



# Lake Grace District High School

## NEWSLETTER #4

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

**Thursday 20th March 2025**

### Term 1 Upcoming Events

**Faction Swimming  
Carnival**  
Friday 21st March

**Year 7 & 10  
Immunisations**  
Wednesday 26th March

**Interschool Swimming  
Carnival @ Ravensthorpe**  
Friday 28th March

**P & C Meeting**  
Monday 31st March  
@7pm in Padley Room

**Rock Your Socks  
World Down  
Syndrome Day**  
Friday 4th April

**Highschool Assembly**  
Thursday 10th April @  
2.10pm

**Last Day of Term 1**  
Friday 11th April

### SCHOOL HOURS

**Wednesday (early close)**  
8.45am—2.30pm  
**Monday, Tuesday, Thursday &  
Friday**  
8.45am—3.00pm

On Thursday 6th March the years 8-10 students had a career taster program which is run through SIDE. The industries which had trainers attend were hairdressing, carpentry and hospitality. The students were taken through what it takes to become trained in these areas. The presenters were very knowledgeable and keen to answer any questions we had. We were put into 3 groups and rotated through each skillset.

**HIGH SCHOOL**  
**CAREER  
TASTER**  
GET CAREER CURIOUS  
 **Thursday**  
6th March, 2025



**Citizenship | Scholarship | Responsibility | Respect | Commitment**



# NEWSLETTER #4

## Lake Grace District High School

### Career Taster Continued...

I enjoyed doing the hairdressing workshop because we got to learn while having fun. Pauline taught us how to add beads into braids, wrap hair and add feathers. We got to test all these skills on the mannequins, our peers and teachers however we wanted this resulted in crazy hair styles all around the high school.  
Paige Trevenen



**HIGHSCHOOL**  
**CAREER**  
**TASTER**  
GET CAREER CURIOUS  
Thursday  
6th March, 2025



My favourite activity we did was carpentry because it was good to learn how to measure and level a piece of wood so it's all level.  
Luca Fernandes

I liked doing the hairdressing work shop it was such a good experience and lots of fun because we got to learn lots of different techniques to style your hair.  
Dakota Pelham

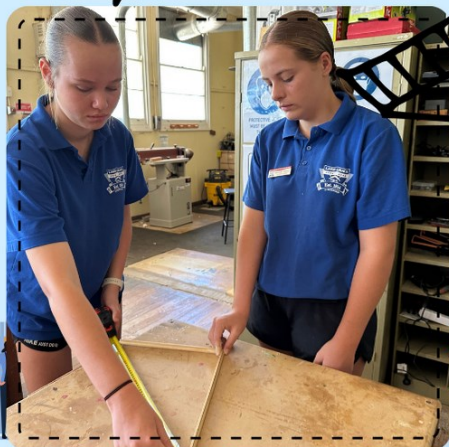
As a student at Lake Grace District High School, I really enjoyed everything because I learnt a lot. My #1 favourite workshop was the hair dressing. I think we could've had more workshops so that it can go all day.  
Zahlia Reynolds

I really enjoyed the carpentry. I found out that I was good at eyeing off things to get a close measurement. This was an enjoyable experience.  
Jaycob Trevenen



My favourite thing about careers day was hospitality we got to fold knives and forks into napkins and we also got to hold three plates with cups of water on them.  
Jonti McKenzie

I found it quite enjoyable to have some job opportunities come to us, giving us a view of the outside world and what there is to be employed with. I really enjoyed the Hairdressing with Pauline and the Cabinetry with Nathan because they were very hands on and had some fun activities for us to do. It was good to have some insight on what I'd like to do in the future.  
Rebekah Pawsey





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## Lake Grace District High School

### Career Taster Continued...

I really like the cabinetry because it taught me how to use a leveller and a tape measure properly. He explained to us the difference between carpentry and cabinetry. He also taught us how to use wood burners the right way. And spoke about how to get an apprenticeship for carpentry.

