



An Independent Public School

Morawa District High School

# NEWSLETTER

Issue 7, November 2019



## FAREWELL TO OUR GRADUATING CLASS OF 2019

"Hey look Ma, I made it ..."

Six Year 12 students were given an Academy Award style welcome by family, teachers, students and friends last month as they walked proudly down the middle of the Undercover Area to celebrate the end of their school journey, at the 2019 Graduation Assembly.

Kayla Campbell, Casey Desmond, Samantha Websdale, Darcie Parker, Danielle Letton and Kelsey Fraser showed few nerves as they moved to their VIP seats amid warm applause, a recount of their achievements at school and the words of the song "It's Time".

They had all successfully met the many demanding requirements needed to gain a WA Certificate of Education, including the completion of at least 20 units of study, the attainment of literacy and numeracy standards and the demonstration of competencies needs to gain a Vocational and Education and Training Certificate II. Part-time Year 12 student Seth Francis did not attend the ceremony, but was congratulated for completing his VET Certificate II in Kitchen Operations.

The Principal, Mrs Carslake, congratulated the students on their contribution to the school, saying they had set the bar high for all students at Morawa DHS.

"I could not be prouder of you all than I am today," she said.

"You have been fantastic student leaders and role models for all."

Mrs Carslake also thanked the parents of the Class of 2019 and said that the Graduation Assembly was as much a celebration for them as it was for the students.

Special highlights of the assembly included a thankyou speech to the school community by head students Darcie Parker and Danielle Letton and performances by the school's brass band and the Senior School's Rock Band.

Darcie and Danielle also presented the school flag to Year 11 students Nellie Humphreys and Calvin Turner, as a symbol of the school pride they had worked to foster over their last year at MDHS.

During the assembly, students were presented with their Certificate of Completion, copies of their WACE studies results, school prizes and subject awards.

At the end of the presentations, Darcie was announced as ATAR Dux, Danielle was announced as General Dux and Kayla was announced as Vocational Education and Training Dux.

(Other awards winners are listed elsewhere in this newsletter).

Our latest graduates left the assembly to the music "Hey look Ma, I made it ..." and joined parents and school staff for morning tea, before gearing themselves up for the traditional "muck up" battle on the oval against their teachers.

The Graduation Assembly was held after a special dinner for the graduates and their teachers held at the sports oval the night before.

(Late News: The judges are still trying to decide who won the 2019 Teacher/Student Muck Up Battle).



Endeavour & Achieve



Tonia Carslake

## From the Principal

We had a fabulous start to the term on day one with a whole school team building morning, as part of our Positive Behaviour Support (PBS) program. All staff and students took part in the activities with students from each house faction, Ruby, Emerald and Sapphire vertically grouped and given a Wajarri animal name. Each group had staff and student leaders allocated to them. Everyone had a wonderful time, building positive relationships with staff and students alike, displaying our PBS expectations of Respect, Responsibility and Achievement.

**Congratulations Class 2019** - A huge congratulations goes to the Class of 2019 for completing their formal school education. During Week 2 of term, we celebrated their achievements and contributions to our school. We held our inaugural Graduation Dinner and Graduation Assembly, where we enjoyed a variety of speeches and presentations, including an inspiring presentation from Mr McGann and congratulated all award winners and wished all students well in their future endeavours. Congratulations go to our Academic ATAR Dux Darcy Parker, Academic General Dux Danielle Letton and VET Dux Kayla Campbell. A big thank you goes to all staff who worked tirelessly behind the scenes and who have gone above and beyond to support students to achieve their very best. A special thank you to Mr McGann for his hard work and support of these students in achieving their graduation and to Ms Jones, Mrs North and all helpers for the organisation of the graduation events; and to our Year 12 parents for their support of our school and your children's education.

