



Churchlands Bytes

CHURCHLANDS
SENIOR HIGH SCHOOL

What's happened

Good start breakfast club

What an amazing start to our first Good Start Breakfast Club last Friday! It was certainly a busy morning for the volunteers dishing out 144 toasties. We used up 9 loaves of bread, 5 tins of baked beans, 6 tins of spaghetti, 72 slices of cheese and a large pot of warm Milo.

Thank you to all the volunteers - staff and students. Special thanks to our two student volunteers Erin Day and Erin Grant.

Good Start Breakfast Club is now on every Friday 8.15am - 9am out side Food 1 - Students come grab a FREE toastie and milo!!

The Foodbank WA School Breakfast Program supplies quality food products to registered schools free of charge to ensure all children have access to a nutritious breakfast before school. The program was initiated in 2001 in response to rising awareness that 50% of WA school children were: not having breakfast at all, did not eat enough for breakfast or consumed unhealthy foods for breakfast such as chocolate and energy drinks.



RU HANGRY?
EVERY FRI BREAKFAST!

8:15-9AM
TOASTIES & MILO

ANY QUESTIONS? ASK: TERESE, MEL OR NARELLE AKA: "BREKKY DREAM TEAM"

FOOD 1
CHURCHLANDS SENIOR HIGH SCHOOL

MUSIC GAMES + A GOOD START TO YOUR DAY

RugbyWA schools 7's Tournament

The Year 7 & 8 Boys competed at Wanneroo Rugby Club in the RugbyWA schools 7's tournament.

Churchlands Senior High School entered two teams and the boys played with determination and courage.

It was great to see a number of new players have their first competitive games for the school.

We are looking forward to seeing them develop their skills in preparation for the 15 aside competition which will be starting in Term 3.



Semester Exhibition

Come and view the work of the talented Year 7-10 students in the Arts. You will be amazed at the quality of work on display from Media, Photography and Visual Arts.

The Arts
student exhibition
2021
Semester One
Years 7 to 10

Churchlands SHS
Friday 25th June
The Arts Gallery Space
Memory Place
4.30 to 6.30pm

Photograph by Jasmine Ang



Trigg	13481
Brighton	12959
Floreat	12782
Scarborough	12159

Important

Support for the People of India

Many of our school community have friends and relatives in India and we can offer our empathy and kindness through their time of need. Students are collecting signatures and messages in a Book of Support until the end of term. If you would like to wish the people of India safe passage through the Covid health crisis the book is in the library. This is for all students, staff and families. The more signatures and thoughtful words the better. This is a student initiative and the school will be presenting the book to a representative of the Indian Community at the end of term 2.



Are you interested in casual relief work in Admin? Some work experience preferred. Must be willing to do a Police Clearance and apply for a Working with Children Check.

Interested candidates please complete the [application form](#) and email it with relevant documents as stated.

Congratulations

Gabriel Giltrow 7F4 who was selected in one of the AFL 12 Yrs and Under Boys State Team.

State representation is an honour and often represents a significant stepping stone in the ultimate achievement of senior or national selection.

Well Done Gabriel.



Gabriel Giltrow

Churchlands Bytes

What's Coming Up?



STEM Pedal Prix Round 1 Report

You might have noticed that it was wet last Sunday. Well, 19 brave STEM students (at least one from every group) took on the elements to race a leaky trike or two around a race track for six hours. The students showed tremendous school spirit, building connections as they worked together to keep their trikes moving safely and smoothly around the course. If you're interested, Click here for a video taken by a student showing the dynamic pit-stop environment!

<https://1drv.ms/v/s!AqL9-YibCMoGjpZHcdGrz4sz6N92RQ?e=eFr5Dg>

I'm pleased to report that not only did we finish the race without losing a single tire, pedal or mobile phone (previous occurrences), but we also "technically" won our category. This was due to a glitch where we were placed in the wrong category with teams that had faulty timing chips, but a win is a win and they are letting us keep the trophy! Congratulations to all students involved - I'm sure they'll be happy to tell you just how wet they got...