Jake Lane



**HIGHSCHOOL**  
**CAREER**  
**TASTER**  
GET CAREER CURIOUS



**Thursday**  
**6th March, 2025**

The career expo was extremely entertaining with carpentry, hospitality and hairdressing. By far my favourite activity was using the wood burners and burning designs into the wood, although the hairdressing activity was also fun.

Zach McIntyre



I liked hospitality because we learnt how to hold 3 plates at once with cups of water of them

-Mason Newton

I thoroughly enjoyed the carpentry workshop because it was very engaging and I learnt a lot.

Bella Callope



I enjoyed hospitality because I learnt how to balance 3 plates at once.

Evangeline Tzortzis



I enjoyed the hairdressing because we learnt how to put beads into a braid and wrap hair. I also enjoyed the carpentry and cabinetry because we learnt a lot of cool skills.

Grace Read

I liked the carpentry workshop because it gives me a better idea of trades to look at. I liked the measuring part of it and measuring with our eye. There was one thing that I got frustrated with and that was, when I couldn't measure Mason properly because he was too tall. At the end we did a burning drawing and that was cool.

Taj Trevenen



Hairdressing was the best clinic because it was slightly less boring than the others.

Ben Adams







# NEWSLETTER #4

## Lake Grace District High School



### Message from Administration

### HARMONY WEEK

**Let's come together to celebrate  
our cultural diversity.**

Hello Lake Grace District High School Community,

On Thursday of Week 6 the Year 8-10's were visited by The Career Taster Road Show. It was an incredible opportunity for the students to gain a little insight in to some possible future career options. The students really enjoyed the day and learnt a great deal!

Last week NAPLAN commenced with the help of Mrs Wendy O'Neill and Mrs Desmond. NAPLAN stands for 'The National Assessment Program – Literacy and Numeracy' and is a national assessment taken annually in March. Students are assessed in reading, writing, language conventions (spelling, grammar and punctuation) and mathematics.

NAPLAN is delivered by ACARA (Australian Curriculum, Assessment and Reporting Authority). Each state has a test administration authority who is responsible for the delivery and implementation of NAPLAN in their state. NAPLAN is undertaken for several reasons including public accountability for schools, teachers and students. It is a national assessment to measure a student's skills in literacy and numeracy at the time of the tests. The results of this testing inform the government of each school's ranking against national standards as well as the national standards compared to international standards. Parents can see their child's level compared to the national standards and determine if there are any areas of focus which the student can improve. Results from NAPLAN provide insight into what learning areas students are struggling in and where improvements could be made.

Today Mrs Lisa O'Neill has co-ordinated the students to take part in the Closing the Gap initiative. During period 4, each class went outside to sit in a yarnning circle. Classes sat and had discussions, read indigenous books and soaked up the autumn sunshine.

This week is also Harmony Week and Miss Brodie and some students have collaborated to hang the beautifully hand painted Harmony Week Banner in the gazebo. Classes have incorporated Harmony Week themes into some lessons to celebrate Australian multiculturalism.

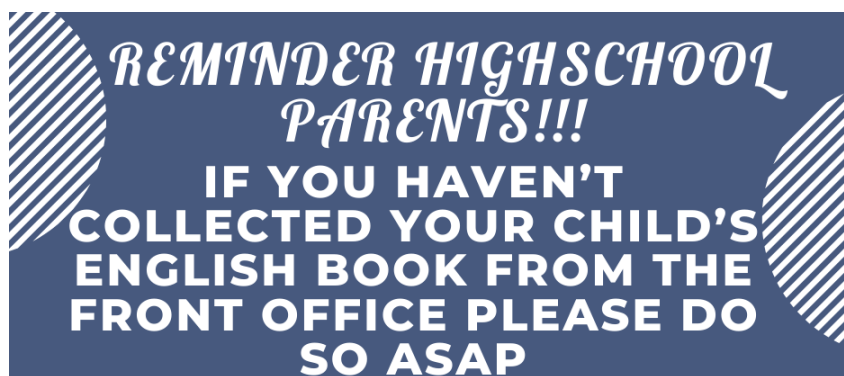
Good Luck to all the students participating in the faction swimming carnival tomorrow. Thank you to all staff who organised and assisted in co-ordinating on the day. Thank you also to all volunteers helping out tomorrow, the day wouldn't happen without you!

