



CHURCHLANDS
SENIOR HIGH SCHOOL

Churchlands Bytes

Tuesday 22 October 2024 - Circulated Fortnightly

Issue: 14 (2024)

News in Brief

Year 9 HASS Excursion - Law Courts

All Year 9 students had the valuable opportunity to visit the Law Courts at the end of Term 3. Some classes were able to listen to cases in the District Court to do with drug charges, money laundering and serious assault while others visited the Magistrates Court to watch summary offences of a less serious nature.

As part of this excursion students actively participated in a role play either being the judge or judge's associate, the accused, part of the defence or prosecution team, a witness or part of the jury. Thank you to all staff, especially John Carr who helped with the significant organisation of this activity and staff who accompanied their classes on the half day excursion. It was enjoyed by all.



What's Coming Up?

Term 4, 2024

21-23 Oct	-	Year 7&10 Immunisation Catch Ups
21-25 Oct	-	Year 11 Written Assessment Free Week and Practical Exam Week
	-	OLNA - Year 9 & 10
	-	Year 10 Outdoor Education Camp
22 Oct	-	Year 12 Presentation Ceremony 6.00pm
24 Oct	-	Year 11 Breakfast Club
28 Oct	-	P&C Meeting 7.30pm
28 Oct-8 Nov	-	Year 11 Exams and Workplace Learning
28 Oct-15 Nov	-	Year 12 ATAR WACE Exams
29-30 Oct	-	Year 7&10 Immunisation Catch Ups
30 Oct	-	Chamber Concert 3.30pm
31 Oct	-	School Board Meeting
1 Nov	-	School Tour 9.15am
3 Nov	-	Solo Voice Festival
5 Nov	-	Year 8 Young Writers

2024 Yearbook

Don't Miss Out!!

New in 2024 - Yearbook - Payment via Qkr! - \$30.00

Please note that previously, payment for the Yearbook was usually attached to the Contributions & Charges. This year it was not attached. Please do not add an extra payment to the Contributions and Charges invoice.

If you wish to purchase a Yearbook, please logon to Qkr! At the top of the page, select the Contributions & Charges tab, scroll down the page, click on the 2024 Year 7-12 Yearbook to pay for your copy.

Last day for payment is 31 October 2024.

Payments will NOT be accepted after this date.

Please make sure you click on your child's name first to ensure they receive the correct yearbook. Year 12 Yearbooks are different to Year 7-11 Yearbooks.

Year 12s will receive their Yearbook on their Clearance Day. Year 12 Clearance Forms need to be completed before receiving their Yearbook.



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News in Brief *cont'd*

Humanities Year 10 AEP Civics & Citizenship Tour 2024 - Canberra and Sydney

Recently 38 Year 10 AEP HASS students participated in the seven-night Civics and Citizenship Tour. On all accounts they had very enjoyable and educational experience visiting sights in both Canberra and Sydney at the end of Term 3.

Venues included in the tour included: Parliament House, the Museum of Australian Democracy, the Australian War Memorial, Australian Institute of Sport, Government House, National Portrait and National Gallery and Questacon. The group took a scenic bike ride around the nation's capital taking in the main sites on the way. When in Sydney students visited the Sydney Opera House, the Jewish Museum, Taronga Zoo and marvelled at the stunning scenery of Sydney Harbour from the Pylon Museum and enjoyed a harbour cruise.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion, the Australian Government contributed funding to our school in the amount of \$510 per student under the Parliament and Civics Education Rebate program to help parents with the associated costs.

The HASS department is hoping to offer this AEP tour again in 2025 and will communicate this to parents in good time.



Year 10 AEP HASS Civics Tour 2025

Expressions of interest requests will be coming out this week for participation in the 2025 HASS Tour.

This tour will occur in Week 10 of Term 3 – dates will be indicated in the letter and email home. There will be a limit to numbers of students we can take, so please consider the tour dates, details and price before submitting your interest. There will be a non-refundable deposit requested to secure your child a place on the tour. Information about this payment will be sent home, after expressions of interests are received and considered.