**Road Wise Banners Art Project** – In Week 6 we were very privileged to host Artist in Residence, Paula Hart, who worked tirelessly together with Art Teacher Mrs Inbaseelan, Renee King from the Shire of Morawa Community Development Officer and students across the whole school during Week 6 on the new Road Wise banners for Winfield St Morawa. Mrs Kate McConkey from SDERA came along to assist the project offering her artistic expertise! The banners are looking fantastic! Thank you to Renee King and the Shire of Morawa for providing this opportunity to our students.

**As part of our School Self-Assessment Cycle**, staff have been busily involved in the analysis of the school student achievement data from Reporting to Parents, On-entry, NAPLAN, OLNA and WACE, as part of our annual School Self-Assessment Cycle. This information informs our planning at a strategic, operational and classroom level for 2020. We are very pleased to inform you that we have many celebrations with improved achievement and progress across a range of year groups and learning areas. This data informs our planning, including identifying and setting improvement targets and case management plans for individual students, as well as our review of strategic and operational targets for the 2019-2021 Business Plan. We are also currently reviewing class structures, compositions and allocation of student based student enrolments for 2020. I would like to take this opportunity to encourage all parents to complete enrolments for prospective students and to let the school know if your child/children will not be attending Morawa DHS in 2020. As well as analysing data on our PD Day, staff undertook

professional learning in Windows Office 365 – One Note with Dee Poole from the ACARA Digital Technologies in Focus Project during our PD day at the start of Term 4. We look forward to sharing this with students.

**Public School Review** – As part of the Public School Review, the school leadership team, together with teaching and non-teaching staff, were involved in completing the **2019** School Self-Assessment for each domain of the School Accountability and Improvement Framework, Partnerships and Relationships, Learning Environment, Leadership, Use of Resources and Quality Teaching and their impact on Student Achievement and Progress, including our celebrations and areas for improvement. This was then submitted through the Electronic School Assessment Tool (ESAT). We had the privilege of hosting the review team, Mr Brett Hunt, Director, Public School Review and peer reviewer, Mr Stephen Watt, Principal, Western Australian College of Agriculture, Narrogin, in our school on Wednesday 20 November, for our school-based validation as part of the Public School Review. This was a very positive day with the reviewers meeting with various groups from across the school community including myself and the leaderships team, School Board members, P&C, parents, students and staff. The review team provided very positive feedback throughout the day and deemed our school to be effective. I look forward to sharing the report with the school community when I receive it.

Our **Student Council** plays an integral and important role in our school community. They represent all students in the school and provide opportunities for students to debate issues of concern and undertake initiatives that benefit the school and wider community. Representatives of the Student Council are elected by their fellow students. Student Elections for the 2020 Head Students were held during Week 6, the remainder of the Student Council and House Captain elections will be held during Week 8. I would like to encourage all students to get involved in this process – it is an honour to be elected and so important that we have a strong student voice.

The Morawa District High School Brass Band performed at the **Bands Spectacular** at the QPT in Geraldton 26 October. The Band played superbly. Mrs Walter and the band are to be congratulated on their performance and for showcasing our school. It was a fabulous evening. Thank you to all the parents and families who supported the band and attended the concert and to Mrs Walter, Miss Shephard, Mrs Tomlinson and Mrs Haeusler for making it all possible.

**Parent Teacher Interviews and Reporting to Parents** – If you would like to have an interview with your child/children's class teacher regarding their progress this semester, please contact the front office on 99712500 to make an appointment. Parent/teacher interviews will be held during Week 8 and 9. Staff will make themselves available during their duties other than teaching time or before or after school as necessary. We look forward to hearing from you. Reports will be sent home on Friday 13 December.

**The Morawa District High School 2019 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 \$30 per book.

Numbers may be limited so please return the enclosed form (page 10) with payment to the school office as soon as possible.

We would like to cordially invite you to our Morawa District High School 2019 **Presentation Ceremony**, to be held at 10.00am on Friday 13 December 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. We hope to see you there.

Tonia Carslake  
Principal

## Primary News

Every year I am amazed at how fast the school year goes by. The days especially seem to fly as the weather gets warmer. We look forward to welcoming many parents into our school in the coming weeks for a number of reasons.

