



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE Term 2 No. 6 2014

Dear Parents, Caregivers, Students and Staff,

Term 2 has started with a bang and exam time is upon us for our senior school students. Although this can be a trying time for all concerned (especially the families at home), it is well to keep it all in perspective. I always encourage students to think of exams as an opportunity to show case how much they have learnt about their various subjects and to impress their audience. I wish them all well.

Welcome back to Mr Ian Johnston who enjoyed some long service leave in Europe. Such is the nature of schools in general and ours in particular that it has taken us some time to bring him up to speed on what has been happening around the school. You will find evidence of that elsewhere in this newsletter.

Recent Student successes

- Emma Rose who was a recipient of the Curtin Recommendation Award for 2014
- The Mount Lawley RSL service on ANZAC Day attended by Chloe Rollond; Ben Ognenis; Henry Thai, Lily Shilkin, Samantha Bain, Bec Sampson.
- Our Ex-POW service in Kings Park
- A former student, Jayden Cohen, was one of the (apprentice) chefs who prepared dinner for the Duke and Duchess of Cambridge recently.
- Izaak Wesson has been invited to play in the Fair Court Orchestra which is the premier WAAPA orchestra.
- Izzy Sutherland has been selected to be part of the Symphonic Wind Ensemble at WAAPA.
- Tianna Furness has been selected to represent WA in the 2014 state diving team that will compete at the National Schools Championships in Melbourne from 19 July-26 July.
- Our Year 10-12 netball team for the first time in many years has won the divisional competition and now moves into finals with the southern region.

Attendance

My top five tips are:

1. Every day counts.

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CONGRATULATIONS



Emma Rose, Class of 2013

has received the 'Curtin Principal's Recommendation Award' scholarship from Curtin University for 2014. Congratulations, Emma.



Maksim 11F1 won second place overall in the WA selection of the High School Hanyuqiao Chinese Bridge competition. He will compete in the final on 19-20 June in Adelaide to win a place to go to the world competition in China later this year.



William 10O3 came second in the speech section WA selection of the High School Hanyuqiao Chinese Bridge competition.



Paras 11F2 won bronze in 1500m Australian Nationals held in Sydney in his Australian National Age Groups. Congratulations on such a fine achievement.



Matthew 10O2 has been selected for the WA State team for the 2014 Australian Gymnastics Championships in Melbourne.



Erick 9F2 has been selected to represent Western Australia in the National 15s AFL held in Sydney. Well done, Erick!



Alex 10H1 has been selected to represent Western Australia in the National 15s AFL held in Sydney. Well done, Alex!

Please support our Green initiative by reading the rest of this Update online using the school app or at <http://www.lawley.wa.edu.au/view/newsletters/lawley-update> or P & C Website <http://mlshspc.org.au>



2. All students are expected to attend every day unless they are ill, on a school excursion/event or because of extenuating circumstances.

3. Being punctual to school is part of the overall attendance picture.

4. There is a direct correlation between high level of attendance and achievement of success at school-across all of the domains.

5. Nothing takes the place of face-to-face conversations between student and educator- in other words, you have to be at school to gain maximum benefit from being enrolled!

One of the targets in our school business plan is to have attendance at 90% or better for each group. Currently we are just achieving this. That is great news. Let's keep it that way. As of this week the year level with the best attendance is Year 8 with 95%. Bravo Year 8s.

Bell tower

Last term I was provided with advice about the tiles from Sign in 2000 at the Belltower. In essence the tiles have not survived relocation with the redevelopment and construction of Elizabeth Quay as they are brittle. However, schools have received a DVD that contains *"the full photographic archive along with the original copies of the signature"*. Furthermore, *"It is intended that this signature will be interpreted into the public realm at Elizabeth Quay in the form of a new public art piece so they will remain part of the precinct."* When the project is finished it will be great to see the signatures of former students once again.

IPS review

The review is now completed and we have received the draft report. It has been read by the executive team, Dr Jenny Fay, the Board Chair and Milton Butcher, the substantive principal. We have provided feedback and the report will now be finalised. It is expected that the report will be available for publication later in the term.

NAPLAN

Is over and done with for another year. Thank you to all involved, particularly Reid Hamilton who coordinated it all. The attendance rate during NAPLAN was over 99%. This is a terrific result and just shows how much our Year 9s enjoy being at Mount Lawley, even during testing regimes! We hosted some guests from Broome Senior High School for

the first NAPLAN test and Saeed Amin the principal was most appreciative of our collegiality.