Any queries should be directed to Leena Manifis-Gott
lmanifis@churchlands.wa.edu.au

Staff News

- Welcome -



Nick Beaman
HASS



Michelle Jarvis
English



Chloe Mathews
The Arts



Rosa Taylor
Workplace Learning
Coordinator



Monique Wesley
Media & Marketing Officer

QKR! Payments & Deadlines *Important Information*

Notice to Parents & Guardians School Camps / Incursions / Excursions

Payments via Qkr (and in the future, Paperly) for all activities close two days before departure.

Did you know that every year Churchlands provide over 70 excursions, camp, tours (both interstate and overseas) and incursions!!

To enable a smooth process, we have to abide by the deadlines provided. Students who have not paid by the due date will unfortunately miss out on the activity.

Once the Qkr! payment day closes, the school can then inform the venue of final numbers attending and provide all necessary documentation, transport numbers can be confirmed and relief secured for teaching staff attending the activity.

In past instances, this became very difficult to manage because deadlines had not been adhered to. A policy was then implemented that once the deadline had passed, Qkr! would be closed and parents/guardians would not be able to make payments resulting in the student missing out on the activity.

Your cooperation in adhering to deadlines would be greatly appreciated.

Thank you



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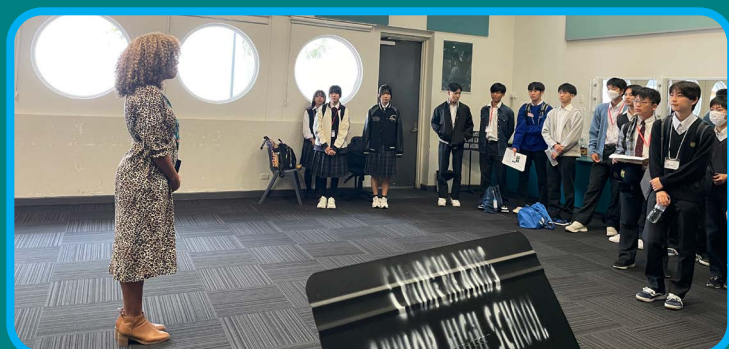
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Hosting of Josho Gakuen Students at Churchlands SHS

In a fantastic cultural exchange, Churchlands SHS had the pleasure of hosting students from Josho Gakuen Senior High School in Japan. The students participated in a rich variety of activities that allowed them to experience both Australian culture and elements of other languages.

Special thanks to Gena Stirbinskis, who led the students on an adventurous bush walk at Abbey Brook Reserve, giving them a memorable taste of Western Australia's natural beauty. Veruschka Pestano added a French twist to the day with an engaging French music lesson (Thank you to the Music Department for providing a room), while Dean Robertson warmly welcomed them into his Japanese class, fostering a cross-cultural exchange right at home.

A heartfelt thank you goes to Lee Ellis for his impeccable coordination of the day's events. The program was short but impactful, leaving both Josho Gakuen and Churchlands students with cherished memories. We look forward to continuing this valuable exchange in 2025 and beyond!



Churchlands SHS - Battle of the Bands -

The first edition of the Churchlands SHS Battle of the Bands is happening Week 9 of Term 4. There are four bands battling it out over four days during first break.

They will be judged based on stage presence, entertainment factor and musical skill. We are very excited as this will open the way for our talented musicians at Churchlands.



Music Captains 2025

Congratulations to Elsie Bourgault and Sam Scott who are the newly elected Music Captains for 2025, pictured here with the 2024 Music Captains Ethan Turnbull and Alice Freeman.

Being elected as the 2025 music captains is such an honour and a privilege and we are thrilled to be given this opportunity. Together we look forward to working with everyone and achieve our goals for the year to come. We can't wait to make 2025 a year to remember!

Sam and Elsie

All the best for your own musical journeys, Elsie and Sam.



Congratulations

- Congratulations to Thalia Miller (Year 12) who competed in the Nationals at the Australian Jiu Jitsu Championships 2024. Thalia came 2nd in the Juvenile 2 Female Blue under 58kgs and under 64kgs. Well done Thalia!



