



MOUNT LAWLEY SENIOR HIGH SCHOOL

An Independent Public School

LAWLEY UPDATE 2 Term 1 No.2 2016

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Three significant events were conducted over the last week. The first was the 90s Club and awarding of scholarships assembly and the other two, naming of classrooms within the school.

Students achieving an ATAR of 90 or more are invited back to the school for the first assembly of the new year and inducted into the 90s Club. In 2015, 54 students gained this accolade. This is the highest number of inductees since the 90s Club was introduced. Most of them attended to be honoured. Kes Hunter, who gained the highest ATAR of the group, spoke for them in the response to the induction. Kes provided some valuable tips to the school's current student cohort. To the senior students she stressed maintaining a balance and having an organised pattern of study. Congratulations are extended to all members of the 2015 90s Club.

Apart from a number of scholarship winners listed, 2015 graduate, Jaymee Uren, was awarded the Tammy Solonec Prize for excellence over the last five years in the Aboriginal Excellence Program (AEP). The award considers a student's attendance, academic results and general contribution to the school and community whilst a member of the AEP. With 2015 representing the graduation of the first intake, Jaymee is the inaugural awardee.

The prize acknowledges Ms Solonec, an Indigenous graduate of the school from 1993. Following school, she completed a law degree and works within the field of Indigenous advocacy and representation. She is a role model for the AEP students and illustrates the importance of perseverance and working hard to achieve a dream. The award is on-going whilst the AEP is conducted. Ms Solonec is thanked for agreeing to an association with the award.

The scholarship winners were:

Booklist Scholarship: Bastian Tovey, Jana Cheaib, Sarah Brook, Aleena Saji, Kosara Yovcheva, William Baitup, Donia Lal, Storm Wilson, Madison Birch, Annalise Kop, Telea Hotker, Kim Nguyen.

Michael Sutherland, MLA Scholarship for Humanities:

Michael Ko, Amara Evans.

Science Scholarship: Samuel Welker, Bojana Vlastic.

Peter Sparbier Perpetual Mathematics Scholarship:

Rachael Tipping.

Anne Griffiths Scholarship for Vocational Education & Training:

Ambika Aghi.

Music Scholarship: Clancy Davidson

Japanese Scholarship: Mary Lam, Julia Nguyen.

Congratulations are extended to all.

On Monday, Her Excellency The Honourable Kerry Sanderson, AO Governor of Western Australia attended the school and opened the Geoff Davis, AM and Anita Chong, OAM Classroom for Mandarin. Mr Davis and Mrs Chong, who passed away last month

CONGRATULATIONS



Lou-Ellen 9H5 has been selected to represent the state in U15 Western Australian Hockey team in the National competition to be held in Sydney in April. An outstanding contribution by Lou-Ellen who is only 13 years old.



Aaron 9H6 has been selected to represent Western Australia in the Ice Dragons International Ice Hockey classic to be held in Singapore during March.



SCHOOL BOARD ANNUAL GENERAL MEETING & ANNUAL OPEN DAY

The School Board will hold its annual
open meeting

on Monday, 21 March 2016.

The meeting will be held in the Conference Room
and commences at 5:30pm.



L-R: Mr Geoff Davis, AM and Mr James Chong, with Her Excellency The Honourable Kerry Sanderson, AO Governor of Western Australia at the launch of the Geoff Davis, AM and Anita Chong, OAM Classroom for Mandarin.

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



after a courageous struggle, gave some 60 years of service to this school in the teaching of Mandarin. Their contribution in forming both the Western Australian and Australian Teachers of Chinese associations was also profound as was their work in curriculum development and systemic assessment.

Former student, Trevor Jenkins, of ABC news fame was a masterful MC and he ensured the ceremony proceeded smoothly. Her Excellency acknowledged the work of Mr Davis and Mrs Chong as she unveiled the plaque for the classroom - what students know as Room 10.5. 2016 Head Boy, William Tucker and Head Girl, Mikayla Barty, assisted in hosting Her Excellency and demonstrated the finest qualities of young people.

