

## MARGARET RIVER SENIOR HIGH SCHOOL NEWSLETTER

#### November 2018

#### DATES FOR YOUR DIARY

#### 2018—Term Four

#### WEEK 5

November 5<sup>th</sup> -16<sup>th</sup> 2018 WACE Exams November 5<sup>th</sup> Yr 11 Drama Prac Exam November 7<sup>th</sup> Yr 11 Music Prac Exam November 8<sup>th</sup> Year 10 Art Workshop November 9<sup>th</sup> Armistice Commemoration 100<sup>th</sup> Year Cadets Camp

#### WEEK 6

November 12th Yr 11 Methods Excursion November 13th Yr 10 Canoeing Camp (group A) November 14th Yr 10 Canoeing Camp (group B) November 15th Yr 12 Valedictory Peer Support Camp November 16th Woodwind and Brass Incursion P4-5 WEEK 7

#### **November 19<sup>th</sup> – 29<sup>th</sup>** WPL Year 11 **November 19<sup>th</sup>** Yr 7-9 HASS End of Year Reward Exam **November 20<sup>th</sup>**

Yr 7-9 HASS End of Year Reward Exam

**November 21**<sup>st</sup> Yr8 Immunisations

**November 22<sup>nd</sup>** Yr 9 Play Yr 9/10 Dance Road Trip **November 23**rd Yr 9 Roping Excursion (Group A)

WEEK 8

November 26th to 29th Yr 11 Workplace Learning November 26th Orientation Day November 29th Mentoring Lunch November 30th Yr 7-8 Asian Languages Infusion LAST DAY YR 11

WEEK 9

**December 3rd** Rewards Day

#### PRINCIPAL'S ADDRESS

The year continues on at a hectic pace and it is hard to believe that we have only 6 weeks to go. It has been a very busy time at school preparing for our Year 12's to leave, the Year 12 Valedictory, the Creating Identity Exhibition, Year 11 exams and the start of the 2018 WACE exams

I would like to recognise the achievements of the Year 12 students of 2018. It has been a privilege to get to know many of the students in this Year 12 group during their 5 year journey at Margaret River SHS. I thank them for allowing us to share your journey through High School. Their involvement in our school has left it, and our staff, richer because of the way they have handled themselves over the past 5 years.

The Year 12 students of 2018 have impressed me as a friendly, confident and tight knit group who have involved themselves in all aspects of school life. They certainly have not been shy in putting their viewpoints forward during their time at MRSHS. As a group they have been supportive of each other, celebrated each other's success and always displayed a great sense of humour. The strong friendships that have developed during their schooling at MRSHS will be valuable to our students into the future.

For those teachers who have been fortunate enough to have seen these young people develop over five years it is especially rewarding. I would like to thank all teachers of Year 12 courses this year for their perseverance, guidance and pursuit of academic excellence for this group.

I would also like to thank Mr Merv McKillop, Ms Kara Beecham and Mr Ben Finch for the hard work and commitment they have displayed in supporting our Year 12's throughout this year. Their assistance has made a considerable difference to the lives of these students and helped many to achieve to the best of their ability.

The Arts and the Technology and Enterprise Departments are busy preparing for The Creating Identity Exhibition at JahRoc Galleries. This event, which took place from the 2<sup>rd</sup> of November to the 4<sup>th</sup> of November, was another great opportunity to showcase the talents of our students in the Arts and Technology and Enterprise fields and I was impressed with the variety and quality of items that will be displayed. At this event we unveiled our 2016/2018 wine vintages, which are produced by the students form the Rural Operations course.

We are currently planning for our end of Year assemblies. For 2018 we will be holding a number of lower school assemblies on Wednesday the 12<sup>th</sup> of December. Due to the increase in student numbers we are unable to hold a single assembly for the lower school and will have to hold individual assemblies, at different times through the day, for Year 7, Year 8 and Year 9/10. Unfortunately, due to lack of space, as we only have our auditorium to use, these assemblies will be for students only. This will be a temporary measure until our new gymnasium is completed.

