



CHURCHLANDS  
SENIOR HIGH SCHOOL

# Churchlands Bytes

Tuesday 13 August 2024 - Circulated Fortnightly

## News in Brief

### Tree for Survival Day Camp - Wheatbelt

On Wednesday of Week 3, the Environmental team went on an adventure to the Wheatbelt for Trees for Survival Day Camp. After a two hour bus drive filled with laughter, chatter and music, the team arrived to Phil and Sally's farm, who welcomed the students with open arms and showed them the ropes of how to restore the plant life of such areas. Together the team planted just under 1000 plants and made life changing memories and friends along the way. Even though the weather forecast predicted that it would rain in the afternoon, the sun decided to shine on the groups hard work and the rain was avoided. It was a day filled with happiness and warmth for students and a day no one will forget. Thank you to Phil and Sally for allowing us to be part of their project! Arina Nosova, 11S4



### Year 7 & 8 AEP English

Year 7 & 8 AEP English students had the opportunity to attend a Literature Centre Workshop in Fremantle this week with other schools from around Perth. We spent the day with A.J Betts, a successful Western Australian Young Adult Author. She was an engaging, interactive speaker who really inspired us in our writing. A.J Betts taught us how to get inspiration for stories and encouraged us to pay attention to the little details we might easily overlook. A.J also taught us strategies for how to properly develop characters and setting, and get a story started quickly. She also taught us how to get out of writer's block if we ever find ourselves in one. We had a great time writing, listening to each other's drafts, and had the opportunity to share our stories and get feedback from A.J Betts. It was a fantastic excursion - we look forward to the next one!



## What's Coming Up?

### Term 3, 2024

- 14 Aug - Year 8 Athletics Carnival
- 14-16 Aug - National Science Week
- 15 Aug - Parent Teacher Meetings  
4.00pm-7.00pm
- 16 Aug - Year 7 Athletics Carnival
- 19 Aug - MPC Meeting 7.30pm
- 19-21 Aug - Year 7 Camp  
Swan Valley Adventure Centre
- 23 Aug - Senior Concert 7.00pm-8.00pm  
Taryn Fiebig Concert Hall
- 24 Aug - AEP Testing - Year 7, 2025

## 2024 Yearbook

### Don't Miss Out!!

New in 2024 - Yearbook - Payment via Qkr! - \$30.00

**Please note that previously, payment for the Yearbook was usually attached to the Contributions & Charges. This year it was not attached.**

If you wish to purchase a Yearbook, please logon to Qkr! Click on the Contributions & Charges tab to pay for your copy of the 2024 Yearbook.

**Last day for payment is Thursday, 31 October 2024.**

**Payments will NOT be accepted after this date.**

Year 12s will receive their Yearbook on their Clearance Day.

## Coming Soon

PAPERLY & BPoint - Guaranteed to save time and increase efficiency.

No more filling out medical forms for each excursion for each child! Information will be drawn from MAZE/SEQTA.

Only students in the relative year level/class will come up when paying for Excursions/Activities!

You will be able to update your change of address, telephone number, email, medical records etc.

You will be able to view and pay your Contributions & Charges.

## New & Existing Enrolments

### Notice to Parents & Guardians

Until Paperly is available to parents please note that to update any student information (ie, medical, address, email, phone number etc), parents are asked to email all changes to enquiries@churchlands.wa.edu.au

Thank you



CHURCHLANDS  
SENIOR HIGH SCHOOL

# Churchlands Bytes

## News in Brief *cont'd*

### Year 9 Career Taster - Fashion & Textiles

*The Career Taster day was a great experience and really fun to have a one day break from school. We screen printed different designs of tote bags and did some letterpress postcards. Overall I would definitely go again as I was with my friends for a experience that could lead me to pathways in the future.*  
Xyn Ling Year 9

*The Career Taster was a good experience, it helped me explore career opportunities and get a taste of what a job that I enjoy would feel like. I would recommend this to anyone who gets the chance, especially if you enjoy the career and if it's a new thing give it a go, it was actually so much fun!*  
Namdroel Yangzeen Year 9



### Visual Arts - Young Originals 2024

For the fifteenth consecutive year WASSEA (Western Australian Secondary School Executives' Association) is thrilled to present Young Originals. This annual exhibition delivered in partnership with the Department of Education, Sangora Education Foundation and Edith Cowan University School of Arts and Humanities, is a highlight for WA public secondary schools, celebrating excellent in visual arts.

