

Morawa District High School

NEWSLETTER

An Independent Public School

Issue 3, June 2019

School Brass Band Wins Award Championship Acclaim



Members of the award-winning Morawa District High School Brass Band
with their conductor, Mrs Helen Walter.

The Morawa District High School Brass Band was awarded the Len Nisbett Trophy highest aggregate score for country bands and received fantastic positive feedback from the adjudicator during a recent camp to Perth for the Western Australian Band Association State Band Championships.

The band performed extremely well on Saturday 2 June, coming second to La Salle College by 4 points in the Junior Brass Grade.

The band was also acknowledged as the band with the youngest average age and the band which had travelled the furthest to Perth for the championships. It was also acknowledged as the only public school brass band in Western Australia.

Congratulations to our Bandmaster Mrs Helen Walter and the band students on a wonderful achievement.

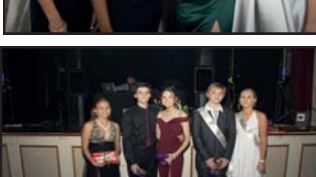
Special thanks must be given to Mrs Helen Walter for her fabulous work with the band students in instrumental classes and band rehearsals in preparation for the championships and organising and attending the camp.

Thanks too, go to the staff who gave up their time to accompany the students to Perth for the contest, Mrs Haeusler and Mrs Bond.

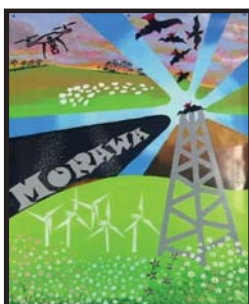
Enchanted

Forest School Ball 2019

(see inside for more)



"Banners in the Terrace 2019...!"



Art teacher Mrs Inbaseelan and volunteer students worked hard to meet a short deadline to complete their entry for the 2019 Banners in the Terrace competition.

They all deserve to be congratulated for their great efforts.

Endeavour & Achieve



Tonia Carslake

From the Principal

Dear Parents and Carers,

Welcome back to school for Term 2. It has been a wonderful start to another successful term and delightful for the community to receive such good welcoming rains.

Our school motto is **Endeavour & Achieve** and our MDHS Vision is to 'Grow Good People'. Which is exactly what we staff aim to do each and every day. Morawa District High School is striving to fulfil the vision set out in our Business Plan (2019-2021) of 'Growing Good People'. It is held in high esteem and considered as the region's district high school of choice providing a strong, sustainable education and future for the students, families and communities in the district. Our Business Plan identifies four school priorities:

Success for all Students, High Quality Teaching, Effective Leadership, and Strong Governance and Support. These are the key areas of the Department's strategic endeavours and will be also reflected in our Business Plan going forward.

Staff **professional development** is the focus of our early close sessions at Morawa District High School. Staff have been engaged in a variety of Professional Learning so far this term, with Quality Teaching and Explicit Teaching remaining a focus in 2019. Staff have also attended whole school professional development on Positive Behaviour Support [PBS], Differentiated Learning, Professional Learning Teams, 7 Steps of Writing Success, Integrated Writing, EAL/D Progress Maps and the Aboriginal Cultural Standards Framework.

Success for all Students

Term 2 so far has been a busy time full of class assessments, NAPLAN online testing and examinations. Whilst these events play a role, we need to understand that examinations and assessments are only one measure of our children. Students persistently need to strive to achieve their personal best and celebrate themselves as individuals.

Our school has high behaviour expectations and promotes positive behaviour choices at all times. To reward the students who have been demonstrating our Positive Behaviour Support expectations of Respect, Responsibility and Achievement, students will receive Dojo points which will be used to purchase rewards on the PBS Menu.

ANZAC Day

Congratulations to the Morawa District High School and WACOAM Student Councillors who ran the combined ANZAC Day assembly for our school community on Friday 12 April. It was a special ceremony as we remembered all those who have lost their lives in war. This was a very moving ceremony that was well attended by many community members and Organisations. We would like to sincerely thank Able Seaman Maritime Logistics Support Operations Officer, Amy Matthews, Able Seaman Marine Technician Caitlin Matthews, former WACOAM students, who spoke to our students about the importance of ANZAC Day and serving your country in the ADF. A huge thank you to all families and community members who supported this service and laid wreaths.

