



MARGARET RIVER SENIOR HIGH SCHOOL NEWSLETTER

November 2020

DATES FOR YOUR DIARY

Term Four

WEEK 6

November 17th

Yr 10 Canoe Camp (G1)

November 18th

Yr 9 Civics Excursion—Perth

November 19th

Yr 10 Play

November 20th

Yr 11 Caving

WEEK 7

November 27th

Yr 9 Play

WEEK 8

November 30th

Orientation Day

November 30th – December 4th

Yr 11 Work Placement

December 2nd

Yr 7 Vaccinations

Yr 9 Roping

December 3rd

Yr 7/8 Interschool Summer Carnival

Yr 9 Roping

December 4th

Dance Tour

WEEK 9

December 7th -11th

Yr 11 Work Placement

December 2nd

Yr 7 Vaccinations

December 11th

Yr 11 Rewards and Last Day

WEEK 10

December 15th

Yr 9/10 Rewards

December 16th

Presentation Assemblies

December 17th

Yr 7/8 Rewards

LAST DAY OF TERM 4

Principal's Address

The year continues on at a hectic pace and it is hard to believe that we have only six 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 Big Band Picnic, the Creating Identity Exhibition, Year 11 exams and the start of the 2020 WACE exams.

I would like to recognise the achievements of the Year 12 students of 2020. It has been a privilege to get to know many of the students in this Year 12 group during their six year journey at Margaret River Senior High School.

I thank them for allowing us to share their 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 six years. The Year 12 students of 2020 have impressed me with the way they have handled the massive disruptions that have taken place this year. 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 which 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 six 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 Ms Kara Beecham and Mr Ben Finch for the hard work and commitment they have displayed in supporting our Year 12's. 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 have worked hard with students to provide outstanding items for The Creating Identity Exhibition at The HEART. This event, which takes place from the 6th of November to the 13th of November, is another great opportunity to showcase the talents of our students in the Arts and Technology and Enterprise fields. I am impressed with the variety and quality of items that will be displayed.

It is with great sadness that I announce that Ms Kara Beecham, our upper school Deputy Principal, will be leaving us at the end of week six this term. Kara has been successful in winning an Associate Principal position at the highly prestigious Bob Hawke College, which is a significant achievement. I know I speak for the whole Margaret River SHS community in wishing Kara all the best at her new school and thank her for all the work that she has done at our school over the past 16 years in a variety of roles. She will be missed enormously.



Andrew Host
Principal

NAIDOC Week



This week is the national celebration of NAIDOC week. As part of our Aboriginal Cultural Standards initiative the school supports the celebrations of events that are part of NAIDOC Week. Below is a Statement from the National NAIDOC Committee which outlines the meanings and history behind this National Week.

Regardless of when it is celebrated NAIDOC Week is an event of national importance for all Australians.

A week borne from a day of protest, NAIDOC Week each year reminds us of the ongoing aspirations of our communities as they continue the movement towards

justice and equality.

Importantly, NAIDOC Week is an opportunity for Indigenous and non-Indigenous Australians to come together to celebrate not only Indigenous achievement but the history, rich culture, and survival of the oldest continuing living culture on the planet.

Woven into the fabric of NAIDOC celebrations are the achievements of leaders and trailblazers of the past. While many NAIDOC Award ceremonies have been cancelled – including the National NAIDOC Awards - we commit to honouring and celebrating a new generation of inspirational achievers in 2021.

We take this opportunity to acknowledge the voluntary work and dedication of the many local and regional NAIDOC Committees, the individuals and organisations across Australia who each year are the driving force behind NAIDOC.

While NAIDOC Week each year celebrates and acknowledges our past and our present it also looks with hope towards the future. The sheer numbers of events and activities held every year emphasises the growing success and importance of NAIDOC Week.

Always Was, Always Will Be recognises that First Nations people have occupied and cared for this continent for over 65,000 years.

We want all Australians to celebrate that Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists.

That this county has the world's oldest oral stories, the world's first maps, and the earliest paintings of ceremony.

We are excited by the sheer number and diversity of celebrations and activities that are taking place across the country accommodating social gathering restrictions and social distancing measures because of COVID19.