After a highly competitive entry round and a comprehensive judging process, three current Year 12 Churchlands Senior High School students have had their resolved artworks selected for exhibition at Young Originals 2024.

Congratulations to these three students!



Sailors' Delight by Corey Schluter



Minuscule by Kahlia Siciliano



From Blood to Ash by Scarlette Cieslak

The exhibition will be held at Spectrum Project Space (Building 3) at ECU Mount Lawley and will be open to the public from Friday 9 August to Tuesday 27 August (10.00am - 4.00pm) excluding Mondays and weekends.

Also, Congratulations to Jiayi Gong in Year 12 for being selected in the 2024 Meta Exhibition at North Metropolitan TAFE's Central Gallery. Her sculpture *Lost in Transparency* (right) was on display with other works from Year 11 and 12 students from WA.





# Churchlands Bytes

## News in Brief *cont'd*

### IDL (Interdisciplinary Learning) Presentation

Year 10 students have been hard at work preparing for their upcoming IDL presentations. What is an IDL?: An IDL aims to foster collaborative skills amongst students, whilst bringing together their learning from two or more of their subjects. A key aim of this project is to provide students with an opportunity to develop and apply critical thinking skills and demonstrate their creativity. These skills will be valuable to students as they move into higher education, and then the world of work.



Students have chosen a project topic to answer the question "How can we be agents of change?". They are required to propose a change they would like to see, and research historical change events to discover how agents of change have brought about the desired outcome. Students have proposed a future change that they deem necessary, they justify the need and propose strategies that will bring about the change.



### Duke of Edinburgh - Bibbulmun Track

Students engaged in the Duke of Edinburgh program went on a two day and two night hike along the Bibbulmun Track this winter school holidays.

They set off from the Discovery Centre in Mundaring and camped in the Helena Valley. The Northern Jarrah Forest was dormant and cold in the season of Makuru with students experiencing over 40mm of rain on the first night.

Luckily, no other hikers were at the campsite due to the poor weather and students were able to avoid setting up their tents and retreated to the hut for the night. The second night had far better conditions with students being able to set up their tents this time and enjoy the night by a warm fire. It was a great experience for all, with students being able to challenge themselves out of their comfort zone and be introduced to a new type of adventure.



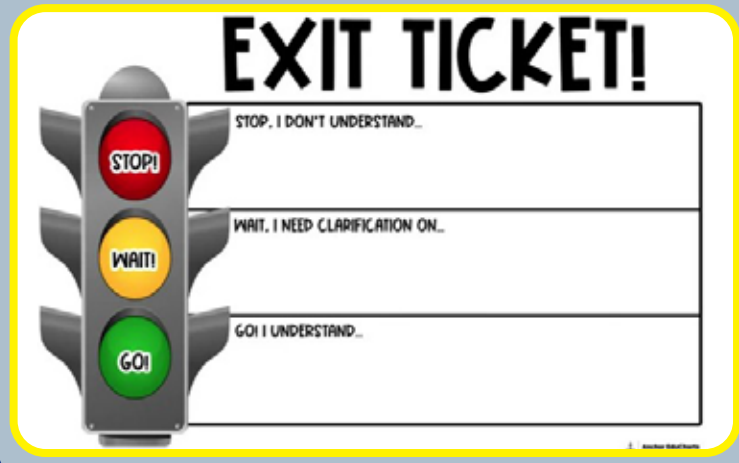
## Formative Assessment: Strategy 5

- Activating Students as Owners of Their Own Learning -

### Example 2 - Languages

In French classes, teachers are encouraging students to take ownership of their learning by using exit tickets in conjunction with tasks from Education Perfect that assess their grasp of the concepts covered.