Book Fair begins next week and gives families an opportunity to purchase some wonderful books ... proceeds will be used to stock up on resources to enrich our students' education further.

Twelve tutors from Teach Learn Grow will be arriving at the school on the weekend to get ready to tutor eligible students in mathematics. This is always a highlight for students and I encourage everyone to please make them welcome. Jump Rope for Heart will be taking place during Week 7 as well as Crazy Hair Day thanks to the organisational efforts of Ms Katona.

Student Council and House Captain elections are looming for students interested in leadership roles next year, and I encourage students to begin preparing their speeches in preparation for this process. Several incursions have also been arranged for the coming weeks including First Aid in Focus across the school; Constable Care in the primary school; and Food Sensations workshops for students in Years 1-4.

The school would also like to warmly invite Year 6 parents, caregivers and students to attend the Year 6 Celebration assembly to be held in the Performing Arts building on Wednesday 4 December. Students have been busy preparing for this event which will be followed by some fun activities.

Transition for incoming (2020) Kindergarten students also commences next week with an information session being held for parents and caregivers with students in Kindergarten and Pre-primary next year on Friday 29 November between 11:30am and 12:30pm at the Kindergarten building. This will be followed by the Kindergarten 2020 Orientation morning on Monday 2 December between 9:00am and 10:00am also at the Kindergarten building in which parents and students are able to experience a morning as a Kindergarten student with Mrs Atkinson and Miss M Clark. Kindergarten 2020 parents and caregivers are also encouraged to meet with Mrs Atkinson on Monday 16 December (meeting time to be confirmed) to ensure we get to know your child well before they commence school next year.

Parents and caregivers with current students in Kindergarten and Pre-primary are also invited to the Christmas Party at Kindergarten on Tuesday 10 December between 9:30 and 11:00am.

I do hear a whisper that someone super special will also be visiting students during the morning. Many students are also very excited about preparing some very special performances for the Presentation Ceremony on Friday 13 December and we hope to see everyone there.

Teachers will be contacting parents to arrange meetings to discuss student progress and achievement during the final weeks of term before reports are sent home. We look forward to sharing the successes your child has made during the year.

Highlights so far this term include the team building activities organised by the Student Council on the first day of term; eMentoring; Geraldton Bands Spectacular; Year 6 SDERA Health and Wellbeing Forum in Geraldton; Year 5 Primary Assembly; Grandparents Day; Seniors Day; selected students involvement in the Act Belong Commit project; the Road Wise Banners project with Paula Hart; as well as the Year 3/4 sleepover kindly supported by parents and supervised by Miss Russell and Miss Shephard.

Keeping students motivated at this time of the year is actually easier than you may think. We look forward to the challenge of funnelling that end of year energy into something constructive every day. The school year doesn't actually "wind down"!

Tracy Tapscott  
Deputy Principal



### The Graduates Tale 2019...

Welcome to yet another fascinating National Geographic close up look at the wonderful, natural world around us. In this episode we will investigate the very impressive primate species Morreneus managed to survive in the dark, dangerous and sometimes dismal jungle of school life for up to 14 years and are now on the cusp of a new and exciting stage of species development.

In my many years of exploration on all the continents of the world, these are the creatures I have found most curious.

Watch now in wonder as subgroups of the species prepare for the intricate metamorphosis that will see them leave their comfortable school yard habitat to take on the challenge of surviving in an unknown environment that can be both frightening and exciting.

The first member of this species is the Darcus Academus, who is often observed in the company of a Danellus Sporticus in the school library donned with earphones and responding to a flashing screen. Recently, both of these individuals are reported to have abandoned a diet of historical facts from their SIDE teacher and migrated down towards the English Room where other species members had been observed gathering in big chattering groups. Despite this move, Darcus Academus has proved to be a determined and lively specimen who spends much of her time alone in a private technological bower.

Recently, she was noted to have given special attention to a Sethus Meedacus who had proposed that their age meant it was legal to imbibe a special amber fluid at a nearby watering hole.

