



Womens Leadership and Mentoring Workshop, Page 17

Upcoming Events

- 27 May - 7 June Year 12 Semester 1 Exams
- 27 May - 31 May Year 9 Albany Tour
- 29 May AIME Excursion
Junior Girls Soccer Fixture
- 30 May Year 11 Hospitality Excursion to Crown
- 3 June Public Holiday - WA Day
- 4 June Difference Makers Excursion
- 4 - 7 June Year 10 Exams
- 5 June Choose Maths Day at Murdoch University
- 6 June Cert II CALM Excursion To Lowlands
- 10 June - 14 June Year 10 Course Counselling
Year 11 Exams
- 12 June Parent Coffee Club, 8:50am - 10:00am
Junior Girls Soccer Fixture
- 13 June - 14 June Year 9 Sport Science Fitness Challenge
- 17 June Year 12 Red Frog Party Safe Presentation
- 18 June Year 12 Cohort Photo
- 19 June - 20 June Year 10 Immunisation Program
- 20 June Junior Girls Soccer Fixture
- 21 June Clubs Expo
- 2 July WISE Women visit to Murdoch University
- 3 July Year 7 Rugby Carnival
- 5 July Last Day of Term 2
- 24 July Term 3 Commences

From the Principal



You only have to read through the many articles in this edition of the BSC newsletter to see the myriad of opportunities our students have to extend their learning outside of the classroom/school environment. Not only do these experiences provide students with access to learning activities which simply cannot take place in school, they also support the development of social skills and importantly independent learning skills.

This is a major thrust of the work we do and one of the major reasons we have chosen to be an AVID school. Not only does AVID provide teachers with the knowledge, skills and bank of proven strategies to systematically increase the academic rigour in their classrooms and create engaging learning environments, it invokes a mindset of self-responsibility and independence in our students. Essentially, at BSC we use AVID to help all our students to be well prepared for the future they want for themselves. AVID stands for ...

Advancement

Our goal is for every student in our school to have the opportunity to advance, individually and as a part of a 'community', academically and personally.

Via

We use the WICOR framework to support students in developing their skills and attitudes to be successful in school and in the pathways they choose moving forward. WICOR stands for Writing, Inquiry, Collaboration, Organisation and Reading.

Individual

Our systems and culture are focused on empowering students with skills and attitudes to be self determining ... not relying on their teachers, parents, friends.

Determination

We work on instilling a growth mindset in students so they are resilient, determined and focussed in setting and pursuing their academic and personal goals.

From the Principal, continued...

The variety of events featured in this edition of the newsletter provide many examples of what AVID actually looks like in practice. Activities such as excursions, camps and extra-curricular activities add value to the classroom experiences of students. Researchers Tal and Morag (2009) believed that excursions not only provide students with authentic, first-hand, sensory-based learning experiences but had the added benefits of;

- generating a positive attitude about the content and subject being studied,
- stimulating student interest and motivation,
- adding relevance to learning and inter-relationships,
- strengthening observation and perception skills, and
- promoting personal (social) development (Michie, 1998).

These events, of course do not take place without a considerable investment in time by the organisers. Such activities require meticulous organisation and planning. Not only must excursion organisers ensure that their excursions are well planned they must be able to 'sign off' that they comply with all Department of Education policies and processes. It is important that we acknowledge the work our staff are doing in providing these enriching activities for our students. Their efforts often go unnoticed.

Parents too, have an important role to play. We are finding that Consent2Go is proving a very efficient tool in quickly and easily enabling parents to give permission for their child to attend an excursion. Your support in responding promptly, granting approval and making payment where required, is greatly appreciated. Quick action on your part allows us to be able to confirm numbers, secure and finalise bookings and progress arrangements.

We thank you for your ongoing commitment to working in partnership with us to ensure that your child has the best possible chance of achieving personal excellence in all they do!

Kind regards

Alison Parolo - Acting Principal

Year 12 English

During the first unit of Year 12 English, students had the opportunity to focus and refine their formal and informal writing structures. These structures have been demonstrated in the expository text analysis unit where students followed the life of Ruth Ellis, the last woman to receive the death penalty in the United Kingdom. Students investigated Ellis' life and began forming opinions on capital punishment and women's rights in Socratic Seminars. We then began learning formal paragraph structure following TEEL formatting. This paragraph format allows students to structure short essay and extended essay responses in preparation for the EST.

Mr Sweeney | English Teacher



In our Year 12 English class we have been learning TEEL paragraph structure for expository text analysis and EST preparation. The paragraph and essay structure lessons have helped to improve our essay responses in preparation for EST.

Isabella Dawson | Year 12 Student





Year 11 Earth and Environmental Science

Year 11 Earth and Environmental students visited Cottesloe and Peppermint Grove to review their past geological histories. We saw a variety of evidence that suggests sea levels have risen and fallen several times within the last few hundred thousand years. Interestingly, we saw fossilised corals and tree roots alongside each other. Neither form in the same environment but their presence indicates that location has experienced dry conditions (allowing trees to grow) and marine conditions that corals need to thrive.

