



Lake Grace District High School

NEWSLETTER #7

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

Thursday 16th May 2024

Term 2

Upcoming Events

Year 8-10 Cadet Camp

Tuesday 28th May to
Friday 31st May

WA Day Holiday

Monday 3rd June

Student Development Day (NO SCHOOL)

Tuesday 4th June

MSP School Photos

Thursday 6th June

Faction Cross Country

Friday 7th June
TBC

Interschool Cross Country

Friday 14th June
TBC

Canteen Change from Monday—Tuesday

Tuesday 18th June

Year 10 Work Placement

Week 10

SCHOOL HOURS

Monday (early close)

8.45am—2.30pm

Tuesday to Friday

8.45am—3.15pm

YOUTH MENTAL HEALTH AND WELLBEING FESTIVAL



YEAR 8-10



The Year 8-10 students were given the opportunity to attend The Youth Health and Wellbeing Festival (funded by Healthways, Moorditj Youth and Shire of Narrogin). It was such a great day, providing a fun and educational experience to young people, promoting positive physical and mental health, along with healthy lifestyle choices.

Thanks to Mrs Trevenen and Mrs Desmond for allowing this opportunity to happen for our high school students.

WEDNESDAY 8TH MAY



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Message from the Principal: **Kerrianne Mills**

Hello LGDHS Community,

Just an update on our Voluntary Contributions; Kindy 80%, PP 82%, Yr 1-6 70%, Yr 7-10 30% and Electives 36%. Elective Contributions are really important to provide Home Ec. ingredients & resources for D&T, without these funds our programs will not be as valuable nor as well resourced. It is important that these are acknowledged and paid. To have quality programs, the school requires voluntary contributions to be paid.

LGDHS Business Plan has been endorsed by the School Board. This has been a work in progress and I thank all contributors, especially our staff that have worked collaboratively to produce a document we can be proud of. The Business Plan provides targets and guidance to direct the school for the future three years.



School Board would like to welcome Alex Duckworth and Kimberley Chappell to the Board as parent representatives. We look forward to working with you in your new roles.

Next Friday is P&C Appreciation Day. Many hands make light work and the P&C is a valuable resource that we need to assist with projects and funding to help achieve many wonderful things at our school. Most recently novel sets for our secondary literacy program, blinds in the English secondary room and a generous donation towards the implementation of The Spare Puppets Theatre Production. This is just a few things that these wonderful group of parents contribute to our school. A huge thank you goes out to our P&C. The P&C are always looking for new members to join the team and bring some passion, enthusiasm and new ideas. They are currently looking for a secretary in the committee role but if you'd just like to attend a meeting or find out more information please read the P & C update on page 4.

We can't wait to celebrate!
Friday 24 May 2024
#pandcdaywa

P&C DAY
WA

freshSNAP | Department of Education

*Thank you LGDHS P & C
for all you do!!!*

Uniform update: It has been raised with the administration team that the secondary students don't really have a warm enough jumper to wear to school. Those students fortunate to have a Canberra jacket have been wearing these on our recent chilly days. At the School Board meeting this week the uniform policy was discussed to make amendments around the options we have, especially at a secondary student level. It was agreed upon that secondary students can wear their Canberra jackets for this year (2024) only and as of next year they will not be allowed, as per the wearing of previous years leavers jackets, jumpers and shirts. I have discussed with the P&C uniform coordinator what options we have and it has been decided that black polar fleece jumpers will be the winter uniform for secondary students. This will align with our uniform policy and although similar to our primary, still gives our secondary students their individualised identity. Once the new jumpers are organised they will be promoted for your purchase. The P&C are also looking into options for 'bottoms', this is a reminder that leggings and bike shorts are **NOT** permissible options as uniform and all shorts must be mid-thigh in length.



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Message from the Principal: **Kerrianne Mills**

The National School Opinion Survey will be sent out to all families this term. I strongly encourage you to take the time and complete this survey so that we can gain feedback on what we do well here at LGDHS, where we can improve and how our families and community engage with our school. The survey link will be promoted in many platforms so please keep your eyes open for this.

The students have been participating in lots of incursions, excursions, camps and sporting events already this term and we are already half way through Term 2. With an action packed second half of the term still to come and winter sports in full swing I ask that you all look after yourselves and rest up when you can. We have already been impacted by dreaded lurgies of gastro, colds and covid.

Don't forget Tuesday 4th June, the day after the long weekend is now a School Development Day and students will get an extra day of rest whilst staff attend school to attend professional learning. School photos will be that Thursday.

