



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE 5 Term 2 No. 2 2019

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Principal's Report

By the time you have received this edition of the Lawley Update another term will have ended and teachers and students will be on a well-deserved break. Along with the Director General and nineteen other principal colleagues I am attending an executive leadership course at Harvard University in Boston and will be away for the last four days of term. This is a very exciting opportunity and I am looking forward to attending lectures and tutorials with some of the world's leading academics.

It has certainly been a very busy term and there have been many highlights. One of which was the induction of the third group of Lawley Legends last Friday night. We had eight outstanding inductees who have each made a major contribution to society in a variety of fields. This year's inductees are:

- Brian Cadd (1963) - Musician, Aria Hall of Fame,
- Lynette Chester (1964) - instrumental in setting up Alzheimer's Australia WA,
- Sue Doherty (1965) - Mayor,
- Warwick Hemsley (1972) - Business & Philanthropy,
- Natalie Locke (1986) - Broadcaster,
- Robert Newman (1980) - Inventor & Entrepreneur,
- Rod Randall (1977) - Environmental Science,
- Simon Stone (1968) - Judge.

It was a wonderful and very positive evening and our current students in attendance enjoyed speaking with these distinguished Australians. If you are aware of any alumni who have gone on to make a major contribution please feel free to email me at Lesley.Street@education.wa.edu.au

On Saturday 15th June the annual Lawley Art auction evening was held. The evening is the culmination of the LAA committee's work which started in early February with fortnightly meetings that turned into weekly meetings this term. The

CONGRATULATIONS



Hunter 1001

Hunter has been selected to represent Western Australia in the 2019 Basketball Championships. He will be competing at the School Sport Australia National Basketball Championships in Bendigo, Victoria in August



Filip 8F5

Filip will be competing in the 2019 Australian Inter schools Snowsports Championships which will be held in NSW. Filip is competing in Alpine Ski Racing and Ski-Cross (Freestyle) events.



Lochan 1002

Lochan was invited to attend the Badminton Oceania Para Badminton Training and Development Camp in Melbourne. The training camp was attended by players from Australia, New Zealand, Fiji, PNG and Tonga. It was 2 days of intensive training, gym sessions and presentations on health, injury prevention, diet etc.

After the camp Lochan competed in the Australian National Para Badminton Championships which took place on Saturday, 29 June. Lochan was undefeated in the Men's WH1 Singles event and came away with the Men's WH1 Singles Title and the Men's WH1/2 Doubles Title with his partner, Grant Manzoney.





parents and Sue Faranda have worked tirelessly and by my calculations have spent over a thousand hours organising the event which featured the work of over 85 artists going under the hammer. All money raised goes to the SVAPA and music programs. The final amount has not yet been determined but we expect it to be over \$20k. Well done to everyone involved in the organisation of the major school function.

The executive team is very proud of the calibre of our teachers and this year we have nominated two staff for the WA Education Awards. We re-nominated Sunila Singh, Economics teacher for the second time as I think she is an outstanding teacher whom I rate very highly. She contributes enormously to the students and staff at school, is used as an expert by SCSA and her professional association. Pippa Beetson, EALD teacher is the second nomination and she was nominated by a colleague Jordan Newton. Jordan put a lot of time and effort into the nomination documentation. The Department will announce the finalists on 23 July. I have also nominated our wonderful Teacher in Charge of Music Michelle deRozario for the ARIA Music Teacher of the Year Award which closes on July 1.

A number of our Year 12 students will be attending an ATAR Exam Preparation Program during the break. The classes in each subject will run for six hours and have been heavily subsidised by the school to enable our students to have the opportunity to revise the content and prepare for their ATAR exams.

It is always pleasing to receive positive feedback about our students from members of the public and parents. This week I have had three emails from different people praising the behaviour and helpfulness of some of our students in various settings including on buses going home, waiting at bus stops and at the local shops.

I look forward to welcoming students back to school on Tuesday 23 July 2019.

Lesley Street, Principal

NEW LAWLEY LEGENDS INDUCTED

On Friday night, 21 June Mount Lawley SHS inducted our latest set of Lawley Legends in a formal ceremony in the Year 9 Building. It was wonderful to have 6 of our new Legends in person, with messages from the two who were unable to join us.

Congratulations go to: Brian Cadd (Class of 1963), Lynette Chester (Class of 1964), Sue Doherty (Class of 1965), Warwick Hemsley (Class of 1972), Natalie Locke (Class of 1986), Robert Newman (Class of 1980), Rod Randall (Class of 1977) and Simon Stone (Class of 1968).

Andrew Paul, School Chaplain and Alumni Coordinator





NEW LAWLEY LEGENDS INDUCTED





NEW LAWLEY LEGENDS INDUCTED



YEAR 12 STUDENT DELIVERS ADDRESS AT PERTH FESTIVAL DANCE PERFORMANCE



Year 12 student Cloe delivered the closing remarks at Kwongkan, an aboriginal-themed contemporary dance performance about sustainability and climate change, at the Perth Festival show this year.

*Kya, hello my name is Cloe and I am seventeen year old. I would like to begin with an aboriginal proverb: **We are all visitors to this time, this place.***

We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home.

This quote shows how wise Aboriginal people's approach to life was and how much reverence they had and still have for the earth. This ancestral wisdom that all Aboriginal populations had, allowed them to thrive for millennial.

But as our current civilization is growing, this sort wisdom is slowly being forgotten. Many of us think that progress and scientific consensus are the only things we need in order to live prosperous lives. But in less than a 100 years, our current post-industrial civilization has had more impact on the earth and the climate than the 200 thousand years before then. It is an acknowledgment of the fact that the threat of climate change is assuming critical proportions.

Each and everyday, new events related to the uncontrollable effects of climate change are taking place all over the world. Now we find ourselves barrelling down the highway towards mass extinction, increasingly erratic weather patterns and extreme temperature fluctuations. Climate change is not a matter of perspective or political standpoint. It has been acknowledged as the biggest threat to the survival of our planet and human kind.

