



## MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

### LAWLEY UPDATE 1 Term 1 No. 1 2020

65 Woodsome St, Mount Lawley  
Western Australia 6050 ABN 47 842 936 866

MAIN ADMINISTRATION  
PHONE: 08 9471 0300

MIDDLE SCHOOL (YRS 7-8)  
PHONE: 08 9471 0350

SENIOR SCHOOL (YRS 9-12)  
PHONE: 08 9471 0320

[www.lawley.wa.edu.au](http://www.lawley.wa.edu.au)  
[mountlawley.shs.enquiries@education.wa.edu.au](mailto:mountlawley.shs.enquiries@education.wa.edu.au)

#### Principal's Report

I would like to welcome new and returning students and their families to the 2020 school year. It has been a very productive start with many successful events and initiatives already held including the Year 7 welcome BBQ and a number of parent information evenings. Our enrolment of 1914 students is a record for the school and indicates the high esteem the school is held in by the local and wider community.

Our 2019 Year 12 results were very pleasing as we were placed 32 in the Top 50 school table and came in as 7 out of all public schools. Thirty-eight of our ATAR students achieved a ranking of over 90 and 6 achieved a score over 98. In addition to one Certificate of Excellence, we had 10 Certificates of Distinction and 37 Certificates of Merit as well as some outstanding VET and general results. Congratulations to our students and to the families and staff who have supported them through their high school journey.

Sixteen new teachers joined us this year in a range of learning areas including Mathematics, English, HASS, Computing, Physical Education, Home Economics, Science and Psychology. The new staff are mostly experienced, but we have a few new graduates. Due to increased student numbers, we have also employed an additional psychologist for two days a week.

As most of you will be aware, the construction of the new STEM Building is underway, and this has resulted in some congestion due to changed pedestrian access, parking restrictions and the construction work. I would ask that parents be especially careful in the morning and at the end of the school day. Student safety is the highest priority, and I have asked both the City of Stirling Rangers and the traffic police to patrol the area around Woodsome Street.



#### CONGRATULATIONS

**Lochan 1102** was selected to compete in the Oceania Para-Badminton Championships to Ballarat in Victoria mid-February. At the 2020 VICTOR Oceania Para-Badminton Championships Lochan had a very successful tournament going through undefeated. He came home with the WH1 Men's Singles Title as well as the WH1/WH2 Men's Doubles Title with his doubles partner, Grant.



Lochan is now the number 1 Men's WH1 player in Australia and Oceania, and we congratulate him on his great achievement.

#### SCHOOL BOARD ANNUAL GENERAL MEETING & ANNUAL OPEN DAY



The School Board will hold its annual open meeting on Monday, 16 March 2020. The meeting will be held in the Conference Room and commences at 5:30pm.

**Lesley Street, Principal**

#### SCHOOL BOARD PARENT BALLOT REQUIRED



A number of parents have nominated for the one parent representative vacancy on the school board. As there have been several nominations an election will need to be held. Ballot papers will be posted home shortly.

**Lesley Street, Principal**



The P&C has already met, and parents will shortly be receiving, through the mail, information about candidates and a ballot paper to vote for a parent representative for the School Board. I would like to thank the parents who have generously offered themselves for election.

We have already welcomed a number of special visitors to the school including The Hon Mark McGowan, Premier, The Hon Sue Ellery, Minister for Education and Training, The Hon Alanna Clohesy, MLC, Simon Millman, MLA, Member for Mount Lawley and Ms Lisa Rodgers, Director General, Department of Education. Also, present as a special guest was our 101-year-old Lawley Legend Mr Arthur Leggett. They were here to 'turn the sod' for the new STEM building which will be finished in time for the 2021 school year.

On Thursday, 20th February, we hosted a special function to celebrate the teaching of Mandarin at the school for 40 years. Mount Lawley Senior High School was the first public school in WA to offer Mandarin Language as a subject. Our special guests were Madam Dong Zhi Hua, Consul General of the People's Republic of China in Perth, Mr Simon Millman, MLA member for Mount Lawley and Dr Zheng Fu Associate Director of the Confucius Institute, UWA. It was a wonderful afternoon where past student and teachers had the opportunity to meet the current staff. A group of students entertained the guests by singing a song in Chinese.

I look forward to meeting you at our upcoming events during the year.

**Lesley Street, Principal**

## CONGRATULATIONS



**Daniel 10H2** has been selected to represent U17 Western Australia in the Track Cycling National Championships to be held in March at Brisbane.



**Kael 8F1** recently participated in the State Surf Life Saving Club Championships representing the City of Perth Club in the U13 Board and U13 Board and Rescue events.



**Lottie 9M3** is the WA state winner for the National Somerset Novella Writing Competition. She will be off to the Gold Coast for the National Somerset Storyfest Competition supported by Penguin Random House Australia.



**Joshua 8O2** has been selected to represent Western Australia in the 2020 Triathlon Championships to be held in Queensland toward the end of March.



**Ella 12O3** recently participated in the YOTY (Youth of the Year) winning the event for the Kingsley- Woodvale Lions Club. While she was the overall winner, she also came first in the public speaking component. She now proceeds to the regional finals.



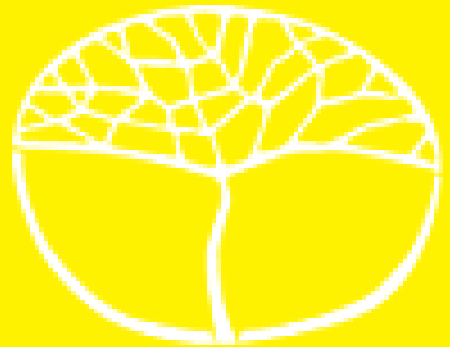
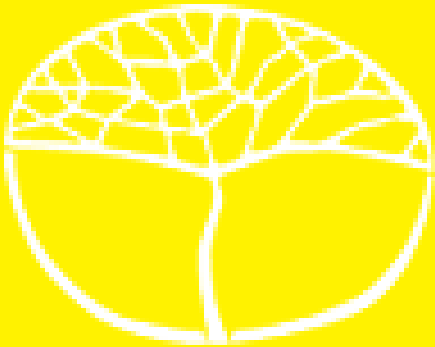
**Judd 9F2** has been selected to represent WA U15 in the Australian Championships Hockey Tournament during April in Bathurst, NSW.

**Sitting L-R:** Aimee Curia (Home Ec), Gwen Breadmore (School Psychologist), Aedan Lennon (Science) Queenie Wan (HASS), Lena Rossides (Maths), Michael Roche (Computing), Tammy Edwards (Home Ec).

**Standing L-R:** Michael Griesser (Science/Psychology), Navine Coates (English/French), Marc Newbound (English), Heath Kutzer (Maths), Olivia George (English Lit), Will Kosovich (English), Amanda Gardiner (Maths), David Turnball (Phys Ed).