Next week the lucky Year 7 & 10's are getting a visit from Kate Furphy our new school nurse to receive vaccinations. Kate has taken over from Nurse Laura and will be visiting our school to promote a healthy lifestyle.

On Thursday the 3rd April the Highschool Students will partake in an excursion called Illuminate the Day. Illuminate Education Australia designs and delivers engaging and intensive education experiences that combine design thinking, entrepreneurship, social and ethical understanding, business and personal development into every single impactful learning opportunity. We bring our passion, industry knowledge and education experience together into something that makes a positive impact for everyone we work with – young people, teachers and their wider community.

Best wishes,

**LGDHS Administration**





# NEWSLETTER #4

## Lake Grace District High School

### Message from The Chaplain: Brodie Simmons

Hello Lake Grace District High School Community,

This week we put up the Harmony Week banner made by students to celebrate our diversity. Check out the artwork if you haven't yet.

Over the last few weeks, some of us have been having fun colouring in cute pictures during lunch break. The quote of the day from one: "I like school but I don't like recess or lunch except for when I do colouring".

Best wishes,

**Brodie Simmons** | Chaplain



### Secondary Assistance Scheme

## SECONDARY ASSISTANCE SCHEME

YEARS 7-12

YOU MAY BE ELIGIBLE FOR UP TO :

# \$535

(TOWARDS SCHOOL EXPENSES)

DO YOU HOLD A: - CENTRELINK HEALTH CARE CARD  
OR - CENTRELINK PENSIONER CONCESSION CARD  
OR - VETERANS' AFFAIRS PENSIONER CONCESSION CARD

**Applications Close: Friday 11th April 2025**

**Ask School Reception for More Information**

### Canteen Roster

Canteen Roster Term 1 2025			
24/03/2025	Phebe Reidy	Kelly Gooch	Carey Higgins
31/03/2025	Teneeka Morgan	Kiah King	Elise Bell
07/04/2025	Nicola Kuchling	Anton Kuchling	Courtney Withnell

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



# NEWSLETTER #4

## Lake Grace District High School

### Message from P&C President: **Sarah Clarke**

#### **Faction Swimming Carnival**

The P&C is taking the stress out of the day for our parents and volunteers by putting on lunch orders for our Faction Swimming Carnival, I'm sure they will be delicious, and our hungry little swimmers will be delighted. Orders closed on Wednesday 19<sup>th</sup> of March so hopefully you managed to get your orders in. I would like to thank our canteen coordinators Chloe McDougall and Elise Bell for not only organising the canteen but volunteering in the kitchen on the day. Evelyn Oatridge has also volunteered to help and we would also like to thank her!

We would like to wish all the kids attending the Faction Swimming Carnival the best of luck and hope you have lots of fun.

#### **Year 5/6 Camp coming up**

With the year 5/6 School Camp coming up in May, keep your eyes out for any of the great fundraising events these parents and kids are putting together, there sounds like lots of great ideas going around, so hopefully some of them tickle your fancy.

#### **Sign Up**

We know so many of our families want to help with School, P&C and Community events, but often you might miss a post, and it can be hard to stay in the loop of where your volunteering time is needed. So, to try and make things a little easier in this department, Lake Grace DHS P&C is trialing using a web-based program called SignUp.com, we can put in what event is needing volunteers and it's as simple as scanning the QR Code and signing up.

Below is the QR code for the Blue Light Disco, which the P&C is needing volunteers for the canteen. So, if you're available to help on the night, give the code a scan and Sign Up!

#### **BLUE LIGHT DISCO CANTEEN**

*Please sign up!*

Scan this code with your smartphone camera now:

**SignUp**



#### **Seniors Luncheons Come to a Close**

Times are changing and recently we were contacted by the CWA about the future of the Seniors Luncheon. Due to the lack of numbers attending seniors' lunches and the fact the Hospital are putting on a lovely lunch once a month the regular seniors' luncheon will fold. The CWA will hold two through the year; one for Mother's Day and the other for Melbourne Cup Day.

