Principal’s Message

The first half of Term 3 appears to have slipped by very quickly as staff and students have settled into a busy and productive work routine. As you can see from this bulletin, there have been a wide range of camps, excursions, competitions and other activities in the past few weeks. We have just completed a very interesting and diverse range of activities to celebrate National Science Week. Among the highlights was an amazing question and answer session conducted by the Dr Chris Smith, host of the BBC series The Naked Scientist. Students also participated in a wide range of exciting hands on activities throughout the week. Congratulations to the Science staff for organising such a great range of high quality and enjoyable activities for staff and students.

We are approaching an exciting phase of the great Applecross SHS Building Program. Work is progressing on the Links Road entrance court, with some giant pieces of modern art being the latest addition. At this point in time the completion of the western side of the H block is expected by October, 2015. The final stage of the project will involve landscaping work along Links Road and the area adjacent to the school oval. This work will continue over January and will hopefully all be finished by the commencement of the new school year. This has been a very complex project due to our ‘co-habitation’ of the school while the work is occurring. I appreciate the great patience and cooperation demonstrated by all members of the school community is putting up with the noise, dust and other inconveniences. Please continue to take great care along Links Road as construction vehicles will continue to make this a very congested area, particularly at drop off and pick up times.

Our Year 12 students are now approaching their last few weeks of formal classes with the vast majority looking forward to their mock exams during the second week of the holidays. University bound students are able to access their predicted ATAR score through the Year 11-12 Program Manager, Mr Coppard, the Year 10-12 Head of Student Services (Ms Walker) or the Deputy Principal (Mr Lilleyman). The ATAR predictor is designed to provide students with a sense of their current achievement and to assist in setting goals for the remainder of the year. To assist students with this, the school, has organised a wide range of after school revision workshops for students. The results forecast by the ATAR predictor are predictions only. Final student scores and ATARs will vary as a result of the moderation of school-based marks, scaling of individual subjects, the overall nature of the state-wide Year 12 cohort in any given year, and most importantly, the individual student’s performance in the WACE exam.

Year 12 students will also need to submit applications for university and Training WA in the near future. Information will be provided to students on how to do this. Staff at the school are happy to provide assistance with this very important task. Feel free to contact us if you have questions or require assistance as we will be very happy to work with you to ensure your questions are answered and any concerns are addressed.

Year 10 students will soon commence exams in English, Mathematics, Science and Humanities and Social Sciences. The purpose of the exams is to introduce students to exam techniques and procedures expected of upper school courses, and to provide an additional assessment item that informs us of students’ progress and their ability to undertake their chosen courses for Year 11. The exams are valuable for both the students and the Year 10 counselling team. Year 10 students are expected to attend school as normal during the exam period. Any questions about the exams should be referred to Ms Walker.

We wish all of our students the best with their exams.

Mr Paul Leech - Principal
### Deputy & Staff News

**2016 Timetable**

Work is well underway for our 2016 timetable which is a complex process that involves several phases. We will not inform students of their allocated courses until we are confident that everything is in place to allow planned courses to run next year. The Year 12 timetable is the most straightforward and will be completed first. It is anticipated that Year 11 students will be given a list of their courses for checking, sometime in the next few weeks. The majority of students will continue with the same courses they studied in Year 11 but some may want to make changes. It is important that any changes are made as soon as possible as class sizes may limit changes later in the year. It is only ever possible to make changes where class sizes permit. Any Year 11 student who is thinking of making a change for 2016 should discuss this with Mr Lilleyman.

Year 10s will also receive their allocated Year 11 courses for checking this term. It is always the case that some students’ choices do not fit the grid and those students will be invited to make a re-selection. It is anticipated that these students will be informed in the next few weeks. The majority of Year 10 students will be pleased to know that their first six course choices can be provided. Only students who need to make a re-selection will be receiving information about their courses this term. All other Year 10 students will receive their course information next term when information about payment of fees and charges is distributed. Students in Years 7-9 will also receive information about their courses for 2016 next term.