Term 2, 2021	
June	
22	Year 10 Lightning Carnival
22	Year 9-11 Dance & Drama evening performance
23	St Joseph's Rehearsal 7-9pm
24	Blue Tree Project Day
25	Lower Schools Arts Exhibition 4.30 - 6.30pm
27	St Joseph's Concert
28	NAIDOC Week
28	Year 11 parent night 6.30-8pm
28	Year 10 Transition Program
28	Year 10 Outdoor Ed Camps
29	Year 9 Maths Empowering Girls Excursion
July	
01	Year 8 Netball Umpiring Wembley Primary School
02	Year 7 - 12 Reports available online
02	End of Term 2

BLUE TREE PROJECT

Planting the seed of Mental Health

Thursday 24 June 2021

Painting of Churchland's Blue Tree

Free dress, wear something blue for a gold coin donation. Students will get a chance to paint the tree blue. Various student led activities throughout the day.



CHURCHLANDS
SENIOR HIGH SCHOOL



www.churchlands.wa.edu.au | www.bluetreeproject.com.au

Recommended Podcast

<https://www.abc.net.au/radio/programs/parental-as-anything-with-maggie-dent/>

Parental As Anything

with Maggie Dent

Churchlands Bytes

West Australian Young Readers Book Awards.

Check out the lovely display of all the books suggested for this year's competition, read them and vote! Lots of great prizes for the students who read the most.

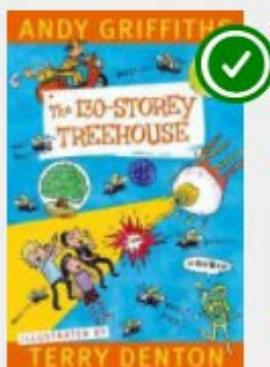
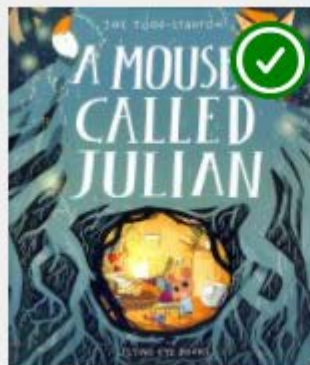
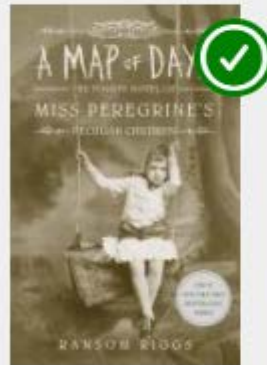
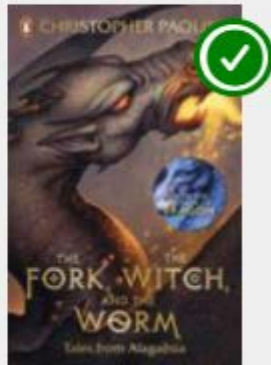
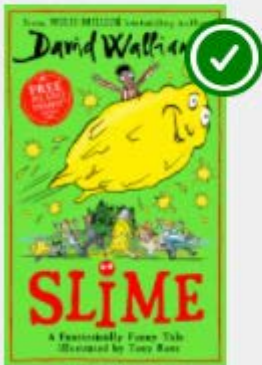
You can also check out the books on our slider page and you can find out more about this great competition by visiting the webpage.

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

<https://wayba.org.au/>



WESTERN AUSTRALIA YOUNG READERS BOOK AWARD



FAMILY AND COMMUNITY ENGAGEMENT



P&C Youthcare Rep
Nikki Harvey

My eldest son is currently in Year 9 so I have been a Churchlands SHS parent since 2019. With a second son commencing at the school next year and a daughter joining her brothers in 2024, I look forward to a long association with Churchlands SHS.

I have held the position of YouthCARE Rep on the P&C since March 2019 and I also represent the P&C on the Family and Community Engagement Team.

Last year, our fundraising activities were put on hold due to COVID-19. In 2021, I am grateful to be able to once again contribute to raising funds to support the students at Churchlands SHS. I am particularly looking forward to helping with the YouthCARE fundraising events such as the Quiz Night and Chaplaincy Dinner. I also look forward to providing input from a parent

perspective, in the plans for the upcoming Churchlands Day.