Lake Grace branch would like to thank you and your volunteers so much for the support you have provided for the last 50 years that the lunches have been going.

Kind Regards

**Sarah Clarke** | P & C President

## **LAKE GRACE DHS** *P & C Meeting*

*Monday*  
*31st March*  
*7.00pm*

*LG DHS*  
*Padley Room*





# NEWSLETTER #4

## Lake Grace District High School

### Message from the School Nurse: **Kate Furphy**

Hello Lake Grace District High School Community,

Gastroenteritis is currently present in town. Gastroenteritis, or 'gastro' is a common condition in children of all ages. It occurs when the bowel is infected by a virus or bacteria. Symptoms include diarrhoea, vomiting, stomach cramps and sometimes, fever.

Most cases in children are not serious, but it is very important to make sure that a child with gastro receives enough fluid.

If your child has gastro, keep them away from school for 48 hours after vomiting and diarrhoea have stopped. If symptoms persist see your family doctor.

The easiest way to prevent gastro is to make sure everyone in the family washes their hands regularly, especially before eating and after going to the toilet.

For more information go to:

<http://www.public.health.wa.gov.au/2/597/2/gastroenteritis.pm>

Best wishes,

**Kate Furphy** | School Nurse



## ICPA IS MORE THAN BOARDING SCHOOL

We support country families, schools & communities with the child/ren in daycare, playgroup, primary school, high school, boarding school, TAFE, or University

- ✓ Bus services
- ✓ Staff attraction/ retention
- ✓ Allowances
- ✓ Teacher Training
- ✓ Boarding
- ✓ Distance Education

**HELP US HELP YOU... JOIN TODAY!**

[www.icpa.com.au/wa/membership](http://www.icpa.com.au/wa/membership)



## 53RD ANNUAL ICPA WA STATE CONFERENCE

REGISTRATIONS  
NOW OPEN ONLINE

Country Kids Education  
Matters!

**FRI**  
28TH MAR

8:30 am - 5:00pm  
**VENUE :** Swan River Hotel  
Perth

Registration Price: **\$80**

**BRING A FRIEND!**

**REGISTER NOW** [www.icpa.com.au/wa/conference](http://www.icpa.com.au/wa/conference)

Network with other rural parents, schools, decision makers, delegates and key stakeholders

# NEWSLETTER #4

## Lake Grace District High School

### Parenting Connection Courses

Parenting  
Connection



#### Anxiety Coach

A FREE 3-session program for parents and carers of children 3 - 8 years

This free interactive three-part program will provide parents with a greater understanding on why children experience heightened anxiety and the role they can play in managing it. The program supports parents to:

- Have a greater understanding of the brain and how anxiety originates.
- Practical strategies to help build resilience in children.
- How to identify anxiety & counter its progress.
- Simple techniques to help children manage worries.

No cost. Bookings essential.  
Light refreshments provided.

To book: Contact Hannah Franz  
T: 0437 858 079 | E: [hfranz@amityhealth.com.au](mailto:hfranz@amityhealth.com.au)

When: Weds 9 - 11am  
Starting 26 March 2025  
(Runs for 3 weeks)  
Where: East Narrogin PS,  
Community Centre,  
Butler St entrance

Supported by



Connection

#### 123 Magic & Emotion Coaching

A FREE 3-session parenting program for parents and carers of children aged 2 - 12 years

Learn how to:

- Resolve difficult behaviour in children
- Discipline without arguing or yelling
- Handle challenging and testing behaviours
- Choose appropriate strategies – the 3 choices model
- Use emotion coaching to encourage positive behaviour

No cost. Bookings essential.  
Light Refreshments Provided.