## 2019 School Curriculum & Standards Authority SCSA CERTIFICATE WINNERS



**Certificate of Excellence**  
**Subject: Mathematics Methods**  
**Cameron Wagnell**

### Certificate of Distinction



**Grace Barker**



**Teo Karakaya**



**Aaron Lee**



**Jayden  
Randell**



**Charlotte  
Offer**



**Cameron  
Wagnell**



**Kosara  
Yovcheva**



**Michael  
Hatzon**



**Jasmine  
Hensley**



**Hari Prasanna**





# 2019 School Curriculum & Standards Authority SCSA CERTIFICATE WINNERS



## Certificate of Merit



**Zolboo  
Amarbileg**



**Eli Ou Yang**



**Nick Tolhurst**



**Emma  
Bandoski**



**Ethan  
Betts-Ingram**



**Eden  
Gostelow**



**Teneille Jeffree**



**Krissie Taylor**



**Lilly Vervest**



**Sarina Zare**



**Olivia Cockcroft**



**Noah Foster**



**Lucas  
Glendinning**



**Lara Djurdjevic**



**Connor  
Nicolaidis**



**Aimen Imran**



**Danny Do**



**Ciara Fegredo**



**Yuhan Song**



**Zohra Davis**



**Lachlan  
Gordon**



**Zhaoqi Ma**



**Jasmine Prince**



**Alice Sun**



**Cloe Jeanjean**



**Grace Chua**



**Joaquim  
De Sousa**



**William Evans**



**Ben Hornung**



**Isabella  
Prefumo**



**Harriet Flinn**



**Caitlin Stuart**



**Manushi  
Deegala**



**Izzy Kitching**



**Ronan McEwan**



**Vihanga  
Wijerathna**



**Sophia  
Prefumo**

## 90's Club Members 2019



### STAFF CONGRATULATIONS



Congratulations Ms Moya Thomas (SVAPA Coordinator) who has won a WA Fringe Theatre Award for her direction of a 'one woman show'. The show has been invited to be part of the Melbourne Fringe Festival in October.

Congratulations to Ms Diane Calligaro (HASS teachers) as the winner of the inaugural David King Scholarship from the Economics Teacher Association of WA. Her prize includes a trip to Sydney to attend a conference in October.



**Isobel 852** has recently donated her hair to Variety Hair with Heart. Below is a letter which was sent to Isobel.



Hi Isobel

On behalf of everyone at Variety – the Children's Charity, thank you for your incredible contribution to Hair with Heart!

We've received your donation of hair and it will be used to make a wig for someone who has lost their hair due to a medical condition. Your hair will give someone the confidence to simply be themselves - play sport, swim, socialise and do what they love, without being self-conscious or anxious.

The money we receive for your hair goes directly back into Variety's programs, helping Aussie kids who are sick, disadvantaged or have special needs. So more than one person will benefit from your hair donation!





## TERM 1 ASSEMBLY AWARDS & SCHOLARSHIPS





## WORK STARTS ON THE NEW STEM BUILDING

The start of the new 'STEM' building program was officially launched with a 'Sod turning ceremony' by the Premier Hon Mark McGowan MLA and Minister for Education and Training Hon Sue Ellery MLC on Monday 10th February.

Member East Metropolitan Region Hon Alanna Clohesy MLC, Simon Millman MLA Member for Mount Lawley, Director General of the Department of Education Lisa Rogers and 'Lawley Legend' Arthur Leggett OAM also attended the event along with architects and builders of the \$4 million two storey STEM Building with construction to be completed by the end of this year. The building will include a Mechatronics studio with state of the art 3D computer aided design technology.

At the conclusion of the ceremony Mount Lawley SHS School Year 12 Captains, Shayera Allan and Grayson Dennis accompanied our guests to the library for refreshments. Special mention to Kyzer, our school therapy dog who was an excellent host to all of the guests throughout the event.







## 40TH ANNIVERSARY CHINESE LANGUAGE AT MOUNT LAWLEY SENIOR HIGH SCHOOL

中文教学

四十周年纪念

Prior to the formal ceremony, there was a tour to the **'Anita Chong and Geoff Davis' Chinese Classroom** where the visitors were shown the Chinese resources within the classroom. Also in attendance was Anita Chong's husband, James Chong.

The ceremony was opened by MCs School Language Captains Mei Lee & Michael. Mr Michael Camilleri Associate Principal Mount welcomed our important guests, Mr Simon Millman, MLA, Member for Mount Lawley representing the Premier Hon. Mark Gowan MLA, Madam Dong Zhi Hua, Consul General P.R.C. Perth, Dr Zheng Fu Associate Director of the Confucius Institute, UWA and Mr Geoff Davis AM, the School's Foundation Teacher of Chinese.

Madam Dong Zhi Hua presented the Associate Principal Mr Michael Camilleri with a variety of Chinese books for the library.

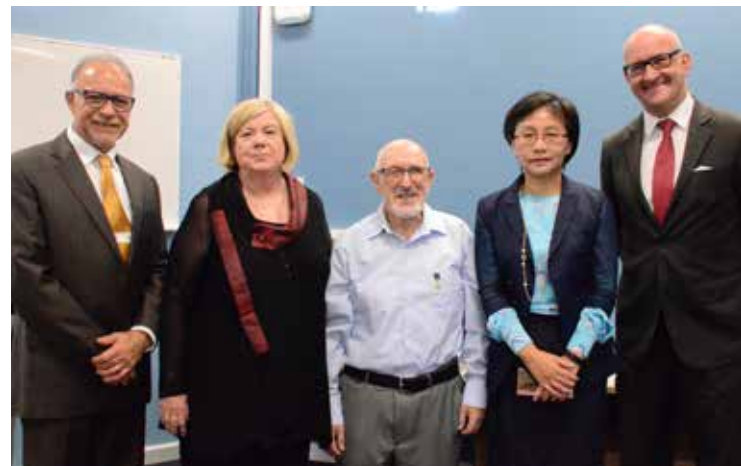
There were many former Chinese Language students and teachers in attendance, including the Inaugural First Chinese Language class with student John Szymakowsk (1984), and other year groups Adrian Smith, Jason Holt (1990), Darcy Rowe (2009) and Finn Becroft (2017).

After the presentation, the Year 8 Gifted & Talented Chinese Language Students sang a song called "Two Tigers" which they adapted to the Chinese New Year, so the words tigers were replaced with the words 'Rats'.

Thank you to the following students: Sophie, Taison, Shola, Jessica, Julian, Eladia, Gabriel, Shirin, Nawaal, Isabelle, Naaman, Hana, Nancy,











## GAME 1 MLSHS V PERTH MODERN | 18TH FEBRUARY, HAMER PARK MT LAWLEY.

The first match of the year started well for Mount Lawley, scoring 150 off our 20 overs with notable contributions from **Hamish** (32), **Alexio** (22) and **Sam** (18) putting pressure on late in the innings.

Perth Modern got off to a fast start and were cruising to victory at 1/68 off 10 overs. The Yiannakis spin twins came on and almost took the game away from Mod who needed 14 runs off the last over to win. Mod managed 13 to tie the game and send it into a super over.

**Charlie** rose to the occasion and bowled an economical over leaving Lawley 6 runs to win off their over. **Alexio** and **Hamish** were given the responsibility steering Lawley home in 3 balls with a cracking cover drive from Hamish.



**Man of the match | Hamish (32) and 4-0-33-1**

**Back Row: L-R** Rory, Spiro, Ned, Aidan, James, Charlie, Sam.

**Front Row: L-R:** Alexio, Smiley, Vassile, Jo, Hamish, Finn.









## STUDENT LEADERSHIP PLANNING SESSION

Last week all student leaders participated in the bi-annual leadership training afternoon. Students were given the opportunity to participate in a multitude of fun and interesting activities in order to familiarise themselves with the fellow leaders of 2020. Included in the afternoon were many games and exercises in order to get to know each other as well as build on our communication and interpersonal skills.

