



# Churchlands Bytes

## What's happened

### Whole School Assembly

The whole school assembly on Friday 30 July acknowledged Semester 1 achievement of students across the four pillars that underpin the school motto of 'Aim High'

- Academic
- Sporting
- Active Citizenship
- Community Service

Nearly 200 certificates were awarded to students.

The Principal, Dr James Kent also celebrated past students who had 'Aimed High' in many facets of life including four students who just finished competing at the Olympics.

The President of the P&C, Ms Kate Sinfield and the Chair of the School Board, Mrs Katherine Sturley were invited to participate in the event.

### National Aboriginal and Torres Strait Islander Children's Day 4 August

The theme of Children's Day for 2021 is "Proud in Culture, Strong in Spirit".

At Churchlands, Indigenous students celebrated at an afternoon tea with their parents and families so they could show them the work they have been doing at school and at their Follow the Dream tutoring. We do not just focus on academics at tutoring, but also help the students to build a sense of pride in Culture.

Children's Day has been run annually since 1988 and is the initiative of SNAICC - National Voice for our Children.



### Trees for Survival Camp 2021

Students from Years 7, 8, 10 and 11 embarked on a two night trip to the Yealering and Corrigin districts last week as part of a 'Trees for Survival Camp'. The students have been growing native seedlings at school and these were planted on farm land to help combat land degradation.

During the three day camp students planted about 4000 seedlings on two farms situated in the Corrigin and Brookton districts.



This camp has been running for many years and is very popular with our students. It provides students with an awareness of environmental practices in Wheatbelt WA, provides an opportunity to volunteer, familiarise with aspects of running a farm and develop interest in environmental issues. Thank you to Mr James Bell, Mr Michael Barr and to Ms Tanya Crewe.

## Congratulations

Estela recently represented WA when she competed in the National Judo Championships on the Gold Coast. She won two bronze medals in the Cadet and Junior Women's categories. Congratulations Estela!



Estela  
Hogarth  
Year 11

## Important

### Lost Property

Student, Have you lost a water bottle, jumper, lunch box, bag, sports gear? You may find it on the lost property table outside Student Services Middle Secondary

## What's Coming Up?

Term 3, 2021	
Aug	
10	Year 12 ATAR Music Recital Night <b>7.00pm</b>
10	Year 7 Athletics Carnival cancelled due to bad weather
10	Year 9 & 10 AEP Talented Young Writers Workshop
10	Sally Topley Senior Secondary interviews continue
11	Year 12 TISC/TAFE Parent Info Night <b>6.30 - 8.00pm</b>
12	School Board Meeting <b>5.30pm</b>
12	Year 12 Geography Excursion
13	Year 8 Athletics Carnival
13	School Tour <b>9.30am</b>
14/15	Jazz Festival
16	Science week
17	Year 7 AEP Talented Young Writers Workshop
18	Year 8 Talented Young Writers Workshop
18	Years 9-12 Boys State Surfing Titles
20	Year 9-12 Girls State Surfing Titles
21/22	Classical Guitar Festival
23	Year 12 MADD Night
23	Try A Trade Year 9
24	Year 11 Geography Excursion

### Chess Club

#### Calling all Chess Enthusiasts

During week 5 & 6 we will be holding classes for completely new beginner chess players.

Classes will be held upstairs in the Maths Block, Tuesday Lunchtime.

If you have ever wanted to learn how to play chess, how the pieces move, and understanding what the game is about then these are perfect classes for you.



# Churchlands Bytes

## VACANCY

**CSHS**  
Administration

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.



## Tuesday 10 August National Census Day

The Census is a snapshot of who we are and tells the story of how we are changing.

Census data is used to inform important decisions about transport, schools, health care, infrastructure and business. It also helps plan local services for individuals, families and communities.

Useful links for parents, migrants and CALD (culturally and linguistically diverse)

25 non English Languages

<https://www.census.abs.gov.au/help/languages>

Promote community participation

<https://www.census.abs.gov.au/help/migrants-refugees-international-visitors/resources>

## Mini Master Chef for Year 7 Students

**Food 9 / Form and Lunch 12.30pm - 1.10pm  
Monday 10/17/24 August**

Two Year 10 students, Shreeya Naroth and Sophia Dark have initiated the competition for younger students.

Year 7 students must enter a team from each form to decorate cakes and cookies.

On Monday 10 August Brighton Forms 1 – 4 will compete against Scarborough Forms 1 – 4.