Staffing update

Due to increased enrolments in the Year 5/6 classroom (Room 10), we reviewed our class structures to ensure we meet Department of Education regulations and ensure the best educational outcomes for our students. We have completed a process to recruit another full-time teacher and are delighted to introduce Miss Courtney Kollmann, as our new Year 5 teacher. Year 6 students will remain in Room 10 with Miss Shephard; while students in Year 5 will move to Room 9 with Miss Kollmann, starting on Tuesday 18 June. I would like to take this opportunity to thank Miss Shephard for her great work with the Year 5/6 class; and Mrs Tomlinson for her work in this room over the last few weeks.

Miss Kollmann, along with Miss Shephard, will be available to discuss student reports on Wednesday 3 July at parent teacher interviews.

If you would like to discuss this matter further, please contact Tracy Tapscott (Deputy Principal).

P & C Quiz Night

The Morawa District High School Parents & Citizens Association are excited to be holding a quiz night and auction on Friday the 28th of June 2019.



Our P&C has a long history of contributing funds towards our school community, which provides education and opportunities to children from the shires of Morawa, Perenjori, Mingenew, Three Springs and Yalgoo, including many farming families. Our current committee is very proactive, led by P & C President Mrs Haylie Cosgrove, and have many projects that they would like to commence and complete for the school. Some of these include the purchase of an enclosed trailer which would be utilised by our brass band, camps and events. The school would also love to create an outdoor gym area for secondary students and a sensory garden area for all students to enjoy and interact positively with each other. The P & C's largest project planned it to repair the school oval after years of damage from the white cockatoos. I encourage you to please book a table and bring your family and friends along to the quiz night. Your support is greatly appreciated. A huge thank you to Haylie and the P & C committee for organising this event and to our many sponsors across the district. Please see the insert for more information.

School Ball –‘The Enchanted Forest’

The annual Morawa DHS and WACOAM School Ball was held on Saturday the 25 of May in the Morawa Town Hall. It was a huge success with the hall being transformed into an “Enchanted Forest”. The students looked wonderful in their evening attire and enjoyed dancing to the DJ’s music, as well as a lovely supper provided by the WACOAM. Thank you to Ms Jones, Miss Boyce and MDHS and WACOAM staff and student councils for their organisation of this event.

NAIDOC Activities

Morawa District High School will be joining the community at the town NAIDOC Celebrations on Wednesday 24 July from 10.30-12.30pm. There will be guest speakers, including Ernie Dingo, artist and story teller Norma MacDonald, Band ‘Red Ochre’, traditional arts, traditional food and various activities including basketball to mark this special occasion.

#shoWcAse IN PIXELS 2019

The staff and students were very pleased to be given the opportunity to be involved in the #shoWcAse IN PIXELS, one of the states largest community arts projects, and have a chance to win a \$500 prize. This annual exhibition, the former Banners in the Terrace competition, depicts artwork from Local Governments across the state. This exhibition will

be displayed in a new format and venue this year, at the iconic digital tower at the heart of Yagan Square. Students were excited and very busy as they painted their entry, led by Mrs Inbaseelan, for this competition. Students worked to draft a design for the banner, which was compiled into a very striking image showcasing our beautiful Morawa town and district through the blades of a windmill. The Shire of Morawa generously donated prizes for winning designs. The banner has been completed and the digital copy sent to Perth. It will be digitally displayed during from Monday 29 July to Sunday 11 August.

School Uniform Jumpers and Pants

As winter starts and we experience colder mornings, we ask that students wear the school jumper and pants. These are available for purchase at the school uniform shop or alternatively you can ask at the school office for second hand jumpers depending on availability. Different coloured jumpers are not part of our school dress code so we ask that families continue to ensure their children come to school in the black and gold. Coloured jumpers and jumpers with logos blazed on them are not acceptable.

Canberra/Snowies/Melbourne Tour

Eighteen students together with Ms Jones, and Miss McLay are currently preparing to leave to go on the Canberra, Snowy Mountain and Melbourne tour. They Will have a fabulous time starting with a tour of Canberra visiting the National War Memorial, Parliament house, ADFA as well as many other significant sites, before heading down to Perisher to snow ski and snow board and then onto Melbourne to see ‘an AFL game. Thank you to the parents and the community who have supported our fundraising efforts on the election day and at school; Mrs Jenkins for organising this fabulous tour, the fundraising opportunities and making this tour possible; and to Ms Jones and Miss McLay for leading this tour; and to the families who have supported it. I hope a wonderful time is had by all.

