

### Thursday 19th October

### Term 4 Upcoming Events

Scholastic Book Fair Monday 16th-26th October (Excluding Fridays)

> Margaret Cotton Music Festival Friday 20th October

Highschool Exam Week Monday 23rd-27th August

Board Meeting Tuesday 24th October @ 7pm

Teachers Appreciation Day Wednesday 25th October

Year 4/5 Assembly Thursday 26th October @ 2.20pm

Interschool Athletics Carnival Friday 27th October @ Ravensthorpe

Year 11/12 ATAR Exams Week 4 and 5

Shearing and Wool Handling Demonstration Wednesday 1st November

Kindy Orientation Thursday 2nd November

Year 9/10 Ball Thursday 2nd November

SCHOOL HOURS Monday (early close) 8.45am—2.30pm

Tuesday to Friday 8.45am—3.15pm Lake Grace District High School NEWSLETTER #16

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

<u>Team Results</u> 1st Eagles 993.1Pts 2nd Hawks 867.6 Pts 3rd Falcons 669.6Pts







## Athletics Carnival Continued

		Por	
7	510	Champion Cid	Jemima Duckworth
	5уо	Champion Girl Runner Up Girl	Milla Prater
		Champion Boy	
		Runner Up Boy	Leighton Trevenen Harry Stubberfield
	640	Champion Girl	Marli O'Neill
	буо	Runner Up Girl	Sadie King
		Champion Boy	Jordan Roukens
		Runner Up Boy	Hugo McDougall
	7yo	Champion Girl	Molly Duckworth
	7 y0	Runner Up Girl	Elena Egan-Reid
		Champion Boy	Corbyn Trevenen
		Runner Up Boy	
	8yo	Champion Girl	Taj Maere and Emmett Kuchling Kelsea Roukens
	0y0		
		Runner Up Girl Champion Boy	Haylen Trevenen Hunter Bell
	0.10	Runner Up Boy	Isaac Pawsey and Jed O'Neill Matilda Duckworth
	9уо	Champion Girl	Ammie Kemboi
		Runner Up Girl	Braxton Roukens
		Champion Boy	Heath Lewis
	10,00	Runner Up Boy	Charli Bell
	10yo	Champion Girl	
		Runner Up Girl	Aylah Pawsey
		Champion Boy	Bryce Carruthers
	11,40	Runner Up Boy	Levi Argent
	llyo	Champion Girl	Annabelle Adams
		Champion Boy Runner Up Boy	Jaycob Trevenen
2	10,00	Champion Girl	Wayde Griffin
5	12yo		Paige Trevenen
		Runner Up Girl	Dakota Pelham Taj Trevenen
ť,		Champion Boy	
	1200	Runner Up Boy	Kyle Harwood
	13yo	Champion Girl Runner Up Girl	Tiana Hobbins Chloe Godden
			Mitchell Matthews
ł		Champion Boy Runner Up Boy	Zac Matthews
1	14yo	Champion Girl	Payton Callope
	1490		Morgan Chatfield and
		Runner Up Girl	Madison Chircop
		Champion Boy	Seth Argent
		Runner Up Boy	Kaylib Van Wyk
	15yo	Champion Girl	Makayla Griffin
		Runner Up Girl	Savannah Trevenen
		Champion Boy	Joe Lankford



**HETICS** 









### Message from Principal: Kerrianne Mills

Welcome back everyone to a very busy and exciting Term 4 and my first as your substantive Principal!

I hope you all had a fabulous holiday with a well-earned rest and quality time with your family. Unfortunately, mine was consumed with the passing of Ashley Mottershead, a very dear long time friend and colleague. From her passing I have tried to take note to check in on myself, not put off the 'bucket list' items and really embrace those experiences and people that mean a lot to me. I highly encourage you all to do the same, our lives are precious and circumstances can change in an instant.

This term is jam packed with celebrations, opportunities and events. We started with our sports carnival, the weather was lovely and the competition fierce. Congratulations to our champions and runner up champions, but most importantly to our students for their wonderful display of sportsmanship and participation. I would also like to take this opportunity to thank all those that attended, that volunteered their precious time and to our amazing school staff for your organisation, support and dedication.

Tomorrow, a group of students are off to the Margaret Cotton Festival in Kulin to represent our school, through a musical performance. I am very excited for our choir to perform on stage, show off their talents and also to see other school performances and meet other artists. Thank you to Vicky Klein for taking this project on and organising the excursion. Thank you also to Shelley Stowers for her efforts with choir the previous three terms this year.

