



MOUNT LAWLEY SENIOR HIGH SCHOOL
An Independent Public School
LAWLEY UPDATE 8 Term 4

Principal's Report

The 2019 school year is drawing to a close and we have celebrated the departure of the Year 12 students and marked the end of their formal schooling by hosting several special events. The Year 12 Lunch and Dinner were really positive occasions and I appreciated the level of maturity and sense of fun I saw on display. The Award Night on Thursday 21 November was a wonderful night and our guest speaker broadcaster Nadia Mitsopoulous, a graduate from the class of 1988, gave a moving, heartfelt and motivational speech which was very well received by the almost 1000 people present in the audience. Our Lawley Legend Arthur Leggett, who turned 101 in August, also delivered a wonderful speech when he presented the Ralph Honner Award for Endeavour. The Class of 2020 were an outstanding group and I am sure this cohort will distinguish themselves in many different professions in the years to come.

As a school we hosted the 2020 prefects and their families to a special afternoon tea on Thursday 14 November. As a school we congratulate School Captains Shayera Allen and Grayson Dennis and our prefects Blake Faulkner, Ella Dickie, Nathan Mayhew, Kai Steward Wynne, Sharlene Baloch, Dashiell Green, Tejaswini Arcot Hemanth Kumar, Emily Mazalevskis, Ethan Westera and Leanne Goh. I am sure they, like their predecessors, will do an outstanding job representing the school in the wider community.

Schools are a microcosm of the wider society and so sometimes students are caught engaging in illegal activities. I want parents to know that as a school we follow the Minister's Statement on School Violence and this includes automatic suspension for students who initiate a fight or who film a fight. We have had to impose several lengthy suspensions on some lower school students in recent weeks and I have recently applied to exclude a student from the school. We also encourage parents to report any assault to the police. We have held some year assemblies to reinforce this message with our students. We are also working with officers from our local police station to help our students understand that any act of aggression is not acceptable. As the Minister has stated in her statement "schools alone cannot solve the problem and they need support from families and communities."

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CONGRATULATIONS



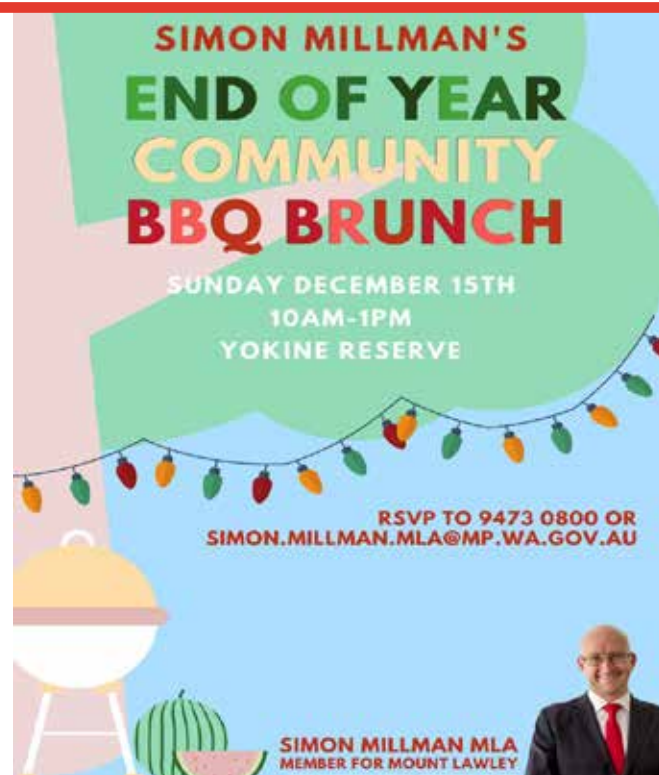
Kamryn 11H2 has been selected to represent Western Australia, in Ladies U16's team at the Indoor Netball Junior National Championships being held in Queensland next month.



Joshua 702 attended the School Sport WA Triathlon held at Champion Lakes, Armadale in November. He represented Mount Lawley SHS in the Junior Category.



Eloise 8M5 was selected as a tennis ballkid for the finals of the Federation Cup held in Perth during November.



INVITATION TO MOUNT LAWLEY SENIOR HIGH SCHOOL VOLUNTEERS AND SUPPORTERS

I am writing to cover an invitation from the Member for Mount Lawley, Mr Simon Millman MLA. This is in regard to his End of Year Community BBQ Brunch on Sunday, 15 December 2019.

