

An Independent Public School

Morawa District High School

NEWSLETTER

Issue 7, November 2015

EVENTS COMING UP

Teach Learn Grow
Week 7

Kindy/Pre-Primary Info
Sessions
Tuesday 8 December

Year 6 Graduation
Assembly
Fri 4 December

Year 9 UWA
Aspire Camp
Week 9

Kindy/Pre-Primary Party
Thurs 10 Dec

Final Assembly
Fri 11 December
9am

**PRESENTATION
NIGHT**
Wed 16 December

Like us on Facebook
Morawa District High School



Tonia Carslake



From the Principal

PRINCIPAL'S REPORT

YR 12 GRADUATION

Congratulations to our graduating class of 2015:

Head Girl - **Lucy Hebiton**

Head Boy - **Sam Ballantyne**

Student councillor - **Mikaela Harwood**

House Captain - **Tia Markham**

House Captain - **Emma Vanderschuit**

Cheyenne Beagley

Austin Jones

Hannah Mills

As we headed into the end of October our focus was on farewelling the Class of 2015. The 12s have been a fantastic year group, great leaders of the school and an absolute joy to be with. Farewell celebrations started last week with Graduation Dinner held at the Recreation Centre followed by the Leavers' Assembly on Friday morning whereby the year 12s handed over the school flag as a token of the school pride to

the year 11s. It is a wonderful time to be at this school.

There are many significant people involved in guiding these students through their educational journey. Thank you parents and thank you staff of Morawa District High School.

I would sincerely like say a huge thank you to Mr McGann our Year 11/12 coordinator for his dedication and enthusiastic work in getting our year 12's to graduation, and to Ms Jones, Mrs Solomon, Miss O'Halloran and the many helpers for the fantastic organisation of the graduation celebrations; to Mrs Carslake and the ladies organising morning tea and to the Netball club led by Mrs Bronwyn Thornton for the beautiful dinner; and lastly to Mrs Walter and the band for the beautiful music.

REMEMBRANCE DAY

Wednesday 11 November was Remembrance Day. The day marks the anniversary of the armistice, which ended the First World War (1914–18). A group of our student house captains and student councillors formed a guard of honour on Remembrance Day at the Morawa RSL War Memorial to help mark this special occasion. Mrs Walter, Corrine Moore and Olivia McCarthy

Endeavour & Achieve

played the last post.

CLASS COMPOSITIONS FOR 2016

We are currently in the process of reviewing class structures, compositions and allocation of students based on our enrolments for 2016. I would like to take this opportunity to encourage all parents to let the school know if your child/children will not be attending MDHS in 2016. A reminder also to parents of Kindergarten and Pre Primary students to please ensure that enrolments are up-to-date so we can make informed decisions about class structure for 2016.

KINDERGARTEN AND PRE-PRIMARY TRANSITION 2016

Students who are entering Kindergarten and Pre-Primary in 2016 will be invited to attend a K/PP Transition morning between 9-10am on Tuesday 8 December. More information will be sent home to parents. Please ensure your child has been enrolled for these classes. Enrolment packs are available at the front office of the school.

SECONDARY EXAMINATIONS

A very busy time this week for our Year 8 to 10 students. Examinations are upon them, a time for significant focus and time spent on study and revision. I wish the students all the very best in their examinations.

STUDENT COUNCIL ELECTIONS

We will be holding elections for school leaders in Years 4-10 during Week 8 of school. Representatives of the Student Council are elected by their fellow students. They represent all students in the school and organise ways for students to participate in school life. I would like to encourage all students to engage in this process—it is an honour to be elected.

YEAR 6/7 FINAL ASSEMBLY

The Final Year 6 assembly will be held on Friday 4 December at 9am followed by morning tea for Year 6 students, parents and guests. I look forward to seeing you there.

BAND SPECTACULAR

The MDHS Brass Band performed at the Bands Spectacular at the QPT in Geraldton 31st October. By all accounts it was a wonderful evening of entertainment. Thank you to Mrs Helen Walter, Mr Alistair Duncanson, Miss Jessica Jongan and Mrs Alison McCarthy for attending this camp and making it all possible.

