



Lake Grace District High School NEWSLETTER #15

Phone: (08) 9865 4500 Address: 1 School Place, Lake Grace, W.A, 6353
Email: lakegrace.dhs@education.wa.edu.au

Thursday 21st September

Term 3 Upcoming Events

Last Day of Term 3

Friday 22nd September

1st Day of Term 4/Faction

Athletics Carnival

Tuesday 10th October

Year 5/6 Camp

Wednesday 11th –13th
October

P&C Meeting

Monday 16th October @
7pm

Scholastic Book Fair

Monday 16th-26th October
(Excluding Fridays)

Year 9/10 Cadet Hike

Thursday 19th-21st October

Margaret Cotton Music Festival

Friday 20th October

Highschool Exam Week

Monday 23rd-27th August

Interschool Athletics Carnival

Friday 27th October @
Ravensthorpe

SCHOOL HOURS

Monday (early close)

8.45am—2.30pm

Tuesday to Friday

8.45am—3.15pm

YEAR 7/8 CADET CAMP

7th-9th September
Dwellingup

In week 8, Mr and Mrs Trevenen took the Year 7/8 class on Cadet camp to Dwellingup. Camps are always a wonderful opportunity for real life and engaging learning that cannot be replicated in any classroom.

There are always students who love camp and some who do not. It is very ok not to love camp, but everyone leaves camp with the opportunity to have tried something out of their comfort zone and experience something they would not have done before.

Camps provide opportunities for practical decision-making processes, risk assessment and the development of personal responsibility. This is how personal growth and development occurs and is a super important part of a learning experience.

As with all camps, this one presented some unique challenges. While the first aid incident may have been confronting, it provided a wonderful life skill opportunity. Cadets spent term two learning basic first aid and understanding the first responder process. I was very proud to see that Cadets demonstrated aspects of this training on camp, and that they could see and understand the role of a first responder and the necessary steps needed in the first aid process.

Though students were not involved in the immediate first aid response they were superstars in the situation that occurred – calm, respectful, attentive to instructions and helpful when required.

Thank you for allowing us to take your children on camp. Chris and I had a super fun camp, and we hope your children did too.

LGDHS would like to thank to Mr and Mrs Trevenen and family for making the camp possible!!





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Message from Principal: **Kerriane Mills**

Hello LGDHS Community,

Well, here we are with only a couple of days left of Term 3, where has the time gone? This term has been filled with so many successes; Careers Camp, Bendigo Bank Netball Carnival, Bookweek parade, Year 10 Work experience, Constable Care Incursion, Hero 2 Zero Excursion, Athletics Jumps day, Cadets Camp and currently Country Week. I am not sure my feet have hit the ground since starting in my role and everyday has been filled with constant learning and getting to know this wonderful community.

We also had the Newdegate Filed Day and many of our talented students entered artwork into the Art Exhibition. Congratulations to the following up and coming artists who received recognition for their pieces:

First Prize: *Jordan Roukens*, Section 11-Year 1, "Tiger Car"

Second Prize: *Madison Chircop*, Section 3-Year 9, "Japanese Cars 1", *Dakota Pelham*, Section 5- Year 7, "Farmlife", *Kelsea Roukens*, Section 9- Year 3, "Under the Sea", *Isla Ballard*, Section 12- Pre-primary, "Turtle".

Highly Commended: *Josh Wilcocks*, Section 7- Year 5, "Shark and Tiger"

This week the staff has been participating in a Colour Challenge daily dress, yes we all received a memo! It has been a lovely way to end the term and I thank Paula and Claire for the idea.

Crazy hair day is tomorrow and I am looking forward to seeing all the wild hair parading around the school. The creativity and imagination that goes into these awareness days always amazes me, don't forget your gold coin donation for cystic fibrosis.

A reminder regarding Voluntary Contributions, if you are unsure if you have paid them yet, feel free to contact the office. These payments provide additional learning opportunities and resources for your child/children. If you have not paid your fees yet, please ensure you have got the correct bank details. We have changed banks as of this week and new details are as below:

BSB: 036 167
ACC: 279 263

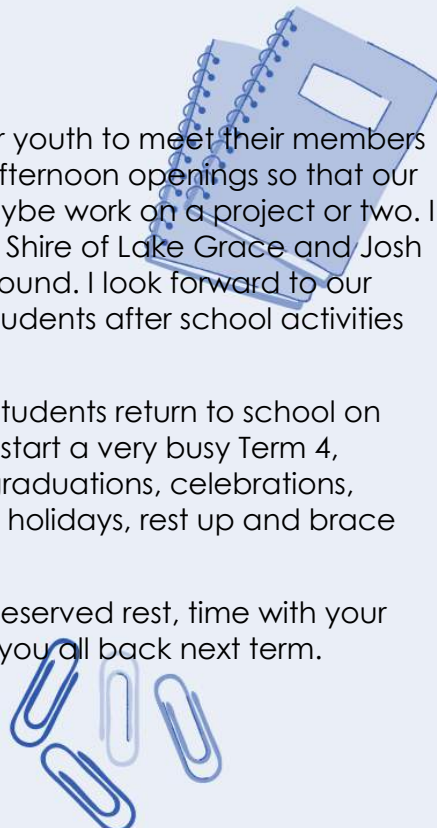
Next Term, the LG Men's Shed is opening in the afternoon to welcome our youth to meet their members and a sausage sizzle and drink. The aim is to work towards having some afternoon openings so that our students have somewhere to go after school, learn some life skills and maybe work on a project or two. I am so excited about this venture and would like to thank Aimee from the Shire of Lake Grace and Josh our local police sergeant for working with me to get this project off the ground. I look forward to our continued partnerships, developing more projects together to give our students after school activities to participate in. Stay tuned and watch this space.

Don't forget next term we start with a School Development Day and the students return to school on Tuesday 10th October, for our Athletics Carnival. What an exciting way to start a very busy Term 4, followed closely by the Year 5/6 Camp, which leads into further camps, graduations, celebrations, excursions, balls and much more. I suggest we all take a big breath these holidays, rest up and brace ourselves for what will be a wonderfully speedy and satisfying last term.

Finally, I wish you all a wonderful two week break, may you enjoy a well deserved rest, time with your family and friends and lots of rest and relaxation. I look forward to seeing you all back next term.

Kind Regards

Kerriane Mills | Principal





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P & C Update: **Nikki Lewis**

Dear LGDHS Community,

It's hard to believe we are at the end of another term, where has this year gone? Thank you all volunteers who helped at the recent jumps day and with all things P&C. Your assistance and contributions are greatly appreciated and all help to make our school and the community a great place to be for students, staff and families. On behalf of the P&C I hope everyone has a great school holidays and everyone comes back refreshed and ready for Term 4.

Thank you again to everyone who kindly donated a platter of food for the catering for Rabobank at Newdegate Field Day. We have had very positive feedback. Thank you again to Amanda Trevenen for kindly coordinating this catering, it's a busy time of year and your contributions are greatly appreciated.

New bank accounts - A big shout out to the amazing staff at Westpac Narrogin who recently came to Lake Grace to meet with our P&C and other community groups to assist us to open new bank accounts. It was a quick and easy process and our new accounts are all set up and in operation.

Faction Athletics Carnival lunch orders

With the faction athletics carnival postponed to Term 4 Tuesday 10th October, please be aware that all orders placed via Flexischools app for the athletic carnival lunches will also be automatically transferred to the new date. Don't forget to let the school office know if you're able to help on the day. Remember you don't have to commit to the whole day, every little bit helps and many hands make light work.



Canteen Annie Argent has begun drafting up the final roster for Term 4. Please contact Annie directly if you can assist and pick up a roster next term.

Uniform Shop If you have any queries regarding uniforms email Deb Carruthers via lgdhs.uniforms@gmail.com

If you haven't already please scan the QR code and sign up for Flexischools app and search for Lake Grace District High School to access our Uniform and Canteen ordering.



Download the *flexischools* app to get started today!

Our next P&C meeting is scheduled for:

Monday 16th October at 7pm.

Please send any agenda items or apologies to lakegrace.pandc@gmail.com

Best wishes,

Nikki Lewis | P & C President

Canteen Roster Term 4



Date			
9/10/2023	Development Day	Development Day	Development Day
16/10/2023	Annie Argent	Sarah Clarke	Kelly-Anne Gooch
23/10/2023	Teneeka Morgan	LG Police x 3	Annie on standby
30/10/2023	Annie Argent	Sarah Clarke	Nicola Kuchling
6/11/2023	Elizabeth Castaldini	Kelly-Anne Gooch	
13/11/2023	Annie Argent	Karissa Pelham	
20/11/2023	Elizabeth Castaldini	Maggie Prater	
27/11/2023	Teneeka Morgan	Jo Morgan	Amy Elefsen
4/12/2023	Elizabeth Castaldini	Kelly-Anne Gooch	
11/12/2023	Annie Argent		

Breakfast Club is open to all students each Tuesday and Thursday at 8.30am in the Home Ec. Room.



NEWSLETTER #14

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Message from the Chaplain: Anita de Bruin

On Friday the 8th of September a few of our Highschool Students attended the "In Your Head" Mental Health Forum presented by Zero 2 Hero. There were eight surrounding schools who attended this Forum.

