



MOUNT LAWLEY SENIOR HIGH SCHOOL An Independent Public School

LAWLEY UPDATE 7 Term 3 No. 3 2018

The end of the term has come so quickly and we are into the final break before we enter the last term for this year. A reminder that students start Term 4 on Tuesday 9 October.

As the year draws to an end for our Year 12 students the school inducted seventeen Year 12 students into the exclusive Mount Lawley SHS Honours Society. This important tradition started in 1982 to acknowledge outstanding scholastic achievement of students over two years. At the school assembly Sue Yeap, an Alumni from the Class of 1986 spoke of her induction to the Honours Society and her career pathway where currently Sue is an editor at West Australian newspapers.

It is a testament to the wonderful qualities of our students that thirty eight Year 11 students nominated to become prefects next year. The elections were held and the top 22 of these students were invited to come to interview with the panel. It was heartening to listen to their passion for the school and their community and it made the panels job of selecting 12 students extremely difficult. I offer my congratulations to every student who nominated for the position and thank them for their commitment to the school.

Week 6 saw us host a very successful Health Expo for all students. This is a first for the school and it was great to see the students from Years 7 to 12 engaged with various organisations in the school gym. We hosted Headspace, Act Belong Commit, WA Aids Council, Alcohol Think Again Perth Heat, Town of Cambridge Youth Services, Mission Australia Youthbeat, with almost 30 exhibitors in total. Well done to Suzie Barnes, the Health Committee, and the students representatives.

The Write A Book in A Day Competition again proved to be a great success with sixty five students participating. Starting at 8am and finishing at 8pm in the school library these students from Years 7 to 10 wrote and illustrated eleven books for publication. They are all of a very high standard and I congratulate Louise Chapman, Lynette Hutchinson and Lucy Fairbotham for their organisation of this important competition.

The school helped our famous Lawley Alumni Arthur Leggett celebrate his 100th birthday by naming the library

in his honour. Celebrating this important event were many guests from Ex POW Association, War Widows Association, RSL, and representatives from 16RWAR, Arthur's former regiment. Arthur's family, his daughters, grandchildren and great grand children also attended the ceremony which was held in the library.

The House Athletics Carnival was held in week 8 after having been postponed from the previous week due to inclement weather. Monday proved to be a beautiful sunny day for students to support their house in the various athletic events ranging from 'tug of war' to discus throwing. With the Year 9 group on camp the results of the competition were delayed until the Year 9 students participated in their house carnival events. Hackett won the Middle School Trophy and Forrest won the Senior School Trophy. The overall winner was Hackett House followed by O'Conner, Murdoch and Forrest.

The Music Department have had a large number of success stories. Firstly, the Senior Concert Band performed in the first of the ABODA series where schools from all over the state performed. Our students were awarded 'Excellent' from the panel of adjudicators. There was also the Junior Strings, Senior Contemporary Ensemble and Concert Band Two and Three that also performed at ABODA. All did very well. The school Funk Band performed at Funk Cider, Caversham for the Squidstock Band Festival and won the competition, congratulations to music students Blake, Kate, Callum, Joshua and Gabriel. Also at this competition Roise wowed the crowd with a six song set and managed to floor the judges and audience with an absolutely brilliantly written and performed original song to win best solo act. Congratulations to the students and parents who supported them. Many thanks to the Music staff for their dedication as these events take place after hours and on weekends.

In the Humanities and Social Sciences Department the school Mock Trial team recently competed in the semi final against Hale School. Despite winning the case we fell short on winning the night – by ONE point. Oscar, Shadi, Lily Sophia, Isabella and Alix were great and I am very proud of their efforts throughout the year. The judge was extremely complimentary about both teams and said he found it one of the closest trials he had adjudicated. Congratulations to the students as they were the sole government school representatives in the finals.

Lesley Street, Principal

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
mountlawley.shs.enquiries@education.wa.edu.au



CONGRATULATIONS

Brendan 7F4



Brendan recently competed in a state competition for novices and veterans organised by the WA Fencing Association. While he did not win, Brendan enjoyed competing and was eliminated in the knockout round by the fencer who eventually went on to win the Novice competition.

Todd 9S6



Todd has been selected to represent WA in the State Under 15's team for Lacrosse. He will be competing in a national championship competition held in Melbourne from 30 September to 6 October 2018.

Eden 11H1 and **Harrison 9H6** are through to the Premiers Anzac Student Tour (PAST) 2019. They both wrote fabulous essays and are now in the final 22 students, statewide. From this small group 10 students will be chosen, after an interview, to go to Vietnam for ANZAC Day 2019.



Eden wrote about his great grandfather in WWI. Harrison wrote about Bill Haskell – an ex-POW of WWII.



The students had to write about their lives at war and why they should be remembered more so today.

Jack 8O2



Jack was awarded a Local Sporting Champions Grant. He applied for and received these grants from the ASC to support his travel to compete in the 14U National Club Championships in Canberra for water polo, travelling with the Triton Water Polo Club. Jack is competing for his club again this year in the U16 age group club championships being held in Perth during the second week of the next holidays.

Maddy 8F2 has been selected to go on a tour of Queensland this October with "Gondwana Voices", a national children's choir. They will be giving concerts in Rockhampton, MacKay, Townsville and Cairns. The choir will also join local choirs for rehearsals and concerts.



ROTARY 4-WAY COMPETITION



This week, four of our Year 10 students competed in the Rotary 4-Way Test Speaking Contest, held at the Mount Lawley Golf Club. Grayson, Aleena, Sara and Olivia presented engaging speeches which addressed the following:

'Of the things we think, say or do -

1. Is it the TRUTH?,
2. Is it FAIR to all concerned?,
3. Will it build GOODWILL and BETTER FRIENDSHIPS?, and
4. will it be BENEFICIAL to all concerned?'

