



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE 8 Term 4 No. 1 2018

Week 9 of Term 3 saw the Year 11 Drama Students put on a successful two night season of the play Hoods. The play which explored issues of poverty and family violence is a suburban tale of survival and solidarity against the odds. There were some fine performances by the cast and congratulations are extended to the actors, front of house and backstage crew. Well done to Drama teacher Tomas Mawer for his direction and leadership.

Congratulations to each of the 90+ students who took part in the Interschool Athletics Carnival on Monday 15 October at the State Athletics Centre. Due to their commitment and perseverance Mount Lawley was able to emerge as the winner by just 30 points. There were some great individual and group performances on the day and congratulations must go to Year 7 Champion Girl Tui Naussedat, Year 7 Champion Boy Hayden Ismail Edries, Year 10 Runner Up Champion Boy Matthew Graham and Year 11 and Over Runner up Champion Boy Rhai-arn Cox. Thanks especially to our Year 11 and 12 students who took time out of their busy study schedule to participate in the carnival. Without them we could not have won the day.

On Thursday 18 October we held the Year 12 Farewell Assembly. This was the last time for the whole school to come together and recognise and celebrate the achievements of the class of 2018. A number of special guests and parents attended the assembly to present awards including Simon Millman, MLA, member for Perth, Mr and Mrs Davis and Mr and Dr Yom-Tov. The assembly was also the opportunity to announce the Year 12 prefects who are Grace Barker, Tyrell Blackwood, Ethan Buckley, Danny Do, Daniel Hall, Lily McDonald, Isabella Prefumo, Sofia Prefumo, Lucy Sutherland and James (Vinh) Tran. Congratulations to Jasmine Hensley and Ronan McEwen who have been appointed Head Girl and Head Boy. I am very confident that 2018 prefects will do an excellent job of representing the school in the wider community. I would like to thank all teachers who have, over the years, taught this cohort of students. I would also like to thank Mrs McCloy Year 12 Coordinator for her sterling efforts over the past three years. I know the students have appreciated her commitment.

That night staff and Year 12 students came together at the Mount Lawley Golf Club for the annual Year 12 Dinner. This was a lovely evening and it was a privilege to be there to celebrate with our students. As well as an enjoyable meal and some energetic dancing students were treated to a

video which featured photos and video clips of the students over the past five years.

The final opportunity to farewell the class of 2018 will be at the Awards Evening which will be held on Thursday November 15 at the Optus Stadium. The special guest speaker this year will be Lawley Legend and ex-student Ron Alexander (Class of 1967). Details about the event have been provided to the families involved.

The GAT students and their parents celebrated the formal end of their three year GAT Languages Program at a ceremony in the staff Room. This was followed by breakfast served in DeKaf. Students were presented with Certificates of Completion by Mr Michael Comber, Senior Curriculum Officer for Gifted and Talented from the Department of Education.

At the October Board meeting attendance statistics for semester 1 were shared with the board. The board members were pleased with the improvement in attendance that has been sustained over the last few years and chair of the Board Dr Jenny Fay asked that her congratulations and thanks be extended not only to students but also to the student services staff who oversee attendance.

A number of our Italian Language students recently sat for the Western Australian Association of Teachers of Italian (WAATI) written examinations. Emily was awarded a High Distinction. Ella, Caitlin and Bojana received a Distinction. The association then choose the top ten students in each year and invited them to take part in an oral exam. Donia in Year 12 was awarded a Distinction and Kosara was singled out for an Excellence award. She also received the highest written mark in the state (99%). Congratulations to all our students for taking part and representing the school so well.

Over the past few years the school has been implementing the Visible Learning Program with students and staff. The program, based on the research of Professor John Hattie is in use by over 100,00 teachers and school leaders in 16 countries. A visible learner is described as 'someone who can articulate what they are learning, set learning goals, see errors as opportunities and know what to do when they are stuck'. We have just received our third Capability Assessment Report and it is pleasing that the independent reviewers congratulated the school on 'the progress you have made in all four strands, this is a testament of your commitment to develop Visible Learners in your school.'

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CONGRATULATIONS



Kate 9S6 Forrest

Kate has been successful in her entry into the French Voice singing competition, and now will be performing at the Bonjour France Festival in November in Subiaco.



Ashley 8F5

Ashley has received an award in the 'Highly Commended Category C' which is the Lower Secondary Y7-9 for her poem, My Great Grandfather, in the Roland Leach Poetry Prize run the by City of Nedlands.



Kamryn 10H2

Kamryn has been selected to represent Western Australia in the Ladies U16's Indoor Sports Netball Nationals to be held in Queensland at the end of November.

