



MARGARET RIVER SENIOR HIGH SCHOOL NEWSLETTER

September 2020

DATES FOR YOUR DIARY

Term Three

September 25th

Last Day of Term 3

September 25th - October 13th

Term 3 School Holidays

October 3rd - 4th

Interschool Equestrian

October 5th - 9th

Year 12 Exams

Term Four

WEEK 1

October 12th

Staff Development Day

October 13th

Students Commence

WEEK 2

October 20th

Public Speaking Competition

October 23rd

Year 8 - Asian Studies Murdoch Uni

WEEK 3

October 27th - 29th

Year 11 Hike

October 28th

Valedictory Rehearsal

Year 12's Final Day

October 30th

Pupil Free Day

Valedictory - School Oval

Year 11 Drama - Practical Exam

WEEK 4

November 2nd - 20th

WACE Exams

November 2nd - 6th

Year 11 Assessment Free Week

November 3rd

Destination High School

November 4th

Year 11 Music - Practical Exam

November 6th

Creating Identity

Principal's Address

As third term quickly draws to its end our Year 12 students are busily preparing for their exams and completing WSA courses and VET certificate courses. I encourage our Year 12 students to work hard over the next two months to ensure they have the maximum choice available to them as they transition from school. The way that they finish off academically can be a significant factor on what options will be available to them next year and beyond.

I would like to acknowledge the way in which the Year 12 students have demonstrated their resiliency during this very challenging year. Margaret River Senior High School's strong reputation has been built by students who have attended since 1952. Our Year 12's are the custodians of this reputation and have benefited from it during their time at Margaret River Senior High School through the support they have received from the community. The way our current Year 12 group has conducted themselves in 2020, particularly at the School Ball and the recent Graduation Dinner has been exceptional. This year group has faced challenges that no others before them have had to and I am very proud of this group of young adults.

I would like to thank parents who responded to our survey indicating which option they preferred for our Valedictory Ceremony. COVID -19 has presented many challenges as to how the school can operate when delivering events for our students. Our Valedictory will take place on **Friday 30th of October**. This will be a School Development Day, as endorsed by the MRSHS School Board and only **Year 12 students** will attend on this day.

I would like to acknowledge the work completed by Ben Finch, Sam Kingston and Kara Beecham in ensuring that the Year 12 graduation dinner was able to take place and that all Year 12 students were given the opportunity to attend. This required significant work on their behalf in sourcing and planning for the dinner whilst complying to COVID -19 restrictions. We would like to thank Xanadu Winery for their support and efforts in providing the venue for this event.

I would like to congratulate our school Surf Team and Surf Academy for once again winning the State Surfing titles. This a record breaking 15th consecutive win and is a significant achievement for the school. The students excelled in their respective heats with our students winning a number of state titles. Not only did our students excel in the water but Team Coordinator Mr Berin Sluiter reported that the team work and behaviour of our students was outstanding. The students are to be commended for this. I would like to acknowledge the efforts of Berin, who has worked hard with the students during 2020, John McTaggart and Jenelle Keding who helped supervise the students whilst they were away.

As this is the last newsletter for the term, I would like to wish staff and students a relaxing 3rd term holiday break and remind parents that students return to school on **Tuesday 13th October**.

Andrew Host
Principal

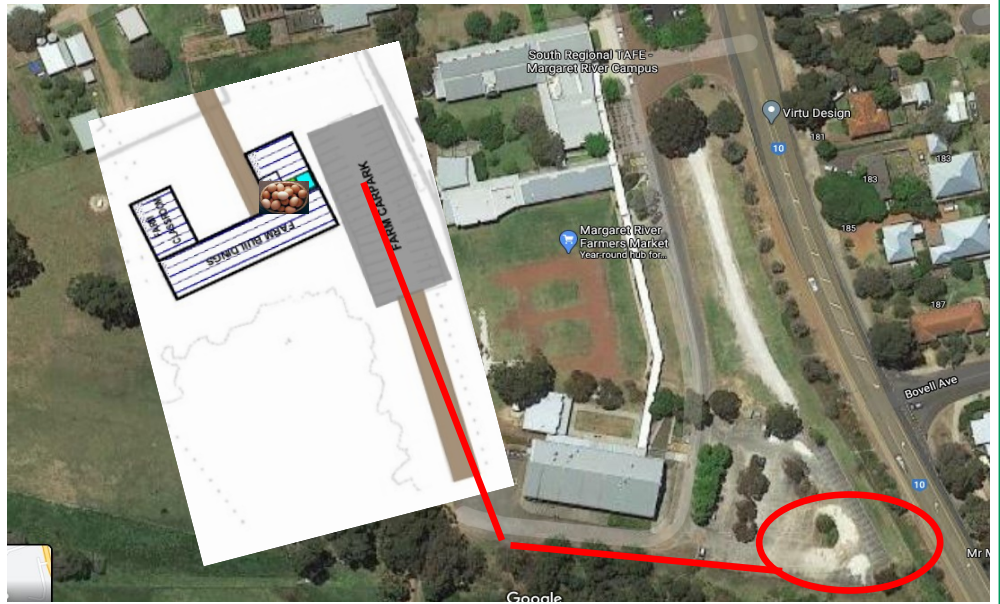


SCHOOL EGGS

Due to the road verge upgrades at Margaret River Senior High School, access to our school eggs will be via the new MREC driveway, south of the campus.