2018 Annual School Report

The 2018 Annual School Report has been uploaded to Schools Online and can be found at: <http://www.det.wa.edu.au/schoolsonline/home.do>

Influenza

Some school staff and students have been sick with cold and flu like symptoms. Please observe your child for any symptoms of Influenza A and B. If your child

child develops symptoms, please take them to see your local doctor as soon as possible and inform the school if the diagnosis is confirmed. It is also important to ensure that your child is vaccinated against Influenza A. Please do not send your child to school until all symptoms have subsided.

The following information is from the Department of Health website:

https://healthywa.wa.gov.au/Articles/F_I/Flu-influenza

Reports

Semester 1 Reports will be sent home Wednesday 26 June. Parent Interviews will be held on Wednesday 3 July. If you have any queries or would like a teacher interview please phone the front office on 99712500 to make an appointment.

Kind regards,
Tonia Carslake

PRIMARY FOCUS

The break to the season has arrived at last and I hope that you have enjoyed the recent rains. The school term seemed to be flying along and we are pleased to share the following primary news with the school community.

Everyone is welcome to attend our primary assembly to be held on Thursday 20 June at the Performing Arts building at 9am. Our Kindergarten and Pre-primary students are busy preparing for this day and our thanks are extended to the Mrs Atkinson, Mrs Clarke and Miss Clarke for their efforts in getting our youngest students ready for this special event.

Teach Learn Grow will be working with several students from Years 1-7 as part of the Winter program for 2019, from Monday 24 June to Friday 28 June. Parents and carers will be notified if their child is involved in the program. All students are asked to attend every day to get the most benefit from this opportunity. Selected students will be tutored one to one in mathematical outcomes, identified by classroom teachers.

On that note, our thanks are extended to the mentors from Teach Learn Grow's eMentoring program which concluded in Week 4 of this term. Also in Week 9, eligible students will be selected to attend the Lightning Carnival in Carnamah on Friday 28 June. Students from Years 3-6 will be able to take part in both football and netball competitions against local

schools. Students must retain their Good Standing to be included in the team. Parents and carers will be notified if their child is going on Thursday 27 June. Permission slips are required before Monday 24 June. Thank you to those people who have volunteered their time during this event. Students have also been preparing for another sporting highlight scheduled for Week 8. Miss Pearson has been working with all year levels Pearson has been working with all year levels in preparation for the Interhouse Cross Country competition. Students are reminded to please dress appropriately in case of wet weather.

Finals will be taking place during Week 8. All students have been encouraged to work on a persuasive speech. It is always interesting to hear differing points of views on many different topics.

Special visitors from SIDE (School of Isolated and Distance Education) also met with students from the Year 3/4 classroom during Week 5. Five French teachers worked with students and thoroughly enjoyed their visit.

Finally, expressions of interest are being sought for the Triple P – Positive Parenting Program to be held on Wednesday mornings of 19 June, 26 June and 3 July between 9am and 10:30. These seminars will be delivered by school psychologist Shirley Kwok. Please contact the school for further information.

Primary teachers will be delighted to meet with parents to discuss school reports on the final Wednesday of term. Please contact the school to arrange an appointment.

Kind regards
Tracy Tapscott
Deputy Principal

CANBERRA TOUR ELECTION DAY FUNDRAISER

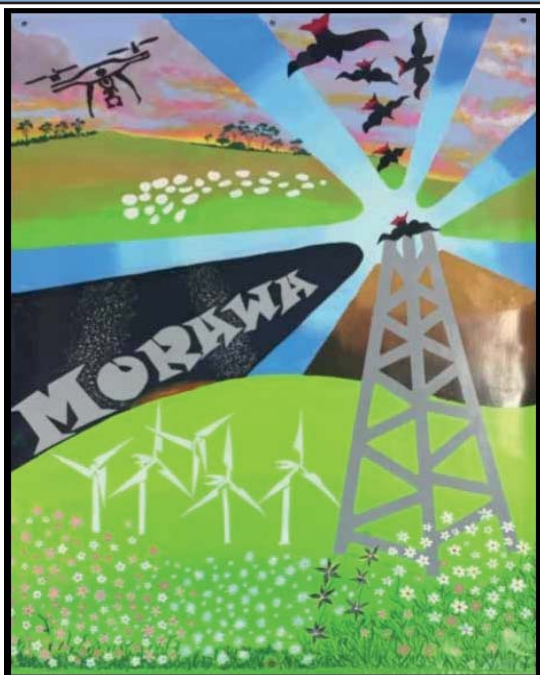


Sophie Scott, Aimee & Sam McGlew, Ms Jones, Darcie Parker & Danielle Letton cook up a storm!!