This is why it should concern every single one of us. But especially young people, And as a young person, I am concerned. I am scared to live in a world where the variety of plastic in the ocean will be as diverse as the remaining species of coral in the great barrier reef. Where the landscapes of my childhood will become the new expansion plan of a coal mine. Where my future as a human being will be compromised by the mistakes of the generations before me.

To all the adults here, did you have to worry about those issues when you were my age ? Is it fair for me and all the children in the world, to bear the mistakes of our predecessors or suffer the consequences of bad political idleness? The effects of climate change will not result in the loss of some points on the stock market or some votes in a political campaign but in the downfall of our humanity. But it does not have to be that way: We all have been told that the problem of climate change is too big to handle and that we are too small to do anything. But what I have a

learned in my short life, is that we are never too small to make a difference.

Our everyday choices, to the food we consume to the clothes we wear, can make such a big impact on nature, the climate and people's lives. But you don't have to be a genius or to come up with the schemes an amazing machine to change the world.

Most of all, we need to reshape our way of thinking. We have to be capable of overcoming our indifference and apathy for our planet and our climate. Every great revolution starts from within. Just broadening our horizons and opening our minds to new possibilities in terms of positive change and green innovations can make such a big impact on us and those around us.

In the past few years, an environmental revolution has started to take place in all over the world. People driven off by the envy of changing this future into something so positive and so powerful are leading this environmental revolution. From Australia to Sweden, thousands of young people have raised their voices against political inaction regarding climate change, forcing political world leaders to address the issue in a real meaningful way. Last week, the United Kingdom's became the First Nation in history to declare a climate change state emergency.

What I have also learned is that You don't have to be a genius or to come up with the schemes an amazing machine to change the world. And as we know our thoughts become our words and words become our actions. And it is our common actions that are going to dictate who we are and who we will be as a single Humanity. So let our actions to be filled with respect and ancestral prescience for the Earth and the climate as it will shape our future and the future of generations to come.

After all:

We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to

Thank you





YEAR 10 GIRLS CRICKET WACA GALA DAY

After much anticipation and excitement, the final culmination event for two Year 10 girls classes (Ms. Jones and Miss Buttons) who have been involved in a pilot program with Cricket Australia and the WACA finally arrived on June 20th.

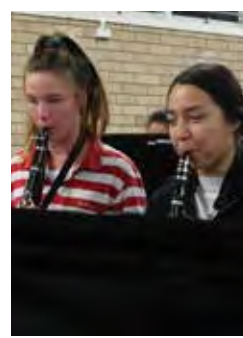
The girls had been participating in a great program at school and were very excited. The weather held out, the sun shone and no rain.

We arrived at the WACA and were all made very welcome. We did a short walk up to the Matagarup Bridge where the Indigenous Seasons were pointed out to us along with the connection between the WACA and Optus Stadium. Students presented their trophy history and World Cup Trophy designs. An early bite to eat at the Queens Gardens and then the tournament began. Our Teams and School Name were up on the big screen and it was so amazing to be able to say *"I played Cricket on the WACA"*. Students played and scored their T20 World Cup games on the WACA field, dressed up in the colours of their nation. It was so much fun. They were spoilt with prizes and refreshments and had lots of WACA staff on hand helping out and Amy Edgar from the Western Fury was also helping umpire and providing some expertise. We had our presentations with New Zealand taking out the Trophy award, and Sri Lanka winning the T20 Cup on the day and England taking out the school T20 Cup overall. It was a great finish to an awesome program on Cricket. I think we are going to see some social girl's teams from Mount Lawley over the next couple of years. What an experience! *"Can we go again tomorrow?"*

Ms Sharon Jones, Health & Physical Education









MUSIC CAMP

This year's Music Camp would have to be the best one we have had so far. Everyone thoroughly enjoyed the camp and are ready to perform in their bands for Western Australian School Concert Band Festival and the ECU WAAPA performance.

This year we had an amazing quiz night which had two 2nd places and an amazing creative round which was the funniest on the camp. We also had a movie night where everyone watched Spiderman Homecoming, picked by Mrs. D obviously. Overall we had a great camp with everyone having fun and practicing their instruments. I hope next year will be just as fun!

Georgia Dixon 12H

Photos by Eloise Osborne & Georgia Dixon



Creative Writing :**Science Fiction theme: "Touch Down on the Red Planet"****Student name: Remy Bell****Year group: Year 7****Teacher: Miss Aleksandra Zdravkovic****Touchdown on the Red Planet**

We had landed on Mars. We were the first humans ever to do it. Me, Gary, and Bob. We thought we were invincible when we touched down, but that feeling of triumph quickly evaporated as soon as we looked out the window. Lined up facing our ship, in perfect battle formation holding weapons we couldn't even comprehend, they stood. They were grotesque, green creatures. Six of their arms were moving in the same hypnotic pattern, while the other two held their weapons. Their faces were green, almost toad-like. When they finally made contact it was in a way we had never heard before. Almost as if those creatures were speaking directly into our minds. "You have five seconds to surrender," the mind-voice whispered. Me and my crew were in such a state of panic, fear, and bewilderment that those five seconds flashed by in an instant.

Before we knew it they had taken over our ship. Bob was carted off in some sealed container, Gary was passed out on the surface of the red planet, and I was being poked in the back by what resembled a spear. "Move along!" The voice said again. I didn't. I stayed where I was. "What are you doing to us?" I yelled. The creatures looked at me in amusement. Suddenly, lights flashed and I was unconscious.

"Where are you, Soldier 34?" bellowed Sergeant. Why did Sergeant always pick on me? Because I had three less arms than everyone else? Because I had a vastly superior intellect? Because I once called him a witless dishcloth? Well, it couldn't be that last one because there is no way Sergeant would know what a dishcloth is. Maybe it's because I know. I know what he did. I know how he killed them. How he almost made the humans go extinct. All those years ago. "All to attention!" In unison all the soldiers snapped their heels and clapped their hands. The noise was, as would be expected when you have six hundred hands banging together. "Today is the day! We

capture a human, and we take over their planet!!" Always with the war. We could never settle any dispute peacefully.