Mr Millman would like to take this opportunity to thank volunteers and supporters for their generosity and community mindedness.

Your contribution to Mount Lawley Senior High School is important and I would once again like to thank you for your tremendous assistance. I look forward to seeing you there.

Lesley Street PRINCIPAL



Recently we have had two Year 12 students who have received major awards in outside competitions. Firstly Jasmine Prince won the WA Treasury and Economics Teachers Association Competition and the prize of \$2000. This is the second year a Mount Lawley student has won this competition. Ronan McEwan, our Head Boy won the UWA Classics Essay Competition for Ancient History and this too is the second time a Mount Lawley student has won the award. Well done to these and the many other students who win outside awards. I would invite parents to email me when they have information about any major achievement by their children so I can write to congratulate them. My email is Lesley.Street@education.wa.edu.au

Early Start enables students to have more time in class to cover the course content and is a school initiative to assist teachers cover the curriculum in-depth and have time for a concerted revision program prior to final exams. It also enables students to ensure that they have selected the best course load and one that will enable them to achieve a successful result. All students must aim to achieve the Western Australian Certificate of Education (WACE) in order to achieve secondary graduation.

This week the AEP held their presentation evening at the Mount Lawley Golf Club. It was a fantastic evening and quite inspirational to hear students talk about their research project in front of an audience of VIP's, staff and family members. The students were a credit to the school and their families.

I am looking forward to the Follow The Dream graduation for Year 12 students that will be held next Monday evening at ECU. We are the host school for fifteen other high schools so it is always an exciting night when students from all schools come together to celebrate achievements and farewell the students from the Class of 2019.

As we lead up to the end of the school year it is imperative that parents stress to their children the importance of working hard to the end of the school year to maximise their potential and ensure they are well prepared for the 2020 school year.

I hope that every family enjoys a happy and safe festive season. I look forward to welcoming you back to the 2020 school year.

Lesley Street, Principal



2020 CONTRIBUTIONS & CHARGES INFORMATION PACKAGE YEARS 7 - 12

Please be advised that an information package will be sent home in the next week which includes the following items:

- 2020 Voluntary Contributions & Charges information
- 2020 Additional Charges information
- 2020 Campion Education Personal Items List (Booklist)
- Contributions and Charges 2020 Statement
- Secondary Assistance Scheme Information
- Saver Plus Initiative
- Insurance Information
- Mount Lawley P & C letter
- Mount Lawley P & C Nomination Form
- Mount Lawley SHS Healthy Active Flyer
- Attendance Flyer
- Chaplaincy Flyer
- Cadets WA Flyer
- 2nd Hand Uniform & Books Flyer
- Uniform Purchase Information
- Uniform Concepts Order Form



ADVENTURE WORLD PHYSICS DAY

Thirty-one students studying Year 11 ATAR Physics had the opportunity to visit Adventure World on Thursday the 26th of September. It was one of the best experiences we have had all year, as it allowed us to witness Physics phenomena through a practical approach. We were each given a booklet to work through, detailing the rides and specific Physics concepts involved. We explored forces and motion on the Grand Prix Raceway, Ski Lift, Speed Slide, and the Freefall.

Even the teachers enjoyed the rides with Mr. Sing and Mr. Clarkson competing against each other on the Tidal Wave and the Speed Slide. Mr. Winter championed all the dry rides, riding on the Abyss and the Goliath. It was an absolutely thrilling experience for everyone involved and we even learned a little Physics. We would like to thank Mr. Lazarov for organising the excursion, and Mr. Sing, Mr. Winter and Mr. Clarkson for taking us along.

Josephine, Sia, Nathan





YEAR 9 CAMP

On the 9th to the 13th of September the Year 9 students visited Forest Edge Recreational Camp in Waroona. With the support of a large number of qualified people working at the camp, we challenged ourselves and our peers with many spectacular experiences. These included abseiling, air rifle shooting, rock climbing, flying fox, pamper pole, and a bush hike. Through a 2 night and 3-day stay, we were able to immerse ourselves in the plentiful advantages and lessons that Forest Edge had to offer. Catering was abundant and the exterior of dorms was painted the bright colours of blue and yellow (Eagles) and white and purple (Dockers).