SCHOLASTIC BOOK FAIR

The Book Fair is on this week starting with viewing on Thursday and sales on Friday. Thank you to Catherine Moore for organising this. It is always great to see the variety of books on offer. Please take the time

to go and have a look. Every Scholastic Book Fair is packed with a multitude of genres, including fantasy, classics, reference, award-winners, humour, nonfiction and mystery. It is a great selection of books suitable for both girls and boys within each age group. There is plenty to capture children's imaginations and excite them about reading.

SENIORS' DAY OUT

The Senior Band and PP/1 Class performed at the Seniors Big Day Out on Wednesday morning at the Town Hall. Thank you to Helen, Narelle and Dennice for organising the students for this.

GRAMS

MDHS is hosting a GRAMS [Geraldton & Regional Aboriginal Medical Service] workshop for female students from Year 7 – Year 10 on Tuesday, 24th November, from 10.30am to approximately 12.30pm, at the Morawa Youth Centre. Please contact the school if you have any queries.

YEAR 7/8 MODELLING EXCURSION

A day-long workshop has been arranged at Krissie Westwood Modelling & Casting Academy in Balcatta, Perth, for girls from years 7 and 8 for the 6/7 December in Perth. The workshop is a unique positive self-improvement course and presentations will be given on Grooming and Deportment Skills, Personal Hygiene, Positive Attitude and Self Esteem, Social Etiquette, Communication Skills as well as the girls learning how to gracefully 'walk the catwalk' in the Studio. Thank you to Revend Ric Payne for organising the excursion. We hope to provide the same workshop to other girls in 2016.

YEAR 3/4 EXCURSION

During Semester 2 in Society and Environment the Year 3 /4 class have been studying energy and resources. As part of this course students from Years 3/4, together with Miss Chivers, will be involved in an excursion to the Meru Waste Disposal site and the Mumbida Wind Farm located in Geraldton on Friday 20 November.

TEACH LEARN GROW [TLG]

We are very excited to have two lots of 25 University students from Teach Learn Grow [TLG] coming to work in the school from 23 November – 27 November. They will tutor up to 60 of our students intensively in mathematics. They will be focusing on consolidating students' knowledge and inspiring their interest in education. The tutors provide one-on-one tutoring and mentoring in mathematics over the course of the week, with the aim of allowing the students to master specific outcomes provided by teachers. This is always an outstanding program and a great opportunity for your child to be tutored one on one.

2015 YEARBOOK

The 2015 Morawa District High School Yearbook is in the final stages of production and will be available for distribution at the end of the term. This year's publication has again been created using specialised yearbook software and is being professionally printed and bound into a high quality, full colour memento. The school is partially subsidising the cost of the book again this year and the price will be \$20 per book. Numbers may be limited so please return the enclosed form with payment to the Front Office as soon as possible.

ASSEMBLIES

With the end of the school year coming rapidly in sight, please see below dates to add to your calendar:

- Year 6 Final Primary Assembly 4 December 9.00am
- Whole School Final Assembly 11 December 9.00am
- Presentation Night Wednesday 16 December 5.30pm

With every best wish

Tonia Carslake



Maths Wizards for 2015



It gives us great pleasure to announce the winners of the Maths Wizard Competition which was held in Term 3.

Junior Maths Wizard:
Isabella Tomlinson

Senior Maths Wizard:
Nellie Humphreys



Book Fair

Book Fair is happening this week!
Books will be on display on Thursday 19 November for students to have a look at and make their wishlists.

On Friday the library will be open from
8.30-4.00pm
for books to be purchased.

See you there!

Chaplain's Chat Corner....

Revd Ric Payne

YouthCare School Chaplain

'Do not follow where the path may lead. Go, instead, where there is no path and leave a trail.'

Ralph Waldo Emerson

As we go through life each day presents us with challenges that will shape us according to the way we manage them. A friend and mentor reminded me the other day of this, saying 'You are today, a sum of all the decisions you have ever made.'

