



MARGARET RIVER SENIOR HIGH SCHOOL NEWSLETTER

December 2018

DATES FOR YOUR DIARY

2018—Term Four

WEEK 10

December 10th

Rewards Day Yr 8

December 11th

Rewards Day Yr 9 & 10

December 12th

Presentation Assemblies

December 13th

Rewards Day Yr 7

Students Last Day

2019—Term One

WEEK 1

February 4th

Student First Day

PRINCIPAL'S ADDRESS

The 2018 year is rapidly drawing to an end. It has been a Year full of challenges and opportunities for our staff, students and parents. The school has been busy starting the Year 12 courses early for our Year 11 students, preparing for our new Year 7's coming in 2019 and organising our reward excursions for the end of the Term.

The school will again grow significantly in 2019 with our school population increasing to above 1090 students. We will also have a number of new staff members who have been specifically chosen by the school through a number of selection panels. The increase in student numbers is a bonus for all students across the school as it will enable MRSHS to offer an increase in subject offerings. This will be particularly pertinent in the future with upper school offerings.

We have just completed the Year 6 to 7 Orientation Day for students coming to Margaret River Senior High School in 2019. This was an exciting day for the school as our future students get to experience High School life and we were very pleased to see so many parents attend. I would like to thank staff involved in preparing and presenting lessons on our Orientation Day and thank all the parents who attended information sessions.



Attendance

From the beginning of 2019 the school we will continue our clear focus on improving attendance rates at MRSHS. The number of students with regular attendance (90% attendance and above) in 2018 for Margaret River Senior High School was 70%. This is a significant improvement from 2016 (61%) and ensures that these students have the best possible chance of achieving their potential. All vacations at Margaret River Senior High School, that take place during the school term, will be processed through the school as unauthorised absences. Whilst I understand that work commitments and schedules affect when families can take holidays, students missing school during these times is having a significant impact on their progress. I encourage parents to think carefully when planning holidays and take into account the impact on their children's education. Work will not be provided for students who are taking holidays and assessments that are missed may not be able to be rescheduled, thus effecting student's overall grades. This is particularly significant for students who have cumulative assessments in Year 11 and 12. Work will be provided for students who are on Australian or State representation, long term illness or exceptional circumstances that are approved by the Principal.

Student attendance rates will be a key factor in the School's Good Standing Policy, which will determine which students attend events such as end of year reward excursions.

I look forward to parent's cooperation on this matter.

Uniform

I would like to remind parents that the school uniform is compulsory. Parents can access information in relation to the school uniform from either the front administration office or via our website:

www.margaretrivershs.wa.edu.au .

Principal's Address

I would like to acknowledge Mr Martin Keen, Mr Mark Meyer and Mrs Shelley Joyce for running our annual Sydney/Canberra tour. Reading the daily feedback reports sent through from Mr Keen indicated that all staff and students had a great time. We had 30 students attend the tour, giving students the opportunity to experience life on the Eastern seaboard of Australia. We hope that this tour will provide students with lifelong memories.

Included in this newsletter are a summary of the school's 2018 NAPLAN results. I have been asked by the School Board to include this information into our newsletters as it demonstrates the schools achievement against West Australian and Australian schools. Our students are achieving excellent results when compared to other students in Australia.

As this is the last Newsletter for 2018 I would like to thank students, parents and staff for their work this year. This has been a very successful year for Margaret River Senior High School, in which the school was once again a finalist for Western Australian Secondary School of the Year.

Andrew Host

Principal

Financial Information

Dear Parent/ Guardian,

The 2019 Voluntary Contributions & Charges have been posted home, you should have received it by now. Payment in full of Compulsory Charges and Extra Cost Options are due on **12th April 2019**. Please note that any outstanding charges that you currently have will be carried over into 2019. If you wish to discuss a payment plan please contact me on 97570704 or via email Cristina.oliveira@education.wa.edu.au.

Below are some links that you may find useful as you prepare for the 2019 school year. If you do not have access to the internet and would like a hard copy of the documents, these are available in the front office.

2019 Booklists

<https://www.margaretrivershs.wa.edu.au/2019-booklists/>

Financial Information Booklet:

<https://www.margaretrivershs.wa.edu.au/parents-and-community/financial-information/>

Secondary Assistance Scheme (SAS) \$350 towards school expenses:

People with a Health Care Card (held in the name of a parent/guardian) & other concession cards may be eligible for up to \$350 towards school expenses. The SAS application forms will be **available in Term 1 2019** and can be collected from the front office or downloaded from our website.