Finally, I would like to wish Tuscany all the very best for her next adventure as a Mum, with her last day being this Friday at school. I am sure both herself and Harry are very excited to begin this next chapter of their lives. Good luck!

In her wake we would like to extend a warm welcome to Sue Moorfield who will be taking on secondary Maths and Science commencing week 8.

Kind Regards

Kerrianne Mills | Principal



Reminder:
WA Day Public
Holiday Monday 3rd
June
Student Development
Day Tuesday 4th
June



LGDHS WOULD
LIKE TO WISH

*Miss
Dew*

ALL THE VERY BEST
FOR THE ARRIVAL OF BABY
SLARKE IN JUNE 2024

We'll Miss you!



NEWSLETTER #7

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Message from P&C President: **Nikki Lewis**

Dear Lake Grace Community,

Since the last newsletter the Lake Grace P&C hosted a Mother's Day themed seniors lunch on Thursday the 2nd May at the CWA hall.

Thank you to Sarah, Phebe and Yella for making themselves available to prepare and serve the lunch to the 15 seniors who attended. Thank you also to all those who donated or prepared the food for the lunch.

Socks socks socks!!

For the month of May, the Lake Grace P&C are running a sock fundraiser.



To get involved simply follow the below link and purchase as many socks as you wish.



There is a wide range of fun designs for the whole family and each order is shipped directly to you the following day.

Please share the post on the P&C Facebook page - Lake Grace DHS P and C and encourage your family and friends to order some socks of their own and support our P&C.

Use the below link and get ordering:

<https://sockable.com.au/collections/socks?ref=LAKEGRACEDHSPC>



LAKE GRACE DHS P & C

LOOKING FOR A NEW SECRETARY

Due to a change in circumstances, the Lake Grace District High School P & C is in need of a new secretary starting term 2

IF YOU CAN HELP:
Call Nikki Lewis on 0417 888 969 or email lakegracepandc@gmail.com

Our next meeting is scheduled for Monday 10th June @ 6:30pm.
Please send any agenda items or your apologies to Lakegrace.pandc@gmail.com

Best wishes,

Nikki Lewis | P&C President



Download the *flexischools* app to get started today!

Canteen Roster Term 2

Canteen Roster Term 2 2024			
20/05/2024	Nicola Kuchling	Anton Kuchling	Phebe Reidy
27/05/2024	Sarah Clarke	Chloe McDougall	Teeneka Morgan
3/06/2024	Public Holiday	Public Holiday	Public Holiday
10/06/2024	Phebe Reidy	Maggie Prater	
18/06/2024 (TUESDAY)	Phebe Reidy	Year 9 Home Ec.	Year 9 Home Ec.
24/06/2024	Teneeka Morgan	Elise Bell	Annie Argent

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

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Year 1 and 2 Assembly & Mothers Day Tribute

YEAR ONE AND YEAR TWO ASSEMBLY & MOTHERS DAY TRIBUTE



Well Done
Year 1's on
your
Octopus
Performance!

Well Done
Year 2's on
your Chicken
Performance!



Mrs Bambling & the Choir Singing "You Are My Sunshine" for all the special Mums and stand In Mums.



Interschool Swimming Record Breakers
and Sportsmanship nominees



Congratulations Honour Certificate Recipients!!

THURSDAY
9TH MAY



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Premiers Reading Challenge



Department of
Education

Reading can take you
anywhere

Premier's Reading Challenge



WIN
WEEKLY
PRIZES

premiersreadingchallenge.wa.edu.au



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Message from the Chaplain: **Brodie Simmons**

Hello everyone,

The last few weeks the students and I have been in the library making the lovely Mother's Day flowers that were handed out at the last assembly. We had a lot of fun making them and there were many creative designs. I hope everyone who received a flower enjoyed them. Thank you to all the student leaders who came to assist us.

In other news, Breakfast Club is continuing to be well attended and we are enjoying hot milo now that it's gotten cold. Special thanks to all who have donated jam, bread or Milo. Your generosity and thoughtfulness are appreciated.

Regards

Brodie Simmons | Chaplain



Youth Mentoring Program



FREE YOUTH MENTORING PROGRAM

RUNNING EVERY WEDNESDAY FROM 3.30PM
15TH & 22ND MAY
FOR AGES 12+

LAKE GRACE COMMUNITY MENS SHED
25 BENNETT ST, LAKE GRACE

COME ALONG AND HELP THE MENS SHED REPURPOSE
OLD WOODEN CHAIRS INTO SOMETHING AMAZING.



*Sign in register to be completed. Parents/carers welcome to attend;
enclosed shoes must be worn by all

Please email cec@lakegrace.wa.gov.au to register your child

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Triple P Seminar EOI

Small changes,
big differences.



