



# Churchlands Bytes

**CHURCHLANDS**  
SENIOR HIGH SCHOOL

## What's happening

### Technologies Exhibition

Showcase of student work across Years 7-12. Static displays as well as a fashion parade and food stalls.

Wednesday 25 November  
Open 4-6pm - Save the date



### FREE CSHS Christmas Concert

Friday 4 December  
CSHS Concert Hall

Bookings essential via Trybooking and open on 25 November

<https://www.trybooking.com/BHHZQ>

### The Salvation Army Christmas Appeal

Help make a difference this Christmas by donating new and unwrapped toys and gifts

Help out those who can't afford a special Christmas.

Please drop in non-perishable items to the community service office or into your own form Christmas box!

Ideas are: - Wrapping paper, bonbons, Christmas puddings/cakes, Bat and ball games, gift vouchers, tinned fruit, lollies and Santa sacks ... most items will be accepted!

You can re-gift that unwanted Christmas present you have hidden in your cupboard, like stationary and toiletries, socks and baseball hats etc. Anything will be gratefully appreciated. Please give as much as you can it has been a very tough year for a lot of families.



## What's Coming Up?

### Term 4 Planner

	Term 4 Planner
Nov	
16	Year 9 Exams 16-20 Nov
17	WPL Information Night for incoming Year 11 and 12's
18	Year 11's last day
19	Year 11 Dinner Dance
19	Year 10 Exams 19-25 Nov
20	School Tour 9.30am
21	Year 12 Presentation Ceremony 3-6pm
23	MPC Meeting 7.30pm
25 & 26	Year 7 Immunisations HPV Round 2
26 & 27	Year 6 Orientation Days
30	P&C Meeting 7.30am
Dec	
01	Yr 12 Clearance Day Pds 1/2
02	Yr 8-12 Orientation new students
03	Year 7 AEP Science Excursion
04	CSHS Christmas Concert 4pm
04	Yr 8-10 Netball Carnival



The current House Points for Term 4 are as follows:

**Floreat: 5156**  
**Scarborough: 4936**  
**Trigg: 4531**  
**Brighton: 4086**

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.

## Important

### Uniform Shop Casual Retail Assistant

CSHS Uniform Shop is seeking a Casual Retail Assistant.

Full details on the last page ...

### Year 7 Designated Area

In preparation for the 2021 Year 7 students: From this week, our current Year 7 students have been asked to find a different location to socialise and play in during recess and lunchtimes.

### Library News

Reminder - last week for Homework Club is week 7

### Great digital resources for students

Our online encyclopaedia Britannica and a story book platform to listen to some lovely picture books Storybox Both can find on the library page

<https://cshs.softlinkhosting.com.au/oliver/home/news>

### ICT Helpful Tip:

OneNote is a program provided by Microsoft that allows teachers to share and distribute information to students in a single class in the form of Class Notebooks.

Find out more...



<https://www.churchlands.edu.au/assets/documents/Troubleshooting-OneNote.pdf>

## Congratulations

WA Junior Olympiad (WAJO) Team James Small, Abhaey Ayachit, Xinnong Cai and Connor Thompson who came fourth overall. James and Abhaey received recognition for their individual sections.

also

Australian Mathematics Competition (AMC) Award winners.

Of the 403 students who competed, 22 achieved High Distinctions and 131 gained Distinctions across the school.

# FAMILY AND COMMUNITY ENGAGEMENT

DID YOU KNOW?



 **Shannon McLaren** 

 **Rochelle Coleman** 



**Health & Physical Education Teacher**

Shannon has been working at Churchlands since 2018. Having always loved sport...every sport, it made teaching Health & Physical Education a natural choice. When Shannon is not teaching she spends time with her family and enjoys travelling, surfing, snowboarding and camping. She has travelled around Australia twice and loves being outdoors. While in her 20's, Shannon's Nan passed away and this led to the unlocking of family secrets. Shannon learnt she has Indigenous heritage. Shannon has since traced this heritage back to the Brabralung people in the Central Gippsland region in the areas around Tambo River and Bairnsdale. The Gunai Kurnai people are the traditional owners of Gippsland and Shannon is proud to have learnt of this connection and to share this during NAIDOC Week



**English Teacher**

Rochelle has been working at Churchlands since 2013 and teaches across all year levels. She is currently teaching Year 9s, 10s and 12s and is also one of the two TIC's in English. At the end of 2019 Rochelle took on the role of the Reconciliation Committee. When she is not teaching she loves to read and watch films. She loves the dystopian genre. Aboriginal dystopian literature is one of the fastest growing categories in the world! Rochelle also loves to cook and has been known to bribe her upper school students with home made chocolate chip and macadamia cookies. As a Wirloomin Noongar yorga (woman), she is passionate about Indigenous education and equity in education for all. She believes that all students whether Indigenous or not, should have a good understanding of the land on which they live and learn. It's been really lovely to see staff and students sharing in Indigenous culture this NAIDOC Week.