Andrew Host Principal

## **Student Absences**

# Missing School Matters

#### Informing us about your child's absence from school

The education act requires parents/guardians to inform the school as to why their child is absent from school within 3 days of the absence.

This can be done by one of 3 methods:

- 1. Sending a note to the form teacher with your child
- 3. Sending an email to MargaretRiver.SHS.Absentees@Education.wa.edu.au

Should you have any queries please contact me on 9757 0720.

#### Hetty Bogerd

Deputy Principal

## **Financial Information**

Dear Parents/Guardians,



Absent.

Absent?

Please notify Student Services;

Ph 9757 0745 or

9757 **0**795

Thank you to those that have already paid their Contributions & Charges in full or have made contact with me to set up a payment plan. If you haven't done so please feel free to contact me on ph. 9757 0704 or via email Cristina.oliveira@education.wa.edu.au to set this up.

If you haven't paid or made arrangements to go on a payment plan this will impact on your child's placement in their chosen electives for 2019.

You may direct deposit any fee's and charges to the School Bank Account, details as follows:

BSB: 016-520 Account: 1083 88617

If you are using online banking and paying something specific please use a similar reference eg: Syd [student name], fees [student name 11.1] or CHN [student name].

#### 2019 Year 12 – Textbook & Resource list:

All ATAR Year 12 Courses start in Term 4 after the Semester 2 Year 11 Exams.

The year 12 textbook list can be downloaded from the below link: <u>https://www.margaretrivershs.wa.edu.au/download/12842/</u>

Thank you for supporting our school.

Kind Regards,

Cristina Oliveira Manager Corporate Services

## Year 7-10 Rewards Days

We will be holding Reward Days over 3 days in December for Year 7 – 10 students.

- $\Rightarrow$  10<sup>th</sup> December: Year 8
- $\Rightarrow$  11<sup>th</sup> December: Year 9 & 10
- $\Rightarrow$  13<sup>th</sup> December: Year 7

Students will be taken to Busselton to view a movie and have lunch on the foreshore.

The criteria to be invited is an attendance rate of over 95%, Good Standing and report attributes indicating that students consistently show courtesy and respect and work to the best of their ability.

It is a timely reminder that if you have any outstanding absences to explain or medical certificates, please forward to Student Services.

Students who meet the criteria will be given an invitation in the coming weeks detailing the plans for the day.

#### Chris Buckland

Year 7 & 8 Coordinator

## **Uniform Shop Back to School Opening Hours - Term 1 2019**

The uniform shop will be open as follows:-

Wednesday 30<sup>th</sup> January 9:30am - 2:30pm Year 7 and 8 purchases Thursday 31<sup>st</sup> January 9:30am - 2:30pm Years 9 - 12 purchases

First Day of School

Monday 4<sup>th</sup> February 8:30am - 10:30am All purchases

#### Pickup of any online orders will be available all of these days

**TERM 1 ONLY** - For all students ordering uniforms for back to school 2019, there will be a maximum of up to 3 garments for every individual item purchased; (i.e. 3 x polos, 3 x trackpants, 3 x shorts etc..) per student.

This will enable all students to be in uniform at the beginning of the year. Additional purchases can be made later in the term.

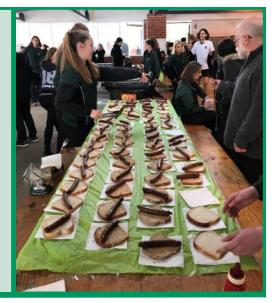
#### BACK TO NORMAL OPENING HOURS:

The uniform shop will return to normal opening hours 8:30am - 10:30am on Tuesday 5<sup>th</sup> February 2019.

## WORLD VISION FUNDRAISER

The Student Council held a fundraiser during Term 3 on Friday 31<sup>st</sup> August. Congratulations to the organisers, helpers and those who bought a sausage!!

