



Churchlands Bytes

CHURCHLANDS
SENIOR HIGH SCHOOL

What's happened

Important

Free Dress Day by Gold Coin Donation

Students may wear free dress on Wednesday 26 August. This non uniform day is designed to raise money for charity. Monies collected will be donated to Lions, Rotary and PCYC.

School Assembly Update

The whole school assembly has now been cancelled due to a further delay in changes to Phase 4 restrictions. Students will now be recognised at Year Assemblies for their Academic and Citizenship Achievements.

Student Absences

Parents - please use the absentee line to inform the school that your student is absent. The start of the day is a very busy time for Year Secretaries and you can really help them by leaving a message. If a secretary is off sick a relief staff member can easily access student absentees from the absentee line. 9441 1700 and choose option 1.

CSHS website Family and Community Engagement Page

The Family and Community Engagement initiative was developed to move towards a 'doing with' relationship with stakeholders; in comparison to 'doing to'. It aims to create a positive working partnership with parents and community members through shared learning experiences. If you want to get involved please visit our website and register at the link below.
<https://www.churchlands.wa.edu.au/our-community/family-and-community-engagement>

Music Concerts

Tickets to all student concerts are available through Trybooking

Senior <https://www.trybooking.com/book/event?eid=649453&>

Intermediate <https://www.trybooking.com/book/event?eid=585399&>

Junior 6pm <https://www.trybooking.com/book/event?eid=585400&>

Junior 7.30pm <https://www.trybooking.com/book/event?eid=585401&>

Please note Concert Hall capacity is reduced due to COVID-19.

Adventurous Journey

Four dedicated and enthusiastic Duke of Edinburgh experienced trekkers, Alex Slawinski (Silver) Gerhard van Wyk (Gold) Shaun Giacomet (Gold) and Zak Petzer (Bronze) displayed amazing leadership skills when they organised and undertook a group walk on the Bibbulmun Track with 21 students completing their Bronze "Adventurous journey" aspect of their DOE Award. They put hours of preparation and planning into this event, which was a great success and they should be proud of their efforts in overseeing this challenging expedition. Well done boys.

Mrs Kolodij.
Community Service Coordinator



Congratulations

Year 12 students **Rose Mansfield** and **Yie Xin Cheong** were both finalists in the Zonta 2020 Young Women in Public Affairs Award. The Award was set up to encourage young women to participate in public affairs. Each applicant must demonstrate commitment to the volunteer sector, provide evidence of volunteer leadership achievements and dedication to empowering women worldwide through service and advocacy. Only three students from hundreds of applicants were chosen as finalists which is an excellent achievement for our students. Zontians can't recall a time when two finalists came from the same school. Both girls delivered memorable speeches at the 2020 dinner on Wednesday 12 August at Ambrose Estate, Wembley Golf Course. The girls now become Zontians and will be mentored by fellow Zontians throughout their future life journeys in the hope that they will always embrace acceptance, advocacy and rights for women.

What's Coming Up?

Term 3 Planner

August	
26	Free Dress Day
27	School Board Meeting 5.30pm
28	Senior Concert 7.00pm CSHS Concert Hall
29	AEP Testing 2021
31	MPC Meeting 7.30pm
September	
02	Junior Concerts 6.00pm & 7.30pm CSHS Concert Hall
03	Intermediate Concert 7.00pm CSHS Concert Hall
03	Year 12 practical exams commence
03	Year 11 Biology Camp
04	School Tour - 9.30am
06	Swimming Cadet Camp - Coral Bay. Year 9 & 10 students
07	P & C Meeting 7.30pm
09	Staff Professional Development Day - Students do not attend

ICT Useful Links

This week's useful link is to the Office 365 Suite information.
<https://www.churchlands.wa.edu.au/assets/documents/Office-365.pdf>



The House Points to date have been tallied and Brighton is ahead of the race with 3853 points followed by Scarborough (3328), Floreat (3227) and Trigg (3072).

Congratulations to all students who have helped earn House Points for their respective teams.

Students can earn House Points through participation in activities and as a reward for positive behaviours.

FAMILY AND COMMUNITY ENGAGEMENT



DID YOU KNOW?



Kate Grayson



Kate Grayson
Associate Principal
Middle School

Kate has been working at Churchlands SHS since 2016 as part of the Executive. Initially as the HR Deputy and now as Associate Principal - Middle School. Previously she has taught Fashion Design and Visual Art as well as a sprinkling of Media, Photography, Circus and Drama.

