

Ms Sharon Jones





COMMUNITY SERVICE PROGRAM AND THE INTERACT CLUB

Community Service:

Students at Mount Lawley Senior High school are continuing to give service to the community, and gain valuable experiences, by:-

- Being school host
- Volunteering to be officials at sporting carnivals
- Volunteering to be Youth Mentors
- Assisting community organisations such as Rotary.

Mount Lawley Senior High School students also participated enthusiastically in the Rotary Four Way Test Speaking Competition.

Students assisted at the Hyde Park Community Fair for the Rotary Club of North Perth and at a Sausage Sizzle conducted by the Rotary Club of Mount Lawley



YOU CAN ORDER YOUR SPECIAL SCHOOL GROUP PHOTOGRAPHS ONLINE NOW!

Following our recent school photography by Kapture, you can now view and order any special photos taken on the day. When visiting www.kapture.com.au/event.asp you will need to enter our school code under the Sports & Event tab to access the gallery; Code: LEZCDD.

You can also order any of the school photographs taken as well using the same code.

List of the Sports & Special Team photos available online is:

- Debating Team
- Head Girls and Head Boy
- Middle School House Captains
- Senior House Captains
- Year 7 GAT – Italian/Chinese
- Year 7 SVAPA
- Year 8 Councillors
- Year 8 GT – Italian/Chinese
- Year 8 SVAPA
- Year 9 Councillors
- Year 9 GAT – Italian/Chinese
- Year 9 SVAPA
- Year 10 Councillors
- Year 10 GAT – Italian/Chinese
- Year 11 Career Link
- Year 11 Councillors
- Year 12 Career Link
- Year 12 Prefects





COMMUNITY SERVICE PROGRAM AND THE INTERACT CLUB



Interact Club:

The Mount Lawley Senior High School Interact Club has commenced its Tenth year. The Year 12 members have now left school and are pursuing their chosen career paths and membership of the Interact Club is increasing by the interest shown by Year 10 students.

The Interact Club meets every two weeks during Lunch 2. New members are always welcome and they can contact the president Isabella Jesson or Mr Manno for more information.

Each year, Interact clubs complete at least two community service projects, one of which furthers international understanding and goodwill and a local project. This year the Interact club is continuing with their International project to support needy schools in East Timor. During a meeting this Term the Interact Club members were informed of the progress of students supported in East Timor, by MS Jan Roberts who visits the School each year.



Four Way Test Contestants: Leon Sam, Samantha Eadie and Lucy Sutherland

Local projects that the students are supporting this year are Wheelchairs for Kids and The Make a Wish Foundation.

Interact is sponsored by the Rotary Club of Mount Lawley. The Rotary Club of Mount Lawley sponsors students for many activities. One of them is Rotary Youth Program of Enrichment. Ethan Betts-Ingram and Lucy Sutherland who attended last year were guest speakers at a meeting to outline their experiences and encourage Year 10 students to attend.

Another program is The National Youth Science Forum for Year 11 students. Jason Kim was selected to attend this Year and he outlined the benefits of attending this prestigious event.

The Rotary Club of Mount Lawley also sponsors students for the Rotary Youth Exchange Program. Julia Padovan Otani, an exchange student from France, outlined the Youth Exchange program and spoke about the benefits of being an exchange student.

The Interact office Bearers are invited to Major Functions of the Rotary Club of Mount Lawley. Interact is a Curriculum Council and Standards Authority endorsed program and the successful completion of the program contributes points towards completion of the Western Australian Certificate of Education (WACE).



At the Rotary Club of Mount Lawley Christmas Function from Left to Right: Isabella Jesson, Elisabeth Campbell and Teri Bucktin.



Rotary Sausage Sizzle

MS Jan Roberts



AEP STUDENTS AT THE INDIGENOUS VETERANS COMMEMORATIVE SERVICE

With the sun shining on this autumn day Wednesday 30 May students from AEP program , the school Junior Concert Band and Chamber Choir attended the Kings Parks service for Indigenous Veterans. Our students sang and played "Abide with me" and the National Anthem at the service.

Three students laid a wreath at the Flame of Remembrance along with other dignitaries, such as the Honourable Kim Beazley AC Governor of Western Australia and the students were able to have a group photograph with the Governor.





YEAR 10 LIGHTNING CARNIVAL

Soccer | Kingsway Sporting Reserve

Our first match of the group stage was against John Forrest Secondary College, with Danyel Dos Santos De Souza scoring with our first foray forward and Baillee Takoniatis scoring a cracking goal from outside of the box. JFSC were never in the game, Mount Lawley SHS winning 7 – 0.