We were able to donate \$315 to World Vision.



## Volleyball - South West Lower School Winter Carnival 2018

On Wednesday 19<sup>th</sup> September, the Yr 9/10 Boys and Girls Volleyball Teams competed in the annual South West Winter Carnival in Bunbury. The teams were selected following a series of team try outs conducted at recess and lunch breaks. This was followed by further training before school twice a week until the carnival date. Both teams acquitted themselves admirably winning their way through to their respective A Grade finals at the end of the day.

The girls accounted for the opposition in a dominant display taking out the final with ease. The boys came up against a very strong Busselton SHS narrowly losing the final.

A first and second in the A Grade division was a great result for the students personally and the school and just rewards for the efforts the students applied leading up to the carnival.

#### The Year 9/10 team members:

<u>Boys</u>	<u>Girls</u>
Rowel Bobis	Scarlet Caley
Ethan Buckland	Mia Dronow
Kade Dittmar	Tess Hopkins
Anj Kupfer-Hollis	Lucinda Jones
Will Matthews	Chelsea Kawiti
Sam Robins	Kate Long
Robert Wilson	Lindsey Reed

### 2018 MRSHS SW WINTER CARNIVAL VOLLEYBALL TEAMS



**Stuart Kupfer-Hollis** Volleyball, MRSHS

## **Farm News**

#### DENMARK AG COLLEGE

The Year 9 Agriculture class were very lucky to visit Denmark Ag College and see their state of the art robotic dairy in operation. We were funded by Enrichment & Engagment and Western Dairy to subsidise the cost of the bus and driver. Denmark Ag College also subsidised accommodation and meals to make the trip affordable. Their robotic diary is fantastic. Cows choose when to come and be milked and all statistics are taken from them while they are milked, so their feed rations are tailored to suit each individual cow. The robot and computers do all this from the cows ear tag as it moves into the dairy.





#### EGGS FOR SALE

Our chicken caravan is producing 7 dozen eggs a day. Please come in to the front office of the school to purchase fresh free range pasture fed eggs - **\$5 dozen.** 



#### SHEEP

With all the construction going on at the farm it has been a testing time to move livestock from one place to another. We had to move the sheep to and from the shearing shed so they could be shorn last week. We made a fence of students to keep the sheep from straying.



BEL HOWSE FARM TEACHER

### **International Relations**

#### **MOU SIGNING**

On 17th October, Andrew Host, Margaret River SHS Principal has signed a sister school partnership with Ridwan M Aziz, SMA Negeri Sumatra Selatan Principal from South Sumatra and I Ketut Ada, SMAN 1 Kintamani Principal from Bali.

The signing of the sister school agreement is to strengthen the relationships between the schools. The sister school relationships will provide opportunities for students and teachers to develop skills to enhance Australia – Indonesia relationships and to build an international perspective within the school.

#### Angela McCoy

International Relations Coordinator



#### CLOSING CEREMONY MUSI BANYUASIN (MUBA) SOUTH SUMATRA

On 15 October to 18 October, a group of eight students and four teachers from SMPN Babat Toman and SMPN Sungai Lilin visited Margaret River SHS as part of their school experience activity. The eight students were partnered with Margaret River Year 7 students as their school buddies and they attended their buddies classes while their teachers have meeting with the school administration; school staff from different learning areas and class observations. The guest teachers were very impressed with Margaret River SHS school and they're looking forward to using technologies to communicate with Margaret River SHS.

Their visit was wrapped up with the Closing Ceremony attended by Mr Dodi Reza Alex, Head of Musi Banyuasin Regency. During the ceremony, students from both schools and their teachers from MUBA, shared their four days experiences. The sharing session showed the students from both schools have develop lifelong friendships and gained

deeper intercultural understanding.