ROTARY FOUR WAY TEST SPEAKING COMPETITION DISTRICT FINAL

This week Grayson Yr 10 competed in the District Final for the Rotary FourWayTest Speaking Competition held at the Western Australian Golf Club in Yokine where he represented the Mount Lawley Rotary Club. Grayson presented an entertaining and thoughtful speech on the Art of Conversation. He delivered the speech with natural eloquence and ease and was clearly well-prepared but he did face some tough competition from the six other competitors. Grayson makes public speaking look effortless and is quite charming in his delivery! Unfortunately, he did not place first or second and therefore does not go through to the State Finals. I am happy to say, though, that the students representing the state schools were much too good for their private school counterparts! In the end we were beaten by Dianella College and Perth Modern. Thanks to Mr Larry Manno & Ms Rebecca Davis who assisted us in our preparation for this competition.

Ms Alice Basini



STUDENTS WIN CHINESE WRITING COMPETITION

Two Year 9 students Andy 9O7 and Sunny 9O7 have received awards from the Chinese Language Teachers Association (CLTAWA) during the State Chinese Writing Competition.

Sunny received First Prize in the State Chinese writing Competition within the Category E3 (Levels 6-8) and Andy received an Excellence Certificate in the same category.



MOUNT LAWLEY HAS A FUTURE PILOT!

On the September-October holidays, Year 11 student Hannah (11H1) successfully flew solo for the first time. She was selected to go on a 10 day flying training course offered by the Australian Air Force Cadets to train young pilots to fly solo. The course was held at Murrayfield Airport in Mandurah where Hannah learned the knowledge and skills needed to safely fly an aircraft independently. Hannah flew a Cessna 152 Aerobat by herself, and is already halfway towards getting her recreational pilot's licence. She looks to further broaden her training with the Royal Aero Club of Western Australia and aspires to be a commercial pilot, flying for either Qantas or Emirates. We hope to see you flying commercially soon!





INTERSCHOOL ATHLETICS CARNIVAL

On Monday the 15th of October nearly 100 student athletes travelled to the State Athletics Centre to represent Mount Lawley in the annual Interschool Athletics Carnival. After an interrupted preparation with the House Athletics Carnival, the students were met with a perfect, sunny 21-degree day and spirits were high.

Our goal for the year was to regain our position in the 'B' division carnival for 2019 which required a final placing of 1st or 2nd out of 9 teams. The day started slowly with MLSHS in the middle of the overall rankings before settling with Greenwood, John Forrest and Canning Vale as the contenders for the title. A late surge in the 100m sprints, field events and relays meant that MLSHS were victorious on the day by just 30 points.

School Point Totals

1	Mt Lawley	1382
2	Greenwood	1352
3	John Forrest	1312
4	Governor Stirling	1270
5	Hampton	1222
6	Canning Vale	1219
7	Como	1178
8	Wanneroo	1152
9	Ocean Reef	1130

We would like to acknowledge some fantastic individual performances from the day;

Year 7 Champion Girl

Tui

Year 7 Champion Boy

Hadeen

Year 10 Runner Up Champion Boy

Matthew

Year 11 and Over Runner Up Champion Boy

Rhai-arn

All students were fantastic ambassadors for the school. Health & PE would like to specifically congratulate and thank all Year 11 and 12 students who took time out of their busy study schedules to represent the school, we would not have achieved this fantastic result without you. Well done to all.

Mr Adam Zen





DANTE ALIGHIERI SPEECH COMPETITION

The Dante Alighieri Speech Competition was held on Sunday 21st October 2018. Students had to prepare a speech of 3 minutes in Italian and present it to an audience of parents, students, teachers, the Dante Alighieri Committee and judges. Well done to the following students!

Year 7

1st place: Regina

2nd place: Lazaros

Year 9

2nd place: Linda

Year 11

2nd place: Jasmine



Mount Lawley Senior High School Interschol Athletics Team

YEAR 8 STUDENTS WIN 'DESIGN AN AD COMPETITION'

Year 8 English students were provided the opportunity to participate in the 2018 West Australian Design an Ad Competition. Students were given design briefs from 'real life' companies' and asked to create advertisements which utilised their advertising and design skills.



There were almost 1,000 entries and these were judged by the representatives from each company. The winning ads were chosen based on their visual appeal, originality and creative concepts.

We are very pleased to announce that we had two winning entries. We would like to congratulate **Angela** for her first place entry for *Brown's Dairy* and **Will** for his first place entry in the *Crunch and Sip*.



SVAPA STUDENTS WORK IN SPECIAL AGELINK PROJECT

The Specialist Arts Program has been lucky enough to be a part of a very special project in partnership with Agelink Theatre. Our students have been working with the theatre company and dementia patients at the Bethanie Riversea Aged Care Facility in Mosman Park to create small vignettes based on stories and reminiscing from the residents. Please refer to the brochure below for further details about the upcoming show.