We invite all Australians to take the time to learn, share and participate in these unique celebrations.

ISSUE #8

MR SHS
RESOURCE CENTRE
NAIDOC WEEK

Always Was,
Always Will Be.
8-15 NOV 2020

The 2020 National NAIDOC Poster, Shape of Land, was designed by Tyrown Waigana, a Noongar and Saibai Islander man.

Tyrown's artwork tells the story of how the Rainbow Serpent came out of the Dreamtime to create this land. It is represented by the snake and it forms the shape of Australia, which symbolises how it created our lands. The colour from the Rainbow Serpent is reflected on to the figure to display our connection to the Rainbow Serpent, thus our connection to country. The overlapping colours on the outside is the Dreamtime. The figure inside the shape of Australia is a representation of Indigenous Australians showing that this country - since the dawn of time -

Always Was, Always Will Be Aboriginal Land.

School News

COVID-19 Reminder

Even though things are going well for us in WA, parents are reminded of the **Department of Health's** message about coronavirus.

Message for parents: if your child is sick, they must not go to school. You must keep them at home and away from others. Remember to maintain physical distancing from other parents and teachers when attending school, including when dropping off and picking up your children.

Message for children: tell your parent, guardian or teacher if you are feeling sick.

Message for teachers: do not come to work if you are sick or in a vulnerable person category.

Message for all adults: the greatest risk of transmission in the school environment is between adults. It is of utmost importance that teachers and parents alike maintain physical distancing between themselves and each other at school.

Everyone must practise good hygiene to protect against infection and prevent the spread of COVID-19.

Hetty Bogerd

Deputy Principal



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

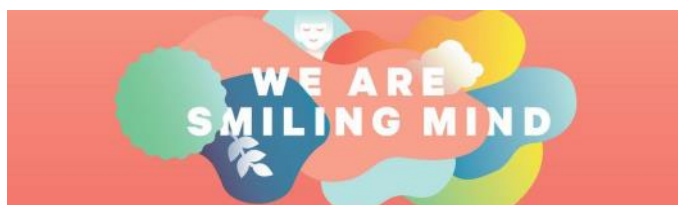
If you have trouble sleeping please come and see the school nurses for a chat!

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

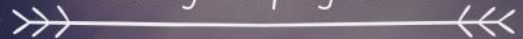
Here are some tips to manage stress in your life:

- 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

YOUR 2021 SCHOOL LEADERS

The 2021 Student Council interviews have now been concluded. Congratulations to the following students for having been accepted into the 2021 Student Council:

2021 Head Students

- Sasha Hughes & Rhya Hackett

2021 Deputy Head Students

- Araya Heussenstamm & Fletcher Morrison

2021 Senior Student Councillors

- Cael Boylan, Patrick McFerran & Jett Higgins

I am super excited to be working with these “Magnificent Seven”.

The lower school 2021 nomination and election process will commence in Week 5. The new student leadership team will be involved straight away in planning for 2021 as well as in AMR Shire youth strategy planning.



Valedictory 2020

Congratulations to the graduating class of 2020. Thank you to all that were involved in the ceremony to farewell our Year 12's. We wish them all the best in their WACE Exams and the next chapters of their lives.

Take care and Shine Forth.