Angela McCoy International Relations Coordinator











## **Asian Languages**

### YEAR 8 MURDOCH UNIVERSITY - ASIAN STUDIES EXCURSION

On Friday 19 October, 50 Margaret River SHS Year 8 Asian Languages students and their MUBA guest students and teachers went to Murdoch University for Gamelan and Angklung musical instruments workshops and university campus tour. After the workshops at the university, the students continued their activities to Osh5One restaurant for a cooking lesson. They made spring rolls and fried wonton, followed by delicious Indonesian Nasi Tumpeng buffet lunch.

#### **Comment from students:**

I think it was a great experience and a lot of fun. I learnt heaps of new things like making the wontons and learning many things about the university.

I loved everything that we did at the university especially the campus tour and loved the buffet lunch and cooking lesson.

Angela McCoy Asian Languages Teacher











### MATHS

Earlier this year, three of our Year 9 students took part in a national Maths competition, the 'Choose Maths Awards'. Sasha Hughes, Lily Baker and Jasmine Yates made an outstanding video on the theme 'Our World Needs Maths' which was given a Highly Commended award. The students each received a medal, certificate and a \$100 voucher.

Many congratulations to these students.

The students are pictured together with their teacher Ms Chapell.

Alex Bayley Head of Mathematics



## **Sisterhood News**

#### EMBRACE

Sisterhood @MRSHS and Student Health and Wellbeing hosted a Free movie screening of the Body Image Movement film EMBRACE at the end of last term. The evening was a great success with around 80 people in attendance; mums, daughters, nannas, friends, teachers and even a brave boyfriend!

Many bought bean bags and blankets and enjoyed delicious pizza from Southern Crust Pizza, home-made treats from our Home Economics department, a fresh fruit platter from our Canteen as well as vegan delights from the Hungry Herbivore.

Parents had the opportunity to check out some great books from the Margaret River Bookshop and Barefoot Books Busselton.

"My mind is still buzzing from last night- BEST documentary I have seen...Thanks for an awesome evening!! "

"Thanks so much for last night's screening. It was a lovely chance to spend time with my daughter and other women and their daughters. " (an appreciative Mum)

A very special Thank You to all of the local businesses who were a part of this memorable evening with donations of fabulous prizes!!

- $\Rightarrow$  Kendra Benson Photography (photo shoot for 2, to the value of \$350)
- $\Rightarrow$  Vasse Virgin Margaret River (a beautiful hamper)
- $\Rightarrow$  Priceline Pharmacy
- News Xpress Margaret River (donation of Teen Breathe magazine each issue)
- ⇒ Augusta Newsagency (donation of Teen Breathe magazine each issue)
- $\Rightarrow$  Seven Seas Tea
- $\Rightarrow$  Temper Temper Margaret River
- $\Rightarrow$  The Hungry Herbivore
- ⇒ Redgate Revivals Margaret River

Kathryn Seisun YouthCARE School Chaplain





November Update @ MRSHS; Empowering young women to develop a healthy and positive mindset.

Sisterhood is the 'new look' girls lunch time program run in the library several times throughout each term, over the school year.

Sisterhood is about providing our beautiful young women with the tools to support social and emotional growth, engaging in discussion around current social issues/ challenges and connecting with other girls in a fun, creative and supportive environment.

Last term our "Sisterhood Big Sisters" prepared personal talks for the Big Sister Workshops.





## Chaplain News Cont...

Each Big Sister shared about a topic that they felt passionate about. The talks were interactive and the younger girls received resources and gifts in line with each theme.

Ashleigh – The Challenge of embracing positive self talk.

Nirah Celeste - Having a positive relationship with food and self

Nikkita – Friendships

Ambrosia – Mindfulness with Animals

The girls all did an amazing job.

Sisterhood are now seeking expressions of interest for any Year 10 Girls who would like to be a part of the Big Sister Program for 2019.

A special thank you once again to:

NewsXpress Margaret River and Augusta News for their generous donations of the Teen Breathe Magazine.

Priceline Margaret River for their generous donations of beauty products.