This is the first time this event has been presented in the Wheatbelt and the students had the opportunity to listen to various presenters from Hip Hip Singer Marksman Lloyd, Netballer Sophia Davies and Gymnast, Lily Gresele on how their lives and careers were impacting their Mental Health and how they dealt with their Mental Health issues. The Artists and Athletes discussed how they reached out to seek help and support. The students also had a fitness session called Hit The Ground Running with Michelle Corsaniti, these sessions taught the students how they can use fitness to help their Mental Health, to reach their true potential and to empower them to become the best version of themselves. The CEO of Zero2 Hero talked to the students about her Mental Health journey and how she decided to make a difference in the world and created the Zero 2 Hero Program to help our younger generations to understand what Mental Health is and that it is ok to ask for help, she also talked about the camp programs they have on offer over the Holiday periods where young people can apply to take part in these amazing camps.

Feedback from the students :

- Joe- Use Positive affirmations
- Savannah – Improve our Positive Self Talk
- Seth – Reach out to others
- Krystal – Good information
- Makayla – Very interesting

On Tuesday 12th September we had a visit from YouthCARE Area Chaplain for our School's Principal, Sally Maree. Sally checks in with our School Principal to make sure they are doing OK. Sally brought her Therapy dog Lulu into the classrooms and talked about how Lulu helps students. The students all had a chance to give Lulu a little cuddle.

This has been a super busy term and as we wrap up for the holiday, I would like to commend our student for their efforts and hard work, it's been good to see our student are striving to achieve their best in class as well as on the sport fields. I hope you have a good rest over this break and I am looking forward to hearing from all of you about your adventures over the holidays. Take care and drive safe wherever you are going.



YOUTH SUPPORT SERVICES
DO YOU OR SOMEONE YOU CARE ABOUT NEED SOMEONE TO TALK TO?

PHONE-BASED SUPPORT:

LIFELINE 13 11 14
BEYOND BLUE 1300 224 636
QLIFE 1800 184 527
KIDS HELPLINE 1800 551 800
HEADSPACE 1800 650 890
1800RESPECT 1800 737 732

WEB-BASED SUPPORT:

BEYOND BLUE - [HTTP://WWW.YOUTHBEYONDBLUE.COM](http://www.youthbeyondblue.com)
KIDS HELPLINE - [HTTPS://KIDSHLPLINE.COM.AU](https://kidshelpline.com.au)
EHEADSPACE - [HTTPS://EHEADSPACE.ORG.AU](https://eheadspace.org.au)
MINDSPOT - [HTTP://WWW.MINDSPOT.ORG.AU](http://www.mindspot.org.au)
REACHOUT - [HTTP://AU.REACHOUT.COM](http://au.reachout.com)
QLIFE - [HTTPS://QLIFE.ORG.AU](https://qlife.org.au)

Concerned about yourself or someone you know?

zero2hero

[/zero2heroau](https://www.facebook.com/zero2heroau) [@zero2heroau](https://www.instagram.com/zero2heroau) zero2hero.com.au

Kindy/PP Assembly

At last week's Assembly, the Kindy/Pre-Primary class did a fabulous rendition of "Der-glumph" and "Three Little Jellyfish". What a great performance, well done to all the students and staff involved and a massive Thank you to the very talented, Sarah Allen, for making the incredible costumes. What a show!

Well done to all Honour Certificate recipients, much deserved and thank you to the LGDHS Community for coming along to support. Special mention must go to the Seniors Village Residents who made it down to the show, the Kindy/Pre-primary students were thrilled with the positive responses to their invitations!



Honour Certificate Recipients

<u>Year 2</u>	<u>Year 3</u>	<u>Year 7-10</u>	<u>Breakfast Club</u>
Eve Couzens	Isaac Pawsey	Bella Callope	Annabelle Adams
Sadie King	<u>Year 4/5</u>	Dedré Pretorius	Charli Bell
<u>Year 2</u>	Aylah Pawsey	Seth Argent	Eli Stubberfield
Andie Elefsen		Rebekah Pawsey	Lily Stuibberfield
Elena Egan-Reid			



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Art Trail 2023



Southern Art+Craft Trail

Event 2023



16 days to discover the artistic talent of the Southern Region!

74 Exhibitions & Open Studios

SATURDAY 23RD SEPTEMBER - SUNDAY 8TH OCTOBER 2023



Booklet available from regional Visitor Centres, Libraries and Art Trail venues.
Enquiries: trail@artsouthwa.com.au

FREE GUIDE • FREE EVENT ART TRAIL TOURS



Connect with us!

ArtSouthWA and the Southern Art and Craft Trail
www.artsouthwa.com.au
[southernartcrafttrail](https://www.facebook.com/southernartcrafttrail)



Breakfast Club is open to all students each Tuesday and Thursday at 8.30am in the Home Ec. Room.

Parent Online Event



Handling Tricky Friendship Days

At this FREE online event, Michelle Mitchell will offer parents practical strategies to help young people better understand themselves, develop robust self-esteem and forge healthy friendships.