This will be an honesty system. Please bring correct change as no change can be issued.

\$5 per dozen.



NURSE NEWS

A stroke occurs when the blood supply to the brain is stopped. How do you know if someone is having a stroke

Think F.A.S.T

Face check their face, has their mouth drooped?

Arms can they lift both arms

Speech Is their speech slurred? Do they understand you?

Time Is Critical! If you see any of these signs call an ambulance straight away.



Good sleep requires a good bedtime routine to wind down....

Here are some ideas:

- No screen time at least 30 mins before bed
- Have a warm bath/shower
- Read a book
- Listen to relaxing music

If you have trouble sleeping please come and see the school nurses for a chat!

Headaches are often caused by not drinking enough water, not getting enough sleep or too much stress!

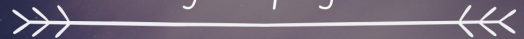
Here are some tips to manage stress in your life:

- Get out in nature
- Exercise – get your heart rate up!
- Play with an animal
- Listen to music
- Sit and focus on your breathing for 5 mins

Try the Smiling Mind app for short guided meditations and relaxations for stress and to help you sleep.



Healthy Sleeping Habits:



- Stick to a sleep schedule, even on the weekends.
- Practice a relaxing bedtime ritual.
- Exercise daily.
- Evaluate your bedroom to ensure ideal temperature, sound and light.
- Sleep on a comfortable mattress and pillows.
- Beware of hidden sleep stealers, like alcohol and caffeine.
- Turn off electronics before bed.

Make Sleeping A Priority.

Serena Robinson & Sandra Robertson
Registered Nurse – Community Health

Equestrian

Jessica Ridley attended the 2020 WA State Dressage Championships held at the State Equestrian Centre in Perth over 5th and 6th September.

Unlike other State Sporting Championships, Jessica has to compete for overall placings in an Open Class against adult riders and then it is separated into Junior (10 to 18yrs) and Young Riders (16 to 21yrs).

Jessica and her horse CP Balmain competed in four dressage tests with two judges on each test – Preliminary and Novice, very large classes with 22 – 29 riders in each class.

The scores were exceptionally close with very minimal percentages between overall 1st place and Jessica's results.

Novice 2B: 1st Junior Rider overall 9th (23 riders) – only 4.56% between 1st and 9th place.

Novice 2C: 2nd Junior Rider overall 12th (22 riders) – only 7.79% between 1st and 12th place.

Preliminary 1B: 2nd Junior Rider overall 11th (29 riders).

Prelim 1C: 3rd Junior Rider overall 17th out of (26 riders) – small whoops moment with an error of test.

If you see Jessica around, please congratulate her, the commitment undertaken to get to events and compete at state level is huge.

It is not just one athlete, its two. Jess trains and partners with a 500kg independently thinking animal who has good days and bad – equestrian is very much two hearts to make a whole.

Jessica will be competing over the school holidays on the 3rd and 4th of October at the 2020 WA Interschool Equestrian Championships along with Samara Jackman and Grace Martin and we know that the girls will do their very best for the school.



Jessica Ridley and her horse CP Balmain competing at the 2020 WA State Dressage Championships

Year 11 Outdoor Education Canoeing Camp

On Wednesday 26th and Thursday 27th August, the Year 11 Outdoor Education students completed their canoeing/whitewater rescues practical assessments with a two-day paddle down a 28km section of the Blackwood River camping overnight at Sues Bridge. There was healthy flow on the Blackwood from rains this winter and students enjoyed some relaxing flat-water paddling, white-water sections and the opportunity to float/swim down rapids performing throw bag recoveries for each other.



Stuart Kupfer-Hollis

Outdoor Education

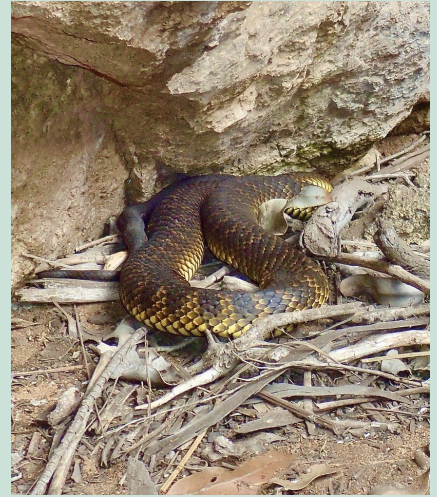
Yr 11 & 12 Caving

On Monday 7th September, the Year 11 and 12 Outdoor Education students spent a day in the Boranup Forest completing requirements for their 'Caving' and 'Responds to Emergency Situations' Unit of Competency and General assessment tasks. The students spent time in classes learning about speleology (caving and cave biology) and completing personal and group planning for the excursion itself.