Grayson's entertaining speech on the importance of the art of conversation saw him win the night and he will go into the next round of the competition on October 22. Aleena was awarded runner-up for her thoughtful speech on women's rights. Sara certainly made the audience pause for thought with her impassioned speech on veganism (she underlined the power of her convictions by pointedly choosing not to wear the school blazer as it contains wool!), and Olivia's discussion on racism was heartfelt and positive in its intent. It was a pleasure to see these students 'in action'.

Ms Alice Basini, English Department





THE MOUNT LAWLEY SHS HONOUR'S SOCIETY

The Mount Lawley Honour's Society Assembly was held on Tuesday 21st August. The Society was first created in 1982 to recognise hard work, consistent application and the excellence in academic achievement. In 2018 to be eligible for acceptance into the society an outstanding achievement must be attained in both year 11 and 12. Students on either an ATAR or VET pathway can be granted membership to this elite club. Students 'select themselves' for this club through their attitude and application to their studies in upper school.



a thoughtful speech about working hard to achieve and being brave and adaptable in your attitude towards your future plans. The 17 members of the 2018 Honour's Society were then inducted into the Society.

Simon Millman MLA took to the stage to congratulate the members of the 2018 Honour's Society and Sessina Figueiredo, a member of the 2018 Honour's Society, replied as the student representative. The inductees, their parents and special guests then enjoyed a delicious morning tea to celebrate the occasion.



This year we were delighted to invite a past Honour's Society student from 1986 as our special guest speaker. Sue Yeap, a prominent WA writer and journalist, addressed the inductees and the whole student body with

The Members of the 2018 Honours Society;







OUTSTANDING MUSICIANS

Mount Lawley Senior High School Music Students have been on a considerable roll during the end of Week 8 this term with terrific performances at the Squidstock Band Festival, the ABODA Festival (Australian Band and Orchestra Directors' Association) and the State Contemporary Music Festival - a total of 5 concerts! Well done all!

On Saturday night the final of the Squidstock Band Festival was held in Caversham. Our Funk Band, with music students Blake, Kate, Callum, Joshua and Gabriel, wowed the crowd with their professionalism and brilliant musicianship. We are so proud to announce that they won the competition.

The Junior String Orchestra performed on Sunday afternoon at the ABODA festival. They did a great job and really impressed the adjudicator with their technique and dexterity. The students all stayed for the workshop at the end. They were wonderful ambassadors for the school taking on board all of the ideas, which consolidated all of the brilliant hard work the students and of course Jade Martin (their director) have put in. Also, our Concert Bands 2 and 3 performed in the ABODA Festival on Saturday. Both groups are comprised of mainly Years 7 and 8 students, a number of whom are beginners. All these students were very proud Mount Lawley musicians and, of course, Jennifer Barrie did a marvelous job of conducting

them.

Our musicians had another huge success at the State Contemporary Music Festival this weekend.

The vocal strength of Lauren and Isabel was absolutely brilliant and the guitar solo's performed by Dashiel were really mature and effective. Further to this was the brilliantly rehearsed ensemble technique and energy on stage by the whole band. Not surprisingly, they were awarded another 'Outstanding'. A huge congratulations to all the students involved and a very big thank you to Jeremy Peet for his inspiring and committed teaching.



CHARITY EVENT IN HOME ECONOMICS DEPARTMENT

Congratulations to the Yr 11 Certificate II Hospitality students who prepared and baked food grade 'dog biscuits' in aid of Guide Dogs WA. The students baked the biscuits, packaged them and the biscuits were then sold at the Upmarket at UWA by Guide Dog WA volunteers. Great work !

Ms Janice Gunn, Home Economics Department





ECONOMIC STUDENT WINS TOP AWARD

Earlier in term 2, the Western Australian Department of Treasury (Treasury) and the Economic Teachers Association of Western Australia (ETAWA) announced the establishment of an annual schools economics competition for year 11 and 12 students enrolled in Western Australian secondary schools. This was the inaugural competition.

The Competition provided students in all secondary schools across the state an opportunity to develop their research, analytical and communication skills, fostering an interest and participation in economics. In 2018, students are asked to prepare a 2,000 word essay on:

“What do you consider to be the main problems or issues facing the Australian and Western Australian economies? What policy, or combination of policies, do you believe would be most successful in solving the problems or issues you have identified?”

Thabiya, from our Year 12 Economics class, entry into this Treasury/ETAWA Annual Schools Economics Competition was – Three Issues, One Policy: Diversify, Invest and Expand .

At the finalists ceremony held today at the new Treasury office, the top 3 entries of the state made presentations to senior economic analysts at the Treasury . Thabiya made a 10 minute presentation regarding her essay. She expounded on her idea to diversify the economy so that the future of our economy is not just linked to iron prices. She also had the opportunity to interact with the Treasury officials and they were very keen to know about her journey and her ideas.

Thabiya's presentation was outstanding and won her the first prize of \$2000. She certainly did her school and community proud.

Ms Sunila Singh, Economic Teacher





HOUSE ATHLETICS CARNIVAL

The 2018 House Athletics Carnival has, finally, been run and won for this year. After another terrible forecast the carnival was moved to week 8 which proved a master stroke as we were met with a fantastic sunny 22-degree day.

Student spirit and enthusiasm was high with awesome costumes and records being broken throughout the day. Once again novelty events proved popular however the Senior School relays which included a Teacher team stole the show at the end of the day with the Teachers finishing a more than respectable third out of five.

HPE would like to thank students, staff, parents and the community for their support of the House Athletics Carnival. Congratulations to the individual champions, event winners and champion houses.

The results of the day are as follows.