Ms Moya Thomas

Act–Belong–Commit

RiverSea

Spring Festival Day

proudly presented by AGELINK THEATRE in association with
Curtin Care Riversea, Mount Lawley Senior High School
SVAPA program and Big Sky Entertainment

sponsored by HEALTHWAY

Come along and join us in celebrating the lives of some special seniors
on a Spring Day of Festivities at RiverSea

“Gratitude is the
memory of the heart”
Jean Baptiste Massieu

“Those with dementia
are still people, they still have
character and they are all
individual and they are
all unique”
Carey Mulligan

On our Spring Festival Day, you can watch students from the Specialist Visual and Performing Arts program at Mount Lawley Senior High School perform reminiscences told to them by RiverSea residents, celebrate with the residents in a music workshop and enjoy a morning's entertainment in the open air in the courtyard, including bush poetry recitals and the Spirit of the Street's Choir.

A FREE EVENT

at **RiverSea**, Wallace Lane, Mosman Park

Saturday 27 October 9am – 12pm

Refreshments Provided • Easy Parking

Enjoy a spring morning in this lovely setting and view the displays
about the interesting lives of RiverSea residents



ICAS ENGLISH AWARDS YEAR 7 & 8 GAT & AE



Year 7 Nicola High Distinction
Year 8 Luca High Distinction
Year 8 Tommy High Distinction



MATHEMATICAL OLYMPIADS SPECIAL ACHIEVEMENT AWARDS YEAR 7 & 8 GAT & AE

Top 10% - receive a Metal Pin

Year 8

Tiffany, Bo Roger, Cyril, Kaori

Top scorer from each team – receive a trophy

Year 7

Wesley, Cheng Yi

Year 8

AE - Kaori

GAT- these students scored the same result

Tiffany, Bo Roger, Cyril

Top 25% - awarded a patch

Year 7

Lohith

Cheng Yi

Year 8

Amy

Gareth

Thomas

Jack

Aerryll

Ashley

Elliot

Sean

Mila

Javier

Karishma

Encouragement Awards – certificate and pin

Year 7

Raphael, Jennifer

Year 8

Thisal, Ashley





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 35 – THINKING OPTIMISTICALLY

Parent Wellbeing: Having hope relies on: goals, which guide your actions, pathways which are ways to achieve your goals and motivation, which activates your pathways. Describe how you are developing each of these hope components

Looking at life optimistically and searching for what is good in things and right about what they are doing sees positive emotions bubbling away in students. They are thriving and flourishing. Happy people enjoy better health, are more likely to achieve what they set out to do and welcome challenges.

When we educate our students about the amazing benefits of adopting an optimistic outlook in their lives and introduce them to the little positive actions they can do often, they shine. Their preparedness to adopt growth mindsets to learn and try new things to build their brains abilities is enhanced.

The alternative is to look at life pessimistically and search for what is wrong with things. And guess what, people who adopt this negative way of thinking find plenty of things they perceive to be not right, because that is all they are on the lookout for. It's a pity they miss out on the great things that are happening and could happen. As such, they seldom have those warm feelings of gratitude and appreciation.

The zest of optimistic thinkers is contagious and rubs off on those around them. Unfortunately, this is also true for negative thinkers.

"Thinking positively creates uplifting spirals of hope for the future." MW

WEEK 36 – HEALTHIER WAYS TO LIVE

Parent Wellbeing: Who are the hidden people who give of themselves to help you have a good life. Thank each of them individually, telling them you appreciate their efforts.

Many students need our support and guidance on how they can adopt healthier lifestyles. They may not think so, but the reality is that there is an increasing proportion of young people who are not exercising their bodies or minds enough, eating a diet high in processed foods, becoming unfit and unhealthy and looking on the darker side of life. This is an unwelcome recipe for our future generations and we should act decisively now.

Firstly, it is a must for them to actively exercise physically and mentally for an hour every day:

- there are numerous pulse lifting activities they can participate in with family, friends or on their own
- there are also plenty of non-electronic brain exercises such as crosswords and scrabble which work well

Secondly, it is important for students to use their strengths to think positively:

- looking for the good things fills them with optimism and hope for the future
- they become solution focused

Thirdly, as adults it is our responsibility to provide students with healthy, fresh and unprocessed foods mainly:

- see this as a high priority for a healthy future of our children

"There is no chance, only choice." MW

Wk 35 Thinking Positively/Thinking Optimistically

MIDDLE PLANNER

PAGE 96

Meaning and Purpose

THINKING POSITIVELY

Wellbeing Bank: to build my Meaning and Purpose by looking at life positively with hope for the future.

Every day you have a choice about how you will look at life:

- Optimistically – looking positively at what you are doing and the great opportunities for you to try
- Pessimistically – looking negatively for what is wrong with what you are doing
- describe some opportunities you currently have to look forward to.

When thinking optimistically you:

- focus on what's right about what you are doing and looking at
- are grateful for what you have
- look on the bright side of life
- are healthier and less stressed
- are more likely to accomplish your goals
- lift others' wellbeing and efforts through your contagious positivity.

When thinking pessimistically you:

- focus on what's wrong with what you are doing or looking at
- believe you are powerless to change things with a fixed mindset.

• Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to think more positively?

1.

2.

MINDFULNESS ACTIVITY

Dancing Leaves. On a windy day, enjoy the way the leaves dance across the roads, gardens and parks. What emotions do you feel watching them?

RESILIENCE BUILDER

There are three parts to using assertive language.
 1. When...Say your concern.
 2. I feel...Say your emotion.
 3. So...Say what you would like to happen.
 With a friend describe three examples of assertive language you can use.

WHAT WENT WELL THIS WEEK AND WHY?

1.

2.

3.

Character Strength
Fairness
www.viacharacter.org

WELLBEING FITNESS CHALLENGE

THINKING SPOTTING – Habits of Mind (p.19)

SENIOR PLANNER

PAGE 96

Meaning and Purpose

THINKING OPTIMISTICALLY

Wellbeing Bank: to develop my Meaning and Purpose through optimistic thinking.

You have basically two choices on how to look at life:

- Optimistically – thinking positively using your top strengths about the great opportunities on offer for you to explore and find meaning in.
- Pessimistically – thinking negatively and looking for what is wrong with what you are doing and looking at
- describe how you currently think about life.

Optimistic thinkers:

- focus on what's right about what they are doing and looking at
- thrive on uplifting spirals of positive emotions
- have meaning and purpose for what they do
- do good things to feel good
- are grateful for now and hopeful for the future
- are healthier and less stressed
- are more likely to accomplish what they set out to do
- lift others' wellbeing through their contagious positivity
- are mindful of emotional thinking traps
- use positives in situations to overcome negatives.

Pessimistic thinkers:

- focus on the worst things they think can or might happen, called catastrophizing
- believe they are powerless to change their lives; fixed mindsets
- negatives keep piling up because that's what they are looking for.

• Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to think more optimistically to have more meaning and purpose in my life?

1.

2.

MINDFULNESS ACTIVITY

Dancing Leaves. On a windy day, enjoy the way the leaves dance across the roads, gardens and parks. What emotions do you feel watching them?

RESILIENCE BUILDER

Feeling good about you, your abilities, thoughts and behaviours is all about your own self-belief and self-acceptance. With these comes confidence. Write down five things that you value about yourself. Sometimes people may say or do something to knock your self-belief and self-acceptance. Has this happened to you? Write an example and what you have done to rebuild your self-belief.

WHAT WENT WELL THIS WEEK AND WHY?

1.

2.

3.

Character Strength
Fairness
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HOW DID YOU FEEL THIS WEEK?

😊 😊 😊 😊 😊

MIDDLE PLANNER

PAGE 98

Exercise and Health

HEALTHIER LIVING

Wellbeing Bank: to add to my Exercise and Health by learning about and trying healthier ways to live.

Life is so much more enjoyable when you:

- are physically and mentally healthy
- accept that there are no shortcuts to looking after them
- take responsibility for improving your own health.

Healthier Living is about:

- a balance of exercise, a healthy diet and thinking positively
- using your strengths to not overdo anything things you do
- describe healthy things you are currently doing.

Some healthier ways to live you could try daily include:

- spending an hour being physically active
- eating grain foods, fruits and vegetables
- snacking on fruit, yoghurt, celery, nuts
- drinking about 2 litres of water and eating smaller portions
- looking for good news stories in the media
- limiting screen time, junk and processed food
- having fun with friends and family
- having a healthy breakfast supplies brain and body energy.

• See Healthy Body, Healthy Mind activity sheet on page 145.

• Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to live a healthier life?

1.

2.

MINDFULNESS ACTIVITY

Cars. Look at a car and in five minutes name fifteen different things that you can see on or about the car.

RESILIENCE BUILDER

A sign of strength is to apologise when you have done the wrong thing by someone else. To do so properly, explain what you did, describe the hurt it caused to them, say what you really meant to do and how you feel now, describe what you will do to make it right and say sorry. Use these steps to write an apology letter to someone you have done the wrong thing by.

WHAT WENT WELL THIS WEEK AND WHY?

1.

2.

3.

Character Strength
Zest
www.viacharacter.org

WELLBEING FITNESS CHALLENGE

ADVENTURE EAT – Variety Tasting (p.19)

SENIOR PLANNER

PAGE 98

Exercise and Health

HEALTHIER WAYS TO LIVE

Wellbeing Bank: to add to my Exercise and Health through exploring healthier ways to live.

Healthier ways to live are not about things like body shape, sporting talent or strict dieting:

- it is a balance of exercise, a healthy diet and thinking optimistically
- then setting process goals for these things to achieve every day.
- there are no shortcuts to caring for your physical and mental health
- describe what healthy things you are currently doing.