The excursion was conducted at Brides Cave, abseiling multiple times into the large cave doline and exiting via cave ladders with safety belays operated by students. After lunch break the group abseiled back into the doline and explored the cave at the base of the doline and culminated with an emergency response scenario in which two patients were extracted from the cave using vertical rope systems set up and also manned by the students. This is a vital assessment tool that presents the students the opportunity to utilise a wide range of roping, belaying, first aid and emergency response skills acquired over the course.

Many thanks again to Mick Dempsey of the Margaret River Climbing Co., whose presence allowed two caving/roping instructors on site, ensuring the safety of all students involved at all times.

Stuart Kupfer-Hollis
Year 11/12 Outdoor Education



South West Upper School Sports Carnival






On Wednesday 19th August, five Year 11 and 12 teams competed in a special South West Sports Carnival held in Busselton and Bunbury to offer the MRSHS Country Week squads the opportunity to compete in lieu of this year's event being cancelled due to COVID-19.

Boys and girls volleyball, boys basketball, netball and a mixed soccer team took part.

It was fantastic for these students to be afforded the chance to compete after meeting all the nomination, selection and training requirements of Country Week only to see the event scratched.

Fingers crossed Country Week will be back bigger and better in 2021.

Results:

-  **Girls Volleyball A Grade**
-  **Boys Volleyball A Grade (Equal 1st with Busselton)**
-  **Netball A Grade**
-  **Boys Basketball A Grade**
-  **Soccer A Grade**

Thanks to coaches Stuart Kupfer-Hollis, Nakita Kitson, Jenelle Keding, Paul Farmer and Sue Buckland for coordinating and preparing the teams.

Stuart Kupfer-Hollis
11/12 Carnival Coordinator



Year 12 Biology

Our 15-strong Biology crew were actively involved in some seriously extreme heightening and lowering of body temperature whereby 2 brave volunteers willingly subjected themselves to icy temperatures and 2 more to uncomfortably hot conditions.

With feet immersed in icy and hot water respectively, fans cranking, air conditioning or heaters on, students in acceptable near-naked dress code or overwhelmed with warm clothing and blankets, their vital readings were recorded by assisting team members every couple of minutes over a half hour duration. Group members monitored core and peripheral temperatures, heart rate and blood pressure continually and noted associated levels of distress reported by their subjects.

Why? Why Not! It's all in the name of SCIENCE; in this case, to help us understand and appreciate the incredible workings of our own body and hopefully instil an appreciation of the need to look after it!

Iris Kupfer-Hollis, Science Teacher



Group	Systolic/diastolic			Temp. (degrees C)			Temp. (degrees F)			Rating (1-10)	Obs.	Press. Systolic/diastolic
	1	2	3	A	V	1	2	3	A			
0	114	74	105	37	36	37	98.6	96.8	98.6			
2	114	74	105	37	36	37	98.6	96.8	98.6			
4	114	74	105	37	36	37	98.6	96.8	98.6			
6	114	74	105	37	36	37	98.6	96.8	98.6			
8	114	74	105	37	36	37	98.6	96.8	98.6			
10	114	74	105	37	36	37	98.6	96.8	98.6			
12	114	74	105	37	36	37	98.6	96.8	98.6			
14	114	74	105	37	36	37	98.6	96.8	98.6			
16	114	74	105	37	36	37	98.6	96.8	98.6			
18	114	74	105	37	36	37	98.6	96.8	98.6			
20	114	74	105	37	36	37	98.6	96.8	98.6			
22	114	74	105	37	36	37	98.6	96.8	98.6			



Cheese your own Creation

During Semester 2, Margaret River Senior High School students whipped up a storm in the kitchen, thanks to the *Great Ocean Road – Careers Made Here – Cheese Your Own Creation* Programme.



The programme involves students in a uniquely creative way: in teams of two, students design their own imaginative dairy creation to bring to life. The student chefs then develop and make the recipe and submit a photo of the creation to be judged. Twelve lucky recipes will be selected for inclusion in the 2021 Great Ocean Road Calendar.

Cheese Your Own Creation is taught as part of Margaret River Senior High School's Year 9 Food Technology classes and involves more than 1000 students and teachers from 70 schools across Australia.

Ros Garstone and Raylene Field, Home Economics teachers at Margaret River Senior High School, said their students had a lot of fun learning about all things dairy through the Great Ocean Road program.

Cheese Your Own Creation is encouraging our students to use their imagination to bring amazing creations to life out of everyday dairy products. We were impressed with the nutritious meals our students are creating with simple ingredients like milk and cheese," Ros said.

Tracy Wong, Great Ocean Road Senior Brand Manager, said *Cheese Your Own Creation* makes important links between the dairy industry, schools and local community.

"Great Ocean Road and Saputo Dairy Australia are proud to support the *Cheese your Own Creation* programme, which is a great opportunity for local students to get creative while learning about the wide range of career options in Australia's exciting dairy industry."