Individual Achievement			
Year	Gender	Champion	Runner-Up
7	Female	Tui	Umi
	Male	Oscar	Hadeen
8	Female	Ruby	Katarina
	Male	Will	Sean
9	Female	Madeleine	Kyah
	Male	Kane	Idris
10	Female	Ella	Jaymie
	Male	Matthew	Cameron
11	Female	Jade	Cate
	Male	Jacob	Isaac
12	Female	Mary	Emily
	Male	Rhai-arn	

Middle School

House	Points
Hackett	2317
O'Connor	2284
Murdoch	2090
Forrest	1714

Senior School

House	Points
Forrest	1394
Hackett	1123
O'Connor	1117
Murdoch	1070

Overall

House	Points
Hackett	3440
O'Connor	3401
Murdoch	3160
Forrest	3108







YEAR 10 ACCOUNTING AND FINANCE

Guest Speaker Michael Kallis

Education Manager – Australian Super

One of the learning modules in the Year 10 Accounting and Finance course is “Personal Financial Management”. In order to enhance the students understanding of all aspects of managing their own personal finances, Michael Kallis, the Education Manager of Australian Super was invited to come in and speak to the students during one of our classes in Semester Two.



In Michael's talk to the class, he emphasized the importance of having some basic knowledge on financial literacy as this will assist them in setting themselves up for a strong financial future.



The session covered a variety of information on topics such as; banking, savings, credit, managing debt, superannuation and its importance, and basically providing the students with a familiarization of personal financial management.

The students were fully engaged in the session with Michael. They were able to answer questions he asked of them and they also actively asked their own questions of him. Michael did commend the students at the end of the session at how attentive and engaged they were.

Teacher: Grace Zaffino





AFL GIRLS COMPETITION

On a windy Friday in August, thirty two Year 7 to 9 girls participated in the West Australian Football Commission AFL Dockers Cup at Jubilee Reserve Eden Hill, against Government and Private schools.

The girls had a fantastic time and their pink socks definitely made them stand out. The experience has even encouraged some to want to take up the sport next season.

The Mount Lawley Team 1 finished third out of 8, and Mount Lawley Team 2 finished 4th out of 10 in their respective pools.

Honourable mentions from Team 1 must go to Yasmine, Lily, Lily, Beth, Frances and for Team 2 Ciara, Hannah, Mischa, Umi and to our goal scorers Yasmine Porteus, Beth Mackiewicz, Ciara, Hannah and Caitlin.

Quotes from students:

"We had such a fantastic time, can't wait to do it again next year"
Beth and Frances

"It was a great experience for young girls to have a go at trying AFL, and hang out with friends" Mischa

Ms Sharon Jones, Health & Physical Education





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 25 – STRENGTHS AND BULLYING

Parent Wellbeing: To become your best possible self, spend at least 30 minutes every day in a chilling place away from home and school, to make the emotional transition between the two; called the Third Space. Brainstorm five places that could work for you.

Bullying is a severe form of harassment that occurs when someone, or a group, have power over a student and deliberately upset or hurt them, damage their property, reputation or social acceptance more than once. The student's inner self has been hurt and may experience and feel:

- *Anxious – when will it happen again?*
- *Powerless – there's nothing I can do?*
- *Angry – it's not my fault, why me?*
- *Frustrated – this is consuming me!*
- *Embarrassed – are other students watching and what do they think?*
- *Helpless – no one understands what I'm going through!*

Bullying is unacceptable in any shape or form and students must be empowered to speak up until they are heard and action is taken by responsible adults to address the issue:

- *bullies misuse or don't use their strengths, and need to be taught how to use them properly*
- *students craving for peer esteem and acceptance often are blockers for them to report bullying.*
- *they desperately don't want to lose social connectedness with their group and may see speaking up as threatening this.*
- *teaching students how to use their strengths to overcome bullying needs to be a key strategy and*
- *in particular, teaching students how to use assertive language and practising it often*

"I've got two reasons for my success; I'm standing on both of them." Betty Grable

WEEK 26 – PARAGRAPH BUILDING T.E.E.L.

Parent Wellbeing: A skill of social-emotional resilience is having optimism and hope for the future. Describe a time you have felt this and what you could do to feel it more often.

The ability to construct well-structured and logical paragraphs enables students:

- *to clearly express the message, they wish to convey in what they are writing about*
- *the T.E.E.L. method often builds this capability*
- *there is a T.E.E.L. Thinking Tool on the website*

All too often, students may have investigated a topic or created a story very well, but through their inability to construct meaningful paragraphs, their efforts are not rewarded. A step by step plan to follow creates new brain pathways which become faster and stronger every time they use it, enabling them to positively, confidently and capably construct paragraphs

T.E.E.L. stands for:

- **TITLE** – the first or topic sentence explains to the reader what the paragraph will be about
- **EXPLANATION** – expand on the Title sentence and discuss your thoughts, reasons and arguments about the topic
- **EVIDENCE** – provide support for your thoughts and reasons as proof to the reader
- **LINK** – one or two sentences relating back to the Title or topic sentence

T.E.E.L. is also a very effective strategy to use when reviewing their notes and revising for assessment tasks and tests:

- it organises and codes learnt material logically in students' minds.

"Well done is better than well said." Benjamin Franklin

Wk 25 **Strengths and Emotions**

MIDDLE Student Planner Page 78

SENIOR Student Planner Page 78

STRENGTHS AND BULLYING
Wellbeing Bank: To develop my Strengths and Emotions by increasing my resilience to bullying.
 Today, bullies often hide behind social media:
 • to take away a bully's feelings of power over you
 • don't reply, save the message to show a trusted adult
 • use your strengths to not allow your emotions to intensify
 • accept that it's the bully's problem totally, not yours
 • stand up for your right to feel happy
 If bullied in person:
 • speak up immediately if you are or see someone else being bullied
 • keep speaking up until something is done about it
 • use confident body language, look the bully in the eye
 • speak assertively to the bully that you refuse to accept it
 • don't make a joke of it, it's not
 • describe a time you have overcome a bully.