Teen Triple P Seminar Series at Narrogin Senior High School Expression of Interest

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help so you can choose what will suit you and your family best.

Narrogin Senior High School is offering parents free access to the Teen Triple P Seminar Series and Fear-Less Seminar. These seminars are for groups of parents of soon to be teenagers or children aged 12 + years. They are informal presentations, a little like a public forum and run for approximately 90 minutes to 2 hours.

Please indicate if you are interested in attending a seminar by completing a 1-minute survey.

<https://forms.office.com/r/pK6Eq1u9s1>

Expression of Interest for Triple P
(Positive Parenting Program) 2024



Raising Responsible Teenagers

Find out what makes teenagers tick! You will come away with new ideas to encourage your teenager to make good decisions, be respectful, considerate, reliable and involved in family life.

Raising Competent Teenagers

Set your teenager up for life by helping your child get the most out of their school years. Find out how to help them communicate well, develop self-discipline and good routines, follow rules and solve problems.

Getting Teenagers Connected

Help your teenager develop good, supportive friendships. You will learn ways to build their confidence, encourage their social skills, help them to plan and meet commitments and encourage them to care for others.

Fear-Less

Understand how anxiety works, learn key anxiety-management and coping skills that you can teach your children and teens, and learn to manage your children and teens' anxious behaviour effectively.

www.triplep-parenting.net.au

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

Highschool Math with Miss Dew

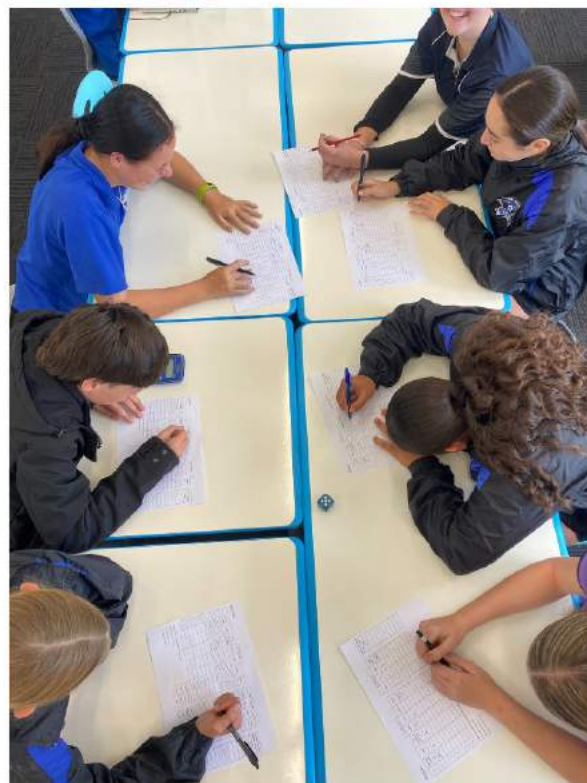
Maths

Fun Math Friday.

The high school students are offered a series of brain training games to keep their maths fluency skills sharp. A crowd favourite is

Craypots!

Have you seen this game before?



The goal is to earn as much money as you can, buying pots and boats, and risking the bad weather to put your pots out further for bigger cash rewards.

See how much money you can make!



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Highschool Math with Miss Dew

CRAYPOTS

Day	Starting money	Boats	Pots (allowed 10 per boat)	Pot Placement		Weather	Income (+)	New Purchases			Total Costs (-)	Balance (starting money + income - costs)
				Shallow	Deep			Boats	Cost	Pots		
1	\$50	2	5									
2												
3												
4												
5												
6												
7												
8												
9												
10												
At the end of the game total the following:												
Each boat is worth \$80						Dice Roll	Weather	Income				
Each pot is worth \$5						1, 2, or 3	Good	Weather		Shallow	Deep	
Your final cash balance						4	Same	Good		\$3	\$8	
						5 or 6	Bad	Bad		\$5	Lose Pots	



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Do it For Dolly Day

Do it
For Dolly
Day

Monday
6th May
2024

LGDHS Student Leaders hosted a fundraiser to raise awareness and funds for the "Do it For Dolly Foundation." Student Leaders made blue jelly cups to sell at recess and set up a blue hair spray stall before school! We raised a total of \$180 towards to go towards the Do it For Dolly Foundation, helping them to continue to deliver bullying prevention and online safety programs across Australia.



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



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[Dolly's Dream : Support Line \(dollysdream.org.au\)](https://dollysdream.org.au)

SUPPORT LINE: Support from a qualified counsellor isn't cheap, and it's not always accessible, which is why Dolly's Dream offers a free support line for people who need it most. No referral is needed, and the line is open to anyone who needs support. Please note our support line is delivered by Kids Helpline in partnership with Dolly's Dream.