The Danellus Sporticus is a lively, vocal individual who adds a sparkle to all the groups she mixes with and can be heard in throaty deliberations about life, about English, about teachers, about life, about English. Able to thrive in different climbs, the Sporticus has developed the knack of deftly moving about in pools of water where she seems to take strange pleasure in splashing her way to some distant location only to turn around and splash back again. Recently, Sporticus has been spotted in the company of a rare long-haired Morrenus Leftus Vanderschuitus who, most strangely, has rarely been seen in this location since this time last year.

Kaylus Mingenewis is a serious member of the species who undertakes an annual migration to habitats on the eastern coast of Australia. Seemingly friendly, the Kaylus can become very assertive when annoyed and has the ability render opponents helpless with a concentrated stare that leaves them feeling very small. Apparently Kaylus is preparing for a flight to Joondallup where she plans to look into education and the eyes of a member of a very distant species.

The Kelsus Perenjorius is a shy, reserved member of this species who tends to favour the company of loud, younger primates who is often found in the vicinity of abandoned tyres. The Kelsus has a unique style and her quiet manner means that she often overhears things that were not meant for her ears.

Casius Perenjorius is another member of this group who has made her mark in the school environment. Always determined about seeming unfairness she has come into disagreement with several members of a stranger, older species who also inhabit the school environment.

Known for her angry and loud reactions when upset, Casius has the shown unusual ability to manage a Pop Up Restaurant in a manner that delighted her TAFE instructors.

Recently Casius has been observed in very close contact with a red-headed interloper who has strayed away from his own nearby tribe.

Sethus Meedacus is only rarely seen in this environment, usually on a Friday when he has the chance to prepare a special feed. When Sethus discovered he did not enjoy being cooped up with others in cage-like classroom he fled to online studies and the gentle pace of life through work experience.

The final member of the species Morreneus is a pint-sized ball of muscle known as Samus Footballis, known for migratory habits which involve zooming off to Geraldton to gather with other Footballis individuals. Often unable to keep up with her diet of English and Maths assignments because of her many sporting, social, working and family caring commitments, Samus has recently undergone an OLN metamorphosis and has been gleefully involved in pecking off as many Cs as she can from her subject trees in the hope of graduating to a new and different realm.

Later on this very day, in a strange, annual ritual all members of this particular species will be anointed by their elders with magical herbal potions made up of soya sauce, honey, milk, molasses and lemonade and then covered with flour and ceremoniously initiated into a new life where they will meet different challenges in this the never ending story which is the struggle for survival.

Now, we can do no more than wish them the best in their individual struggles to survive in their new environment.

Good luck to the Morawa District High School Leaving Class of 2019.

Secondary Matters

**Year 11 Reports** Year 11 reports and now being finalised and will be sent home to parents and guardians shortly. Some students are still completing their competencies for their VET Certificate II courses and have volunteered to return to school next week to get them done.

**Year 11 Morning Tea** Year 11 students have been invited to a special breakfast on Tuesday morning to celebrate the end of their first year in Senior School. After the breakfast they will have the opportunity to work on their VET competencies or other projects under teacher supervision.

**Year 12 Reports** Year 12 reports will also be sent out shortly, after the finalisation of results and the issue of the certificates they have achieved through VET courses completed through Central Regional TAFE. Half of our graduate students are looking towards universities for their future training pathways while all but one of the others plan to study at TAFE. The students deserve congratulations for their fine efforts to meet all of the requirements needed to gain their WA Certificates of Education.,

**Student Elections 2020** On Monday, Miss Jones and Mrs North ran elections for head students, student councillors and house captains. The results are now being tallied and will be announced at the next assembly. We are looking forward to working with a strong body of student representatives in 2020.