Our second match proved to be more of a challenge against Morley SHS. A great game of football from both teams with important goals from Takoniatis and Cox in the second half giving Mount Lawley SHS a 3 – 1 win and finishing top of Group B.

Our Semi-final saw Mount Lawley SHS against Governor Stirling. Mount Lawley SHS up 3 – 1 at the beginning of the second half before a spirited fight back from Governor Stirling saw them draw level with a few minutes to go. Staring down the barrel of penalties, Governor Stirling infringed in the box, gifting Mount Lawley SHS a penalty on the siren advancing Mount Lawley SHS to the final against Ellenbrook.

Ellenbrook defeated Morley 4 – 0 in their Semi, with one player scoring all 4 goals. Depeche Oven was given the lock down role in the Grand Final. Depeche was instrumental in breaking down Ellenbrook's attacks, whilst two amazing volleys from Hamza Belhassan and Oisin Cox proved the difference with MLSHS winning the Grand Final 2 – 0 and crowned Year NERPEA Football Champions for 2018.

Mr Zen

Basketball | Warwick Leisure Centre

The Mount Lawley boys entered the Year 10 carnival as heavy favourites with the majority of the team rookie members of the Senior School basketball side for 2018. After a draw in their opening game there was a sense of nervousness in the air, before a couple of solid wins allowed the boys to gain some confidence before facing rivals John Forrest. In a good old-fashioned grudge match, John Forrest levelled up with 3 minutes to play, a three-point conversion to their star 6ft 10 state player, before Mount Lawley rallied to win by 6 points. Dylan Sayers continued his impressive form under the basket, whilst Grayson Dennis and James Cooke had the unenviable task of manning the man mountain inside. Dallas McAdams rolled his ankle, but bravely soldiered on for the final as Mount Lawley made up for their opening draw by dispatching by 10 points. Sayers was the pick of the boys, with solid support from Dennis, McAdams and Stewart-Wynne.

Mr Ruck

Netball | Noranda Netball Association

This year a group of 12 years tens competed in the year 10 lightening carnival netball competition. We all arrived ready for a fun and exciting day. 5 intense games were played with many goals scored and our defensive game was awesome. We all took in turns scoring games, taking action shots and Anieke Broad, Zoe Kellam, Sarah Brook and Madsion Greenwood did a marvellous job of umpiring.

Unfortunately, we didn't get the end result we were hoping for, only winning one of our five games. We didn't let this affect our day, our spirits remained high as we went out with bang. Instead of playing off in the grand final we spilt our team into two and played a very intense scratch match.

By Jaymie Symons



EX POW CEREMONY

On the 4th of May, Mount Lawley Senior High School took part in the Annual Ex-Prisoners of War Association Memorial Service that ran from 1:00pm to 2:00pm.

The school has been taking part in this service for since 1997. Andrew Paul, our School Chaplain, gave a speech on the importance of this event with School Councillors also providing speeches at the service. The School Senior Band and Choir performed at the service, playing the Abide With Me, the National Anthem and the Last Post played by Year 12 student Gemma.

Arthur Leggett and many other unfortunate people who were Ex-Prisoners of War and friends and family laid wreaths on and around the Ex POW Memorial Stone and army officers performed a tribute to the Ex-POW with a catafalque. Deanna & Sebastian Year 9 Councillors representing the school laid a Wreath.

The catafalque party consists of four members of an armed guard who stand, their heads bowed and their arms (weapon) reversed, facing outward approximately one metre from the memorial as a symbolic form of respect for those who have fallen.

After the service, we mingled and chatted with the people attending the service.

Luca Conte Year 8







YEAR 9 HIGH ACHIEVERS' BREAKFAST

On Tuesday the 8th of May, fifty six students were invited to attend the Year 9 High Achievers' Breakfast (HAB). Invitation is based on strong academic performance, high attendance and good citizenship.

Jessie Lonergan, a Murdoch University Student Ambassador, was our guest speaker. Combining a degree of a Bachelor of Laws and a Bachelor in Computer Science, Jessie enrolled as a student at Murdoch University in Semester 1 2015.



After not achieving the required ATAR to be accepted into law, she has never faltered in her determination to get into Law and motivated herself to get the grades necessary in her first semester to transfer smoothly into her desired course. She then commenced Law in Semester 2, 2015. Recently, Jessie was chosen to proudly represent Murdoch University in Canberra at an inter-varsity law competition. Jessie's advice to our students included the importance of setting goals, overcoming the disappointment of not at first succeeding and most importantly, don't stress!! Her experience at Murdoch is an example of how resilient Jessie is to achieve her goals.