Former Director of the Confucius Institute, Professor David Ambrose and 2015 graduate, James De Lore, gave personal tributes of working with Mrs Chong and Mr Chong, on behalf of his family, responded. Mr Davis continues his engagement with the school as he volunteers with the Mandarin program. The room honours the two people who did much to establish this school in conducting the premier Mandarin program in the state.

On Wednesday, before a whole school assembly, the music classroom in the Year 9 building was dedicated to the Steele family. Blues musician, Rick Steele, is an icon of the Western Australian contemporary music scene and he worked with students in the school's music program. He was also a referee for the application by the 2011 Music Parent Support Group to enhance the school's facilities that led to the rooms in the Year 9 building. The \$2million project was supported by local member, the Hon. Michael Sutherland, MLA, who due to parliamentary duties, was an apology for the ceremony.

Mr Steele and his wife Liz sent four children to the school and all have gone onto careers within the music and the arts - performance, management and production. The two youngest Steele children, Katy and Jake, both 2000 graduates performed at the ceremony as did Mr Steele. A school rock band and the 2015 folk trio also performed. Luke, of Empire of the Sun fame, sent a video message where he encouraged the school's students to develop a dream and work hard to achieve. His elder brother Jesse, a graduate of 1995, also in America, was an apology.



Mr Simon Collins, music editor of The West Australian, and former ABC presenter, Mr Ted Bull, spoke about the family and their contribution to the music industry prior to Mr Bull unveiling the plaque.

The Year 9 music facilities now honour former students David Helfgott and the Steeles. Across the musical genres, the school's music students can draw inspiration from those who have preceded them as students of the school and succeeded in a fickle industry.

For the 90s Club and Steele Classroom assemblies, the conduct of the student cohort was first class. Given the weather conditions, it was a difficult environment, however, they paid attention to the agenda and demonstrated respect to all. They are commended for their good behaviour.

Between the two naming events the school hosted the Wen Quin Arts Troupe from Zhejiang University who performed before an audience of Chinese language students. It was an enjoyable concert. The group comprises university students with an interest in the arts. They performed a number of concerts in Perth and in several regional centres.

The first concert in WA they performed was last week. It was hosted by the Confucius Institute and held at the University of Western Australia. The Institute invited the school to have a group perform at the concert and the senior String Quartet played. They were outstanding and the audience welcomed their performance. Congratulations to Lorraine Rosson, Analise and Stephanie Kop and cellist, Eric Jong.

The Year 7 welcome to parents BBQ was held on Thursday. Many of the students' parents attended and listened to presentations by Ms Sciberras and Mr Tsingoida, the two Community leaders, on how the communities operated. Teachers were also present and parents were able to discuss matters with them. All enjoyed a sausage sizzle. Thanks to the staff for presenting the event and for the parents attending the participating in conversations.



On Wednesday, 16 March 2016 the school will conduct the interim reporting parent/teacher interviews. Detailed information will be provided shortly, however, the school's timetable will be suspended for the afternoon and interview will be scheduled during the afternoon and evening. This is a change to the process from the last few years and is to enable teachers to see more parents. A similar arrangement is planned for the end of Term 2 to discuss Semester 1 reports.

The P&C AGM is scheduled for Monday, 22 February 2016. The meeting commences at 7:00pm. The P&C is a dedicated organisation working to improve amenities for students. The new shade facility and table and chairs in the yard were funded by the P&C. The President, Ms Jo Furness would be delighted to welcome parents to the P&C. Please consider supporting this vibrant group.

The School Board is required to conduct an open meeting annually. This will be conducted on Monday, 21 March 2016. This is also the AGM.

Milton Butcher, Principal



SCHOOL PSYCH CORNER
IVA FILIPOVSKA, SENIOR SCHOOL
PSYCHOLOGIST



Do you know there is a great link on our school website, School Psychologist's Corner. This is a wiki created that has a lot of information about where and how to seek support when students are struggling, as well as a whole heap of other information about study skills, relationships, cybersafety, mindfulness etc.

The wiki can be found on the school's website - on the right hand side menu, under Community - as well as on the Student Services section of the lawley website.