Please feel free to contact the school on 9757 0700 if you have any questions.

I thank you for your support of our school and I wish you and your families all the best for the festive season and school holidays.

Yours sincerely,

Cristina Oliveira

Manager Corporate Services

2018 NAPLAN Results

Year 7 NAPLAN Overview 2018

| Test | Year 7 2018 Result | Australian Average | + / - Difference 2018 | State Average 2018 | + / - Difference 2018 State |
|-------------------------|--------------------|--------------------|-----------------------|--------------------|-----------------------------|
| Numeracy | 557 | 548 | +9 | 543 | + 14 |
| Writing | 512 | 505 | +7 | 495 | +17 |
| Spelling | 539 | 545 | -7 | 538 | +1 |
| Grammar and Punctuation | 548 | 544 | +4 | 535 | +13 |
| Reading | 548 | 542 | +6 | 530 | +18 |

Year 9 NAPLAN Overview 2018

| Test | Year 9 2017 Result | Australian Average | + / - Difference 2018 | State Average 2018 | + / - Difference 2018 State |
|-------------------------|--------------------|--------------------|-----------------------|--------------------|-----------------------------|
| Numeracy | 619 | 596 | +23 | 595 | +24 |
| Writing | 569 | 542 | +27 | 538 | +31 |
| Spelling | 593 | 583 | +10 | 578 | +15 |
| Grammar and Punctuation | 616 | 580 | +36 | 578 | +38 |
| Reading | 596 | 584 | +12 | 582 | +16 |

Important Information - Meningococcal ACWY Disease



Government of **Western Australia**
WA Country Health Service

In WA Meningococcal ACWY vaccine is currently provided free for all children aged 1-4 years and for adolescents 15-19 years. 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 9781 2355.

Uniform Shop Back to School Opening Hours - Term 1 2019

| | | |
|-------------------------------------|------------------|--|
| Wednesday 30 th January: | 9:30am - 2:30pm | Year 7 and 8 purchases |
| Thursday 31 st January: | 9:30am - 2:30pm | Year 9 - 12 purchases |
| Monday 4 th February: | 8:30am - 10:30am | All purchases (first day of school) |

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 5th February 2019.

School Bus Service

To ensure that your child/ren's school bus transport requirements are passed along to SBS, it will be appreciated if you consider the following questions and take action where appropriate:

CHANGE TO CIRCUMSTANCES

- Is your child changing schools in 2019, including changing from primary school to high school and will need to catch the bus?
- Are you moving address before the 2019 school year commences?
- Do you have an additional child that will require orange school bus transport for the first time in 2019?
- Does your child have a Medical Condition, or has their Medical Condition changed?



If you have answered YES to any of these questions you will need to submit a new application for Transport Assistance. This can be completed online through the SBS website at: www.schoolbuses.wa.gov.au

You are not able to use the Change of Details form on the website in place of submitting a new application.

New applications need to be submitted to SBS as soon as possible. Applications lodged after 14 December 2018 may not be processed in time for the 2019 year and in this case you may need to provide private transport.

2019 Premier's ANZAC Tour

On 11th November - Remembrance Day - Year 9 student Emily-Rose Lochore was informed that she has been selected to be part of the **2019 Premier's ANZAC Tour**.

As always the process to be selected was both rigorous and highly competitive with the students from across Western Australia competing for the limited positions.

Emily-Rose will be one of only 10 Western Australian students to become ambassadors and represent Western Australia on a commemorative study tour to Vietnam between 16 and 26 April 2019.

Emily-Rose joins a growing list of Margaret River SHS students and staff members to be successful in being selected for this annual tour.

Michael Caudle
HOLA HASS



Semester 2 Year 10 Blackwood River Canoe Camps



On Tuesday 13th and Wednesday 14th November, the Semester 2 Year 10 Canoe classes undertook their camps.

This comprised of camping the night at Sue's Bridge and paddling a section of the Blackwood from a point West upriver and pulling out once reaching the campsite.

There was still reasonable flow on the Blackwood despite the time of year and students enjoyed relaxing flat-water paddling and some white-water sections.