After completing these tasks, students fill out an exit ticket to reflect on their performance. This process helps them identify which concepts they understood well and which areas need further clarification. By evaluating their own understanding and pinpointing what requires additional support, students can make informed plans for their next steps, seek targeted help, and focus their efforts more effectively. This method not only boosts self-awareness but also fosters a proactive approach to their learning.





CHURCHLANDS SENIOR HIGH SCHOOL

# Churchlands Bytes

## Australian Geography Competition

Year 10 AEP students along with Year 11 and 12 Geography ATAR students completed the Australian Geography Competition in Term 2.

The results came to us recently and we were pleased to see and congratulate several students achieving high distinctions in their age groups.

One Year 11 student, Alex Mackay, achieved in the top 2% of Australia and Riley Peck in Year 12 achieved results in the top 6%. Congratulations to both Riley and Alex for their outstanding level of achievement.



Alex Mackay - Year 11



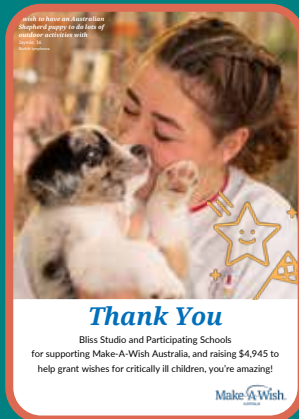
Riley Peck - Year 12

## Bliss Photography - Thank You

Earlier this year the Year 12 Ball was held at Optus Stadium. With nearly 450 students in attendance the evening was a great success.

As well as traditional photographs, Bliss Studios provided two Photobooths, allowing students to have a bit of fun with their friends, with all proceeds from the sale of the images donated to the Make-A-Wish Foundation.

In total the students raised a MASSIVE \$4945! Big thanks to Bliss and all the Year 12s who supported this initiative.



# JUNIORS WATER POLO



TERM 4 2024  
TERM 1 2025

School years 6-12 competition  
All skill levels welcome



SUNDAY  
AFTERNOON  
GAMES

TRAINING  
OPTIONS  
AVAILABLE



REGISTER NOW!

FUN - FRIENDS - FITNESS

Scan for further details  
& registration



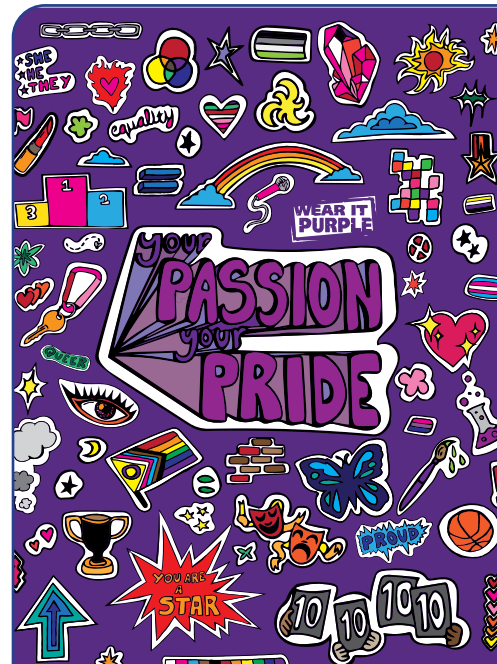
## Churchlands Alumni - Annual General Meeting -

Monday, 3 September 2024

4.00pm

Churchlands SHS Administration Building

All welcome



30.08.24 - WEAR IT PURPLE DAY

@WEAR\_IT\_PURPLE WWW.WEARITPURPLE.ORG #WEARITPURPLE



FRIDAY  
30 August, 2024

Promote diversity  
and inclusion

- ♥ Flag raising (before school)
- ♥ Accessorise something PURPLE or RAINBOW
- ♥ Library display
- ♥ Face painting
- ♥ Purple nail polish
- ♥ Free fairy bread
- ♥ Friday Beats queer friendly music
- ♥ Rainbow & Purple Canteen Food

Wear it Purple Day strives to foster a supportive, safe, empowering and inclusive environment for rainbow young people. It is a collaborative effort to tell students and community that we accept students for who they are and believe all students should feel a sense of belonging in our community.