After the presentation, students and guests moved to our Hospitality Room where the Year 11 Certificate II in Hospitality students serves a delicious breakfast. A second Year 9 HAB will be held in Term Four.





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 13 – SOCIAL-EMOTIONAL RESILIENCE SKILLS

Parent Wellbeing: The Five Ways are effective ways to build your wellbeing. They are

- connect
- be active
- take notice
- keep learning
- give.

Describe one thing you could do for each of these. (Acknowledgement: New Economics Foundation) Resilience is a word often used these days in much educational language and discussion. It seems to be the "in" word commentators use to demonstrate they are aware of its importance. But it would be interesting, if many of them, actually know what it means to be resilient. The most common description of it, is being able to bounce back from adversity, but what skills do students need to possess to be able to bounce back.

Studies have shown that there are seven key skills, which are essential to develop in both students and ourselves, to be resilient.

They are:

- Optimism and hope for the future—thinking positively when striving to achieve goals – develop through goal setting and growth mindsets
- Regulating emotions—controlling the intensity and duration of emotions—develop through wellbeing fitness challenges
- Impulse control—resisting the urge to react on emotions—develop through mindfulness activities
- Flexibility of thinking—changing thinking for different situations—develop through habits of mind and thinking tools
- Empathy—accepting the needs and feeling of others – develop through acts of kindness
- Self-belief—valuing yourself and your top strengths – develop through actioning character strengths
- Building social-connectedness—having a sense of belonging—develop through active constructive responding.

"I am I said" Saying

WEEK 14 – REVISING FOR YOUR BRAIN

Parent Wellbeing: A component of Self Determination Theory (SDT) is relatedness, the feeling you are connected to those around you. Describe a time you have felt relatedness and how it motivated you.

As we learned from Fast Brain Pathways and Neuroplasticity:

- the brain thrives on deliberate practice and looking for patterns to build strong and fast brain pathways
- so after students have taken notes in class, it is essential for them to
- review and revise them nightly for five minutes in each subject
- doing this is often called memory coding
- when students regularly train for sport and practise their musical instruments their skills and capabilities develop
- reviewing and revising learning is no different
- thinking tools and idea maps are effective ways to organise learning visibly in the brain

Facts relating to how much the brain retains:

- should notes not be reviewed within 24 hours, 60% to 80% of the learnt material is forgotten
- after a month with no reviews, only 3% to 4% is remembered
- the brain pathways which were created wither and die
- when 50 minutes of learning is not reviewed regularly, it takes 30 to 40 minutes to relearn it
- why learn it in the first place?

As renowned Polish pianist, Ignace Paderewski, once said, "If I miss one day's practice, I notice it. If I miss two day's practice, the critics notice. If I miss three days practice, the audience notices it."

"I'm a great believer in luck; I find the harder I work the more of it I have." Woodrow Wilson

Wk 13

Strengths and Emotions

MIDDLE Student Planner Page 50

RESILIENCE SKILLS

Wellbeing Bank: to develop my Strengths and Emotions by developing the skills of resilience in myself.

You can learn much about yourself when things don't go your way.

- resilience is the multi-dimensional quality which enables you to get through these times
- describe how you currently act and feel when this happens.

Several descriptions of resilience include:

- being able to bounce back from setbacks
- remaining positive when coping with life's daily ups and downs.

To be able to do these things you need to develop seven resilience skills in yourself. They are:

- Optimism and hope for the future – develop through goal setting and growth mindsets
- Regulating emotions – learn through mindfulness activities
- Impulse control – learn through mindfulness activities
- Flexibility of thinking – learn through habits of mind and thinking tools
- Empathy – learn through acts of kindness
- Self-belief – learn through actioning character strengths
- Building social-connectedness – learn through active constructive responding.

Acknowledgement: Karen Reich and Andrew Shatte

Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to develop the skills of resilience in myself?

- 1.
- 2.

MINDFULNESS ACTIVITY

Pictures. How often do you walk past a picture every day and don't really take it in. Look at a picture for five minutes and count how many different colours there are and the shapes, shading and emotions you see in it.

RESILIENCE BUILDER

Search out other students in your class who have some of the same top five Character Strengths as you and discuss and describe how you use them to live a purposeful life. List three new ways you could make use of your strengths and how this will benefit both yourself and others.