"Weapons ready!" Yelled Sergeant. We had lined up, ready to storm their craft. Our whole arsenal pointing at one measly ship. Whoosh came the ship. The humans inside looked full of triumph until they glanced out the window. "You have five seconds to surrender," said Sergeant, in the mind-voice. "One!" Sergeant counted out loud. "Two! Three! Four! Five!" The whole army tensed, waiting for the command. "Charge!" In no time at all we had the humans out of the ship. We carted one away in the vacuum box, left one lying on the surface to be collected later, and took one away for questions.

Despite our success, I still quivered.

I woke up in a dark room. No lights, No view outside. Just as I was starting to panic, I heard a voice. Not as strong as the one I heard when our ship was apprehended, but a voice nevertheless. "Help our species, please. We are not vicious creatures. We do not want to dominate the universe. Just help us." Then I felt powerful. Powerful enough to destroy concrete. Powerful enough to Break out of here. Powerful enough to destroy an entire civilisation of aliens... "No." I said to myself. "Break out of here and return my crew home." I gathered my power. I felt it coursing through me, and I simply willed the chamber to explode. Then it did. Like C4 had been detonated inside the walls. Then I wanted to rise up to the surface. So I did.

They were waiting for me. All of their weapons pointed directly at my chest. Then one of them yelled in a language I couldn't understand. Then all hell broke loose.

I was in a rage. I couldn't see anything I just destroyed everything I came across. Bang! Bang! BOOM! Eventually there was nothing left. No aliens, no civilisation, no human ships. Nothing. Just me, an all powerful being floating on a desolate planet. I turned towards Earth. Maybe it was time for a new ruler.

By Remy Bell

Illustrator: Jaime Rockall



YEAR 11 INCURSION FOR PAST GAT STUDENTS

On Thursday the 13th of June, GAT graduates of 2018, now Year 11s, met up for a much anticipated GAT reunion. The session was a combination of a presentation from world-renowned motivational speaker David Castelanelli from Alpha Motivation and a delicious lunch, well received by all! David spoke on the key topic of social media; the impact, effects and some advice in optimising our usage. The talk was fascinating and most definitely relevant in the technology centred world we live in today; David offered countless techniques to help with the balance of school and social media, many practises kids have taken on board and are now incorporating into their daily habits. The gathering was also a great opportunity for old classmates to reconnect with one another and helped to get old friends back in touch. All in all, it was a wonderful morning, with great food, great company and certainly great lessons learned!

By Ella Dickie



MOUNT LAWLEY SHS STUDENT SELECTED FOR WA YOUTH THEATRE COMPANY PRODUCTION 'MEDEA'

Jack 9F7 has been cast as one of Medea's sons making his professional debut with Black Swan. Medea is a contemporary version of a classic, featuring some very fresh WA talent directed by Kate Mulvany and Ann-Louise Sarks at Studio Underground State Theatre Centre of WA, running from 8-25 August. Booking at bsstc.com.au Recommended 15+ as it contains adult themes.



This new adaptation of Medea, co-written by WA's own Kate Mulvany, puts one of history's most notorious family breakdowns under the microscope.

Locked in their bedroom, two brothers play games to pass the time, as siblings do. Off-stage, their parents are having a very famous showdown. At an inevitable moment, the children will be drawn away from their games and into their parents' bitter argument. From there, they will enter mythology as the most tragic siblings of all time.

Smart, sharp and bittersweet. It is to Euripides' Medea what Rosencrantz and Guildenstern Are Dead is to Hamlet: a behind-the-scenes look at the lives of minor characters before the central plot take over.



ABORIGINAL EXCELLENCE PROGRAM KINGS PARK RECONCILIATION SERVICE

This year's Indigenous Veterans Commemorative Service, held at Kings Park, ran to the theme of "Voice, Treaty Truth". Mount Lawley Senior High School has been committed to this event since its inception eleven years ago and we should be very proud of our school's involvement. The School Choir and Band performed admirably in playing and singing both Abide With Me and the National Anthem. Aboriginal Excellence Program students continued with the honour of laying a wreath (on behalf of our school) at the site of the Eternal Flame.

The Commemorative Service holds a special place in the hearts of many Mount Lawley SHS students and it was wonderful to see the obvious pride displayed by all our students as they listened attentively and contributed to the success of this very special event.

Dr Philip Paioff, Aboriginal Excellence Program Coordinator



The Department of Veterans Affairs Planning Committee always do a wonderful job in organizing this significant event. A major address was presented by the Governor of Western Australia, the Honourable Mr Kim Beazley AC, who provided an interesting historical overview of the sacrifices made by the Aboriginal ANZACs. Mr Beazley is pictured below with Mount Lawley's AEP students.





**ABORIGINAL EXCELLENCE PROGRAM
KINGS PARK RECONCILIATION SERVICE**





WESTERN ART MUSIC CONCERT

The first-semester music concert held on Tuesday the 25th June was an amazing and wonderful experience for both students, teachers, and parents, a night filled with stunning music played by students specialised in orchestral, band and ensemble repertoire.

The parents of music students were able to experience the ensembles in a professional and finely tuned (excuse the pun) performance. Many parents, I'm sure, have been dealing with some squeaking violins and some out of tune guitars in preparation for the concert, but by the night of the concert, everything turned out even better than expected!

Students in the contemporary and jazz concert/s coming on the 15th of August concert; turn up those amps and start practicing - parents might want to invest in some earplugs. I hope to see more parents in the upcoming contemporary concert after such a successful turnout from our western art performers!