Following are a number of healthier ways to live you could try:

- to jog, walk, ride, swim, skateboard, or exercise with friends and family
- regular meals of grain foods and snack on fruit, yoghurt, celery, nuts
- a variety of fruits and vegetables daily
- drink plenty of water and eat smaller portions
- looking for uplifting good news stories in the media
- to limit your intake of junk and processed food
- laughing at a funny movie or sharing jokes with friends and family to release "feel good" brain chemicals and build your immune system
- having a healthy breakfast, the most important meal of the day to supply brain and body energy.
- See the Healthy Living activity sheet in Positive Education.
- Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to live a healthier life?

1.

2.

MINDFULNESS ACTIVITY

Cars. Look at a car and in five minutes name fifteen different things that you can see on or about the car.

RESILIENCE BUILDER

Feeling a sense of gratitude will make you happier and more optimistic. Focusing on what we are grateful for gives us an opportunity to be mindful of the positives in our lives. List five things you are grateful for. Remember not to wish for something, instead find those things you can be grateful for in this present moment. Reflect on the list you have written, now write down the emotions you are feeling.

WHAT WENT WELL THIS WEEK AND WHY?

1.

2.

3.

Character Strength
Zest
www.viacharacter.org

HOW DID YOU FEEL THIS WEEK?

😊 😊 😊 😊 😊



WEEK 37 – SAVOURING: PROLONGING THE MOMENT

Parent Wellbeing: A skill of social-emotional resilience is being able to control your impulses. Describe a time you have done this and how you could do it more often.

The frenetic pace at which things are moving in the world today means that often great events that happen are quickly forgotten. People don't have time to maintain the joy and the positive emotions they experienced at the time. There is so much more to life than moving more quickly. Enjoying and relishing the journey is what it should be about.

Teaching students how to prolong and relive the feelings from magic moments is an effective way to build their wellbeing even further. Being able to do this is called 'savouring' the moment.

There are tried and proven ways to savour the moment and several follow:

- when the moment is happening, take a number of photos and record your feelings on your phone
- after the experience, write down the positive emotions and feelings you had
- then listen to the recording, look at the photos and read your story to relive the event again

When things are not going as well as they could for students and they are despondent:

- encourage them to relive their special moments
- ask them to tell you their story about the event and ask them to tell you more
- they will soon bounce back to be more positive.

"Good things don't happen in a hurry." **German Proverb**

WEEK 38 – REPORTING ON RESEARCH

Parent Wellbeing: Core values are what you stand for so you can live a good life. Your strengths action your core values. From Values for Life choose your six core values

(refer to <http://learningcurve.com.au>)

Encouraging students to follow their curiosity, experiment with and question their learning, will assist them to develop positive resilient, resourceful and reflective lifelong learning habits. Also teaching them how to communicate their learning using a report process slows them down to think hard about what they found. Doing this will cultivate creative and critical thinking capabilities in them.

To clearly and meaningfully communicate to others what they have learnt and how it relates to their worlds the thinking habit Communicating with Clarity and Precision comes alive here.

They should tap into their dominant Multiple Intelligences on how they wish to present their investigation and findings. Some such activities may include oral presentations, idea maps, thinking tools such as the Five E's of Learning, role plays, learning jigsaws, essays, power point presentations, posters, poems, blogs, songs or a combination of them. The main thing is to present what they have learnt and conclusions they made in a coherent and interesting manner.

There is considerable discussion about differentiation, i.e., personalising teaching for students and this should also apply to how they present their learning. Students and teachers are finding that the variety of structures that the varying Thinking Tools offer, effectively enable this.

"Quality is not an act, it is a habit."

Aristotle

Wk 37 Making the Moment Last/Savouring: Prolonging the Moment

MIDDLE PLANNER

PAGE 102

Strengths and Emotions

MAKING THE MOMENT LAST

Wellbeing Bank: to develop my Strengths and Emotions by making special moments last longer.

When you have special things happen to experience positive emotions:

- how quickly do they fade away?
- being able to make them last longer is called savouring.
- To learn how to savour:
 - slow down, connect with yourself and only focus on the moment
 - practise tuning your senses into savouring as often as you can
 - write down how great you feel and read it later to relive the positives
 - you can savour what is happening now or
 - things that have happened in the past or
 - things you are looking forward to in the future
 - describe an experience where you savoured it to last longer.



Watch young children playing, they are experts at savouring:

- they happily keep focused on playing and
- making the moments last longer
- let's learn from them, enjoy things longer.
- See Savouring activity sheet on page 140.
- Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to practise making the feelings of enjoyable experiences last longer?

- 1.
- 2.

MINIFULNESS ACTIVITY

Cooking. You are about to cook your favourite meal for your family. What do you need and what are the steps you have to take?

RESILIENCE BUILDER

Ask your family about assertive things they said and did when faced with difficult decisions in the past. Describe some situations you think they would have needed to show assertiveness for and what Character Strengths they would have used.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.



WELLBEING FITNESS CHALLENGE

BRAIN STRETCH – Improving Thinking (p.19)

SENIOR PLANNER

PAGE 102

Strengths and Emotions

SAVOURING: PROLONGING THE MOMENT

Wellbeing Bank: to raise my Strengths and Emotions through prolonging great moments.