Great Ocean Road also gives students and teachers supporting resources and curriculum, a \$100 gift voucher to purchase products and a copy of the 2020 Great Ocean Road calendar for creative inspiration.

"Through the programme, students gain an understanding of the dairy industry, the nutritional value of its products and the importance of the industry to regional economies – all while having lots of fun in the kitchen. I'm excited to see what the students create and trying my hand at some of their recipes," Tracy Wong said.

At the conclusion of the *Cheese Your Own Creation* programme, each student will be awarded a certificate in recognition of their hard work and creativity. The 12 winning creations will receive \$250 for their school. Results will be announced on **6th November 2020** with prizes presented to the winning schools and students.

How Cheese Your Own Creation works:

Term 2, 2020: Schools receive supplies

Term 2 or 3, 2020: Students make a start on the programme

18th September 2020: Programme work is submitted

6th November 2020: The 12 National Winners are announced.

Ros Garstone
Home Economics



Food Technologies



Year 7 — Design your own Potato Dish

Recipes included home made oven wedges, Mexican baked potatoes, potato salad, potato and meat bowl, tuna patties, and lettuce cups with wedges.



Year 8 — Design your own Vegetarian Dish

Recipes included vegetarian pasta dishes, vege sausages and mash, wraps, and vege curry.



Sunsmart School Surfing Titles

After a clean sweep of all divisions at the Regional Surfing Competition held at Gas Beach on the 13th August, the MRSHS Surfing and Bodyboard team was Perth bound for the State Titles on the 28th August. They competed against over 120 students with teams from Perth Metro, North West, Peel, Bunbury and South Coast regions. We had 10 teams representing MRSHS across 8 divisions.

Junior Boys Surfing	Brock Lauanders and Macklin Flynn
Junior Girls Surfing	Zali Hewson and Willow Hardy (team 1) Lilli Cox and Ruby Berry (team 2)
Senior Boys Surfing	Sol Pogue-Englert and Jack Mitchell (team 1) Jed Gradisen and George Simpson (team 2)
Senior Girls Surfing	Milla Clifford and Mischa Edwards

Junior Girls Bodyboard	Lilla-Grace Howarth and Kaleisha Lauanders
Junior Boys Bodyboard	Matt Jordi and Holden Ross
Senior Girls Bodyboard	Lilli Cox and Willow Hardy
Senior Boys Bodyboard	Ziggy Bullock and Max McGregor



The state titles were contested at Trigg beach. A two metre swell and offshore winds, bright blue sunny skies and waves that although were very fast, were also very contestable, greeted competitors in the morning. As the day wore on, the clouds rolled in and the wind swung around making the conditions a bit poorer. Our teams surfed incredibly well all day, progressing from heats to the finals. Jack Mitchell was looking very sharp with some fast, critical surfing and along with his partner Sol they were amassing some impressive heat scores. During his Semi Final, Jack got hit by his board and unfortunately could not continue into the final. This left Sol surfing alone against Jed Gradisen and George Simpson. The boys decided to do away with regular competition surfing and instead took to the skies and put on an air show for the crowd. Some big airs were thrown down and Jed and George emerged the winners. Special mention also to Lilli Cox and Willow Hardy who competed in both bodyboard and surfing divisions putting in some serious time in the water throughout the day.

Of the 10 teams that competed in the State titles for MRSHS, nine made the finals. This combined effort ensured MRSHS won the 2020 Sunsmart School Surfing Titles for the 15th consecutive year. A huge thank you to Tags and Jenelle Keding for transporting, supervising, coaching and looking after our team. Winners in each of the surfing divisions will now represent MRSHS in the MR shield division of the National Titles held in Queensland in December. Results for MRSHS teams in each of the divisions were as follows:

Junior Boys Surfing	1st Brock Lauanders and Macklin Flynn
Junior Girls Surfing	1st Zali Hewson and Willow Hardy (team 1) 2nd Lilli Cox and Ruby Berry (team 2)
Senior Boys Surfing	1st Jed Gradisen and George Simpson (team 2) 2nd Sol Pogue-Englert and Jack Mitchell (team 1)
Senior Girls Surfing	2nd Milla Clifford and Mischa Edwards

Junior Girls Bodyboard	1st Lilla-Grace Howarth and Kaleisha Lauanders
Junior Boys Bodyboard	1st Matt Jordi and Holden Ross
Senior Girls Bodyboard	2nd Lilli Cox and Willow Hardy



Volleyball WA Indoor High School Cup

On the weekend of Friday 21st and Saturday 22nd August, the Margaret River Senior High School Open Boys and Girls Volleyball Teams travelled to Perth for the 2020 Volleyball WA Indoor High Schools Cup. School teams travel from around the state, metro and country from both the public and private sectors to compete in this annual event.

The current MRSHS teams came together about twelve months ago and have been training regularly early mornings and playing in local competitions (Margaret River and Busselton) gaining invaluable match practice. A number of players have been part of the program for the past 2 to 3 years.

MRSHS competed against teams from elite volleyball programs such as Rossmoyne SHS, Mercedes College, Greenwood SHS, St Stephens, Scotch College, Penhros and more – some of the schools compete in the National Schools Cup in Melbourne.