On the first night, we had an engaging and competitive quiz filled with many laughs and victories. On the first morning of camp, we arose to some exciting music and were invited to dance along to the song "5.6.7.8" by Steps. The rehearsed choreography we had to copy was exciting and put us all in a good mood to start the day. All activities were engaging and incorporated morals and life lessons. It was an amazing opportunity to meet new people and step out of our comfort zones. That day we completed the bush walk and mud fight. Many of our peers believed they would not participate and were trying to hide in the corner of the bank. However, by the end, we were all soaked in mud and elated from the amazing experience and the ability to let loose and get a little dirty. On the second night, we had the opportunity to watch 'Ferris Bueller's Day Off' or sit by a toasty bonfire and look at the stars.

The last day of camp was filled with mixed emotions. We couldn't believe how fast the time had gone. We all left with the elated feelings of success and personal achievement. For this experience, we are very thankful to the Forest Edge staff and our own teachers, as none of this would have been possible without them.

Written by Abbey and Renae





ABORIGINAL EXCELLENCE GARDEN PROJECT WITH BINDI BINDI DREAMING

Aboriginal Excellence Program students continued their journey in researching 'Bush Foods' by establishing a 'Native Garden' with the assistance of Marissa Verma from Bindi Bindi Dreaming. The school's gardener, Mr Kreski helped prepare the grounds before Marissa's team joined our students to provide information on a variety of native plants that were primed for planting. Over twenty (20) bush plants were delivered including Lemon Myrtle, Bush Potato, Pigface, Wattleseed and Bush Tomato, which are currently being researched by our AEP students. The background information provided by Marissa was also significant in providing insights into the cultural traditions of the Noongar People as well as giving students the necessary knowledge and skills to grow the foods in order that important cultural traditions be maintained.

Once Marissa provided some basic tips on how to prepare the ground and lay the plants, Mount Lawley's AEP students wasted no time in getting their hands dirty. Some enjoyed the experience but others were less impressed by the dirt embedded in their fingernails (they received lots of sympathy from Dr Phil).

The nutritional value of many of the plants are amazing and have given students much to think about from both the health and cultural perspectives. Furthermore, the AEP students and the Home Economics Department are keen to see the current plants flourish and become an integral component of future programs at Mount Lawley SHS.

Philip PAIOFF AEP Coordinator





SVAPA VISIT AWESOME FESTIVAL

There has never been anything more awesome than the Awesome Festival.

On Wednesday the 16th of October, the Year 7 SVAPA'S travelled near and far to the Awesome Festival at the State Library to experience a once in a lifetime art and puppetry workshops.

We started off the fantastic day by arriving in the library, we were all completely awestruck by what they did to the place, there was a flipbook station that was completely decked out with fantastic art from primary schoolers and when we turned the corner we saw an absolutely beautiful display of all different sorts of children.

Our first workshop was about identifying what superpower we have, we started by looking at photos of inspiring children and, when we were ready, writing down what superpower we had, it could have been kindness or intelligence. Once we had written it down we stuck it up on a wall with hundreds of other superpowers written down by various ages, we then sat down in a circle and discussed our positive qualities.

After a quick break, we hurried to make some quality art... flipbooks. We were asked to make a short flipbook of anything, so naturally I chose a Percy Jackson theme because why not? Since this was my first time creating a flipbook I found it quite hard and I have actually started to admire flipbook artists.

We then descended upstairs to the kids corner, we then went behind the main area and went into a very vintage room with lots of stuff from the old days. In this class we learnt to make puppets, the puppets we made specifically, were in the style of Alvin Sputnik (hint: the show we went to watch), so basically you scrunch up a piece of paper and then you keep wrapping paper around it and keep it in place with rubber bands and then you draw a big black dot in the middle. We then got taught some basics of puppeteering the puppet and got taught that we use our middle and ring as the legs and our thumb and pinky as hands (our index is bent up). I think I learnt the most in this workshop because I didn't know much about the "Alvin Sputnik" puppet before we got there so this taught me about some background of the type of puppet.

After our final break, we advanced to the Blue Room Theatre just across from the library to watch The Adventures of Alvin Sputnik: Deep Sea Explorer. The seas have risen. Scientists have tried everything! A last-ditch effort to save the human race from extinction requires journeying through the mysterious depths of the deep blue sea to find a new place for us all. Alvin Sputnik, who has just lost his wife, accepts the mission so that he follows her soul

down to the underworld to be together once more. It made me cry in the end.