WELLBEING TIP

Fast food puts you in the fast lane to becoming overweight.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

Character Strength
Love of Learning
www.viacharacter.org

WELLBEING FITNESS CHALLENGE

BRAIN STRETCH – Improving Thinking (p.19)

SENIOR Student Planner Page 50

SOCIAL-EMOTIONAL RESILIENCE

Wellbeing Bank: to add to my Strengths and Emotions through understanding how to develop my social-emotional resilience.

Developing your social-emotional resilience enables you to:

- thrive through life's natural ups and downs
- you can learn much about yourself when things don't go your way
- welcome them as valuable self-learning opportunities
- describe how you currently act and feel when things don't go your way.

Research has identified seven resilience skills which can be learned. They are:

- Optimism and hope for the future – learn through goal setting and growth mindsets
- Regulating emotions – learn through wellbeing fitness challenges
- Impulse control – learn through mindfulness activities
- Flexibility of thinking – learn through habits of mind and thinking tools
- Empathy – learn through acts of kindness
- Self-belief – learn through actioning character strengths
- Building social-connectedness – learn through active constructive responding.

Developing these resilience skills enables you to:

- recognise when you are falling into thinking traps such as catastrophising
- understand the connection between your thoughts, feelings and actions
- use best case/worst case scenario of what can happen
- what is the best outcome?
- what is the worst outcome?
- accepting that the likely outcome will be somewhere in between.

Acknowledgement: Karen Reich

Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to develop my social-emotional resilience?

- 1.
- 2.

MINDFULNESS ACTIVITY

Pictures. How often do you walk past a picture every day and don't really take it in. Look at a picture for five minutes and count how many different colours there are and the shapes, shading and emotions you see in it.

RESILIENCE BUILDER

What are your top five Character Strengths? Now consider what are the top five Character Strengths that will assist you on working through your priorities? Do your Character Strengths match your other list? What can you do to follow through on your prioritising using Character Strengths?

WELLBEING TIP

Fast food puts you in the fast lane to becoming overweight.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

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WELLBEING FITNESS CHALLENGE

BRAIN STRETCH – Improving Thinking (p.19)

Wk 14

Skills and Achievement

MIDDLE Student Planner Page 52

REVISING FOR YOUR BRAIN

Wellbeing Bank: to add to my Skills and Achievement by revising regularly to develop fast brain pathways.

Revising what you learn:

- strengthens the connections between neurons
- which creates stronger and faster brain pathways
- enabling you to remember and apply your learning well.

Effective ways to revise use both sides of your brain and include:

- Thinking Tools on the website
- before starting, activate both brain sides by using both sides of your body together, e.g. skipping or marching
- revise for 5 minutes for each lesson every night
- then 10 minutes per subject on the weekend

Your brain remembers:

- 90% if notes are revised within 24 hours
- 30% after 3 days
- 3% to 4% after a month

Read Positive Memory Habits Are?

In Positive Education section

Describe how you currently revise your notes.

Google the following revising approaches:

- Repeating, Routines, Mnemonics, Acronyms, Flash Cards, Group Associations, Graphic Organisers.

Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to regularly revise what I learn?

- 1.
- 2.

MINDFULNESS ACTIVITY

Favourite Relatives. Think of your favourite relatives and write down what you think their top five character strengths would be, five positive personal descriptors to describe them and the positive emotions they make you feel.

RESILIENCE BUILDER

Ask your family to do the VIA Character Strengths survey at www.viacharacter.org and then discuss how each of you can use your individual top five strengths to benefit your family. Which ones did you have in common? How do your combined strengths benefit the family as a whole?

WELLBEING TIP

Smile more, it boosts self confidence and builds relationships with others.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

Character Strength
Gratitude
www.viacharacter.org

WELLBEING FITNESS CHALLENGE

HIDDEN PEOPLE – Invisible Champions (p.19)

SENIOR Student Planner Page 52

REVISING FOR BRAIN PATHWAYS

Wellbeing Bank: to develop my Skills and Achievement through a structured revising approach to strengthening brain pathways.

As you learned from Neuroplasticity:

- your brain rewires itself after every experience
- and neurons which fire together wire together
- meaning the messages move much faster down brain pathways

Revising begins at the start of the year:

- for every 50 minute class do a 5 minute revision of what you learnt that night
- doing this nightly strengthens brain pathways while the learning is fresh
- if learning is not revised within 24 hours 60% to 80% of it is lost
- why learn it in the first place?
- to understand how your memory functions read Positive Memory Habits Are? in Positive Education section
- describe how you currently revise what you learn.