The link is here - ifilipovska.wix.com/schoolpsychcorner



Government of Western Australia
Public Transport Authority



What to do if you ever feel threatened or unsafe on public transport:

- If available ask a Transit Officer or Transperth staff member for help or just stand near them for safety.
- Call **9220 9999** – save this number in your mobile.
- On a bus, speak to the bus driver.
- On a train, push the emergency button to speak to the driver.
- On a train station, push the emergency button on an information kiosk to speak to our Central Monitoring Room.
- On train stations, stay in well-lit areas in view of security cameras.

Other safety tips:

- If possible, have someone come to meet you, or tell friends or family when you expect to be home.
- On train stations, stand back from the yellow line on the edge of the platform. When trains go past they create a powerful draft that can unbalance you.
- Use only the proper access routes when you enter or exit train stations.
- Always stay off train tracks. Walking across them is dangerous and illegal.

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.

ECU RANGERS
ECU Rangers Hockey Club Inc.
 Looking to play fun Hockey?
ECU Rangers are looking for players for all ages and ranks.

Register for 2016 Winter Season NOW!
 Or in Person @ Yokine Clubrooms
 Saturday 13th Feb. 10am - 1pm

Located at Yokine Reserve, Wordsworth Ave.
 Yokine. (Opp. Terry Tyack Aquatic Centre)
 Email: info@rangershockey.org.au

President Amanda King
 MB: 0416 016 437

HOCKEY HOCKEY



MOUNT LAWLEY SENIOR HIGH SCHOOL

CAREERS EXPO

Wednesday, 16 March 2016
 (Coincides with the Interim Report Day)

Time: 2:00pm-6:00pm
Location: Undercover Area
 (Outside Senior School Building)

- **W.A. Universities**
- **State Training Providers**
 (formerly known as TAFE colleges)
- **Industry Groups**
- **Apprenticeship & Traineeship Organisations**
- **Employers**

VISIT THE LANGUAGE SUPPORT COMMITTEE
"MULTI-CULTURAL" CAKE STALL
 For further information please contact:
 Catherine Smith on 9471 0312

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**Parent Newsletter Article SUPPORTING SCHOOL DIARY,
With the DIARY EXTRACT FOR THAT WEEK
Funded by School P & C . Source : The Learning Curve**

WEEK 3 – MASTERING/ORGANISING TIME
Wellbeing Element: **Skills & Achievement**
Character Strength: **Judgement**
Wellbeing Fitness Challenges: **Years 7-9 – Adventure Eat, Years 10-12 – Discovery Learning**

Time is the one thing that we all have the same amount of, but it's amazing how often we run out of it and are **Time poor**.

- it is avoidable, but requires self-regulation to ignore distractions, prioritising and a purpose to achieve.
- as Zig Ziglar points out, "Lack of direction, not lack of time, is the problem. We all have twenty-four hour days."
- before students are able to be in charge of their time usage, they need to be taught time management techniques.

Using the *Time Understandings* Thinking Tool, logging their time usage over three school days under the headings is enlightening for them:

- sleeping, eating, showering, grooming and dressing
 - travelling to and from school, school, hanging out with friends
 - Part-time jobs, jobs at home, looking after brothers and sisters
 - Exercising, training for and playing sport, leisure activities, TV, games and social networking.
 - Visiting relatives, study and home learning, church, other things
- This provides them with an overview of how they spend their time.
- time wasters become much more obvious to them
 - often the largest timewaster is just wandering around between activities; basically doing nothing, nothing time.
 - being mindful enables students convert it to something time; achieving something meaningful.