Mr Damian Buller | Science Teacher



Wildlife Encounters – Certificate II CALM



As part of our studies in the Certificate II Conservation and Land Management, students have been observing native fauna and learning about caring for wildlife.

In April, wildlife carer Michelle Newman, shared her experiences of caring for kangaroo joeys and possums. We discussed medications, feeding, adaptations, emergency road-kill first aid, rehabilitation and release. Spending time with the joeys was very interesting.

On 10 May, nine students went on an excursion to Kanyana Wildlife Rehabilitation Hospital. We saw many different animals that we would not have the chance to otherwise see close-hand. These animals included, bilbies, woylies, barn owls, carpet pythons, Stimpson's python, bobtails, echidnas, bearded dragons and a variety of birds. We learnt about the hospital procedures and treatments for different fauna patients, explored the captive breeding program enclosures and the reptile enclosures. It was a fun and educational night. We picked up a pizza dinner in Lesmurdie before heading to Kanyana in Roleystone, this was enjoyed by all.

Ms Jo Tregonning | Science Teacher



Health Education



Year 9

During Semester 1, students in Year 9 Health have been learning about teenage pregnancy, contraception and cannabis.

In particular we have looked at statistics of teenage pregnancies, consequences of unplanned pregnancies as well as factors to consider when having a baby. Students also had an introduction to contraception; the different types available, the effectiveness and why they are important in preventing pregnancy. We also discussed the importance of consent and what characteristics contribute to a healthy relationship.

At the start of Term 2 we began our Drug Education unit looking at cannabis. Students have learnt about the short-term and long-term effects of using cannabis as well busting some myths surrounding cannabis. Students have also been involved in many AVID activities such as the critical reading process, collaborative group activities and a philosophical chairs debate.

It has been fantastic to see so many of our Year 9's engaging in the lessons and are showing a real interest in the topics covered!

Year 7

Students in Year 7 Health have been progressing through the Aussie Optimism program learning about Optimistic Thinking Skills.

The program is new to BSC and has been incorporated into the Health Studies component to enhance learning about Mental Health. The program's main focus is to increase students' social support and to equip students with the social and problem-solving skills needed to successfully navigate the transition from childhood to adulthood. Year 7s have looked at identifying different strengths of emotion, self-talk and optimistic thinking.

Students participated in AVID collaborative group activities to discuss the process of de-catastrophising and changing their thoughts from negative to positive.

Year 8

During Term 1 of 2019 our students in Year 8 Health Education have been undertaking a 'Senseability' course which delves into important issues of helpful thinking, positive self-talk, effective communication and life problem solving. Over the weeks, the students engaged in many AVID activities to help strengthen their understanding. These included critical read's, KWL charts, group projects and quick writes.

During Term 2 of 2019 the students have been looking at the major topics of resilience, body image, sexuality and personal identity. Students have been learning about the importance of resilience and strategies they can put in place to become a more resilient person.



Year 10

During Term One some of the year 10 student had the opportunity to attend the RAC bstreetsmart event. This event is an inspiring initiative that features a crash scene re-enactment attended by the emergency services, just as it would occur at a real crash site. The students also had the opportunity to listen to speakers who have been directly impacted by road trauma and talk with emergency services personnel. The aim of this excursion was to educate and reduce the fatality and injury rates of young people by promoting safe behaviour as drivers, riders and passengers.

This semester in Health Education the Year 10 students are currently completing the Keys for Life program. Keys for Life is a comprehensive, national award winning, evidence-based pre-driver program that assists parents and schools to educate young people about safer road use and provides licencing and graduation benefits.

Ms Jen Tomlin | Health and Physical Education Teacher

Putting the “C” in Physical Education



This week in Health and Physical Education Year 12 students have been participating in some AVID collaboration activities. This highlights the “C” in WICOR for teaching and learning strategies. The Year 12’s were engaged in some small group study collaboration in preparation for their external set task and the Year 8’s were sharing and collaborating ideas regarding stress management.

Miss Emily Sharp | Health and Physical Education Teacher





Interschool Netball Carnival



On Thursday 2nd May our Netball girls travelled to Fremantle to play in the High Schools Cup Carnival. All four teams played extremely well and kept their team spirits high throughout the day. It was a pleasure to see each and every student conduct themselves positively both on and off the court. A massive well done to the Upper 9/10 team in having a successful tournament and progressing through to the next round.

Star players for the day were; Olivia Rennie, Tamika Coonan, Jessica Bertocin, Kesharna Rawiri and Janay Sayers.

Also, a big thank you goes to our volunteers Tylah Forsythe, Trinity Donaldson, Hallee Mansell and our awesome parents and grandparents who came along to support us!