Mrs Beecham



AWARD RECIPIENTS

AWARD	RECIPIENT	AWARD	RECIPIENT
400 Club	Angus Dowden	Food Science & Technology - General	Jaya Perry
ADF Long Tan Leadership Award	Samuel Iles	Geography	Tavian Ord
Best All Rounder	Jessi Whitehead	Human Biology - ATAR	Mitchell Cook
Biology - ATAR	Tenille O'Brien	Material Design and Technology - Wood	Noemie Marill
Building & Construction	Kynan Marsh	Materials Design and Technology - Metal	Flynn Jackman
Cadet Recognition Award	Chloe Pears	Mathematics Applications - ATAR	Patchar Chewajaroen
Career and Enterprise	Amelia Desmond	Mathematics Essentials - General	Sydney Payne
Certificate II Business	Ella Marshall	Mathematics Methods - ATAR	Henry Salmon
Certificate II Information and Digital Media Technology	Wilbur Grantham	Mathematics Specialist - ATAR	Malakai Wholagan
Certificate II Outdoor Recreation	Jessi Whitehead	Modern History - ATAR	Banjo Caruana-Butler
Certificate II Sport Coaching	Ava Wilson	Music - Western Art Music - ATAR	Wilbur Grantham
Certificate III Events	Sydney Payne	Nola Marino Forrest Medal for Leadership	Shannon Walker
Certificate III Visual Arts	Courtney Goh-Edwards	Physical Education Studies - ATAR	Ava Wilson
Chemistry - ATAR	Robert Wilson	Physical Education Studies - General	Robert Wilson
Citizen of the Year	Samuel Iles	Physics - ATAR	Robert Wilson
Community Service Award	Noa Elliott	Politics and Law - ATAR	Michael Cocivera
Curtin University Principal's	Ari Lane	Positive Achievement Award	Chelsea Kawiti
Curtin University Principal's	Maddison Hibbert	Principals Award	Patchar Chewajaroen
Drama - ATAR	Banjo Caruana-Butler	Quiet Achiever	Caitlin Fisher
Dux Award - Merv McKillop Medal	Mitchell Cook	Rising Star Award	Banjo Caruana-Butler
DUX Award - Runner up	Robert Wilson	Senior School Engagement Program	Harry Geersen
Economics - ATAR	Bonnie Day	Top School Sportsperson	Jessi Whitehead
Encouragement Award	Robert Wilson	Top Sportsperson	Ethan Buckland
Endeavour Award	Jake Noel Delaney	VET - DUX	Sydney Payne
English - General	Caitlin Fisher	VET - Runner Up DUX	Scarlet Caley
English ATAR	Banjo Caruana-Butler	Workplace Learning	Cameron Manser
English Literature - ATAR	Mitchell Cook		





THERE'S
MORE TO SAY
AFTER
RUOK?

Learn what to say at
ruok.org.au

On Thursday 10th September the students and staff participated in a whole school event that focussed on showing support for each other and practicing the skill of checking in. The students learnt how to help if someone is not coping and what resources are available at school and in the community that can offer extra assistance. All of the staff worked with their form groups and they did a fantastic job of connecting with the students to discuss this important message.

The students were outstanding on the day and the message was embraced from Year 7 through to Year 12. If you have any concerns about an individual or would like to learn more there is some great information at <https://www.ruok.org.au/> or you can call Student Services on 9757 0745 or 9757 0795.

Heath Johnstone

Year 10 Coordinator



**Trust the Signs, Trust your Gut
& Ask RUOK?**

Learn the signs and how to ask at ruok.org.au

RUOK?
A conversation could change a life.

Leavers Health Seminar 2020

The 2020 Year 12 Leavers Health Seminar held on the 14th August was a great success.

The students enjoyed 4 workshops throughout the day providing health education on Mental Health, Sexual Health, Sexual Safety and Drug and Alcohol use. The workshops provided information that the students can take with them through Leavers and beyond to keep themselves, their peers and the community safe. The students also watched a car crash scenario run by our local Volunteer Emergency Services which was an extremely valuable learning experience, demonstrating what is involved in providing critical care in an emergency situation.

Thanks to Headspace, Waratah, SW Drug and Alcohol and Emergency Services for giving up their time to educate our students and thanks to all the staff and students involved, a great day was had by all.



Tomorrow Man Programme

The Year 10 Boys completed the *Tomorrow Man* programme on Monday 10th and Tuesday 11th August with Rhett Corker. It was a fantastic opportunity for the students to learn about themselves, understand that everyone experiences challenges and to develop empathy for others. The sessions were approached in a very positive manner and it was great to see our young men taking the opportunity to communicate openly and honestly. A number of very personal experiences were shared and the group acknowledged and supported each other in a very authentic way. The aim of the sessions was to **'question the rules of masculinity and create space for real and honest conversations'**, with a particular focus on mental health and supporting each other.



If you haven't had the opportunity to have a chat with the Year 10's that completed the programme, it would be a great opening to start a conversation with them. All of the boys responded positively and indicated that it was a very powerful experience. I have included a few quotes below to give you an idea of the impact that it has had.