Leon Sam, School Music Captain





WESTERN ART MUSIC CONCERT



YEAR 12 CHILL OUT DAY



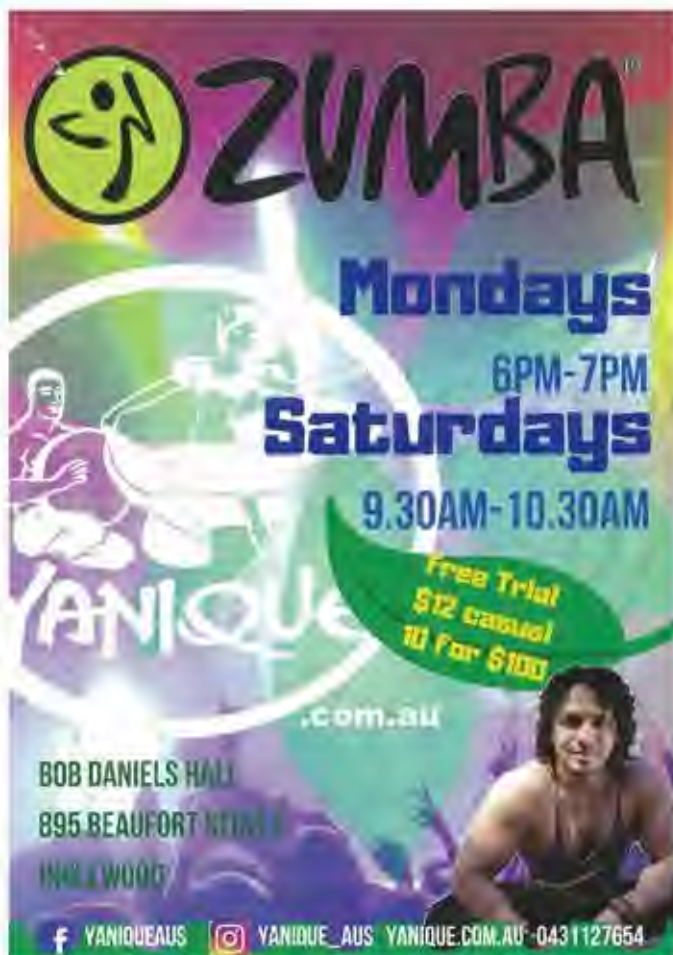
This week our Year 12 students had their Chillout afternoon. Our Health Committee is a **Local Drug Action Group** and they funded the event.

Students had a Party Safe presentation from Red Frogs and took part in a lively Zumba class or a silent disco. They finished the day with a great lunch catered by our Year 11 Hospitality students.



Our energetic Zumba instructor Yannick Benoit is offering a special discount for students at his classes held locally in Inglewood. A student concession, \$10 casual class or \$80 for a 10 class pass, this is normally \$12 casual and \$100 10 class pass. If you would like to try a class, please see Suzie Barnes for a free trial pass.

Suzie Barnes, Healthy Active Coordinator





YEAR 12 CHILL OUT DAY



YEAR 8 RIVER CRUISE







YEAR 9 SPORTS CARNIVAL





YEAR 9 LIGHTNING CARNIVAL 2019

On Wednesday 19 June, the Year 9 students participated in the School Sport WA's North East Regional Group (NERPEA) Lightning Carnivals. Close to 230 students represented Mount Lawley Senior High School in Soccer, Basketball, Volleyball, AFL, Netball and Floorball.

As ambassadors for the school in the community, student's behaviour and attitude was fantastic with many accolades received from coordinating teachers about our students.

Our best results being:

1st Girls Volleyball

Division A Runners up in Boys Basketball

Division C Boys Soccer winners

The Year 11 Certificate II Sport Coaching students were assigned teams on the day to apply their knowledge of coaching and officiating in an industry situation. All students, once again, represented the school well and had a positive effect on the Middle School students they were coaching.

Well done to Miss Morskate for coordinating the day and a big thank you to all staff, students and support staff for their assistance with the day, the day does not work without you.

Mr Adam Zen,

Program Coordinator Health and Physical Education



YEAR 10 -12 BADMINTON COMPETITION

Mount Lawley SHS sent twelve teams to the School Sport WA Badminton competition held on Friday June 21.

Six boys and six girls teams played a series of games against 15 other schools and many of our teams did well.

Special mention to the teams of Jerry Dang & Isaac Clementson as well as Aditya Patel & Long Nguyen whom nearly made it through to the quarter finals, which was dominated by Rossmoyne Senior High School.

Mr. Reid Hamilton, Health & Physical Education

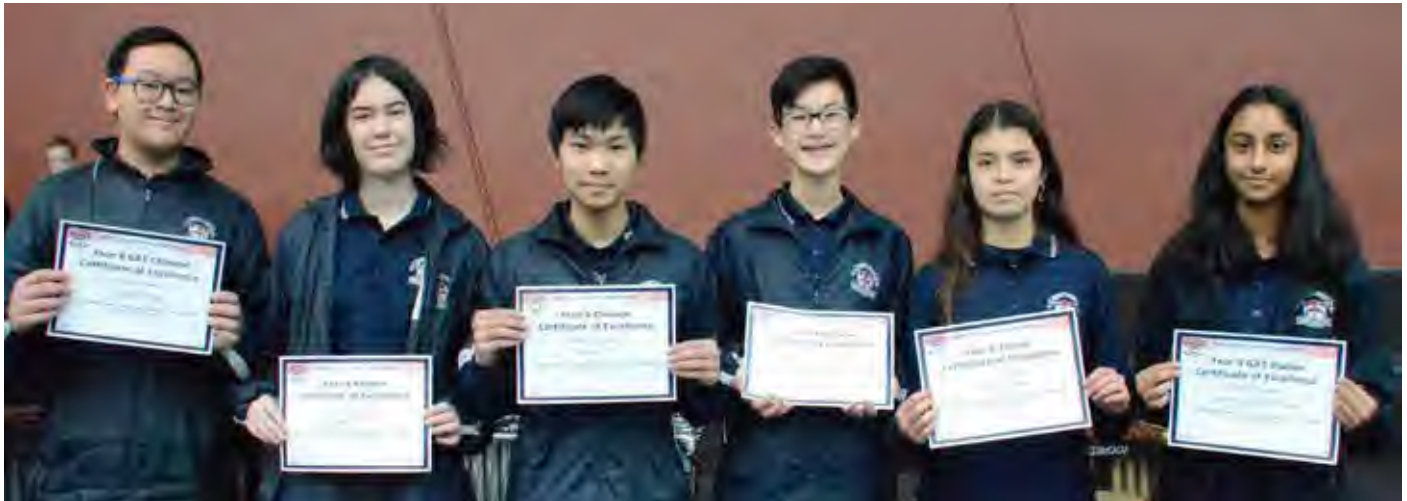




TERM 2 MIDDLE SCHOOL ASSEMBLY



Design and Technology Year 7-9 Awards



Languages Year 9 Awards



Languages Year 8 Awards



Languages Year 7 Awards



SCHOOL JAZZ QUINTET SHINE AT PRESTIGIOUS OPUS CONCERT

On the 1st July at the Perth Concert Hall, our Jazz Quintet played at the Opus 2019 showcase concert in the evening. This is a very high profile concert featuring the state's most outstanding Government School orchestras, bands, choirs, and ensembles. Our students performed in the intermission to guests and VIPs.