BULLYING AND STRENGTHS
Wellbeing Bank: To add to my Strengths and Emotions through developing my resilience to bullying.
 Bullying in the 21st century is often invisible via social media:
 • which really shows just how weak bullies are.
 If you are a victim of bullying this is what you could do:
 • be self-aware to regulate your emotions to not let them intensify
 • look at the situation through your top strengths: to put you in charge
 • how should you think for each of your strengths to overcome the issue?
 • use assertive language to let the bully know you won't accept their behaviour
 • what strengths is the bully showing the shadow side of?
 • being able to use the above internal control will help you to reduce feelings of being anxious, helpless, powerless, angry, frustrated and embarrassed
 • describe assertive language you could use towards a bully.

Bullying can occur in different forms, including:
 • verbal, physical, electronic and sexual.
 Complete Wellbeing Reflection sheet on website.

STOP BULLYING **STOP CYBER BULLYING** **BULLY FREE ZONE**

ACTIONS
 What are two things I will start doing to increase my resilience to bullying?
 1. _____
 2. _____

MINIFULNESS ACTIVITY
Fragrances. Small perfume or a flower and take in the beautiful smells. Spend five minutes reflecting on where you may have enjoyed these fragrances before, and how you can experience them again.

RESILIENCE BUILDER
 Positive or optimistic thinking occurs when you look for what is and could go right with something or glass half full thinking. Describe three situations when you have noticed yourself or others thinking like this.

WELLBEING TIP
 Try to make someone else's day every day through kind words or actions.

WHAT WENT WELL THIS WEEK AND WHY?
 1. _____
 2. _____
 3. _____
 Character Strength **Forgiveness**
www.viccharter.org

WELLBEING FITNESS CHALLENGE
 THINKING OF OTHERS – Positive Vibes (p.19)

Wk 26 **Skills and Achievement**

MIDDLE Student Planner Page 78

SENIOR Student Planner Page 78

PARAGRAPH BUILDING: T.E.E.L.
Wellbeing Bank: To strengthen my Skills and Achievement through learning how to construct quality paragraphs.
 T.E.E.L. is a dependable method to build well-structured paragraphs and stands for Title, Explanation, Evidence, Link.
 • use for paragraphs in the main essay body, not for introductory and concluding paragraphs
 • how do you construct paragraphs now?

TITLE – the first sentence explains what the paragraph will be about:
 • not too long.
EXPLANATION – expand on the Title sentence to discuss your thoughts about it:
 • your reasons and arguments.
EVIDENCE – provide support for your thoughts, reasons and arguments:
 • for an argumentative essay, your supporting evidence would be trends and statistics
 • for a book, your supporting evidence would be quotes from and references to the book.
LINK – one or two sentences relating back to the Title sentence:
 • not too long.

See Paragraph Building: T.E.E.L. in Thinking Tools on website.
 Complete Wellbeing Reflection sheet on website.

ACTIONS
 What are two things I will start doing to build well-structured paragraphs?
 1. _____
 2. _____

MINIFULNESS ACTIVITY
Tree Branches. Look at a tree or shrub for 5 minutes and count as many different branches as you can.

RESILIENCE BUILDER
 Research has indicated that optimistic thinkers enjoy better health, live longer, cope with difficult situations more comfortably and experience less depressive thoughts in their lives. Describe a person you know that you believe is an optimistic thinker and why you think they are. Can you think of a time when thinking positively has helped them through a difficult time/situation? How did it influence their decisions, in turn leading to a positive outcome?

WELLBEING TIP
 Try to have a win-win in all relationships; no losers.

WHAT WENT WELL THIS WEEK AND WHY?
 1. _____
 2. _____
 3. _____
 Character Strength **Creativity**
www.viccharter.org

WELLBEING FITNESS CHALLENGE
 TELL ME MORE – Interested Listening (p.19)



WEEK 27 – FEELING CONNECTED

Parent Wellbeing: Achieving something requires combining the following internal and external components: self-belief, intrinsic motivation, positive engagement, hope, character strengths and process praise. For each of these describe how effective you are.

The single biggest influence on people having a healthy state of wellbeing is to experience positive emotions through having a strong feeling of social connectedness; they feel they belong. While these connections should start with family and then extend to school and the community, in the 21st century this is not always the case; every child needs a champion. Building wellbeing through frequent little positive actions is the key to them looking to the future with hope.

These actions include welcoming gestures, smiles, hellos, pats on the back, friendly texts, saying thank you and sorry, asking how they are feeling, giving compliments, doing five minute mindfulness activities several times daily, doing selfless acts of kindness, sharing their strengths to help someone overcome a challenge, choosing two positive personal descriptors to live by each week, spotting different ways of thinking in themselves and others, monitoring their and others' emotions, using assertive language when they need to, recognising when they need to seek help and doing the wellbeing fitness challenges.

It's about broadening their and our attention to the present moment. We can achieve this by instilling in the school community's members a belief that they and others matter and we all should thriving and flourishing.

"Patience and vision are the answer to any decision." Verka Paunovska

WEEK 28 – STRENGTH OF SELF-TALK

Parent Wellbeing: Your self-belief is built upon you mastering things and this relies on you setting goals to achieve, called creating willpower and way-power. Describe how you currently set goals and what you could do to show you do this.