Stuart Kupfer-Hollis and Brodi Read
Outdoor Education MRSHS



Asian Languages

CULTURE INFUSION WORKSHOP

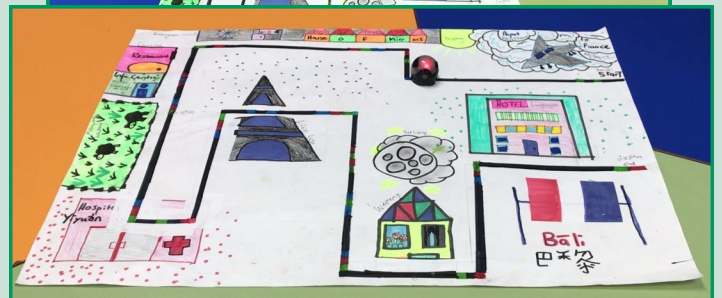
Year 7 Asian Languages participated in West Sumatra "Tari Tempurung" or "Coconut Dance" workshop run by Rose Ngatikao from Indonesian Dance Studio.



YEAR 8 OZOBOT PROJECT

Year 8 OZOBOT Project

This term, the Year 8 Chinese Language students creating a story telling project using one of the world's tiniest robot called Ozobot that blends the physical and digital worlds. This project is partly funded by MRSHS Enrichment and Engagement Program.



ANGELA MCCOY
ASIAN LANGUAGES TEACHER

CONOCOPHILLIPS SCIENCE EXPERIENCE



The Science Department is very proud of Year 9 students Fletcher Morrison and Araya Heussenstamm, who have secured an all expenses paid scholarship to attend 3 days of ConocoPhillips Science Experience at Bunbury ECU next week. They both had to submit a 150 word brief on why they would like to attend the program.

This program is designed to provide students who have an interest in science with an opportunity to engage in a wide range of fascinating science activities under the guidance of scientists who love their work.

Participants perform experiments in the laboratories, meet and hear senior lecturers in the lecture theatres, attend site visits and walk around and experience what it is like to be on the campus of a university. The program also provides information about further studies in science, technology and engineering. It highlights the wide range of careers that allow students to pursue their interest and abilities in the sciences. We wish them a wonderful fun learning experience and hope they bring back lots of exciting news about their experience when they return.

FOSSIL FIND (OK DONATION...)



MRSHS Science was very fortunate to secure some magnificent fossils.

Judith Fordham of Molloy Island decided she was ready to part with these beautiful specimens and chose the High School to receive them, so that hundreds of the town's students will be able to see them for years to come. We don't have the "low down" yet as to how Judith came to have these in her possession but she tells us it's an interesting story. Some of the samples are 350 million years old.

MRSHS Science Department is very thankful for the gift.

MOUSE TRAP CARS YR 8

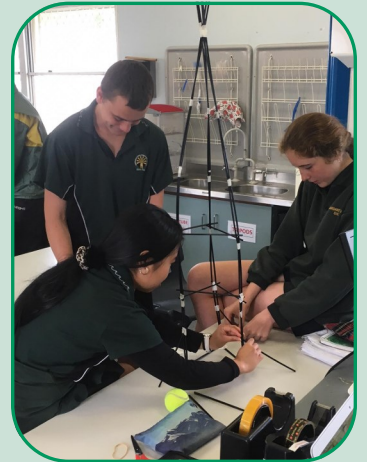


LISA CHANDLER SCIENCE

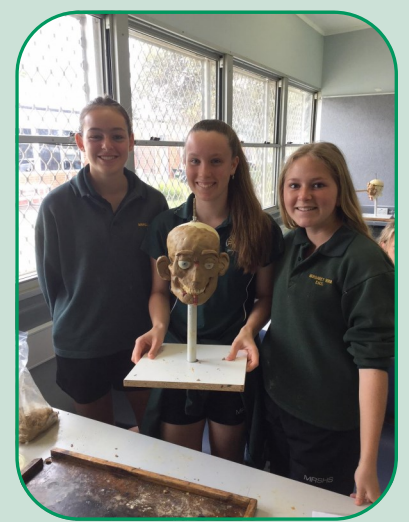
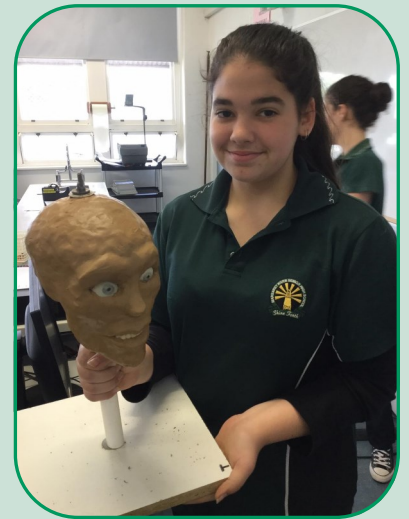
Science News