Throughout my life I have made many, many decisions ... from the small seemingly insignificant ones of each day [mmm...what will I have for brekky today?], to the mighty ones which have, several times, changed the course of my life[career changes, marriage etc]. Those decisions made in the past bring me, now, to chaplaincy at Morawa District High School where I see each day as a challenge and an opportunity for personal growth. Each day brings to me moments of love, despair, joy, or grace, moments of sadness, empathy, gladness, or gratitude.

It seems that a big chunk of my time is spent with students in enabling them to grow their resiliency [the way they bounce back] in the face of adversity... when things go wrong for them or not how they expected them to...when they must make decisions about how to handle the situation.

When challenged or distressed, resilient people expect to find a way to make things work. They feel capable and self-reliant, and have a learning or coping reaction rather than a victim, or blaming reaction. Highly resilient people show many similar qualities, including: a playful, childish curiosity; they adapt quickly and constantly learn from experience; a solid self-esteem; self confidence in their strengths; good friendships and loving relationships; empathy; optimism; they use their creative hunches; and get better and better as time goes on.

When things go wrong for you, or you get knocked down by what happens in your life, you can decide to **BOUNCE BACK** and be yourself again:

Bad times don't last. Things always get better [optimistic]

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset.

Nobody is perfect -not you and not others.

Concetrate on the positives, and use laughter.

Everybody experiences sadness, changes, hurt, failure, rejection, and setbacks sometimes. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was because of you, because of others and because of bad luck or circumstances? [optimistic]

Accept the things you can't change [but try to change what you can first]

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's one part of your life and doesn't have to spoil everything else [optimistic].

(Taken from MvGrath H, and Noble T [2003] BOUNCE BACK! A Classroom Resiliency Programme Teacher's Handbook)

Resilient children are not unaffected by trauma, but they are better able to cope effectively with challenges and overcome adversity. Children need to feel loved and loveable...not only when they do things well. They need to feel they have some control in their lives and they need to feel that they can be successful at something. We all need a sense of belonging, but most especially do children. All children need people, other than their parents, around them; people who care about them and support them. Perhaps grandparents can be a support for children and teenagers. How parents respond, and how we help our children to respond to difficult situations, can promote or destroy resilience.

Life is a bumpy journey and everyone experiences setbacks, frustrations and hard times at different stages in their lives. The greater the number of protective resources and processes in our lives, the more likely we are to survive, even thrive. We can't protect young people from the stress of all potential adverse life events, but we can make a significant contribution to their welfare and life- long learning and resiliency, assisting them to be who they are created to be, to realise the potential within themselves, to believe in themselves, to look to the future with hope.

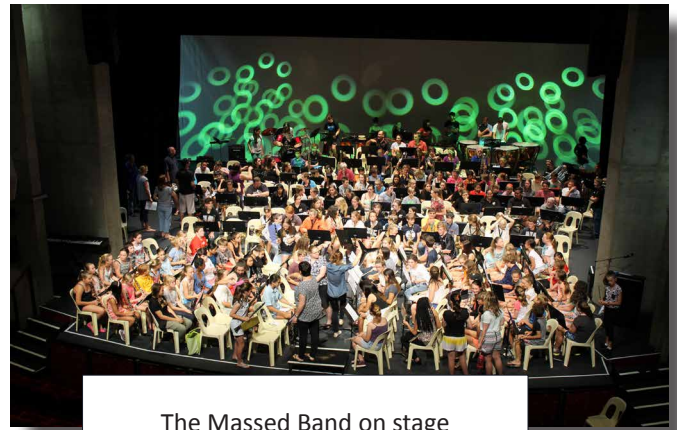
...and...this week as we all grieve for the citizens of France in the wake of the dreadful acts of terrorism, as we are saddened and shocked, and feeling so helpless, I offer prayers on your behalf for peace and harmony throughout our world....

Geraldton Bands Spectacular

Our Brass Band went across to Geraldton to play at Queen's Park Theatre in the Geraldton Bands Spectacular.