Often the most negative messages students receive come from their own self-talk in their heads. This tends to happen when they are under pressure and have a fixed mindset that there is nothing they can do about their issues and beyond their control. Combine this with the turbulence of the adolescent brain and the recipe is there for frequent stress and anxiety attacks.

One of the best positive coping strategies we can teach students is the power of positive self-talk. In fact, it will benefit our state of wellbeing to use it often too. Positive self-talk is the use of I can and I will statement, that students say over and over to themselves in their heads. Doing this, contests the negatives and focuses them to start looking for is right in what they are doing. See the Positive Education section for examples of positive self-talk that we can encourage students to use often.

The key to making positive self-talk most effective in maintaining growth mindsets, is to use it immediately negative thoughts enter their minds. When used well, these statements act as excellent off ramps for negative thinking and fixed mindsets. Positive self-talk is about using their strengths to believe in their internal control.

"If it is to be it is up to me."

Saying

Wk 27 ❤️ **Relationships and Optimism**

MIDDLE Student Planner Page 80	SENIOR Student Planner Page 80
<p>FEELING CONNECTED</p> <p>Wellbeing Bank: to strengthen my Relationships and Optimism by building positive relationships to feel socially connected.</p> <ul style="list-style-type: none"> • It is the number one factor for you to be happy • being with others is the best way to overcome setbacks • which creates positive feelings that you belong • which broaden your attention and creativity • which builds your engagement with yourself • describe how you are currently connected and feel you belong. <p>Socially connected people who feel they belong are:</p> <ul style="list-style-type: none"> • healthier and experience less anxiety • more likely to achieve their goals • grateful and others feel that they matter • and their positive attitude rubs off to make others feel happier <p>Neuroscience has discovered that we have mirror neurons:</p> <ul style="list-style-type: none"> • they copy the feelings and expressions of others • when someone smiles at you, it's impossible not to smile back • because that they also copy negative feelings and expressions. <p><i>Acknowledgement: Karen Reisch</i></p> <p>Complete Wellbeing Reflection sheet on website.</p> <p>ACTIONS</p> <p>What are two things I will start doing to strengthen my feelings of being socially connected?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <p>MINDFULNESS ACTIVITY</p> <p>Song Emotions. Listen to a song three times that is telling a story and describe the emotions you are feeling and the emotions you think the singer is trying to get across.</p> <p>RESILIENCE BUILDER</p> <p>Research has also indicated pessimistic thinkers are not as healthy. Don't cope well with difficult situations, and are more likely to experience depressive thoughts. Describe a character in a movie who you believe is a pessimistic thinker and why you think they are. What are three things that they could do to retrain themselves to become an optimistic thinker?</p> <p>WELLBEING TIP</p> <p>Cut down your "things to do" list to four or five things; priorities, live life.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: center;">Character Strength Love www.viacharacter.org</p> <p>WELLBEING FITNESS CHALLENGE</p> <p>OTHERS MATTER – Acts of Kindness (p.19)</p>	<p>SOCIAL CONNECTEDNESS</p> <p>Wellbeing Bank: to nurture my Relationships and Optimism through building social connectedness.</p> <p>Reaching out to build social connectedness is a key resilience skill:</p> <ul style="list-style-type: none"> • and feeling that you are socially connected and belong • are major factors in enjoying a healthy state of wellbeing • this releases pleasure inducing chemicals into your bloodstream • other people are the best buffers against adversity • make relationship building a special ongoing priority • describe your current feelings of being socially connected and belonging. <p>Social connectedness generates positive emotions which:</p> <ul style="list-style-type: none"> • broaden your ability to think creatively and flexibly • which builds your engagement with the present moment and yourself <p>Benefits of feeling socially connected includes:</p> <ul style="list-style-type: none"> • better physical and psychological health • more likely to achieve what you set out to do • experience less depressive feelings. <p>Neuroscience has discovered that we have mirror neurons:</p> <ul style="list-style-type: none"> • they sense and copy the feelings and expressions of others • when someone smiles at you, it is almost impossible not to smile back • positive attitudes are contagious and the ripple effect is that others feel happier too • upward spirals of relationship growth are ignited • connect with optimistic and grateful people. <p>Complete Wellbeing Reflection sheet on website.</p> <p>ACTIONS</p> <p>What are two things I will start doing to increase my feelings of being socially connected?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <p>MINDFULNESS ACTIVITY</p> <p>Song Emotions. Listen to a song three times that is telling a story and describe the emotions you are feeling and the emotions you think the singer is trying to get across.</p> <p>RESILIENCE BUILDER</p> <p>We all have to do tasks that we don't want to do, whether it's homework, an assessment task or study for an exam. We procrastinate and the pressure to do the task increases. Why do you procrastinate? Write down or discuss three reasons. What strategies can you put in place to limit your procrastination?</p> <p>WELLBEING TIP</p> <p>Cut down your "things to do" list to four or five things; priorities, live life.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: center;">Character Strength Love www.viacharacter.org</p> <p>WELLBEING FITNESS CHALLENGE</p> <p>OTHERS MATTER – Acts of Kindness (p.19)</p>