I really recommend going to the Awesome Festival in 2020 because it is an amazing opportunity to look at other artists.

Isabella Year 7 SVAPA





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 41 – OPPORTUNITIES FOR “WHOLIDAYS”

Parent Wellbeing: For 10 deep breaths, stand up and imagine there is an invisible wire holding your head upright, push your shoulders back and tighten your buttocks. Do this several times daily.

Holidays are wonderful times for students to relax and enjoy their families and friends, after all, they are sons, daughters, brothers, sisters, nieces, nephews and grandchildren well before they are students. For all students, holidays are also an excellent opportunity to get active outside, read, exercise more and pursue their hobbies. They are definitely not a time to laze around glued to electronic devices and watching videos all day.

For Senior students, while holidays are time to rest, revive and survive, they are also valuable opportunities to revise the previous Term's learning. The reality is if they don't revise then, it won't happen. As we learnt from Positive Memory Habits Are? and The Changing Brain/Brain Growth Abilities, should students not regularly revisit what they have learned, then it is lost from their memories. Revising turns their brain pathways into fast flowing freeways.

To take responsibility for their education, a proactive action for students is to honestly self-assess on their progress towards their goals and complete:

1. How were Your Efforts Last Term?
2. Learning Goals and Subject Reflections
3. Learning Goals for Next Term.

The holidays are times to reward themselves for good efforts and celebrate their and others' successes.

“Every day is a wonderful opportunity to love, to learn, to laugh, to care and celebrate the joy of life.” Saying

WEEK 42 – GRIT AND LEADERSHIP

Parent Wellbeing: Think of three things which consistently push your emotional buttons. For each, come up with two off ramps to reduce the intensity of your emotions.

Building students' leadership capabilities will assist them to stay focused on the job at hand and ignore distractions. Using the strengths leadership, bravery, self-regulation and perspective will connect them with the moment, enabling them to do the right thing and do the thing right. It's about developing grit = passion + long term persistence + self-regulation.

Teaching students the difference between activity and action will benefit them. Activity is being involved in things with little meaning and purpose. Action is being decisive with things that matter and following through with meaning and purpose. Leaders know that difference and show it in their every thought, word and action.

Key ingredients which make up leadership are believing that other people matter and having a higher purpose in life to make a positive difference. Leaders understand that the right thing to do is nearly always the hard thing to do and then being prepared to do it. They welcome challenges and overcome them by using their strengths and growth mindsets to learn new and try approaches to build their brain's abilities.

Leaders know the way and show the way. Leadership for Relationships Week is a perfect opportunity to practise showing leadership and grit.

“To handle yourself, use your head; to handle others, use your heart.” Eleanor Roosevelt

WEEK 41

MIDDLE PLANNER

PAGE 108

SENIOR PLANNER

PAGE 108

EXERCISE AND VITALITY

HOLIDAYS AND REFLECTION

Wellbeing Bank: to develop my Exercise and Vitality by doing positive and fun things during my holidays.

To enjoy refreshing and fulfilling holidays spend fun times doing leisure activities with family and friends; get out of bed a little later than normal and reward yourself with one big sleep in each week; do an hour of exercise daily.

Describe how you currently use your holidays.

Your holidays are also times to reflect on how you are progressing towards becoming your best possible self. Reflect on whether you showing that other people matter. Are you using your strengths to be in charge of your emotions and is what you are doing going to get you what you want?

To ensure you are growing personally and academically, you also need to spend time doing some difficult things, such as completing:

- ✓ Learning Goals and Subject Reflections
- ✓ Learning Goals for Next Term.

> Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to enjoy refreshing holidays and be ready for next term?

- 1.
- 2.

LEADERSHIP WEEK

This week have fun and make a special difference to other peoples' lives by creating activities to use the strength

LEADERSHIP to grow relationships with your family, friends and school community.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

STRENGTHS' BOOSTER

STRENGTHS STOCKTAKE (see pages 8-9)

CHARACTER STRENGTH
LEADERSHIP
www.viacharacter.org

EXERCISE AND VITALITY

OPPORTUNITIES FOR “WHOLIDAYS”

Wellbeing Bank: to add to my Exercise and Vitality through doing positive things during my holidays to feel good.