Later on in the session, all Year Groups and House Captains split into their respective Council Group and House in order to work on upcoming activities and events they have planned throughout the year. Overall it was an enjoyable experience and greatly aided in our preparation for the forthcoming school year. It was a lot of fun!

***Shayera and Grayson, School Captains***







## ELEVATE STUDY PROGRAM

For an hour on Wednesday, the 12th of February, the Year 11s participated in the comprehensive Elevate Study Program. This program aims at teaching students all about successful study techniques to maximise their capabilities throughout their school lives. Elevate has taken some of the most successful graduate students from university and compiled the conventional study techniques to present to us. The timing of these seminars, at the beginning of the year, well before exams, is very beneficial as it gives us a lot more time than previously to implement the tips that we found useful. This particular seminar focused on different memorisation techniques.

The seminar presented some new ways of approaching the challenge of memorisation with some unique but helpful tips. For example, when trying to memorise translations of words, you should create a story linking the two words together. It also covered the best ways to be as productive as we can and how to block out distractions. The presenters told us that one of the best ways to stay on track is to turn your phone off and put it in another room, so you're not tempted to check it for 'just five minutes'. The presenters are all very friendly and help make the program engaging. This program, with a few tweaks, could go from good, to great. This program is also been implemented with other year groups over the next few weeks.

**Seb Hensley Year 11 Councillor**







## Year 7 WELCOME BBQ

The Year 7 Parent Barbeque was an outstanding event that gave parents and teachers an opportunity to meet and greet in an informal setting. We were very pleased to see so many parents and teachers in attendance, and lots of people were grateful for the opportunity to 'put a name to a face'.

Parents took a very quick mini-tour of the classroom spaces to familiarise themselves with the learning spaces within the Middle School and to meet the Team Leaders and Community staff. After the tour, all parents, teachers, students and friends moved up to the Cafeteria to enjoy a casual barbeque whilst being entertained by some of our fantastic music students.

**Mr Steven Raphael, Associate Principal Middle School**











### OUTSIDE APPOINTMENTS DURING SCHOOL TIME

If a student has an appointment (e.g. Doctor or Dentist) during the day, the procedure is as follows:

- **BEFORE SCHOOL** the student **MUST** report to Main Office reception with a note/email/phone call from parent/carer.
- The student will be **issued with a green 'Leaving Early' slip** that will allow them to leave the class at the stated time to meet the parent/guardian in Main Admin Office.

*Please be aware it can be difficult to collect students from class when the procedure above is not followed, therefore a delay can be expected.*

**PLEASE NOTE STUDENTS WILL NOT BE ALLOWED TO LEAVE CLASS WITHOUT A GREEN SLIP.**

- Before leaving school the student signs the exit diary at the student attendance desk in the Main Administration Office and returns the green early leaving slip.

An official Leave pass will then be issued to the student for leaving the site.

- If returning the same day the student completes the entry diary at the student attendance desk.

## CHINESE NEW YEAR CELEBRATIONS

Our start to the Chinese New Year Celebrations was with two the Lion Dancers performing at our school assembly. Chinese Language students also celebrated with a traditional dress - ups and their 'Red Envelopes'.







**FREE  
Managing  
Anxiety  
Program by  
YOUTH FOCUS**



**New group program supporting young people with anxiety**

After a successful pilot, we're excited to expand our services to offer a new group program: Managing Anxiety. This free program is designed to support young people who are experiencing anxiety and other co-existing mental health challenges and are feeling stressed, overwhelmed, worried or facing change and uncertainty.

Managing Anxiety aims to help young people aged 12 to 25 understand, challenge and change negative and unhelpful thoughts while building resilience and equipping them with practical skills, strategies and relaxation techniques.

**GROUP ONE**

**Date:** Tuesday 3 March 2020

**Location:** 54 Goodwood Parade, Burswood

**Time:** 5pm – 6:30pm

**Duration:** every Tuesday for 6 weeks

**Referral form below. Referrals can be completed by adults or young people themselves.**

This program may be suitable for young people who are:

*Feeling stressed*

*Facing exams and feeling overwhelmed*

*Diagnosed with an anxiety disorder*

*Struggling with performance anxiety*

*Worrying about lots of different things*

*Facing change and uncertainty*

*Not sleeping due to a troubled and worried mind*

*This service is not suitable for clients who are in crisis or experiencing self-harm and suicidal behaviours.*

If you click on the link below, click on Find out more, you will see at the bottom is a registration form.

<https://youthfocus.com.au/what-we-do/managing-anxiety/>

**FREE  
Positive Parenting  
Program:  
TEEN SEMINAR  
SERIES**



Parents/carers are invited to attend free parenting seminars to learn practical, positive and effective ways to strengthen bonds with their teenagers, encouraging them to develop the skills to become independent and to successfully connect with the wider community.

The seminars are standalone and parents may choose to attend one, two or all three of the seminars. However, it is best to attend all three to get the full benefit of the program. The seminars are a presentation style format rather than fully interactive. However, there is a question and answer opportunity in the last 15 minutes of the seminar.

**Wednesday 4 March Seminar One:  
Raising Responsible Teenagers**

**Wednesday 11 March Seminar Two:  
Raising Competent Teenagers**

**Wednesday 18 March Seminar Three:  
Getting Teenagers connected**

**Time:** 7:00pm – 9:00pm

**Venue:** Mount Lawley Senior High School  
Staff Room Upstairs

**Cost:** Free – however bookings are essential.

<https://www.eventbrite.com.au/e/free-positive-parenting-program-teen-seminar-series-tickets-31740627070>

Parents of children in Years 6, 7, 8 and 9 are welcome to attend. This is an adult only event, so please DO NOT bring your teenager or younger children along.

*NB: These seminars focus on strategies for supporting very low level challenging behaviours that teenagers display. For more in-depth parent support and complex presentations, the Group Teen Triple P would be a suitable option. You can check when and where this program is offered through the Department of Health ([http://healthywa.wa.gov.au/Articles/S\\_T/Triple-P-Positive-Parenting-Program](http://healthywa.wa.gov.au/Articles/S_T/Triple-P-Positive-Parenting-Program))*



## SCHOOL PHOTO DAY IS COMING! Thursday 5th March and Tuesday 10th March.

Our school photo day is coming! Every student should have received a Kapture Photography order envelope to bring home. This envelope has their name and barcode for the photo day and the choices of photographs, an example of the choices are attached. The recommended method of ordering your photos is online through Kapture's website as your payment is secure and can be easily verified at any time. If you pay online, there is no need to return the order envelope to school.

Alternatively you can pay by cash and return the provided envelope to the school on the photography day. Please note the photographers cannot open sealed envelopes and cannot provide change. Late payment envelopes cannot be accepted by the school office or by Kapture. You can place an order online at any time for the remainder of the current school year, however a \$20 fee will apply if you order more than 10 days after photography.

If your child is in a sports or special group photo, you can use the same school code on your order envelope to view and order these photos on Kapture's website, around the time that school photos are ready to be delivered. Please note class group and individual portraits are not available to view online prior to purchase.

Kapture offer a money back guarantee for any parent who is not fully satisfied with their photo package. Should you have any queries before or after photo day, please direct them to the Kapture office on 9240 1714 or email [enquiries@kapture.com.au](mailto:enquiries@kapture.com.au).