Wk 28 ⚙️ **Positive Engagement**

MIDDLE Student Planner Page 82	SENIOR Student Planner Page 82
<p>STRENGTH OF SELF-TALK</p> <p>Wellbeing Bank: to develop my Positive Engagement by regularly using positive self-talk.</p> <p>Self-talk is when you talk to yourself:</p> <ul style="list-style-type: none"> • inside your head • it can be positive, negative or about a process to follow • it is a great coping strategy to spur you on • describe how you currently use self-talk? <p>Positive self-talk focuses on positive efforts:</p> <ul style="list-style-type: none"> • I can and I will statements • for example, "with more effort I can and I will learn new things to overcome this challenge..." • make it more powerful by putting in your name • "Archie can and I can too." <p>Negative self-talk focuses on what's wrong:</p> <ul style="list-style-type: none"> • there is nothing you can do to change things • for example, "this is too hard, I'm not smart enough..." <p>Process self-talk guides you through steps using your strengths:</p> <ul style="list-style-type: none"> • for example, "after I do this, I'll do the next step..." <p>See Positive Self-Talk sheet on page 154.</p> <p>Complete Wellbeing Reflection sheet on website.</p> <p>ACTIONS</p> <p>What are two things I will start doing to use positive self-talk to build growth mindsets in myself?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <p>MINDFULNESS ACTIVITY</p> <p>Truth Traffic Lights. Reflect on an event that happened which you weren't happy about. Open the thinking tool Truth Traffic Lights and use it to describe what's true, what's uncertain, what's not true and your feelings.</p> <p>RESILIENCE BUILDER</p> <p>Always fall on the lookout for traps that can draw you into thinking pessimistically, such as blaming someone else for a situation you find yourself in. Think hard to describe three other thinking traps you can fall into (hint - Google Thinking Fallacies).</p> <p>WELLBEING TIP</p> <p>The more colourful the vegetable the better it is for you, particularly orange, green and red.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: center;">Character Strength Hope www.viacharacter.org</p> <p>WELLBEING FITNESS CHALLENGE</p> <p>FEEL GOOD MENU – Delicious Feelings (p.19)</p>	<p>SELF-TALK</p> <p>Wellbeing Bank: to develop my Positive Engagement through regularly using positive self-talk.</p> <p>Self-talk is talking to yourself inside your head:</p> <ul style="list-style-type: none"> • it can be positive, negative or about processes to follow • when used positively it is a powerful coping strategy (see index). <p>Positive self-talk is called green light thinking:</p> <ul style="list-style-type: none"> • it's about encouraging yourself to lift your efforts • using the power of I can and I will statements • e.g. "with more effort I can and I will learn new things to overcome this challenge" • make it more powerful by adding your name • "Archie can ...", and "I Archie will ..." • it generates growth mindsets to learn and try new approaches • describe how you currently use self-talk? <p>Negative self-talk is called red light thinking:</p> <ul style="list-style-type: none"> • it focuses you on looking for what's wrong • you tell yourself there is nothing you can do to change things • e.g. "this is too hard, I'm not smart enough" • it generates fixed mindsets • always contrast it with positive self-talk. <p>Process self-talk guides you through a step by step journey:</p> <ul style="list-style-type: none"> • e.g. "after I do this, I'll do the next step..." <p>Complete Wellbeing Reflection sheet on website.</p> <p>ACTIONS</p> <p>What are two things I will start doing to use positive self-talk to build growth mindsets to become my best possible self?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ <p>MINDFULNESS ACTIVITY</p> <p>Truth Traffic Lights. Reflect on an event that happened which you weren't happy about. Open the thinking tool Truth Traffic Lights and use it to describe what's true, what's uncertain, what's not true and your feelings.</p> <p>RESILIENCE BUILDER</p> <p>How do you start your day? Do you think of the three things you are most looking forward to today? Do you make your bed? Do you eat breakfast? List five things you can do to start your day in a positive way so you can then keep that positivity going throughout the day. Think about the act of making your bed. List five positives for making your bed at the start of the day.</p> <p>WELLBEING TIP</p> <p>The more colourful the vegetable the better it is for you, particularly orange, green and red.</p> <p>WHAT WENT WELL THIS WEEK AND WHY?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p style="text-align: center;">Character Strength Hope www.viacharacter.org</p> <p>WELLBEING FITNESS CHALLENGE</p> <p>FEEL GOOD MENU – Delicious Feelings (p.19)</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.

'Learn to Swim with Perth City'

The Perth City learn to swim school is a swimming school open to all who have a passion for learning to swim. As a team, we take pride in our professional service in catering for a range of ages, skills and different swimming goals. We welcome back the summer season with the commencement of our Term 4 learn to swim program in October.

For further information, please contact
jasmine.webber@pc.edu.au



Maths 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



PARENTS & PLATERS
AT CITY TOYOTA

Wednesday, 17th October 2018
6.00pm – 8.30pm

Come and learn some basic safe motoring skills like how to:

- Change a flat tyre
- Check under bonnet fluid levels
- Check tyre pressures
- Jump start with a flat battery

Door Prizes to be won & light refreshments will be served!

BOOKINGS ESSENTIAL AS LIMITED SPOTS ARE AVAILABLE
RSVP to Sophie Mullane
sophie@citytoyota.net.au 1300 248 986

City Toyota
Perth
216 Newcastle Street
NORTHBRIDGEWA 6003
citytoyota.net.au 08 9221 0888 DL12195/MRB693




STUDY FOR A DAY

SAT 20 OCT 9AM-4PM

Are you interested in studying Animation, Audio, Graphic Design, Film or Games? - get the front row experience working on tertiary level course work delivered by industry-experienced lecturers in our world-class studios and classrooms.

WHERE PERTH CAMPUS
ROE ST.
NORTHBRIDGE

COST \$35 PER PERSON

SECURE YOUR SPOT - SAE.EDU.AU/EVENTS

*STRICTLY OPEN TO GUESTS 15 YEARS OF AGE (YEAR 10) AND OVER

ANIMATION AUDIO DESIGN FILM GAMES WEB & MOBILE

create.





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.



Free Webcast Thursday 18 October

'Understanding Teen Sleep and its Impact on Learning and Mental Health'

Dr Chris Seton



Topic Summary

This presentation details the multiple factors that cause teens to be chronically sleep deprived which results in multiple physical and mental health problems. Teenagers place little value on sleep, and are generally poor sleep managers. Learn how to implement strategies that build resilient sleep, which in turn protects teenagers from stress induced mood disorders and optimises learning outcomes.

