



# Churchlands Bytes

CHURCHLANDS  
SENIOR HIGH SCHOOL

## What's happened

### Year 12 ATAR Student Personal Planning Interviews

Over the last four weeks students taking at least four ATAR courses have met with mentor Sally Topley to help plot their pathway through their final weeks at school, their exams and to their final destination. Sally has been working with our students twice a year for fourteen years. Students are given feedback on their current exam preparation with suggestions on how to achieve their goals.

Clare Slodecki, Churchlands Career Advisor runs personal planning sessions for all students studying less than four ATAR subjects or a VET pathway.

The personal planning interviews are just one initiative the school uses to support Year 12 students in their final year.

### Junior Footy

Congratulations to the Year 7 AFL team who participated in the Victory Athletic Cup during Term 3. The team went through the competition undefeated and managed to win the Grand Final against Wanneroo SHS comprehensively with the final margin of 39 points. More to come and photos in the next newsletter...



### Year 8 Science Flower Dissection

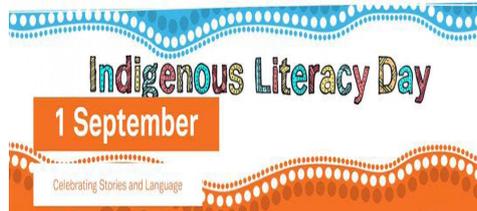
Future biologists in our midst? Students in Year 8 enjoyed examining flower anatomy. Using Dinolites to magnify the external structures of the flowers, they then dissected them to examine the internal structures. ICT skills were then used to create 'flower explosion charts'.



### Indigenous Literacy Day

The aim of Indigenous Literacy Day is to close the gap between Indigenous and non-Indigenous literacy. The school's fundraising efforts will help the Indigenous Literacy foundation supply remote communities with new books.

Churchlands decided to fund raise by holding a free dress day with students encouraged to come to school dressed in the colours of the Aboriginal flag, red, yellow and black. Students who participated gave a gold coin donation and \$1046.85 was raised.



### World's Greatest Shave

Congratulations to our fabulous team of students who volunteered to shave their heads for a good cause. The team of seven raised \$7499.80 which was given to a representative from the Leukaemia Foundation last Wednesday.

- Abigail Brook (Team Captain) Year 10
- Tegan Waters Year 10
- Luella Martin-Hiller Year 10
- Erin Grant Year 10
- Harper Freeman Year 10
- Guy Archibald Year 12
- Oscar Robinson Year 12



Not to be outshone by the students Mr Van Maanen, Head of Health and Physical Education also participated, not deterred by being 1100 kms away on the Coral Bay Cadet Camp, he embraced his new baldness!

The team dedicated their fundraising efforts to Mrs Robinson; Guy's singing teacher of five years at Churchlands Senior High School.

A message from Guy:

"Mrs Robinson has been influential in my development as a musician and a person but was unfortunately diagnosed with blood cancer in early 2021. So, I thought the best way to pay back Mrs Robinson for all that she has done for me and the vocal students at Churchlands over the years was to participate in the World's Greatest Shave."

### Pedal Prix 2021 Bunbury

Fifteen excited Churchlands students participated in the 2021 Pedal Prix in Bunbury on Sunday 29 August. This STEM event is staged by Australian International Pedal Prix Inc. and is a competition where teams race Human Powered Vehicles (HPV's) on a closed controlled circuit.

In addition to the fun, constant chatter of bumps and crashes, students learn skills including mechanics, electronics, bodywork maintenance, teamwork and strategy.

The day would not have been possible without the support of teaching staff, a special thanks to Dr Pusey, Mr Uren, Mr Hereygers-Bell and Mr Newton.



### R U OK?

### Health and Wellbeing week 6-10 September

A variety of activities have been organised this week to raise awareness of mental health. Library displays, activities, team games, quizzes, dog therapy, yoga, mindful breathing sessions and much more.