Well done ladies!

Miss Leah Smith | Health and Physical Education Teacher



Stathams Quarry Year 10 Outdoor Education Abseiling



Week 1 of this term, our two Year 10 Outdoor Education classes ventured out of the school and out of their comfort zone to confront and conquer the 40m Abseiling cliff of Stathams Quarry in Kalamunda.

These keen and talkative students were suddenly quiet and cautious when they entered the 'Colosseum' like quarry, which dwarfed the school bus. Quietness turned to alert listening during a thorough safety briefing and then it was upwards to the launch area and a test of character, nerves and applying their skills at school into a 'live' abseil.

After some initial fears, the majority of students abseiled down the cliff, some of whom yelled as they 'bunny hopped', others wiped away 'tears of joy' as they slowly, but surely, descended. It was great to see all of the Year 10's being their best and building their confidence with every launch.

The students were a credit to the school, their families and, most importantly, themselves. Their behaviour, attitude and encouragement towards other students was exceptional. We look forward to many more excursions like this one with the same positive outcome. Outdoor Education builds character, leaders and mental toughness. We encourage all students to jump on board and give Outdoor Education a go.

Miss Emily Sharp | Health and Physical Education Teacher



HASS



Wrap like an Ancient Egyptian Mummy!

Year 7 HASS were given a roll of toilet paper and 10 minutes to create the perfectly wrapped mummy! Students were put into groups and they had to choose their victim to mummify! It was impressive to see everyone participate and take the activity so seriously. The wrapping techniques used to wrap the mummies was excellent (the best quality I have seen in the years I have conducted this activity) and it was very hard to choose a winner. The 7.6 Mummy Champions were Kaleb Rummer, Justin Magdaong and Tyzson Hayward. Well done boys!

Mrs Alison Flockhart | HASS Teacher

Eat like an Ancient Egyptian!

Year 7 HASS class experienced what it would have been like to eat and drink like an Ancient Egyptian peasant and pharaoh. It was a great way for students to put their knowledge to the test and try different types of food for the first time! Most students agreed eating like a pharaoh was much more enjoyable!

Mrs Alison Flockhart | HASS Teacher





HASS

Year 8 Penguin Island Excursions

Our annual Year 8 cross-curricular excursion to Penguin Island is organised by the HASS Department in partnership with our Science Department. The event enables all Year 8 students to learn about and explore key concepts from Geography and Environmental Science in one of the most spectacular outdoor classrooms in the world. All of the experiences connect back to learning within their classrooms at school.

Mrs Alison Flockhart | HASS Teacher

The Year 8 excursion to Penguin Island was a great day learning outdoors. The weather was fantastic and our teachers had prepared a range of great lessons on the beach and on the island. We learnt about Geography and Environmental Science as well as participated in team building activities. It was amazing to be out with our friends and the cute little penguins. Thank you to Mrs Flockhart and the HASS teachers who organised the day!

Sasha Pugh | Year 12 Student



HASS



Year 9 Humanities and Social Sciences, Civics and Citizenship

Our Year 9 Civics classes were treated to a wonderful presentation by Year 11 student, Justin Alford, about how they can engage with decision makers in their local area and across Western Australia. Justin is a WA Youth Parliamentarian and an intern with our local member of parliament, Reece Whitby (MLA). His passion for politics and drive to make a positive difference in his community has been recognised by federal politicians and our premier, Mark McGowan. His engaging presentation inspired Year 9 students to get involved in our community and taught them the subtle art of activism and petition writing. Year 9 students are currently studying Australia's government systems with a focus on elections and the role of political parties in our representative democracy.

Mr Tim Hill | HASS Teacher



Year 9 World War 1 Incursion

This semester our Year 9 students have been learning about the experiences of Australians in World War 1. As part of our examination of the experiences of our ANZAC soldiers we were fortunate to host a mobile war museum owned by Mr Phil Sullivan. The exhibition showcased the tools, weapons, photos and a rich selection of memorabilia from Egypt to Gallipoli and the Western Front. Students were delighted by the opportunity to see the exhibition and imagine what it would have been like for those involved.

Stefan Botha | HASS Teacher



The WW1 exhibition was an awesome way for us to discover how the ANZACs lived and fought during WW1. We looked at hundreds of pictures of ANZACs and saw the many ways they died, although some were fortunate to return home safely. We saw a life sized light horseman and his horse. It was great to get out of the classroom and walk around and to experience history first hand.

Dominik Ellem | Year 9 Student

HASS

Year 9 HASS

At the end of Term 1, the Year 9 HASS students took the time to reflect on what they had learned from their recently completed Gallipoli campaign inquiry task and created a poppy wall to symbolise the significance of the event. Thoughtful and evidence-based reflections were created in this process.

