Principal’s Update

The final term of 2015 has begun really well and the school community is looking forward to the impending move into the western wing of C Block. This wing includes 21 classrooms (Maths, English, Languages and Business / IT) the Staffroom, the Student Services Centre and the Medical Centre as well as a number of faculty offices and meeting rooms. This will be the final stage of staff and student movement with car parks and landscaping to be done to complete what has been a long, complex and challenging project.

However, the trials and tribulations have certainly been worth it as the new facilities are world class with the latest technology being seamlessly integrated and a light and bright environment that will be far more conducive to teaching and learning than the previous dated facilities. There will be a number of opportunities for members of the school community to inspect the new facilities and we are planning a big gala event as an official opening early in the new year.

Our Year 12 students have now completed their formal school based exams and assessments and ready for the next exciting chapter in their lives. They had a fabulous Dress Up Day on the last day of Term 3 and have a formal Dinner this Friday evening as part of the traditional end of school events.

Best wishes to all members of the school community for a happy and productive final term of 2015, especially our Year 11’s who are currently sitting exams and to the Year 12’s who are now preparing for their WACE exams.

Reminder - The School Board Open Meeting will be held on Monday 26 October at 18:00 in the Library.
Request for volunteers to sit on Attendance Advisory Panels

Regular attendance at school enables children to build on their knowledge and skills each day, each week and each year. If a child has persistent absences, they can miss out on basic skills and may experience difficulties later with their learning. School helps children build confidence in areas such as communication, teamwork, organization and social skills. Attending school is a legal requirement.

When a child's absence is identified as a concern, school staff work with the student, parents, and the community to develop and implement strategies to engage the child back at school. In some cases, these strategies are unable to restore attendance.

An Attendance Advisory Panel is a group of people from outside the school who are brought together to provide advice and assistance to the family and school from an external point of view. They are designed to help restore a child's attendance. Panels are a strategy schools can use to plan for a child who has persistent absences when many efforts by the school to restore attendance have failed.

Panel members are volunteers from the local community and we are requesting your support to help us. We need people to volunteer a few hours of their time to sit on an Attendance Advisory Panel to help other children and families in our community.

We are requesting parents ask friends, relatives and contacts from local community groups to volunteer as panel members for our school. A parent cannot be on a panel for the same school where their child is enrolled as panels need to be external from the school. We are requesting parents to volunteer their time to sit on panels for other nearby schools.

If you are interested in assisting in advisory panels, please contact Applecross Senior High School on 93149393 or emma.walker@education.wa.edu.au

You will be given an application form to complete and staff will organise for a short training session for you, prior to the panel meeting.

Ms Emma Walker - Head of Student Services Years 10 - 12

Buy & sell uniforms and text books

The Sustainable School Shop website is used to buy and sell second-hand uniforms and textbooks.

Change of season has arrived; it's a peak uniform trading time.

If you have uniform items you no longer need, list them for sale by logging in and clicking the Sell Uniform button. Secondhand uniforms are always sought after and greatly appreciated.

In addition to selling items that are no longer required, if you select Applecross SHS as your school when registering, the P&C receives a commission on items sold that adds to the funds we have to spend on projects such as shade, seating, library resources etc.

Health Centre News

Hi to all and welcome back to Term 4, our last term for the year and I wish all students a great term and all the very best to our Year 11 students for their exams and Year 12 students for their final exams and Leavers.

Mental Health week was promoted during the second week of the school holidays and to have a happy and healthy life please take note of these important points.

“Mental Health is important. It’s about having a good sense of wellbeing, being able to function during everyday life and feeling confident to rise to challenges when opportunities come your way. Just like your physical health, there are many ways to maintain good mental health including:

- Connecting with others – join a club, participate in community activities
- Taking time to enjoy people and surroundings
- Sharing interests on things and participating in opportunities
- Contribute to the community
- Taking care of your physical health – eat right, exercise
- Notice the here and now
- Get support from friends, family and trusted teachers

We can all maintain a happy and healthy life by taking note of these important points.

Ms Deb Kitak - School Nurse

Ex-student returns to Applecross SHS to teach!

Introducing: Ms Mairin Clare Barnes

What year did you graduate from AXSHS?
2008

Are any of the teachers who taught you still here?
Lots of them! To name a few- Helen Lancaster, Veronica Lake and June Pang. They are all amazing teachers who I looked up to a lot as a student.

What significant changes have you noticed since you were here at School?
It’s difficult to tell whether the school has changed, or whether my perspective is just very different as a teacher. Obviously the physical environment of the school has changed a lot, but it also seems like the culture of the school has become a little more vibrant and inclusive.

How many years have you been working / teaching at Applecross SHS?
I’ve been teaching at the school for nearly two years.

Position at school and teaching Area:
English Teacher

Interests and Hobbies:
Outside school, I play in a band and go to see lots of live music. I like hiking, reading and binge-watching old episodes of Scrubs.

What makes Applecross SHS so great?
The students! I feel lucky to work with so many kind, insightful and wacky teenagers.
the arts

Canteen Art Award (Acquisitive)

Congratulations to Tim Orange, the winner of the 2015 Canteen Art Award

Each year the Canteen Committee very kindly fund the purchase of a Year 12 Artwork, so as to build on the already well-established school collection. A $400 prize is offered to Year 12 Visual Art students. The award is only taken up by the brave who are willing to give up possession of their highly coveted work.

Students present their finished production piece to the judging panel, comprised of the Head of ARTS and Canteen Manager, for final selection. Acquired works are hung in prominent places around the school.