 **Kalanni Barton** 



**Health & Physical Education Trainee**

Kalanni started at Churchlands this year after moving from Geraldton. He is working as a trainee and this involves him studying for a Cert III in Sport and Recreation and working full time at the school. He assists with the Specialist Football Program, helps to supervise outdoor education and ensures the equipment in the storeroom is ready to go. When he is not assisting the Phys Ed staff, you'll find Kalanni either at the beach surfing or running or at the oval training and kicking the footy. He is passionate about Health and Fitness and how it not only has a great physical impact but a significant effect on your mental health too. The most memorable moment this year has been going on camp with staff and students down south to Nanga Brook near Dwellingup.



## Parent Volunteer Form

We encourage parents and community members interested in engaging in classroom learning experiences to complete the Volunteer Form. This form can be found on our website under the 'Our Community' tab / Family and Community Engagement. We will be viewing the list of volunteers in planning for 2021.

<https://www.churchlands.wa.edu.au/our-community/family-and-community-engagement>

### Transitioning from Middle to Senior School – Advice for Parents

Research indicates that parents and/or guardians are the single greatest influence on a young person's life. Positive parental engagement can have a major impact on their learning and growth, so every opportunity should be explored to nurture those relationships.

Sometimes your role as parent or guardian is going to involve coaching and mentoring your child so they can build their resilience. This will help them manage the day-to-day challenges they face as a young adult.

Three ways to take on the role of coach and mentor to your child

#### 1. Ask questions and let them solve their own challenges

When our child is stuck, upset or annoyed, our first inclination as parents is often to just tell them what to do. While this may make us feel better and solve the immediate problem, this approach does not teach coping- or problem-solving skills. A better approach is to use questions to guide them through their challenges, coaching them to solve problems themselves.

Ask questions like:

- What do you think you should do next?
- How do you think you should approach this?
- What did you do the last time you were in a situation like this?
- If you were telling me what to do, what advice would you give me?
- Why do you think things have happened this way?
- If you woke up tomorrow and everything was better, what would be different?

#### 2. Make time to listen to what they are saying and feeling

Engaging in conversation with your child about their day-to-day experiences can be very valuable. Sometimes we hear, but we don't really listen. Active listening means being entirely focused on the other person. When you are using active listening, you are making an effort to really listen and process what the other person is saying. This will help you to "hear" what is said and what is unsaid. We also need to remember to acknowledge the validity of a young person's stress and worries. Tell them that you hear them, and talk to them about how they can cope with these challenges or consult with staff at school who can support both you and your child.

#### 3. Help them understand that generations think differently

The world is very different to when you were a young person. Generational clashes happen every day, so it is important to understand and acknowledge the differences between each generation. The differences between generations can make for a very interesting, stimulating conversation with your child. Encourage them to share their concerns and insights....it is a topic to learn from, not loathe!

	<b>BABY BOOMERS</b>	<b>GEN X</b>	<b>MILLENNIALS</b>	<b>GEN Z</b>
DATE OF BIRTH	1946-1964	1965-1980	1981-1995	1996-2010
POPULATION	5.14 Million	5.10 Million	5.17 Million	4.41 Million
TECHNOLOGY	Television	Computer	Internet	Smartphones
HISTORY	Vietnam War	Berlin War	9/11	GFC
MEDIA	Traditional media	Targeted media	Digital & viral media	Interactive media
POP CULTURE	The Beatles	Madonna	Britney Spears	Justin Bieber
WORK	Job security	Work-life balance	Freedom & flexibility	Security & stability

Don't forget you can access the PowerPoint from the Year 10 Transition evening

<https://www.churchlands.wa.edu.au/assets/documents/Transitioning-into-Senior-School-9.11.2020.pdf>



Building lifelong independence

Be Inspired Foundation provides the opportunity for disadvantaged youth in Western Australia living with long term impairments to adopt life-long coping strategies and improve their quality of life.

