



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

Thursday 15th October

Term 4 Upcoming Events

Interschool Athletics Carnival
Friday 18th October @
Gnowangerup

Scholastic Book Fair
Tuesday 22nd October– 1st
November (Excluding
Mondays)

Highschool Exams
Monday 21st and 28th October

Board Meeting
Tuesday 22nd October
@ 7pm

**Highschool Open Classroom
and Assembly**
Thursday 24th October @
2.20pm

Teachers Appreciation Day
Friday 25th October

**A Stitch in Time Resilience
Workshop for Secondary**
Monday 28th October

Year 9/10 Cadet Hike
Thursday 31st October– 2nd
November

Kindy Orientation
Monday 4th November

Year 9/12 School Ball
Friday 7th November

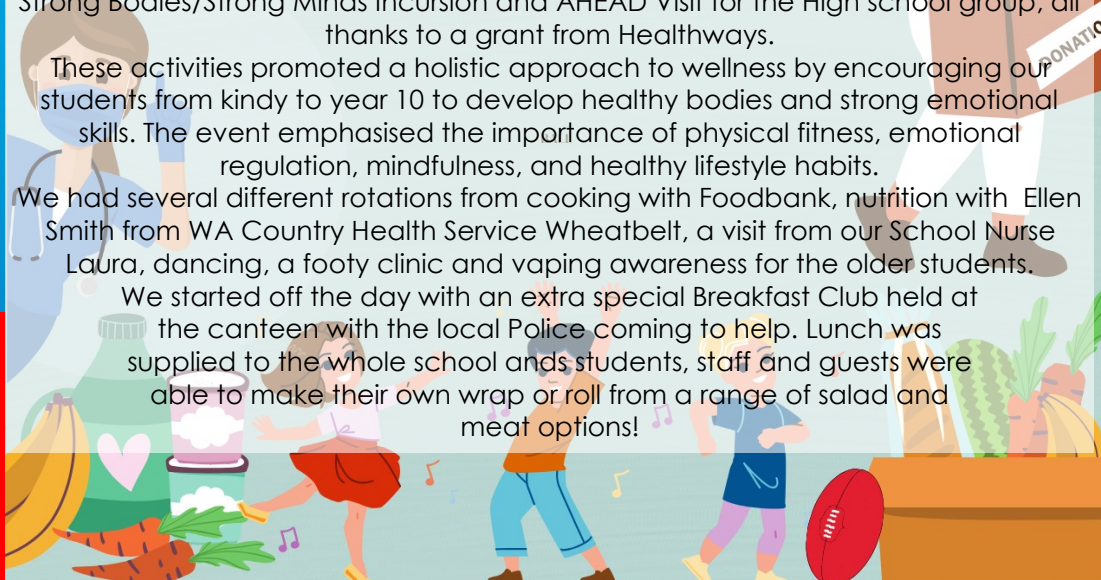


Our first week of term 4 was a very busy one, with a NOM! Food Bank Incursion, Strong Bodies/Strong Minds Incursion and AHEAD Visit for the High school group, all thanks to a grant from Healthways.

These activities promoted a holistic approach to wellness by encouraging our students from kindy to year 10 to develop healthy bodies and strong emotional skills. The event emphasised the importance of physical fitness, emotional regulation, mindfulness, and healthy lifestyle habits.

We had several different rotations from cooking with Foodbank, nutrition with Ellen Smith from WA Country Health Service Wheatbelt, a visit from our School Nurse Laura, dancing, a footy clinic and vaping awareness for the older students.

We started off the day with an extra special Breakfast Club held at the canteen with the local Police coming to help. Lunch was supplied to the whole school and students, staff and guests were able to make their own wrap or roll from a range of salad and meat options!



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

Tuesday to Friday
8.45am—3.15pm

Citizenship | Scholarship | Responsibility | Respect | Commitment

Week 1 Photo Gallery





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Lake Grace District High School

Message from the Administration Team

Hopefully everyone had a wonderful holiday break and enjoyed the first week of sunshine and are refreshed, ready to hit the ground running for a jam packed term 4. It is hard to believe we are on the down hill straight for end of year celebrations and finalities.