Thursday Lunch - Sausage Sizzle \$3

Friday lunch - Yellow Cup Cakes - \$2

### Money raised donated to Lifeline.

Students are encouraged to get involved.

**HEALTH AND WELLBEING WEEK 6-10 SEPTEMBER**

**R U OK?**

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

- MONDAY** *Recess/Lunch:* R U OK Day conversation activity - canteen quad | *Lunch:* Library display - Mercy Care and City of Stirling Youth Community Team, BIG games, mindfulness pats with therapy dog - HASS grass area
- TUESDAY** *Lunch:* Library display - Helping Minds, Headspace | *Lunch:* BIG games, health and wellbeing quiz, mindfulness pats with therapy dog - canteen quad
- WEDNESDAY** - PD Day. No students.
- THURSDAY** *Lunch:* Library display - Mission Australia | Bare display, BIG games, giant chess, mindfulness pats with therapy dog, sausage sizzle fundraiser for Lifeline - canteen quad | *Yoga/mindful breathing session* - gym
- FRIDAY** *Before school:* Breakfast Club | *Lunch:* Library display - Core Confidence, BIG games, Friday Beats, cupcake sales fundraiser for Lifeline

Great books/resources for R U OK Day

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

<https://cshs.softlinkhosting.com.au/oliver/learnpath/guide/RUOKDay>



**CHURCHLANDS**  
SENIOR HIGH SCHOOL

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## Congratulations



to Year 9 student **Maria Beswick**,  
Year 12 students **Guy Archibald** and **Eloise Hunter** and Year 10 student **Shreeya Naroth**.

Maria, Guy and Shreeya were recently student panellists at the 2021 WACSSO Conference and Eloise had her artwork proudly displayed there.



**to Brooke Missen**

in Year 9 who has been selected in the School Sport State Diving Team. State representation is an honour and often represents a significant stepping stone in the ultimate achievement of senior or national selection.

Well Done Brooke!

**Student No Uniform Day**  
**Wear your team's colours**

**Who:** All students and teachers  
**What:** No uniform Day  
**When:** Week 10, Wednesday 22nd September  
**Where:** Churchlands SHS  
**Why:** Fundraising for PCYC, Lions and Rotary Clubs

**Breakfast Club**  
**Friday Mornings**  
**8.15 - 9am**

Reminder to all students that Breakfast Club is on every Friday morning in the courtyard outside the Cafe and Food 1. On offer are toasted sandwiches, hot milo and fruit and it's all free. Come along and enjoy the food and the company.

## What's Coming Up?

Term 3, 2021	
Sept	
07	OLNA Catch up week
08	Professional Development Day for Staff. Students do not attend.
09	Year 12 exams commence
09	Junior Band Festival
09	School Board Meeting 5.30pm
09	R U OK Day?
09	Australian Intermediate Maths Olympiad
11/12	Junior Orchestra Festival
13	Year 12 Workplace Learning commences
13	Year 10 Outdoor Ed Camp 1
14	Year 11 Modern History Excursion to the Holocaust Centre
14	Year 7 ySafe Parent Night
15	Year 10 Outdoor Ed Camp 2
17	Year 7 AEP WA Museum Boola Bardip excursion
22	Year 12 ATAR students return
22	Year 9 & 10 Girl Water Polo Competition
23	Year 11 Physics Excursion Adventure World Physics Day
23	Year 9&10 Boys Water Polo Competition
24	Australian National Band and Orchestra Conference
24	End of Term 3

**Save the date**  
**Year 7/2022 Orientation Day**  
**Thursday 18 November 2021**  
**Friday 19 November 2021**

*Please submit your Application for Enrolment to ensure your child is invited to Orientation Day.*  
*Parents will be notified of schedule closer to the date.*



### House Point Tally

**Trigg** 21094    **Brighton** 20306  
**Floreat** 19667    **Scarborough** 18783

# FAMILY AND COMMUNITY ENGAGEMENT

## Join the Churchlands Senior High School Dads Group

... where fathers and father figures can gather, share, learn and laugh - with each other and their kids.