YEAR 9 SCIENCE STRAW TOWERS



YR 9 FORENSICS



Arts News

Year 9 Drama Production

On the 22nd of November the Year 9 Drama class performed a comical, yet touching performance based on Richard Tulloch's adaptation of the play "Hating Alison Ashley". Performing for a large audience (including parents and Year Seven English students) the cast were focused and highly engaging. I would like to thank Harrison Lambert and Chloe Seberry who supported this show with sound and lighting operation. Congratulations to the talented cast of students who overcame many last minute obstacles to ensure our audience enjoyed a great show.



Year 9/10 Dance Community Project Tour

Again on the 22nd of November Dance students in Years Nine and Ten took off on tour to visit Karridale Primary School and the Margaret River Montessori School. At both these feeder primary schools our students performed original dances resulting from a process of student led choreography. They enjoyed showcasing their skills then helping the younger students respond to their work with a Q and A process led by our students. Please enjoy photos of recent Drama, Dance and Music performances.



Arts News

Still to come...

Music students and staff are still very busy rehearsing as next week most ensembles will present their set pieces to parents and On Wednesday the 12th of December the Year 10 classroom music band will provide entertainment during our **Presentation Assemblies**.

I would like to thank the dedicated Arts staff for what has been a hugely successful year filled with entertaining and high quality performances and exhibits.

Our work is made more rewarding by the positive energy of our young artists. We look forward to a relaxing break and another exciting year in 2019 when the reopening of the Cultural Centre will be marked by multiple MRSHS performance/ exhibition events!

Mem McCormack

Head of Learning Area: The Arts

Year 11 Awards Assembly

The Year 11's finished their schooling in 2018 with their awards assembly on Friday the 24th of November. Congratulations to all award winners.

Our Dux winners for 2018 –

- ⇒ ATAR Runner up Year 11 – Griffin Keen
- ⇒ ATAR DUX Year 11 – Angus Dowden
- ⇒ VET Runner up – Phoebe Rochford
- ⇒ VET Dux Year 11 – Zali Morgan



It has been a pleasure working with the Year 11's this year and we look forward to having this group as our leaders in 2019.

Kara Beecham

Deputy Principal

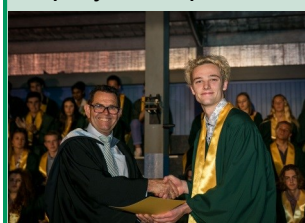


2018 Valedictory Awards

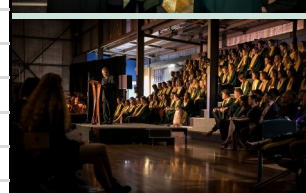
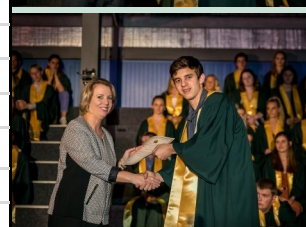
The 2018 Year 12 Valedictory Ceremony was held at the Recreation Centre on Thursday the 15th November. Congratulations to the following award winners for 2018. We wish all the Year 12 students in 2018 the best of luck for their future endeavours beyond secondary schooling.