- Congratulations to Lila Voigt (Year 7) who represented the State Schools WA in national's soccer in mid-November. Lila received an offer to join the Hyundai National Training Centre U13s after participating in three trials at the Sam Kerr Football Centre in September. Well done Lila.





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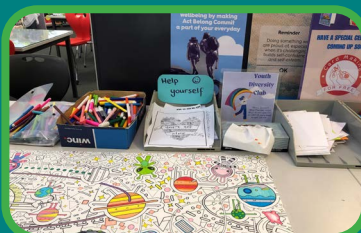
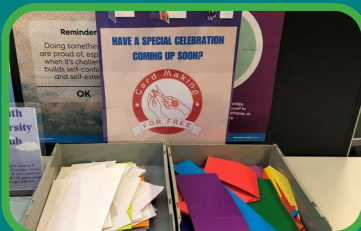
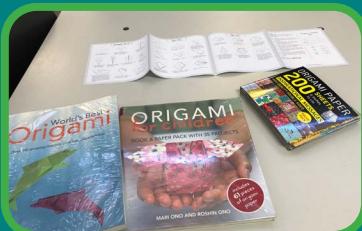
Year 10 Science AEP

This term, the Year 10 Science Academic Extension Program (AEP) students at Churchlands Senior High School are participating in the prestigious Perkins Profs Program at the BioDiscovery Centre, located within the Harry Perkins Institute for Medical Research in Nedlands. The Perkins Profs Program provides a unique opportunity for motivated students to gain hands-on experience in the world of medical research.



Library

What we love about our wonderful library space are the many activities that students can enjoy. Working together or individually, they can take part in activities designed to give them a wellness break. These activities help them develop social skills alongside group work strategies.



Technologies Formative Assessment

Example: Year 11 Food Science

Last term, Year 11 Food Science students began preparing for their Big Bake Off task by baking and decorating cakes as a trial run.

They first established clear success criteria, focusing on both taste and presentation, before receiving constructive feedback from teachers and peers. This feedback helped students refine their baking and decorating techniques. After reflecting on areas for improvement, they baked their cakes again this term and presented them to the teachers for further evaluation.

A prize was awarded to the top group for producing the best overall cake. Some examples of their wonderful products are shown below.



Protecting Your Family from Cyber Threats

In today's digital age, protecting you and your family from common cyber threats is crucial to ensure your safety and privacy.

To keep everyone secure, start by:

- Educating your family about the importance of strong, unique passwords and the dangers of sharing personal information online.
- Use reliable antivirus software and keep all devices updated to guard against malware and viruses.
- Implement parental controls to monitor and restrict inappropriate content, and teach children about recognising phishing attempts and suspicious links.
- Regularly back up important data to mitigate the impact of potential cyber-attacks.

For more comprehensive guidance, refer to resources provided by the Australian Signals Directorate (ASD) at <https://www.cyber.gov.au/>, which offers detailed tips and strategies for safeguarding your family's digital environment.

Additionally, you can check out their poster on page 7 of this issue of the Bytes for top tips. Visit our school website at <https://www.churchlands.wa.edu.au/my-churchlands/ict/ict-help-and-advice-1> and <https://www.esafety.gov.au/> for more information.



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Chargers Interschool Athletics Team 2024

The most driven, motivated and ruthlessly determined team I've seen in 20 years. Our athletes aspired to be the best for the team not the best on the team, with every athlete giving it their absolute all and their outstanding performance has totally blown me away.

We were electric on the track with an unprecedented number of records broken. Athletes pushed when they were tired, they did the "one percenters". The endeavour and true grit were inspirational to witness with insane personal bests left, right and centre!

Team spirit was immense, encouraging each other, crowds of team members gathering to watch events and cheer each other on, red ribbons galore. Willingness of reserves to step up and compete was superb. Battling injury and illness athletes competed even though we suggested perhaps they shouldn't.