To book:  
Contact: Hannah Franz  
T: 0437 858 079  
E: [hfranz@amityhealth.com.au](mailto:hfranz@amityhealth.com.au)

When: Wednesdays 9-11am  
Starting 4 June 2025 (3 weeks)  
Where: East Narrogin Primary  
School, Community Centre,  
Butler St entrance

Supported by



### Grandcarers Support Group

Parenting  
Connection  
Supporting WA parents

#### Are you a Grandcarer? You're Not Alone!

Being a grandparent carer is a unique and often challenging experience. You're not alone in navigating this journey.



We invite you to join the Wheatbelt Grandcarer's Support Group. This will be an opportunity to meet and connect with local grandparents / carers and find out about the supports and resources available to you while caring for your child.

Grandparent / carers only. Morning tea provided.

When: Wednesdays | 9:30am-11:30am  
26 Mar, 30 Apr, 21 May, 25 Jun, 30 Jul, 27 Aug, 24 Sep,  
29 Oct and 26 Nov 2025  
Where: Wanslea Northam - 20 Gairdner Street

For more information

T: 0447 622 736 E: [WheatbeltPCWA@wanslea.org.au](mailto:WheatbeltPCWA@wanslea.org.au)

Supported by



Parenting  
Connection

#### Circle of Security® Parenting™

A Relationship-based Parenting Program

Circle of Security Parenting (COSP) is a FREE 8-session series that focuses on supporting and strengthening parent-child relationships and teaches new ways to understand and respond to your child's needs.

You will learn to:

- Understand your child's emotional world and emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self-esteem

Light Refreshments provided.

Book online: [COSP Northam](https://www.wanslea.org.au/cosp-norham)  
Enquiries: 0447 622 736

When: Thurs 9:30 - 11:30am  
Starting 1 May 2025  
Runs for 8 weeks  
Where: Bridgeley Community  
Centre, Northam

Supported by



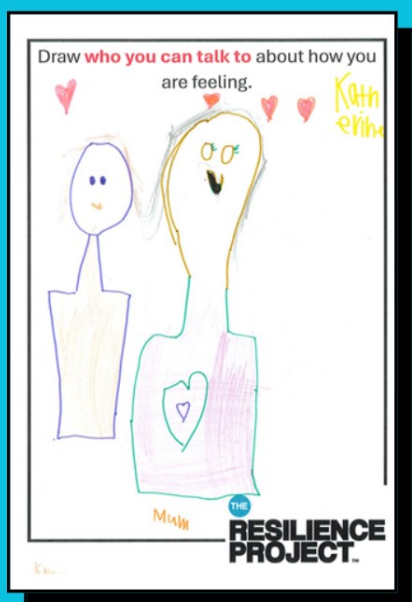


# NEWSLETTER #4

## Lake Grace District High School

View into Room 2: **Year 1/2 with Miss Brooks**

### THE RESILIENCE PROJECT™ .....IN YEAR 1/2



*What made me smile today:*

Katherine – Seeing my friends at school.



*What made me smile today:*

Kate – Looking at my horse's baby.



*What made me smile today:*

Georgie – Seeing Myles this morning.

It has been a busy and exciting start to the year in Year 1/2, with lots of learning and fun! This year, our school has introduced The Resilience Project (TRP), a program designed to build resilience and promote happiness by focusing on emotional literacy and positive emotions.

As part of TRP, we have been engaging in GEM Chats discussions centred around Gratitude, Empathy, and Mindfulness. These conversations help students reflect on their emotions and develop a deeper understanding of their thoughts and feelings.

One of our recent GEM Chat questions was, "What has made you smile today?" Instead of simply naming physical things like "I got a new bike" students are encouraged to think more deeply about moments that bring them joy, whether it's a kind gesture from a friend, a fun activity in class, or a sense of accomplishment in their learning.

We are excited to see our students develop their resilience and emotional awareness through this program and look forward to sharing more of their reflections throughout the year!