To recap on the last week of term 3, our highschool students headed to Perth to compete at Country Week in Hockey. A lot of fun was had along with a few wins, draws and a loss! The team placed 4th after being defeated by Narembreen in the final. Thank you very much to Mrs Fiona Chatfield and Mr Jeff McKenzie who helped out and to Mrs Trevenen for organising the excursion.

Also on camp were Miss Corps, Mrs Desmond and the Year 5/6 group, who headed down to Pemberton for the last three days of term. Luckily the weather was beautiful, the students even went for a swim! Thanks to Mr Anton Kuchling and Mr Damien Trevenen who volunteered to take a few days off work to help out on camp!

We have had a few snake sightings at school already, so parents please remind your children who are riding and walking to and from school that the snakes are out and what to do if they see them.

The Nom! Foodbank program was enjoyed by the students on Wednesday and Thursday of last week. Thank you to the parents who attended the after school session. Supporting these community events is important to keep them coming to our school. The students learnt to prepare dip, a salad and 3 other courses to enjoy tasting afterwards together. Food bank provided a take home recipe book so students can make these recipes at home for their families. Thank you Foodbank!

Huge thank you to the LGDHS team of helpers and organisers for the wonderfully successful Strong Bodies / Strong Minds Awareness Day. Great to see all the students participating in the activities and enjoying all the healthy food.

A huge thank you to Claudia Carpenter from Curtin University who delivered some online workshops to our Year 7-10 students to have conversations about our futures. The AHEAD program (Aspiration for Higher Education At Disadvantage) is all about starting conversations with students to get them thinking about what they might like to pursue in the future. Students explored concepts like Growth Mindset, Values linked to careers and the differences between high school and University. Thanks to Mrs Bambling for organising the workshops.

Throughout term 4, Year 2 teacher Mrs Natalie Livall has organised for LGDHS to host moderations for our graduate teachers with staff from other schools. Doing this comparison ensures that our students are getting graded to the correct standards, thanks Nat for organising.

Over the next few weeks staff are being released from their classrooms intermittently for operational planning for the 2025 school year. This planning is to ensure we have the correct resources for the year coming.

Tomorrow our little athletes are heading to the Interschool Athletics Carnival in Gnowangerup with Mrs Trevenen, Mrs Maria Taylor, Mrs McGlenn and Mrs Stubberfield. There is so much organising that goes on behind the scenes for these carnivals, so thank you to Mrs Kirk and Mrs Trevenen for all your hard work. Thank you Mrs Taylor for your expertise and experience that you can share with our competitors. Goodluck everyone!

This term in week 4 we have a prac student and former LGDHS student Emilee Eaton teaching our Year One class. It is so amazing to follow our former students as they navigate into adulthood! We cant wait to have you Emilee.

Today we have had a visit from Alanah Yukich, who competed in the 400m hurdles at 2024 Paris Olympics! Originally from Gingin, it was great for the students to see where your talent and hard work can take you if you want it enough! Thanks Alanah for visiting us!





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Sponsors Required for End of Year Awards