Mr Rex Lillyman – Deputy Principal

**Celebrating Our Staff**

Applecross Senior High School is proud of its staff compliment and the fact that there are staff who have been teaching at the school for many years. We will be paying tribute to these long-serving staff members in this and future editions of the Parent Bulletin. In this edition we find out more about:

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**FULL NAME: FRANCES LEAH VAN OYEN**

**How many years have you been teaching at Applecross SHS?**

29

**Position at school and teaching Area:**

Teacher-in-Charge of Business & IT

**Interests and Hobbies:**

Tai Chi, reading, travelling

**What makes Applecross SHS so great?**

Applecross SHS has a real sense of ‘community’. There is a certain pride to saying “I’m a student/ex-student/teacher at Applecross SHS”. It never ceases to amaze me that when I bump into ex-students how fondly they remember their school days here.

**What changes have you noticed of the last 29 years?**

The biggest changes have been in the use of information technology. When I first arrived at the school I taught a subject called Typing and Business Communication on (for those days) high end electronic typewriters. Over the years my department has progressed through almost every generation of computing technology. I have also seen a dramatic decline in the amount of paper used. Where possible student work is now created, delivered and stored electronically.
Year 7 Update - BYOD

The Year 7 students are most excited about using their new BYOD devices at school. To assist them with managing and using these to their potential, Ms Lewis, the ICT Co-ordinator, ran sessions for all students during their MAP lessons.

Students were provided with a handout giving them details for using their school email and Connect. Connect is a platform for teachers and students to interact. Teachers often put resources and work on Connect so that students who are absent from school can still keep up with their work. How to access on-line resources was also covered, and the validity of some of these resources.

During this semester, students will be using their computers to make mini-movies in the MAP classes, including editing, graphics, etc. We look forward to seeing the final productions early next term.

Year 8 Personal Best Session

Meanwhile, the Year 8 students had their second Personal Best session, this time on Protective Behaviours, conducted by Protective Behaviours WA (www.protectivebehaviourswa.org.au).

Students were quite amazed to discover that the majority of sexual assaults on young people are perpetrated by someone who knows their victim, and that young people were likely to not report to an adult that something had happened to them. It was reinforced that they are in charge of their bodies and what happens to them and that these types of incidence are never the child's fault.

As a follow up in Care Group, students were asked to identify 5 significant others who they could trust – people who they could turn to if they are in trouble. It was emphasised that there needed to be at least one adult on that list. Parents, you might want to have this discussion with your child.

As always, we would appreciate parent feedback on the programs that we run.

Ms Jan Michell – Year 7 & 8 Program Co-ordinator
Health Centre News

Spine Check
The National Self-detection Program for scoliosis (NSDP) – 2015 reminds us that July/August are the months when it is recommended that girls in Years 7 and 9 participate in the NSDP by downloading the Self-Detection Brochure for Scoliosis. The brochure can be accessed directly via a link on the Scoliosis Australia home page www.scoliosis-australia.org. Parents can download a scoliosis self-detection brochure from this link.

Scoliosis (spinal curvature) is an important health problem for adolescent girls and 25 per thousand are at risk of developing a significant spinal curve. Three girls per thousand require active treatment (a spinal brace or surgery). In the early stages the condition is most often asymptomatic so screening in the age range 11-13 years is a sound preventative health measure.

Vision Check
Vision disorders can markedly affect academic performance, especially for those children who are struggling to learn. It is recommended that parents take their child to have their eyes examined regularly during their school years, particularly if they have learning difficulties.

School Dental Services
The School Dental Service is a free, public, dental health program available to all children of eligible age, 5 years old and up to the end of Year 11 or 17 years of age whichever comes first. In remote areas, Year 12 students are eligible for the service. The service is funded by the Department of Health.

If your child is already enrolled, you can continue to go to the same centre you attended in primary school or you can contact a new centre that is more convenient. Please advise the Dental Therapy Centre if you have changed your address so you can be posted a recall appointment.

To find out where the local School Dental Service is located, call 9313 9555 or visit http://www.dental.wa.gov.au/. Students in Year 12 and 17 year olds with a health care card are eligible for general dental care at a Public Dental Clinic.

An after-hours emergency service operates 7 days a week between the hours of 6.30pm-08.00am and can be reached on 93253452. This service is only to be used for immediate and urgent dental treatment.

Raising Children Network
Children are as individual and as different as their parents and making decisions about what’s best for raising children is very personal.

The Raising Children website offers up-to-date, research-based material on more than 800 topics spanning child development, behaviour, health, nutrition and fitness, play and learning, connecting and communicating, school and education, entertainment and technology, sleep and safety.

It covers grown-ups, newborns (0-3 months), babies (3-12 months), toddlers (1-3 years), pre-schoolers (3-5 years), school-age children (5-9 years), pre-teens (9-11 years), and early teens (12-15 years).