Mrs Beecham
Deputy Principal



| SUBJECT | RECIPIENT |
|---|------------------------------|
| ADF Long Tan Leadership Award | David Lochore |
| Best All Rounder | Mackellar Field |
| Biology - ATAR | Kayla Tribbeck |
| Building & Construction | Cain Thompson |
| Career and Enterprise | Kate Keightley |
| Certificate II Business | Jamaica Selby |
| Certificate II Information and Digital Media Technology | Holly Keightley |
| Certificate II Outdoor Recreation | Mackellar Field |
| Certificate II Sport Coaching | Zoe Skivinis |
| Certificate III Visual Arts | Danielle Campbell |
| Chemistry - ATAR | Jykia River |
| Citizen of the Year | David Lochore |
| Community Service Award | Tess Mann |
| Computer Science ATAR | Aidan Prangnell |
| Curtin University Principal's Recommendation Awards | Aiden Robins & Ellenor Sibon |
| Design - Photography - General | Danielle Campbell |
| Drama - ATAR | Ellenor Sibon |
| DUX - Runner up | Nicholas Liebenberg |
| Dux Award - Merv McKillop Medal | Jykia River |
| Economics - ATAR | Jasper Seisun |
| Edith Cowan University Personal Excellence Award | Ester Pedrick |
| Edith Cowan University Scholarship Award | Kate Mann |
| Encouragement Award | Sophie Johnson |
| Endeavour Award | Ruby Flintoff |
| English - General | Bree O'Connor |
| English ATAR | Thomas Norrish |
| English Literature - ATAR | Ellenor Sibon |
| Food Science & Technology - General | Holly Keightley |
| Human Biology - ATAR | Kayla Tribbeck |
| Margaret River Education Campus Award | Danielle Campbell |
| Material Design and Technology - Wood | Maximilien Fabre |
| Materials Design and Technology - Metal | Zackery Pool |
| Mathematics Applications - ATAR | Ellenor Sibon |
| Mathematics Essentials - General | Bree O'Connor |
| Mathematics Methods - ATAR | Jykia River |
| Mathematics Specialist - ATAR | Jykia River |
| Modern History - ATAR | Ellenor Sibon |
| Music - Western Art Music - ATAR | Jasper Seisun |
| Nola Marino Forrest Medal for Leadership | Kate Mann |
| Physical Education Studies - ATAR | Mason Beecham |
| Physical Education Studies - General | Mandri Reinecke |
| Physics - ATAR | Jykia River |
| Positive Achievement Award | Summer Rice |
| Quiet Achiever | Nethmi Gauthamadasa |
| Senior School Engagement Program | Stephen Spicer |
| Top Sportsperson | Jack Haslau |
| Top Sportsperson - School | Julia Griffiths |
| UWA Excellence Award | Jykia River |
| VET - DUX | Monique Thompson |
| VET - Runner Up | Kate Keightley |
| Workplace Learning | Monique Thompson |



Sydney Canberra Tour 2018

As the school year of 2018 draws to a close the educational opportunities for 30 of our Year 10 students takes an exciting turn as they jet off on the 2018 annual Sydney-Canberra National Capital Visit. In Canberra, excursions to both old and new Houses of Parliament, the Australian War Memorial and several of our National Art Galleries and Museums are interspersed with a packed itinerary of social and educational opportunities for the students. Physical activities such as an evening ice skating are balanced with the more cerebral visits to Questacon; and evenings in with fun activity/quiz nights.

Special thanks for the success of this trip go to the whole school community whose support makes it possible for such trips to take place. We would also like to thank the Federal Government whose support in the form of \$260 per student through the PACER program make this excursion affordable for so many students each year.

For those contemplating joining us for the 2019 trip keep your eyes open, information will be coming out soon through the school website and morning notices.

Already looking forward to taking a new crew in 2019.

Martin Keen

Sydney-Canberra Excursion Co-ordinator



Careers and Vocational Education News

We have continued to grow this year with an increasing number of students following a range of pathways to their future. 2018 has seen our students completing Certificate Courses in areas beyond our high school including Hospitality, Accounts Administration, Hairdressing, Electro-Technology, Engineering and Preparation for Health and Nursing.

Within our school programs, the majority of our Year 11 students are well on the way to finalising their 2018 units of competency, showing maturity and application to the rigor required for Certificate Courses.

In our Work Placement Program this year, we trialled a few alternative approaches that have included a one day per week placement for those who were completing Certificate Studies and had shown the ability to manage themselves. This has been a successful strategy, giving students a greater understanding of the seasonality of the work place. We will continue to challenge some of our Year 12's next year, to ensure they are in the best position for future pathways upon graduation.

Once again, we wish to acknowledge the generosity of our employers, who always seek to accommodate our students and provide them with real work experiences that enhance their future career decisions. Over 150 students engaged in 250 placements with 151 employers totalling over 11,000 hours of training and work experience.

Adding to our career counselling services the school now gives parents access to the MRSHS Career Hub <https://margaret-river-senior-high-school.goodcareers.com.au/> (The link is also available through the school website). There is plenty of information on pathways, training and career requirements. We recommend a browse of this site.

And remember our dedicated Careers Team is here to assist students at all levels. We look forward to another successful year in 2019.