'It showed me that it's ok to show and talk about emotions'

'Realised everyone goes through stuff'

'I'll be more respectful and mindful of people'

'It helps me reassure myself that my friends are there for me'

'It's showed me that there is more to being a man than just muscle'

'I won't feel as uncomfortable talking about stuff to people'

'I wish it lasted longer'

'It was great and everyone should do it'

If you have any questions or would like to share some stories about any of the conversations you have had around the Tomorrow Man programme please get in touch via heath.johnstone@education.wa.edu.au. If you are interested in reading about the programme follow this link: <https://www.tomorrowman.com.au/programs>

Year 8 Asian Languages - Culture Infusion



In Term Four, Year 8 Asian Language students have tried varieties of Chinese and Indonesian breads and snacks. Including the "Tropical King of fruits", DURIAN which was prepared by OSH5ONE Bali Modern Cuisine, Perth.

Culture Infusion was partly funded by MRSHS Enrichment & Engagement Program.

Year 9 and 10 Sports Carnival

On 23rd September 110 students from MRSHS travelled to Bunbury to compete against other schools from the South West region. Students selected, trialled and trained to earn their spot in their selected sport. This carnival serves as a mini Country Week, with competitors experiencing the expectations, competitiveness and sportsmanship required of our Country Week squad. Our Students performed exceptionally well and finished 2nd (by 1 point) in the Tier 1 Division. Coaches from each of the sports have given a quick wrap up of their teams' performance below.

Team Performance Wrap Ups

Year 9/10 Hockey

The Year 9/10 Hockey team had an amazing day at the carnival. What we couldn't get on the scoreboard we more than made up for in enthusiasm. We managed one win, two draws and two losses.

Well done to all students who participated, and a massive thanks to Maxine Williams for coaching on the day.

Mr Tomasi



Boys Basketball

The Boys Basketball team competed in A grade and competed strongly in all their games. A lot of the boys were at their first Winter Carnival as Year 9's and were very competitive in all of their games against older opposition. Winning their first game against Newton Moore SHS the boys got off to a great start but unfortunately, despite playing some really great basketball, that was their only win for the day. We finished the day with 1 win; 1 draw and 3 losses to finish in 5th position. If the boys can stay together for next year, they should be very confident in taking out the A grade division.

Mr Farmer



Year 9/10 Netball

The sun was out and not a cloud in the sky. The mixture of year 9 and 10's showed raw and upcoming talent. They were ready to face off in A Division.

We spent the morning playing in pool B finishing off 3rd for the grade. When it came to the crossover of the two pools, our final game left us playing off for 7th and 8th position. Taking the win over Australind with a 11-8 score. This left us to finish off 7th overall.

Regardless of the results, the team played exceptionally well, showing great team spirit, determination, and encouragement throughout the whole day. Thank you to our team helpers and umpires for a great day.

Miss Keding

Wrap Ups continued...



AFL Girls

It was very pleasing to be able to enter two AFL Girls teams into the Year 9/10 Sports Carnival. Both teams played extremely well throughout the day and showed all other schools the quality of skills and fitness of student have on the open AFL field. We had five selected Year 8 Girls who joined the squad for the day and were outstanding. I am sure they will provide great leadership next year for their peers. Our 'Team 1' finished in overall third position and our 'Team 2' finished in overall 5th position out of a total of eight teams in A-Grade. Well done girl, both Sandy & Mr Joyce were super proud of your outstanding performance!

Mr Joyce and Mrs Roberts

AFL Boys

The boys ran hard all day. No bench meant there was limited rest time during the games. The boys were mostly year 9's but still fought to be first to the ball and put their head over the ball in tight contests. They represented the school admirably in how they played and conducted themselves on and off the field. We finished 4th in the A grade division and I don't think there was anyone in the team who didn't wake up a bit sore the next day. Well done boys, next year, you will be a force to be reckoned with.

Mr Sluiter

More Wrap Ups....

Girls Soccer

The MRSHS Girls Soccer Team played really well over the day, working well as a unit and defended really hard.

The girls were undefeated over the day, scoring 18 goals and conceding only 1 goal.

In the end the Team were deserved winners and received the Champions Shield for the 'A' Grade Girls Soccer Division.

Well done girls, a great effort .