There are tips, videos and other useful resources.

The Raising Children Network provides information that can help parents with the day-to-day decisions to do with raising children. It also provides information to help parents and carers look after their own needs. The information is based on the best science in parenting, child health and development, presented in language we can all understand.

This is a website for Australian mothers, fathers, grandparents and anyone else who has responsibility for the care of children. www.raisingchildren.com.au

Ms Deb Kitak - School Nurse
Diabetes No Barrier for Shannon

Shannon Doody (17), one of our Year 12 students recently appeared in an article in the Melville Times due to her determination not to let Type 1 diabetes stop her from achieving her goals.

Shannon developed Type 1 diabetes when she was 11 years old and has to endure four injections a day and also pricks her finger five times a day to monitor her blood sugar levels, a regime she will have to continue for the rest of her life.

Despite Shannon being a diabetic, School Nurse Deb Kitak reports that Shannon is never seen in the Health Centre and manages her diabetes very well. Shannon’s story should be an inspiration to other diabetic students and she is a good role model to all.

Over the years Shannon has worked really hard to raise over $50 000 for the Juvenile Diabetes Research Foundation.

Shannon has a passion for swimming and was very excited to have been selected to represent WA in the School Sports Pan Pacific Games to be held in Adelaide in November.

As quoted in the Melville Times, Shannon said “It is difficult and frustrating at times to swim competitively due to the fact that when you are having a low (below 4 sugar level), and it is dangerous to do physical exercise”.

Applecross Senior High School is very proud of Shannon and her determination to ACHIEVE against all odds and congratulates her on her achievement and support given to the Juvenile Diabetes Research Foundation. Each year Shannon’s goal is to raise $10 000 for the Walk for a Cure.

Well done Shannon. You go girl!

To read more about Shannon’s story go to https://jdrf-walk-wa-2015.everydayhero.com/au/shannon
Year 10 Wood Work Winners

The “Out of the Woods” competition was held recently as part of the annual wood show at Claremont showgrounds. Many schools participate in the student categories of this competition.

Work created by Applecross SHS students was entered for the first time with great success. Maya Alvarez Zamarca was awarded 1st place in the Year 10 category, whilst Tansy Howells-Lorrimar, Phoebe Ingleson and Tom Howden all received a Highly Commended award.

The work of all our students who entered the competition was of an excellent standard, and they have a right to be extremely proud of what they’ve achieved.

Mr Simon Wende – Design & Technology
Advertising Winners

As part of their advertising unit in Term 3, Miss van Oyen’s Year 10 Academic Extension class was asked to create an advertisement for a Western Australian company that is well known. Companies such as RAC, Sizzler, the Water Corporation and Project Numbat put forward specific criteria to be addressed, but allowed for students to put their own creative flair into the project.

Each of Miss van Oyen’s students had their entry submitted in the West Australian Newspaper’s ‘Design-An–Ad’ competition, and of the 2,500 entries from across the State, four were awarded top prizes.

Holly Hayne, Nooshon Kelishadi, Fienne Sime, and Chelsea Tho each received a cheque for $100 and may well be selected to have their entry published in the West Australian in the near future. The girls should be congratulated on their efforts – the advertisements produced were all of an excellent standard and reflect highly on the amazing skills of Applecross students. Miss van Oyen’s support for this project should also be recognised.
english cont.... & ICT

Year Twelve Authorial Visit

Ms Sue MacDonald's Year 12 English class has been studying the newly released novel *Wrath* as part of their course of study.

The novel was written by Anne Davies, an ex-teacher from the Applecross English Department, and explores the life of a young man who makes a terrible mistake when he is angry and has to learn how to come to terms with what he has done and how it impacts on his life and that of his family.

Mrs Davies was invited to come and speak personally to the students, who prepared questions about the text and the writing process in advance of her visit. The students were very mature in their response to their visitor and they learned a lot about the difficulties of creative writing during Ms Davies' presentation. It was stimulating and effective interaction that was really worthwhile.

Ms Veronica Lake - HOLA English

CoderDojo Network

Applecross SHS has joined the CoderDojo network.

Our club runs on Friday afternoons from 2.50-4.20pm and students from Year 7 - 12 are welcome to join at any time. Students are learning the basics of coding and will have opportunities to create apps, websites and games with guidance. Students with coding experience are invited to join in as well as their expertise will be recognised and they will be able to mentor other students.