All students will be photographed individually on photo day for school administration records AS WELL as included in their class group photo available for purchase to all families.

**Please ensure that all students are in correct uniform on the days, especially black shoes please.**

# Head to kapture.com.au to order now!

MOST POPULAR



FRONT COVER

**MY YEAR PACK** \$48

This package contains the following items presented in a double archival sleeve. All four prints are 12 x 8"

- 12 x 8" Personalised Front Cover as shown above
- Multi-Page Composite of **Whole Year Group**
- Item C: 6 x 4" Combo

**MY FORM\* PACK** \$48

This package contains the following items presented in a double archival sleeve. All four prints are 12 x 8"

- 12 x 8" Personalised Front Cover as shown above
- **Item B: Composite Form\* Group** (All 1000s appear same size)
- **Item C: 6 x 4" Combo**
- **Item D: 12 x 8" Large Portrait**

\* The term **Form Group** may also refer to **Contact Group, House Group** or similar.  
 Backdrop and design themes vary as they are customised to your school.  
 All packages and items are presented in a protective archival sleeve.  
 Please refer to our website to see our full product range, view examples & see discounts!

**INDIVIDUAL ITEMS** \$26 each



**Item B: Composite Form\* Group**  
with your child featured – only when ordered as an individual item (12 x 8")



**Item C: 6 x 4" Combo**  
Three 6 x 4", one 4 x 3" and two keychain size photos



**Item D: Large Portrait**  
One 12 x 8" photo

Check our website FAQ for all your photo day questions!

Mail PO Box 655 Balcatta WA 6914
Phone 08 9240 1714
Email [enquiries@kapture.com.au](mailto:enquiries@kapture.com.au)

We offer a 100% money back guarantee (excludes digital images)







**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 1 – COMMUNICATING WITH OTHERS

**Parent Wellbeing:** Gratitude connects you to things outside of yourself, such as others and nature. Describe times you have used gratitude to connect with things outside of yourself. Acknowledgement: Seligman

The greatest single influence to living a meaningful and fulfilling life is high quality personal relationships. Nearly everything that we will achieve in life will be through people, with people and by people, so we need to develop our students' interpersonal skills to communicate including:

- using and reading positive body language messages
- recognising inference, bias and emphasis in conversations
- developing relationships through face to face conversations
- learning to listen with their eyes, their ears and their hearts
- valuing and considering other peoples' opinions because they matter
- being present and mindful in each and every moment.

Our students are digital natives, who in most situations, prefer communicating with their devices rather than having face to face personal conversations with others. And because of this lack of in person interaction, many students are not learning how to read or send appropriate body language messages. They are also missing out on the magnificent feelings which come from serotonin and oxytocin, the brain chemicals released during in person communication. We all possess mirror neurons, which copy the expressions, moods and feelings of those around us, but not from electronic communication. As such, we need to create opportunities for them to experience the beauty of in person connection. Acknowledgement: Greenfield & Iacoboni

**Wellbeing Measurement Tool:** Students, staff and parents can measure the state of their wellbeing by taking the free PERMAH survey at <https://permahsurvey.com>

Acknowledgement and thanks: Dr Peggy Kern & Michelle McQuaid

*"The greatest motivational act one person can do for another is to listen." Ray Moody*

## WEEK 2 – EVER CHANGING BRAIN

**Parent Wellbeing:** Self Determination Theory (SDT) is made up of three components, competence, autonomy and relatedness, which combine together to determine your level of motivation. Describe what each component could mean for you. Acknowledgement: Ryan & Deci

Most parents and teachers encourage students to practise and apply what they learn in class to other situations after school. Any push back from students is part of adolescence, but if they knew how their brains learn new things to build habits, they might well be more open-minded.

Neuroscience has shown that their (and our) brains rewire themselves when they experience new things; called Neuroplasticity. Their brains create new brain (neural) pathways by joining millions of nerve cells, called neurons, together. The more often they repeat something, the stronger these pathways become and the faster the messages travel down them. Their brains love searching for patterns and deliberately practising creates patterns which in time become their habits.

But on the other hand, when these pathways aren't used, they wither and die. That is why learnt material needs to be revisited for the brain pathways to strengthen. Study and practise develop brain pathways for their memories to remember things. Practising at the same level will improve their reliability, but will not result in personal or academic growth. To achieve this, they need to increase the difficulty of what they practise and the character strength perseverance is an effective one to action to use.

Acknowledgement: Pascual-Leone & Dweck

*"To make headway, improve your head." B.C. Forbes*

## WEEK 1

### MIDDLE PLANNER

PAGE 22

#### POSITIVE EMOTIONS + GRATITUDE



#### COMMUNICATING WITH OTHERS

**Wellbeing Reality:** by making contact, looking for body language messages and being welcoming, you give yourself the best opportunity to make good impressions on others. 90% of communication is done through visual gestures, expressions and posture, while only 10% is through speaking, so look up from your phone to live. Everyone has mirror neurons, which copy the expressions and feelings of others. Use them to share happy and positive emotions with others.



Acknowledgement: Greenfield & Iacoboni

Discuss with a classmate – where are five places you could practise doing this every day?

When are times your mirror neurons have copied others, both good and not so good?

Last Word – you are at your very best when with other people.

#### MINDFULNESS

**FRIENDS' STRENGTHS.** Look at the 24 VIA character strengths and think about the top strengths you would like your friends to have and why. Who are five people you know who could have these strengths? They could be good friends.

#### RESPECTFUL RELATIONSHIPS

With a classmate discuss – what does respectful mean? What are your responsibilities in having respectful relationships? Who are ten people or groups you enjoy respectful relationships with and why?

**CHARACTER STRENGTH:** Use CURIOSITY to do STRENGTHS SPOTTING on page 130.  
[www.viacharacter.org](http://www.viacharacter.org)

### SENIOR PLANNER

PAGE 22

#### POSITIVE EMOTIONS + GRATITUDE



#### MIRROR NEURONS

**Wellbeing Reality:** through learning to work collaboratively with others, reading their body language and valuing them, you will give yourself wonderful opportunities to challenge your best possible self. Humans have an evolutionary need to be in tribes to survive and be happy and we all have mirror neurons, which imitate the expressions, moods and feelings of those around us. How can mirror neurons do their job when so many people have their faces buried in their phones, totally ignoring the beautiful people around them. Value in person over electronic.



Acknowledgement: Lyubomirsky & Iacoboni

Discuss with a classmate – what do you do to consciously notice others' body language and the messages they are sending?

Make a funny handshake greeting with your partner and discuss when are times you can use it.

Last Word – when you see someone not smiling, lend them one of yours.

#### MINDFULNESS

**FRIENDS' STRENGTHS.** Look at the 24 VIA character strengths and think about the top strengths you would like your friends to have and why. Who are five people you know who could have these strengths? They could be good friends.

#### RESPECTFUL RELATIONSHIPS

With a classmate discuss – what things do you need to do to create and maintain respectful and close relationships and what do you expect of others in your relationships?