It was a fantastic night and our band impressed everyone - especially with the performance of "Freaks".

The Massed Band was once again amazing - 200 people on stage at one time! An encore of "Uptown Funk" ended the night perfectly.



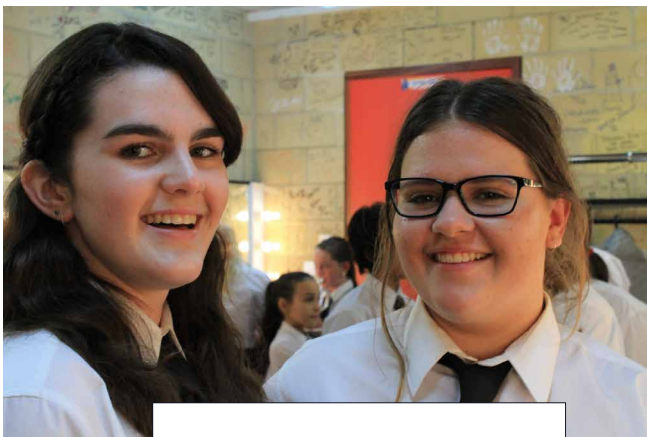
The Massed Band on stage



Rehearsal time



Claire, Darcie, Danielle, Demi, Shyanne & Madison



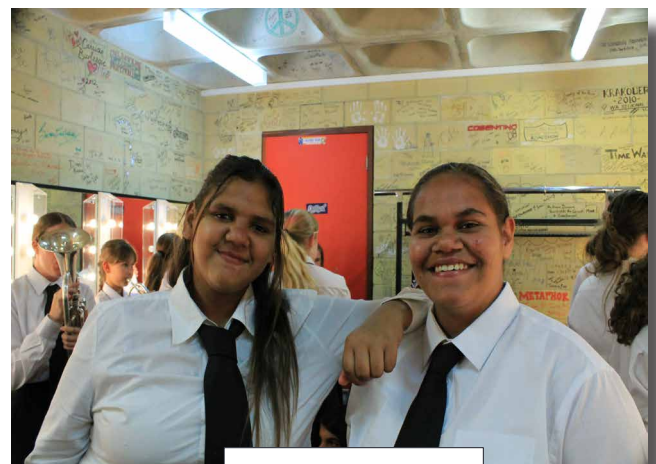
Corrine & Belinda



Danielle, Olivia, Darcie & Madison



Tuning in before the big performance



Nakeetah & Alex

Year 12 Graduating Class



Leavers 2015

Tia, Emma, Hannah, Austin, Lucy, Sam, Cheyenne & Mikaela



Hannah & Mrs Carslake



Head Boy & Head Girl



Mrs McCarthy & Austin



Mikaela & Mr McGann



Cheyenne & Mrs Inbaseelan



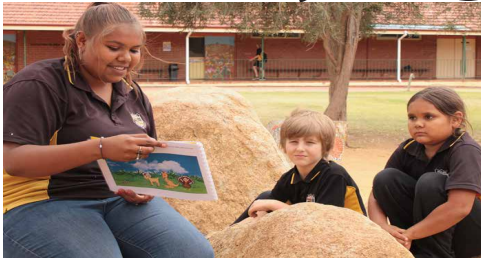
Our lovely class of 2015

Year 12 Graduating Class



Endeavour & Achieve

Secondary English A new boat for Kindy



The Year 11 General English class recently completed a unit of work with a theme on the issues of bullying and cyber-bullying in schools. To assess their understanding of the course concepts, they studied a novel and created a blog (short for weblog or online journal).

The final task for the unit was to use the MDHS Positive Behaviour Expectations Matrix to inspire them to write a fable, aimed at teaching younger students through engaging animal characters. The Year 11s first studied a number of traditional fables, analysed their features and then brainstormed the kinds of animals they could use in their own fables. They then chose one of the behaviour expectations points from the matrix and used that as the moral of their story.