Parents are welcome to contact Mrs Lewis at deirdre.lewis@education.wa.edu.au for further information or have a look on the CoderDojo WA website http://www.coderdojowa.org.au/

Ms Deirdre Lewis – ICT Coordinator
Coeliac Disease and Wheat Gluten Research

The Science department has been working closely with Professor Rudi Appels and a group of four dedicated Year 11 students to research the causes of coeliac disease. The students (Emma Mezger, Sarah Boon, Kaleigh Spithoven and Woo-Kyoung Kim) have analysed a number of flour samples by extraction with 60% ethanol and then using a centrifuge to separate the insoluble portion of the sample form the supernatant which contains the soluble proteins responsible for the coeliac response. The supernatant was then placed in a mass spectrometer to analyse the proteins according to their mass.

The proteins known to cause coeliac are called gliadins and are readily identifiable. As expected the wheat flour analysed was found to contain these proteins whereas the rice flour and gluten free flour did not. The girls then decided that they wanted to find out if the method of preparation of baked wheat products could alter the protein content of the products. So the students prepared some homemade sourdough that was risen by naturally occurring yeast from the air that was allowed to grow for a number days. They also analysed some commercially prepared sour dough and some commercially produced conventional bread.

Analysing the bread required the students to freeze dry the bread in liquid nitrogen to allow it to be ground into a fine powder first. The girls really enjoyed this stage of the process and each took a turn with the freezing and grinding the bread samples.

Initial results indicate that the sour dough process may indeed alter the protein structure and that there may be enough evidence to promote further research. The girls will continue with the project and present their findings at an international conference to be held at Murdoch University in September.

This is an exciting project that could have some important implications for coeliac sufferers and bread manufacturers alike.

Ms Aniela Wooldridge - Science Department
Science Week 17 - 21 August

The Science Department celebrated Science Week from 17 - 21 August. The theme this year was **LIGHT** and the following exciting activities took place:

- Daily Care Group competitions
- Year 11 & 12s were invited to a Q/A with the naked scientist
- Year 7 Science class incursion by Animal Ark
- Year 9’s made stained glass
- Year 10 Science classes were visited by the Police who used radar guns to see how fast they could run on the oval (rain dampened this activity!)
- Cartooning techniques were demonstrated by cartoonist Mick Nicolas
- Year group paper plane competitions
- Marshmallow bridge building competition for staff.

![Image of students with snakes during Science Week activities]
Applecross Cleans up in National Vocational Awards!

Congratulations to Hasib Sufizada and Jessica Rubery (pictured below, left), graduates from 2014 who have been announced winners of the 2014 Australian Vocational Prize. Up to 500 students are awarded $1,000 in prize money and are recognised as one of Australia's top vocational students.

In addition, Hasib has also been awarded the Australian Award for Skills Excellence in School in the Transport and Logistics Category. Up to 20 AVSP winners are eligible nationally for the Australian Award for Skills Excellence in School.

The Australian Vocational Student Prize (AVSP) recognises outstanding Year 12 students who have demonstrated exceptional skill, commitment and achievement while undertaking a Vocational Education and Training (VET) in Schools as part of their senior secondary studies.

Schools nominate students from those who chose to do practical, vocational training while completing their senior secondary studies. Both Hasib and Jessica were outstanding Vocational students whilst at school.

What set these students apart was their impeccable time management, work ethic and self-driven natures. Both of these students faced challenges that would have deterred others, but showed self-discipline and resilience and the ability to overcome obstacles. The personal calibre of Hasib and Jessica is a testimony to their parents and they are both very deserving of the awards they have received.

Applecross SHS is proud to have been part of the journey of these two students and we wish them much success in their future endeavours.


Murdoch University Portfolio Entries open

Murdoch University's Media Portfolio Award entry pathway is for creative students who wish to enrol in an Arts course based on their motivation and potential for creative aptitude. You will be assessed by the Academic Chair for your desired course based on your creative portfolio. Your ATAR results will not be used to determine your formal admission to Murdoch.

A student can apply for portfolio entry mid-year during year 12 – even before TISC applications are open - all the way up to the week before University starts in February. Students can find out soon after application if they have been provisionally accepted to the course, taking some of the pressure off the final exam process. Portfolio entries are accepted for the following courses:

- English and Creative Writing
- Games Art and Design
- Graphic Design
- Journalism
- Photography
- Public Relations
- Radio
- Screen Production
- Sound
- Theatre and Drama Studies
- Web Communication

Murdoch Course Books are available free in the N Block just inside near N101.