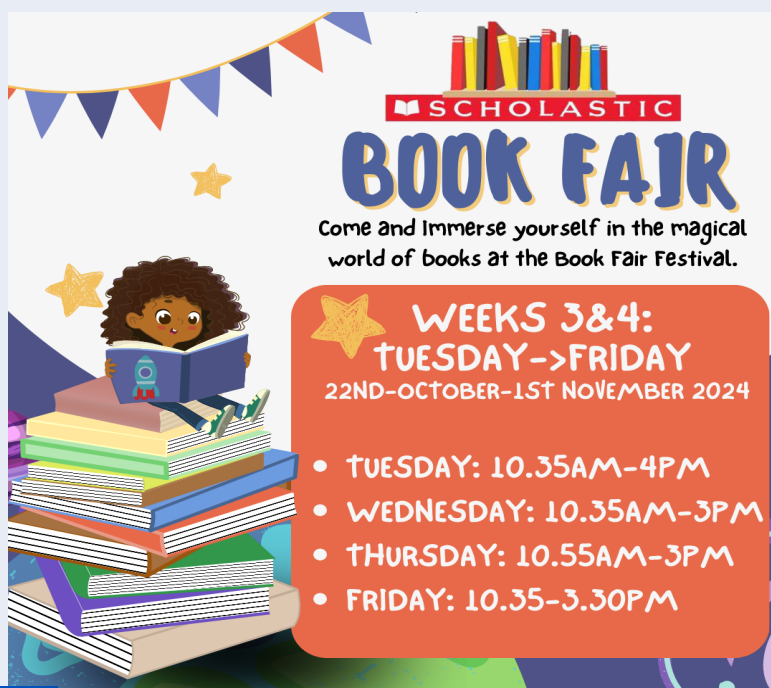
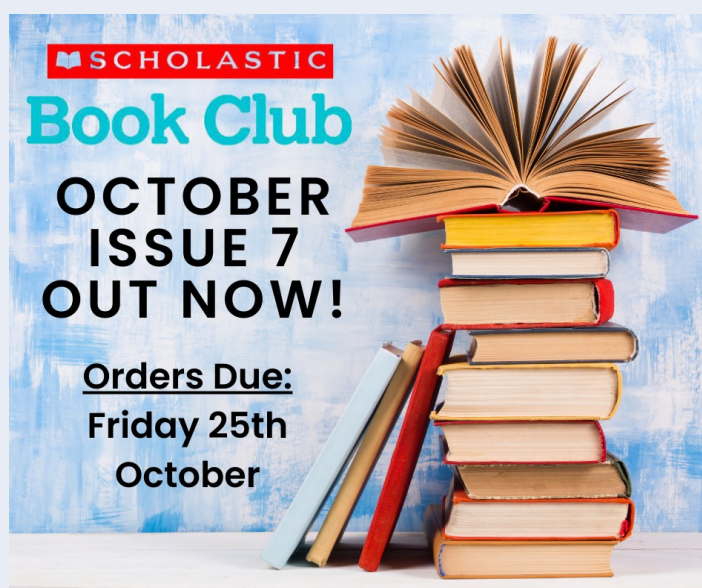
As our end of year concert approaches, we are looking for sponsorship for end of year student awards! If you would like to sponsor an award this year, please get in touch with front office on 9865 4500.



Finally, don't forget as of Tuesday next week we have the much loved SCHOLASTICS BOOK FAIR! There are some great books and things on offer so get on down to see if you can stock up the book shelf or even stock up on Christmas presents! Please see Book Fair opening times in advert below. Also book club Issue 7 is also out now, orders due by Friday 25th October.

Kind Regards

Administration Team



Message from the Chaplain: Miss Brodie

Dear Lake Grace Community,

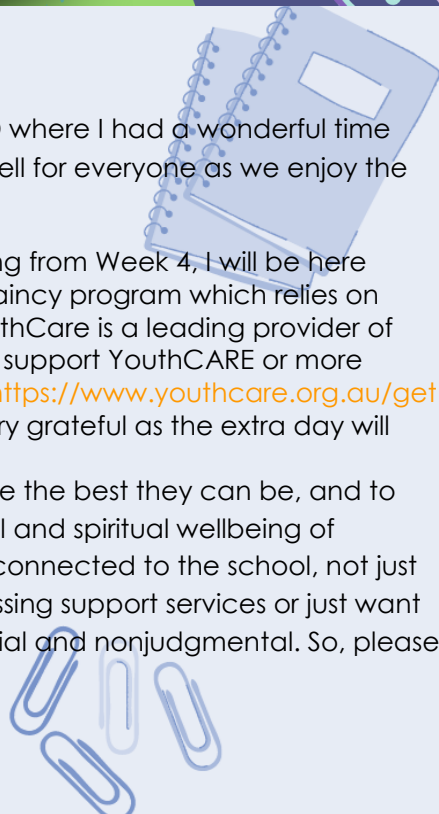
I hope you all had a lovely and restful break. In the break I went to Albany for PD where I had a wonderful time meeting up with Chaplains from Albany and Esperance. I hope the Term goes well for everyone as we enjoy the last few months of the year together.