As “Wholidays” implies, holidays are opportunities to recharge and refresh your whole self. This includes, topping yourself up with zest and enthusiasm, having fun, enjoying quality exercise activities, reviewing each of your subjects and setting new self-expectations.

Describe how you currently use your holidays.

Without deliberate practice and a sound revision, your brain will forget what you have learned and your good efforts have been wasted. To ensure continued personal and academic growth, self-assess on your progress towards your goals and complete:

1. How were your efforts last term?
2. Learning goals for this term?
3. Learning Goals and Subject Reflections.

To maximise your “Wholidays” consider getting out of bed at your normal school day time and rewarding yourself with one sleep in each week. Enjoy a quality leisure activity daily.

On the first day of the holidays plan a Personal Timetable of your activities.

Aim for one 45 minute session per subject daily and study in the mornings; you are sharper then. Subject seminars are also available.

> Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to make the most of my “Wholidays”?

- 1.
- 2.

LEADERSHIP WEEK

This week have fun and make a special difference to other peoples' lives by creating activities to use the strength

LEADERSHIP to grow relationships with your family, friends and school community.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

HOW DID YOU FEEL THIS WEEK?



WEEK 42

MIDDLE PLANNER

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SENIOR PLANNER

PAGE 110

MEANING AND PURPOSE

GRIT AND LEADERSHIP

Wellbeing Bank: to boost my Meaning and Purpose by using my strengths to lead and showing grit.

Grit is your long-term persistence and self-regulation to achieve something that you are passionate about.

When you combine leadership and grit, you focus on using your strengths in your every thought, word and action and use resilience skills to push through to achieve your goals.

Accept your full range of emotions and do good to feel good. Do the right thing and do the thing right.

Have meaning and purpose for what you do and walk the talk by following through.

Believe and show others matter by your words and actions, value in person quality relationships and enjoy celebrating others' achievements.

Describe how you currently use your strengths to lead and show grit.

Our world needs more people who are of good character and show leadership and grit to improve the state of wellbeing of our communities.

Acknowledgment: Angela Duckworth

> Website: Grit activity sheet, Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to develop grit and my leadership skills?

- 1.
- 2.

MINDFULNESS ACTIVITY

Tongue Hold – close your mouth and for one minute hold your tongue so that it doesn't touch any part of your mouth. Describe the strengths you used and the emotions you experienced.

RESILIENCE BUILDER

Setting goals and short term process targets are great strategies. The goal is to reduce stress but the key is setting little things you will do on a daily basis and resetting them again in two weeks, e.g. I will walk every morning bouncing a ball for 30 minutes. Set five short term targets for yourself.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

WELLBEING FITNESS CHALLENGE

EVEN BETTER (see pages 10-11)

CHARACTER STRENGTH
HUMOUR
www.viacharacter.org

MEANING AND PURPOSE

GRIT

Wellbeing Bank: to strengthen my Meaning and Purpose through developing grit in myself to show leadership.

Leaders possess and show a personal attribute called Grit, which is their long-term persistence and self-regulation to achieve something they are passionate about. Are you passionate about accomplishing the goals, you have for your schooling?

Describe a time you have shown grit.

They also enjoy the self-determination components, competence, autonomy and relatedness. Believe others matter, and understand that relationships underpin anything worth achieving.

Leading with grit enables you to use your strengths to do good to feel good and enjoy seeing others thrive and flourish.

Positive actions mean much more than good intentions and involve following through on what you say you will do.

To show grit in groups you are part of, ask individual members what their strengths are and the best way to think for each of them.

Discuss how you can combine your strengths to achieve what you as a group wish to accomplish and encourage them to look for and celebrate what they are doing well.

Grit is not a sometimes thing, it's an all the time thing.

> Website: Grit activity sheet, Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to use my strengths to develop grit and leadership skills?

- 1.
- 2.

MINDFULNESS ACTIVITY

Tongue Hold – close your mouth and for one minute hold your tongue so that it doesn't touch any part of your mouth. Describe the strengths you used and the emotions you experienced.

RESILIENCE BUILDER

Archie has his exams coming up and is focusing very hard on using positive self-talk and Character Strengths to maintain his emotional energy. Describe three examples of positive self-talk he can use a week before his exams, a day before, and an hour before. Which five Character Strengths do you think will benefit his efforts most?