When she is not teaching she is out horse riding with her daughter, eating out, shopping, walking her cavoodle, watching her daughter play basketball or catching up with friends and family. She loves craft and often participates in weaving, sewing, fashion drawing, ceramic painting or making wearable jewellery.

Kate is passionate about sustainability in fashion and sets herself the challenge of limiting newly bought items, in favour of recycling and up-cycling. She also loves to support locally made and designed items.

Equally, she is passionate about her work with young people and loves to think creatively when solving problems that may arise. Family is important and she strives to find a work life balance.



Tracey Murphy



Tracey Murphy
Mathematics Teacher

Tracey has worked in the Maths Department at CSHS since 2018. She teaches students across all year groups from 7-12 including ATAR Mathematics.

When she is not teaching she is playing basketball or soccer, having board game nights with friends or taking her dogs out.

Her passion is dog sledding. She trains two Siberian huskies on weekends in bushland areas around Perth and loves nothing more than a peaceful weekend away with no signal, good company and the huskies.

Tracey is looking forward to seeing her Year 12 Maths Methods students complete their school year and wants the very best for them in all future endeavours and adventures. She is looking forward to seeing them up on stage at the Year 12 Presentation Ceremony.

From the CSHS School Psychology Team

A reminder to parents about resources available to your student and the pathway for referral to the School Psychologist.

IN-SCHOOL CONTACTS FOR PARENTS AND STUDENTS WHEN SUPPORT IS NEEDED

The best first point of contact at school in regard to your student's well-being is their House Co-ordinator. The House Co-ordinator and Head of Year work closely with the School Psychologists and will pass on your requests for support where appropriate and where the matter cannot be addressed by a House Co-ordinator or Head of Year.

School Psychology Services

The school psychologist can provide some initial assessment following a case conference to help understand a problem and to guide appropriate support. They may help other staff to understand your student's needs and put plans in place to support their academic and emotional well-being.

Case Conferences

Parents and staff can request a meeting with key school staff members to share understanding about your student's needs and experiences and to collaboratively develop plans of action to help best meet their needs.

Counselling

The school psychologist can also provide short-term intervention (approximately between 2-6 sessions). Students requiring more long-term therapy and support will be encouraged to access what is considered to be the most appropriate external service given the student's needs. Parent consent is required for Years 7-10. Year 11 and 12 students can self-refer.

Psychological Assessment

Psychological assessment can be conducted for students as part of Department of Education Criteria to help determine eligibility for funding. The school psychology service does not provide assessment for Specific Learning Disorders (Dyslexia, Dysgraphia etc.) or cognitive assessments requested by third parties such as a GP, Paediatrician or Speech Pathologist. (Further information about assessment services to follow soon on our website).

*Please note, the above services are dependent on school psychologist availability at the time and their capacity to accept new referrals.

For further information about how to talk to your student about their mental health, see the link the below. For other mental health services, please see the table below.

<https://healthyfamilies.beyondblue.org.au/age-13/mental-health-conditions-in-young-people/how-to-talk-about-mental-health>

The Churchlands School Psychology Team

Tenille Struthers (Year 7-8), Melanie Hutflesz & Janette McArthur (Year 9 & 10) & Claire Morrison (Year 11 and 12).