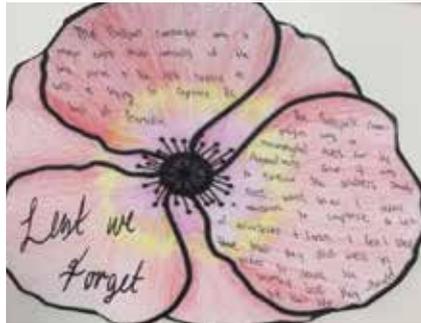
Amy Brown | HASS Teacher



Year 11 ATAR Geography Excursion

On the 28th of March, the Year 11 Geography class went on an excursion to Mundaring. In this excursion we studied the patterns of bushfires and how wildfires begin. The class was taught by Quintin, a bushfires expert, who taught us about bushfire prevention strategies and how to ensure safety from a wildfire, through the use of activities. The excursion was useful for our bushfire inquiry studies as we got to do a practical element (leaf litter, canopy cover etc.) The class enjoyed our experience in Mundaring and found it very interesting and informative.

Eve Stewart and Rheanon Douthie | Students



Year 11 ATAR Modern History Excursion

On the 4th of April, the Year 11 ATAR Modern History class went on an excursion to the WA Holocaust Institute in Yokine. It was a memorable experience, as we spoke to the daughter of a holocaust survivor. We learnt of the various ways the traumatic period affected individuals, along with all of the evidence and facts of these consequences. The institute contained a plethora of artefacts and photographs from the 1930s-1940s, which helped to understand the living conditions of that period. Overall, it will be a valuable experience that we will never forget.

Daniele Parker | Year 11 Student



Mock Trials

The two Baldivis Secondary College Mock Trials Competition teams competed on Thursday 9th May against Perth Modern School and Newman College. Team 1 were successful in winning their legal defence case against Perth Modern School, and the judge made a special commendation to one particular student's performance. Although both teams did not win on points, the judges offered much praise on their opening and closing statements. Round 3 will be held towards the end of this term.

Ms Amy Brown | HASS Teacher



Year 7 Indigenous History Excursion at the Baldivis Children's Forest

The Year 7 Indigenous History Excursion enables all Year 7 students to learn about the ancient history of the Baldivis area. Noongar Elders and Educators come along to share their stories and perspectives, as well as teach young people about culture and beliefs of Noongar people.

Jo Franc | HASS Teacher



The Noongar History excursion to Baldivis Children's Forest is a great way for our Year 7's to learn about our local history. As a young Noongar leader in Baldivis I was excited to be a part of this day and to share my perspectives as a mentor and student. The Elders always make everyone feel welcome and that this 'Country' is a part of all of us.

Tameika Lusted | Year 9 Student



Music

Term 2 is off to a great start in the Music Department! All of our ensembles are back rehearsing and there has been some great work happening in the instrumental lessons.

The Concert Band has been fortunate to work closely with one of Western Australia's most talented musical directors and music educators, Mr Dale Pointon. Mr Dale Pointon has achieved great success with instrumental ensembles from across the genres, including community brass bands, wind ensembles and symphony orchestras. He is the director of the Western Australian Academy of Performing Arts (WAAPA) Symphonic Wind Ensemble and adjudicates many Western Australian festivals and eisteddfods. Mr Dale Pointon hopes to visit again throughout this year and is excited to see the band progress.

Invitations have been sent to the local primary schools and Ridgeview Secondary College inviting any music students that play a suitable instrument to join our Concert Band. If you know of a student learning an instrument who would like to join our Concert Band please have their parent or guardian get in touch with Miss Barrett either by email (pamela.barrett2@education.wa.edu.au) or by phoning the College.

Thank you to Donnah Knight, Nikisha Emms, Nicola Ellis, Caitlin Waters, Kyra Clegg, Jasper Willans and Jerome Dueman who volunteered to perform at the assemblies last week. These students did a fantastic job and worked really hard to prepare their pieces. Performing at assemblies and lunchtime concerts contribute to a the 'Ensembles & Extensions' mark. For more information see the BSC Music Handbook.

The Year 11 and 12 Certificate in Music Industry students have been preparing for upcoming ensemble performances so check out the College's Facebook page. These guys have been working really hard and producing some fantastic work!

Miss Barrett | Music Teacher





Alice

Over the last three months our Drama Club students have been working very hard on rehearsing for their debut show, Alice. Students were invited to audition at the end of Term 4 in 2018. Rehearsals officially began in Term 1, 2019.

Students had to spend time out of school rehearsing and learning lines as well as helping make various props and costumes. The whole Arts Department were also involved in creating set and props. A big shout out to Ms Svendsen who made some of the incredible costumes as well as Ms Sheldon who organised themed catering for the event.

I am so incredibly proud of the hard work and dedication all students displayed throughout the process. We have some amazing talent in our College and all those involved should be delighted with what they produced.