Margaret River Senior High School Employer Summary 2018

| Employer | Employer | Employer |
|---|-------------------------------------|---|
| 78 Records - Perth | Blackwood Electrical | Drift Cafe |
| A-CUT Tree Services - Vasse | Blackwood Mechanical | Eagles Heritage |
| Adam English Motorcycle Repairs | Blue Ginger | Early Learning Centre |
| Afgri Equipment - Witchcliffe | Bunnings - Margaret River | Ed Scissorhands Hair and Beauty |
| Alison Jade Cosmetics - Cottesloe | Bushtucker River and Winery Tours | Edible Art |
| AMR Dingo & Reticulation Services | Cape Mentelle Vineyards Ltd | Edith Cowan University - Bunbury |
| Anfi Cleaning | Cape to Cape Cabinets | Empire Events |
| Annapurna Wholefoods | Chadwick Builders | Emu Tiling |
| Artists @ Play Makeup Academy - Nth Perth | City Discount Tyres | Essential Beauty |
| Artzability | Colonial Brewing Co. | Fairharvest |
| Aspenz | Conscious Craves - Dunsborough | Fusion Electrical WA |
| AT & WM Coffey | Cowaramup Autotech | Gallows Electrical |
| Augusta Margaret River Library | Cowaramup Bakery | Gardner's Complete Earthmoving & Landscaping Supp |
| AWOL Industries - Dunsborough | Cowaramup Childcare Centre | Gav's Bikes and Boats |
| Beauty by the River | Cowaramup Primary School | Geersen's Cabinets and Renovations |
| BHE Welding & Fabrication - Witchcliffe | DESAM Fashion Design - Osborne Park | Gull Service Station - Witchcliffe |
| Blackpoint Construction | Down South Camping and Outdoors | Hanrahan Construction |
| | Down South Mini Earth Movers | |

Careers and Vocational Education News

| Employer | Employer | Employer |
|--|--|---|
| Hardwood Arborcultural Services | Margaret River Picture Framing and Print Gallery | Rivers of Silk |
| Heritage Trail Lodge | | Riversmith |
| Home Timber and Hardware | Margaret River Primary School | Rosabrook Veterinary Services |
| Horses and Horsemen | Margaret River Produce & Pet | Sessions Surf Shop |
| In House Holidays | Margaret River SHS Arts Department | Settlers Tavern |
| Inalec Instrumentation Electrical | Margaret River SHS Information Technology | Shimmer For Hair |
| Jahroc Galleries | | Shire of Augusta-Margaret River Recreation Centre |
| JD Electrical | Margaret River Steel Products | Shire of Augusta-Margaret River Depot |
| Jenny Sanderson Visual Artist | Margaret River Surf School | Sidekick Cafe |
| Jesters Flat | Margaret River Veterinary Hospital | Spool and Spindle |
| Joondalup Music Centre - Joondalup | Margarets Forest Holiday Apartments | St Thomas More Primary School |
| Josh Palmateer Surf Academy | Margies Cafe | St Vincent de Paul |
| KB Builders | Masterplan Construction | Stocker Preston |
| KGS Automotive Electrical and Air-Conditioning | Middletons Business Advisory | Take 2 Hair Studio |
| Landmark Agricultural Supplies | Mirambeena | Target Country |
| Leeuwin Electrical | MOD Air-Conditioning | Target Country |
| Leeuwin Panel and Paint | Nature Conservation Margaret River Region | Tate Construction |
| Leeuwinwood | | Temper Temper Fine Chocolate |
| Lightening Ridge Electrical Contracting | Ocean Grown Abalone | The Berry Farm |
| Lloyds of Margaret River | Office Products Depot | The Body Club |
| Margaret River Bookshop | Olio Bello | The Childrens Centre of Margaret River |
| Margaret River Busselton Tourism Association | Pateman Stables | The Hairy Marron |
| | Pharmacy 777 | The Humble Horse |
| | Phimedia | The Joinery Shed |
| Margaret River Chocolate Company | Plus Fitness Margaret River | Thompson's Family Daycare |
| Margaret River Community Centre for Children | Prestige Panel Repairs & Spraypainting | VJ Auto Repairs |
| | Priceline Pharmacy | Von Boards - Vasse |
| Margaret River Cowaramup Electrical | Rapids Landing Primary School | Voyager Estate |
| Margaret River Engineering and Supplies | Red Cross Shop - Margaret River | Westcoast Stone Work |
| Margaret River Hospital | Reece Margaret River | White Elephant Cafe |
| Margaret River Independent School | Retravision | Wineelec |
| Margaret River Montessori Primary School | Ridgy Didge Garden and Landscapes - Perth | Witchcliffe Electrical |
| Margaret River Mowers and Chainsaws | River Fresh IGA | Yahava Koffee Works |

MRSHS Cadets



What a busy year we have had this year with 57 Cadet Corps attending the after school program. We began with the Anzac March Parade, this year we had the highest number of Cadets Corps attending which was a super effort by all. Meet and Greet at the M.R.S.H.S was next on our list with catering and handing out water bottles to some very appreciative parents.