# Churchlands Bytes

## Protecting Your Family from Cyber Threats

In today's digital age, protecting you and your family from common cyber threats is crucial to ensure your safety and privacy.

To keep everyone secure, start by:

- Educating your family about the importance of strong, unique passwords and the dangers of sharing personal information online.
- Use reliable antivirus software and keep all devices updated to guard against malware and viruses.
- Implement parental controls to monitor and restrict inappropriate content, and teach children about recognising phishing attempts and suspicious links.
- Regularly back up important data to mitigate the impact of potential cyber-attacks.

For more comprehensive guidance, refer to resources provided by the Australian Signals Directorate (ASD) at <https://www.cyber.gov.au/>, which offers detailed tips and strategies for safeguarding your family's digital environment.

Additionally, you can check out their poster on page 7 of this issue of the Bytes for top tips. Visit our school website at <https://www.churchlands.wa.edu.au/my-churchlands/ict/ict-help-and-advice-1> and <https://www.esafety.gov.au/> for more information.

## TWEENS & SCREENS: A Parent Workshop

Kate Andrews, founder from Wild Creative, is offering nature bonded workshops, programs and retreats designed to support youth mental health, emotional intelligence and body literacy.

On Tuesday, 15 October, Kate will be hosting with parenting educator and author Michelle Mitchell (The Maggie Dent of the Tween world!). Michelle is author of the acclaimed The Resilience Journal and Tweens what kids need NOW before the teen years.

This workshop will bring some BALANCE, CLARITY AND SUPPORT to a really muddy and complicated area of parenting, all in the name of connecting you and your kids.

### WHAT TO EXPECT

- \* A framework to ASSESS YOUR CHILD'S READINESS for their technology requests.
- \* A suggested list of NON NEGOTIABLE BOUNDARIES to safeguard them as they grow.
- \* STRATEGIES to establish TECH AGREEMENTS with those under 13.
- \* CONVERSATION STARTERS re Snapchat, Tiktok and Instagram where kids are most active.
- \* DOWNLOADABLE RESOURCE PACK to remember all the nuggets of wisdom

THIS IS A ONE OFF FACE TO FACE WITH ONE OF AUSTRALIA'S MOST CUTTING EDGE TWEEN EDUCATORS.

Don't miss out!

TUE 15 OCTOBER

6.30-7.30pm - workshop

7.30-8.00pm - Michelle answers all your questions

\$39 per parent

Telethon Speech & Hearing Wembley

Free parking onsite

<https://www.wildcreativeaustralia.com/product/michelle-mitchell-workshop>

## Congratulations & Good Luck

- Congratulations to Emily Johnston-Mazur, Year 12. Emily has competed in Ninja in the USA and won the Ultimate Ninja Athlete Associations Gold medal for 'Amateur Female 2024'. She also won the Bronze medal for 'World Ninja Athlete Games', and a Bronze medal for the US National Championships (International athlete). Well done Emily.



- Congratulations to Ashley Popp, Year 12, on being named in the All Australian Team following an outstanding performance at the U18s Schoolsports National Softball Championships.

## TWEENS & SCREENS a parent workshop



with author/educator  
**MICHELLE MITCHELL**  
Oct 15 | Wembley | \$39pp  
tickets: [wildcreativeaustralia.com](https://www.wildcreativeaustralia.com)

# Family and Community Engagement



## Exam Boost Workshops and October Holiday Courses

### Exam Boost Workshops in Term 3 & 4 for Years 11 & 12

Exam Boost Workshops delivers subject-specific, targeted, exam preparation in the weeks leading up to exams. In one day, each workshop packs in 6 hours of exam focused teaching from a WACE exam marker, with the goal of boosting student's exam technique and performance.