This was an absolute highlight of the night. The energy, enthusiasm, and professionalism demonstrated by our quintet were exceptional. We are very proud of their efforts and their commitment.

Congratulations to Blake, Callum, Joshua, Kate, Gabriel Luca.



AUSTRALASIAN CONFERENCE PERFORMANCE

At the end of May the Chamber Jazz group made up of Blake, Kate, Callum, Gabriel Luca and Joshua played at the Art Gallery of WA to international guests for the Learning Environments Australasian Conference organised by architects and educators.

Their professionalism was exceptional and they played absolutely brilliantly. A number of guests had assumed that the band was a professional group and were amazed to find out they were high school students.

Michelle Derozario, Music Department



CHAMBER JAZZ BAND PERFORMS AT OPENING NIGHT

Mount Lawley SHS Chamber Jazz Band performed at the Year 12 Perspectives opening night during Term 1 at the Art Gallery of Western Australia. The band's professionalism and musicianship were absolutely superb. The Arts Minister Hon David Templeman MLA was very impressed by their excellent playing as was the crowd of 300 plus VIPs and community members.

A huge thanks to Ms. Shahna Gallagher for her support in setting up and a huge thanks to Chris Scaglione for his tireless enthusiasm and inspiring teaching.

Congratulations to Blake, Callum, Kate, Robert and Joshua. Bravo!





SCHOOL PSYCH CORNER IVA FILIPOVSKA, SENIOR SCHOOL PSYCHOLOGIST



DBTeen: Mental wellbeing skills groups for young people and families

A WA Primary Health Alliance (WAPHA) funded trial program delivered by Lifeline WA in the Primary Care environment.

Are you struggling with distressing feelings and thoughts? Do you struggle with mood swings? Is managing your anger a problem, causing conflict with peers and/or family members? Do you have feelings of emptiness or a limited sense of identity? Are you behaving in frequent impulsive or self-destructive ways? Do you want to learn a range of skillsets with which to better manage your emotions, behaviours and relationships?

Lifeline WA is offering 12-week DBTeen skills groups which will cover the following key components:

Mindfulness skills: staying focused on the present moment without having to react.

Distress tolerance skills: coping with distressing situations and painful emotions without making things worse.

Walking the Middle Path skills: balancing ways of thinking and behaving to improve flexibility in responding to common family dilemmas.

Emotion regulation skills: developing skills to use when faced with intense and painful emotions.

Interpersonal effectiveness skills: communicating your needs and wants, improving relationships, and building self-respect in relationships.

WHO CAN ATTEND?

Young people aged 14-18 who are experiencing difficulties managing their emotions and behaviours are eligible for this program. Unfortunately, young people who are already receiving tertiary psychiatric/mental health services are not eligible. For more information on eligibility, refer to the DBTeen Referral Brochure here.

COST: There is no charge. DBTeen is fully funded by the West Australian Primary Health Alliance.

More information:

A referral form will need to be completed by either: you, your parent or guardian or carer, your GP, your mental health provider or your school psychologist.

Prior to group commencement, teens and their carers will attend an assessment and an induction session to familiarise themselves with DBT basics.

Get in touch at DBTeen@lifelinewa.org.au

DBTeen Program Term 3 Locations:

Groups will take part concurrently in four districts: Gosnells, Cockburn, Wanneroo and Swan and are facilitated by skilled and experienced DBT therapists. They are due to commence in the week beginning 22nd July and conclude in the week ending 1st November (note there is a break for September school holidays).



BLUE FREE DRESS DAY

The Student Council recently organised a Wear Blue For Beyond Blue Free Dress Day. For a gold coin donation, students were able to wear blue clothing to school for the day.



All monies collected were donated to Beyond Blue to support mental health care for depression and anxiety. Mount Lawley SHS has a Student Wellbeing committee who support such events and we are an official Act Belong Commit Mentally Healthy School

*Suzie Barnes,
Healthy Active Coordinator*



Curtin University

Scholarships for students looking at enrolling at Curtin University in 2020 open on **21st July 2019** (Curtin Open Day). There are a number of scholarships available to support students from all backgrounds to realise their potential. For further information, please visit scholarships.curtin.edu.au



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 17- HEALTHY FOODS-FRESH IS BEST

Parent Wellbeing: Choose a strength you would like to develop in yourself, describe your reason for choosing it and ways to develop it.

Our students' generation is the most bombarded one of all time with questionable advertising about the merits of and social benefits associated with eating processed fast foods. Unfortunately, many adults are also mesmerised by the lure of junk food and seldom do we see an empty carpark at these establishments.

Processed and refined foods are more difficult for our bodies to digest and the nutritional value of them lower than that of fresh whole foods. Add the trans-fats, extra salt and sugar and subtract vitamins, minerals and good fats and you have the precise value of these types of foods. And this is occurring as people are exercising less, becoming more obese and the early onset of diabetes becoming more prevalent.

Our young people are our future and should they continue to devour large quantities of refined foods, as opposed to nutritious fresh whole foods, then the patterns of deteriorating physical health will continue escalate as is occurring with their mental health.

Eating healthy is easy, tasty and very good for us. Our bodies are machines which require quality materials to fuel our efforts; it's little wonder many of our students lack the energy to stay focused in class.

"We are what we eat." Saying

WEEK 18 – ETHICAL LIVING

Parent Wellbeing: Gilbert Chesterton once said, "there are no uninteresting things, only uninterested people." Describe three things you are uninterested in, but really need to be interested in to achieve what you have set out to do.