Thanks to a generous donation, this term I'll be at the school an extra day. Starting from Week 4, I will be here Mondays, Tuesdays and Thursdays. I am employed under the YouthCARE Chaplaincy program which relies on funding and financial and practical support to provide Chaplaincy services. YouthCare is a leading provider of Chaplaincy services and is one of WA's largest not-for-profits. If you would like to support YouthCARE or more locally, Lake Grace and Newdegate chaplains, please contact me or head to <https://www.youthcare.org.au/get-involved/be-a-donor>. Many thanks to our anonymous donor; I am personally very grateful as the extra day will enable me to have a greater impact here.

As a Chaplain, I am here to support, empower and encourage our students to be the best they can be, and to live happy and healthy lives. Chaplains care about the social, emotional, mental and spiritual wellbeing of students, families, staff and the whole school community. I'm here for everyone connected to the school, not just students. So, if you are going through a difficult time, need assistance with accessing support services or just want to talk to someone, I'm here for you. Conversations with chaplains are confidential and nonjudgmental. So, please make use of this wonderful service as I'd love to get to know you.

Kind Regards

Brodie Simmons | Chaplain



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



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Lake Grace District High School

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

Hello LGDHS Community,

Welcome back to school, it's sure to be another busy term.

This term the Lake Grace P&C will be running one final fundraiser for 2024. Keep an eye out for information on the St John's First Aid Kit fundraiser.

First Aid Kits will be available to order via the Flexischools app soon. We encourage all families to consider supporting this fundraiser the kits are discounted and make great presents in the lead up to Christmas or even birthday presents.

You can even ask family and friends if they would like to order any First Aid Kits and help raise funds for our school.

More information to come soon....

Please send any agenda items or apologies to the upcoming meeting to

lakegrace.pandc@gmail.com

Kind Regards

Nikki Lewis | P & C President

Lake Grace DHS P&C General Meeting Monday 28 October 6:30pm LGDHS Padley Room

*Come along and help improve our school
for current and future students.*

Please send apologies or agenda items to:

 Lakegrace.pandc@gmail.com



Download the *flexischools*
app to get started today!

Canteen Roster Term 4



Date			
21/10/2024	Chloe McDougall	Phebe Trevenen	Sarah Clarke
28/10/2024	Karissa Pelham	Sarah Clarke	Jodi Sabourne
4/11/2024	Kristy Snelling	Renae Willcocks	Phebe Reidy
11/11/2024	Shire	Shire	Kelly Gooch
18/11/2024	Jaime Withnell	Megan Pawsey	Kristy Snelling
25/11/2024	Jihee Jones	Kelly Gooch	Simone Choi
2/12/2024	Nikki Lewis	Elise Bell	Maggie Prater
9/12/2024	Courtney Withnell	Nicola Kuchling	Amy Elefsen

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



NEWSLETTER #16

Lake Grace District High School

Message from School Nurse: **Laura Ballard**

Hello LGDHS Community,

Increasing cases of Pertussis

Cases of Pertussis, which is commonly known as Whooping cough, are increasing around Australia including an increase in cases in WA. The highest number of cases have been seen in the 10-14 year old age group, infants under the age of 6 months are at the greatest risk of severe disease, hospitalisation and death.

Pertussis presents with common cold-like symptoms (cough, runny nose, mild fever, and lethargy) and typically progresses to bouts of sudden and uncontrollable coughing, sometime with post cough vomiting, choking and inspiratory 'whoop'. The cough is often worse at night and may last up to three months. Testing for pertussis can be conducted with your local GP with a nasal swab.

Free vaccines are available for pregnant women, routine childhood and adolescent vaccination under the National Immunisation Program. They are available to others outside this demographic at local GP's. If concerned that you may have Pertussis, is it advised that you stay away from infants and pregnant women until your test result is known.

Kind Regards

Laura Ballard | **School Nurse**

Morrison Orders

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 8th November, 2024

Please include the total cost of \$20.00 with your order.

If you would like to EFT your payment - BSB: 066-040 A/C: 19907646

Please include your surname and 'Morrison' as the reference.



NAME:

NUMBER OF COPIES:

SIGNATURE:

☐ Included is my \$20.00.