We'd like to welcome Tayah Medlen and Abbey Strevett to our school, completing their teacher prac's in Year 2 and Year 3 classes. This is a massive commitment from these girls and I wish them all the very best for this experience. It is so lovely seeing our local community members come back to our school where we help them further their studies.

Yesterday was the celebration of our cleaners and gardeners in the school. Students left post it notes on their desks for our cleaners, Sharon, Ian and Vange to read, thanking them for all they do in their classes and staff signed a card for them. Our grounds would not have the high standard it does if it wasn't for Linda, so we thank all of these staff from the bottom of our hearts.

Please remember to check your children's lunches if they are packing them themselves. It is strongly encouraged to increase independence as our children grow but sometimes assistance is needed with healthy choices. It has become apparent that many snacks are packed and no substantial lunch is being brought to school, especially in the high school. It is important that we all eat well to help our brain grow and develop and keep us astute and ready to learn.

It has been noted that several students are not wearing helmets to and from school whilst riding their bikes. I have invited the local police to start making 'surprise' appearances checking on our students before and after school. The protection of our children, especially their heads is so important, not to mention it is the law.

The 27<sup>th</sup> of October is World Teacher Day and I personally would like to acknowledge our dedicated staff and committed educators in the school. We are very lucky to have a staff whose primary focus is to ensure our students are safe, educated and enjoy learning. So thank you to all of our teaching staff.

Book Fair is under way in the library and I have seen many excited students walking past my window with lots of treasures in their hand. If you get the opportunity to visit after school please do as there are many wonderful books for sale, with a percentage of the sales going towards the purchasing of more books for our library.

Kindy 2024 parents, don't forget the Kindy Orientation Day is on Thursday 2<sup>nd</sup> November. I look forward to meeting with you and your children on this very special day. You should have received a note earlier this week with further information regarding the day.

Please note that Lake Grace DHS does not assume duty of care of students until 8.30am. Please ensure your child does not arrive before this time.

Kind regards

Kerrianne Mills | Principal

**REMINDER!!!** 

In Term 4:

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## Message from Chaplain: Anita De Bruin

On Wednesday the 18th of October we celebrated Cleaners and Gardiners appreciation day! We are very lucky to have such incredible cleaners and gardener, who look after our school and make it a cleaner and brighter place to learn! We really appreciate all that you

do for us! Left: Joe, Savannah and Seth presenting Linda with a small token of appreciation from us all! Right: Mr and Mrs Bailye our cleaners with their gift (Absent: Mrs Amores)

The Home Ec. Students are currently learning how to decorate cakes! We held a cake raffle this morning, to help raise money to go towards future classes. Josh Willcocks, Annabelle Adams and Darcey Pelham were the lucky winners and get to take home one of Mrs De Bruin's amazing creations!



## Scholastic Club Issue 7 Out Now! Orders Due: 26th October 2023

### **Morrison Orders**

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# Now is the time to order your copy of this year's school magazine Morrison.

The Morrison is a whole school annual magazine which features highlights of the students school year. It is also a great memento of all events, excursions, assemblies, camps, carnivals and academic exploits undertaken at Lake Grace District High School. The magazine is sent to a printer to be produced as a high quality book. Please fill out the order form below and return to the front office by; **Friday 10th November, 2023** 

> Please include the total cost of <u>\$20.00</u> with your order. If you would like to EFT your payment - BSB: 036167 A/C: 279263 Please include your surname and 'Morrison' as the reference.

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NAME: .....

NUMBER OF COPIES: .....

SIGNATURE: .....

 $\square$  Included is my \$20.00.

**Orders due by Friday 10th November 2023** 



## Message from P & C President: Nikki Lewis

Hello LGDHS Community,

And just like that we are back into it and it is Term 4. I hope everyone had an enjoyable school holiday and you are ready for what will be another busy term.

With the Faction athletics carnival on day one we literally hit the ground running. It was great to see so many volunteers and spectators at the carnival last week to cheer the kids on and assist with the many jobs on the day. From timing, place judging and measuring of throws the day ran very smoothly. Thank you to all staff and Maria Taylor who made the carnival run so efficiently this year. Well done!!!

To Roma and Kay Café thank you for the delicious lunches yet again, I know it was a highlight for many to have a break and enjoy the delicious food before the last events of the day kicked off.