Find out more here: [http://portfolio.murdoch.edu.au/](http://portfolio.murdoch.edu.au/)

Ms Julie Reed - VET Coordinator
VET Students - Work Experience

Benefits of work experience:
• Work experience helps students develop knowledge and job skills
• Employers prefer students with work experience not just academic qualifications.
• Helps students develop maturity and self confidence
• Students see first-hand what happens in a typical day on the job.
• Students get a realistic idea of the positive and negative parts of a job
• Helps students make a more informed career choices.
• Students can start building a network of contacts in an industry they enjoy
• Students learn about related jobs in the same field which helps with career planning.
### 2015 WA Team Representation

During 2015 School Sport WA Inc. has advised the School that the following students have been selected to represent Western Australia in various teams:

<table>
<thead>
<tr>
<th>Name</th>
<th>Team Represented</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oliver Stenning (Year 12)</td>
<td>State Triathlon Team</td>
<td>26 – 30 April</td>
<td>Penrith, NSW</td>
</tr>
<tr>
<td>Gurkawal Bajaj (Year 11)</td>
<td>State Pizzey Cup Tennis Team</td>
<td>2 – 10 May</td>
<td>Hobart, Tasmania</td>
</tr>
<tr>
<td>Hayley O’Donnell (Year 9)</td>
<td>State Pizzey Cup Tennis Team</td>
<td>2 – 10 May</td>
<td>Hobart, Tasmania</td>
</tr>
<tr>
<td>Lachlan Napier (Year 12)</td>
<td>State Pizzey Cup Tennis Team</td>
<td>2 – 10 May</td>
<td>Hobart, Tasmania</td>
</tr>
<tr>
<td>Sam Alexander (Year 11)</td>
<td>State Pizzey Cup Tennis Team</td>
<td>2 – 10 May</td>
<td>Hobart, Tasmania</td>
</tr>
<tr>
<td>Tsige Lacey (Year 9)</td>
<td>State Pizzey Cup Tennis Team</td>
<td>2 – 10 May</td>
<td>Hobart, Tasmania</td>
</tr>
<tr>
<td>Malachy Davies (Year 7)</td>
<td>WA Cross Country team</td>
<td>27 – 31 August</td>
<td>Melbourne</td>
</tr>
<tr>
<td>Madeleine Yeats (Year 7)</td>
<td>WA 12s Tennis Team</td>
<td>16 – 25 October</td>
<td>Hobart</td>
</tr>
<tr>
<td>Skye Royall (Year 7)</td>
<td>WA 12s Tennis Team</td>
<td>16 – 25 October</td>
<td>Hobart, Tasmania</td>
</tr>
<tr>
<td>Nadia Glogowski-Watson (Year 9)</td>
<td>WA Referee for 2015 State Netball Championships</td>
<td>29 August – 4 September</td>
<td>Perth</td>
</tr>
<tr>
<td>Shannon Doody (Year 12)</td>
<td>WA Swimming Team</td>
<td>20 – 27 November</td>
<td>Adelaide</td>
</tr>
<tr>
<td>Logan McIsaac (Year 12)</td>
<td>WA Soccer 19s and Under</td>
<td>20 – 29 November</td>
<td>Adelaide</td>
</tr>
</tbody>
</table>

Congratulations to all these students!
Year 8 Lightning Carnival – Girls Soccer

On a day designed for sport (see photo), our team were placed in the A Division of this competition. Unfortunately, five of the squad were unable to play due to other commitments.

The remaining girls adopted a very positive and enthusiastic approach as they battled against Rossmoyne and both Specialist Soccer schools in their group.

Despite these disadvantages, the team improved as the day progressed and three players were outstanding: Neasa Flynn, Luna Jokanovic and Bella Dans. As captain, Ashleigh Littlewood was an excellent choice; she led from the front and offered some excellent insights into what was needed from her team.

Mr Hugh Francis - Health & Physical Education Department

Year 8 Lightning Carnival – Boys Soccer

The boys had a challenging start to the day squaring off against the two special soccer schools. With their positive attitude and high spirits they managed to secure a point and only concede two goals. The boys were looking at a top 2 place finish in their last game where they dominated possession against Melville SHS.