Thank you to the wonderful community of parents, family and friends who came to support the event, we look forward to showing you more in the future!

Mrs Botha | Drama Specialist Teacher



Women's Leadership & Mentoring Workshop



During weeks six, seven and eight, Year 10 girls had the opportunity to go to a workshop for young women. Teaching us the different styles of leadership, ways to improve our leadership and how to look and act in a presentable manner on our online professional platforms. The first workshop was all about styles of leadership as well as learning how to manage our time efficiently. Using many different techniques, we created our 24-hour clock of what a school day would look like. Half-way through our session mentors came in. We had a working lunch and introduced ourselves once more. In the last hour of the first workshop we partook in some activities with our groups explaining how different situations require one or more types of leadership roles.

During the second workshop, we focused on ways to improve our leadership as a group and our "power stance". This stance is to help us look and feel more confident when we are presenting ourselves in front of a group of people. The mentors gave us a variety of ways to improve our leadership skills and capabilities. Towards the end of the session, we worked as a group to develop habits of a string leader.

In the final session we started working on what our strengths and weaknesses are, what we don't like and aren't good at, what we like but aren't good at, what we don't like but are good at and what we like, and we are good at. We shared ways that we could improve our mindset towards tasks that we're not fond of, the group had many great ideas that can be used in our everyday lives. Just before the mentors came in for the final time, we worked on our CV and our professional online profile which is LinkedIn. While the mentors were in, we were talking about how they found the workplace and how they got to where they were in their careers.



For the last thirty minutes, we had a 'Lean In Circles', where the students and mentors asked questions about what we had learnt over the three sessions. With the mentors asking us primarily what we wanted to do in Years 11 and 12, as well as what we wanted to do once we graduate. Many of the students asked how they felt about where they are in their careers, and if they had the chance, would they change anything that has happened to them.

Overall, the Leadership & Mentoring workshop was a great opportunity. We were able to learn about ourselves and had the opportunity to meet other people from different schools and the mentors from IAG. Ms Carmody and the eight students would like to thank Jane from ABCN for having us at the workshop and for letting us join the experience.

Bella McLean | Year 10 Student



GRIP Leadership



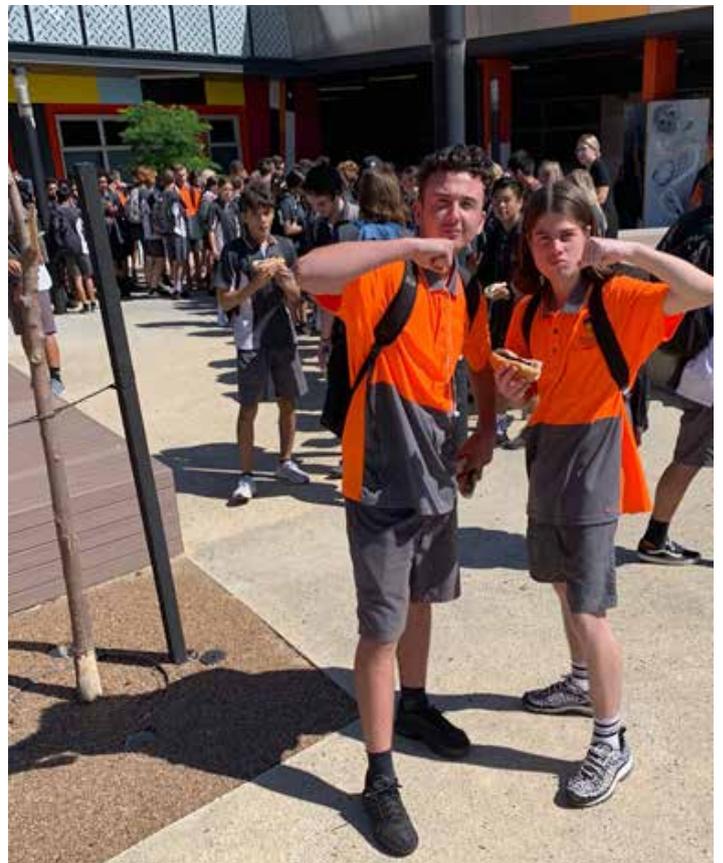
On March 26, the student leaders attended an excursion to the Perth Convention Centre for the GRIP Leadership Conference. We learnt many valuable things such as how to be a great leader, what makes a great leader and what it means to be a leader. We are excited to use these skills in our everyday life. We all had a fun time learning and meeting new leaders from other schools.