**CHARACTER STRENGTH:** Use CURIOSITY to do STRENGTHS SPOTTING on page 132.  
[www.viacharacter.org](http://www.viacharacter.org)

## WEEK 2

### MIDDLE PLANNER

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#### ENGAGEMENT + MINDFULNESS



#### NEUROPLASTICITY

**Wellbeing Reality:** by understanding that every experience you have rewires your brain, called neuroplasticity, you will be able to develop your abilities through deliberate practice. In your brain there are millions of nerve cells called neurons, which join to send messages from neuron to neuron. Practising things you want to develop will strengthen the connections between the neurons, making these things much easier to do. Increasing the difficulty of what you practise will stretch your abilities to create new brain pathways and better habits. More of the same practice doesn't grow abilities, only reliability.



Acknowledgement: Pascual-Leone & Dweck

Discuss with a classmate – when are times you have increased the difficulty of what you practise and what happened?

How do top performers in any area practise to develop further?

Last Word – brain growth is a result of stretching yourself.

#### MINDFULNESS

**EFFORT.** Think of a word for each letter of the word EFFORT which would describe what effort is for you.

#### RESPECTFUL RELATIONSHIPS

With a classmate discuss – and brainstorm as many emotions as you can in two minutes. Then check with Feelings and Emotions and choose five positive emotions you enjoy feeling and five negative emotions you dislike feeling. What are five emotions you would feel when building relationships with others and why?

**CHARACTER STRENGTH:** Use SOCIAL-INTELLIGENCE to do THINKING OF OTHERS on page 132.  
[www.viacharacter.org](http://www.viacharacter.org)

### SENIOR PLANNER

PAGE 24

#### ENGAGEMENT + MINDFULNESS



#### EVER CHANGING BRAIN

**Wellbeing Reality:** through understanding that your brain rewires itself after every experience, you will be able to choose more intelligent and difficult activities to grow your brain's abilities. Ask your teachers for higher level activities, such as the thinking tools from the website. Deliberately practising tasks which stretch your thinking, will strengthen existing and create new neural pathways and enable messages to travel faster down them. Personal and academic growth comes from doing, not just knowing and thinking about it. Challenge your best possible self by choosing to learn better approaches.



Acknowledgement: Pascual-Leone & Clifton

Discuss with a classmate – what things do you or should you choose to practise to experience personal and academic growth?

What are five higher order thinking tools from the website which you will choose to use to stretch your thinking?

Last Word – choose to live to grow, not just exist.

#### MINDFULNESS

**EFFORT.** Think of a word for each letter of the word EFFORT which would describe what effort is for you.

#### RESPECTFUL RELATIONSHIPS

With a classmate discuss – what are five possible positive aspects and five possible negative aspects about the senior school years and how can each of them impact on your relationships?

**CHARACTER STRENGTH:** Use SOCIAL-INTELLIGENCE to do THINKING OF OTHERS on page 134.  
[www.viacharacter.org](http://www.viacharacter.org)





### WEEK 3 – BUILDING SOCIAL CONNECTIONS

**Parent Wellbeing:** Social-emotional resilience is made up of optimism and hope for the future, regulating emotions, controlling impulses, thinking flexibly, having empathy, self-belief and building social connectedness. What does each mean to you?

(Acknowledgement: Rievich and Shatte)

When students enjoy honest and caring relationships with their families and friends, they are happy in themselves and able to look for the good things they are doing. This puts them in a position to make the most of teamwork and feel socially connected with a sense of belonging.

Human beings are hard wired to be our best when cooperating with others to achieve things together. When we feel that others think that we matter, a powerful brain chemical, serotonin, is released into our bloodstreams to create feelings of self-worth. When we experience trusting and loving relationships, another brain chemical, oxytocin, is released to make us feel loved and special.

Receiving and accepting developmental, non judgemental feedback from family, friends, coaches and teachers on how they are travelling, enables students to use their strengths to self-assess and then set process self-expectations to live by.

The adolescent brain is a turbulent place, with the good decision making-centre, the pre-frontal cortex, not completely wired up. As such, while they can create emotions just like adults, they don't yet have the capabilities to consistently control them, which often leads to any feedback being seen by students as criticism. Social-intelligence is an effective strength to use here.

Acknowledgement: Diener & Biswas-Diener

*"A loving heart is the truest wisdom." Charles Dickens*

### WEEK 4 – WHY DO YOU GET OUT OF BED?

**Parent Wellbeing:** The shadow side of a strength is when you underuse, misuse or overuse it. For three of your strengths describe a time you used them on the shadow side. (Acknowledgement: Seligman)

The state of adolescent mental health is at an all time low, with one in four young people experiencing significant mental issues. There are many school counsellors and outside agencies providing admirable support for students who are suffering from these emotional issues, but what are we doing to prevent these issues from occurring in the first place?

Recent research has indicated that many young people in this situation lack a sense of purpose in their lives, have only one peer group, don't feel a sense of connectedness to school or home, and feel that they lack autonomy and the competence to achieve what they want to achieve.

Many of our young people lack a reason to get out of bed every morning. There are proactive approaches we can adopt to assist them to find a purpose, including:

- Asking them to write down what they are looking forward to most each day.
- Every night sharing things they were grateful for today.
- Encouraging students to create several peer groups in other areas, such as sport, charity and community groups.
- Providing opportunities to set goals for different areas of their lives.
- Giving of themselves to be kind to others.
- Deliberately practising to develop their capabilities.

Acknowledgement: Frankl, Ryan & Deci

*"Fortune favours the prepared mind." Louis Pasteur*

## WEEK 3

MIDDLE PLANNER

RELATIONSHIPS + EMPATHY

BUILDING SOCIAL CONNECTIONS

**Wellbeing Reality:** by believing and showing that other people matter in face-to-face interactions, you are inviting them to connect with you.

The happiest and healthiest people have strong social connections to family, friends and others. When you feel a sense of belonging and acceptance, feel good brain chemicals, oxytocin and serotonin, are released, filling you with gratitude and kindness. This reduces anxious thoughts, improves your health and boosts your personal and academic growth.

*Acknowledgement: Diener & Biswas-Diener*

Discuss with a classmate – what experiences with family, friends and others, have filled you with gratitude and kindness?

What are three things you could show in your body language to welcome someone into your group?

*Last Word – use the power of serotonin and oxytocin to shine.*

RELATIONSHIPS + EMPATHY

SEROTONIN AND OXYTOCIN

**Wellbeing Reality:** through choosing to have face-to-face interactions with real people in real time, you will build your social connectedness and sense of belonging, to release the powerful brain chemicals serotonin and oxytocin. These provide long term natural highs for you, whereas, the instant gratification of dopamine hits from social media are very short term. Serotonin is your pride and valued chemical which increases when you feel others think you matter. Oxytocin is your love and trust chemical which increases when you feel socially connected to others.

*Acknowledgement: Diener & Biswas-Diener*

Discuss with a classmate – what were your best times with others and what did the natural highs feel like?

Ask friends, what were their weekend highlights and when they run out of words say "tell me more" at least three times.

*Last Word – get rivers of serotonin and oxytocin flowing to challenge your best possible self.*

SENIOR PLANNER

RELATIONSHIPS + EMPATHY

BUILDING SOCIAL CONNECTIONS

**Wellbeing Reality:** by believing and showing that other people matter in face-to-face interactions, you are inviting them to connect with you.

The happiest and healthiest people have strong social connections to family, friends and others. When you feel a sense of belonging and acceptance, feel good brain chemicals, oxytocin and serotonin, are released, filling you with gratitude and kindness. This reduces anxious thoughts, improves your health and boosts your personal and academic growth.