Online Literacy and Numeracy Assessment (OLNA)

OLNA results have been made available to schools. The School Curriculum and Standards Authority (SCSA) does not inform parents and families as happens with NAPLAN. We are in the process of preparing letters to be sent home advising families of whether their child met the required standard.

School Board

The Board met recently and was treated to thorough reports from our student representatives, Jadviga Kobryn-Coletti and India Hickey. One of our main foci for the rest of the year will be tracking progress against the targets in the last year of our school business plan.

2015

We continue to make plans for our intake next year. The new building is slightly behind schedule but at this stage it is not expected to have a significant impact on our plans for moving into it. Mount Lawley Primary School is on schedule and staff are expecting to move into the new buildings at the end of this year. This is great news for their school community. I have to say that I will miss the sounds of their assemblies, especially the lovely singing!

The welcoming of Year 8s and Year 7s is not the only new thing that we will be experiencing next year. Many of you would be aware of the significant changes that are rolling out in education in our state. This includes the student centred funding model and all schools having a one line budget. As an Independent Public School we already operate a one line budget so this concept is not new to us. It is expected that there will be further refinements to the system. We await further information.

What has been made clear is that we will need to become even more strategic with the way in which we go about our business. It is fortunate that we are about to formulate a new business plan as this should enable us to factor in changes a little more readily.

2015 will also see the first year of the new Western Australian Certificate of Education (WACE). I attended a parent/caregiver Demystifying WACE session recently run by Mr Andy Outten and Mrs Catherine Smith. This is in preparation of Year 10 students selecting their courses for Year 11. There are some key changes to WACE for next year so I urge all families



to make sure that they get the correct information so that informed decisions can be made. More than ever it will be vital for students to choose the pathway that best suits their aspirations and potential.

Have a lovely fortnight.

Lea Fairfoul-Hutcheon, Principal



On Monday 28 April 2014 the Asthma Foundation WA provided training to the staff of Mount Lawley Senior High School to ensure they are aware of the current management plan in Asthma First Aid and could respond in an event with best practice asthma management.

As a result the school is now registered as an Asthma Friendly School until 2017 and we are committed to following the guidelines set by Asthma Australia which include commitment by staff, students and parents/carers.

The roles and responsibilities as set out by the Asthma Foundation for students and parents/ carers are:

Students:

- Are supported to self manage their asthma in line with their age and stage of development.

Parents/carers:

- Provide an Asthma Care Plan, signed by the treating Doctor
- Provide their child's medication, clearly dated and a spacer
- Alert staff to any changes to their child's asthma management

If your child has asthma, regardless of the level of severity, it is VERY important that you provide the school with an updated action plan signed by your Doctor and provide your child with current medication and a spacer.

For more information please contact Tracey Godfrey, Community Health Nurse, on 9471 0300 or tracey.godfrey@lawley.wa.edu.au or visit www.asthmawa.org.au

MT. LAWLEY SHS MINDFULNESS IN MAY

In this fast paced world of multitasking and hyper-connectivity taking a pause is a radical act. This May I am pausing by taking part in the one month guided mindfulness meditation challenge.

I'd love you to sponsor me as this challenge will raise money to transform the lives of the one in nine people in the developing world who struggle on a daily basis to access clean, safe drinking water.

Support this great cause to raise money to bring clean water to African countries and support Manna Inc who looks after the homeless, by signing up and pledging to do Mindfulness in May! Help yourselves and help others along the way.

While those of us that are participating learn to meditate and be more mindful, our donations and fund-

Parenting over violence





Have you left a past relationship that included abuse and are now concerned about your teenager's behaviour toward you and other family members?

- Does your teenager swear at you?
- Damage your property?
- Steal your money?
- Play mind games – threatening to run away or hurt themselves?

Are you interested in attending an 8-week group for parents to help you change your adolescent's behaviour?

Adolescence is defined as between 10-19 years.

This free group will offer support, information and the opportunity to share with other parents the challenges and options available for you and your adolescent

When: Every Tuesdays, starting 6th May to 24th June 2014,

Time: 10.00 a.m to -12.30 p.m

Where: Centrecare, 12 Brewer Place, Mirrabooka, WA 6061

Call Nicola on 9300 1022 for information and to book a place

A Centrecare and Pat Giles Centre Joint Initiative











raising will ripple across the world, improving the lives of thousands of people affected by the global water crisis.