Ella Graham | Student

Year 11 Leadership

Last term the Year 11 Student Leader cohort made a collective decision to solely focus on the togetherness of our year group as a whole. With some help from Mr Sharma and perhaps a stolen line from Perth Wildcats, we decided on 'Together as One' to celebrate the occasion. It was a hot Wednesday afternoon and we had 300 sausages cooking on the barbeque and Brooke, Ella, Phoebe and myself manning the grill while Kobi and Eve were on the bun station. We definitely under estimated the cooking time as 40 minutes into period four we only had about half of the sausages done. Luckily, we had some help from the food tech classrooms who helped us get the job done! What was a highly anticipated day turned out to be highly enjoyed by everyone. All the other year groups were standing around drooling but with so many sausages and buns left over, a few students were lucky enough to get some of their own. This single lunch time activity was just the start to our plans for the year. All we can say is the Year 11's have a lot to look forward too. Hope you all enjoyed your Chupa-Chups.

Alyssa Smogavec | Year 11 Student
and Shane Sharma | Year 11 Coordinator



Year 10 Murdoch University Visit



Year 10 students went to Murdoch University. They learnt the different pathways to becoming a University student. The mini lesson in Microbiology was interesting, students put microscopes on their phones and looked at different slides also constructing a body with bones was fun.

To finish off they had a talk about Chiropractic Studies, went to the IT tent and relaxed on the beanbags.

Mrs Tracy Gschwendtner | Community Liaison Officer



Year 10 Parent Information Evening



On May 15 over 200 people arrived for the Year 10 Parent Information Evening held in the library. There was standing room only as Senior School Manager, Sarah Smith and VET Work Place Manager, Tania Byrnes informed parents of the Senior School Pathways available to Year 10 students who will be Year 12s in 2021. Parents were advised of the three pathways available, these are ATAR, General or Vocational Industry Pathways (VIP) in Year 11 and Year 12.

Year 10 students have begun choosing pathways, with first round of applications for VIP well underway. Students choosing ATAR or General Pathways will begin course counselling with Course Advisors in Week 7, June 10 and June 11.

Parents and guardians are encouraged to contact Tutorial teachers if they require more information.

Mrs Sarah Smith | Senior School Manager

Yr 10 Excursion to ABCN Future Thinker's Workshop



I had the great pleasure of escorting 16 of our finest Yr 10 students to Perth on April 10. The students were partnered with staff mentors from Ernst & Young, working to solve real-life school based issues. They were split into groups, to consider problems such as “Year 7 Transition into High School, Litter at School, How might we Improve Student Attendance Rates and Bullying in Schools.” The students were able to work through a solutions-focused exercise in which they were able to contribute using their own knowledge and build 21st century skills such as inquiry, planning, collaboration, organisation and humour. In fact, so good were these solutions that the students presented their findings to Mr Svendsen upon their return to school. I was so impressed with the presentation, skills and attitudes of these young thinkers!

Sarah Smith | Senior School Manager
Cathy Coleman | WPL Support Officer

VET and General Students visit to ECU

A visit to Edith Cowan University one bright sunny day for some Year 11 and 12 students was a day of immersion and exposure to some extra learning for our ambitious students. The students were excited to arrive and tour the Joondalup Campus, enjoying some free Boost Juice and the range of food choices available at the beautiful campus. Two university lecturers presented customised lectures for the students; one on criminology and analysing real life crime scenes and the other on Australian Securities – How to become a spy! For some students, it was their first taste of university life and they loved it! Keep an eye out for future University tours coming up throughout the year!



Sarah Smith | Senior School Manager
Lynn Ruiz Calero | Senior School Support Officer



Difference Makers



Late last year we established a group of students called Difference Makers; these students are current leaders and future leaders in our College. Students were really keen to make a difference in the Baldivis Community.

Volunteering opportunities have been organised and will take place at the Mary Davies Library and Spires Church Playgroup. Next week some students will be visiting Rivergums Primary School and reading to Year 2 students.

This program builds confidence, self-esteem and self-worth in our students. Students also have the opportunity to make connections in the community.

Tracy Gschwendtner | Community Liaison Officer



Stress In Teenagers

Stress in teenagers – and anyone – can be unpleasant, but it’s not necessarily a bad thing.

Stress is the way your body responds to challenges and gets you ready to face them with attention, energy and strength. When you feel you can cope with these challenges, stress gets you ready for action and gives you the motivation to get things done.

Everyone experiences stress. There’s nothing wrong with your teenage child if they are stressed. But stress can cause problems when it goes on for too long, or your child has more stress than they can cope with.

For information on how you can support your child, please visit the below websites or contact a Community Health Nurse on 9523 3600.

Raising Children Network:

<https://raisingchildren.net.au/teens/mental-health-physical-health/stress-anxiety-depression/stress-in-teens>

Headspace:

<https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

Reachout:

<https://ie.reachout.com/parents/mental-health-problems/stress/helping-your-son-or-daughter-to-manage-stress/>



Family and Relationship Services

Workshops

Term Two 2019

Parenting Early Teens:

For parents & carers of children aged 10 - 15 years.

