



Churchlands Bytes

CHURCHLANDS
SENIOR HIGH SCHOOL

What's happening

Important

Uniform Shop

Reminder to Year 8 & 10 Parents

Students entering a new sub school in 2021 will require a different coloured shirt.

Year 8's will go from navy blue to teal and there will be a long sleeve option.

Year 10's will go from teal to white.

Uniform shop opening times Term 4 - weeks 8 & 9

Tuesday 8.30am - 4pm

Thursday 12.30pm - 5pm

Last trading days for 2020 including online

14 December 12.30pm - 5pm

15 December 8.30am - 4pm

From the Cashier

You will receive the 2021 contributions and charges package from Australia Post shortly.

To assist us with accounting, we request that you please do not pay your 2021 contributions and charges before the new year.

Many thanks, Admin.

From the Canteen

Thank you to students and staff for their support of the canteen throughout the year. There will be an updated menu for 2021.

Wishing everyone a safe and restful Christmas holiday break.

From the Library

Have you checked out the new Library Seqta Look?

Lots of lovely sliders of books available and then all the links you love are on Library Links.

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

From Administration

The Admin office will be shut between 24 December 2020 and 09 January 2021.

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.



Tonight

Churchlands Concert Hall

Free Event - 6.30 - 8pm

Year 9 & 10 students



What's Coming Up?

Term 4 Planner	
Dec	
01	Year 12 Clearance Day Periods 1&2
01	Year 8-12 Orientation Day for 2021
03	Year 11 Year Book distribution day
04	Year 8-10 Netball Carnival
04	Christmas Concert 4pm
07	Year 10 Outdoor Education Camps (7-11 December)
11	Lower School Arts Exhibition
14 & 15	Year 9 Outdoor Education Days 1&2
16	Final school Assembly
17	Student Activity Days
18	Year 7-10 student reports available online
18	End of school year for staff

Congratulations

Congratulations to Year 11 students Lindsay Pegrum, Flavio Colonetti and Chris Jones who have successfully auditioned for the WAAPA Jazz Young Artist Ensemble that will run through semester 1 of 2021.

They will receive specialist instruction from WAAPA Jazz lecturers in rehearsal which will result in a concert at the conclusion of the program. The ensemble consists of only 8 students accepted from schools around the state and so entry into this program is very prestigious. Well done to these 3 music students on such a wonderful opportunity.



FAMILY AND COMMUNITY ENGAGEMENT

DID YOU KNOW?

Staff Profiles



Leeana Manifis-Gott



HASS Teacher

Leeana started at Churchlands in 2015 after spending 19 years at Hamilton SHS. She teaches lower school HASS subjects and Geography to Year 11 and 12 students. When she is not teaching Leeana spends a lot of time on the golf course. Her husband is a golf professional and her two sons have also taken up the sport. It is a great family activity and played wherever she goes. She also likes to catch up with friends at Matilda Bay or catch a sunset at City Beach. Her passion is holidaying in WA with Rottnest and Exmouth as firm favourites, the beauty of these places still taking her breathe away. She also loves her British Bulldog Bella. Doesn't that face just make you melt?



Ashlee Perry



English Teacher

Ashlee started at Churchlands in 2015. She teaches English and Literature to students in years 9-12. When she is not teaching she is out in the garden. She loves growing fruit and vegetables, building wicking beds (Google it!) and learning about native plant species. Ashlee is always fascinated by the different birds and insects that stop by for a feed. Ashlee's passion is books. There is something pretty magical about being transported into the mind of another person through the written word. When asked about a quirky trait, Ashlee said she is always on the look out for the spectacular blue-banded bee. Did you know that they are native to Australia and love plants with purple flowers? They are beeaautiful!



Looking for ideas to entertain the children these holidays?

Click on the link to the City of Stirling School holiday programs

<https://www.stirling.wa.gov.au/recreation/pages/school-holiday-programs>



**Craft and
Cooking**

**Basketball,
floorball,
cricket**

**Netball,
soccer, AFL**

16 Days in WA Campaign

The 16 Days in WA to Stop Violence Against Women initiative began in 2017, led by the McGowan Government and its first dedicated Minister for Prevention of Family and Domestic Violence, the Hon Simone McGurk MLA.

From 25 November, International Day for the Elimination of Violence Against Women, to 10 December, which is Human Rights Day, individuals and communities throughout the State have an opportunity to show their support for ending violence against women, including family, domestic and sexual violence.

There are 16 Ways to Take Action as part of the initiative
Here are two :-

8. Be an active bystander:

If someone is acting inappropriately towards a woman, call it out – intervene. Say something like “that’s not ok – you’re scaring her”. Don’t ignore locker room banter, jokes and sexism – challenge it. If you are concerned about a family member or friend, be confident to ask if everything is okay and if they are safe at home. Believe reports of violence – offer support not suspicion. Don’t ask “Why doesn’t she leave?” ask, “Why is he violent?”. Be conscious not to put the blame on the woman. Importantly, be safe. Calling out inappropriate language and behaviour can be hard and uncomfortable, but it should not come at the expense of your safety and dignity.