Accessing Private Psychology: GP – Mental Health Care Plan	
<p>GP Mental Health Care Plan can provide individuals with Medicare subsidised sessions, up to 10 per calendar year, to access Private Psychology services. During the coronavirus outbreak Telehealth Options are available. Unlike face-to-face sessions these will not incur a gap fee. A Mental Health Care Plan https://www.healthdirect.gov.au/mental-health-care-plan</p>	
Low Cost Youth Mental Health Services	
<p>Headspace: National Youth Mental Health Foundation Free counselling and a range of other service. Referrals accepted directly from the young person or parent.</p> <ul style="list-style-type: none"> Osborne Park: 9208 9555 https://www.headspace.org.au/headspace-centres/osborne-park/ Fremantle: 9431 7453 https://www.headspace.org.au/headspace-centres/fremantle/ 	
<p>Youth Focus: Free counselling 12-25 years. Ph: 6266 4333 https://youthfocus.com.au</p>	
<p>Helping Minds: Provides free counselling when someone in the family is affected by a mental illness: Phone 9427 7100 or Freecall: 1800 811 747</p>	
<p>Child and Adolescent Mental Health Care Service: Provide multidisciplinary support for young people affected by complex mental health difficulties (0-17years). Referral from your GP or a mental health care professional required.</p>	
Emergency Contacts for Families	
<p>Urgent Mental Health Telephone Support Line (24 hours) T: 1800 048 636 (U18) / 1300 555 788 (18+)</p>	
<p>For Mental Health Emergencies – Police/ Ambulance T: 000</p>	
Kids Help Line (24 hours) T: 1800 551 800	Family Help Line T: 9223 1100
Lifeline (24 hours) T: 13 11 14	Crisis Care (24 hours) T: 9223 1111
Online Programs / Support	
<p>The BRAVE Program (online self-directed counselling for Anxiety with parent & student modules) https://brave4you.psy.uq.edu.au/</p>	
<p>eheadspace Online and Telephone Counselling Phone: 1800 650 890 (7 days a week, 12pm - 3 am) http://www.headspace.org.au/eheadspace.org.au</p>	
<p>Mental Health Online – Swinburne University (Online therapy modules for treatment of a range of mental health disorders – Anxiety, Depression, OCD, Social Anxiety, Panic Disorder, PTSD. Ages 16+ https://www.mentalhealthonline.org.au/</p>	
Awesome Apps – Download for free in iTunes or Google Play	
Smiling Mind -Mindfulness 	Habit Bull – Behaviour Management 
Reachout Worry Time – Anxiety 	Super Better - Resilience 
Mood Mission 	Check-in Beyond Blue 
Calm – Sleep & Relaxation 	Mind Shift – Mood Management 



Ron Hayward at The Flower Market in Herdsman



who kindly donated an array of flowers to the Science Department. These will be used in Year 8 classes for flower dissection during Term 3 weeks 5 and 6.

Churchlands SHS Chess Club

Chess Club is an engaging and fun club open to all students on Tuesday lunchtime. With experience in chess or not, all are welcome to be taught or just come have a go. You can play chess with all your friends on the legendary big chess board or in little groups, with the new clocks kindly supplied from the school. We're planning on starting chess tournaments within our group and with Newman college, as well as having some fun music requests from all while you play. Make sure you come and check it on Tuesday lunchtime, and check out our Instagram @churchlandschess



mastermind

AUSTRALIA

SEPTEMBER / OCTOBER
HOLIDAY EXAM PREPARATION
& REVISION PROGRAMS

Tuition For Year 11 & 12 Students

Week One 28 Sept – 2 October
On Line Program

Week Two 5 – 9 October
Hale School Campus

The October School Holiday Programs will offer Year 11 & 12 students comprehensive subject revision in face to face physical classrooms as well as online virtual classrooms. These classes assist in preparing students for their Final Exams.

20% school discount per subject

www.mastermindaustralia.com.au
9342 2000 / 0488 102 907

2020 Term 3 School Holidays
ATAR Revision Program
at Churchlands SHS

**ACADEMIC
TASK FORCE**
Achieve Success at School

Don't miss out on your exclusive reduced fee offer!
2 subject courses at \$100.00 each

Experience our proven ATAR Holiday Revision Courses by enrolling in two of our subject courses at a cost of \$100.00 each. Students can enrol in additional courses at a cost of \$190 per 10 hour course.

Normal cost of courses \$280 .

Enrol online at www.academicgroup.com.au

- Step 1. Select: [Our Programs/Year 11 and 12/Holiday Programs](#)
- Step 2. Click on the "Enrol Today" button
- Step 3. Select [October Holidays](#) and under Venues select the "Students from CSHS Only" button
- Step 4. Select the subjects for which you wish to enrol and click the "Add to Cart" button.
- Step 5. At checkout in your shopping cart select add coupon and enter the following
Coupon code: **CHURCHLANDS**

Book online at www.academicgroup.com.au or call 9314 9500 or email learn@academicgroup.com.au

ST GEORGE'S COLLEGE

PHOTOGRAPHY COMPETITION

theme: awakening



\$1500 to be won

open to all high school students,
with submissions closing on the 4th of september.
visit www.stgc.uwa.edu.au to submit

Theme: The Awakening

Be part of the biggest photography competition for high school students in WA. It's a fully digital competition with People's Choice prizes to win. Upload a copy of your original photos for a chance to win great prizes.

Closing Date: 4 September

<https://stgc.uwa.edu.au/news/2020/6/29/photography-competition-2020-awakening>

More info:
ckaelin@stgc.uwa.edu.au