Join us and other parents in a relaxed environment where we can talk all things parenting! This free 5 week parenting program aims to support you and your family with practical skills and strategies in caring for your teen. We will cover topics such as managing your teens behaviour, strengthening your bond with your teen & having how to implement boundaries as your child grows in to a stage on independence. Free lunch provided from 12.30pm.

Facilitator: Romy Pritchard **Dates:** Mondays 27th May, 10th, 24th June & 1st July **Crèche:** Crèche available
Venue: Communicare Office, 5 Robinson Road, Rockingham **Time:** 10.00am-1.00pm **Bookings:** 9251 5777
parenting@communicare.org.au

The 5 Love Languages of Children:

For parents & carers of children aged 0 - 12 years

Each child expresses and receives love through one of 5 different communication styles. This introductory course assists parents and caregivers to discover their child’s primary language and provides skills in conveying unconditional feelings of respect and affection. Free lunch provided from 12.30pm.
Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

Facilitator: Romy Pritchard **Dates:** Tuesday 4th June **Crèche:** Crèche available
Venue: Communicare Office, 5 Robinson Road, Rockingham **Time:** 10.00am-1.00pm **Bookings:** 9251 5777
parenting@communicare.org.au

Supporting 4-6 year olds:

For parents & carers of children aged 4 - 6 years.

Children between the ages of four and six are generally enthusiastic, energetic & eager to learn more about the world. Parents and caregivers can however find this level of enthusiasm to be challenging. This introductory course provides parents and caregivers an insight into the developmental tasks of middle childhood and provides simple strategies to enable parents to guide their child through these stages safely. Free lunch provided from 12.30pm.

Facilitator: Romy Pritchard **Dates:** Tuesday 11th June **Crèche:** Crèche available
Venue: Communicare Office, 5 Robinson Road, Rockingham **Time:** 9.30am – 11.30am **Bookings:** 9251 5777
parenting@communicare.org.au



FAMILY AND RELATIONSHIP SERVICES
A 28 Cecil Avenue, Cannington WA 6107 | T 9525 5777
E parenting@communicare.org.au | W communicate.org.au



Family and Relationship Services

Workshops

Term Two 2019

Kids & Technology:

For parents & carers of children aged 4 - 12 years.

This program talks about the impact of technology on children and how we can put boundaries in place to manage screen time. This introductory program will also include cyber safety and cyber bullying. Free lunch provided from 12.30pm.

Facilitator: Zoe Hughes **Dates:** Tuesday 18th June **Crèche:** Crèche available
Venue: Communicare Office, 5 Robinson Road, Rockingham **Time:** 10.00am-1.00pm **Bookings:** 9251 5777
parenting@communicare.org.au

Teen Mental Health:

For parents & carers of children aged 10 - 17 years.

Your teenage child needs good mental health to develop in a healthy way, build strong relationships & deal with challenges. This introductory program will help parents better support their teens mental health as well as identify the signs of mental health illnesses and how to seek the appropriate support. Free lunch provided from 12.30pm.

Facilitator: Romy Pritchard **Dates:** Tuesday 25th June **Crèche:** Crèche available
Venue: Communicare Office, 5 Robinson Road, Rockingham **Time:** 10.00am-1.00pm **Bookings:** 9251 5777
parenting@communicare.org.au

Self-care for Parents:

For all parents & carers!

As parents & carers we often forget to look after ourselves, but how can we pour from an empty cup? This workshop is a bit of a pamper for parents & carers as we talk about the importance & benefit of self-care and learn some mindfulness & progressive muscle relaxation as well as a bit of a massage! Free lunch provided from 12.30pm.

Facilitator: Romy Pritchard **Dates:** Tuesday 2nd July **Crèche:** Crèche available
Venue: Communicare Office, 5 Robinson Road, Rockingham **Time:** 10.00am-1.00pm **Bookings:** 9251 5777
parenting@communicare.org.au



FAMILY AND RELATIONSHIP SERVICES
A 28 Cecil Avenue, Cannington WA 6107 | T 9525 5777
E parenting@communicare.org.au | W communicate.org.au

You are invited to



Baldivis
Secondary College

Parent Coffee Club

Come along for a coffee.
Meet some teachers and parents.

**12 June, 5 August,
2 September**

8.50am - 9.50am

Meet at College administration



2019 July School Holidays Year 12 ATAR Enrichment Program at UWA

Academic Associates 10 hour ATAR Enrichment Courses are available to Year 12 students wanting to maximise their ATAR exam marks.

**Make Success
a Reality**

Why choose us?

- ✓ You will receive academic extension in your ATAR courses with advanced content insights and practise in higher level exam questions.
- ✓ Academic Associates' teachers are top ATAR subject specialists with proven results in boosting students' marks.
- ✓ Prepare for your exams with an exclusive workbook to help polish your exam performance.
- ✓ Study in a University setting and experience campus life.
- ✓ Learn in a small, interactive class and receive personal feedback to maximise your marks.