2019# SHOWCASE IN PIXELS



Primary school winners

First Prize - Bradley Severtson Year 4

Second Prize - Anlaby Milloy Year 1

Third Prize - Gabrielle Yewers Year 4

Secondary school winners

First Prize - Ariel Sauvarin Year 8

Second Prize - Hayley Clayton Year 11

Third Prize - Kayla Campbell Year 12

Highly Commended - Sara Kenworthy Year 11

Teagan Parker & Danielle Letton get creative!



SECONDARY MATTERS

Desert Blue

Year 10, 11 and 12 students became involved in some serious topics at school recently during a workshop presented by Desert Blue Connect, an organisation established to support child protection, abuse prevention and sexual relationship education. Some interesting discussions were held such as the difference between gender and sex and how views on concepts like these affect such things as sexual harassment and sexual assault. Everyone in the room became involved in the presentation with a humorous but serious response to the discussions. It was a great experience and a very big eye-opener. (Kayla Campbell)

Reach for the Stars

Our students got the chance to raise their aspirations for the future recently when Aspire UWA and the International Centre of Radio Astronomy Research ran workshops at the school. The visit was designed to promote courses of study and careers in astronomy and science.



Year 7 students ponder their tomorrows ...

Flying High

Five Year 11 students flew to Perth early this term to take part in Aspire UWA's university options camp. The camp is designed to raise student aspirations for tertiary education. It also gives students a taste of university life and the chance to meet peers from other Mid-West schools and participate in activities linked to a career field of their choice. The camp is designed to promote a culture of academic achievement and a desire for learning and to encourage students who might not be considering university as an option to see the benefits and opportunities that university study offers. When Jacob Traylen-Witt, Bailey Campbell, Nellie Humphreys, Hayley Clayton and Ellie Vanderschuit returned from the camp they discussed their experiences, what they had learnt and what they had enjoyed during the camp.



Jacob and Hayley get a university experience ...



An Independent Public School

Morawa District High School P & C Association

Re: Personalised Paver Order

Dear Parents, Carers and community members,

The Morawa District High School P&C has a long history of supporting our school and students by providing a wide range of opportunities and experiences for our children.

In order for the P&C to continue to serve our school, we would like to offer the community the opportunity to purchase a personalised paver as a lasting record of your family's history and involvement in the district.

Thank you to the Shire of Morawa who have offered to install the pavers at the front entrance to the Morawa Town Hall.

Please find attached to the email an order form for you to complete, please ensure you follow the instructions carefully. Once completed, order forms and payment are to be returned to the Morawa District High School front office by Friday 5th July 2019. Personalised pavers are \$45 for individual & \$85 for double.

Please be advised it will take approximately 8-10 weeks from ordering to delivery of the pavers, plus additional time for the Morawa Shire to lay the brick pavers.

In recent years, fundraising through the P&C has been used for Literacy & Numeracy programs, Sporting Carnivals, Sporting equipment, Scholarships & supporting the school's canteen.

It is anticipated the funds raised from the personalised pavers fundraiser, will be used to support the schools plan to create a recreational space for secondary students, continue to develop the nature play space for primary students and to have the oval top dressed & fertilized.

Additional personalised paver order forms are available from the Morawa District High School front office & the Morawa Post Office.

For more information, please contact Haylie Cosgrove on 0427 734 004

Thank you in advance for your generosity.

Yours sincerely,

Haylie Cosgrove
P&C President



The Morawa District High School P&C presents

QUIZ NIGHT

FRIDAY 28.06.2019
AT THE MORAWA TOWN HALL

Get your family and friends together and book a table for our Quiz Night! Tickets on sale now from the school office.

- * RAFFLES
- * AUCTION
- * DOOR PRIZE
- * GAMES
- * PRIZES
- * BAR FACILITIES

18+
EVENT

TICKET PRICE: \$25 per person*

max. 8 people per table

* PRICE INCLUDES SHARED GRAZING PLATTERS

DOORS OPEN 6PM FOR 6:30 START



WESTERN AUSTRALIAN BAND ASSOCIATION STATE BAND CHAMPIONSHIPS



Excitement all round as the bus departs for Perth!



Bella Tomlinson, Max Knox-Atkinson & Jaxon Carpenter.



Cameron Tomlinson, Darcy Tynan & Mrs Walter



Back row: Jamie Cosgrove, Liam Appleton & Kaiden Smith
Front Row: Sarah Connolly, Sophie Scott & Brooklyn Richards



Students & Staff enjoying some well earned lunch in the sun!