Our team culture is building and evolving in a strong direction, and I sincerely thank each and every one of you for being part of our team, giving up your own time to train (with 60-80 attending each session) twice per week and your diligent work ethic. I congratulate you on very a successful team performance that required all 140 of us, "stronger together" beating 8 of the 9 top schools in the state with the likes of Rossmoyne and Shenton, finishing second to Carine.

I am so very proud to be of this team and I can't wait to see what next year brings.

LET'S GO CHARGERS!!

15 SCHOOL RECORDS BROKEN!:

- Year 11 Issy Herriot discus 31.92m
- Year 10 Leon Millichap equalled high jump 1.75m (from 1980)
- Year 7 Mena Cho long jump 4.99m, 100m - 13.19sec, 200m - 26.66sec
- Year 8 Lisa Goncharova 800m - 2.31min
- Year 7 Lachlan Sutherland hurdles 13.70sec
- Year 10 Seb Lyttle equalled 800m - 2.01min, 1500m - 4.22min
- Year 11 Gabby Maxton equalled high jump 1.65m
- Year 10 Jess McNally 800m - 2.30min (from 1986!), 1500m - 5.30min
- Year 7 Grace Lyttle 400m - 1.04min (by 4secs!), 1500m - 5.14min (by 16 seconds!)
- Year 12 Aden McDonald long jump 7.00m





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Music News

Congratulations to Year 9 GATE Music violin student, Georgia Nissen, who has successfully auditioned to participate in both the National Music Camp and the Young Symphonists program which are run by the prestigious Australian Youth Orchestra (AYO).

This wonderful achievement will see her travel to Adelaide and Canberra in 2025 to work with other young passionate musicians from across Australia, not to mention fabulous conductors. The demanding repertoire and expectations will require intense rehearsals each day where Georgia will develop her orchestral skills and stylistic understanding whilst meeting like-minded musicians.

Georgia is excited to embark on this musical journey and we know she will represent Churchlands School of Music at the highest level on this national platform. Well done, Georgia!!



STAWA Science Talent Search

A group of Mrs Sandy Harvey's Year 8s in the Academic Extension Program (AEP) submitted an entry in the STAWA Science Talent Search and won the Junior Engineering category!

The winning project designed a ping pong ball shooter for cricket batting practice. The idea had come to one of the students, Haruki Leslie, when his father was injured and could no longer go to the nets to bowl for Haruki to practice his batting.

The effort in the design and testing is a real credit to these boys in how they approached the problem. The award was bestowed on the group at Scitech on 21 October 2024. It was fabulous to see the level of entries across the three different Science categories: Investigation, Communication and Engineering, with some very innovative projects amongst the finalists.

All of the Year 7, 8 and 9 AEP students participated in this talent search with a group in Years 7 and 9 receiving commendations. Hopefully, with this win and all of their experience gained, more entries will be in the finalist listings next year.



SCHOOL NOTICE

The uniform shop will be
closed on Thursday 21
November. We apologise for
this inconvenience.

New & Existing Enrolments

Notice to Parents & Guardians

Until Paperly is available to parents please note that to update any student information (ie, medical, address, email, phone number etc), parents are asked to email all changes to enquiries@churchlands.wa.edu.au

Thank you



Preparing for Pathways to Employment Post School

Register to learn about paving a pathway to post school life.

The National Disability Insurance Agency (NDIA) would like to invite young people who are supported by the NDIS, and their families and carers to attend a webinar about developing skills and paving a pathway to employment post school life.

We will discuss the NDIS-funded supports and assistance available to help young people build skills to prepare for their transition. The webinar will cover:

- NDIS supports available to help achieve your education and employment goals.
- Preparing for your planning meeting and the resources available.
- Finding a suitable provider.
- Case studies and scenarios.

Who should attend: Students with a disability on NDIS in Years 9-12, families, carers and education professionals.