Course details: Each subject course is 10 hours, 2 hours per day over 5 days. The complete cost of each subject is \$300 including all materials.

Early Bird Offer

Enrol and pay by Monday June 17, 2019 and receive one FREE ATAR Master Class session valued at \$60.00.

Book online at www.academicgroup.com.au. See instructions below.

Academic Associates and Academic Task Force are part of the Academic Group

2019 JULY UWA ENRICHMENT TIMETABLE

Week 2 School Holidays, Monday 15th July to Friday 19th July 2019

8.30am - 10.30am	10.40am - 12.40pm	1.20pm - 3.20pm	3.30pm - 5.30pm
Economics 12	Chemistry 12	Chemistry 12	Accounting & Finance 12
English 12	English 12	Human Biology 12	Biology 12
Maths Applications 12	Human Biology 12	Literature 12	Chemistry 12
Maths Specialist 12	Maths Methods 12	Maths Applications 12	Geography 12
Phys Ed Studies 12	Modern History 12	Maths Methods 12	Human Biology 12
Politics and Law 12	Psychology 12	Physics 12	Physics 12

Enrolment Terms and Conditions: Please see our website for our policy on payments and refunds.

Other subjects and times may become available, classes may be cancelled or changed depending on demand. See website for any changes.



Enrol online: www.academicgroup.com.au

1. Go to Our Programs – Year 11 & 12
2. Click on Academic Associates Programs (RED)
3. Select the Enrol Today button.

2019 July School Holidays ATAR Revision Program Year 11 & 12



**ACADEMIC
TASK FORCE**
Achieve Success at School



Early Bird Offer: 10% Discount

Enrol early to secure a place!
If you enrol with full payment by
Monday June 17, 2019 you will save 10%!

Please turn over for timetable



Maximise Performance. Achieve Success.



Boost your results.
Since 1986 ACADEMIC TASK FORCE has helped over 100,000 students boost their academic results.



Experienced teachers.
We have a team of highly qualified, experienced teachers to help you maximise your school performance.



Get the ATAR Score you deserve.
Our July Holiday Revision Program motivates, empowers and supports students in achieving success.



Results driven.
In 2018, ACADEMIC TASK FORCE students who used our services achieved: 20 General Exhibitions, 10 Subject Exhibitions, 92 Certificates of Excellence and 421 Certificates of Distinction.

July School Holiday Program

Subject Courses

Each ten hour subject course (two hours a day over 5 days) will consolidate your semester 1 knowledge and give you the best exam preparation.

With our Premium Revision Courses you will:

- ▶ Increase your confidence and maximise your performance
- ▶ Receive expert teaching from subject specialists
- ▶ Revise and enrich your understanding of the course content
- ▶ Receive top tips and strategies to increase your marks in your exams
- ▶ Be provided with a workbook and notes to take home to support your exam revision.



Academic Task Force and Academic Associates are part of the Academic Group



Enrol online:
www.academicgroup.com.au

Call : 9314 9500
learn@academicgroup.com.au

2019 July School Holidays Skills Development Program Year 7 - 10



**ACADEMIC
TASK FORCE**

Achieve Success at School

Early Bird Offer: 10% Discount

Enrol early to secure a place!
If you enrol with full payment by
Monday June 17, 2019 you will save 10%

Please turn over for timetable 

Learn more. Become more.



Boost your results.

Since 1986 ACADEMIC TASK FORCE has helped over 100,000 students boost their academic results.



Reach your true potential.

Our High School Skills Development Program provides quality teaching to help students develop their academic skills, improve their performance and boost their confidence.



Results driven.

In 2018, ACADEMIC TASK FORCE students who used our services achieved: 20 General Exhibitions, 10 Subject Exhibitions, 92 Certificates of Excellence and 421 Certificates of Distinction.



Experienced teachers.

We have a team of highly qualified, experienced teachers to help students maximise their school performance.

July School Holiday Program

- ▶ **Learning Skills:** Build your child's confidence by learning time management, homework strategies, goal setting, learning techniques and many more skills to build their confidence and motivation.
- ▶ **Advanced Maths and Intermediate English:** Recommended for Year 9 and 10 students who would like to extend their understanding in their subjects. Students will review the more difficult components of the course and preview upcoming work. Your child will have ample time to practise with feedback on their work.
- ▶ **Foundation Maths and English:** Recommended for students in Year 7 and 8 who would benefit from revising subject concepts and skills practice to prepare for the new term. Foundation courses will give your child a boost in confidence and will address gaps in understanding. Your child will have ample time to practise with feedback on their work from our qualified teachers.
- ▶ **Essay Writing:** Help your child learn how to write persuasive essays. Your child will practise skills to improve their writing for any subject.

Academic Associates and Academic Task Force are part of the Academic Group

Enrol online:
www.academicgroup.com.au



Call : 9314 9500
learn@academicgroup.com.au