The winners will progress to compete against the winners from Floreat and Trigg in week 5, with the final in week 6.



## Year 9 SPARK Program

This term has seen the start of the Year 9 SPARK program.

Students engage in work experience every Monday and have really enjoyed getting out in the 'real world' for some hands-on learning.

Students are also working towards achieving their Cert I in Skills in Vocational Pathways.



Charlie Salisbury  
Barbagallo Motors  
Osborne Park



Kat Ascencio Castaneda  
Therapeutic Riding  
Centre, Claremont.

## Churchlands Team enter 2021 Australian STEM Video Game Challenge

After successful participation in 2020 our students are again entering the National STEM Video Game Challenge for 2021.

Judging takes place in three rounds between 9 August to 9 September with final winners announced on 21 September

We wish all our students good luck!

- Luke Austin - Year 8
- James Small - Year 10
- Rupert Small - Year 8
- Robert Robinson - Year 10
- Daniel Denison - Year 12
- Zac Morris - Year 12
- Kay Bradsell - Year 10
- Tuan Nguyen - Year 12





# FAMILY AND COMMUNITY ENGAGEMENT

TELETHON  
KIDS  
INSTITUTE  
Discover. Prevent. Cure.

national  
science  
week 2020

## GIRLS IN SCIENCE

WITH *Dr Asha Bowen*



Are you a secondary school student and looking at a career in the STEM industry?

Join us for this **FREE** online event and hear from Associate Professor Asha Bowen about her journey to becoming one of WA's leading scientists.



Wednesday  
19 August



5pm – 6pm



Scan the bar code on your smart phone (through photo option) or click on the links below to register.

<https://cloud.telethonkids-email.org/GirlsinScienceEvent>

<https://cloud.telethonkids-email.org/GirlsinScienceWebinar>

## Mythbusting: e-cigarettes



### Myth: It's only water vapour

**Fact: But it's not!** Vaping products, actually **produce an aerosol**, which is a fine spray of **chemicals and particles**. Those particles can **lodge in your lungs** and the chemicals can enter your body via the lungs.



### Myth: It's just flavouring

**Fact: Nope!** The flavours of e-cigarettes are made from **multiple chemicals** that are not safe to **inhale** into the lungs. Inhaling chemicals can damage your airways and lungs, with the **long-term damage** still not known.

### Myth: Vaping is safe

**Fact: Nup!** E-cigarettes contain **harmful chemicals**, which can cause short and **long-term health effects** like vomiting, shortness of breath and lung damage. E-cigarettes haven't been around long enough to know all the health risks, but experts think it is likely they will cause **mouth and lung cancers**.



### Myth: The brand I buy is labelled nicotine-free

**Fact: Nope!** Labels are frequently **wrong**. Most e-cigarettes on the market in Australia **contain nicotine**, even those that claim that they don't. E-cigarettes are **unregulated**, which means there are no consequences for a manufacturer who doesn't label their product accurately. Even nicotine-free e-cigarettes are harmful to your health.

## GDHR resources for teachers, parents, school staff and more.

The Government of WA, Department of Health, Growing and Developing Healthy Relationships (GDHR) provides a list of resources available on the topics of sexual health, relationships and more. The website also provides guides on why teaching RSE is important, how to teach RSE and what to teach.



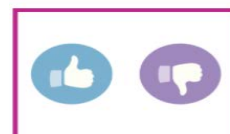
### Adolescence

Young people, teens, children starting puberty, adolescence, youth, young adults.



### Bodies

Public and private body parts, reproductive systems.



### Consent

Consensual touch and non-consensual touch, sexual consent, laws around sexual consent.



### Contraception

Pregnancy prevention, unplanned pregnancy, IUD, the pill, implant, the rod, injection, emergency contraception, morning after pill, sterilisation, nuva ring, diaphragm, withdrawal, fertility awareness, contraception, contraceptives.



<https://www.quit.org.au/articles/teenvaping/>

<https://gdhr.wa.gov.au/resources>

# FAMILY AND COMMUNITY ENGAGEMENT

## ACTIVE AUGUST 2021

Get active for your mental health: mentally, physically, socially, spiritually, culturally...