- ✓ Targeted exam preparation
- ✓ Learn exam techniques and strategies to boost exam performance
- ✓ Insights into the exam marking guide
- ✓ Practise answering exam-style questions
- ✓ Receive feedback from a qualified exam marker

Venues: Churchlands SHS, Rossmoyne SHS, Perth Modern School and Online.



### ATAR October Holiday Revision Program for Years 11 & 12

ATAR Revision Courses provide students thorough subject revision and exam question practice to give the best possible preparation for exams. Our courses to help maximise grades and boost confidence before exams. Courses are 10-hours (2 hrs a day, over 5 days) in ATAR subjects, plus specially designed Essay Writing and Study Skills courses are available.

- Comprehensive revision of Semester 1 & 2 content.
- Boost confidence, knowledge and understanding.
- Guidance from a highly qualified ATAR subject-specialist teacher and feedback on your work.
- Become familiar with and understand a variety of exam-style questions.
- Receive a course workbook to help revise at home.
- An engaging and interactive learning environment

Courses available at Churchlands SHS, Leeming SHS and Online



Early bird 10% discount on Holiday Programs ends Monday, Sept 2nd, 2024

View our timetable and enrol online: [www.academicgroup.com.au](http://www.academicgroup.com.au)

## 2024 October Holiday ATAR Revision Courses

October Holidays - 10 hrs per subject - 2 hrs each day for five days

### CHURCHLANDS SHS

### WEEK 1

#### Monday 23rd - Friday 27th September

9:00am - 10:00am  
 Essay Writing - Yr 11  
 Essay Writing - Yr 12  
 Study Skills - Yr 11  
 Study Skills - Yr 12

10:00am - 12noon  
 Accounting & Finance - Yr 12  
 Chemistry - Yr 12  
 English - Yr 11  
 English - Yr 12  
 Geography - Yr 12  
 Human Biology - Yr 11  
 Human Biology - Yr 12  
 Maths Applications - Yr 12  
 Maths Methods - Yr 11  
 Maths Methods - Yr 12  
 Maths Specialist - Yr 12  
 Politics and Law - Yr 12

12:30pm - 2:30pm  
 Chemistry - Yr 11  
 Chemistry - Yr 12  
 Economics - Yr 12  
 English - Yr 11  
 English - Yr 12  
 Human Biology - Yr 12  
 Maths Applications - Yr 12  
 Maths Methods - Yr 12  
 Maths Specialist - Yr 11  
 Modern History - Yr 12  
 Physics - Yr 12

2:45pm - 4:45pm  
 Biology - Yr 12  
 Chemistry - Yr 12  
 Literature - Yr 11  
 Literature - Yr 12  
 Maths Applications - Yr 11  
 Maths Applications - Yr 12  
 Maths Methods - Yr 12  
 Physical Ed Studies - Yr 12  
 Physics - Yr 11  
 Psychology - Yr 12

## Free Sanitary Products

All public schools that have secondary students will receive period products at no cost to the school or students.

Schools received an initial supply of products at the end of Term 1, with the full implementation of products and dispenser installation taking place during Term 2.

FREE sanitary products are available to students at Churchlands SHS. Vending machines for students to access products are located in several locations including First Aid office, Junior and Middle Secondary Student Services, Administration and A Block toilets.



Shaping the future

## Connect and Respect

Every student, staff member, parent or carer has the right to feel safe and be safe in our schools.

We all share a responsibility for providing a safe, supportive and productive environment, free from bullying, harassment, discrimination and violence.

### What we can all expect:



mutual respect



good behaviour



open communication



respect for each other's time

### We will not tolerate:



offensive, insulting or aggressive language



malicious or judgemental gossip



using social media disrespectfully



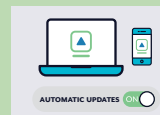
any form of violence

Shared and respectful expectations and values will enable us to work together in the best interests of our children.

## TOP TIPS FOR CYBER SECURITY

PRACTICAL WAYS TO PROTECT YOURSELF ONLINE

[cyber.gov.au/learn](http://cyber.gov.au/learn)



Update your apps and devices

Updating your apps and devices can fix issues and address new security concerns or weaknesses that hackers could use to access your devices or accounts. They can also add new features.