The MRSHS Girls won the Open A Grade Division winning their way through qualifying games on Friday and winning both their semi-final and final played on Saturday.

Jasmine Nielsen also won the MVP award in the final. Tess Hopkins was the unofficial (as no award was given) MVP for the overall division. Tess has also recently and successfully gained selection in the 2020 State 17's side, an awesome achievement.

The MRSHS Boys finished Runner-up in the Open A Grade Division winning their way through qualifying games on Friday and their semi-final played on Saturday. In the final against the highly rated Scotch College team the boys came from a set down to level the game and narrowly lost the third and deciding set in a thrilling overtime game.

The players of the respective teams are listed below:



Girls – Open A Grade Champions



Yr 12's Chelsea Kawiti, Jasmine Nielsen, Kate Long and Scarlet Caley

Yr 11's Tess Hopkins and Rica Bobis

Yr 10's Bec Svensson and Olivia Kawiti

Coach – Stuart Kupfer-Hollis



Boys – Open A Grade Runners-up



Yr 12's Sam Robins, Robert Wilson, Will Matthews, Rowel Bobis and Isaac Cranfield

Yr 11's Tom Nielsen, Reina Woolgar

Yr 10's Aaron Cranfield

Coach – Nakita Kitson



Special thanks to the parents of the playing group who transport players to and from training and games multiple times each week, particularly the early morning training sessions and games played in Busselton. A huge thankyou also to the MRSHS Engagement and Enrichment Committee for providing funding to subsidise the costs of this latest competition and other team equipment throughout the year. Without this support the teams would not be afforded the opportunities they experience. The students involved and coaches sincerely appreciate the support.

Stuart Kupfer-Hollis
Volleyball Coach

Microsoft Office for Students

2020 How to Install Office for free using your Student Login

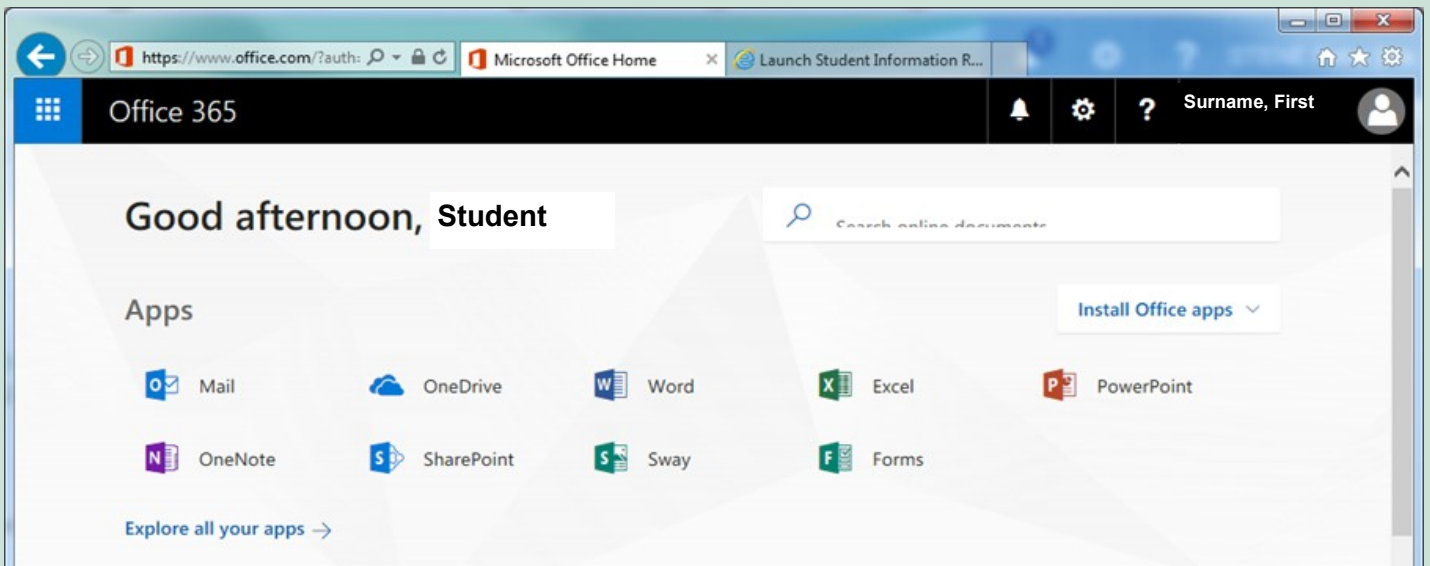
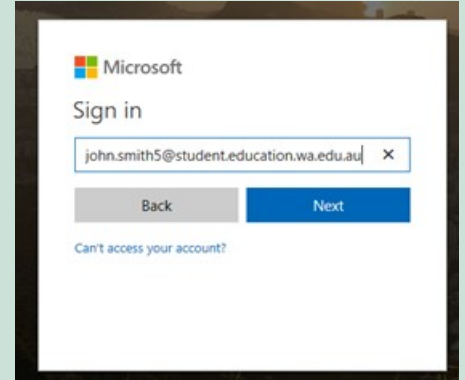
What you will need