#### Canteen Update

As the summer months approach a few additions have been added to the canteen menu. Please note yoghurt pouches and fruit salad cups have been added to the recess menu. Fruit salad cups can also be ordered in the frozen treats section of the menu for anyone wanting a fruit salad cup at lunch time. These can be collected from the canteen counter at lunch time. On the 20th of November, there will be a Nacho special which will be available to order via the FlexiSchools app.



#### **Uniform Shop**

If you have any queries regarding uniforms email Deb Carruthers via Igdhs.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 will be held in the Padley Room

Monday 23rd October at 7pm

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

Kind Regards

Nikki Lewis | P & C President

### Canteen Roster Term 4

Date			
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	Maggie Prater
20/11/2023	Elizabeth Castaldini		
27/11/2023	Teneeka Morgan	Jo Morgan	Amy Elefsen
4/12/2023	Elizabeth Castaldini	Kelly-Anne Gooch	
11/12/2023	Annie Argent		





### Employment Opportunity



Independent Public School - Wheatbelt Education Region

### Lake Grace District High School

### **Education Assistant- Mainstream**

Appointment Pool

Level 1/2, \$28.91 - \$33.21 per hour (EA (Gov) GA 2023)

Advertised Vacancy Number IPS/SS854324

Lake Grace District High School are seeking to establish a pool of Mainstream Education Assistants for appointments to permanent and fixed term, full-time and part-time vacancies which may arise during the 2024 school year. Appointments can be made from the pool at any time for commencements within the 2024 school year.

To be suitable for this role you will ideally possess strong people skills and the capacity to relate to staff, students and parents. Suitable applicants should also be highly collaborative and willing to share their skills and expertise.

We seek enthusiastic team members who show initiative in adapting tasks to meet student needs, who continually reflect on their practice and who are open to being observed and receiving feedback to guide their professional growth. You will contribute advice and expertise; collaborating with staff to support and monitor student progress.

Positive and passionate applicants who are willing to work closely with the classroom teacher to help create and maintain a safe and supportive classroom environment along with experience in a mainstream setting or the capacity to learn and take directions, are encourage to apply.

You are encouraged to contact Michelle Lay, Manager Corporate Services, for further information about this employment opportunity, including information about living and working in Lake Grace by telephoning 9865 4500 or emailing Michelle.Lay@education.wa.edu.au

Applications must be submitted before 4.30pm (WST) on Friday, 27 October 2023

APPLICATIONS MUST BE SUBMITTED ONLINE

PROFORMA, FAXED, HAND DELIVERED, POSTED, EMAILED AND LATE APPLICATIONS ARE NOT ACCEPTED

To view the full advertisement and apply online, please go to jobs.wa.gov.au



### Lake Grace Mens Shed



## FREE YOUTH MENTORING PROGRAM

EVERY WEDNESDAY FROM 3.30PM, FOR AGES 12+ (DURING SCHOOL TERM)

> LAKE GRACE COMMUNITY MENS SHED 25 BENNETT ST, LAKE GRACE

COME ALONG AND TRY YOUR HAND AT A VARIETY OF PROJECTS AND SKILLS, INCLUDING: WOODWORK - METALWORK - WELDING - CAR CARE

SIGN IN REGISTER TO BE COMPLETED. PARENTS/CARERS WELCOME TO ATTEND; ENCLOSED SHOES MUST BE WORN BY ALL.

SUPPORTED BY

LAKE GRACE

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IMAGE COURTESY OF: AMANDA STEWART, SOUTH CRAIGNISH FARMING, BUNICHE WA

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### Message from School Nurse: Laura Ballard

#### Hello LGDHS Community.

The Department of Health have advised that two cases of measles have been confirmed in WA, including a case acquired in Bali, Indonesia which is currently having a significant measles outbreak. Measles is common in parts of Africa, the Middle East and Asia. People born after 1965, unvaccinated or who have only received one dose of the MMR vaccine are at higher risk of contracting measles.

This is a reminder that maintaining a high level of immunisation within our community is very important to controlling many communicable diseases in Australia.

It is important for parents to make sure that their children have received all of the childhood vaccinations. This includes Measles, Mumps, Rubella, Diphtheria, Tetanus, Pertussis (whooping cough), and polio vaccines as soon as your child has turned 4 years old. If you are unsure, phone 1800 653 809.

If your child has missed out on vaccinations, a doctor or immunisation nurse can provide 'catch-up' vaccinations.

Make an appointment with a GP or visit the local (free) immunisation clinic run by WA Country Health Child Health at the Lake Grace Medical Centre which is staffed Tuesday, Wednesday, Thursday and can be contacted on 9890 2246.