2019 SCHOOL BALL ' ENCHANTED FOREST'

On May 25, 2019 Morawa District High School and the WA College of Agriculture Morawa joined together for their annual school ball.

This year's ball theme was Enchanted Forest. Miss Jones, along with several students from both schools did an unbelievable job decorating the hall.

Everyone was very impressed. All students were well behaved and we are sure they enjoyed their special evening.

It was a great night for the Year 12 students to finish the social side of their school journey.

Casey Desmond

Dear Ms Jones,

I just wanted to say a massive "thank you" for all the work and arrangements you did for the ball! I loved watching everything come together and you made the ball preparations so much more enjoyable with your fun, but eager and hardworking nature. I'm glad I got to be a part of it all and I'd also like to say thank you for letting us students have an input. We loved sharing our ideas. The ball was such a magical night and it's all thanks to you.

A Year 11 Student



Dayan Francis, Logan Robinson, Seth Francis, Ag College Student & Tarl Parker



Gemma McLevie, Tahlia Richardson, Ariel Sauvarin, Bella Tomlinson, Bree O'Toole & Brooklyn Richards.



Belle & Beau of the ball Danielle Letton & Seth Francis



Sara Connolly, Danielle Letton & Darcie Parker



Casey Desmond & Emily Beauchamp



Samantha Councillor & Kayla Campbell

insights



Managing your child's anxiety

by Michael Grose

If your child feels anxious reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety

If your child is anxious they may struggle to explain how they feel. An important first step in anxiety self-management is explaining to your child how anxiety works.

- Teach your child that the amygdala, the part of the brain that protects them, is always on high alert when they are anxious.
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion.
- Talk about the changes that happen in their body to power them up to fight or flee including; increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some.

Help recognise anxiety-inducing events

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise his feelings of anxiety.

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as "I can see you're feeling worried about going to camp without your brother."

Managing anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are

nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – “Tell me five things you see, four things you hear and something you smell”
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future
- Defusing their thoughts: Help your child to distance themselves from their thoughts by using distancing statements. Replace “I’m going to fail the test” with “I had a thought that I’m going to fail the test.” Rather than changing their thinking, assist your child to distance themselves from unhelpful thoughts

There’s a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.

As your school has a membership with Parenting Ideas, you can attend the upcoming webinar –
Managing your child’s anxiety – at no cost!

About the webinar

Join Michael Grose in this webinar where he will help parents better understand the nature of anxiety, equip them to recognise it in children, and provide practical tools to help children and young people manage and minimise their anxious states.

When

Tuesday 25 June 2019 8:00pm AEST.

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-managing-your-childs-anxiety>
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the voucher code **ANXIETY** and click ‘Apply Coupon’ (valid until 25 July 2019). Your discount of \$37 will be applied.
5. Click ‘Proceed to checkout’
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click ‘Place Order’



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

WEEK	MON	TUES	WED	THURS	FRI	SAT/SUN
9	June 24 TLG	25 TLG	26 TLG Triple P Session Cross Country Funrun REPORTS HOME	27 TLG	28 PRIMARY WINTER CARNIVAL CARNAMAH P&C QUIZ NIGHT TLG	29/30 CANBERRA TOUR LEAVES 30 JUNE
10	01 Year 10 Work Experience Canberra Tour	02	03 Triple P Session PARENT TEACHER INTERVIEWS	04	05 STUDENTS LAST DAY OF TERM 2	06/07 CANBERRA TOUR RETURN

SCHOOL HOLIDAYS
6TH JULY- 21 JULY
STUDENTS COMMENCE Term 3
Monday 22nd July

2019 Term Dates	Term 1	Term 2	Term 3	Term 4
Start	Mon 4 Feb	Mon 29 Apr	Mon 22 Jul	Tues 15 Oct
Pupil free days	Mon 4 Mar	Mon 3 Jun	Wed 14 Aug	
	Fri 22 Mar			
Finish	Fri 12 Apr	Fri 5 Jul	Fri 27 Sep	Thur 19 Dec

Grounds and Security: Parents are asked to remind students that the school grounds are out of bounds out of school hours. In the event of vandalism, please report to School Watch on 1800 177 777 or the local Police on 99 601 666.

MORAWA DISTRICT HIGH SCHOOL BUSINESS PLAN 2019-2021

Vision ' Growing Good People'

Morawa District High School is held in high esteem and considered as the region's district high school of choice, providing a strong and sustainable education for the students, families and communities in the district.