Some more facts about WebChat counselling...

You can choose the gender of the counsellor you chat to.
WebChat is always open. 7 days a week, 24 hours a day, 365 days a year.
It's **private** and confidential. You can learn more in our **FAQs** about it!
You'll be treated with respect – there is no judgement here.
We'll get you to fill out a questionnaire to help us understand your situation.
You can still call us to talk, even if you've started a WebChat before.
You can chat to the same counsellor when you start another WebChat.
It's **FREE** to talk to a counsellor, all you need is Internet access!
The phones are always open. 7 days a week, 24 hours a day, 365 days a year.

Access [Privacy Policy](#), [Duty of Care](#) and [FAQ](#) sections here.

How does phone counselling work?

Call Us

It's **FREE**, even from your mobile.

Wait

You'll hear a short recorded message from us. Take some deep breaths if you feel nervous!

Speak With A Counsellor

After this message you'll be connected with the next available counsellor who'll start the conversation.

How does webchat counselling work?

Read About WebChat

When you start you'll get some information about confidentiality, **privacy** and our **Duty of Care**. You can also check out our **privacy policy** and **FAQ** section for more info.

Login & Relax

When you login you'll be asked to fill out a short questionnaire. This helps us understand how best to help you. You'll then go into our queue where you may have to wait, depending on how busy it is.

Chat With A Counsellor

You'll then be connected to one of our counsellors who'll look over your questionnaire responses and begin the counselling session.

Some more facts about phone counselling...

It's **FREE** to call from any mobile, landline or public phone!
The phones are always open. 7 days a week, 24 hours a day, 365 days a year.
You can choose the gender of the counsellor you speak to.
We'll ask some questions to help us understand your situation.
We're here for you and will listen to what you have to say.
It's **private** and confidential. See our **FAQs** for more info.
You can talk to the same counsellor when you call back.
You'll be treated with respect – no judgement here.

Some reasons people call the Dolly's Dream Support Line

- I think my teen is being bullied
- I need help working with my kids' school
- What do I do about sexting and nudes being sent?
- How do I get my teen to ask for help?
- I think my kids are chatting to strangers online
- I can't get through to my kids
- How do I know if my child is depressed?

Call 0488 881 033 to connect
with a qualified counsellor.

The line is open 24/7.



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Do it For Dolly Day

Monday
6th May
2024

Do it
For Dolly
Day

Do it For Dolly Foundation has many incredible FREE resources to help parents and their children. Below are some helpful links:

Mental Health First Aid Training:

[Dolly's Dream : Mental Health First](#)

Parent Hub:

[Dolly's Dream : Parent Hub \(dollysdream.org.au\)](https://dollysdream.org.au)

Beacon Cyber Safety App:

[Dolly's Dream : Beacon Cyber Safety App \(dollysdream.org.au\)](https://dollysdream.org.au)



Lake Grace District High School

Parent Planner | Term 2 2024

Please note: This Planner is subject to change

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	15 April SDD	16	17	18 Newsletter Year 3 Insert	19	20/21
2	22	23	24	25 ANZAC Day	26	27/28
3	29 P & C Meeting @6.30	30	1 May	2 Newsletter Year 4/5 Insert Secondary Netball Carnival Katanning PEAC	3	4/5
4	6 Do it For Dolly Day (Wear Blue)	7 Board Meeting 7pm (Postponed to 14th May)	8 Year 8-10 Youth Health & Wellbeing Festival NGN	9 Year 1&2 Assembly & Mothers Day Tribute	10 Spare Parts Puppet Show	11/12
5	13 Spare Parts Puppet Workshops	14 Board Meeting 7pm	15 Year 7 Cadet Camp	16 Newsletter H/S Science & Maths Insert PEAC	17	18/19
6	20	21	22	23	24 Year 5/6 Hockey Carnival Narrogin (date TBC)	25/26
7	27	28 Year 8-10 cadet camp	29	30 Newsletter Year 6 Insert PEAC	31	1/2 June
8	3 WA Public Holiday	3 Student Development Day No School	5	6 MSP SCHOOL PHOTOS	7 Faction Cross Country TBC	8/9
9	10 No Canteen	11 Canteen	12	13 Newsletter English/HASS Insert Year 6 Assembly PEAC	14 TBC Interschool Cross Country	15/16
10	17 Year 10 Work placement week	18	19	20	21 Yr 1 Red Cross Big Cake Bake	22/23
11	24	25	26	27 Newsletter Miss J Science	28	29/30