*Acknowledgement: Diener & Biswas-Diener*

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What are three things you could show in your body language to welcome someone into your group?

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RELATIONSHIPS + EMPATHY

SEROTONIN AND OXYTOCIN

**Wellbeing Reality:** through choosing to have face-to-face interactions with real people in real time, you will build your social connectedness and sense of belonging, to release the powerful brain chemicals serotonin and oxytocin. These provide long term natural highs for you, whereas, the instant gratification of dopamine hits from social media are very short term. Serotonin is your pride and valued chemical which increases when you feel others think you matter. Oxytocin is your love and trust chemical which increases when you feel socially connected to others.

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*Last Word – get rivers of serotonin and oxytocin flowing to challenge your best possible self.*

## WEEK 4

MIDDLE PLANNER

MEANING + PURPOSE

MEANINGFUL AND PURPOSEFUL

**Wellbeing Reality:** by discovering a purpose to strive for and something meaningful in what you do, makes life an exciting adventure. Japanese people call their reason for waking up every day, their *ikigai*. Often, a lack of motivation is not having a purpose in your life.

To feel you matter, comes believing that you are capable of accomplishing your goals, being connected to others and having confidence to make choices.

*Acknowledgement: Frankl, Ryan & Deci*

Discuss with a classmate – what is your *ikigai*, your reason for waking up every morning?

Who are people you admire who have a strong sense of purpose?

*Last Word – having a purpose enables you to make a difference to others and yourself.*

GRATITUDE WEEK

This week have fun and make a special difference to other peoples' lives by creating activities to use the strength **GRATITUDE** to grow relationships with your family, friends and school community.

*CHARACTER STRENGTH: Use LOVE OF LEARNING to do TELL ME MORE on page 132.*

SENIOR PLANNER

MEANING + PURPOSE

WHY DO YOU GET OUT OF BED?

**Wellbeing Reality:** through discovering and focusing on a purpose larger than yourself, you will have a reason for getting out of bed and being optimistic and hopeful for the day ahead. Two of the major causes of low moods in young people your age, are lacking a purpose in your lives and expecting instant gratification from everything you do without setting goals and doing the hard things to achieve them. The instant world may be cool on social media, but that's not the way it works in the real world.

*Acknowledgement: Frankl & Nakanishi*

Discuss with a classmate – what are five things larger than yourself which could give you a purpose in life?

What are ten boring things you could do every day very well to delay your need for instant gratification?

*Last Word – only dead fish flow with the stream, find a reason to swim.*

GRATITUDE WEEK

This week have fun and make a special difference to other peoples' lives by creating activities using the strength **GRATITUDE** to grow relationships with your family, friends and school community.

*CHARACTER STRENGTH: Use GRATITUDE to do TELL ME MORE on page 134.*





## WEEK 5 – GOALS &amp; LONG-TERM GRATIFICATION

**Parent Wellbeing:** Plato and Aristotle both believed in the importance of developing three wills: intellectual will – mind, emotional will – spirit, physical will – body. Describe how you could develop each of them further in yourself.

Thinking about what they want to accomplish is not sufficient for them to be motivated enough to pursue them with long-term passion. Research has shown that it is necessary for students to make the choice to write down their goals, obstacles they may confront and strengths and people who can assist them to accomplish them. Avoid shoot for the stars goals, because maintaining their passion and zest is often too difficult.

Setting term goals, and then breaking them down into two week targets to achieve, provides them with regular little wins, which over the term, combine to assist them to move steadily towards their goals. The most effective goals in nurturing personal and academic growth are process goals, where they focus on following a series of steps and receiving regular feedback on their progress.

Unfortunately, our current school system demands performance goals, which only serve to increase pressure on students and their teachers. Encourage students to use the goal setting, goal action plan and goal reflection pages in their journal/planner every term. *Acknowledgement: Sheldon & Adams Miller*

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

Elbert Hubbard

## WEEK 6 – BEATING SOCIAL MEDIA ADDICTION

**Parent Wellbeing:** Buy a diary and every morning before you start the day write down three things you are looking forward to most for the day. Every night, write down three good things which happened that you were grateful for.

How often do you see groups of people with their heads buried in their phones and not engaged in conversation? They are missing out on the wonder and warmth of human interaction. Students in particular, crave social media acceptance from their peers. For example, they thrive or feel down depending on the number of Likes they receive on their posts. This has become an unhealthy emotional obsession for many of them.

Ask them in 50 words to write down the type of person they wish to become. Then, they have to describe what explicit actions and behaviours they would need to show if they were to be that person. Ask, will some of these actions include boring things such as cooking food, cleaning their home, being on time for school, asking for help and so on. Then ask them how social media is going to help them to carry out these actions.

Fear Of Missing Out (FOMO) has become an incredibly powerful magnet for many students on social media. Is it going to help them to become who they want to be? Joy Of Missing Out (JOMO) on social media will benefit them considerably. It's a choice to live or be a techno slave. *Acknowledgement: Greenfield & Hassed*

*"People who gossip to you, gossip about you."* MW

# WEEK 5

**MIDDLE PLANNER** PAGE 30

**ACCOMPLISHMENT + OPTIMISM**

**GOALS AND GROWTH**

**Wellbeing Reality:** by writing down goals about the type of person you want to become and how to overcome possible obstacles, provides you with optimism and hope for the future. Goals focusing on your motivation to grow yourself, will enable you to make good choices to deliberately practice to stretch your previous bests. Break your goals into two week steps to achieve. Avoid dig "shoot for the stars" goals; they don't work.

*Acknowledgement: Sheldon & Adams Miller*

Discuss with a classmate – what type of person do you want to become and how you can?

What are three character strengths you will need to develop to become that person?

Last Word – goals are your anchors when challenges get tough.

**MINDFULNESS**

**HOLIDAY 1.** You are going on a holiday to Hawaii, name ten articles of clothing you would take and what you would need to organise.

**RESPECTFUL RELATIONSHIPS**

With a classmate discuss – draw a tree on your page with a trunk, roots, branches and leaves. What is a problem you have? On the drawing write in what is the issue (trunk), what is the cause (roots), what are possible strategies to solve it (branches) and what are the outcomes (leaves).

**CHARACTER STRENGTH:** Use ZEST to do **ACTIVITY ONE STRENGTHS** on page 130.

www.viacharacter.org

**SENIOR PLANNER** PAGE 30

**ACCOMPLISHMENT + OPTIMISM**

**GOALS AND LONG-TERM GRATIFICATION**

**Wellbeing Reality:** through setting goals and applying yourself to learn new stretch things to accomplish them, you will build your inner motivation to experience personal and academic growth. Every fortnight, setting short targets to achieve, will edge you towards your goals and ensure that you have a reason to do the boring and hard things needed to be a successful student. Long-term gratification is so much more rewarding for your confidence and wellbeing than the instant hits, because you can see and feel first-hand the outcomes of hard work and grit.

*Acknowledgement: Sheldon & Adams Miller*

Discuss with a classmate – when are times you have accomplished longer term goals and how did you feel?

What three short targets could you set for yourself for the next two weeks?

Last Word – goals are your life's anchors in challenging times to maintain optimism and hope for the future.

**MINDFULNESS**

**HOLIDAY 1.** You are going on a holiday to Hawaii, name ten articles of clothing you would take and what you would need to organise.