"To master your time is to master your life." Alan Lakein

SCHOOL DIARY EXTRACT

WEEK 3 ORGANISING TIME / MASTERING TIME

MIDDLE STUDENT PLANNER PAGE 28	SENIOR STUDENT PLANNER PAGE 28
<p>ORGANISING TIME My Wellbeing Bank: Develop Skills and Achievement by sensibly organising my time. Organising your time is planning how you will use the 168 hours you are given each week. How often do you run out of time? To avoid being "time poor" you have to understand where your time goes. To do this use the Time Understandings Thinking Tool from the website for three typical days, 72 hours. Last everything you do from when you rise till when you go to bed. How much time do you spend? sleeping _____ eating _____ dressing _____ travelling _____ at school _____ home study _____ sport/leisure _____ TV/DVDs _____ internet _____ facebook/instagram/skype _____ part time job _____ hobbies _____ socialising _____ other _____ Total _____ Nothing Time = 72 – Total = _____ Use your top five strengths to complete the number of home learning sessions you need to do every week. Be aware: make a list of time wasters to put up in your bedroom.</p> <p>ACTIONS What are two things I will start doing to organise my time better? 1. _____ 2. _____</p> <p>MINIFULNESS ACTIVITY: 3. Acts of Kindness. Think of two or three acts of kindness you will do for someone else for each day of the week. Could be smiling, saying hello, helping in some way, opening the door for them ...</p> <p>RESILIENCE BUILDER 3. On page 156 look at the 'List of Emotions'. What are the emotions you think you need to keep under control in order to act and learn positively. Why?</p> <p>WELLBEING TIP: Reduce stress and the "tight or fight" feelings through regular exercise, at least an hour daily.</p> <p>WHAT WENT WELL THIS WEEK AND WHY? 1. _____ 2. _____ 3. _____</p> <p style="text-align: right;">Character Strength: Judgement www.viacharacter.org</p>	<p>MASTERING TIME My Wellbeing Bank: Boost Skills and Achievement through mastering my time usage. Having sufficient time to meet all of your commitments requires planning to avoid being time poor. Mastering your time is planning how you will use the 168 hours you are given each week. For three typical days, 72 hours, use the Time Understandings Thinking Tool from the website to list everything you do from when you rise till when you go to bed. How much time do you spend? • sleeping _____ • eating _____ • dressing _____ • travelling _____ • at school _____ • home study _____ • sport/leisure _____ • TV/DVDs _____ • internet _____ • social media _____ • part time job _____ • hobbies _____ • socialising _____ • other _____ Total _____ Nothing Time = 72 – Total = _____ To reduce Nothing Time a good strategy is to allocate 38 hours weekly to lessons/study, the same number of hours as a full-time job. If you attend 25 x 50 minute classes (about 20 hours), it would be good to spend 18 hours studying at home. Use your top five strengths to help you achieve this. For a balanced lifestyle enjoy leisure activities for about 12 hours weekly. Time Wasters: • usually found in between activities • reflect and make a list of your main ones • being aware enables you to stop them when you notice they are occurring.</p> <p>ACTIONS What are two things I will start doing to master my time usage? 1. _____ 2. _____</p> <p>MINIFULNESS ACTIVITY: 3. Acts of Kindness. Think of two or three acts of kindness you will do for someone else for each day of the week. Could be smiling, saying hello, helping in some way, opening the door for them ...</p> <p>RESILIENCE BUILDER 3. With a friend, from the List of Emotions (p.154) what are the emotions you think you will need to be in charge of and will experience and what stronger emotions each of them could intensify to, should they not be managed properly.</p> <p>WELLBEING TIP: Reduce stress and the "tight or fight" feelings through regular exercise, at least an hour daily.</p> <p>WHAT WENT WELL THIS WEEK AND WHY? 1. _____ 2. _____ 3. _____</p> <p style="text-align: right;">Character Strength: Judgement www.viacharacter.org</p>

Kate your wellbeing this week: 1 FAIR to 5 GREAT (1) (2) (3) (4) (5)

WEEK 4 – PERSONAL TIMETABLE
Wellbeing Element – **Meaning and Purpose**
Character Strength – **Self-regulation**
Wellbeing Fitness Challenges: **Years 7-9 – Brain Stretch, Years 10-12 – Values Living**

Encouraging students to adopt reflective and organised approaches to their planning will cultivate in them independent can do and want to attitudes called growth mindsets

- personal timetables empower students to be in charge of what they need to do
 - they are more mindful of what is happening right now
- This self-regulation strength encourages students to take greater ownership of their learning progress
- their Personal Timetable is a **contract with themselves**.
 - it will actually provide them with more time for themselves by reducing "nothing time" between activities.

While many students believe they 'have their acts together' and don't need to be so structured

- completing a timetable and sticking to it will build their resilience to distractions.
- after living by their timetables for three weeks, they will realise themselves how it is making their lives better.