However, the only chance the opposition had was in the last minute of the game where they managed to steal it away with a great individual effort. The boys performed really well throughout the day and should be proud of their achievement. MVP goes to Rory Cook for his brilliant and consistent efforts.

Mr Robert Sciascia – Health & Physical Education Department
Notes From The Music Department

Winter Concert
On Friday 31 July, the Music Department was proud to present its first performance in the new Performing Arts Centre, which featured over 150 Music students in the following ensembles:

Chamber Choir – conducted by Ms Kirsty Hulka
Concert Band 2 – guest conducted by Ms Thea Woodward
Cygnet String Orchestra – conducted by Ms Rachel Morris
Jazz Band – guest conducted by Mrs Bronwynn Sprogowski
Junior Guitar – guest conducted by Ms Fifi Winata

There were also two special performances by a trio of Year 9 students (Tess Dwyer-Long, Eloise Hogg and Hannah Mellgren) a Year 10 duo (Hyelim Hwang and Audrey Lui).

The students and conductors were excited, the standard of music making was wonderful and the audience made very positive comments about the sound and viewing quality of the Performing Arts Centre. I would once again like to thank the Music Support Group and all of the volunteers on the night who helped make this concert so successful!
music continued.....

Spring Concert
Term 3 is busy for us - this next major performance being on Friday 4 September and includes performances by Concert Band 1, the Scimitar String Orchestra and the Senior Guitar Ensemble. There will also be guest acts by senior performers, with an emphasis on the Year 12 Music students. At the end of the concert we will formally be thanking the Year 12's for their long-term commitment to the Music Department and give them a fond farewell.

Festivals
In the next Parent Bulletin, you will be hearing about our ensembles’ performances in the state-wide Term 3 Festivals for Orchestras, Concert Bands, Choirs and Guitar Ensembles.

Mr Tim Stapleton – Music Department
the arts - visual art camp

Year 7 & 8 Visual Arts Camp

Early on Wednesday morning Year 7 and 8 Special Art students loaded a bus with all the art equipment required for the fun events planned for us on our Art Camp, and climbed aboard for the journey to Point Peron. Almost exactly an hour later, we arrived at our destination. After unloading the bus we were instructed on safety precautions, and informed about the site, then we settled into our dorms. Later, we explored the camp site where we would spend the next three days: some played soccer, frisbee or basketball and others swung on ropes or balanced on logs.

We ran across the vast oval until it was time for lunch, followed by our first art workshop. There were three workshops: painting, lino-printing and screen-printing. For inspiration, we looked around the campgrounds. The painting group went to a high hill to look down at the ocean or up at the clouds, the lino printing group looked at small flowers to try and find fascinating designs within the vegetation and the screen printing group looked out at the islands. Many fantastic works of art were created on our camp.

After our dinner on the first night, we had a fashion parade. We were split into small groups and were required to design and create costumes that fitted a theme, but we were only permitted to use coloured tissue paper and tape. Many unwilling models had to strut down the imitation runway wearing strange, yet interesting costumes.

There were five different categories: fruits and vegetables, mythical and imaginary creatures, red carpet outfits, something beginning with 'Z', and gender transformation. All the models looked fabulous in their amazing outfits and everybody had a lot of fun.

On the second day the groups did the two workshops they did not take part in the previous day. Before dinner that night it was announced that everyone was allowed to, and in fact were encouraged to, wear their pyjamas to dinner. We then brought our sleeping bags and pillows into the hall in order to watch a movie in comfort. We actually watched two movies, which were Big Hero 6 and Paddington. We all enjoyed the movie night but were exhausted from our two days of camp.
On our final morning we were divided into six groups in order to tackle the tasks of packing equipment, cleaning the camp site and carrying the gear to be loaded on the bus. Once the cleaning was finished, we had an awards ceremony. There were many awards for things like being the best at the workshops, the most tidy, the most helpful and the best behaved. However, there were also awards for the most unkempt, the greediest, the most talkative, the loudest snorer and the least well behaved. The recipients of the latter prizes accepted them in good humour.

Our final lunch at the terraced garden was near where the bus was going to pick us up, and afterwards we lined up for group photos, unfortunately facing the sun. By the time that was over, the bus arrived to take us back to Applecross SHS.

We all wished that we could stay on camp a little longer and that wish was granted in a way. While on the road, our bus was forced to pull over on the side as it had broken down. Phone calls or texts were made to our parents in order to explain the dilemma and, after a short wait on the side of the road, our new bus showed up. Once again we loaded it up with our gear and set off again.