How often do you have a great experience and feel positive emotions:

- but because of today's busyness before you know it it's over.
- Savouring is prolonging these uplifting feelings you have.
- it's about slowing down, connecting with yourself to thoroughly enjoy the experience
- you can savour what is happening in the present right now or
- special things that have happened in the past or
- events that you are looking forward to in the future
- writing down how you feel allows you to go back and relive it again later
- describe an experience where you savoured it to last longer.

Young children are experts at savouring:

- they seem to be able to stay connected to positive emotions for a long time
- they happily relive the past, thrive on the present and excited for the future.
- Practise tuning your senses into savouring as often as you can; it
- broadens and builds your engagement with yourself and others
- enables you to experience high levels of wellbeing through positive emotions.
- See the Savouring activity sheet in Positive Education.
- Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to practise savouring enjoyable experiences?

- 1.
- 2.

MINIFULNESS ACTIVITY

Cooking. You are about to cook your favourite meal for your family. What do you need and what are the steps you have to take?

RESILIENCE BUILDER

Finding a job can take time, cause a level of frustration and knock your self-belief, especially if you apply for a number of positions. Think about who you are and what you can offer a company even if you have no actual work experience. Write a list of 10 positives about yourself and explain what you can bring to that business.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.



WELLBEING FITNESS CHALLENGE

HOW DID YOU FEEL THIS WEEK?



Wk 38 Reporting on Research

MIDDLE PLANNER

PAGE 104

Skills and Achievement

REPORTING ON RESEARCH

Wellbeing Bank: to add to my Skills and Achievement by reporting on my research logically.

When reporting on research you need to explain:

- what you discovered
- what conclusions you reached
- any predictions you can make
- further research you may suggest
- describe how you currently report on your research.

Following is a logical reporting process:

- Aim:**
 - describe the topic in your words
 - state your research aims and approach.
- Solutions and Explanation:**
 - explain the steps you used to investigate the topic
 - discuss solutions that worked and that didn't work.
- Conclusion:**
 - link your solutions to your research aims
 - did you cover the topic?
 - further issues to consider?
 - reflect on your solutions; are they reasonable?
 - any predictions?
 - further investigation required?
 - list assisting people and materials used.
 - put much of your working here
- Appendix:**
 - this must be well organised.
- Bibliography:**
 - list all sources of information used.
- Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to improve the way I report on my research?

- 1.
- 2.

MINIFULNESS ACTIVITY

Favourite Animal. Close your eyes, breathe slowly and deeply and picture your favourite animal. What are five emotions you are feeling?

RESILIENCE BUILDER

Describe the ways your relationships differ between friends, family and teachers. Name three skills you need to make each of these relationships work well.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.



WELLBEING FITNESS CHALLENGE

HIDDEN PEOPLE – Invisible Champions (p.19)

SENIOR PLANNER

PAGE 104

Skills and Achievement

REPORTING ON RESEARCH

Wellbeing Bank: to strengthen my Skills and Achievement through developing the way I report on my research.

A Research Report is assessed on:

- its quality of information, depth of analysis, discussion, evaluations, conclusions, recommendations and stylish presentation
- describe how you currently report on your research.

Your knowledge your brain thrives on looking for and identifying patterns, so reporting on research should follow a logical step-by-step process, such as the effective one following:

- Cover Page:** containing
 - title of the report
 - your student details.
- Contents Page:** containing
 - an accurate guide to contents of your report
 - a list of tables, diagrams and graphs.
- Abstract:** containing
 - a brief summary of your report
 - outcomes, recommendations and predictions
- References:** containing
 - individuals, groups and organisations who assisted you.
- Main Body of Report:** containing
 - an introduction
 - methodology: how you went about it
 - analysis and evaluation
 - results, findings and conclusion
- Bibliography:** containing
 - reference sources used (refer index).
- Appendices:** containing
 - relevant information to your report but not important enough to include in Main Body
 - each appendix should be labelled and numbered.
- Complete Wellbeing Reflection sheet on website.

ACTIONS

What are two things I will start doing to develop how I report on my research?

- 1.
- 2.

MINIFULNESS ACTIVITY

Favourite Animal. Close your eyes, breathe slowly and deeply and picture your favourite animal. What are five emotions you are feeling?

RESILIENCE BUILDER

Having empathy for the needs and feelings of others and communicating that you understand and accept these things, builds both your and others' wellbeing. Describe three times you have done this well and three times someone has done this effectively for you.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.



WELLBEING FITNESS CHALLENGE

HOW DID YOU FEEL THIS WEEK?



**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.



Going to Uni for the first time in 2019?

John D'Orazio Memorial

Scholarship coming soon.

Applications are invited from eligible students in the local district attending university for the first time in 2019.

Drop into your nearest branch at 14 King William Street, Bayswater - 9370 3899 or Noranda Shopping Village, Benara Road - 9375 2494 for more information or visit bendigobank.com.au/scholarships.