#ActiveAugust #ActBelongCommit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Check out the Act Belong Commit Activity Finder for ways you can get active this August!	2 Get active with an online yoga, pilates, or aerobics session in the comfort of your loungeroom.	3 Flex your creative muscles. Get crafty, paint, draw, take arty photos or colour-in.	4 Head outdoors to spend time in nature for good mental health.	5 Turn up the music, sing and dance like no one's watching.	6 At the end of the day, reflect on 3 things you're grateful for today.	7 Get out in the garden and connect with nature – plant new life, prune or clean up.
8 Head to the park to kick the ball with your kids, loved ones or mates.	9 Take the stairs instead of using the lift or escalator.	10 Try something new or do something you have never done before!	11 Get spiritually active. Meditate, pray, do some yoga or tai chi – whatever works for you!	12 Learn something new about Aboriginal culture, language or seasons.	13 Get your game on! Find a card or board game you can master with family or friends.	14 Celebrate National Science Week with activities, experiments, crafts, quizzes or baking.
15 Make time for self-care. It's a priority, not a luxury!	16 Mindful Monday. Pay attention to the present moment with openness, curiosity and without judgement.	17 Plan an active outing with mates, like a bush walk or bike ride.	18 Reignite your interest, join a class or local club/group. Check our Activity Finder for ideas!	19 Share your knowledge with someone by teaching them something new.	20 Make time to catch up with an old friend.	21 It's Book Week! Reading is a fantastic way to keep mentally active.
22 Try a recipe from a different culture. Look online for inspiration!	23 Soak up some culture from your couch, take a tour of an online art gallery or museum.	24 Act green! Recycle, reuse or repurpose something.	25 Spend time with someone over 60 or under 6 to get a different perspective.	26 Keep mentally active – try a new TED talk or podcast that interests you.	27 Stop and say hi to your neighbour.	28 Grab a bucket and gloves. Head to a beach, lake or parkland with friends to pick up rubbish.
29 Whatever the weather, get outdoors and mindfully breathe in the fresh air.	30 Bake something to share at work, school or with friends.	31 Reflect on how you can keep active throughout the rest of the year and set some goals.	Keeping mentally healthy is as simple as Act Belong Commit.			
			Want more active ideas? Check out <a href="https://actbelongcommit.org.au">actbelongcommit.org.au</a>			





# FAMILY AND COMMUNITY ENGAGEMENT



PARENTING CONNECTION WA  
PRESENTS  
CLAIRE EATON

## RAISING TODAY'S TWEENS AND TEENS WITH CONFIDENCE

Claire will shine a light on practical social, emotional and mental wellbeing tools parents and caregivers need to raise and support resilient young people in our modern and rapidly changing world.

We welcome all adults who have an influence in adolescents' lives.

6 SEPTEMBER 2021, 6.00PM - 8.00PM  
CHURCHLANDS SENIOR HIGH SCHOOL  
CONCERT HALL, 20 LUCCA STREET  
PERTH, 6018  
[TRYBOOKING.COM/BTEGT](https://trybooking.com/BTEGT)

FOR MORE EVENTS ACROSS WA VISIT  
[PARENTINGCONNECTIONWA.COM.AU](https://parentingconnectionwa.com.au)



*Claire Eaton*

Author, Speaker, Youth Coach



### LEARN MORE ABOUT

- Mindset management and emotional regulation tools to nurture strong self-esteem.
- Mood boosting tips and think-well strategies to make life easier.
- Practical skills to handle change, challenges and setbacks with confidence.
- Simple steps to increase organisation and productivity, and manage time well at school and home.
- Tips for building healthy friendships, finding their fit and staying true to themselves.

**Goodbye stress, overwhelm,  
drama and doubt...  
Hello teen resilience,  
optimism and confidence in  
life!**

**Visit [ClaireEaton.com.au](https://ClaireEaton.com.au)**

Supported by



Government of Western Australia  
Department of Communities



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CHURCHLANDS  
SENIOR HIGH SCHOOL

# Woodlands Wolves

## Summer Season 2021-2022



We are looking for Junior and Senior Women aged from 11-99+ years old to join our fun, supportive all inclusive Womens Softball Club.

No previous experience required.

### REGISTRATION AND HAVE A GO DAY

Sunday 22 August 2021

10am.

Teakwood Oval  
Woodlands.



### ONLINE REGISTRATION COMING SOON

For more information, or to register your interest contact:

Email - [woodlandwolves.women@gmail.com](mailto:woodlandwolves.women@gmail.com)

[www.FACEBOOK.COM/woodlandswolvesjuniorgirlssc](https://www.FACEBOOK.COM/woodlandswolvesjuniorgirlssc)