Where:

Virtual Information Sessions delivered via Microsoft Teams

Dates and Times:

Tuesday, 22 October 2024	10.00am – 11.30am (AEDT)
Wednesday, 23 October 2024	1.00pm – 2.30pm (AEDT)
Thursday, 24 October 2024	6:00pm- 7:30pm (AEDT)

Register:

[Preparing for Pathways to Employment Post School](#)

Additional information: Accessibility is important to us and we'll always do our best to support accessibility needs. If you have accessibility requirements, please let us know when you register. Please note, service providers can require up to five (5) business days' notice for bookings.



Family and Community Engagement

TIPS TO REDUCE HOMEWORK STRESS – FOR THE ADHD STUDENT

- Plan for tracking homework. Encourage your child to write in their daily planner / diary / OneNote. As a backup, see whether homework is on SEQTA.
- Establish a time for homework. Some students benefit from a break after school. Others work best while still in 'school mode.' Post a weekly calendar that lists homework start and finish times.
- Email teachers about homework routines. For example, Maths teacher allocates homework every Monday and due every Thursday.
- Schedule a five-minute break for every 20 minutes of work. Short, frequent breaks help children recharge. Use of a timer to manage the break time / work time may also help.
- Respect your child's 'saturation point.' If they are too tired or frustrated to finish their homework, let them stop. Homework tasks may take longer for them to complete if they have difficulty focusing, writes slowly or needs extra time to understand concepts.
- Create a homework space. How can you minimise distractions? How available do you, or a supervising adult, need to be? Can they use a fidget / sensory tool to support their concentration? The best spot might not be in their room with lots of distractions.
- Reward accomplishments. Small tangible rewards for small tangible accomplishments. Finish your worksheet, you'll get a cookie. For every line you write you get extra 50c pocket money.
- Use tools to plan. Help them plan for tests or assignment due dates. Colour code. Highlight. Term planner. Outlook calendar. Break tasks down into small steps across multiple evenings. Use a checklist to tick off when part of the task is done.

ADDITUDE

Strategies and Support for ADHD & LD

A trusted source of advice and information for families touched by attention-deficit disorder—and a voice of inspiration to help people with ADHD find success at home, at school, and on the job.

[ADDitude - ADD & ADHD Symptom Tests, Signs, Treatment, Support \(additudemag.com\)](http://additudemag.com)

Free Sanitary Products

All public schools that have secondary students will receive period products at no cost to the school or students.

Schools received an initial supply of products at the end of Term 1, with the full implementation of products and dispenser installation taking place during Term 2.

FREE sanitary products are available to students at Churchlands SHS. Vending machines for students to access products are located in several locations including First Aid office, Junior and Middle Secondary Student Services, Administration and A Block toilets.

- Reminder for Students -

Students are reminded that they are still required to Sign In and Out of their respective Student Services, even if parents have notified the school of their absence.

- Thank You -



SUSTAINABLE
SCHOOL SHOP

Buy and sell second-hand
textbooks and uniforms
www.SustainableSchoolShop.com.au

--- Second-hand Textbooks and Uniform ---

We have partnered with Sustainable School Shop to provide families access to second-hand textbooks, uniforms, calculators, musical instruments, sports gear and much more!

Sustainable School Shop have preloaded items specific to our school onto their site. This makes it super easy to list your items for sale and to buy items.

See all the second-hand uniform items for sale here:

<https://www.sustainableschoolshop.com.au/stocktake/churchlands-senior-high-school>

See all the second-hand textbooks for sale here:

<https://www.sustainableschoolshop.com.au/booklist/churchlands-senior-high-school>

So jump onto the site, register and list your items for sale, you will be:

- reusing items rather than adding to landfill
- making money on items you sell
- saving money on items you buy
- providing another family in our school with cheaper items
- helping to create a culture of contact amongst our school community families!

Login or Register here:

<https://www.sustainableschoolshop.com.au>

Family and Community Engagement



NIGHT BEFORE



CHECK (AGAIN)

CONFIRM THE LOCATION AND STARTING TIME.



TRY NOT TO CRAM

DO A LIGHT REVISION OF YOUR NOTES INSTEAD.



GET ORGANISED

LAY OUT YOUR CLOTHES AND PACK YOUR BAG.