- ✓ To be an eligible Department of Education WA student
- ✓ A valid student e-mail address (*usually* firstname.surname@student.education.wa.edu.au)
- ✓ A student login (username and password) for the school network [*usually* [firstname.surname](#)]
- ✓ An internet connection with sufficient download allowance for over 1Gb per installation (this cannot be downloaded on the school network due to Department restrictions)

Installation on a Computer (*not a tablet or mobile device*) :

1. *Navigate to:* [office.com](https://www.office.com) an internet browser then choose **sign in**
2. *Enter your student Department email address:*
`username@student.education.wa.edu.au`
eg Mary.Jones2@student.education.wa.edu.au
3. *Click the* **NEXT** *button to redirect to the Department login page*
4. *Enter your username (eg* [Mary.Jones2](#)*) and password*
5. *Click the* **login** *button*

Screen example:



6. *Click* **Install Office apps** *to launch the download and installation process and choose the suitable option for you.*
7. *Follow the online steps and read and acknowledge various warnings and conditions and agree to allow the program to make changes.*

NB: You may need to re-launch the installation if it fails to make the required connections.



Microsoft Office for Students

Installation on a tablet or mobile device

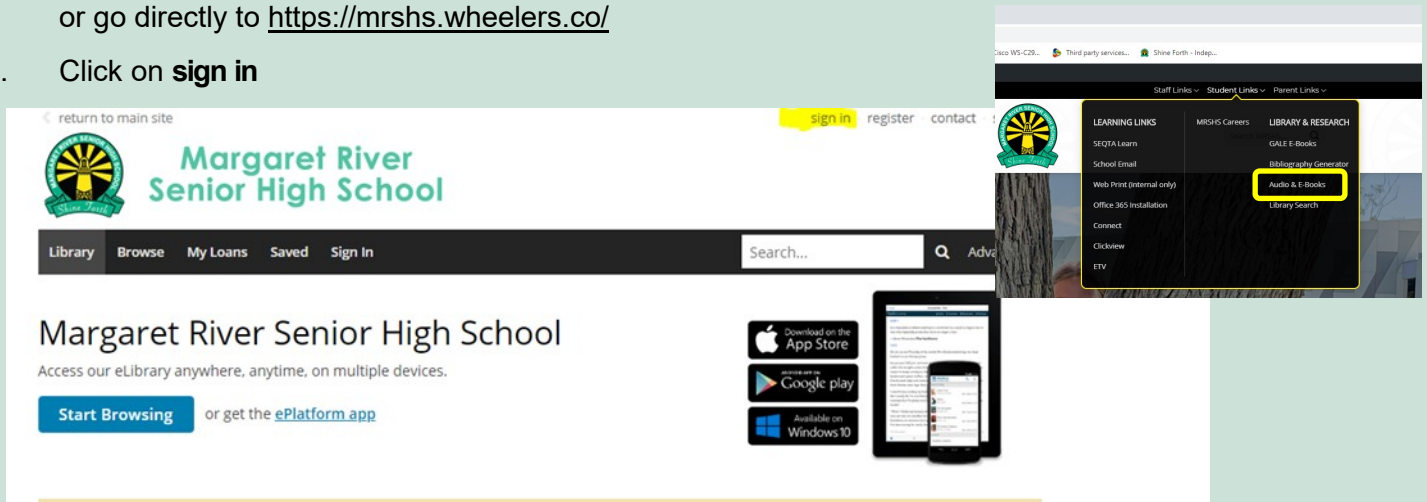
Navigate to the appropriate to download the Word, Excel, PowerPoint, or OneNote apps:

- ⇒ Android devices: [Google Play Store](#)
- ⇒ Apple devices: [Apple App Store](#)
- ⇒ Windows Phone or Windows 10 device: [Windows Store](#)