Kind Regards

#### Laura Ballard | School Nurse



## Scoliosis Awareness in Primary School

#### Hosted by the Physiotherapy department at Southern Wheatbelt Primary Health Service

Join us for information on:

- Scoliosis awareness
- How to screen your child for Scoliosis



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When: Wednesday 1st November 7pm-8pm

Where: Microsoft Teams: Meeting ID: 457 340 819 246 Passcode: j9oBFz or

https://bit.ly/3rqZh1A

Cost: Free



#### Please ensure you have Microsoft teams downloaded onto your phone/computer

#### To find out more, please contact

Joanna McCracken Senior Physiotherapist Narrogin Health Service P: 9881 0385 E: Joanna.McCracken@health.wa.gov.au





NDIA is visiting regional WA

## Do you live in rural or regional Western Australia and have questions about the NDIS?

The National Disability Insurance Agency (NDIA) and partners (APM and Wanslea Family Services) will be visiting rural and regional WA, on board the Services Australia Mobile Service Centre.

You can visit the Mobile Service Centre and connect with our NDIS representative virtually or faceto-face about a range of topics including:

- Understanding the NDIS, including early childhood and local area coordination services
- Applying to access the NDIS for funded supports
- Understanding the options of managing your funding
- Requesting services with an approved plan.

#### Dates listed below for a location near you.

When and where to find Mobile Service Centres - Mobile Service Centres - Services Australia

Wednesday 8th November: 9am – 4pm • Lake Grace

Thursday 9th November: 9am – 4pm • Kulin

FridayWednesday 10<sup>th</sup> November: 9am – 3pm\ • Kondinin

> The Location of the Mobile Service Centre will be advised closer to the event.

ndis.gov.au



### Parenting Connection Information Sessions



### **Supporting Parents in WA Communities**

Free evidence-informed parenting programs delivered by Parenting Connection WA Visit <u>www.parentingconnectiowa.com.au</u> or follow us on Facebook @ParentingConnectionWA

#### Circle of Security<sup>®</sup> Parenting<sup>™</sup>

8 x 2 Hour sessions for parents of children from the 0-6 age group

Circle of Security parenting is **based on attachment theory and focuses on the relationship between parent and child**. From a basis of observing and understanding a child's needs, the theory emphasises how the parent's relationship with their child is key to success in everyday parenting matters, such as concerning behaviour, emotional outbursts, and emerging independence behaviour patterns.

Parents will:

- Learn how to identify their child's need
- Learn how to respond rather that react to their child's need
- Learn about their personal parenting experience
- Remind themselves of just how important they are.

#### Bringing Up Great Kids

6 x 2 Hour sessions

Bringing Up Great Kids uses ideas of mindfulness and reflection to support parents to review and **enhance patterns of communication with their children**, to promote more respectful interactions and **encourage the development of children's positive self- identity**. It also works to establish a new relationship context for children and their parents through facilitating opportunities for positive exchanges. Bringing Up Great Kids draws from child-centred and strengths-based perspectives, neurobiological development, attachment theory and narrative approaches.

Please note: Various versions of this program is available. Please speak to your local PCWA Parenting Coordinator to find out more.

#### Protective Behaviours Parent Information Session 1 x 2.5 Hour session

Internationally recognised **personal safety program aiming to empower children**, young people and adults with strategies to promote safety, problem solving and resilience including: • Assert their right to feel safe

- Assert their right to feel safe
  Identify a trusted adult to talk to
- Recognise 'signs' their bodies give them when they may be unsafe
- Learn body safety rules and safety strategies
- Learn the difference between safe and unsafe secrets.

Please note: Various versions of this program is available. Please speak to your local PCWA Parenting Coordinator to find out more.

#### 1 2 3 Magic and Emotion Coaching

3 x 2 Hour sessions for parents with children 3-10 years of age

Aims to **help parents increase their ability to self-manage and regulate their feelings** and reactions and gives parents the skills and confidence to discipline gently but firmly. Helps parents to avoid common parenting mistakes, such as too much talk and too much emotion. Helps parents understand the different types of behaviour and why they occur.

Identifies three choices parents have when managing behaviour:

- Do nothing (ignore)
- Act (count or consequences)
- Listen and emotion coach

Teaches how to emotion coach by:

- Recognising children's emotions
- Listening empathically and tuning in
- Validating feelings
- Helping children to problem solve.

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## Parenting Connection Information Sessions Continued..