**RESPECTFUL RELATIONSHIPS**

With a classmate discuss – what stresses some people, may not worry others and their reactions may also be very different. What are three possible stressors as a senior student and how could you or should you react to each of them? How could your responses to them affect your relationships?

**CHARACTER STRENGTH:** Use ZEST to do **ACTIVITY ONE STRENGTHS** on page 132.

www.viacharacter.org

# WEEK 6

**MIDDLE PLANNER** PAGE 32

**HEALTH + STRENGTHS**

**BEATING SOCIAL MEDIA ADDICTION**

**Wellbeing Reality:** by having the courage to turn off your phone for several days, you enable your brain to rewire itself to value real world experiences.

Non-stop moments from social media are addictive and give you dopamine hits, which feel great for a while but quickly go, causing you to lose patience, interest in setting goals and always looking for instant gratification. Start reading, cooking, playing sport, listening to music, or gardening to rejoin the real world.

*Acknowledgement: Greenfield & Hassed*

Discuss with a classmate – what stops you from turning off your devices for several days?

What hard, boring and structured things could you do to build your inner strengths?

Last Word – choose real people over screens to feel human.

**MINDFULNESS**

**LEAVES.** Go outside and pick up as many different types of leaves as you can in five minutes. Go back inside and describe how each of them feels, how many lines they have on them, how they smell and anything else you notice about each one.

**RESPECTFUL RELATIONSHIPS**

With a classmate discuss – what do the terms stress and challenge mean to each of you and how are they different? What are three stressors and what are three challenges that you currently have in your life? What are you doing to cope with each of them and how are they affecting your relationships?

**CHARACTER STRENGTH:** Use KINDNESS to do **OTHERS MATTER** on page 132.

www.viacharacter.org

**SENIOR PLANNER** PAGE 32

**HEALTH + STRENGTHS**

**HEALTHY OR HOPING?**

**Wellbeing Reality:** through accepting that your generation is one of the least healthy ones of all time, you will be open to making some serious health adjustments. The term screenager, which equates to sleep deprivation from excessive social networking, feeling sad because your real life doesn't match your online posts, inadequate exercise and a processed fast food and low nutritional diet, is setting many of you up for serious illness. Don't think "it health won't happen to me", the reality is that it will should you not change things.

*Acknowledgement: Keyes, Novak & Hassed*

Discuss with a classmate – how healthy are your sleep patterns, online networking habits, diet and daily exercise routines?

What could or should be your healthy conditions for sleep, online networking, diet and exercise?

Last Word – There are no shortcuts to your physical, mental, social and emotional health; how are yours?

**MINDFULNESS**

**LEAVES.** Go outside and pick up as many different types of leaves as you can in five minutes. Go back inside and describe how each of them feels, how many lines they have on them, how they smell and anything else you notice about each one.

**RESPECTFUL RELATIONSHIPS**

With a classmate discuss – all addictions can lead to anxious thoughts and low moods. In what ways does your usage of social media and gaming affect your thoughts, moods and in person relationships with other people?

**CHARACTER STRENGTH:** Use KINDNESS to do **OTHERS MATTER** on page 134.

www.viacharacter.org





## 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.

# SECONDARY ASSISTANCE SCHEME

YEARS 7 TO 12  
YOU MAY BE ELIGIBLE FOR UP TO:

## \$350

towards school expenses

DO YOU HOLD A: ● CENTRELINK HEALTH CARE CARD  
(OR) ● CENTRELINK PENSIONER CONCESSION CARD  
(OR) ● VETERANS' AFFAIRS PENSIONER CONCESSION CARD

Applications Close  
**Thursday 9 April 2020**

Ask School Reception for More Information



## 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.

- |                    |                     |
|--------------------|---------------------|
| laptops & tablets  | specialist subjects |
| uniforms & shoes   | books & supplies    |
| sports fees & gear | camps & excursions  |

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



**Contact**  
Meagan Mayhills  
your local Saver Plus  
Coordinator  
**Phone**  
08 9338 4802  
0438 518 603  
**Email**  
meagan.mayhills@  
thesmithfamily.com.au  
**Web**  
www.saverplus.org.au



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](http://www.dss.gov.au) for more information.

## DIANELLA BMX FACILITY Your comments are required!

Since 2009, participation in wheel-based activities such as bike riding, skateboarding and scootering has grown for both girls and boys and boasts high participation rates compared to organised sports such as soccer, football and swimming. Recognising this trend, the City developed the Skate and BMX Facility Strategy (Strategy) to meet the current and future needs of the community. Dianella Regional Open Space was identified for its potential to provide a BMX and cycle track set among the beautiful parkland and established community facilities and the project is now progressing.

In 2018 the City of Stirling engaged the community to determine the preferred options for a new dirt BMX facility and the City is now seeking your comments on the concept design which will be developed in a staged approach. A concept design for the proposed Dianella BMX Facility has been developed and the City is keen to seek your feedback. Stage one will include a pump track, viewing space and associated infrastructure such as shelter, drinking fountains and bike racks. Stage two is proposed to include a jump track and skills track. An online survey has been developed to assist with providing your feedback on the proposal.

**The feedback period closes at 5:00pm on Sunday 8 March 2020.**

The concept designs and further project information can be accessed via the Document Library and FAQ section.

<https://www.stirling.wa.gov.au/your-city/your-say-stirling/current-projects/dianella-bmx-facility>







# PARENTING COURSES

March 2020

West Leederville Branch

## *Dads Raising Boys*

Tue 3 Mar

6.30-9pm

\$30/person

For a boy a close relationship with his father is like gold. A father can be an anchor for a son. A Dad models behaviours that shape who they become as an adult. This workshop for Dads will assist in building their sons' self-esteem, healthy identity and resilience as well as managing challenging behaviours.

## *Parent Teen Connection*

Tue 10 – 31 Mar

6.30-9pm

\$50pp/\$75 pc

Are you going through difficult times with your teenage child? Struggling to understand their moods and behaviour? We know that adolescence can be a time of turmoil and change – for both children and their parents. There are plenty of things you can do to maintain a strong relationship and stay connected with your teen. This course will provide you with a practical 'how-to' guide to help you understand their behaviour and show you some skills to manage their behaviour effectively.

## *Understanding Stepfamily Relationships*

Sat 21 Mar 9.30-4.30

\$30/person

Stepfamilies present a whole array of challenges that are different to those found in a biological family. It is a huge juggling act! This one day workshop is based on research that highlights some of the more helpful ways of forming and living in this new family, be it a stepfamily or a blended family. Learn some useful strategies around how to parent and maintain healthy relationships in this context.

## *How to Develop Qualities in our Children*

Sat 28 Mar

6.30-9pm

\$30pp

All parents and those caring for children would like to see children display such qualities as kindness, truthfulness, fairness and respect. Come to this one-day workshop and learn the strategies you need to develop these qualities in our children. This workshop is based on the Virtues Project.

## *Mums Raising Teen Girls*

Mon 30 Mar

6.30-9pm

\$30/person

As we know, the relationship between a mother and her daughter is very important. This workshop helps mothers to better understand their daughters and the challenges they go through during puberty and helps to better equip their daughters to be happy and strong individuals.