The Year 11s wrote their fables and illustrated them before printing and binding them into short books. The final part of the assessment was to present the fables to the Year 1/2 class.

The authentic purpose and real audience for this task drove the senior students to complete the work enthusiastically. A post-assessment discussion was held and the Year 11 students agreed unanimously that it was their favourite task of the year.

The Year 1/2 class enjoyed being read to by the senior students and each wrote a thank you letter to the Year 11s. It was an enjoyable experience for the teachers and education assistants, too.



Thank you to the Kindy/Pre-Primary Committee, in particular Linda Collins and Mia Andrews, who picked up this new dingy from Geraldton for the kindy playground.



P & C Melamine Plate Fundraiser

Please note that due to the time of year (Sep-Dec), the plates take 10 weeks to be manufactured therefore will not be dispatched until 30 December.

So they won't be here in time for Christmas. Sorry for any inconvenience

Save the Date Junior Tennis Tournament 7-16 yr olds

Saturday 12 December 2015
Coorow Tennis Courts



Details to follow.



Remembrance Day

Lest we Forget



A number of our students attended the town Remembrance Day Service, to march and form the guard of honour under the guidance of Mr Cekanauskas.





Building parent-school partnerships

WORDS Michael Grose

Parents using kids as bargaining chips



It's been said that children are the unwitting victims of a breakdown between partners, but it doesn't take a separation for kids to be caught up in their parents' disputes.

In particular, kids of all ages can be impacted by games of one-upmanship that can be played out even when parents are together.

It happens when one parent criticises the other parent's child-rearing either verbally or non-verbally: a raised eyebrow can send a strong message. This type of criticism creates doubt and uncertainty in children.

It happens when one parent intentionally overindulges children by buying them toys, gadgets and clothes or granting them excessive freedom out of spite. Competitiveness and disloyalty cause confusion and unhappiness in children.

It happens when a parent withholds affection and attention to children to punish their partner for some transgressions they may have committed. Callousness leads to feelings of unhappiness and guilt in children.

Consistency is the greatest gift parents can give

Kids crave consistency from their parents. They love to be able to predict how their parents will raise them as this puts them in control, which is vital for their healthy development. When they grow up in a predictable, caring environment they are more likely to take the learning risks necessary to grow and develop. In unstable, unpredictable environments kids either go into their shells to keep safe or they rebel. Consistency requires parents to use predictable routines, to stick to a known set of rules and to act always in their children's best interests when raising them.

Avoid negative partnership spill over

Families have many relationships within them. Parents have relationships with children as individuals and as a group. Children also have relationships with each other and with each parent, if there are two. Parents also have a relationship with each other, which can be compromised when there is family breakdown. The challenge for parents

is to prevent a breakdown in their relationship impacting on their other relationships including each person's relationship with children. Positive parent relationships also have a positive effect on children's learning and wellbeing. Conversely, anecdotal evidence suggests that the spill over to children from their parents' negative relationships is significant indeed in terms of negatively impacting children's learning and their wellbeing.

Kids are mood detectives

If two parents are in dispute there is an absolute imperative for the parents to keep the breakdown or conflict between themselves and to minimise the negative spill over to children. Inevitably, children will experience a tension if it exists between couples no matter how well their parents try to keep a dispute private. Kids are mood detectives. They're generally better than we think at picking up the nuances of relationship tensions.

more on page 2 >>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



parentingideas.com.au

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... Parents using kids as bargaining chips ...