SET YOUR ALARM

ALLOW PLENTY OF TIME TO GET READY IN THE MORNING.



VISUALISE SUCCESS

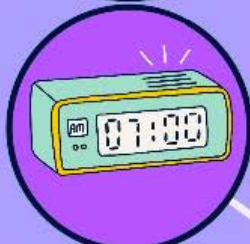
PICTURE YOURSELF BEING CALM AND CONFIDENT IN YOUR EXAM.



GET A GOOD NIGHT'S SLEEP

WIND DOWN EARLY AND AIM FOR EIGHT HOURS OF SLEEP.

EXAM CHECKLIST



ON THE DAY

EAT BREAKFAST



GIVE YOUR BRAIN A BOOST WITH A GOOD BREKKIE.

ARRIVE EARLY



AIM TO GET THERE WITH PLENTY OF TIME TO SPARE.

TAKE A MOMENT



BEFORE HEADING IN, TAKE SOME DEEP BREATHS OR DO SOME STRETCHES.

SKIP THE STRESSORS



STEER CLEAR OF PEOPLE OR SITUATIONS THAT MIGHT STRESS YOU OUT.

GET COMFORTABLE



FIND YOUR SEAT, SET YOURSELF UP AND GET TO WORK.

TREAT YOURSELF



PLAN A LITTLE REWARD FOR AFTER YOU'VE FINISHED.

Family and Community Engagement

COME TRY

UNDERWATER HOCKEY!



- **Who:** Anyone aged 12-18 who wants to give it a go!
- **What:** Junior beginner games
- **When:** Thursday nights during school term time 6:45-8pm
- **Where:** HBF stadium indoor pool
- **Cost:** Pool entry + \$5.50 per session
- **Gear:** Club gear provided but bring a mask, snorkel and fins if you have them

For More Information :
westcoastdiversuw@gmail.com
or call Bron on **0409080525**

We hope to see you there!



aster health group
therapy services

Occupational Therapy Available

- NDIS participants (plan and self-managed)
- Neurodiversity affirming
- Across the lifespan
- Mobile, clinic, and telehealth services



Functional capacity assessments & other complex and comprehensive assessments



Self-regulation, sensory integration, motor and cognition skills, communication skills, activities of daily living



Evidence-based and individualised therapy and targeted interventions

✉ admin@asterhealthgroup.com

🌐 www.asterhealthgroup.com



Could Saver Plus help with your education costs?

Google

Q Saver Plus YouTube

to see our quick explainer video and find out if you're eligible.

saverplus



Stirling L.E.A.D.S. Program

Applications now open

The City of Stirling invites young people aged between 16 and 25 years to join the Stirling L.E.A.D.S. Program. This opportunity is open to those who live, work, study, volunteer or play in the City of Stirling.

The program empowers young people with leadership skills, community engagement and personal development. Participants receive opportunities for training and development skills in leadership, advocacy, and event coordination contributing to community growth.

Applications are now open until Thursday 31 October 2024.

Contact us to find out more:

Call: (08) 9205 8555

Email: youth@stirling.wa.gov.au

Scan the QR code to apply



Family and Community Engagement



ACADEMIC TASK FORCE
Achieve Success at School

Term 4 Exam Boost Workshops & Tuition.

Exam Boost Workshops

Exam Boost Workshops for Students in Years 11 & 12

Exam Boost Workshops provide subject-specific, targeted, exam preparation in the weeks leading up to exams. In one day, each workshop packs in 6 hours of exam focused teaching from a WACE exam marker, with the sole purpose of boosting student's exam technique and performance. Students will individually receive feedback on how to improve their answers and results. Term 4 Exam Boost Workshops run from 12th to 27th October.

- Targeted exam preparation
- Learn new exam techniques
- Strategies and problem solving methods to boost your exam performance
- Insights into the exam marking guide
- Practise answering exam-style questions
- Receive feedback from an experienced exam marker

Venues: Churchlands SHS, Rossmoyne SHS, Perth Modern School, and Online.