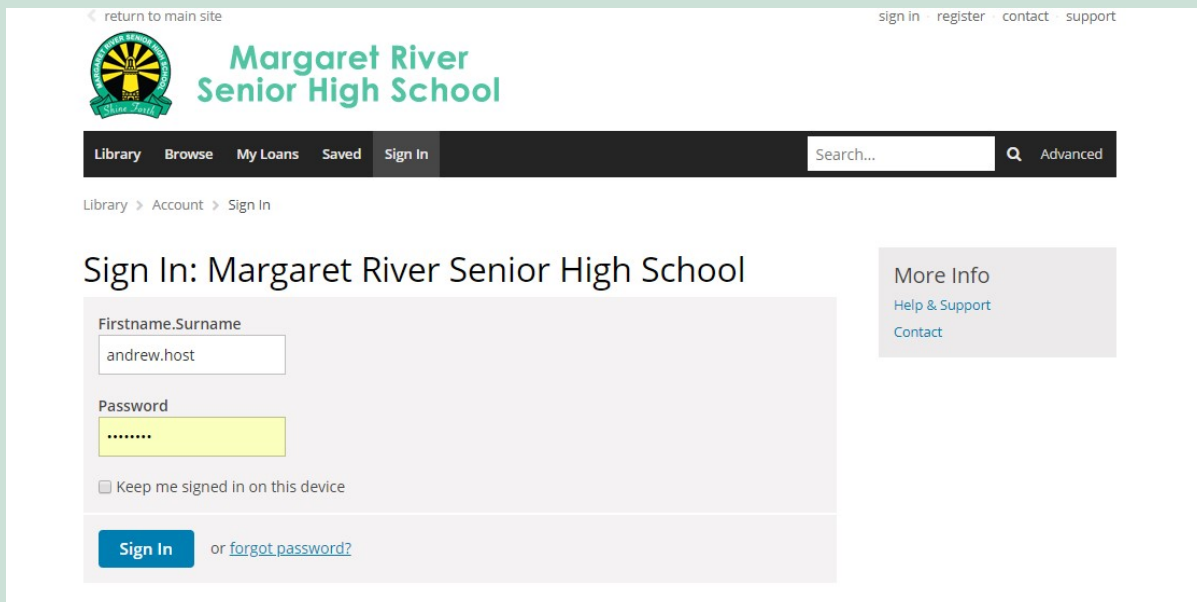
Detailed guides to obtaining and installing the software on phones and tablets can be found on the [Microsoft Support – Set up Office apps and email on a mobile device](#) web page. <https://support.office.com/en-us/article/Set-up-Office-apps-and-email-on-a-mobile-device-7dabb6cb-0046-40b6-81fe-767e0b1f014f?ui=en-US&rs=en-US&ad=US>

Audio and E-Books for Students

1. Go to the school website choose the **STUDENT LINKS** then **Audio & Ebooks** or go directly to <https://mrs.sh.wheelers.co/>
2. Click on **sign in**

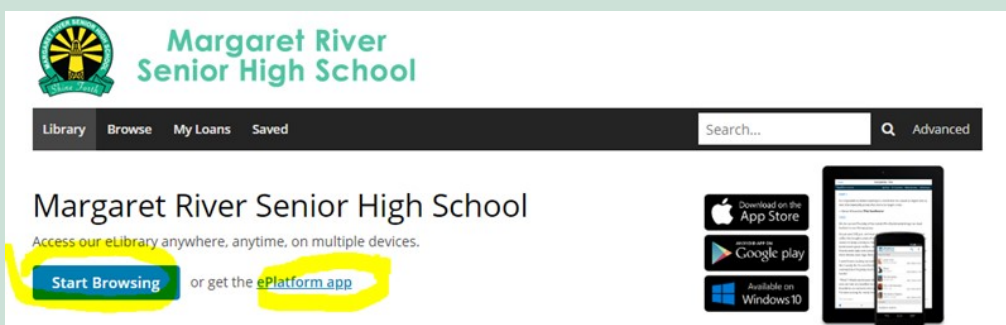


3. Sign in with your computer login usually: **firstname.surname** and password: **library**
- If your login does not work see us in the library to fix up or choose **register** and follow the steps.

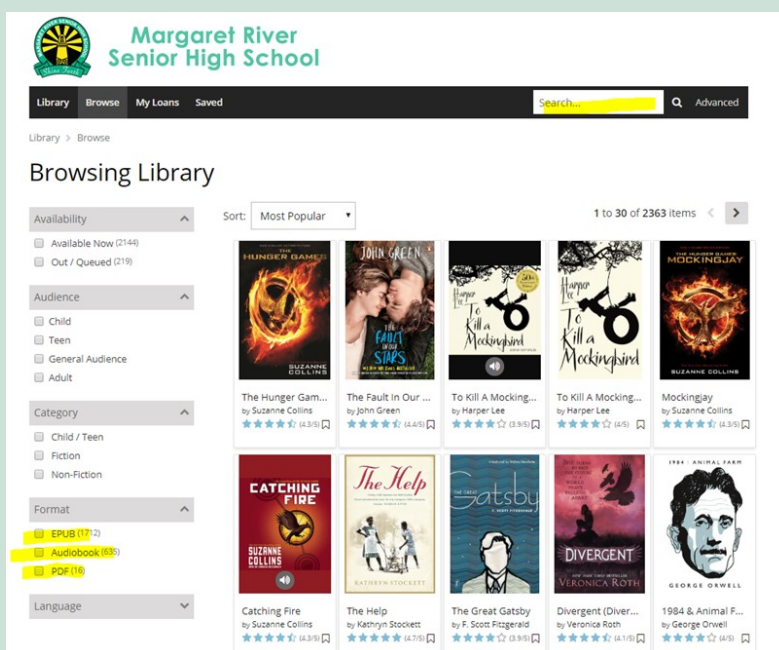


Audio and E-Books for Students

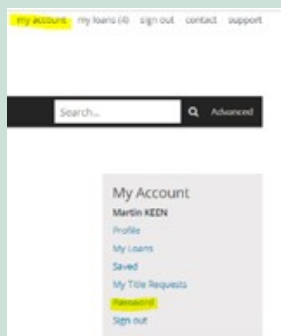
4. Scroll to view titles or click on **Start Browsing**