Rotary District 9465 Conference was held on the 17th March. Rotary requested our assistance with the setting up at the Margaret River Stay Resort. The Cadets Corps worked tirelessly, 400 chairs were fitted with white covers, tablecloths were changed over and place settings arranged.

The cadets completed a number of programs after school. These were radio and communication, phonic alphabet, tenting, mapping, compass work, roping with cadet corps and completion of their exam. Well done!

Saturday 16th June The Rotary Nillup Tree Planting Committee requested we assist with the planting of trees at Campbell Farm. The Cadet Corps were determined to plant every single one of the 650 trees. The trees were watered in on the next day followed up by a sausage sizzle in a bun.

In October was the Margaret River Agricultural Show set up with the Year 7 & 8 Cadets Corps. Cadets worked hard assisting as instructed by staff on the day. The activities involved, raking, weeding, cleaning, spreading hay for the animal sheds, setting up the display gazebos on the oval, filling sand bags just to name a few. I can say we had some very tired students at the end of the day. Awesome effort by the Year 7 & 8 Cadet Corps.

We set off on Thursday 15th November – Sunday 18th November on our annual camp. Day One we unpacked at Camp Grace in Busselton and then the cadets completed a challenging commando course on the beach. Home made hamburgers for dinner and then we departed for a movie night; Goosebumps 2 then lights out and bed.

Day two breakfast was bacon and eggs and we departed for XScape in Dunsborough. The Cadets Corps enjoyed the taser activity in groups of blue and red teams. They had lots of fun and laughter as they then cooled off on the waterslides. We then set off to Ten Pin Bowling in Bunbury, we have some very talented players with lots of “strikes achieved” throughout the night.

Day three, breakfast was again bacon and eggs and we departed for archery, this seemed a popular activity. When returning cadets did some beach fishing catching whiting, flatheads and herring, which were the popular fish of the day. That night’s activity was held at Gravity, the Cadet Corps attended the Gravity Rock, where they received certificates and vouchers.

Day four they made pancakes for breakfast; fantastic creations were created. The Cadet Corps cleaned, packed up and we were off on our way back to Margaret River.



MRSHS Cadets

The M.R.S.H.S Cadets Corps should be congratulated for their contribution to the local community in 2018.

Wendy Coffey

M.R.S.H.S Emergency Service Cadet Corps
Unit Leader



Rock and Water Program

Rock and Water is a physical program that teaches girls and boys from Year 7's to Year 10's to read social situations and to interact positively with others. During the program the girls and boys learn to regulate emotions and talk about them. Each lesson starts with a review of the previous week and teacher feedback. We then analyse the behaviour, learning and social interaction and discuss how things could be done better. This discussion is followed by some physical engagement before focussing on a Rock and Water program element.

During term one to term four we had 180 students participating in the Rock & Water Program held at the Margaret River Body Club. We teach social skills, build self-confidence, practice self-reflection and effective communication patterns.

Wendy Coffey

Rock & Water Instructor





"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 - Mindfulness

Over the last decade, mindfulness has been slowly rising in popularity with many individuals practising it on a regular basis. Evidence based research has found that there are many benefits to mindfulness which has prompted schools across the nation to implement this practice into their daily routines.

Mindfulness can be described as attention training for your brain, enabling you to focus on something without judgement and to stimulate curiosity. Mindfulness can be practised in a number of ways and is something that can be done by everyone - no matter what your age! It has been practised by many cultures around the world, but it is not exclusively affiliated to any particular philosophy or religion.

Mindfulness helps improve memory, engagement and performance. Its positive effect on the brain can improve immunity, mental wellbeing, learning ability, emotional health and even, time management. It is especially important in this era of information overload as our attention is constantly being pulled in many directions making us more distracted.

In this edition of SchoolTV, parents can learn the best way to introduce mindfulness to their children, implementing it into their daily lives to have an overall positive impact on family relationships. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If 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/mindfulness>



THIS MONTH:

Mindfulness

Why is it so important
for today's youth to
practise mindfulness?