Bayswater and Noranda **Community Bank®** branches





COMMUNITY NOTICES

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John D'Orazio Memorial Scholarship

2019 Scholarship.

Going to Uni in 2019,
but struggling to pay?



Scholarship Snapshot

Overview	The scholarship aims to assist high achieving and highly motivated local students who have been offered a full-time place at an Australian university, TAFE institute or college for the first time to study at undergraduate bachelor's degree first year level and are experiencing financial and/or social challenges.
Faculty	All
Study area	All
Scholarship type	Need based, Merit based
Year of study	First year undergraduate bachelor's degree
Duration	One year initially but may be awarded for up to two years (dependent upon academic performance)
Intention of Scholarship	Study related expenses including accommodation and course costs, study related materials/equipment, text books, tutoring and/or educational related travel (within Australia)
Award Value	\$5,000 (per annum) per student
Eligibility	<p>To be eligible the student must meet the following criteria:</p> <ul style="list-style-type: none"> • must reside in, or have attended a secondary school in the City of Bayswater • must be an Australian citizen or permanent resident • must be a first-time, first year undergraduate in 2019 (first attendance at an Australian University or TAFE at bachelor's degree level) • must be studying a full-time bachelor's degree on campus at an Australian university, TAFE Institute or college (in an approved Australian course) • must have completed Year 12 • must be aged 25 years or younger as at 30 January 2019 • should be able to demonstrate community involvement • should be able to demonstrate the challenges (financial and/or social) which are hindering the student's ability to undertake further study • should be academically motivated.
Nationality	Australian citizen or permanent resident
Application dates	OPEN: 3 December 2018 CLOSE: 29 January 2019
How to apply	Applications are invited from 3 December 2018 and can only be submitted online. Please visit bendigobank.com.au/scholarships for more information from this date.
Criteria	<p>Scholarships will be awarded on the recommendation of a selection committee and will be based on how an applicant addresses the following criteria:</p> <ul style="list-style-type: none"> • Academic achievement • Financial and/or social challenges • Evidence of leadership and citizenship within their communities
Further Information	The website will contain full information from 3 December 2018. If you still have a query, please contact Bayswater and Noranda Community Bank® branches on phone 9370 3899.

The summary above is intended to provide you with a quick snapshot only. Please ensure you review all information provided on the website (during the application open period) thoroughly before you consider applying.



Bendigo Bank

Bigger than a bank.

Bayswater and Noranda **Community Bank®** branches

Community Bank® Scholarships will be funded from management accounts of the Community Enterprise Charitable Fund ABN 12 102 649 968 (the Fund), The Bendigo Centre, Bendigo VIC 3550. Sandhurst Trustees Limited ABN 16 004 030 737 AFSL 237906, a subsidiary of Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL 237879, is the trustee of the Fund. (A1222288-1222285) (414716_v3) (1/10/2018)



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PARENTING

West Leederville Nov/Dec 2018

Relationships Australia, are proud to offer the following parenting workshops to the community of West Leederville and surrounds!

Partners to Parents

Sat 10 Nov 10am-12.30pm \$30 p/person

To assist couples manage the transition from being a couple to becoming parents.

Parent-Teen Connection

Sat 17 Nov 9.30am-4.30pm \$50pp/\$75pcouple

Parenting after Separation

Wed 5 Dec 6.30-9.00pm \$30 p/person

Dads Raising Teen Girls

Wed 5 Dec 6.30-9.00pm \$30 p/person

Dads Raising Boys

Mon 10 Dec 6.30-9.00pm \$30 p/person

Survival Kit for Separating Dad

Wed 12 Dec 6.30-9.00pm \$30 p/person

Separation presents many challenges for men especially fathers. If you are going through a separation or divorce this course will provide a supportive place to acknowledge the challenges you are experiencing through this process. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future.

(We strongly recommend all separating dads attend this course prior to any other course, particularly parenting courses.)

Successful Single Parenting

Wed 12 Dec 6.30-9.00pm \$30 p/person

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

Rock and Water

Physical exercises are constantly linked with mental and social skills. The Rock and Water Program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and ideas to assist boys and girls aged between 8 and 14 years to become aware of the purpose and motivation in their life.

The following topics are discussed:

- Bullying
- Life goals
- Developing a positive self-image
- Communication skills
- Personal boundaries

The course teaches the following:

- Practical anti-bullying strategies
- Self-confidence, self-awareness and self-control
- An introduction to basic self-defence skills
- Communication skills and interpretation of body language cues
- Alternatives to aggressive verbal and physical responses to fear and doubt
- Thinking and being in control through grounding, centeredness and mental focus
- Boundary awareness

Facilitated by Craig Van Waardenburg (credited Rock and Water trainer) this family activity based program builds on the complementary strengths of 'the rock' and 'the water'. One is firm and assertive, while the other is flexible and willing to cooperate.