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

HOW DID YOU FEEL THIS WEEK?





WEEK 43 – POSITIVE SELF-TALK

Parent Wellbeing: To learn about how gritty you are, do Angela Duckworth's free Grit Scale Score at <http://bit.ly/gritscale>. Describe three things you have done where you believed you showed grit. (Acknowledgement: Angela Duckworth)

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

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

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

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

WEEK 44 – AVOIDING PROCRASTINATION

Parent Wellbeing: A skill of social-emotional resilience is being able to think flexibly. Describe a time you have done this and how you could do it more often. (Acknowledgement: Rievich and Shatte)

Most students know when they are procrastinating, but don't have positive coping strategies to overcome it. An effective strategy is Takeoff Five. It works like this. Students make a list of tasks they regularly put off doing, choose one and apply themselves solidly for five minutes with no interruptions. Then repeat the process.

Using positive self-talk, setting self-expectations and the strength bravery will assist their effort to do this. Introducing students to assertive help seeking approaches is another effective strategy.

Procrastination can be caused by many issues including:

- **Perfection** – wanting to produce the "perfect" piece of work; being obsessed with detail
- **Organisation** – wanting to be totally prepared and as a result not getting started or lacking the necessary study and research skills to perform the task
- **Self-Doubts** – lacking the self-confidence to tackle the task at hand
- **Prioritising** – being unable to prioritise their activities to get the things done that they have to do
- **Motivation** – lacking a purpose for being at school; "having to" rather than "wanting to."

Whatever the cause for procrastination may be, recognising and then addressing it immediately is a must. One certain thing is that it will not go away by ignoring it.

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

WEEK 43

MIDDLE PLANNER PAGE 112

STRENGTHS AND EMOTIONS

POSITIVE SELF-TALK

Wellbeing Bank: To build my Positive Engagement by regularly using positive self-talk to motivate myself. Positive self-talk is when you speak firmly and assertively to yourself using I can and I will statements. To lift your efforts to overcome challenges which are preventing you from becoming your best possible self, say them over and over to spur yourself on. They are also great coping strategies.

Describe how you currently use positive self-talk.

Examples of positive self-talk could include I can and I will put more effort into learning new things to overcome this challenge.

Make it more powerful by adding your name, "I Molly can and I Molly will."

Beware of negative self-talk, because it focuses you on what's wrong and what you can't change, e.g. "this is too hard, I'm not smart enough..."

Process self-talk guides you through steps, e.g. "I'll do this, then I'll do that and then..."

See Self-talk on page 147.

> Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to use positive self-talk to build growth mindsets in myself?

- 1.
- 2.

MINDFULNESS ACTIVITY

Character Strengths Charade – Describe or role play two things you could do for each of these character strengths ... hope; forgiveness; creativity.

RESILIENCE BUILDER

There are also negative coping strategies for stress, e.g. working harder and harder, ignoring the issue, going into your shell... With two friends brainstorm ten negative coping strategies and another ten positive ones which overcome the negative ones.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

STRENGTHS' BOOSTER

CLASSROOM STRENGTHS (see pages 8-9)

SENIOR PLANNER PAGE 112

STRENGTHS AND EMOTIONS

SELF-TALK

Wellbeing Bank: To add to my Strengths and Emotions through regularly using positive self-talk. Self-talk is talking to yourself inside your head and it can be positive, negative or about processes to follow. Positive self-talk is an effective pathway to cope and is often called green light thinking, because it encourages you to lift your efforts to believe in the power of yet, which is a true growth orientated mindset.

Describe how you currently use self-talk?

Positive self-talk uses I can and I will statements, e.g. "I can and I will practice difficult things often to grow my abilities."

Make it more powerful by adding your name, e.g. "I Harry can ... and I Harry will ..."

Negative self-talk uses I can't and I won't statements and is often called red light thinking, which focuses you on looking for what's wrong and that there is nothing you can do to change things; e.g. "this is too difficult, I'm not smart enough..."

Always contest it with positive self-talk. Process self-talk guides you through a journey, e.g. "after I do this, I'll do the next step..."

See Positive Self-talk on page 146.

> Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to use positive self-talk to become my best possible self?

- 1.
- 2.

MINDFULNESS ACTIVITY

Character Strengths Charade – describe or role play two things you could do for each of these character strengths ... hope; forgiveness; creativity.