If you or anyone you know feels they may have a story to share that will inspire or benefit our girls, please contact Kathryn.

#### Kathryn, Kristy, Deb and Bree and the Big Sisters

#### Kathryn Seisun

YouthCARE Chaplain/Mentoring Coordinator Kathryn.seisun@education.wa.edu.au Ph: 97570730

Kristy Palmer – Library Officer

Deb Salkeld - Ed-Connect Mentor

Bree Johnson – Ed Connect Mentor







## **Important Information - Meningococcal ACWY Disease**



Government of Western Australia WA Country Health Service

In WA Meningococcal ACWY vaccine is currently provided free for <u>all children aged 1-4 years and for</u> <u>adolescents 15-19 years</u>. This is in response to ongoing meningococcal infections including the new emerging W strain, which is particularly serious.

In WA from January to October 2018, there have been 34 cases of meningococcal disease, 25 of these the W strain. Even though free meningococcal vaccination is available for all adolescents aged 15-19 years, coverage in the South West is only **60%**. South West coverage for the 1-4 year age group is even lower at **50%**.

We urge you to have your children vaccinated against this life-threatening disease. Vaccination is available from your GP and Community Health Centre. For further information please contact the SW Population Health Unit on 97812355.

## **Arts News**

Term 4 has already been a very busy one for The Arts.

On Tuesday the 16<sup>th</sup> of October Sunny Hardy and Wendy Armstrong worked with staff and students from Margaret River Primary School to run a Concert Band Workshop culminating in a combined concert for Parents and friends. It was wonderful to see our students mentor younger musicians with such maturity and skilful musicianship.





On Wednesday the 24<sup>th</sup> of October Dance students in Year 9 and 10 enjoyed an incursion called "Hip-Hopping from Bollywood to Brazil" presented by Sydney artist Shyamla Eswaran. This explored the cultural aspects of dance from these countries with emphasis on celebrating the joy of dance and body confidence. There was a fusion of genres with a hip-hop/Bollywood focus.

On Monday the 22<sup>nd</sup> of October Drama students in Year 9 and 10 enjoyed an incursion presented by the Australian Playhouse Theatre Company called "Shakespeare: As You Write It". This improvised



performance asked students to offer ideas as actors created a play on the spot to explore Shakespearian Conventions through a very clever parody of "Shrek".



Both incursions were supported by our Engagement and Enrichment program to provide rich learning activities without additional costs for students.

On Friday the 2<sup>nd</sup> of November our community enjoyed another highly successful Creating Identity Exhibition. I would like to offer congratulations to all of the Visual Artists who exhibited and sold stunning work and recognise the efforts of Kate Marzohl-Duffy who has worked with all of our Upper School Visual Artists towards completion of a full Certificate III in Visual Art. Photos and more details from Creating Identity will be

in next month's newsletter along with feedback from the Year Nine Play, the Dance tour and the Guitar Ensemble Concert coming up in Weeks 7 and 8.

Good Luck for these final performances for 2018 everyone.

Ms McCormack Head of Learning Area Arts



## 2018 Year 11 Cert II Outdoor Rec Hiking Expedition

On Tuesday 30<sup>th</sup> to Thursday 1<sup>st</sup> November, the Year 11 Cert II Outdoor Recreation students undertook their Hiking/Navigation Assessment Expedition on the Cape to Cape Track.

The Expedition covered a total distance of 56km over the 3 days, comprising of Margaret River Mouth to Contos Campground Day 1, Contos Campground to Hamelin Bay Day 2 and Hamelin Bay to Cosy Corner Day 3.

The expedition serves as a vital tool to complete a number of assessments ranging from observations of performance with respect to hiking, campcraft, navigation, minimum impact techniques, camp site management and leadership, to completion of an expedition logbook, which displays the students' planning prior to departure.

In pairs and individually, the students took turns at leading the group in navigation stages over the three days. This involved giving the group a navigation briefing, navigating and leading the group, staying aware of group spread, well-being, hydration and needs.