To enrol: <https://academicgroup.com.au/course/exam-boost-seminars/>

Enrolments are now open for Term 4 - Year 7- 10 Tuition in Maths, Science and English and ATAR Tuition.

Tuition for Years 7-10

Academic Task Force offers Year 11 & 12 ATAR Tuition and Year 7- 10 Tuition in Maths, Science and English. Taught by fully qualified subject-specialist teachers in small groups of 2-4 students, each student will benefit from lots of individual attention and targeted help.

What do you get with Tuition?

- An expert and qualified teacher
- Weekly individual help
- (2-4) students.
- Tailored Tuition to your specific needs and goals
- Tuition aligned with the WA syllabus
- Feedback on your child's progress each term

Venues: Churchlands SHS, Rossmoyne SHS and Perth Modern School

Enrol Today: [ATAR Tuition](#) or [Year 7- 10 Tuition](#)



Enrol online:
www.academicgroup.com.au

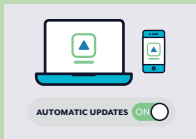
Call: 9314 9500
learn@academicgroup.com.au

Family and Community Engagement

TOP TIPS FOR CYBER SECURITY

PRACTICAL WAYS TO PROTECT YOURSELF ONLINE

cyber.gov.au/learn



Update your apps and devices

Updating your apps and devices can fix issues and address new security concerns or weaknesses that hackers could use to access your devices or accounts. They can also add new features.



Turn on multi-factor authentication (MFA)

MFA means having more than one check in place to prove your identity on an account. For example, you may need a code from a text message and your passphrase. It makes it much harder for cybercriminals to access your accounts.



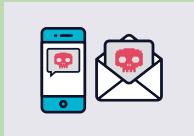
Set up and perform regular backups

A backup is a digital copy of your most important information either to an external storage device or a server on the internet like the cloud. It means you can restore your files if something goes wrong.



Set up secure passphrases

When MFA is not available, use a passphrase to secure your account. A passphrase is a strong type of password that uses four or more random words. This makes them hard for cybercriminals to guess but easy for you to remember.



Recognise and report scams

Criminals often use email, SMS, phone calls and social media to scam people. They usually do this by contacting you and pretending to be an individual or organisation you know and trust. Always be alert when clicking on attachments or links within emails or messages.



Level up your cyber security by...

- Thinking about what you post online.
- Signing up to our free alert service to receive alerts on new threats
- Talking about cyber security with your family and friends.
- Avoiding public Wi-Fi when you're banking or shopping online.
- Reporting cyber attacks and incidents to keep Australia secure.

Find out more at cyber.gov.au/learn

Report cyber security incidents:
cyber.gov.au | 1300 CYBER1 (1300 292 371)

Australian Government
Australian Signals Directorate

ACSC
Australian Cyber Security Centre

Do you have some feedback on this product? Go to cyber.gov.au and let us know.



Department of
Education

Shaping the future

Connect and Respect

Every student, staff member, parent or carer has the right to feel safe and be safe in our schools.

We all share a responsibility for providing a safe, supportive and productive environment, free from bullying, harassment, discrimination and violence.

What we can all expect:



mutual respect



good behaviour



open communication



respect for each other's time

We will not tolerate:



offensive, insulting or aggressive language



malicious or judgemental gossip



using social media disrespectfully



any form of violence

Shared and respectful expectations and values will enable us to work together in the best interests of our children.

arts & crafts

drop-in group for ages 12-16

Every second Wednesday

4:00 pm to 6:00 pm

headspace Osborne Park

Canvas painting

Polymer clay

Friendship bracelets

Nail designs

& more



Scan the QR code or head to
linktr.ee/headspaceospgroups
for more information!

RU HANGRY
EVERY TUE & FRI
BREAKFAST!

8.15-9AM
TOASTIES & MILO



CHURCHLANDS
SENIOR HIGH SCHOOL

FREE FOOD! FREE FOOD! FREE FOOD!



FOOD 1
COURTYARD

MUSIC GAMES
+
A GOOD START
TO YOUR DAY!
ALL WELCOME