Join me in making a difference in the world this May. Sponsor my challenge or join my meditation team and take the challenge yourself. Website: <http://www.mycause.com.au/page/mtlawleyshsmindfulness>

The "Courses Guide" for Term 2, 2014 is available on the Department of Local Government and Communities website at Communities.

There are details for over 1,100 support groups, courses and workshops on topics such as parenting, mental health, multicultural women, domestic violence and personal development in the greater Perth metropolitan area, including Mandurah.

You can view, download or print the Courses Guide, or individual topic chapters, at the following address: http://www.communities.wa.gov.au/communities-in-focus/parenting_and_children/parentingwa/Pages/Parenting-WA-Courses-Guide.aspx



Parenting WA

SELF-REGULATION IN CHILDREN AND ADOLESCENTS

In February this year, Dr Stuart Shanker, world renowned child development psychologist and researcher; and educator, Mr Mike McKay, came to Perth to share their knowledge and experience regarding child development and self-regulation in children and adolescents. They presented a workshop entitled 'Children and Self-regulation: Implications for work with families' to 30 professionals from across the WA mental health and social services sector. Self-regulation is a method devised by Dr Shanker to help children deal with stressors which can lead to behavioural issues. He is quick to point out that the idea of self-regulation has nothing to do with self-control.

"People think that, but in fact, self-regulation is about a system deep in the brain that deals with stress and then recovers from that effort", says Shanker. "What we've discovered is that children in Canada and the US have the highest levels of stress that we've ever seen. Stress comes from all kinds of things and as a result of all that stress the recover function wears down and when the recover function wears down you start to get problems in behaviour, mood, learning or focus."

"What we do to enhance this is figure out what is causing the child stress and try to reduce that by teaching them and their parents how to manage that on their own efficiently and effectively".

Dr Shanker and Mr McKay's visit is the first step in implementing the Self-Regulation Framework in schools across Australia. Here in WA, it is hoped that the Framework can be rolled out through the State Government's new Child and Parent Centres, 16 of which are due to be up and running at public primary school sites across the State by the end of 2016, offering child development, health and parent support programs and services.

For more information, you can read Dr Shanker's book *Calm, Alert and Learning: Classroom Strategies for Self-Regulation* and visit the website www.self-regulation.ca

Article segments taken from: *Parkerville Children and Youth Care (Inc) Autumn Newsletter March 2014*

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The new look Lawley Art Auction website is now live! Head over to <http://lawleyevents.com/> and check it out. This is the place for artists to register online, peruse previously exhibited artwork, biography of last year's artists, and images of our catalogues from previous years. Also catch up on our list of sponsors, key dates and contact details

The Lawley Art Auction committee is delighted to have secured another major sponsor, Viva Photography. If you know of any businesses that would like to provide sponsorship, please contact Michele McDonald sponsorship@lawleyevents.com for further details. This all helps to secure our children the best possible music and arts based education.



SECONDARY

Parent Focus Article

MIDDLE – TEACHERS
SENIOR – TEACHERS

The Learning Curve™

**These articles are to be used
with the School Diary which
has been supplied by the
P & C Association**

Learning Intentions/Goals - at the end of this week students should leave with:

- An awareness of their emotional intelligence as to what they need to contribute to building relationships with their teachers and an understanding that they need to develop both independent and interdependent learning habits.
- A willingness to learn collaboratively with their teachers and accept the value of receiving developmental feedback from them to build their living, learning and thinking power for life.
- A proactive attitude to use the weekly *Habits of Mind* and *Thinking Tools* to strive, thrive and flourish in their living, learning and thinking.

Value for Life – Appreciation: Identify three positive behaviours which show *Appreciation* at home, then at school and then in the community.

Wellbeing Focus: As parents and teachers, do we have a united vision of what we want our children and students to act like, look like, sound like, feel like, know and can do because of our parenting influence and teaching? If we say for example that we want them to be respectful, what specific attitudes and behaviours do we want them to exhibit? And even more challenging, how are we going to cultivate these on a moment by moment basis?

This focus is about students and their teachers working collaboratively together to approach everything they do with positive attitudes and mindsets. From this platform students are supported and empowered to be in a cycle of continuous improvement in making their best better and flourishing.