WHO WE ARE

The Be Inspired Foundation is a not-for-profit charity established in 2014.

The Board of Directors is a diverse group of young passionate professionals who volunteer their time and expertise to an evidence based cause which can help improve the quality of life for Western Australian youth living with long term impairments.

WHAT WE DO

We provide scholarships for active rehabilitation treatment plans to disadvantaged Western Australian youth living with chronic disease, cancer, disabilities or major trauma.

Active rehabilitation services supported include exercise rehabilitation, diet advice and counselling.

The services help beneficiaries to reach maximum medical improvement and reduce permanent impairments with minimal to no 'out-of-pocket expenses'.

WHO WE HELP

- Youth under 18 years of age living in WA.
Low socioeconomic bracket, eligible for a Centrelink Health Care Card.
Would benefit from active rehabilitation (exercise, modified diet and/or counselling) to help treat chronic disease, cancer, disabilities and major trauma.

HOW OUR PROGRAMS MAKE A DIFFERENCE

- Restore strength
Improve aerobic fitness
Manage pain
Restore confidence
Weight management
Sufficient nutrients being consumed
Adjustment counselling
Interventions that may result in lifelong outcomes

SUPPORT WHEN GOVERNMENT ASSISTANCE ENDS

Currently, Medicare Benefits Scheme assists Australians living with chronic conditions to access health assistance. Through this system the beneficiary receives a Chronic Disease Management plan under the coordination of their General Practitioner. This only covers the expenses to access to five rebates across all allied health disciplines to a value of approximately \$53 each, per calendar year.

Of particular concern are patients which come from financially stressed families who cannot cover 'out of pocket' expenses when support systems have been exhausted and require further support.

Chronic conditions often require ongoing treatment and some families do not have funds available to treat complex conditions or injuries which require a higher level of professional support.

Families living in the most disadvantaged areas also report much lower rates of private health insurance coverage than those living in the least disadvantaged areas (28% compared with 75%) (ABS, 2010).

Be Inspired Foundation | beinspired@valetudohealth.com.au
1300 799 915 | PO Box 1811 SUBIACO WA 6904 | www.beinspiredfoundation.com.au

Advertisement for Be Inspired Foundation's 5th Birthday Party. Includes details about a video game tournament fundraiser on Friday 27th Nov at Nostalgia Box, Perth. Tickets are \$30 per pair. Includes a logo for 'the nostalgia box' with the tagline 'retro games are back'.

Churchlands SHS Uniform Shop
Casual Retail Assistant

CSHS Uniform Shop is seeking a Casual Retail Assistant. The Shop's regular opening hours (during term) are:

Tuesday: 8:30am - 4:00pm
Thursday: 12:30pm - 5:00pm

In addition:

- (i) each November, the Shop conducts fittings for the incoming Year 7 students on Monday and Wednesday afternoons (after school) and all day Saturday; and
(ii) in January, the Shop is open on Wednesday, Thursday, Friday and Saturday during the week prior to school recommencing.

Outside these hours, the Shop is closed during school holidays (and is also closed on public holidays and pupil free days).

We are seeking someone who is available to work during all these periods, who has good interpersonal and customer-service skills, and who works well in a team. Retail or customer service experience is desirable but not essential.

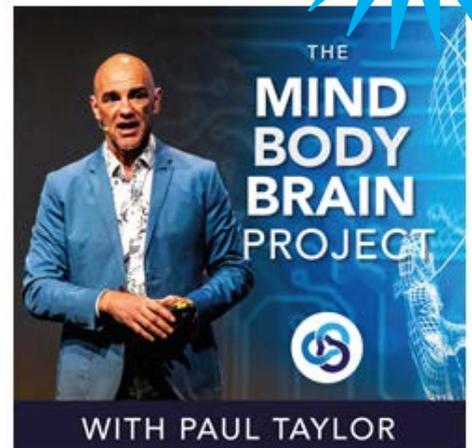
You will be paid in accordance with the General Retail Industry Award (MA000004). As a casual employee, your work hours will vary; but shifts will comprise a minimum of three hours work.

It is preferable that the successful applicant can commence training in December 2020.

Please direct all enquires to the Uniform Shop Manager, Melissa:
uniformmanager@churchlandspc.com.au or 9441 0402

Advice for Parents with teenagers who are struggling

How many questions is it OK to ask your students when they get home from school?



Click on the link below
https://tinyurl.com/y5qwbxpl