Turn on multi-factor authentication (MFA)

MFA means having more than one check in place to prove your identity on an account. For example, you may need a code from a text message and your passphrase. It makes it much harder for cybercriminals to access your accounts.



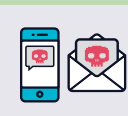
Set up and perform regular backups

A backup is a digital copy of your most important information either to an external storage device or a server on the internet like the cloud. It means you can restore your files if something goes wrong.



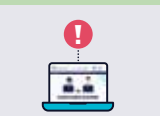
Set up secure passphrases

When MFA is not available, use a passphrase to secure your account. A passphrase is a strong type of password that uses four or more random words. This makes them hard for cybercriminals to guess but easy for you to remember.



Recognise and report scams

Criminals often use email, SMS, phone calls and social media to scam people. They usually do this by contacting you and pretending to be an individual or organisation you know and trust. Always be alert when clicking on attachments or links within emails or messages.



Level up your cyber security by...

- Thinking about what you post online.
- Signing up to our free alert service to receive alerts on new threats
- Talking about cyber security with your family and friends.
- Avoiding public Wi-Fi when you're banking or shopping online.
- Reporting cyber attacks and incidents to keep Australia secure.

Find out more at [cyber.gov.au/learn](http://cyber.gov.au/learn)

Report cyber security incidents:  
[cyber.gov.au](http://cyber.gov.au) | 1300 CYBER | (1300 292 371)



# Family and Community Engagement



- 10. Emergency Department Part 2**  
14:45 | Wednesday, July 31, 2024 | Season 1, Ep. 10  
An unexpected health emergency for a baby, child or young person can be traumatic, especially if it involves a trip to the emergency department (ED). While we hope you will never have to visit the Perth Children's Hospital (PCH) ED, in the event you do, it can help to know what to expect...
- 9. Emergency Department Part 1**  
15:15 | Wednesday, July 31, 2024 | Season 1, Ep. 9  
An unexpected health emergency for a baby, child or young person can be traumatic, especially if it involves a trip to the emergency department (ED). While we hope you will never have to visit the Perth Children's Hospital (PCH) ED, in the event you do, it can help to know what to expect...
- 8. Child Health Checks**  
27:54 | Wednesday, July 24, 2024 | Season 1, Ep. 8  
Parenting a child of any age can be overwhelming at the best of times. Knowing who to turn to for trusted and consistent advice and support is key to navigating the challenges. In this episode of Kids Health Matters our guest expert discusses why 'milestones matter' and how invaluable child...
- 7. ADHD Part 2**  
31:26 | Wednesday, July 17, 2024 | Season 1, Ep. 7  
Inattention, impulsivity and distractibility tend to dominate discussion around attention deficit hyperactivity disorder (ADHD). But children with ADHD can also be creative, delightful and innovative according to one of our State's leading experts on this neurodevelopmental disorder. Dr Brad...
- 6. ADHD Part 1**  
25:56 | Wednesday, July 17, 2024 | Season 1, Ep. 6  
Inattention, impulsivity and distractibility tend to dominate discussion around attention deficit hyperactivity disorder (ADHD). But children with ADHD can also be creative, delightful and innovative according to one of our State's leading experts on this neurodevelopmental disorder. Dr Brad...
- 5. CAMHS Crisis Connect Part 2**  
12:38 | Wednesday, July 10, 2024 | Season 1, Ep. 5  
Following on from the previous episode, CAMHS Clinical Nurse Specialist Veronica Plej is back for Part 2 of this important conversation. She is here to tell us all about CAMHS Crisis Connect and how the service can help to support a young person experiencing a mental health crisis. The team...
- 4. CAMHS Crisis Connect Part 1**  
15:21 | Wednesday, July 10, 2024 | Season 1, Ep. 4  
Supporting a young person experiencing a mental health crisis is a distressing reality for many parents and carers. Where can you turn for help? How do you respond? How do you offer support? In the latest episode of Kids Health Matters our guest expert answers these and other difficult...
- 3. Sleep**  
28:36 | Wednesday, July 3, 2024 | Season 1, Ep. 3  
The latest episode of Kids Health Matters explores the topic most likely to keep parents awake at night – sleep. Parents commonly ask what's normal? Are there any golden rules and when is melatonin useful? In this discussion our sleep experts answer these questions and gently guide...
- 2. Vaping**  
19:02 | Wednesday, June 26, 2024 | Season 1, Ep. 2  
In this episode of Kids Health Matters we lift the lid on vaping to help parents feel confident in tackling one of the hottest health topics of our time. How addictive are vapes? What damage can vaping cause and should adults be concerned about the impact of vaping around children? Our...
- 1. Delving into depression in young people**  
26:45 | Wednesday, June 19, 2024 | Season 1, Ep. 1  
Caring for a child with any illness can be daunting. When that illness is anxiety or depression, it can particularly intimidating. When do you intervene? How do you intervene and what can you do to ensure your child's safety? For the answers to these and other difficult questions, join...