Together she will explore:

- How to help young people tap into their inner wisdom
- Six guiding principles that will change the way parents respond to friendship issues
- Practical strategies and language to help tweens hold boundaries with more ease, manage transition in friendship groups, celebrate others, accept disappointments, and resolve conflict

ONLINE EVENT

Thursday, 5 October 2023

6:30pm (1 hour including Q&A)

TO BOOK

<https://bit.ly/trickyfriendship>

Join us live or watch the replay. The replay will be available 24 hours after the live event and is yours to watch and view as many times as you want for 3 months.

About Michelle Mitchell

Michelle Mitchell is an award-winning speaker, and bestselling parenting author. She has been termed 'the teenage expert' by the media and is sought after for her compassionate and grounded advice for parenting tweens and teens.

Her innovative work has been featured on The Today Show, Today Tonight and Channel 10 Morning News and Sky News, as well as countless print media including The Age, The Courier Mail and The Daily Telegraph. You can hear Michelle on radio in Australia on a weekly basis.

This FREE online event is recommended for parents and caregivers of tweens (8-12 years).

Supported by



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VacSwim Enrolments



Department of
Education

Shaping the future

VacSwim

Enrolments now open!
Places are limited, so get in early.

Help keep your child safe in the water.
Enrol now for the school holidays.

education.wa.edu.au/vacswim



Breakfast Club is open to all students each Tuesday and Thursday **at 8.30am** in the Home Ec. Room.



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Important Notice: Working With Children Checks

Working With Children Checks

We thank all our parents who generously volunteer their time and energy to support our school community. There are some changes to the Working with Children Check policy, to ensure the safety of children when we have volunteers in the school.

If you would like to volunteer at our school, you will need to sign a 'Parent and child volunteer declaration form'. You cannot volunteer if you have a current Working with Children Negative Notice or Interim Negative Notice.

These changes affect parents who are engaged in volunteer work. For example, you are considered a volunteer when you assist with activities such as reading sessions, day excursions, canteen duties, helping at a sports carnival or carrying out P&C duties.

You are not a volunteer when:

- picking up and dropping off your child
- observing events like school assemblies
- attending parent and teacher interviews
- visiting the uniform shop.

If your circumstances change, and you are issued with a Negative Notice or Interim Negative Notice after completing the 'Parent and child volunteer declaration form', you must advise the principal.

A current Working with Children Check is required by all other family members and friends over 18 years of age who want to volunteer.

It is a collective responsibility to ensure the safety of our children. We appreciate your ongoing support and dedication to our school community.

School Nurse Visit: Laura Ballard

Last Thursday the Year 4/5 and 5/6's had a visit from our School Nurse, Laura Ballard to teach them about our changing bodies. The older classes even got to make some very intricate reproductive system models out of recycled materials. It was a really fun way to learn about an important subject! Thanks Mrs Ballard!

Laura will be visiting more classrooms in Term 4 to do some health promotion and more growth and development. If you are interested in obtaining any [health related resources](#), you are welcome to email Laura at: laura.twomey@health.wa.gov.au

Laura has taken over from Di Sinclair as our School Nurse and is in this role on Thursdays only. Please ensure that you keep this in mind if you are emailing her for resources.



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Lake Grace District High School

Parent Planner | Term 4 2023

Please note: This Planner is subject to change

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	9 October SDD	10 Faction Athletics Carnival	11 Yr 5/6 Camp	12	13	14/15
2	16 Book Fair	17	18	19 Newsletter Yr 9/10 Cadet Hike	20 Margaret Cotton Festival - Kulin	21/22
3	23 Book Fair High School Exam Week	24 Physio (Scoliosis) visit Yr 5/6	25	26 Yr 4/5 Assembly	27 Interschool Athletics Ravensthorpe	28/29
4	30	31 Year 11/12 ATAR Exam	1 Nov Shearing and Wool handling demonstration	2 Newsletter Kindy Orientation Year 9-10 Ball Year 11/12 ATAR Exam	3	4/5
5	6	7 Year 11/12 ATAR Exam	8 Year 11/12 ATAR Exam	9 Remembrance Day Service Year 11/12 ATAR Exam	10 Career Taster Program Yr 9/10	11/12 Remembrance Day
6	13	14	15	16 Newsletter	17	18/19
7	20 Wool Handling Course Day 1	21 Wool Handling Course Day 2	22	23	24	25/26
8	27 Wool Handling Course Day 1 Year 10 Work Placement	28 Wool Handling Course Day 2	29	30 Newsletter Yr 6 & PP Grad Assembly Open Classrooms	1 December	2/3
9	4	5	6	7 Grad Dinner	8	9/10
10	11	12	13 Christmas Concert	14 Newsletter Harvest Festival	15 Staff Development Day No Students Attending	16/17