Orders due by Friday 8th November 2024

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Year 5/6 Camp: Term 3

On the 18th of September, week 10 of Term 3, the Year 5/6 students embarked on an educational adventure to Pemberton. Our home for the trip was the beautiful Pemberton Camp Fairbridge. We ventured on three thrilling excursions, each more exciting than the last. Our first stop was Kodja Place in Kojonup, where we immersed ourselves in the local culture and history. Then, we tackled a series of fun-filled activities at the picturesque RAC Karri Valley Resort, surrounded by towering trees and serene landscapes. To top it all off, we hopped on a vintage Tramway ride to the majestic Cascades in Pemberton, soaking in the breathtaking scenery along the way.

Year 5/6
Camp 2024

Pemberton



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Year 5/6 Camp: Photo Gallery



Year 5/6
Camp 2024
Pemberton



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Country Week Recap

The last week of term three, Mrs Amanda Trevenen, Mrs Fiona Chatfield and Mr Jeff McKenzie 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 two birthdays! LGDHS was well represented and performed extremely well. LGDHS ended up coming 4th overall! Well done to the team and thank you to students who represented our school respectfully as usual and to Mrs Trevenen, Mr McKenzie and Mrs Chatfield for giving our students the opportunity to compete!



Ladder		HOCKEY
PLACE		SCHOOL
1		Geraldton GS
2		Boyup Brook DHS
3		Narembeen DHS
4		Lake Grace DHS
5		Wongan Hills DHS
6		Kojonup DHS



Score Board

ROUND	SCHOOL	DEFEATED	SCHOOL	SCORE
Round 1	Lake Grace	Defeated	Kojonup	5-0
Round 2	Lake Grace	Defeated	Wongon Hills	2-0
Round 3	Lake Grace	Drew	Boyup Brook	Nil all
Round 4	Lake Grace	Drew	Narembeen	1-1
Round 5	Geraldton	Defeated	Lake Grace	2-0
Final Round	Narembeen	Defeated	Lake Grace	1-0

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Year 3's Celebrate World Cerebral Palsy Day

On the 14th of October 2024, the Year 3 Class hosted World Cerebral Palsy Day for LGDHS. Students dressed in green to raise money for research and to celebrate people with cerebral palsy. It was fantastic to see students come together and raise awareness for CP, together we raised \$127!



Cerebral palsy is one of the most common childhood motor disabilities.





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Year 9-12 School Ball

YOU ARE INVITED

LAKE YR 9-12 SCHOOL Ball

HOSTED BY LAKE GRACE DISTRICT HIGH SCHOOL

7TH NOVEMBER 2024

6.00PM - 9.30PM

DRESS STYLE
CLASSY BLACK AND WHITE

Cambinata Yabbie Function Center
4210 Dumbleyung Lake Grace Road
Kukerin

Tickets \$40pp

Payment to LGDHS
BSB. 066040 Ac. 19907646
Please use name and BALL as reference
RSVP by 25th October to
amanda.harrower@education.wa.edu.au



Lake Grace District High School

Parent Planner | Term 4 2024

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	7 October	8	9 Foodbank (Nom! Incursion)	10 Strong Bodies/Strong Minds Awareness Day Foodbank (Nom! Incursion)	11 AHEAD visit- High School	12/13
2	14 P & C Meeting @ 6.30pm Celebrating World Cerebral Palsy Day Green - Yr 3's	15	16	17 Newsletter Olympian Alanah Yukich Visit	18 Interschool Carnival	19/20
3	21 High School Exams TBC	22 Board Meeting Book Fair	23	24 Highschool Open Classroom and Assembly @ 2.20pm	25 World Teachers Day	26/27
4	28 High School Exams TBC A Stitch In Time Resilience workshop Secondary Book Fair	29	30	31 Year 9/10 cadet hike Newsletter	November 1 Year 9/10 cadet hike	2/3 Year 9/10 cadet hike
5	4 Kindy Orientation	5	6	7 Year 9-12 School Ball	8	9/10
6	11 Remembrance Day Service	12 Year 9/10 Career Taster roadshow	13	14 Year 9/10 Career Taster roadshow	15	16/17
7	18	19 Board Meeting	20	21	22	23/24
8	25 Kindy Orientation	26	27	28 A Stitch In Time Resilience workshop Secondary Newsletter	29	30/1
9	2	3	4	5 PP/Yr6 Assembly	6	7/8
10	9	10	11 Christmas Concert	12 Newsletter	13 SDD	14/15