An effective way to revise is:

- right one: write what your teacher taught
- middle one: write an example which shows this
- left one: write how you would do it in your words
- allocate 35 to 45 minutes per subject weekly
- listen to recordings of revising while travelling

Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to revise what I learn more effectively?

- 1.
- 2.

MINDFULNESS ACTIVITY

Favourite Relatives. Think of your favourite relatives and write down what you think their top five character strengths would be, five positive personal descriptors to describe them and the positive emotions they make you feel.

RESILIENCE BUILDER

Create a list of your Musts and Options and when they occur across your week. Use the Musts and Options Thinking Tool to assist you. Prioritise your lists. Consider if you are prioritising what you like to do rather than what you need to do as a senior student. What are the consequences of this? Do you need to re-prioritise?

WELLBEING TIP

Smile more, it boosts self confidence and builds relationships with others.

WHAT WENT WELL THIS WEEK AND WHY?

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www.viacharacter.org

WELLBEING FITNESS CHALLENGE

HIDDEN PEOPLE – Invisible Champions (p.19)



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.



The City of Stirling has a State Awarded and Nationally recognised BMX and Skate Strategy (Parks and Recreation) that has been in development since 2013.

The City is seeking feedback from the community around the Dianella Regional Open Space Cycle Facility.

<https://yoursay.stirling.wa.gov.au/dianella-bmx>



TEEN STRENGTH & FITNESS BUNDLE

FOR ONLY \$11⁹⁵ PER WEEK!
ON A NO LOCK-IN CONTRACT

FOR \$49 YOU GET

- › Set Up Cost (\$99 Value)
- › Access Card (\$29 Value)
- › Introductory Session (\$55 Value)
- › 6 Week Tailored Program (\$180 Value)
- › Plus Fitness Sports Pack (\$20 Value)

SAVE OVER \$330!
Terms and Conditions Apply

MOUNT LAWLEY
Unit 2/800-802 Beaufort St
Ph: 6161 2787
mountlawley@plusfitness.com.au

Map showing location: WOODSIDE LN, BEAUFORT ST, FIFTH AVE, CENTRAL AVE, INGLETON LANE. WE ARE HERE.

Mathematics Tutoring by Maths Teacher

PERSONAL INFORMATION

Name: David	Address: Level 5, 231 Adelaide Terrace, Perth
Mobile: 0414 644 952	Email: david@financialmc.com.au

I am a qualified and experienced secondary school mathematics teacher who specializes in tutoring students at secondary school level to either catch up on their peers or work ahead in preparation. Most qualified math's tutor available in Perth.

Key Points

- Have a Bachelor of Education majoring in Mathematics with a Science minor
- Have a Master's in Education
- Have a Master's in Business Administration
- Years of experience teaching mathematics in secondary schools for all years and levels
- Years of experience tutoring primary and secondary students in mathematics at all levels
- Conduct holiday 'catch up' sessions to prepare students for the coming term.
- Teacher Registration Number: 33097588
- Working with Children Card number: 2823381
- National Police Clearance number: SCN2633849502



KID'S & TEENS KUNG FU CLASSES

World accredited instructor with more than 30 years' experience.

Ages 5 – 18 yrs. Parents train for free

Saturday's 9am to 10am at St Alban's Community Hall
423 Beaufort St, Highgate. Free security parking at rear of hall. Tea and coffee provided

Cost is \$10 per student – pay as you go

For further enquiries please call
Stiven 0410 660 976 or Facebook

<https://www.facebook.com/youngdragons888/>



COMMUNITY NOTICES

The following information is presented as a service to parents/guardians, however

Lawley Art Auction



West Australian artists supporting the arts
at Mount Lawley Senior High School

Saturday 16th June 2018

Venue: Mount Lawley Senior High School
Viewing from 5pm. Auction starts at 7pm.

Lawley Art Auction

West Australian artists supporting the arts
at Mount Lawley Senior High School

Over 90 established & emerging artists including
Pippin Drysdale, Danica Wichtermann, Andy Quilty,
Milk Green, Mikaela Castledine, Stephen Castledine,
Sue Leeming, Deborah Bonar, Linda O'Brien, Lyn Franke,
William Stransky, Fleur Schell, Neil Elliot, Sioux Tempestt,
Warayute Bannatee, Kerrie DiCataldo & Silvana Ferrario.