**Vocational Education Training Opportunities** Year 10 students will continue to have the option of commencing VET Certificate courses in Automotive Vocational and Engineering Pathways at the WA College of Agriculture in 2020. The first students to begin this pathway in 2018 will move into their final year of study at the college next year. Lecturers at the college have commented that they regard this group of students very highly. One of the students, Calvin Turner, has accepted one of several offers he had to take up an apprenticeship and will begin his new pathway in 2020. At present he is planning some intensive work at Central Regional TAFE so that he can complete his School Based Traineeship before he begins in his new career. Good luck from all at the school, Calvin.

# YEAR 12 GRADUATION ASSEMBLY 2019

## Graduation Assembly Awards List 2019

### **Australian Defence Force Long Tan Leadership Award**

Darcie Parker

### **Caltex "Best All-Rounder" Award**

Danielle Letton

### **Year 12 Citizen of the Year Award**

Sponsored by The Honourable Melissa Price MP, Federal Member for Durack and  
Minister for Defence Industry

Danielle Letton

### **Year Coordinators' Award**

Kayla Campbell

### **Highest Achiever Awards**

Visual Arts General	Danielle Letton
Mathematics Essential	Danielle Letton
Physical Education Studies General	Danielle Letton
Certificate II in Digital Media and Information Technology	Kayla Campbell
Design and Technology Wood	Kelsey Fraser
English General	Danielle Letton
English ATAR	Darcie Parker
Maths ATAR (Applications)	Darcie Parker
Certificate II in Kitchen Operations	Darcie Parker

### **Year 12 Certificates of Completion**

Kayla Campbell  
Samantha Websdale  
Casey Desmond  
Seth Francis  
Kelsey Fraser  
Danielle Letton  
Darcie Parker

### **Morawa District High School ATAR Dux**

Prize sponsored by Mr Laurie Graham, MLC for the Agricultural Region

Darcie Parker

### **Morawa District High School General Dux**

Prize sponsored by Mr Darren West

Danielle Letton

### **Morawa District High School Vocational Education Dux**

Prize sponsored by Mr Darren West, MLC for the Agricultural Region

Kayla Campbell



## 'I AM AUSTRALIAN' - MR ALAN EGAN

Elder, Alan Egan visited the school to assist Mrs Haeusler and the students with the correct pronunciation of the chorus to 'I am Australian' in Wajarri. With Mr Egan's permission, the students will perform this at the Presentation Ceremony. This was a wonderful opportunity for our students, and we thank Mr Egan for his time musical knowledge.



## K/PP GRANDPARENTS DAY



## ROAD WISE BANNERS ART PROJECT

### Students splash in colour for road safety ...

Morawa students had the opportunity to splash in brilliant colours recently, as part of a road safety banners project.

Under the guidance of Artist in Residence, Paula Hart, students from Pre-primary to Year 11 helped to design and paint 40 road safety street banners that will be displayed on Winfield Street over the coming months. The project began when the Shire of Morawa won a Road Safety Community grant, funded by the WA Government.

The Shire hopes the banner display will help lead to a reduction in serious fatal car crashes in our region. Some of the banners warn about not wearing seatbelts and speeding, two of the main illegal behaviours that were factors in serious crashes in our shire between 2013 and 2017.

This special project began early in the term when Kate McConkey (SDERA), of the School Drug Education and Road Aware program, visited the school and encouraged students to create catchy messages and slogans for use in the banners.

Throughout her busy week at the school, Paula Hart was able to guide students to fully develop the designs of the banners and then skilfully lead them to paint them in brilliant colours that will clearly stand out when displayed on the road. Paula Hart has now worked on two major projects with students at Morawa District High School, including the colourful mural at the school entrance.

As well as being displayed in the street, the banners will also be scanned and digitised by the Shire of Morawa and promoted on local websites, in social media pages, local newsletters and reprinted on postcards. They will also be displayed at sporting grounds to promote the students' work and the road safety messages to the local community and to visitors to our Shire.

### Mrs Inbaseelan



## COUNTRY WEEK 2019

In week 10 of Term 3, 15 students headed to Perth to participate in the 21st District High School's Country Week. Students were involved in games of mixed basketball and hockey and also extra-curricular activities such as ASPIRE UWA, Lazer Tag, River Cruise and late night shopping.