To quote Howard Gardner from his book Five Minds, "I have nothing against excellence, but at the end of the day, the world doesn't need more of the brightest and the best, but more of those of good character." The five minds he describes are the creative, critical, synthesising, respectful and ethical minds.

For a decade, the relentless pursuit of literacy and numeracy through standardised testing, has seen insufficient time allocated to building students' social-emotional resilience, wellbeing, ethical mindsets and the capacity to nurture respectful relationships. This has seen a huge escalation in adolescent mental health and relationship issues. It's time to put wellbeing ahead of data collection.

Teaching students about what living ethically looks like, sounds like and feels like will sow the seeds to strengthen their characters. These include acting in ways which they know will benefit their and others' wellbeing because they matter and making choices based on what their minds tell them is the right thing to do for them. Also, not doing something for personal, material or prestige gain at the expense of others, being grateful for good things that happen and using their top strengths in their every thought, word and action to do good to feel good.

"Our characters are a result of our conduct." Aristotle

WEEK 17

MIDDLE PLANNER

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SENIOR PLANNER

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EXERCISE AND VITALITY

HEALTHY FOODS

Wellbeing Bank: (to build my Exercise and Vitality through using more than one whole and healthy food)

Many people who are not eating an effort to eat healthy foods think and are eating more and more processed and junk food. The reason is that most of them are suffering from lack of energy, lack of vitamins and minerals, and are becoming obese.

The foods I eat (e.g. fresh fruit, vegetables, whole grains, lean protein, and healthy fats) contain more vitamins, minerals and nutrients for my body than processed foods (e.g. junk food).

Feel good, eat well! Your body needs to be healthy to be happy. Eat well, and you will become a healthy, happy person. There are many ways to eat well. Try to eat the types of food that you love, and eat well.

Some processed foods are good for you, but they are not as healthy as whole foods. Try to eat more whole foods, and you will feel better. Eat well, and you will become a healthy, happy person.

ACTIONS

What are two things I will eat during the week and why? (Write in your notebook.)

MINDFULNESS ACTIVITY

Food Names: Write down as many food names as you can. (Write in your notebook.)

RESILIENCE BUILDER

When you have your character strengths on your wheel, you are in the process of building your character. When you have your character strengths on your wheel, you are in the process of building your character. When you have your character strengths on your wheel, you are in the process of building your character.

WHAT WENT WELL THIS WEEK AND WHY?

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WEEK 20 – MINDFUL COPING STRATEGIES

Parent Wellbeing: When you are not paying attention when listening to others, there can be little wonder and enjoyment in learning new things. Describe what you could do to pay more attention when listening.

There are many stressors which trigger negative emotions in students which cause anxiety in them about their capabilities to cope with peer issues and study demands. Unfortunately, often they only speak up about not coping when they are about to implode and give up. Having a number of positive coping strategies to reduce these anxious feelings is essential for their wellbeing.

Introducing students to new copies pathways provides them with opportunities to adopt growth mindsets to create their own strategies. The TED talk by Rita Pierson, 'Every kid needs a champion,' provides great stimulation to do the above.

Adolescents on the whole are not comfortable in immediately asking for help from adults, therefore, it is important for us to take the initiative and raise the issue, by explaining that positive coping strategies are little positive actions which relieve pressure and they vary from student to student.

- *Exercise – anything that lifts the heart rate*
- *Positive self-talk – personal assertive I can and I will statements, which work for the individual*
- *Personal support – a trusted adult; their champion who will stick with them*
- *Meditation – mindfully focusing on their breathing and their thoughts; see Why Self-Calming Strategies? (see index)*

"Wisdom is not knowing what to do now, but what to do next." Proverb

WEEK 20

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WEEK 24 – ACCEPTING AND LEARNING FROM OTHERS

Parent Wellbeing: Reflect on: Reliability – can people depend on you? Openness – can people expect you to deliver both good and bad news? Competence – can people depend on what you produce? Compassion – do people feel you treat them with consideration and respect?

We live in great country, which has evolved from the input of many rich cultures. Each has brought its own special mix of traditions, rituals, foods, clothing, languages and many other valuable perspectives. Open-mindedness to accept difference as part of life, is a strength which requires courage to use properly.

Community wellbeing and social connectedness relies very much on seeking first to understand different cultures before passing judgement. Students build these understanding through listening, observing and asking questions to learn more. We can learn a lot by watching preschool children from many cultures playing together at day care and at kindergartens. They accept, play with and learn from each other as equals; no judgements being made.

In Australia there are about 90 different cultures and in New Zealand about 75. Both of our nations are in a constant state of cultural change and accepting difference and diversity will see both countries continue to prosper. The essential element for personal growth is for students to look at different cultures through the lenses of their top strengths. This will enable them to look for what is good and right about what they see and experience. Doing this will see their wellbeing thrive and flourish.

"Understanding advances by steps, not by leaps." Lord Macaulay

WEEK 24

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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- BEING ASSERTIVE

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. (Acknowledgement: Adam Fraser)

Risk taking is part of adolescence and students need to learn how to say no if they don't want to participate. Working against them having the strength to say no is their overwhelming need to stay socially connected to their group of peers and friends. Many teenagers often much prefer loyalty to the group over what they know is the safe and right thing to do, meaning they may be timid in standing up to group.

To address this situation, an effective strategy is to teach students how to use their strengths to speak assertively to say what they want to happen in a clear, firm and respectful way so others are in no doubt of what they mean and intend to do.

The following is a guide of how to use assertive language which wins peer attention and respect:

- say what concerns you – *"I think someone could get hurt doing this."*
- say how you feel – *"I feel very unsafe being involved in this."*
- say what you want to happen – *"I am not doing this and don't want any of you to do it either."*

Two types of language which don't work in these situations are aggressive/threatening and submissive/yielding.

"Great minds have purposes, others have wishes." Washington Irving

WEEK 26 – FLOW: IN THE ZONE

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. (Acknowledgement: Rievich and Shatte)

Have you been involved in activities where you become so immersed that you lose track of time and you are totally engaged in the challenge you have? If so, what are you feeling? Is it enjoyable? Are you able to think of anything else when you are in this state? If you haven't had such experiences, google Chris Bliss, to see him in the state described above, which is called flow.