(or you can get the **ePlatform app** – then follow the prompts to install)



5. Choose from EPUB, Audiobook or PDF format or try the Search box.
6. Click on a book to view more information.
7. Click on **Borrow** to borrow it. You will then have 13 days to listen/read.
8. Then either **listen** or **read**
– you may want to download the ePlatform app for Windows 10, IOS or android first



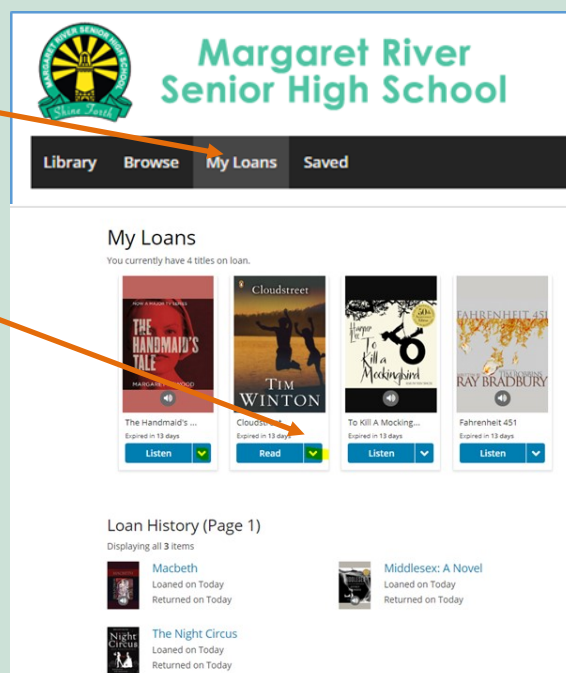
To view your loans click on **My Loans**

To return your loan click on the **arrow** next

To change your password

Choose **my account** at the top right

Choose **Password** at the right



For help with this please contact **Petra**
Petra.Stene@education.wa.edu.au

Community Noticeboard



St Thomas More Catholic Primary School
Margaret River hosts an evening with
Professor Donna Cross....

“A FUTURE WITH NO SECRETS? STRATEGIES TO SUPPORT YOUR CHILDREN’S POSITIVE USE OF TECHNOLOGY”

Donna will share her advice and research based findings on navigating the world of technology with our children. Donna Cross is a Professor with the Faculty of Medicine, Dentistry and Health Sciences at the University of Western Australia, and Head of the Health Promotion and Education Research team at the Telethon Kids Institute where she leads 32 researchers who develop and test strategies to improve children's and adolescents' wellbeing, with a focus on mental health and social-emotional wellbeing.

Date: Monday 19th October, 2020

Time: 5.30pm for pre-drinks. 6pm Presentation.

Venue: St Thomas More Catholic Primary School,
30 Walcliffe Road, Margaret River.

Price: \$10 (includes a glass of wine/beer on arrival)

TICKETS AVAILABLE at

<https://www.trybooking.com/BLROW>

**PROCEEDS DONATED TO THE
TELETHON KIDS INSTITUTE**

Thinking of UWA after High School?

If heading to UWA means moving to Perth, learn about what it's like to live on campus at UWA with this [new online info hub](#).

You'll find info that shares:

- ✓ 'A day in the life of a UWA student who lives on campus'
- ✓ What a typical year living on campus at UniHall includes
- ✓ When to apply to live on campus
- ✓ Virtual tours of UniHall's campus

Visit unihall.uwa.edu.au/lifeoncampus

Community Noticeboard



Margaret River Little Athletics

RUN, JUMP, THROW!

The 2020-2021 Little Athletics season is almost here and we are looking forward to another fun filled competitive season.

Children aged from 6- 17yrs can register and compete.

We need parents/care givers to stay on Saturday mornings to co-ordinate and record the children's' results as they move from event to event. Events include running, hurdles, shot put, javelin, discus, long jump, triple jump and high jump (depending on age).

Little Athletics develops the basic motor skills of running, jumping and throwing. Developing strength, flexibility, co-ordination and balance, all basic requirements of ANY sport.

You can registration ONLINE at www.resultshq.com.au with payment via Paypal or credit card, from **SEPTEMBER 24th**.

The costs for this season will be \$140 for the first child and \$100 for each additional child. We accept Kidsport vouchers. Please note, we must receive payment prior to the season commencing.

The first day of our Little Athletics season is set for **Saturday 31st October** at 8.15am(setup) for an 8.30am start. As a guide a typical meet will finish approx 10-1030am.

6wks program Term 4 and 6wk program Term 1

Trainings (optional) will commence Tuesday 27th October from 3.45pm till 4.30pm.

We are holding a "Have a go Day" on the **Saturday the 17th October at 8.15am**. Registrations available on the day.

So come and enjoy a fun family sport where everyone is involved.

For more information please email mrlacrego@gmail.com