9. **Talk to your children and other young people** in your life about respectful relationships and check out the Respect Checklist.



The Kindmas Calendar 25 ACTS OF KINDNESS

HEAD&HEART
mindfulness

	1 ★ Smile at people	2 ❄️ Compliment as many people as you can	3 🎄 Write a card for someone special	4 ★ Do someone a favour (big or small, it doesn't matter)	5 🍪 Ring/text/email someone and check in	6 💬 Say "I love you" to special people ★
7 ★ Be kind and compassionate to yourself	8 Do someone's chores for them	9 🌿 Be extra generous with your time and attention	10 🏠 Do something kind for the environment	11 🐾 Be extra kind to a pet or animal	12 ★ Use your manners more	13 🍭 Practise pausing before you respond in a negative way, to show kindness
14 Tell someone a joke to make them laugh	15 Donate something to charity	16 🍪 Make someone a homemade gift	17 ❄️ Write a letter and tell someone why they are special to you	18 ★ Surprise someone by doing something kind	19 🌿 Do something for yourself that you really love	20 🎄 Ask people, "Are you okay?" or "Can I help you?"
21 ★ Cuddle a family member	22 Say "Thank you" often and explain why you are thankful	23 📦 Tidy up without being asked	24 Teach someone something new	25 🍭 Practise gratitude		

Enrol in 2021 January ATAR Head Start Program

January School Holidays - 6 hrs/subject - 3 hrs each day over 2 consecutive days

CHURCHLANDS SENIOR HIGH SCHOOL

Subject to Government COVID-19 Restrictions

Thursday 14 January - Friday 15 January 2021

9.00am - 12noon

- NAPLAN Preparation - Numeracy - Yr 7
- NAPLAN Preparation - Numeracy - Yr 9

12.30pm - 3.30pm

- NAPLAN Preparation - Literacy - Yr 7
- NAPLAN Preparation - Literacy - Yr 9

Monday 18 January - Tuesday 19 January 2021

9.00am - 12noon

- Essay Writing - Yr 9 & 10
- Learning Skills - Yr 7 & 8

12.30pm - 3.30pm

- Essay Writing - Yr 7 & 8
- Learning Skills - Yr 9 & 10

Wednesday 20 January - Thursday 21 January 2021

9.00am - 12noon

- Advanced Maths - Yr 9
- Advanced Maths - Yr 10
- Foundation English - Yr 7
- Foundation English - Yr 8

12.30pm - 3.30pm

- Foundation Maths - Yr 7
- Foundation Maths - Yr 8
- Intermediate English - Yr 9
- Intermediate English - Yr 10

Wednesday 27 January - Thursday 28 January 2021

9.00am - 12noon

- GATE & Scholarship Preparation - Maths Problem Solving and Abstract Reasoning

12.30pm - 3.30pm

- GATE & Scholarship Preparation - Reading Comprehension and Creative Writing

Enrol online: www.academicgroup.com.au

1. Go to *Our Programs* - Year 7 & 8 / 9 & 10

2. Click on *Holiday Programs*

3. Select the *Enrol Today* button.



\$150 per 6 hour course

Enrol in multiple courses and receive the following discounts:

SPECIAL ★ Save \$40.00 when enrolling in 4 courses. Total Cost \$560

Enrol online:

www.academicgroup.com.au

Call : 9314 9500

learn@academicgroup.com.au

Year 7s Supporting Local Charity

Local charity Give Write collects used stationery to create school packs for students and teachers across WA who may not be able to purchase their own. The Year 7 student leaders chose this charity to support for 2020. Used stationery such as pens, pencil cases, exercise books, glue sticks and rulers can be dropped into Junior Admin and will be donated to the charity in Week 10. The stationery is then cleaned (names removed etc) and sorted into packs. More information about Give Write can be found on their webpage www.givewrite.org.au



Click on the Link for the 2021 Wellbeing Calendar

https://f.hubspotusercontent00.net/hubfs/393154/2020-content-INT/101920_2021_Wellbeing-Calendar-UK-4.pdf

Wellbeing Calendar 2021

JANUARY	FEBRUARY	MARCH	APRIL
Productivity and Presenteeism Are your workers <u>clocking in and checking out?</u>	Heart Health Watch Dr. Kate's <u>webinar</u> replay for expert heart-healthy advice.	Sleep Quality shut-eye is <u>essential to quality performance.</u>	Occupational Health & Safety Reduce the risk of injuries and accidents with wellbeing.
Jan 1-2		Mar 1-6	Apr 1-3
New Year, New You! Encourage employees to set their goals, personal and professional.			Feeling under the pump? Lighten the load by <u>reducing your admin work.</u>