We arrived back at school slightly later than expected and were all disappointed that our camp was over. We all had a lot of fun on Art Camp but were tired. After assisting in the unloading of art equipment, we all left for home. The following morning we had to get up early again to attend our Saturday Art workshops.

Callum Vukovich (Year 8)
AXSHS Staff Email Addresses
All AXSHS staff email addresses are available on the school website. They can be found under the ‘ABOUT US’ icon, under STAFF. Click on the staff member’s name and an email to the staff member is generated.

www.applecross.wa.edu.au

Year 10 Exams
A reminder to parents - Year 10 exams are from Monday 24 - Wednesday 26 August

School Calendar September 2015

<table>
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<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Tuesday</td>
<td>1 September</td>
<td>OLNA Testing Week begins</td>
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<td>Year 12 Sea Trek begins</td>
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<td>P0 3D MAS Test</td>
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<td>Wednesday</td>
<td>2 September</td>
<td>Music Support Group Meeting (19:30)</td>
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<td>Year 10 - 12 Athletics Carnival</td>
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<tr>
<td>Thursday</td>
<td>3 September</td>
<td>PE Studies Touch Rugby Tournament</td>
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<td></td>
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<td>P0 3B MAT Test</td>
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<tr>
<td>Friday</td>
<td>4 September</td>
<td>Year 7 - 8 &amp; Year 9 Nominations Athletic Carnival</td>
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<td></td>
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<td>Music Spring Concert (19:30)</td>
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<tr>
<td>Saturday</td>
<td>5 September</td>
<td>Special Art Workshop 6</td>
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<tr>
<td></td>
<td></td>
<td>WA School Contemporary Music Ensemble Festival</td>
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<tr>
<td>Monday</td>
<td>7 September</td>
<td>OLNA Catch Up Week</td>
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<td></td>
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<td>Year 12 OSP Night (19:00)</td>
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<tr>
<td>Tuesday</td>
<td>8 September</td>
<td>Staff Meeting</td>
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<tr>
<td>Friday</td>
<td>11 September</td>
<td>RU OK Day?</td>
</tr>
<tr>
<td>Saturday</td>
<td>12 September</td>
<td>Special Art Workshop 7</td>
</tr>
<tr>
<td>Monday</td>
<td>14 September</td>
<td>Year 10 ATAR Students Work Experience begins</td>
</tr>
<tr>
<td>Tuesday</td>
<td>15 September</td>
<td>World Challenge Prep - Team 1</td>
</tr>
<tr>
<td>Friday</td>
<td>18 September</td>
<td>Parent Bulletin Emailed Out</td>
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<tr>
<td>Saturday</td>
<td>19 September</td>
<td>Special Art Workshop 8 &amp; Awards Assembly (10:30 - 12:30)</td>
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<tr>
<td>Monday</td>
<td>21 September</td>
<td>Excursion Free Week for Year 11 &amp; 12s</td>
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<td>School Tour (09:00)</td>
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<td></td>
<td></td>
<td>9OED2 Cycle Excursion</td>
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<tr>
<td>Wednesday</td>
<td>23 September</td>
<td>World Challenge begins</td>
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<td>Year 10 - 12 Poetry In Action</td>
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<td></td>
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<td>Year 12 Farewell Assembly (Period 5)</td>
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<tr>
<td>Friday</td>
<td>25 September</td>
<td>Final Day of Term 3</td>
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<td>Year 12 Dress Up day</td>
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<td>9OED1 Cycle Excursion</td>
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Additional Information

School Calendar September 2015
Year 10 Exams
Year 7 & 8 Visual Arts Camp
Notes From The Music Department
Soccer
Year 8 Lightning Carnival – Boys
2015 WA Team Representation
VET Students - Work Experience
Vocational Awards!
Applecross Cleans up in National Science Week 17 - 21 August
Research
Coeliac Disease and Wheat Gluten Research
Science Week 17 - 21 August
Applecross Cleans up in National Vocational Awards!
Murdoch University Portfolio Entries open
VET Students - Work Experience 2015 WA Team Representation
Year 8 Lightning Carnival – Girls Soccer
Year 8 Lightning Carnival – Boys Soccer
Notes From The Music Department
Year 7 & 8 Visual Arts Camp
AXSHS Staff Email Addresses
Year 10 Exams
School Calendar September 2015

DID YOU KNOW…

33% of students feel like they do not know who they are in high school and 56% of students do not feel like other people know them for who they really are!