RESILIENCE BUILDER

To build your state of wellbeing by trying having three or four five minute holidays to connect with yourself and the moment. For the next week, choose three Mindfulness Activities you will for each day of the week. Write down how you felt by the end of the week.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

HOW DID YOU FEEL THIS WEEK?

😊 😊 😊

WEEK 44

MIDDLE PLANNER PAGE 114

POSITIVE ENGAGEMENT

OVERCOMING PROCRASTINATION

Wellbeing Bank: To build my Positive Engagement by avoiding and overcoming procrastination. Procrastination is avoiding tasks you need to do, because you:

- have a fixed mindset and don't want to show that you can't do them
- do unimportant tasks
- start things, become distracted, and not finish them
- take drink and toilet breaks often
- bounce from task to task
- wait till you are in the mood to start.

Describe things you currently procrastinate on doing and why.

Overcoming procrastination is one of those most difficult things to master, but when you do using your strengths, you will experience satisfying personal growth. To overcome procrastination:

- write a list of things you regularly put off and read it often to focus yourself
- turn off your phone, social media and TV when studying
- wear headphones to block out noise
- don't move until you complete a task
- work when your energy levels are high.

Try takeoff five – for 5 minutes start a task and don't stop.

Acknowledgement: Ian Ben Shuter

> Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to avoid and overcome procrastination?

- 1.
- 2.

MINDFULNESS ACTIVITY

Top Five Strengths Scenario – describe how you would use your signature strengths if you lost the key to your house and your parents would not be home from work for four hours.

RESILIENCE BUILDER

A great way to start the day after exercising is to send a happy and supporting text to a friend who could do with a boost of care. With two friends brainstorm at least ten texts you could send to do this.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.
- 3.

WELLBEING FITNESS CHALLENGE

FORGIVENESS LETTER (see pages 10-11)

SENIOR PLANNER PAGE 114

POSITIVE ENGAGEMENT

AVOIDING PROCRASTINATION

Wellbeing Bank: To raise my Positive Engagement through learning how to avoid procrastination. Procrastination is the enemy of personal and academic growth and happens when you don't follow through on the first of the 3Fs process to achieve mastery. That is Focus, which is paying attention to what you want to accomplish. When this occurs, you focus on other things including lacking confidence to complete the task; being afraid of unpleasant outcomes; being a perfectionist and obsessed with details and lacking prioritising skills. Describe three things you procrastinate doing.

To avoid procrastination, concentrate on the 3Fs (see page 76) to maintain your Focus, by identifying tasks that you regularly delay doing and putting up a list of them in your study area. Also, a list of expectations you have of yourself and time targets to accomplish each of them will assist.

Over breakfast, create a Things To Do list of your priorities for the day and use the power of positive self-talk to maintain your Focus to complete them. Beware of the bouncing effect of skipping from task to task without completing any of them.

> Website: Wellbeing Builder Reflection.

ACTIONS

What are two things I will start doing to use the 3Fs to avoid procrastination?

- 1.
- 2.

MINDFULNESS ACTIVITY

Top Five Strengths Scenario – describe how you would use your signature strengths if you lost the key to your house and your parents would not be home from work for four hours.

RESILIENCE BUILDER

Too often people of your age wait till they have major problems before they ask for help. With a friend, brainstorm all of the people you can ask for help and the type of problems each of them can help you with.

WHAT WENT WELL THIS WEEK AND WHY?

- 1.
- 2.

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.

Rock and Water

For Parent and Child

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 7 December

Time: 8.30am - 12.30pm
Cost: \$70 per pair/ \$60 per pair concession

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](http://www.relationshipspwa.org.au) or visit www.relationshipspwa.org.au

Relationships Australia

ON CAMPUS

SAFETY AND SUPPORT

Our highly trained teams are available 24/7 to help with any issues relating to safety, security and wellbeing.

COMMUNITY

Make friends from all around the world through weekly activities in our Residential Life Program.

CONVENIENCE

Only a few minutes' walk to the heart of Perth campus, local shopping centre, public transport and the gym.