What: Fine art auction, live music, delicious food & drinks,
raffle, silent auction and an additional gallery of works for sale.

Where: Mount Lawley Senior High School.
Enter via Bradford Street and park on the school oval.

When: Saturday 16th June 2018
Viewing/registration from 5pm. Auction starts at 7pm.

More Info & Online Catalogue

MishsArtAuction
 lawley_art_auction
 lawleyevents.com

Catalogue available online from June 8th.





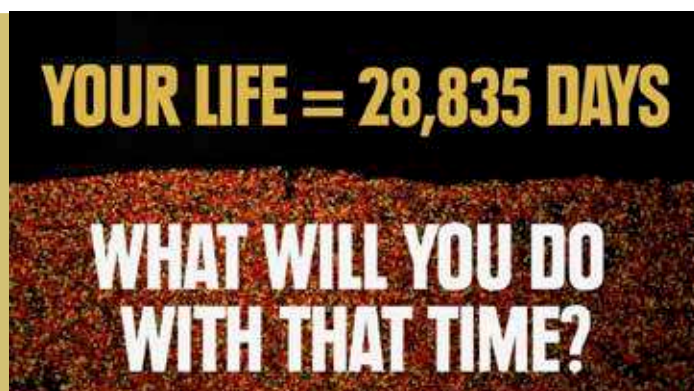


As many senior students begin their Term 2 exams we would like to reiterate the importance of time management and prioritisation strategies. A recommended Resource for students. Please find a link to this video below

'The Time You Have (In Jellybeans)'

https://www.youtube.com/watch?v=BOksW_NabEk

We wish all Year 10, 11 and 12 students the best of luck with their exams over the coming weeks.





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.

SURVIVAL KIT for Separating Dads

Have you... separated from the mother of your children?
Are you... finding that your separation is presenting many challenges for you, as a Dad?
If so... this fathers-only seminar is for you!

We, at Relationships Australia, acknowledge that separation is among the toughest experiences a father will have during his lifetime. Separation can involve a range of intense feelings for fathers, as they face the challenge of staying connected with their kids.

This brand-new seminar aims to provide a supportive space to you, as a Dad, as you navigate the process of separation.

This seminar will:

- acknowledge the range of experiences for fathers during family separation;
- identify strategies fathers have used to stay well in previous difficult times; and
- offer suggestions for staying well through the separation process.

When: Tuesday 26 June 2018

Where: Relationships Australia Midland - 27 The Crescent, Midland

Time: 6:30pm - 9:00pm **Fee:** \$30.00 per person

Places are limited - please contact (08) 6164 0200 to register today!

For more detail about our courses and seminars, click [here](http://www.relationshipswa.org.au) or visit www.relationshipswa.org.au

It would be great to see you!



Dolly Bhargava from Behaviour Zen Pty Ltd (ABN: 74612728275)
Presents

Achieving Practical Positive Solutions Workshop Series To Enhance the Lives of the People We Support



Dolly Bhargava is a Speech Pathologist with a Masters in Special Education. She has 17 years of experience in providing positive, realistic and practical solutions to children, adolescents and adults who have emotional and behavioural difficulties in early childhood, school, family homes, prisons, accommodation and community settings. She has authored and developed a number of insightful books and apps, including America's National Parenting Publications Award Winner 'Taking CHARGE of my Rainbow of Emotions'. She has recently developed an innovative App and Book Series, 'Behaviour Zen'. Behaviour Zen aims to systematically guide educators, parents and professionals to assess- prevent- manage challenging emotional and behavioural responses in individuals with Anxiety Disorders, Conduct Disorder, Autism Spectrum Disorder, Oppositional Defiant Disorder and Attention Deficit Hyperactivity Disorder. Please visit www.behaviourzen.com for more information.

So come along to hear a range of practical and interactive workshops that provide an expert blend of information, skills and strategies that will educate, empower and enable you to be the CHANGE in the lives of the people you support.