All students represented Morawa DHS well and had a fun time. The results at the end of the week were hockey in 5th place and basketball in 1st place in Division B (against Wagin DHS in the Grand Final).



## ACT- BELONG-COMMIT KIDS 26 PROJECT WORKSHOP

Students across the North Midlands have been participating in the Act-Belong-Commit Kids 26 project where they share bite-sized pieces of advice on how to live a great life. The advice collected will be uploaded to social media platforms to inspire young people all across the world. On Thursday it was Morawa's turn to share their words of wisdom. During the Kids 26 workshop, students created a short piece of advice to connect to a particular letter of the alphabet. They also found an image to illustrate the advice and list # hash tags to help promote it.



Max Knox-Atkinson, Cameron Tomlinson, Billy Coaker, Felix Andrews & Samantha Tomlinson

## BAND SPECTACULAR 2019

What a fantastic performance from our combined Junior & Senior Band students at the Geraldton Bands Spectacular on Saturday 26th October. After an afternoon of rehearsals, it was a fun and fabulous evening of musical performances from 4 school bands and the Geraldton City Band, culminating in a massed band performance of over 140 musicians, who played 6 pieces themed Heroes & Villains.

Thanks to past Morawa Band members Kirsten, Peter, Rhys & Brett who joined our students for the performance, and to the additional percussionists Mel & Anne who helped us out. Overnight accommodation was at the Geraldton Camp School.

Special and extremely grateful thanks go to Morawa DHS staff members Miss Shephard, Mrs Tomlinson, Mrs Haeusler & Mrs Hebiton who helped and supported Mrs Walter with the camp. It was a busy but successful outing.



## HEALTH & WELLBEING FORUM 2019

On 1 November the Year 6 class went to a Resilience and Wellness forum in Geraldton. The day was organised for all Year 6 students in the area to expand their understanding of health and wellness focusing on resilience. The day consisted of a rotation in groups around seven different activity stations, each having its own important message for the students.

The activities were run by various organisations such as SDERA, Ngala, WA Police, Desert Blue Connect, Grams and Health Communication Resources. Some of the topics students learnt about were decision making, effects of smoking and drugs, juggles of life, healthy relationships and unlawful behaviours.

It was a fantastic day where our students were able to complete hands on activities, listen to the guest speakers and also get to know students from other schools.



## JAMES AND ROSE COOMBE SCHOLARSHIPS FOR COUNTRY STUDENTS 2020

Created by Cassie Bussell

Wednesday, 20 November 2019 @12:44PM

### Do you know a country student who needs support with the cost of attending secondary school?

Students currently in Years 6 at your school may be eligible for a James and Rose Coombe Scholarship for 2020. Twenty or more scholarships are available each year and successful applicants can reapply in subsequent years. The funding amount starts at \$1 000.

Funds can be used to support the student with any of the costs associated with attending a public secondary school located 65km or more from Perth.

Applications for this scholarship close at 5.30pm on **Thursday 12 December** (Week 9). Application forms and details on how to apply are available on the Department's [Secondary Schooling Scholarships website](#).

Thanks for sharing this information with your students and parent community

## REMEMBRANCE DAY SERVICE 2019



# YEAR 6 TRANSITION DAY TO KOOLANOOKA





## 2019 CONTRIBUTIONS & CHARGES

All students will have received student statements outlining outstanding contributions and charge requests to date. Thank you for payments received, your support is much appreciated. The school relies on collecting contributions and charges from parents and carers to assist in supplying your children with the best possible materials and resources.

**Voluntary Contributions** - In Western Australia the cost of schooling a student in a public school has not increased since 2003. Morawa DHS asks \$60.00 for students in Kindergarten to Year 6 and \$235.00 for students in Year 7 to 10 for the school year.