It must be remembered that at all times students had a backpack (15kg) on their back containing all their food, cooking equipment, clothes, sleeping bag, fluids, personal needs; everything required to survive the three days.

The weather gods obliged with mild weather and good cloud cover without a single drop of rain.

Overall the group put in an excellent performance, remaining positive and focussed even in times of duress. The group dynamic and self-management was fantastic.

Special thanks to Brodi Read for her help on the expeditions, serving as an extra set of eyes at group checkpoints and camp sites and being support vehicle driver.

#### Stuart Kupfer-Hollis

Certificate II Outdoor Recreation MRSHS



### **Science News**

#### ANDREA WEST'S YEAR 9 SCIENCE -STATIC ELECTICITY

The Van der Graff machine is a machine designed to demonstrate static electricity. Jarrah from year 9, found it a 'hair raising' experience.

A group of Year 9's joined a chain to see how far the static charge could go. Needless to say they were 'mildly shocked' by the machine's effect.



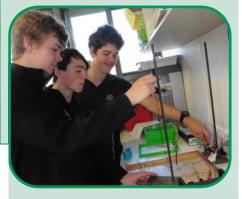






EMMA CAMPBELL'S YEAR 9 SCIENCE - ELECTROMAGNETS

Logan Sherwood in Year 9 enjoyed the Electricity topic so much he decided to make his own Electromagnet at home. It worked fabulously.







JOHN ATKINS YEAR 9 SCIENCE -LIGHT BOX PRAC



As part of our study of electromagnetic radiation our Year 9s tried to figure out how light behaved when it reflected off straight and curved mirrors and also how it refracted through lenses using light boxes, mirrors and lenses. We also split up white light with a prism to make a rainbow spectrum and mixed the colours red, green and blue together to make white light again. Another colourful Science lesson for our brightest at Margaret River SHS.

## **Science News Cont...**



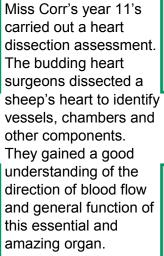


**MARK MEYER'S YEAR 8 SCIENCE -STARCH AND GLUCOSE DIFFUSION** 



















SINEAD CORR'S YEAR 10 SCIENCE -**EYE BALL DISSECTION** 

A HUGE thank you again to Western Meat Packers for donating the eyeballs for our dissection!!







## Waterwise News Term 4



Wow - it's been a busy few weeks for the Waterwise Student Committee. On the last day of Term 3, we finally had our first excursion, and visited 10 Mile Brook Dam. Mr Johnston and Ms Chandler accompanied the students to the dam to have a behind the scenes tour of the dam and water treatment plant with Water Corporation staff. Students viewed the treatment plant including ultra -violet sterilisation, chlorinator and operations room and they learnt

about how water gets from the Yaragadee Aquifer and from rainfall, to the taps in our homes in Margaret River.

Soon, we hope to take the students to the Binningup Desalination plants so they can learn about our other major water source in the South West, and to a water testing laboratory, to understand how water is tested for bacteria and microorganisms.

Here is Year 8 student Jarvis Ding's account of the 10 Mile Brook Excursion -

On the 10 Mile Brook Dam excursion we learned how the water in Margaret River is processed and how it is made clean and drinkable for you. The water is processed in a two-step process with chlorination to remove any bugs and a UV treatment to remove any bacteria left behind by the chlorination. The chlorination process is where they put chlorine in the water and then they take the chlorine out so it does not leave "funny" tastes in the water. The UV treatment has two large tubes and UV light bulbs which kill any microorganisms in the water. In conclusion from the water trip, I learned the two-step process involved in making our water safe to drink in Margaret River and surrounding areas.



#### National Water Week

October 18-25<sup>th</sup> was National Water Week. The Waterwise Committee students presented at the Year 7 assembly about some of the activities that the committee does and to encourage them get involved in the Water Week lunchtime activities.