LET ALONE…

As young adults, we have 4 major desires:

DESIRE for Clarity
DESIRE for Approval
DESIRE to Give
DESIRE for Relationships

DO YOU WANT TO BE AN EMPOWERED TEEN?

FOR MORE INFORMATION, CONTACT GLENN AT FACEBOOK.COM/GGERBS OR HEAD TO WWW.GLENGERBER.COM

Enhancing Self Esteem in Adolescents

This is a course for teachers and others who work with adolescents.

Course Aims:
Adolescence can be a difficult path for many young people as they attempt to find their own identity in an ever changing and challenging world. Based on recent research, this course updates participants’ understanding and provides practical and creative ways that teachers and mentors can seamlessly integrate assistance to adolescents within their day-to-day roles.

The course focuses on practical application - teachers will learn strategies aimed to help adolescents improve their mental wellbeing and build healthy self-esteem. Although this course aims to empower and upskill the individual teacher, a number of simple and effective strategies and tools could be adopted by whole of school with a view to healthy self-esteem culture.

The course covers:
• how to assess what’s going on for the adolescent while establishing an alliance with them
• how we can roll with the student’s resistance to engaging with us
• ways of working with adolescents who are depressed, angry, disengaged or emotional

Highlights will include:
- Understanding what happens in the adolescent and adult brain that makes changing some of our patterns difficult but not impossible
- Ways that people enter change via the ‘Change Triangle’
- How to identify 10 Unhelpful Thinking Styles that appear in the language of young people and how to respond supportively
- Gaining a deeper understanding of anger and learn 4 strategies that young people use to mismanage their anger that can keep them stuck in feelings of low self-worth
- Learning fun psychological strategies that help us defuse from the unhelpful ‘stories’ that our minds create that cause us stress and unhappiness
- Active listening skills and empathic responding. Experience through activities why these often neglected aspects of communication are vital to connecting with an adolescent

Special Offer
Two for the price of one. If interested please enrol before/on 20 August 2015.

WEST LEEDERVILLE
22 Southport Street, cnr Cambridge Street
Tuesday, 25 August 2015

Time: 9.30am – 4.50pm (includes a light lunch)
Fee: Special Offer – Two for the price of one. If interested please enrol before/on 20 August 2015.

TERM 3 INTENSIVE HOLIDAY REVISION & WACE Mock Exam Preparation CLASSES
at Rossmoyne Senior High School
(Mon – Fri, SEP 28TH – OCT 2ND )

Subjects offered:
Maths Applications, Maths Methods, Maths Specialist, MAT 2CD/3AB/3CD, MAS 3CD, Y11 Chemistry ATAR, Y11 Physics ATAR, Chemistry 3AB, Physics 3AB, Year 10 Math, Year 4 – 9 Math & English

- Intensive 5-day revision
- Experienced and qualified teachers
- Small class size – program individualised to each student’s needs
- Structured revision notes and worksheets provided
- Semester 2 Exam Prep (Year 11) & Mock Exam Prep for Year 12
- Accelerated Programs to cater to Advanced Students

Call 9455 6808/ 0410 121 509
visit www.scholasticexcellence.com.au
Real Kids in an Unreal World
with Maggie Dent

Building Resilience and Self Esteem in Today's Children (10 Resilience Building Blocks)

Children need to have certain basic experiences to build the competencies that will help them manage life — the good, the bad and the ugly. Popular Australian parenting author and educator Maggie Dent published her bestselling book, Real Kids in an Unreal World to help guide parents in raising children who are happy, healthy, strong, kind and resilient. In this seminar, Maggie will explore her common-sense, practical model of 10 building blocks for children birth-12.

She will present practical, common-sense ideas and strategies to make small changes in your home or classroom/centre, which will make a big difference to your children's cognitive, physical, psychological, emotional and social health later in life.

Venue: Mount Pleasant Baptist Church, 497 Marmion St, Booragoon
Date: Monday, 7th September 2015
Time: 6.30pm-8.30pm
Cost: $30
Bookings: Please book online by 28th August (unless event is sold out prior) at www.trybooking.com/141305
Queries: Jodie Rowell at jrowell@hmsolutions.com.au

www.maggiedent.com