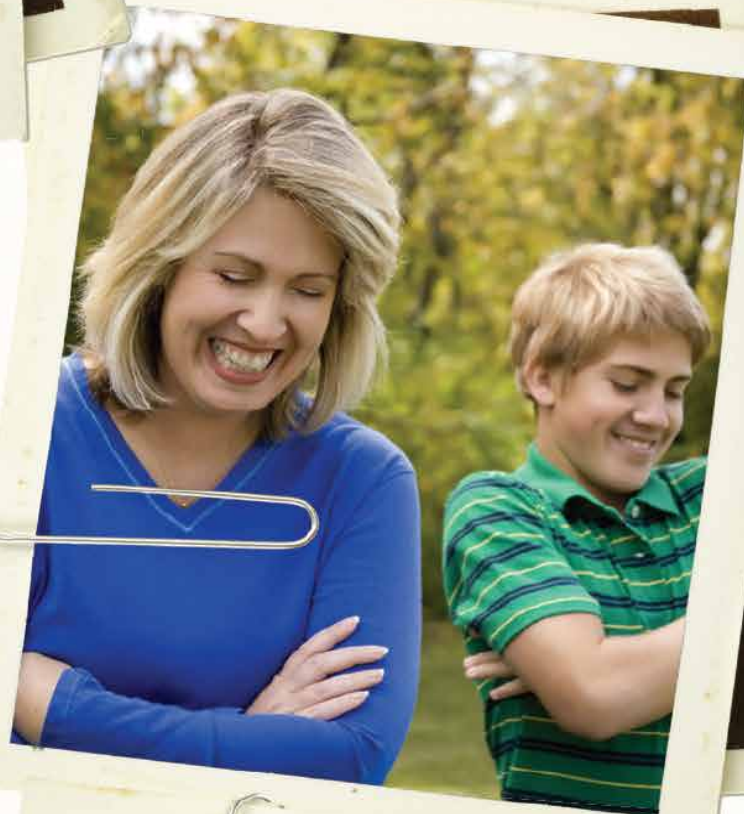
Stick to the business of parenting

It helps if parents in dispute can stick to the business of parenting and don't confuse it with the business of partnering. If a parent isn't getting along with a partner, then this is a problem to be worked out between them. Acting in the best interests of children means that we separate the partnering from the parenting when it comes to childrearing. This means that parents may have to compromise about many issues ranging from the straightforward, such as bedtimes, to more complex issues such as how best to manage children's behaviour. Giving some ground to the other parent maybe problematic when relationships are troubled, but it's not impossible. Plenty of separated couples do so successfully by consciously putting their children's best interest before their own.

Putting aside differences in children's best interests

Relationship breakdown can bring out the worst and the best in people. It brings out the worst when parents put their individual interest before their children's, particularly when they interact with each other. Parents show their best side when they don't let emotions rule their heads when they are in dispute with their partner. That means refraining from using kids as bargaining chips when interacting with their partner or ex-partner. Instead they stick to the business of parenting and make decisions in the very best interests of their children rather than their own interests. That's the adult thing to do.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



parentingideas.com.au

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CANBERRA, MELBOURNE, SNOWY MOUNTAINS TOUR

2016 Reminder

Please let the front office know if your child would like to attend this fantastic camp next year.

Phone: 0899710900

Email: morawa.dhs@education.wa.edu.au

SMS: 0409 084 813



To all
Students, Parents
and Community Members



MORAWA DISTRICT HIGH SCHOOL

Would like to cordially invite you to our

2015 PRESENTATION NIGHT

To be held on

WEDNESDAY 16

DECEMBER 5.30PM

AT THE MORAWA TOWN HALL

WE ARE LOOKING FORWARD TO ACKNOWLEDGING OUR STUDENTS' ACHIEVEMENTS AND ENDEAVOURS, AS WELL AS ENJOYING A VARIETY OF ENTERTAINMENT BY THE STUDENTS.

PLEASE JOIN US AFTERWARDS
FOR A BRING AND SHARE SUPPER

PHONE: 08 99710 900

WEEK	MON	TUE	WED	THU	FRI	SAT/SUN
6	16	17 Lower Secondary Exams	18	19 Lower Secondary Exams	20	21/22
7	23	24 TLG Tutors	25 Solid State Circus Incursion	26 TLG Tutors	27	28/29
8	30	1	2	3	4 Yr 6 Graduation Assembly	5/6
9	7	8 Kindy/PP Information Sessions	9 Year 9 UWA Aspire Camp	10 Kindy/PP Christmas Party	11 Final Assembly & Helpers Morning Tea	12/13