The ever-present nature of electronic communication, means many students have fractured attention; they find it almost impossible to deeply engage themselves because they are always awaiting another message. Teaching them to focus on how to pay attention to what they are meant to pay attention to is skill will enable them to experience flow. The first step is for them to put their mobiles on flight mode for 4 or 5 periods of 15 minutes every day.

Also, providing them with a wide range of learning activities will enable them to focus on using their skills to engage in overcoming challenges. This will develop the resilience skills of regulating their emotions and flexible thinking. The level of the challenge needs to be little beyond their current skills to stretch their brains' abilities.

"Little minds are interested in the extraordinary; great minds in the commonplace." Elbert Hubbard

WEEK 25



MIDDLE PLANNER

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STRENGTHS AND EMOTIONS
FIRM AND ASSERTIVE

Wellbeing Bank: To build my Strengths and Emotions I focus on learning to speak firmly and assertively. Being in a state called flow is when you are totally engaged in the challenge you have. If so, what are you feeling? Is it enjoyable? Are you able to think of anything else when you are in this state? If you haven't had such experiences, google Chris Bliss, to see him in the state described above, which is called flow.

Actions: What are two things I will start doing to practice being firm and assertive for others to hear?

MINDFULNESS ACTIVITY
Gratitude Thoughts: Think of a person who has done something special for you. What would you say to thank them? How would it make them feel and how would you feel?

RESILIENCE BUILDER
 Complete a "Three of them" task. Think of a "What if?" question. Use your left five fingers to make it work. Use an effective strategy and why? Describe how you could do this. (Write in your notebook)

WHAT WENT WELL THIS WEEK AND WHY?

CHARACTER STRENGTH: HONESTY
www.viccharacter.org

STRENGTHS BOOSTER
 SPORTING STRENGTHS (see pages 8 & 9)

STRENGTHS AND EMOTIONS
BEING ASSERTIVE

Wellbeing Bank: To build my Strengths and Emotions I focus on learning to speak firmly and assertively. Being in a state called flow is when you are totally engaged in the challenge you have. If so, what are you feeling? Is it enjoyable? Are you able to think of anything else when you are in this state? If you haven't had such experiences, google Chris Bliss, to see him in the state described above, which is called flow.

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RESILIENCE BUILDER
 Complete a "Three of them" task. Think of a "What if?" question. Use your left five fingers to make it work. Use an effective strategy and why? Describe how you could do this. (Write in your notebook)

WHAT WENT WELL THIS WEEK AND WHY?

CHARACTER STRENGTH: HONESTY
www.viccharacter.org

HOW DID YOU FEEL THIS WEEK?

WEEK 26



MIDDLE PLANNER

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POSITIVE ENGAGEMENT
FLOW: IN THE ZONE

Wellbeing Bank: To build my Positive Engagement I focus on learning to speak firmly and assertively. Being in a state called flow is when you are totally engaged in the challenge you have. If so, what are you feeling? Is it enjoyable? Are you able to think of anything else when you are in this state? If you haven't had such experiences, google Chris Bliss, to see him in the state described above, which is called flow.

Actions: What are two things I will start doing to practice being engaged for others to hear?

MINDFULNESS ACTIVITY
Letter to Me: Write yourself a 100 word letter describing what you are going to become like a person that you would like you to become. (Write in your notebook)

RESILIENCE BUILDER
 Complete a "Three of them" task. Think of a "What if?" question. Use your left five fingers to make it work. Use an effective strategy and why? Describe how you could do this. (Write in your notebook)

WHAT WENT WELL THIS WEEK AND WHY?

CHARACTER STRENGTH: ZEST
www.viccharacter.org

WELLBEING FITNESS CHALLENGE
 5 MINUTE STRETCH (see pages 10 & 11)

POSITIVE ENGAGEMENT
ENGAGEMENT AND FLOW

Wellbeing Bank: To build my Positive Engagement I focus on learning to speak firmly and assertively. Being in a state called flow is when you are totally engaged in the challenge you have. If so, what are you feeling? Is it enjoyable? Are you able to think of anything else when you are in this state? If you haven't had such experiences, google Chris Bliss, to see him in the state described above, which is called flow.

Actions: What are two things I will start doing to practice being engaged for others to hear?

MINDFULNESS ACTIVITY
Letter to Me: Write yourself a 100 word letter describing what you are going to become like a person that you would like you to become. (Write in your notebook)

RESILIENCE BUILDER
 Complete a "Three of them" task. Think of a "What if?" question. Use your left five fingers to make it work. Use an effective strategy and why? Describe how you could do this. (Write in your notebook)

WHAT WENT WELL THIS WEEK AND WHY?

CHARACTER STRENGTH: ZEST
www.viccharacter.org

HOW DID YOU FEEL THIS WEEK?



WEEK 27 – BELONGING AND 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. Having strengths for relationships weeks every term, provides students, parents and teachers with opportunities to share and care with each other. Building wellbeing through frequent little positive actions is the key to the school community 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, using positive self-talk, 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 and strengths boosters.

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 showing it in our every thought word and action.

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

WEEK 28 – T.E.E.L. PARAGRAPH STRUCTURE

Parent Wellbeing: Your self-belief is built upon you mastering things and this relies on you setting goals to achieve, called creating willpower and waypower. Describe how you currently set goals and what you could do to how you do this. (Acknowledgement: Rievich, Shatte and Synder)

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 builds this capability and there is a T.E.E.L. Thinking Tool on the website which will assist in using it.

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 intelligent plan to follow creates new brain pathways which become faster and stronger every time they use it, which enables them to confidently and capably construct paragraphs.

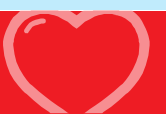
T.E.E.L. stands for:

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

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

WEEK 27



MIDDLE PLANNER

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SENIOR PLANNER

PAGE 78

RELATIONSHIPS AND OPTIMISM

BELONGING AND CONNECTED

Wellbeing Bank: To strengthen my relationships and connectedness, I will... (Write down 3 things you can do to improve your relationships and connectedness.)