**Senior School Courses** - The School Education Act 1999 states that **charges** apply to all Year 11 & 12 courses and payment is expected. Morawa DHS makes every endeavour to keep course costs to a minimum to ensure maximum participation. It is requested that YR 11 & 12 charges are paid in full by week 2 Term 2.

**School of Isolated and Distance Education (SIDE)** - Course fees collected by the school for students enrolled in SIDE subjects are paid directly to SIDE and early payment is appreciated. The school charges an amenities fee to cover the cost of stationery, photocopying, postage, provision of technology

**Where the contributions and charges go** - The contributions and charges paid by parents and caregivers are budgeted to purchase consumable items used directly by the students.

Some examples include: ingredients in home economics, printed and electronic materials, photocopying, art materials, timber, metals and consumable tools, consumable sporting equipment and text books.

**Who should pay?** - Given that all students benefit from the pool of collected fees, it is fair to expect that all parents should pay the balance of contributions and charges. Parents of students who choose the more expensive option subjects need to consider the costs during the subject selection process. This school is committed to a fair and responsible approach so all parents should make contributions towards their children's education.

**A Compassionate View** - The school is only too aware that the payment of school contributions and charges can be a burden for families. Part payments, early payment discount, deferred payments and credit card debits are all available to support parents experiencing difficulties.

**Collecting Contributions & Charges** - The school will take a positive approach to collecting contributions from parents and caregivers of students in Kindergarten to Year 10. With respect to charges for Years 7 to 12, the school will actively seek full payment of charges where appropriate. If you would like to organise a payment plan, please contact the Manager of Corporate Services, Linda Jenkins to arrange.

### Payment of Accounts

Fees may be paid by the following methods:

Cheque, cash, credit card or direct deposit to

Morawa District High School Headmasters Trust Account

BSB: 306-024

Account number: 4176384

# insights



## When relationships go wrong for girls

by Collett Smart

Girlhood relationships are so important, yet they can be both wonderful and awful in the same week. A friendship fallout hurts, but children need to know that arguing doesn't have to be the end of the friendship. Developmentally, some squabbling is vital because it helps kids learn about respectful conflict resolution. Here's how parents can help at these difficult times:

### Listen to their story

When inevitable conflict arises, girls can often get caught in a 'rumination loop' replaying the scene over in their minds, like a song stuck on repeat, which makes things feel catastrophic. As a girl's brain is still learning how to interpret some responses, she may be misinterpreting a friend's words or signals. If this is the case, ask her to look for evidence to support her interpretation. Suggest your daughter talks to her friend privately in an assertive way. Help her plan the conversation beforehand, starting with 'I' words, which encourage her to own her feelings. She could say, 'I felt let down when ...' Model apologies at home. Help her think of ways to say, 'I'm sorry. Can we fix this?'

### Discuss the shifting nature of friendships

Relationships don't always last. As girls grow their tastes and interests change. They want to explore the possibilities of new people and activities. This often leads to hurt when one girl is not ready for a shift.

Parents can help by explaining that changes in friendships are a part of growing up (although never an excuse for meanness). Rather than simply dismissing a girls' feelings as silly, acknowledge the hurt and gently reassure her there are many new, interesting people she will meet.

### Expand her village

Ensure your daughter has friends in a few settings – a neighbour, a team mate, a family friend. They can provide a different connection and helps girls realise they are not alone.

### Discuss toxic friendships

Most girls will experience the pain of interacting with a toxic 'friend' during their school years. This type of interaction is called relational aggression and serves to damage a person's sense of social place. For instance, a girl may appear to be friendly but she may use passive-aggressive strategies such as gossip, ostracism and online exclusion. These actions can be very confusing, leading to feelings of shame and loneliness.

When not given healthy ways to express their pain, girls can often internalise their emotions in unhealthy ways like

such as through self-harm, anxiety, eating disorders and self-loathing.

## Allow her to express hurt

Allow your daughter the chance to process pain, vent or cry when they are hurting. Adults may not be able to change a toxic person's behaviour, but shouldn't underestimate the power of listening and being available. Don't assume that you know what your daughter needs. Rather ask, "What do you need from me in this situation?" When a relationship problem escalates it may need to be taken to the school for further intervention.