Thursday 18 October

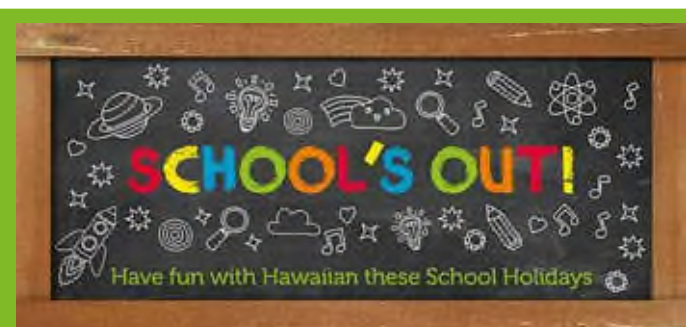
10:30am - 11:10am (AEDT)

3:30pm - 4:10pm (AEDT)

7:00pm - 7:40pm (AEDT)

This webcast will run for 40 minutes and will be streamed at 3 different times.

[Click Here to Register Now For the Free Webcast!](#)



Hawaiian will be hosting a range of free activities to get kids activated and engaged!

SPOILER ALERT.... Activities include

Experience a Science Wonderland and shows with Scitech

Learn about the wonderful world of plants with amazing eco workshops from The Forever Project Or if arts is more your thing, be part of the largest drawing festival in the world with The Big Draw Plus much more!

To find out more and learn about where and when these activities are taking place please go the links below.

<https://theparkcentre.com.au/what-s-on/index/1450>

<https://hawaiiansbassendean.com.au/what-s-on/index/1448>

<https://hawaiiansforrestfield.com.au/what-s-on/index/1449>

<https://hawaiiansmezz.com.au/what-s-on/index/1451>

<https://hawaiiansnoranda.com.au/what-s-on/index/1452>

<https://hawaiiansmelville.com.au/what-s-on/index/1457>

Defusing Angry and Abusive Customers

You're at the front line of service delivery. It may seem that you can do little to respond to angry and abusive clients and customers. *But you can!* This half day workshop shows you key principles and strategies to defuse clients' and customers' anger and reduce abusive behaviour right from the start. It also assists you to reduce your own stress levels.

Topics we will cover in this session include:

- Why do people become angry and abusive?
- What angry people need and want
- The art of self-control
- Starting off successfully
- The art of cooperative language
- Verbal self-defence techniques
- Assertive limit setting

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Tuesday 23 October

Time: 9.30am - 1.00pm

Cost: \$110 per person

Bookings are required. Please phone 6164 0200 to enrol.

Parenting Between Cultures

Working with migrant and refugee families

This interactive workshop examines some of the issues that impact on migrant and refugee families and explores how workers can provide support with parenting while considering their own cultural competence.

Discussed in the workshop will be:

- The refugee experience
- The impact of migration, pre-migration and/or refugee experience on parenting practices
- Strategies and resources that may assist parenting efficacy in migrant parents.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Monday 15 October

Time: 9.30am - 1.30pm

Cost: \$110 per person

Bookings are required. Please phone 6164 0200 to enrol.



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.

TRITON WATER POLO CLUB
based at Beatty Park is looking for new and welcomes back existing players for the up and coming summer season.

JUNIORS
U14's, U16's & U18's teams
Elite Athlete Pathways

SENIORS & MASTERS
A Grade - E Grade
Masters 50+ & 60+ teams
Elite Athlete Pathways

FLIPPA BALL
Runs during Term 4 & Term 1
For Years 2-6
Friday Night Flippa Games
Sunday Flippa Skills
Come and Try Days

Triton has produced many Australian and Olympic players who are still involved in this successful community based club.

For more details and registrations go to:
www.tritonwaterpolo.org
Email: contact@tritonwaterpolo.org

Find us on

**Master Mind Australia's
SEPTEMBER/OCTOBER FINAL EXAM PREPARATION & REVISION PROGRAMS**
Subject Revision & Exam Preparation
For all students in Year 11 and 12

The September/October Final Exam and Revision Program offers ATAR students comprehensive subject revision and prepares students for their final ATAR Exams.
Course will be conducted at:

Week One
(Saturday 22 September to Thursday 27 September)
Mindarie Senior College/Peter Moyes Anglican Community School

Week Two
(Monday 1 October to Friday 5 October)
Hale School

For further information contact Dr. Robert Hallam at Master Mind Australia on 9486 1377
Or visit www.mastermindaustalia.com.au

OCTOBER REVISION PROGRAM

FAQ.
How can students be assured that what they have learnt at school will be addressed in the WACE Program? The answer to this important question is really quite simple.

- The foundation of our revision classes is the Western Australian curriculum which is the same syllabus guidelines used by the school.
- We also send out a questionnaire to all families participating in the program before the classes begin, to find out exactly what topics and tests students have been studying, and this information is forwarded to the WACE teachers for inclusion in their programs.
- This questionnaire also asks families to alert us of any specific weaknesses in the student's knowledge that may have been identified by the school or the student so that specific areas can be re-taught by the WACE teacher.

EXTRA EFFORT GETS REWARDED



WACE+
WACE PLUS EDUCATION

ENROL NOW

- Enrol on-line at waceplus.com.au
 - By phone on 9486 1377
 - Or simply by completing this enrolment form and posting it to:
WACE Plus Education
P.O. Box 1734, West Perth 6872
- Phone: 9486 1377 Mobile: 0488 102 307
Email: admin@waceplus.com.au
www.waceplus.com.au

SENIOR SCHOOL

OCTOBER 2018
EXAM PREP PROGRAM

- Subject Revision
- Exam Preparation

WACE+
WACE PLUS EDUCATION

September 2018 Exam Preparation

This course will deliver a comprehensive exam preparation program aimed at preparing year 12 students for their final school exams and ATAR exams in November.