FEATURING: Dr Michael Carr-Gregg



Wanslea Grandcare Youth Camp

Wanslea 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 Middle know ASAP! 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, Middle 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

Rapids Landing Dental Therapy Centre will be closed during the Dec & Jan school holiday period from Thursday 20th December 2018 and will re-open on Tuesday 29th January 2019 at 8am.

In the event of an emergency between 8am to 4pm on 20th December to 21st December please call 0409935793. For an emergency between 8am-4pm on Monday 24th December please call 0436677929. Should an emergency arise after clinic hours or during a public holiday please contact the emergency service on 1800 098 818, your local practitioner, or the Oral Health Centre of Western Australia on 6457 4400.

If you need to contact this clinic and it is not an emergency please email rapidslanding-DTC@dental.health.wa.gov.au or leave a message on the answering machine by calling 9757 8211 and we will return your enquiry when we return from holidays.

Many Thanks the team at Rapids Landing DTC

NOMINATE NOW

youngachieverawards.com

Seeking nominations for young people up to and including 29 years of age for the Seven News Young Achiever Awards.

Award Categories



The Diamond Club
Online Achievement Award



Woolworths
Youth Group Achievement Award



Masonic Care WA/Freemasons WA
Community Service and Volunteering Award



Royal Flying Doctor Service
Regional Service Award



Surge Fitness
Sports Award



WAFARMERS and Rural Bank
Agriculture Award



CATHOLIC EDUCATION
WESTERN AUSTRALIA

Catholic Education Western Australia
Young Leadership Award



First National Real Estate
Innovation Award



Scott Print
Environment and Sustainability Award

WIN A SHARE IN \$20,000



Nominations close: 12 December 2018 | Enquiries email: wayaa@awardsaustralia.com Ph: 9201 1155



Seven News Young Achiever Awards WA



@WAYoungAchiever
#WAYAA



@WAYoungAchiever

Busselton Half Marathon

& Fun Run Feb 9th, 2019

21.1 km

10 km

5 km



Melinda Gainsford Taylor

*Celebrate your achievement
Join us for dinner!*

Sat 9th February

Bsn Golf Club

All you can eat

buffet. \$40/pp

(limited numbers)

Our Celebrity guest runner



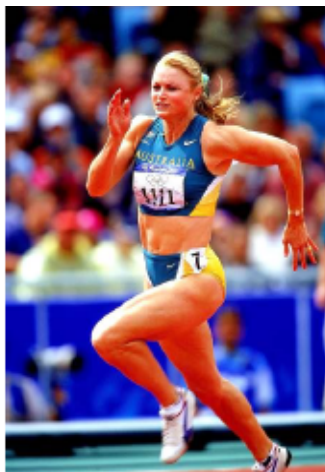
www.busseltonrunnersclub.org.au/busselton-half-marathon/

Early Bird Registrations are open to participate in the Busselton Runners Club Half Marathon, 10km and 5km Fun Run and Walk on Saturday, 9 February 2019. The event starts and finishes at our beautiful Busselton foreshore. This is an exciting and growing event that offers a fast and flat course which is suitable for beginners to elite.

The event is a terrific way to promote your school and we would like to invite your school to participate as a team. Team entries of 25 or more runners/walkers receive a 10% discount, or alternatively, students and teachers can enter as an individual!

The Busselton Runners Club are excited to welcome Olympic Sprinter Melinda Gainsford-Taylor as their event Ambassador.

Melinda will be participating in one of the events and will also be a guest speaker on Saturday, 9 February at a special buffet dinner being held at the Busselton Golf Club. This is a fantastic opportunity for students to be inspired by one of Australia's greatest sprinters.



Entries have a capped figure for 2019, therefore it would be advisable to enter as soon as possible to avoid disappointment. If you are interested in entering a team, please email admin@busseltonrunnersclub.org.au about the process or visit our web page at <https://www.busseltonrunnersclub.org.au>.

Keep up-to-date with event happenings on the Busselton Half Marathon and Fun Run facebook page. There are weekly posts about the event as well as monthly competitions, inspirational stories and more!

facebook

**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

**WAAPA Summer
School 2018/2019**

This Summer WAAPA at ECU, Mt Lawley 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 [WAAPA Summer School](http://www.waapa.ecu.edu.au) or contact Gabrielle Metcalf at: g.metcalf@ecu.edu.au.