If it wasn't for the P&C, I probably wouldn't have met the past and present principals and various other key staff members. Joining the parent and community groups is a great opportunity to find out what is happening at the school and also to be involved in the decision making. I get to help shape my children's high school journey. The P&C at Churchlands SHS is very different from the P&C at most primary schools, and I encourage parents to come along to a meeting with an open mind. We're very friendly!

In 2021, I am grateful to be able to once again support the students at Churchlands SHS, through fundraising events such as the Community Art Exhibition, YouthCARE Quiz Night and Chaplaincy Dinner.



P&C Treasurer / Uniform Shop Coordinator
Shirley Godfrey

I have been associated with the school since 2018, when my son, who is now in Year 10 started in Year 7.

I joined the P&C in the second half of 2018 when I took on the Treasurer role, which also includes representing the P&C on the School's Finance Committee. The Treasurer's role is assisted by a Bookkeeper, and during this time we have worked together to streamline the bookkeeping function.

The P&C run the Uniform Shop, and since 2020 I have also been the P&C's Uniform Shop Co-ordinator. The Shop is run by a Manager, and her team. During 2019 the online store was launched, and since then the Manager and Bookkeeper have also streamlined the shop's processes.

Becoming involved in the P&C is a really good way to connect with the school, to better appreciate issues that impact the school, and to understand the vision of the Principal and his leadership team. It has been a privilege for me to assist the P&C to contribute to the delivery of their vision for the school.

As a family we have had many memorable moments at the school, including attending a whole school assembly when students were recognized for their academic achievements, and attending the various school events and productions, including the recent Mamma Mia musical and the 2021 Art Show, which were both outstanding events!

We can't do it without you!

FAMILY AND COMMUNITY ENGAGEMENT



Commissioner for Children and Young People
Western Australia



<https://www.ccp.wa.gov.au/media/3017/how-can-you-help-your-child-to-be-engaged-in-school-and-learning-top-tips-for-parents.pdf>

mastermind
AUSTRALIA



JULY EXAM PREPARATION & REVISION PROGRAMS

Tuition for all students Year 7 to 12
Including OLNA

<p>Week One 5-9 July - Christ Church Grammar School</p>	<p>Week Two 12-16 July - Hale School - Guildford Grammar School - Ashdale Secondary College</p>
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The July School Holiday Programs will offer students comprehensive subject revision. These classes assist in preparing students for their Second Semester Exams.

20% school discount per subject

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Australian Decorative & Fine Arts Societies (ADFAS) Perth Youth Arts Award

The award supports young aspiring artists in the development of their visual arts practice of projects such as the creation of a work, a concept, or an exhibition in the fields of drawing, painting, printmaking, collage, video, photography or sculpture.

Junior Award \$500 prize: ages 13-17
Young Adult Award \$1,500 prize: ages 18-22

Applications closes **31 July 2021**

For entry and details, see:
adf.as.org.au/societies/perth



What are SMART goals?

SMART is an acronym that describes some of the key elements to consider setting goals

SMART stands for:

SPECIFIC - It is easier to track progress when goals are specific.

MEASURABLE - Encourage a goal that can be measured.

ACHIEVABLE - Goals that are too hard can discourage your teenager.

REALISTIC - Encourage them to consider what kinds of goals are realistic given their personal circumstances.

TIMELY - Time frames help provide a sense of structure and help your child know how they are going reaching their goal.

https://www.dhhs.tas.gov.au/healthykids/blog/goal_setting_and_young_people_-_why_it_is_important

Making a SMART goal to practise wellness and bounce-back skills



Choose a wellness and bounce-back skill:

- Dealing with anger
- Getting along with others
- Optimistic thinking
- Helpful thinking

Specific

Say exactly which skill you are going to practise and how you want to make the different 'bits' of this skill part of your life.

I want to _____

Meaningful

Make your goal something that you really want to achieve.

I want to achieve this goal because _____

Actions

List three actions you will take to make your chosen skill part of your life.

1. _____

2. _____

3. _____

Realistic

Choose a goal where there is a real chance you will be successful.

I think it is realistic for me to make this skill part of my life because _____

Timeline

You will be practising this skill for 2 weeks and then reviewing the progress you have made towards achieving the goal of making this wellness and bounce-back skill a part of your life.