The suggested weekly number of Home Learning/ Study Sessions for each year level is in the sample timetable. Use the teamwork and leadership strengths at home to help students stick to their timetable

- a good strategy is to place a copy on the fridge

"You never find time, you make time." Saying

SCHOOL DIARY EXTRACT

WEEK 4 PERSONAL TIMETABLE

MIDDLE STUDENT PLANNER PAGE 30	SENIOR STUDENT PLANNER PAGE 30
<p>PERSONAL TIMETABLE My Wellbeing Bank: Boost Meaning and Purpose by creating a personal timetable. Your Personal Timetable is a contract with yourself. Creating one will give you an opportunity to shine. Look at the sample timetable for ideas and the suggested number of home learning sessions. Fill in your musts and favourite options on the blank timetable then fill in when you will do the suggested number of sessions. It's hard to fit everything in, leave out an option. Include: • revising for 15 minutes in each of your subjects weekly • time for exercise/ leisure. Put a copy on the fridge to include your parents. Check that is ok for next week on Sunday. Home Learning sessions strengthen your brain pathways: • set something to achieve in each one • 10 minute break between sessions for exercise, refreshment, bathroom • put reminders in your phone of when to begin and when to end • finish with a 5 minute revision • mark off each session on your Home Learning Log.</p> <p>ACTIONS What are two things I will start doing to create my personal timetable? 1. _____ 2. _____</p> <p>MINIFULNESS ACTIVITY: 4. My Life. Reflect on how you want your life to be and the top five things that you want for yourself, that make you excited, and when you want them to happen.</p> <p>RESILIENCE BUILDER 4. Little children's emotions are very simple, such as glad, mad, sad. For your age group, emotions are more complex (as there can be more than one emotion occurring or being felt at the same time). For example, you may be very excited about what you are doing, but scared of what might go wrong. From the 'List of Emotions' select five pairs of emotions which often occur together and the situations involved.</p> <p>WELLBEING TIP: Think about this – we live by what we give.</p> <p>WHAT WENT WELL THIS WEEK AND WHY? 1. _____ 2. _____ 3. _____</p> <p style="text-align: right;">Character Strength: Self-regulation www.viacharacter.org</p>	<p>PERSONAL TIMETABLE My Wellbeing Bank: Strengthen Meaning and Purpose through developing an effective personal timetable. Your Personal Timetable is a contract with yourself. It could be your life organiser if you like. Use your top five strengths to put you in charge of your time. You feel positive emotions when this happens. Study Sessions enable you to achieve things. They are the process goals you set yourself. Scheduling them on your timetable works well. Effective Strategies: • look at the sample study timetable for ideas • use the interactive study timetable from the Professional Practice Support – Resources section of the website • fill in your musts and your most favoured options • arrange the suggested number of study sessions when it suits you best • if it's hard to fit everything in leave out an option • if you borrow time from a study session replace it, don't steal it • include revising for 45 minutes in each of your subjects weekly • a copy on the fridge will keep your parents informed and supportive • ensure you timetable in exercise and leisure • spend 20 minutes on Sunday night to prioritise the week ahead and your timetable • your brain is tired after 11pm – little study output • equal time for all subjects and start with hardest ones • brainstorm with your friends how they prioritise • sometimes 'study overtime' will be necessary.</p> <p>ACTIONS What are two things I will start doing to create and use my personal timetable? 1. _____ 2. _____</p> <p>MINIFULNESS ACTIVITY: 4. My Life. Reflect on how you want your life to be and the top five things that you want for yourself, that make you excited, and when you want them to happen.</p> <p>RESILIENCE BUILDER 4. Describe what skills and strengths you would gain from the positive things you brainstormed and what competencies you would need to build to overcome the stressful and challenging things.</p> <p>WELLBEING TIP: Think about this – we live by what we give.</p> <p>WHAT WENT WELL THIS WEEK AND WHY? 1. _____ 2. _____ 3. _____</p> <p style="text-align: right;">Character Strength: Self-regulation www.viacharacter.org</p>

Kate your wellbeing this week: 1 FAIR to 5 GREAT (1) (2) (3) (4) (5)