As discussed in the Weekly Focus on March 24, the **Team** approach will produce the very best outcomes for all members of the school community. Teachers are the greatest assets schools have as role models and preparing students for life. There are plenty of inspiring and excellent teachers in our schools.

The old sayings, “we can’t teach them till we reach them”, and “kids don’t care what we know till they know we care”, are just so true. Therefore, it is vital to instil in our children a positive growth attitude that their teachers are there for them, genuinely want to see them develop and have the expertise to bring out the best in them. Empowering our children to make the most of their teachers’ talents and learning together with them is the aim. Adopting an enthusiastic team approach to learning will produce rewarding outcomes for all involved.

One of the most important things for our children to take on board is to accept both their teachers’ and your advice, just as they do with their coaches in other areas of their lives; this is studying smarter. All too often, teenagers see this advice as criticism, don’t act on it and their progress is adversely effected.

Also, it is beneficial for our children to realise that just like themselves, teachers too are all individuals; they organise themselves in a variety of ways. Knowing each of their teacher’s methods will be a huge advantage for students.



Parent Focus Article

WEEK 14

Middle - Learning in Groups Senior –Learning in Groups

The Learning Curve™

These articles are to be used with the School Diary which has been supplied by the P & C Association

Learning Goals - at the end of this week your child should have:

- A valuing of the diversity of input from all members and curiosity to learn in different ways, with different people, in different settings and an understanding of the roles in the group which they are best suited to.
- A willingness to change the way they think when they listen to other opinions and points of view which challenge their ideas.
- A proactive attitude to use the weekly Habits of Mind and Thinking Tools to strive, thrive and flourish in their living, learning and thinking.

Value for Life – Willingness

Identify three positive behaviours which show Willingness at home, then at school and then in the community.

Wellbeing Focus

21st century teenagers crave for peer-esteem and value a sense of acceptance from their peers as the predominant ways in which to build their own self-esteem. Often, they are more comfortable doing what they know is not the best for them in order to fit in with their peer group rather than stand alone and do what they know is right. Their image is all important to them. Unfortunately, this often translates into students being reluctant to leave their comfort zones to explore other ways of looking at things.

To cultivate positive growth mindsets in students, we need to introduce strategies which will instil resilient dispositions and ‘can do’ and ‘want to’ attitudes in them. One such strategy is learning in groups.

Group learning is an effective way to harness and value a wide range of abilities, points of view and attitudes to issues. It also enables input from students who are intrapersonal and may not contribute to whole class activities. It allows students to experience “peer” learning and feel valued for their views and ideas; very powerful. Collaborative and interdependent habits are also cultivated through attentive and empathetic listening with their eyes, their ears and their hearts.

A key to a well functioning group is a valuing and acceptance of individual differences; everyone has something worthwhile to contribute; expect it and respect it. Relationships are the cornerstone of groups, which includes nurturing in students a tolerance, appreciation and respect of others. Also to raise their awareness, the point should be made that they have two ears and one mouth and as such should listen twice as much as they talk.

When a group is assembled it is essential that it contains a diversity of personalities and talents. There is nothing worse than having a group of similar thinking clones. It is important for all members have a clear understanding of the need to value every member’s input, be curious and experimental, yet task orientated.

Effective groups enhance the quality of relationships, investigations and discussions considerably through collaborative “peer learning” and “peer esteem”.

“Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilisation work.”
Vince Lombardi

Parent Focus Article

WEEK 15

Middle – Library Senior – Libraries, Networking and the Net

The Learning Curve™

These articles are to be used with the School Diary which has been supplied by the P & C Association

Learning Goals - at the end of this week your child should have:

- An appreciation of what Teacher Librarians have to offer them in developing resourceful lifelong researching habits and a preparedness to adopt the techniques learnt.
- An acceptance that there are better ways to discover information than just surfing the Internet.
- A proactive attitude to use the weekly Habits of Mind and Thinking Tools to strive, thrive and flourish in their living, learning and thinking.

Value for Life – Cooperation

Identify three positive behaviours which show Cooperation at home, then at school and then in the community.

Wellbeing Focus

As students progress through school they will become increasingly reliant on the school library and Teacher Librarians for guidance on a variety of researching needs. Their positive growth mindsets will build considerably when they acquire resourceful habits; knowing what to do when they don’t know what to do.

When many parents and teachers attended school resources were limited to mainly books. Today there are a myriad of accessible resources on offer for students and ourselves; it is proactive to make the most of them.