Andy Longmore



Volleyball Girls

A Grade Volleyball Girls were undefeated during qualifying rounds.

We faced Australind SHS in the final, which saw a very close game with our girls winning two sets to nil, each set going point for point. The girls remained calm and focussed to win those important points late in the game.

This year's team was extremely competitive with respect to the numbers of girls trying out for the team and regular training sessions during school and before school leading up to the carnival.

Well done to all the girls.

Mr Kupfer-Hollis

Sporting Achievements

Violet Longmore wins Prestigious State Soccer Award

Margaret River SHS student Violet Longmore was part of this year's 2020 Football West National Training Centre (NTC) Elite Program for Girls Football (Soccer) Program.

The NTC Girls Team play in the U/13 State Division 1 Boys League in Perth, which is a very tough League.

Violet and her father recently attended the NTC Awards Night held at the Hyundai Australia Showrooms in Osborne Park. Violet was awarded the 'Football West Hyundai NTC – Community Footballer Award 2020 for the U/14 Girls, the Top and only award for the team.

Football West Coach ,Gavin Sit, spoke highly of her consistent and excellent performance on and off the pitch, her commitment and love for the sport, and her work and involvement in the community by coaching and inspiring younger female players. Also the huge effort to travel to train and play in the Metro League was commended. **Well done Violet!!**



Netball—MRSHS VS HEDLAND

On Monday 12th October our travelling friends from Hedland SHS popped in for a visit and, for a friendly game of netball.

The MRSHS team consisted of a selected team from year 9/10. This team had been training hard throughout term 3 in preparation for the visit. However, not sure what to expect the MRSHS girls dusted off the cobwebs of school holidays and came out firing in the first quarter. Leaving the Hedland girls stunned with a 12-0 lead. The final result ended with Margie's with a 36-6 win.

To show our travelling team some country hospitality we hosted a BBQ where the girls could interact and find out what our friends had planned for the week. We really appreciate these opportunities of schools coming to visit our beautiful facilities and providing our students with competition to challenge and extend their netball skills and spirit.

Thank you to the support from administration, Sue and Chris Buckland for cooking the BBQ. To the parents for getting the girls here on time, Cobie Field, Jessi Whitehead and Phoebe Wilcox for helping set up, umpire and score. Lastly to the team for showing up committed and representing MRSHS to the highest of standards, on and off the court.

This team will be facing the returning team from Aranmore SHS later in Term 4.

Jenelle Keding
PE Teacher



YOH Fest Dancers

Congratulations to Amanda Gradisen and the Yr 9/10 MRSHS Youth on Health Festival Dancers. Their Dance Video has been selected in the DANCE, SOLO/DUO DRAMA & SHORT FILM SHOWCASE SHOWREEL.

The work of dancers was chosen from over 600 videos over a range of Performing Arts categories. A live streaming of all successful items was presented to the public via the Act-Belong-Commit YOH Screen Fest Showcase website on Friday 30th October.

Our Dance students were filmed by Angela Darcy-Evans and Mike Goodwin. This videography work was funded by MRSHS Engagement & Enrichment Program. This outstanding work is available to view on MRSHS Clickview. Please enjoy these photos of the dancers taken by photography talented student Gera-Mhae Dublois.

Big Band Picnic Concert

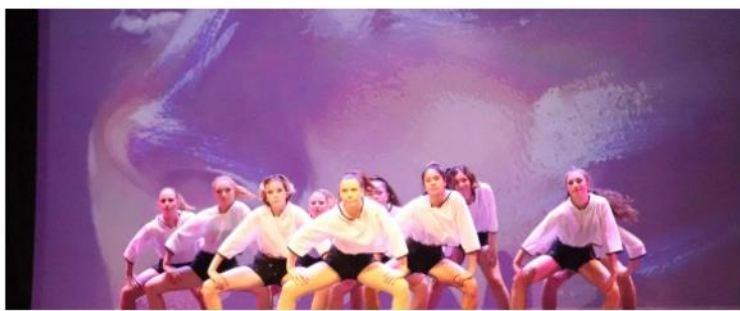
Big Band Picnic was cancelled due to inclement weather but we have rescheduled for Tuesday 1st December. Our Music students will present their Big Band Picnic Concert in the Auditorium Quadrangle from 5pm to approximately 7pm. This concert offers class bands and all ensemble bands their first 2020 large scale performance opportunity.