For more information visit curtin.edu/live-perth



Could \$500 help you with high-school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

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| laptops & tablets | specialist subjects |
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| sports fees & gear | camps & excursions |

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



*many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Contact
your local Saver Plus Coordinator
Phone or SMS
your name and postcode to 1300 610 355
Email
MirabookaSP@thesmithfamily.com.au
Online
saverplus.org.au
Find us on Facebook

saverplus

January School Holidays 2020 Head Start Program

Year 7 - 12

ACADEMIC TASK FORCE
Achieve Success at School

Start the new school year with confidence.
Enrol in our January Head Start Program today

**BUILD CONFIDENCE
IMPROVE STUDY SKILLS
BOOST ACADEMIC PERFORMANCE**

Dates:
January 16th - January 29th 2020

YEAR 11 & 12 ATAR HEAD START PROGRAM
For students going into Years 11 & 12 - ATAR Head Start courses will provide an overview of the syllabus with an ATAR subject specialist. Preview important concepts and get an academic boost for the year ahead.
★ **\$200 per 6 hour course. 3 hours each day over 2 consecutive days.**

YEAR 7-10 HEAD START PROGRAM
For students going into Years 7, 8, 9 & 10 - Head Start courses equip students with the skills needed to develop their confidence, study habits and subject familiarity.
★ **\$150 per 6 hour course. 3 hours each day over 2 consecutive days.**

COURSES AVAILABLE IN
Year 11 & 12 ATAR Subjects; Essay Writing; Study Skills; Year 7-10 Maths and English; NAPLAN Preparation; GATE & Scholarship Exam Preparation.

VENUES ☐ Churchlands SHS ☐ Rossmoyne SHS

Enrol online: www.academicgroup.com.au

1. Go to Our Programs - Year Level 2. Click on Head Start Programs 3. Select the Enrol Today button.

Early Bird Offer: 10% discount
Enrol early to secure a place! Enrol with full payment by Monday December 16, 2019 and you will save 10%

Enrol online: www.academicgroup.com.au **Call:** 9314 9500
learn@academicgroup.com.au



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UNIFORMCONCEPTS

NELL GRAY

SCHOOL UNIFORM SUPER STORE

We would like to welcome you to our
Inglewood Uniform Concepts Super Store
conveniently located at **832 Beaufort St, Inglewood**

We have try-on samples of uniform in all sizes with plenty of fitting rooms to enable students to try on garments.

Online ordering is also available with Layby facilities to assist with spreading the cost of uniform purchases.

During Term 4, why not make an appointment for a fitting and avoid the long queues in January. Appointments can be made by calling the uniform shop on **9270 4658**. Please note that the most popular times for appointments are weekdays after 3pm and Saturday mornings so book early to avoid disappointment.

OPENING TIMES

Mon, Tues, Wed, Fri:	9.00am – 5.00pm
Thursday	9.00am – 6.00pm
Saturday:	9.00am – 1.00pm

Closed on Sundays & Public Holidays

(Closed for the festive season on Thursday 19 Dec 2019, reopening on Thursday 2 Jan 2020)

Tel: 08 9270 4658

Email: inglewood@uc.nellgray.com.au

Website: nellgray.com.au

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High quality sports program for 6 – 16-year olds delivered by expert coaches and guest appearances.

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Turner Cricket Camp!**

Call 1300 914 368 or email
admin@australiansportscamps.com.au
to book or for more information.

SIMON MILLMAN'S END OF YEAR COMMUNITY BBQ BRUNCH

SUNDAY DECEMBER 15TH
10AM-1PM
YOKINE RESERVE

RSVP TO 9473 0800 OR
SIMON.MILLMAN.MLA@MP.WA.GOV.AU

SIMON MILLMAN MLA
MEMBER FOR MOUNT LAWLEY

MASTER MIND AUSTRALIA'S

JANUARY 2020 JUMP-START PROGRAMS

NAPLAN – Study Skills – Essay Writing – Subject Revision & Preparation
For all students entering Year 7 – 12 in 2020

The January Preparation Program aims to prepare students for Term 1 (2020) before the academic year begins. The classes will revise those important components from the 2019 syllabus that are vital for success in the new-year. The program will also preview what students can expect in their courses in 2020.

Courses will be conducted at:

Hale School

Christ Church Grammar School

Thursday 16th to Tuesday 21st January, 2020

Sunday 19th to Friday 24th January, 2020

20% school discount per subject

Dr. Robert Hallam at Master Mind Australia on 9486 1377

www.mastermindaustalia.com.au