These classes will focus on specific exam questions and explain in detail how the syllabus content can be employed to construct successful examination responses. These classes offer students a structured revision program that will add value to the independent study they are doing at home.

Program includes:

Subject Revision – 6 hours of teaching. The foundation of the program focuses on re-teaching and revising the specific syllabus areas that will be assessed in exams.

Exam Preparation: The classes focus on the revision of topics followed by a discussion on how this material is assessed in exam style questions.

There is sufficient time within the program for teachers to model how to answer exam questions successfully as well as time for students to independently practice constructing their own answers.

All the teachers involved in this program have significant marking experience and know what needs to be addressed to ensure students meet with success in exams.

A Successful Program

Students attending exam preparation programs report that they feel more empowered and confident in tackling the examination.

STAFFING

Modern History 12
Mr Greg Conway (BCU)
Physics 12
Marko Vokovic (Hale School)
Chemistry 12
Mr Justin Forbes (Christ Church Grammar School)
Human Biology 12
Mr Brian Hurm (Corpus Christi College)
Psychology 12
Ms Jamie Pittall (Rossmore SHS)
English 12
Ms Gemma Slater (SEEN)
Maths Applications 12
Mr Paul Presser (Trinity College)
Maths Methods 12
Ms Sue Gales (Woodvale SC)
Accounting 12
Ms Tanusha Singh (Frederick Irwin AC)
Health Studies 12
Emily Lockhart (Canby Baptist College)

Enrol Now

- Enrol on-line at mastermindaustalia.com.au
 - By phone on 9486 1377
 - Or simply by completing this enrolment form and posting it to:
Master Mind Australia
P.O. Box 1734, West Perth 6872
- Phone: 9486 1377 Mobile: 0488 102 307
Email: admin@mastermindaustalia.com.au

September 2018
Exam Preparation Program

ENROL NOW
For all students in year 12
Subject Revision | Exam Preparation

mastermind
AUSTRALIA

MINDARIE
SENIOR COLLEGE

PETER MOYES
ANGELICAN COMMUNITY SCHOOL



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.



Conservation Volunteers Australia Rio Tinto Earth Assist



School Holiday Program – September/October 2018

For students wishing to complete community service hours and help conserve our natural environment.

What is Rio Tinto Earth Assist?

Rio Tinto Earth Assist is a **FREE** program for school students, where you can step into the environment and contribute to real conservation projects. Participants will learn conservation skills, gain a greater understanding of our environment, and help ensure a sustainable future.

What's involved in the School Holiday Program?

You will meet the Team Leader at a central pick-up point in Northbridge at **8:45AM**. You will then travel by bus to a conservation site in Perth where you will participate in hands on conservation-based activities such as land maintenance and helping out at wildlife rehabilitation centres. The day concludes by **3:00PM** when you are returned to the Northbridge pick-up location. **So come along, make some new friends and enjoy the positive experience of conserving our environment!**

Please note that participants must have turned 15 years old by the project day to participate in the program. Participants need to bring their own food for the day, wear long trousers, long sleeves, enclosed shoes, and a hat. Conservation Volunteers provides water, sunscreen, educational resources, tools & equipment, and activity-appropriate safety & personal protective equipment.

When & where can I sign up?

We are running activities **Tuesday to Friday** from **Tuesday 25th September – Friday 5th October 2018**.

Only 8 project days with limit spaces so get in quick!

For more information & to make your booking please;

Email: perth@cva.org.au

Or call the Conservation Volunteers Perth Office on (08) 9335 2777 and mention Earth Assist.





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.

Communicating With Your 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 23rd October 2018
Time: 5:30 pm – 7:30 pm

or

When: Wednesday 24th October 2018
Time: 11:00 am – 1:00 pm

Registration is 15 minutes prior to the seminar.

Cost: *Free of charge*

Venue: Centrecare Mirrabooka
12 Brewer Place, Mirrabooka, WA6061

Bookings Necessary

For further information or to register, please call:

9440 0400





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.



NPL Trials for the 2019 Season

Floreata Athena invites all players to attend the 2019 season trials

Trials are Tuesday 9 October, Thursday 11 October and Friday 12 October

Under 13s (born 2006) - 5.00pm to 6.00pm

Under 14s (born 2005) - 5.00pm to 6.00pm

Under 15s (born 2004) - 6.30pm to 7.30pm

Under 16s (born 2003) - 6.30pm to 7.30pm

Soccer players, aged 13 to 16, are invited to lodge an Expression of Interest to attend our Club NPL trials. For more information email academy@floreatathenafc.com.au or on the website www.floreatathenafc.com.au

WANTED: HIGH SCHOOL ROWERS (age 12 and over) TO COMPETE FOR THE ANA ROWING CLUB



No rowing experience necessary – ANA provides all the training.

Located in Bayswater at one of the calmest parts of the Swan River, ANA's junior rowing program is run by highly qualified and experienced junior coaches on Mondays, Wednesdays and Fridays from 4pm – 5.30pm. Participants can choose one, two or all of these days to train, depending on what fits in with their schedule. The program already has students from a number of high schools including Mt Lawley High. The rowing program sees high school children of all year levels work together as teams in both rowing and maintaining the boats after training. It is an excellent sport for developing whole body strength, precision, team work, discipline as well as being a lot of fun! Fees are \$125 for Term 4 (for up to three days of training). Students will be able to compete in regattas throughout the year once their skills are developed.

Please email Michelle Kiddie at michellekiddie1@dodo.com.au or call 0439 931 162 to join or find out more.