Workshop Title	When?	These practical and interactive workshops will address the following:
Supporting Individuals with Autism Spectrum Disorder	05/06/18 (9am - 3pm)	- Introduction to Autism Spectrum Disorder (ASD) - Social, emotional, motor, cognitive, sensory, communication needs of individuals with ASD - Strategies to address the needs and - Develop their skills at school, home and in the community
Developing Emotional Regulation Skills in Individuals with Anxious, Oppositional and Aggressive Behaviours	06/06/18 (9am - 3pm)	- Development of emotions - Understanding anxious, oppositional and aggressive behaviour - Effectively responding to anxious, oppositional & aggressive behaviour - Developing emotional regulation skills at school, home and community - Understanding compassion fatigue and caring for ourselves
Assessing, Preventing and Managing Challenging Behaviour	11/06/18 (9am - 3pm)	- Introduction to challenging behaviour - Causes of challenging behaviours - Internalised and externalised challenging behaviours - Utilising the positive behaviour support framework to identify proactive, active and reactive strategies for school, home and community - Understanding compassion fatigue and caring for ourselves
Teaching students affected by trauma	12/06/18 (9am - 3pm)	- Introduction to trauma - Types of trauma - Impact of trauma on development and learning - Strategies to promote a sense of safety, build trust and address learning needs of children impacted by trauma - Understanding compassion fatigue and caring for ourselves
Attachment and Development of Self Regulation Skills	13/06/18 (9am - 3pm)	- Introduction to attachment - Types of insecure attachment - Impact of attachment on self regulation development - Strategies to promote development of self regulation skills - Understanding compassion fatigue and caring for ourselves

between wind and water

by Polly Low

Presented by **Agelink Theatre**

"25 years of telling local stories"

in association with City of Fremantle and Know Your Nation

A lively family show: a celebration of Fremantle and its' history with stories and music

directed by **Stuart Halusz**

musical direction by **Craig Skelton**



"Open our front door and speak English; close our front door and speak Italian."

"The day the war ended, all the kids marched round the streets bashing saucepans."

FOUR PERFORMANCES ONLY
at a very special price **BOOK EARLY**

Friday 1 June - 7.30pm

Saturday 2 June - 2pm and 7.30pm

Sunday 3 June - 5pm

Bookings:
windandwater.eventbrite.com.au

Venue:
Fremantle Town Hall
8 William Street, Fremantle

For more information...
Email: windandwaterfrem@gmail.com
Telephone: (08) 9432 9999

Tickets: \$12

South Fremantle football club v. East Fremantle:
"be in it or die!"

With thanks to Neighbourhood Link and the Town of East Fremantle



Government of Western Australia
Department of Culture and the Arts

KNOW
YOUR
NATION

This project has been funded by the
Western Australian Government through the
Department of Culture and the Arts

ROAD MODIFICATIONS

The City of Stirling is planning to modify Alexander Drive and Rookwood Street intersection. The works are proposed to commence from Monday 28 May 2018 to Friday 15 June 2018, subject to weather conditions. Lanes closure will be in place between 9AM to 3PM only.



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.

The Rock & Water Program

Are you ... the parent or caregiver of a child aged eight to 14 years?
Do you ... want to enhance your child's self-confidence, self-awareness and self-regulation abilities?
If so ... Then this activity-based workshop is for you!

The Rock & Water program leads from simple self-defence, boundary and communication exercises; aiming to create a strong notion of self-confidence.

The program offers a framework of exercises that enable young people to become more aware of the purpose and motivation in their life; in particular how to deal with power, strength and powerlessness.

This workshop will explore:

- communication skills and interpretation of body language cues;
- practical anti-bullying strategies;
- grounding, centredness and mental strength;
- basic self-defence skills;
- positive feelings, thoughts and visualisation.

Where: Relationships Australia, 22 Southport Street, West Leederville

When: Saturday, 9 June 2018 *Time:* 8.30am—12.30pm *Fee:* \$70 pair

Places are limited—please contact (08) 6164 0200 to register today!

For more about our courses and workshops go to www.relationshipswa.org.au



Relationships Australia

Parenting in June West Leederville

Mums Raising Boys (up to 12yrs) Thursday, 31 May 10am-12.30pm
 This session includes building confidence and competence in sons and setting

Understanding Stepfamily Relationships w/end

Fri/Sat/Sun 8 9 10 June 6.30-9pm/1-5.30pm/10am-1pm \$75pp/\$120 couple

In this workshop you will challenge some myths about stepfamilies -

- find out what has proven to be helpful and unhelpful
- learn how to grow a strong and loving couple relationship
- learn how to manage discipline and understand the needs of the children
- have an opportunity to address particular issues within the group

Parenting After Separation Tuesday, 19 June 6.30-9pm \$30pp

If it is managed well by the adults, separation doesn't have to be harmful for children.

Successful Single Parenting Monday, 25 June 6.30-9pm \$30pp

If you are a single parent and are through the initial break-up stage, this workshop will provide strategies to help you develop a close and special relationship with your child.