To meet COVID-19 guidelines audience members will be asked to sign in on arrival. Your picnic blanket will provide your family zone for the evening. We ask that family members stay together during the concert. We wish Danielle Mayors, all Music staff and students the best of luck as they showcase their work to family and friends.

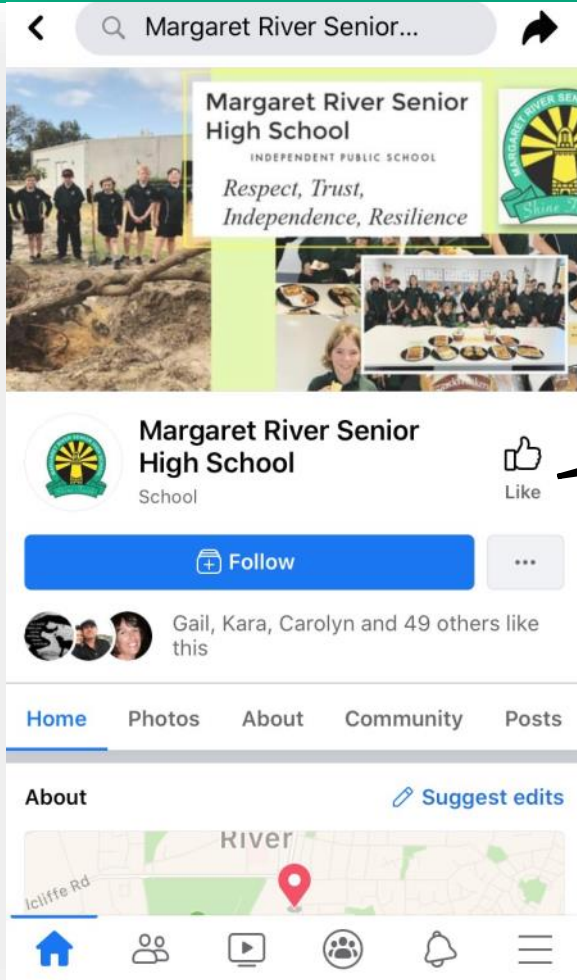
The end of 2020 will be a busy one for The Arts with our Year 9 and Year 10 play, a Dance tour to local feeder primary schools and an induction day for next year's Upper School Visual Artists. Good luck staff and students as work to present these events to our school community.

Mem McCormack

Head of Learning Area: The Arts



MRSHS Facebook Page



Exciting news! MRSHS has launched our new Facebook page!

<https://www.facebook.com/margaretrivershs>

Please come take a look and “Like” and “Follow” our page!

Our Facebook page will replace much of the content we place in our Newsletter articles, with the aim of condensing our Newsletters to be more succinct with targeted content, such as Principals message, Finance and general school announcements.

This will provide a way to communicate and engage with you, our school community instantly to keep everyone up to date with the happenings of the school. We want to make sure MRSHS stands out, showing what makes our school special and build a strong and positive online identity for MRSHS.

Community Noticeboard

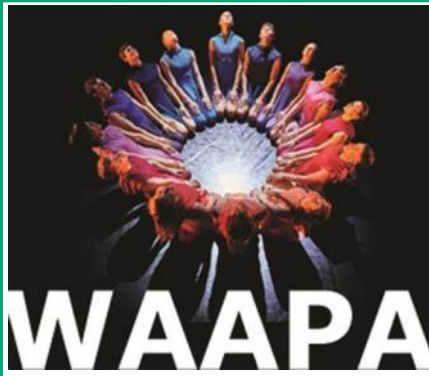
Thinking of UWA after High School?

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



WAAPA Summer School 2021

This summer WAAPA is thrilled to be able to offer an exciting school holiday program at our campus in Mount Lawley. There are classes for students from Year 1 to Year 12 in drama, acting, screen performance, film making, music theatre and of course Shakespeare. For information about the many courses on offer please visit waapa.ecu.edu.au/summer-school or contact Gabrielle Metcalf at explore.waapa@ecu.edu.au or 9370 6775.

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