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](http://www.relationshipswa.org.au)

*Relationships Australia*





## 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.

## CURTIN UNI FOOTBALL CLUB

### Juniors - Registration & Pre-Season [Updated]

This post provides important updates about juniors season 2020.

### OPENING ROUND

Juniors round 1 is expected to be

Sunday 5 APR 2020 (tentative)

This date will be confirmed via our app and web as soon as FootballWest publishes the fixtures.

### NEXT STEPS

#### Step 1 – Register online

Make sure you register ASAP, registration is open and to avoid disappointments it is best to register your child before the team selections is finalized.

<https://curtinfootball.teamapp.com/custom/pages/3792>

#### Step 2 – Join us on TeamApp

Make sure you sign up on Team App and you enable notifications as this is our clubs preferred mode of communication with our members and you don't want to miss out on important announcements

<https://curtinfootball.teamapp.com/custom/pages/2742>

#### Step 3 – Start Training

### PRE-SEASON FOR NEW PLAYERS

Pre-season – trials for all junior age groups will be held on

5:30pm-6:30pm TUE, 25 FEB 2020

5:30pm-6:30pm THU, 27 FEB 2020

Come on down and meet the designated coach coordinator for your age group. Training areas for each age group will be designated with signs.

Step 4 – Buy your uniform

For detailed info please visit

<https://curtinfootball.teamapp.com/custom/pages/2021>

### SUMMER SOCIAL FOOTBALL

Our social football program is already underway in the 9-14 and 15-19 age groups.

This program is FREE for all players, even if you have not registered and want to come-and-try.

5:45pm setup for 6:00pm kick-off

Tuesdays and Thursdays

at Raphael Park (9-14)

## Accidental Counsellor

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

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

This one day workshop will:

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

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Thursday 26 March

Time: 9.30am - 4.30pm

Cost: \$220 per person

Bookings are required. Please phone 6164 0200 to enrol.

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

Relationships Australia

## Defusing Angry and Abusive Customers

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

Topics we will cover in this session include:

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

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Thursday 2 April

Time: 9.30am - 1.00pm

Cost: \$110 per person

Bookings are required. Please phone 6164 0200 to enrol

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

Relationships Australia





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## Tuition for Years 7-12

Year 7-10 English, Maths & Science  
Year 11 & 12 ATAR subjects

Tuition provides one-to-one support from qualified teachers to improve school results.

With our premium Tuition you will receive:

- ✓ Personal and affordable access to expert high school teachers.
- ✓ One-to-one attention in a small group (maximum 4 students).
- ✓ Targeted help to ensure you develop your skills each term.
- ✓ Tuition aligned with the WA syllabus to ensure you improve where it counts; at school and in your assessments.
- ✓ Feedback on your child's progress each term.

**Venues:** Churchlands SHS, Rossmoyne SHS and Perth Modern School

## ATAR Master Classes for Years 11 & 12

Master Classes provide teaching by expert teachers who guide you through the W.A. syllabus and extend your knowledge and understanding so that you can maximise your learning and your results.

With our top-quality Master Classes you will receive:

- ✓ Affordable access to W.A.'s top ATAR teachers.
- ✓ In-depth, structured teaching of the W.A. syllabus.
- ✓ Academic extension and coaching.
- ✓ Exam preparation & exam techniques.
- ✓ Interactive classes designed to help you excel.



**Venues:** Academic Group Applecross Office and Perth Modern School

View the timetable and enrol online:

[www.academicgroup.com.au](http://www.academicgroup.com.au)

1. Click on 'Our Programs'
2. Select 'Year Level – Tuition or Master Classes'

Enrol online:

Call: 93149500

[learn@academicgroup.com.au](mailto:learn@academicgroup.com.au)

# LEARN TO PLAY GOLF CROQUET

## 4 WEEK INTRODUCTION COURSE

Wednesdays at 6.30pm

February 19th & 26th  
& March 4th & 11th  
2020

First 2 nights FREE  
\$20 payable on 3<sup>rd</sup> night

Phone: 0402 046 952  
Email: [janinemchardy@yahoo.com.au](mailto:janinemchardy@yahoo.com.au)

FORREST PARK  
CROQUET CLUB  
MT LAWLEY

**66 Harold St, Mt Lawley** (next to Mount Lawley TAFE)

- ✓ All equipment provided
- ✓ Small groups
- ✓ Opportunity to continue play on completion of course

- ✓ Experienced instructors
- ✓ Dress: Flat soled shoes
- ✓ Parking available

## Our presenters

APPLECROSS Presenters

**DR O.T. LEE** (Year 12 Mathematics): Author of maths text books and revision guides which are widely used in WA schools. Dr Lee is an exceptional, insightful teacher with extensive experience as an examination marker. His students consistently achieve outstanding results.

**ROBERT HEPBURN** (Year 11 & 12 Chemistry and Physics): A charismatic teacher whose students achieve excellent results. Mr Hepburn has a combined degree in Quantum Physics and Civil Engineering and has taught Year 11 and 12 Physics and Chemistry for over 15 years.

**DIRK GILDENHUIJS** (Year 11 Mathematics): A passionate and highly experienced teacher and Maths textbook author. Mr Gildenhuys was voted Teacher of the Year by students on more than one occasion. He has been the Head of Mathematics in three schools and has a Masters in Mathematics. His teaching style and engagement with students has proven successful throughout his career as is evident from the excellent results and extremely positive feedback from his students.

**CLARE JOHANSEN** (Year 11 & 12 Human Biology): An inspirational and outstanding teacher with 16 years' experience in teaching Human Biology. Throughout her career, her innovative, fun and engaging teaching style has ensured that students always receive excellent results. Mrs Johansen is an experienced WACE marker and has been a Head of Science in two schools. She is passionate about giving students the skills to tackle all aspects of the Human Biology course, in order to achieve maximum success.

**DR KIRSTEN LAMBERT** (Year 11 & 12 English and Literature): A lively, engaging and exceptional teacher who uses a variety of practical and theoretical approaches to bring texts to life and unpack syllabus and exam-writing for students. As a teacher with over twenty years' experience in a variety of teaching fields, she is also an ATAR course exam writer, marker and book author. She is passionate about giving students the confidence and tools to deconstruct, critique and explore texts.

**MELISSA HASKETT** (Year 12 Psychology): Mel Haskett is an engaging and passionate teacher whose students are consistently in the State's top performers for Psychology. With experience as an ATAR examiner and over 20 years of ATAR marking, she delivers lessons that narrow down the broad concepts of the Psychology course into manageable content, together with study strategies and relevant applications.

PERTH MODERN SCHOOL Presenters

**ANDREW HUBERY** (Year 11 Mathematics): An enthusiastic and highly experienced teacher who is focused on providing the best possible outcomes for year 11 and 12 students. Mr Hubery has more than 30 years' teaching experience, of which more than 20 years have been in a dedicated 'senior Campus' setting. He has participated in writing and marking of WACE Examinations and has taught ATAR revision courses to hundreds of students. He receives excellent feedback from his students many of whom have achieved outstanding results.

**DR O.T. LEE** (Year 12 Mathematics):  
(see Applecross)

**DR KIRSTEN LAMBERT** (Year 11 & 12 English and Literature):  
(see Applecross)

**ROBERT HEPBURN** (Year 11 & 12 Chemistry and Physics):  
(see Applecross)

## Contact us

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Web: [www.academicgroup.com.au](http://www.academicgroup.com.au)

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