Dads Raising Teenage Girls Monday, 25 June 6.30-9pm \$30pp

Learn ways of responding to your child to assist them to learn how to regulate their emotions.

Where : Level 1, 22 Southport Street, West Leederville

Places are limited - contact (08) 6164 0200 to register today!

For more info click here or go to www.relationshipswa.org.au



Relationships Australia

2018 July School Holidays Skills Development Program for years 7,8,9 and 10



ACADEMIC TASK FORCE
 Achieve Success at School



Early Bird Offer: 10% Discount

Enrol early to secure a place!
 If you enrol with full payment by Monday June 11, 2018 you will save 10%

Please turn over for timetable

Only \$190 for a 6 hour course.

Learn more. Become more.



Boost your results.
 Since 1986 ACADEMIC TASK FORCE has helped over 100,000 students boost their academic results.



Reach your true potential.
 Our Middle School Skills Development Program provides quality teaching to help students develop their academic skills, improve their performance and boost their confidence.



Results driven.
 In 2017, ACADEMIC TASK FORCE students who used our services achieved:
 17 General Exhibitions, 12 Subject Exhibitions,
 121 Certificates of Excellence,
 575 Certificates of Distinction and
 677 Certificates of Merit.



Experienced teachers.
 We have a team of highly qualified, experienced teachers to help you maximise your school performance.

July School Holiday Program

- **Learning Skills:** Build your child's confidence by learning time management, homework strategies, goal setting, learning techniques and many more skills to build their school work and motivation.
- **Advanced Maths and Intermediate English:** Recommended for Year 9 and 10 students who would like to extend their understanding in their subjects. Students will review the more difficult components of the course and preview upcoming work. Your child will have ample time to practise with feedback on their work.
- **Essay Writing:** Help your child learn how to write persuasive essays. Your child will practise skills to improve their writing for any subject.
- **Foundation Maths and English:** Recommended for students in Year 7 and 8 who would benefit from revising subject concepts and practise skills to prepare for the new term. Foundation courses will give your child a boost in confidence and will address gaps in understanding. Your child will have ample time to practise with feedback on their work from our qualified teachers.

Academic Task Force and Academic Associates are part of the Academic Group



Enrol online:
www.academicgroup.com.au

9314 9500
learn@academicgroup.com.au

2018 July School Holidays Year 12 ATAR Enrichment Program at UWA

Academic Associates 10 hour ATAR Enrichment Courses are designed for Year 12 students wanting to maximise their ATAR exam marks.

Make success a reality

Why choose us?

- ✓ You will receive academic extension in your ATAR courses with advanced content insight and practise in higher level exam questions.
- ✓ Academic Associates' teachers are top ATAR subject specialists with proven results in boosting students' marks.
- ✓ Prepare for your exams with an exclusive workbook to help polish your exam performance.
- ✓ Study in a University setting and experience campus life.
- ✓ Learn in a small, interactive class and receive personal feedback to maximise your marks.

Course details: Each subject course is 10 hours, 2 hours per day over 5 days. The complete cost of each subject is \$300 including all materials.

Early Bird Offer

Enrol and pay by Monday June 11, 2018 and receive one FREE Master Class session valued at \$60.00.

Book online at www.academicgroup.com.au. See instructions below.

Academic Associates and Academic Task Force are part of the Academic Group family.

2018 JULY ATAR REVISION TIMETABLE

UWA Business School. Week 2 School Holidays, Monday 9th July - Friday 13th July

8.30am-10.30am	10.40am - 12.40pm	1.00pm - 3.00pm	3.10pm - 5.10pm
Economics Yr 12	Chemistry Yr 12	Chemistry Yr 12	Accounting & Finance Yr 12
English Yr 12	English Yr 12	Human Biology Yr 12	Biology Yr 12
Maths Applications Yr 12	Human Biology Yr 12	Literature Yr 12	Chemistry Yr 12
Maths Specialist Yr 12	Maths Methods Yr 12	Maths Applications Yr 12	Geography Yr 12
Phys Ed Studies Yr 12	Modern History Yr 12	Maths Methods Yr 12	Human Biology Yr 12
Politics and Law Yr 12	Psychology Yr 12	Physics Yr 12	Physics Yr 12

Other subjects and times may become available, classes may be cancelled or changed depending on demand. See website for any changes.
 Enrolment Terms and Conditions: Please see our website for our policy on payments and refunds.



Enrol online: www.academicgroup.com.au

1. Go to Our Programs - Year 11 & 12 2. Click on Academic Associates Programs (RED) 3. Select the Enrol Today button.