In partnership with

the fathering project

# FAMILY AND COMMUNITY ENGAGEMENT

**VACANCY**  
CSHS  
Administration

Are you interested in working in Finance at Churchlands SHS?

Positions will be advertised at [jobs.wa.gov.au](https://jobs.wa.gov.au). One position is already live and is a permanent full time position. The other is a full-time fixed term contract until the end of 2022 and coming online next week.

Must be willing to do a Police Clearance and apply for a Working with Children Check.

## Wellbeing Survey

I would like to thank all parents, students and staff who participated in the our wellbeing survey.

450 parents, 1800 students and 150 staff provided the school with feedback. The data is currently being crunched with the assistance of Dr Mandie Shean from ECU and we hope to soon have plans to address wellbeing needs of our students and staff more effectively.

Mr Hagop Boyadjian  
Associate Principal - Human Resources



We are pleased to invite you to join us for

## Cyber Safety Education Session

For Parents

Presented by



**ySafe**  
Australia's leading provider of cyber safety education.

**YEAR 7 PARENTS ONLY**

Tuesday 14 September  
5.30 pm – 6.30 pm | Churchlands SHS Concert Hall

BOOKING ESSENTIAL <https://www.trybooking.com/BTQGB>

## Five Ways To Manage Your Own Mental Health

### 1 Make yourself a priority

Don't defer, overlook, or forget self-care just because you have prioritised other things and put other people first.

### 2 Reclaim time for yourself

Don't expect to be as productive as you were before the crisis – that's not realistic. Do what you can to find enjoyment in what you do.

### 3 Keep learning

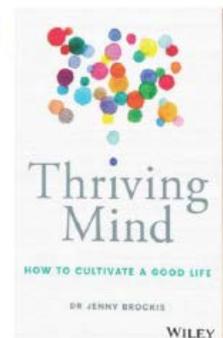
If you know how stress, anxiety, or depression has affected you in the past, what did you learn that you can put into place now?

### 4 Stay connected

Loneliness is a scourge. Reach out to others to increase your level of social interaction.

### 5 Be grateful

Gratitude not only raises your spirits, but also keeps you physically healthy and boosts mental wellbeing.



Source: [DrJennyBrockis.com](https://DrJennyBrockis.com)

## Newman Churchlands Swimming Club



- Summer Squad (afternoon)
- Free Entry to Heated Pool
- New facilities including Gym
- Community/Family Environment
- Recreational, Competitive and Junior Development
- Regular Intra Club Meets

## Registrations now open!

For more information email: [nchswimming@hotmail.com](mailto:nchswimming@hotmail.com)  
[www.newmanchurchlandsswimclub.org.au](http://www.newmanchurchlandsswimclub.org.au)

# FAMILY AND COMMUNITY ENGAGEMENT

For more information and to apply, please visit <https://www.subseaenergy.org.au/2021/07/16/future-engineers-program-2021/>.



## FUTURE ENGINEERS PROGRAM

School holiday STEM program for High School girls in Years 8 - 12  
Learn about where your energy comes from and explore where a STEM career in the subsea and ocean based industries can take you!



### DATE

04 - 08 October 2021

### LOCATION

Engineers Australia  
712 Murray Street, West Perth WA 6005

### PROGRAM HIGHLIGHTS

- Learn about oil and gas from industry professionals
- Visit offices and sites in the Perth CBD, Henderson and Jandakot
- Tour the ERGT training facility
- Explore the Oceans Institute at UWA
- Interact with the latest robotics technology
- Build self confidence and public speaking skills
- Hear from passionate STEM professionals in the industry

### ONLY 30 PLACES AVAILABLE

Applications open 02 August 2021

Please email completed application forms to [wise@subseaenergy.org.au](mailto:wise@subseaenergy.org.au) to apply

\* Note all applications are subject to the selection process. Students who have participated in previous Future Engineers Programs are not eligible to reapply.

## PRINCIPAL SPONSORS



## PROGRAM, PRIZE & CONTENT SPONSORS