ACTIONS

What are two things I will do today to help me feel better about my relationships and connectedness?

MINDFULNESS ACTIVITY

The Good Stuff: Think of a friend or family member who makes you feel good. Write down 3 things you like about them.

RESILIENCE BUILDER

Think of a challenge you are facing. Write down 3 things you can do to overcome it.

WHAT WENT WELL THIS WEEK AND WHY?

STRENGTHS BOOSTER

WELCOMING STRENGTHS (see pages 8-9)

CHARACTER STRENGTHS LOVE

www.viccharacter.org

HOW DID YOU FEEL THIS WEEK?

😊 😊 😊

RELATIONSHIPS AND OPTIMISM

A SENSE OF BELONGING

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WEEK 28



MIDDLE PLANNER

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SENIOR PLANNER

PAGE 80

SKILLS AND ACHIEVEMENT

T.E.E.L. PARAGRAPHS

Wellbeing Bank: To develop my skills and achievement, I will... (Write down 3 things you can do to improve your skills and achievement.)

ACTIONS

What are two things I will do today to help me feel better about my skills and achievement?

MINDFULNESS ACTIVITY

Changing Names: If you were to change your name, what would it be? Write down 3 things you like about your new name.

RESILIENCE BUILDER

Think of a challenge you are facing. Write down 3 things you can do to overcome it.

WHAT WENT WELL THIS WEEK AND WHY?

WELLBEING FITNESS CHALLENGE

HIDDEN PEOPLE (see pages 10-11)

CHARACTER STRENGTHS CREATIVITY

www.viccharacter.org

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SKILLS AND ACHIEVEMENT

T.E.E.L. PARAGRAPH STRUCTURE

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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.

All things Parenting

West Leederville

July 2019

WEST LEEDERVILLE BRANCH

Mums Raising Boys

Mon 1 Jul 6.30-9pm \$30 per person

Mothers, who are usually their son's primary female role model, play a vital part in developing their son's identity, including their ability to be nurturing. This session includes building confidence and competence in sons and setting boundaries.

Fathering after Separation

Tues 2 Jul 6.30-9pm \$30 per person

It's important for fathers to distinguish between their parenting role and their relationship break-up. This Session will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation, and to assist you find helpful ways to stay in contact with your children.

Dads Raising Girls

Wed 3 Jul 6.30-9pm \$30 per person

Find out how to build a rewarding father-daughter relationship. As the primary male role model in a girl's life, Dads play an important role in the development of their self-concept and self-esteem. This can often affect how their daughters relate to others, particularly to boys and men in the future.

Successful Single Parenting

Wed 24 Jul 6.30-9pm \$30 per person

If you are a single parent and are well through that initial relationship break-up stage, this course will provide strategies that will help you develop a close and special relationship with your child. Parenting alone is different in many ways compared to a two-parent household and can have its difficulties and challenges. Whatever the challenges it is important to live your life in ways that show your children you are happy. *(Those still going through a relationship breakdown are advised to attend Parenting after Separation first.)*

Mums Raising Teenage Boys

Mon 29 Jul 6.30-9pm \$30 per person

For teenage boys the relationship they have with their mother has long term implications and this is at the heart of this session. This includes how they relate to others, particularly to girls and women.

Emotion Coaching your Child

Tue 30 July 6.30-9pm \$30 per person

After many decades of research it has been found that one of the most useful skills and awareness a parent can give is 'emotional intelligence'. This means helping their child to recognise what they are feeling and why. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Places are limited – please contact (08) 6164 0239 to register today

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia



COMMUNITY NOTICES

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A Black Swan Collaboration With WA Youth Theatre Company

Medea

by Kate Mulvany and Anne-Louise Sarks
Original concept by Anne-Louise Sarks after Euripides

8 – 25 AUGUST 2019

Studio Underground, State Theatre Centre of WA

Locked in their bedroom, two brothers play games to pass the time, as siblings do. Off-stage, their parents are having a very famous showdown. A radical update on a classic Greek myth that puts one of history's most notorious family breakdowns under the spotlight. Recommended 15+

Contains adult themes.

Bookings at bsstc.com.au

Look forward to seeing you at the theatre.



PLAYERS WANTED

FOR THE UPCOMING BASEBALL SEASON 2019/2020

JOIN THE MOST SUCCESSFUL
BASEBALL CLUB IN WA

PERTH BASEBALL CLUB

POSTAL ADDRESS

44b Harcourt Ave, Landsdale WA 6065

F A C E B O O K

PERTH BASEBALL CLUB

FOR FURTHER INFORMATION PLEASE
CONTACT ROS OLIPHANT 0400 123 220
OR ROSOLIPHANT@BIGPOND.COM

LITTLE LEAGUE: Under 13s

Fees \$250.00
If players are still playing TBall, fees are only \$150
9 to 12 years old inclusive
Born between 1/9/2007 - 31/8/2011

JNR. & INTER. LEAGUE: Under 15s

Fees \$250.00
12 to 14 years old inclusive
Born between 1/9/2005 - 31/8/2007

SENIOR & BIG LEAGUE: Under 19s

Fees \$250.00
15 years to 18 years old inclusive
Born between 1/9/2001 - 31/8/2005

REGISTRATION DAY
2019-2020 SEASON
Moyle Pavilion, Inglewood Oval,
Central Ave, Inglewood
SATURDAY 17TH AUGUST 2019
11am till 3pm

New players to bring a copy of their Birth Certificate. 10% discount applies if more than one family member is registered. Fees can be paid by cash, cheque, credit card and Direct deposit ESB 006000 A/C 223870 (name as ref). All club merchandise will be available to purchase on the day.



Be a part of the ACTION

JULY HOLIDAY PROGRAM

Workshops for 7 days, 9.15am and 1.15pm
(With Movie Making, Makeups, Directors & Screenwriting)

- ★ Screen Acting
- ★ Green Screen VFX
- ★ Audition Skills
- ★ Game Design

- ★ Screen Presenting
- ★ Makeup SFX (Avengers)
- ★ ATAR Monologues (Shakespeare)
- ★ 2D & 3D Animation

Find out more at Filmbites.com.au