On Wednesday and Thursday lunchtimes, Waterwise Committee students set up a free WATER TESTING station in the canteen, so that any sample of water could be tested for chlorine, nitrates, pH and hardness. Interestingly only one sample was "off the scale" for most tests - and that turned out to be a "Vitamin Water". Everyone's drink bottle water and rainwater samples were very good, with test results all being in a very healthy range.

In addition to testing water, the students also set up a station for WATER TASTING; three unlabelled identical bottles of water were available for taste testing. One sample was from the school water fountain and two samples from bottled water in supermarkets. We are still conducting the survey, as we want as many numbers as possible before releasing results. Keep an eye on the blog for the results.

We were also very lucky to have Amber from Bunnings Warehouse come and set up a demonstration to show the water holding capabilities of **water storing crystals** and **coir peat**. When mixed together with water these materials absorb water and swell up to hundreds of times their original size and are an effective way of increasing the water holding properties of your garden soil to reduce your water use.

### Waterwise News Term 4 Cont...





In the next few weeks, the students will be checking irrigation application rates by placing specially calibrated "catch cups" out onto the gardens and measure where, and how much irrigation water is being used around the school grounds. We have plenty of free catch cups to give away, so if anyone would like to do this test at home, ask the Waterwise students or staff for a free kit.



#### Mulch, mulch, mulch

Applying mulch and a soil wetting product not only reduces evaporation loss, it improves the soil, reduces plant stress, weed growth, prevents wind and water erosion, and makes your garden look great.

WATER EDUCATION

Lisa Chandler Waterwise Coordinator



wrapped in plastic and bubble wrap-all of which we could take to our local RED CYCLE depot at Coles or Woolworths Margaret River. The logo above shows you just some of the foods we purchase that have wrapping that can go into the REDCYCLE bins at the supermarket, rather than landfill. Check out the photo of some keen students showing off all the plastic that we have saved from landfill in the last 4 weeks of school. The plastic is collected from canteen and science areas and the library. This week also, a big delivery of new tables and chairs were all



### MRSHS SchoolTV—Digital Wellbeing Platform for Schools



CONNECTING . INFORMING . EMPOWERING



"As a parent you'll now have access to a cross section of information from many of Australia's leading experts. All available here in one easy to follow resource on your smartphone, tablet or laptop."

#### This month on SchoolTV - Exam Stress Special Report

Students in their final year of school are considered a high-risk group for depression and anxiety. Sleep deprivation, diet and social media are some of the biggest issues faced by this group of teens. Therefore it is vitally important that a student's mental health is looked after as well as their physical health.

Keeping things in perspective for students and parents alike, can help prevent everyone getting overwhelmed. Although this final year is important, it is not necessarily the most important year of your child's life.

There are many strategies that students can implement to help themselves. Parents can provide support, not only emotionally, but also practically by keeping their child well-nourished and encouraging physical activity.

In this special report, parents will find useful tips to support their child during this often stressful time. We hope you take time to reflect on the information offered here and we always welcome your feedback.

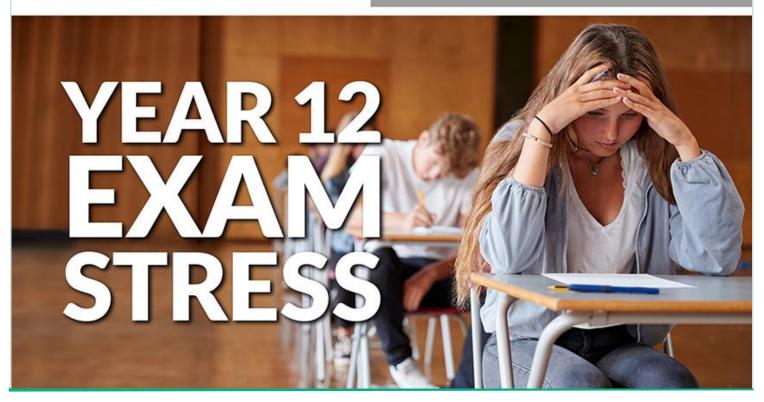
If you do have any concerns about your child, please contact the school counsellor for further information.