## Provide growth opportunities

Help your daughter develop the skills for developing healthy friendships. Explicitly teach your daughter to think about what compassion, kindness and empathy look like in a friend and helps her recognise what it means to be a good friend herself.

Helping girls manage friendship issues can be exhausting so parent self-care becomes a priority during these times. Girls benefit enormously from having a caring, emotionally healthy adult in their lives who can support them and help them process their thoughts and emotions when peer relationships turn sour.



### Collett Smart

Collett Smart is a psychologist, qualified teacher and author of 'THEY'LL Be OKAY: 15 Conversations To Help Your Child Through Troubled Times'. Collett has over 20 years' experience in private/public schools, as well as in private practice. She appears regularly in the media as an expert in teen and family issues, has delivered psychology



#### CONTACT

\*Earlybird pricing closes 10 December, 2019

For further enquiries:

Telephone: (61 8) 9370 6775

Email: [explore.waapa@ecu.edu.au](mailto:explore.waapa@ecu.edu.au)

[waapa.ecu.edu.au/explore](http://waapa.ecu.edu.au/explore)

## SUMMER SCHOOL HOLIDAY PROGRAM

6 – 24 JAN 2020

### FOR PRIMARY SCHOOL STUDENTS

DRAMA MINI-WAAPETTES  
MUSIC THEATRE MINI-WAAPETTES  
SCREEN ACTING WAAPETTES  
DRAMA WAAPETTES  
MUSIC THEATRE WAAPETTES

### FOR SECONDARY SCHOOL STUDENTS

ACTING UP 1  
MUSIC THEATRE KICKSTARTER (JUNIOR)  
DANCE SQUAD  
THE SHAKESPEARE STUDIO  
JAZZ MUSIC SUMMER SCHOOL  
ACTING UP 2  
MUSIC THEATRE KICKSTARTER (SENIOR)

### SUMMER FILM SCHOOL 2020

SCREEN PERFORMANCE (JUNIOR)  
SCREEN PERFORMANCE (SENIOR)  
MOVIE MAKING MAGIC!



WEEK	MON	TUES	WED	THURS	FRI	SAT/SUN
6	18 Nov Secondary Exams	19 Secondary Exams	20 Secondary Exams	21 Yr 3/4 Sleepover Yr 11 Parent interviews	22 Yr 11 Final Day	23/24
7	25 Book Fair Viewing	26 Book Fair Sales	27 Book Fair pack up	28 Jump Rope for Heart "Jump Off" "Crazy Hair Day"	29 K/PP Parent information sessions	30/1 Dec
8	2 Kindy 2020 Orientation Parent Teacher interviews First Aid in Focus	3 Constable Care Yrs 1-6 Student council/house captain elections Paula Hart Artist in Residence First Aid in Focus	4 Yr 6 Celebration Ceremony Paula Hart Artist in Residence	5 Paula Hart Artist in Residence	6 Paula Hart Artist in Residence	7/8
9	9 Parent Teacher interviews Paula Hart Artist in Residence	10 K/PP Christmas Party	11	12	13 Presentation Ceremony	14/15
10	16 Kindy 2020 Parent Interviews	17	18 Reports to parents	19 End of Term	20 <b>CHRISTMAS HOLIDAYS</b>	

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	Mon 14 Oct
	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 2019-21

### Vision

*Growing good people*

### Positive Behaviour Support Expectations:

**Respect** - We treat others with consideration and respect.

**Responsibility** - We are accountable for our own actions, resolving differences in constructive, peaceful ways; we contribute to society and we take care of the environment.

**Achievement** - We have high expectations of students and staff and endeavour to achieve our best.

### School Priorities

**PRIORITY 1:** Success for all students **PRIORITY 2:** High quality teaching **PRIORITY 3:** Effective leadership

**PRIORITY 4:** Strong governance and support