All too often when looking for resources students just Google the topic and accept the presented information as fact; at times it is not.

The internet is a resource that has the capacity to provide a rich source of information for both our students and ourselves. It also has the capacity to provide inaccurate information and be a major time waster when used in an undiscerning manner. We all need to learn effective techniques to build both our capabilities and those of our children and students.

Librarians are highly trained teachers who are skilled in collecting, resourcing and providing accurate and meaningful information. In the world today, it is suggested that the volume of information is doubling every 4 to 5 years. Therefore, it is vital for students who are preparing for a lifetime of change to learn how to learn effectively by getting to know their librarians well.

Gone are the days when libraries were thought of as a collection of dusty old books. Today they are lively and vibrant places with a variety of effective and efficient methods of data collection, with the world at students’ fingertips. The key is to cultivate in our children lifelong habits of intuitive inquiry and critical logic and analysis.

“I’ve never made a mistake, I’ve only learned from experience.” Thomas Edison





COMMUNITY NOTICES

The following information is presented as a service to parents, however, Mount Lawley SHS does not recommend, endorse or promote these providers



Looking to make a difference?
So are we.

Course Information Evening

Wednesday 4 June

5.30pm Expo / 6.00pm Presentation

Find out about courses, how to apply and alternative entry pathways at Notre Dame.

Venue: The University of Notre Dame Australia, Drill Hall (ND25), Mouat St, Fremantle

For further information 08 9433 0533 | future@nd.edu.au

RSVP: nd.edu.au/junecie



Fremantle Broome Sydney nd.edu.au



All the artwork is in and the art auction committee are busily working together to make this a truly outstanding fundraising event.

What's happening on the night: the English Department will be transformed into an artist's studio, music students will be performing, the most amazing catering, beer and wine will be available to purchase, bonanza raffles have been organised, silent auction items ... And of course, an amazing selection of over 90 pieces of artwork from emerging and established artists from the arts community. Look at the Art Auction's website for further details and to view the artwork for auction. <http://lawleyevents.com/>

Invite your family, friends, neighbours so that they too have a chance to enjoy this premier community event.



A Day in the Life of a Uni Student

Experience a day in the life of a Notre Dame student

Friday 18 July 10am-3pm



For all Year 10, 11 and 12 students

Registrations, tours and refreshments from 9.30am

Venue: The University of Notre Dame Australia Prindiville Hall (ND3), Mouat St, Fremantle – follow the signs

RSVP: 08 9433 0533 | future@nd.edu.au | nd.edu.au/aditl



Looking to make a difference? So are we.

Fremantle Broome Sydney nd.edu.au

FRAMES

BY LOUISE HELFGOTT

AN IMPORTANT NEW PLAY ABOUT BODY IMAGE



When Elizabeth Fane looks in the mirror, she sees someone who is fat and ugly, even though her boyfriend, Ben, consistently tells her how "hot" she looks. Elizabeth begins to diet but with mounting pressures from within her family and conflict with her peers, this soon spirals into an out-of-control journey into anorexia. She no longer knows who she is anymore: Lizzie as her family call her, Beth as she calls herself when she is admitted to hospital, or Elisabetta, her medieval persona, that she creates for her school oracy project. Elisabetta is inspired by St Catherine of Siena who fasted for religious and ascetic reasons and who Elizabeth greatly admires. The turning point comes when the Fane family sign up for therapy and secrets that Elizabeth has held close to her heart for many years are finally revealed, leading to dramatic consequences.

Ben's journey into self-harm parallels Elizabeth's story as their families mesh in surprising and unexpected ways.

Mission Australia found after surveying 50,000 young people that body image and the quest for the "perfect body" was the number one concern of Australian youth (Rickard, 2010). "Frames" is a new Australian work that deals with the following issues:

- Body image
- Self-esteem
- Identity issues
- Self-harm in youth
- Substance abuse
- Family and peer relationships
- Family break-ups

This full-length production will be presented at the Subiaco Arts Centre:

May 20 to 31, 2014 (Tue-Sat, 7.30pm) Matinees: Sat 24 and Sat 31 May, 2pm.
Adults - \$35 Students (10 - 17 yrs) - \$25 Concession (need ID) - \$29

EXPRESSIONS OF INTEREST FOR THIS SEASON ARE NOW OPEN.

This will be followed up by a season at the Mandurah Performing Arts Centre:

June 4 to June 7 (Wed-Sat, 7.30pm)