Note: Due to the nature of the activities, there is only room for one child per adult attending.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Saturday 10 November

Time: 8.30am - 12.30pm

Cost: \$70 per pair

Bookings are required. Please phone 6164 0200 to enrol.

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.

Accidental Counsellor

Do you find others (clients, customers, colleagues, friends, children) often open up to you and share their problems, sometimes distressing situations, and ask you what you think they should do?

Would you like to be clearer about what to say or do to really help them?

This one day workshop will:

- Define the role of Accidental Counsellor.
- Explore the differences between supporting, helping and rescuing.
- Explore the significance of self-awareness, emotions and empathy.
- Look at the desirable traits required to help.
- Practise appropriate skills to help in a safe way.
- Consider referrals.
- Look at self-care strategies.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Friday 9 November

Time: 9.30am - 4.30pm

Cost: \$220 per person

Bookings are required. Please phone 6164 0200 to enrol.



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High School Tuition Help

About our High School Tuition Help:

- ✓ **Maths:** An experienced teacher will help your child understand and solve Maths problems. Teachers will review essential Maths skills and your child will receive individual attention for their specific needs. Teachers can also provide extra work for those who wish to extend themselves.
- ✓ **English:** Teachers will work with your child focusing on areas they may be struggling in, such as grammar and punctuation, essay writing or reading comprehension each week. Your child will practise these skills in the class and receive individual help from the teacher.
- ✓ **Science:** Teachers will work closely with your child to help them understand new or difficult scientific concepts and extend their knowledge and confidence in Science.

Contact us

Phone : 9314 9500
Email : learn@academicgroup.com.au
Web : www.academicgroup.com.au

Our Venues

- 📍 **Churchlands Senior High School**
C & D Block
Entry via Memory Place carpark.
- 📍 **Perth Modern School**
Andrews Building
Entry via Subiaco Road carpark.
- 📍 **Rossmoyne Senior High School**
English Learning Building
Entry via Apsley Road carpark.

High School Tuition Help

- ✓ Individual help and attention
- ✓ Small groups (3 - 8 students)
- ✓ Experienced and qualified teachers
- ✓ Gain a better understanding in the areas you find difficult
- ✓ Receive extra work on topics
- ✓ Friendly and encouraging teachers
- ✓ Individual learning plan for your child

🖥 Enrol online:

www.academicgroup.com.au



ACADEMIC
TASK FORCE

2018 High School TUITION HELP

Affordable High school tutoring for English, Maths & Science with qualified, highly skilled and engaging teachers.



MASTER MIND AUSTRALIA'S JANUARY 2019 JUMP-START PROGRAMS

OLNA – NAPLAN -- Study Skills – Essay Writing –
Subject Revision & Preparation

For all students entering Year 7 – 12 in 2019

The January Preparation Program aims to prepare students for Term 1 (2019) before the academic year begins. The classes will revise those important components from the 2018 syllabus that are vital for success in the new-year.

The program will also preview what students can expect in their courses in 2019.

Courses will be conducted at:

Christ Church Grammar School and Hale School

Sunday 20th to Friday 25th of January, 2019

Dr. Robert Hallam at Master Mind Australia on

9486 1377

www.mastermindaustralia.com.au



ACADEMIC TASK FORCE
Achieve Success at School

Term 4 Enrolments now open

Help your Child Achieve Success at School

Why choose Us: We use only qualified teachers with proven results in improving student's grades. Your child will receive support in the WA curriculum to improve their marks and confidence at school.

Tuition Help for Years 7 - 10

English, Maths and Science tuition on Saturdays and Sundays

- An affordable way for your child to access top quality and highly qualified teachers throughout the term who have proven success in improving student's school achievement.
- Individual help according to the learning needs and academic goals of your child.
- Your child will receive help on their specific needs, clarify problem areas and teachers can supplement learning with additional worksheets and questions.
- Students will build their skills and understanding in a small group environment (2 - 6 students).

Venues: Churchlands SHS, Perth Modern School and Rossmoyne SHS

Enrol in Tuition Online: www.academicgroup.com.au

Go to Our Programs - Year 9 and 10 or Year 7 and 8 and select Tuition Help

ATAR Exam Boost Seminars for Year 11 & 12

One-day classes in various ATAR subjects

- Targeted exam help before final exams.
- Receive exclusive advice from an experienced teachers who knows what examiners look for in student's answers.
- Learn strategies and problem solving methods to boost your exam performance.
- Work through exam style questions and receive feedback on your work.

Venues: Churchlands SHS, Perth Modern School and Rossmoyne SHS



Venues: Churchlands SHS, Perth Modern School and Rossmoyne SHS

Enrol in Exam Boost Seminars Online:

<https://academicgroup.com.au/course/exam-boost-seminars/>

For a brochure visit www.academicgroup.com.au or speak with your Year Coordinator.

Enrol online:

www.academicgroup.com.au

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