# NEWSLETTER #4

## Lake Grace District High School

View into Room 2: **Year 1/2** with **Miss Brooks**

THE

# RESILIENCE PROJECT™

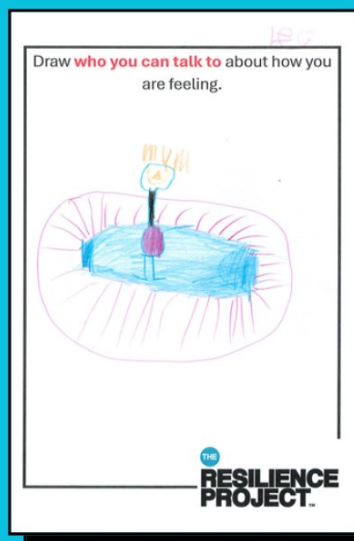
.....IN YEAR 1/2



**What made me smile today:**  
Harry – When I saw my friends when I was riding to school.



**What made me smile today:**  
Toby – Seeing my friends at school.



**What made me smile today:**  
Leo – When my friends helped me read the story.



**What made me smile today:**  
Ciara – When Finn started to crawl this morning.



**What made me smile today:**  
Oly – When Mum gave me a cuddle before school.



**What made me smile today:**  
Bobby – When Mum and Dad gave me a big cuddle this morning.



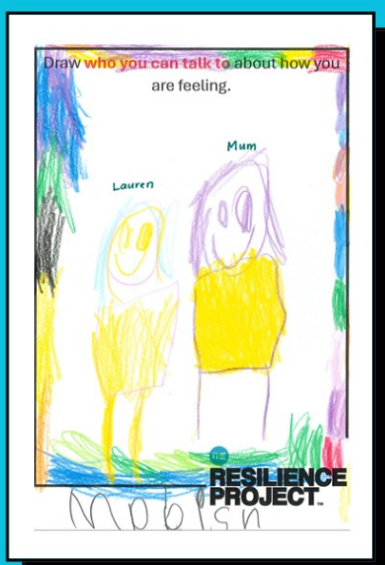
# NEWSLETTER #4

## Lake Grace District High School

View into Room 2: Year 1/2 with Miss Brooks

THE

# RESILIENCE PROJECT™ .....IN YEAR 1/2



**What made me smile today:**  
Madison – When my brother was trying give me a kiss.



**What made me smile today:**  
Harrison – When I saw my friends riding to school from the car.



**What made me smile today:**  
Lucas – I read my home reader easy.



**What made me smile today:**  
Madelyn – When Dad left for Perth he remembered to give me a cuddle.



**What made me smile today:**  
Daisy – Seeing my friends being kind to me.



**What made me smile today:**  
Zara- Katherine helped me with a problem





# Lake Grace District High School

## Parent Planner | Term 1 2025

Please note: This Planner is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	SAT/SUN
	27 JAN PUBLIC HOLIDAY AUSTRALIA DAY	28	29 Admin Commence	30	31	1/2 FEB
1	3 SDD START OF TERM Teachers Commence	4 SDD	5 Students Commence	6 Newsletter	7	8/9
2	10	11	12 9.00 Student Council Speeches / Voting	13	14	15/16
3	17 Swimming Lessons	18	19 Class Meetings	20 Pre-Primary Newsletter Shared Assembly/ Class Meetings	21	22/23
4	24 Swimming Lessons P&C Meeting 6.30pm	25 School Board Meeting 7pm	26	27	28	1/2 MAR
5	3 PUBLIC HOLIDAY LABOUR DAY	4	5	6 Kindy Newsletter Careers Taster Yr 8-10	7	8/9
6	10	11	12 NAPLAN Starts	13	14	15/16
7	17 NAPLAN	18	19	20 Yr 1/2 Newsletter Harmony Day	21 Faction Swimming Carnival	22/23
8	24 NAPLAN Finishes	25	26 Yr 7 & 10 Immunisation	27	28 Interschool Swim Carnival @ Ravensthorpe	29/30
9	31 P&C Meeting @ 7pm in Padley	1 APR	2	3 Illuminate The Day H/S excursion Yr 2/3 Newsletter	4 Odd Sock Day World Down Syndrome Day	5/6
10	7	8	9	10 High School Assembly	11 Easter Hat Parade END OF TERM	12/13