Tuning In To Kids and Tuning In To Teens Tuning In To Kids (parents of 3-10 year old) Tuning In To Teens (parents of 10-16 year old) A 6-week program for approximately 2 hours per session

The program is based on the concept of **Emotional Intelligence** which involves using your emotion to guide you through life and will teach you how to Emotion Coach your child It's about being able to use your own knowledge of emotions to make decisions, to selfregulate, to manage anger and conflict, to help you in your relationships with people, and to know and understand what is happening in social situations.

When parents focus on helping their child learn about emotions, they are more likely to:

- Have greater success with making friendships
- Manage conflict with peers
- Have better understanding and concentration, leading to higher academic achievement .
- Be more able to self-soothe when upset or angry
- Have more stable and satisfying relationships as adults
- Have greater career success.

Tuning Into Kids and Tuning In To Teens teaches parents how to help their child develop the skills to become emotionally intelligent.

#### No More Scaredy Cats

3 x 2 Hour sessions (parents of 2-12 year old)

Providing parents with the skills to reduce anxiety and build resilience.

- The brain, understand where fear and anxiety originate
- How to reduce anxiety and build resilience
- Practical strategies to use in moments of anxiety
- Lifestyle influences that can help improve anxiety. •

#### Engaging Adolescents

3 x 2 Hour sessions for parents with children 10-18 years of age

Learn practical skills for resolving teenage behaviour problems in modern times. Build a stronger relationship and renew your sense of confidence by equipping yourself with the skills to hold a tough conversation about challenging behaviour with your teen.

Parents will learn:

- New understandings of adolescents' brain development
- . Building a relationship with your teenager and making the best of your non-crisis conversations with them
- Skills to hold a tough conversation about teenage challenging behaviour.

#### Triple P Positive Parenting Program (Group and Seminar Series) Suits parents of children aged 2-10 years old. Session durations may vary.

Triple P is a system of easy to implement, positive parenting strategies that may help to ease current parenting concerns and prevent future problems before they arise. Aims to help

parents create stable, supportive, and harmonious family relationships, by reducing conflict and building better relationships with their children.

Gives parents strategies to:

- Stop or prevent negative behaviour
- Encourage positive behaviour
- Build positive behaviour .
- Build positive relationships with the children -
- Plan ahead to avoid or manage potentially difficult situations
- Take care of themselves as a parent.

Visit www.parentingconnectiowa.com.au Follow us on Facebook @ParentingConnectionWA

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## Year 5/6 Camp

On Wednesday the 11th of October, Miss Brianna Brooks, Mrs Rhiannon Stubberfield and her Dad Mr Wayne Barnett (The designated bus driver!), Miss Britt and Mrs Renae Willcocks, packed the Year 5/6 students up and headed south to Albany for 2 nights on camp! The students had a jam packed itinerary, visiting some of Albany's historical sights, including the Whaling Station, The National Anzac Centre, Albany

Museum, and the Old Goal, with lots of recreational activities in between! What a fun way to learn about Western Australian history!

A massive thank you to Miss Brooks, Mrs Stubberfield, Miss Britt, Mrs Willcocks and Mr Barnett for making this camp possible, the students had a great time!





















### **Country Week Recap**



SCHOO	DLS	Played	Won	Draw	Lost
Î	Geraldton GS	5	4	1	0
۲	Boyup Brook DHS	5	4	0	1
	Lake Grace DHS	5	3	1	1
紧	Wongan Hills DHS	5	2	0	3
	Kojonup DHS	5	1	0	4
(vin)	York DHS	5	0	0	5

The last week of term three, Mrs Amanda Trevenen and Mrs Annie Argent took some of the Highschool students to Perth to compete in the Hockey at the District High School Country week competition. What a ball they all had, with some great hockey played, lots of fun had and

only some minor injuries! The LGDHS was well represented and performed extremely well, considering it was a tough competition with all 3 finals played, resulting in draws! LGDHS ended up coming 3rd overall! Well done to the team and thank you to students who represented our school respectfully as usual and to Mrs Trevenen and Mrs Argent for giving our students the opportunity to compete!







# 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 Growth & Devel- opment Yr 4/5 & 5/6	20 Margaret Cotton Festival - Kulin	21/22
3	23 Book Fair High School Exam Week	24 Physio (Scoliosis) visit Yr 5/6 Board Meeting	25 Teachers Appreciation Day	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 Good Standing Reward Excursion PP-6	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 <mark>Newsletter</mark> Yr 9/10 Cadet Hike	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 P & C Fun Day	15 Staff Development Day No Students Attending	16/17

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