Here is the link to your special report http://margaretrivershs.wa.schooltv.me/wellbeing\_news/year-12-examstress-special-reportIf you have any concerns about your child, please contact the school counsellor for further information.

Here is the link to this month's edition http://margaretrivershs.wa.schooltv.me/newsletter/sleep



## **Special Report**



## **Community Noticeboard**

## Wanslea Grandcare Youth Camp

Wansiea is excited to announce that we will be running 2 camps in January 2019 school holidays for teenagers aged 13 - 17 years who live in the full time care of grandparents. The camps will be lots of fun with heaps of different activities for young people to try including;

- Abseiling
- Rock Climbing
- Comedy Workshop
  - Photography/Film Making
  - Music
  - Bush survival skills
  - Drama
  - Noongar Sports
  - Ghost Stories!
  - Surfing Lessons
  - Kayaking
- · Art
- Baking



\* Please note: activities are not yet finalised and may vary between camps. If you have suggestions for activities please let Madde know ASAPI. We will do our best to incorporate suggestions.

#### Please register your interest ASAP to avoid disappointment

These camps are FREE and transport to and from each camp will be provided Please nominate which camp you would like to attend

Lions Myalup Pine Cottages Camp, Myalup, 14 -17 January 2019 or Camp Quaranup, Albany, 21 -24 January 2019

If you are, or know of a young person who would like to attend please contact Camp Coordinator, Maddle McLeod email mmcleod@wanslea.asn.au or call on 9245 2441 for further information and a registration form.

The camps are part of the Wanslea Grandcare Research Project. The camps will be evaluated by Edith Cowan University. Grandchildren will be asked to complete a short survey before, after and three months post camp, and attend a focus group at the camp. Grandparents will be asked to participate in a focus group and a short telephone discussion after the camp. More details, plus information and consent forms about this will be supplied with your camp documentation. These forms also contain the contact details of the ECU research team if you have any questions about the research you would like to ask.

This research has been approved by the Edith Cowan University Human Research Ethics Committee







## **Community Noticeboard**



## **Rapids Landing Dental Therapy Centre**

Phone: 9757 8211

The Rapids Landing Dental Therapy centre will be closed for the School Holidays 24/09/2018 and reopening 8am Monday 8/10/2018.

For emergencies between 8am and 4pm during the holidays please phone 97544460 and for after hours emergencies please call 1800098818 or your Private Dentist.

If you wish to contact us and it is not an emergency please email rapidslandingdtc@dental.health.wa.gov.au and we will contact you after the holidays ...



\*\*\*\*\*\*

## **Community Noticeboard**

## LUNAR CIRCUS SUMMER SCHOOL

# INTERNATIONAL TRAINING PROJECT

Circus classes all day. Flying trapeze, acrobatics, aerials and more. Onsite camping, restaurant and cafe

Karridale, Margaret River, January 7th - 17th 2019

www.lunarcircus.com



## 12TH NOVEMBER 4-5PM FREE YOGA FOR TEENS

give yourselves a well deserved break from the books!

1/30 Fearn Ave, Margaret River Book online to reserve a spot: www.swellyogastudio.com.au Waapa Edith Cowan University

## WAAPA Summer School 2018/2019

This Summer WAAPA at ECU, Mt awley is offering an exciting performing arts program for students from Years 1 to 12. The Summer School includes classes in RAP, Acting, Dance, Drama, Screen Performance, Music Theatre and of course, how to perform Shakespeare. For information about the fantastic courses on offer please visit <u>WAAPA</u> <u>Summer School</u> or contact Gabrielle Metcalf at <u>q.metcalf@ecu.edu.au</u>.