# Family and Community Engagement



**CHURCHLANDS SENIOR HIGH SCHOOL**

## SAVE THE DATE

# CLASS OF 1974 REUNION

OCTOBER. 16, 2024 | MORNING TEA  
CHURCHLANDS SENIOR HIGH SCHOOL

# RU HANGRY

8.15-9AM  
TOASTIES & MILO

## EVERY TUE & FRI BREAKFAST!



CHURCHLANDS SENIOR HIGH SCHOOL

FREE FOOD! FREE FOOD! FREE FOOD!

**FOOD 1**  
COURTYARD

MUSIC GAMES + A GOOD START TO YOUR DAY! ALL WELCOME



## FUTURE ENGINEERS PROGRAM

Learn about the Future of Energy & STEM careers in the Subsea and Energy Industries!

- Learn about the Future of Energy and what it means for you.
- Visit offices in Perth and experience cool site visits.
- Immerse yourself in the Oceans Institute at UWA.
- Interact with the latest technology that will blow your socks off.
- Build public speaking skills.
- Hear from passionate STEM professionals in the industry.



### OCTOBER 2024 SCHOOL HOLIDAYS

## APPLY TODAY!

This program is open to females attending WA high schools. This includes individuals who identify as female.

Regional and Indigenous scholarships are available. Get in touch for more details.

**MONDAY - FRIDAY 30TH SEPTEMBER - 4TH OCTOBER 2024**



Scan the QR code or download the application form at <https://bit.ly/FutureEngineers2024>

Contact us at [wisesubseaenergy.org.au](mailto:wisesubseaenergy.org.au) for more info!

**PRINCIPAL SPONSORS**



**AWARDS CEREMONY SPONSORS**



**STUDENT AWARDS SPONSOR**




**PROGRAM SPONSORS**



**PROGRAM SUPPORTER**




Churchlands Senior High School welcomes Claire Eaton to present



## HELPING TEENS NAVIGATE CHANGE, CHALLENGES and SETBACKS

Especially for parents of year 11 students



Thursday August 22nd | 6 - 7.30pm

<https://events.humanitix.com/claire-eaton-helpful-thinking-and-handling-setbacks-change-and-success>

Parents of year 11 students are invited to an evening of practical information, insights and tools, helpful for parents supporting young adults who are navigating the inevitable changes, challenges and setbacks that come with year 11, high school and life.

Parents and carers will learn more about:

- Thinking strategies teens need to handle challenges with more confidence
- Resilient coping techniques teens can use when things don't pan out as they hoped
- Science behind sturdy self-esteem which impacts day-to-day mindset and attitude
- Compassion and comparison and how teens can stay in their own lane
- Emotion regulation and simple ways to stay strong during ups and downs

**Claire Eaton**  
Author, Speaker, Youth Coach  
[claireeaton.com.au](http://claireeaton.com.au)