This year’s selection was difficult with a record number of pieces being entered. However, it was Tim Orange’s multi-edia triptych, entitled “Elsewhere”, that was selected as the recipient of the 2015 Canteen Art Award.

It is a moving and ephemeral work, which uses a range of skills and techniques from drawing, photography and Photoshop enhancement. Portrait and landscape images, which were taken while on holiday in the United States, have been overlayed and combined with text to create a layered dreamlike image.

We would like to thank the Canteen Committee for their continued enthusiasm and support.

Ms Jodine McBride - Head of ARTS
Year 12 dress up day

The Year 12s had their dress up day on the last day of Term 3, Friday 25 September. They had a ball – mechanical bulls, bouncy castle, Zorbs, Makkas, Sub Way, Domino pizza and lots of selfies! There was fun and laughter all day and the whole school was able to watch the parade where some of the Year 12s showed off their colourful dress up costumes whilst dancing to a favourite tune!
Year 10 Vocational Students

Students from the Flexi Prep class in Year 10 had the opportunity to undertake Work Experience last term. Work experience provides many benefits, giving students skills and experience that allows them to stand out to potential employers as well as helping them choose the right sector to work in.

Work experience also:

- Builds useful skills that cannot be taught in the classroom
- Exposes students to useful job contacts.
- Enhances soft skills such as team working, communication skills and commercial awareness
- Helps students differentiate themselves in a competitive market
- Gives students work ready skills from their first day, such as deadline management, phone and email etiquette and the ability to work well with a variety of ages in a team.
- Equips students with knowledge that will enhance job applications and interviews

Viktor Alteruthemeyer & Caleb McFadden

Ebony Thomson

Seb Holder
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Year 10’s spend a week at Murdoch University

In Term 3, the first group of Year 10 students from Applecross SHS took part in work experience as part of the new Murdoch/Applecross Collaborative Learning Project. Interested students applied for various positions across the campus, through the Murdoch website by submitting an application letter and resume.

This was a fantastic opportunity for students to get a taste for university life and real life experience in a field they are considering for their future careers. The Work Experience program is a first for Murdoch University and is exclusive to Year 10 Applecross SHS students. The next opportunity will be advertised for Term 3 in 2016.

In the article “Top 10 things employers look for in university graduates” GradConnection Director Mark Casey noted “Working, wherever, is definitely better than not working at all, because it shows that you’re well-rounded and that you can hold down a job while you’re studying. A few alarm bells go off with employers when they look at someone who gets high distinctions on their transcript, but doesn’t have any form of work experience.”

All students Year 10 students are encouraged to apply and will be given assistance with their application.

Ms Julie Reed - VET & WPL Coordinator
Interfaith Cooperation at Applecross SHS

A Muslim Club and a Christian Group meet weekly at Applecross SHS, developing friendships across the year groups and helping students to feel encouraged and supported. Far from fostering isolation in their own viewpoints, the two groups have developed a healthy and respectful relationship. The Muslim Club initiated a combined meeting of the two groups late in Term 3, which saw an excellent turn-out from both.

The Christian Group had responded to a call from the Salvation Army for urgent assistance with a shortage of pasta and pasta sauce, and invited the Muslim Club to participate. The wider school community was also encouraged to participate by placing a donation in boxes located in the library and Student Services, and the result was far greater than anticipated. Darren Reynolds of the Salvation Army met members of both groups, and thanked them for their significant contribution. Thank you to all who contributed – staff, students and families.
chaplain’s chat cont...

Sexting? Encourage teens to “Send This Instead”

Pressure to send inappropriate photos is something faced by a surprising number of young people. Many bow to the pressure, fearing unpleasant social consequences if they refuse, without understanding the far more unpleasant consequences when the photo (almost inevitably) travels beyond the person it was sent to.

How can you as a parent deal with this?

Firstly, you need to be having conversations with your daughters and your sons about this. It’s not only that girls need to be empowered to refuse unwanted advances, but also that boys need to learn what respectful relationships look like and about the consequences of this and other forms of sexual harassment. Talking about issues like these can help your teen to feel more comfortable approaching you if problems arise.

Secondly, don’t assume this will never happen to your family. Many of the victims of this pressure to send on inappropriate photos are classically “good” girls with low self-esteem struggling to negotiate their way through the complexities teen culture.

The following article is adapted from http://www.frameinitiatives.com.au/conversations/2015/2/23/sexting-send-this-instead and provides some useful and creative resources for helping young people deal with this difficult issue.


Collective Shout WA co-ordinator Caitlin Roper recently asked female students what messages they would like to pass on to their male peers (http://melindatankardreist.com/2014/07/if-we-reject-your-request-to-send-a-sexual-image-please-dont-stop-talking-to-us-what-girls-want-boys-to-know-personal-appeals-from-the-heart/). One student responded “Stop pressuring us for inappropriate pics”. Another responded with “If we reject your request to send a sexual image, please don’t stop talking to us.”

How can we effectively communicate the dangers of sexting and reduce the harm caused by the practice?

The free app Send This Instead (http://sendthisinstead.com/) is a creative approach to this complex issue.

It aims to give young people a voice when they are under pressure to send intimate images of themselves via text message or online.

In their words, “We asked all the funny people we knew, ‘what would you say if someone asked you to send images you didn’t want to?’ We took their answers and made posters and developed this app. The posters are witty, sarcastic and meant to help get the point across - using humour as a strategy.” These posters can be sent as images to the person requesting an inappropriate image.

One poster reads “That would violate both my data and dating plans. Neither of which include you.” Another, “I can’t send you inappropriate photos, but I’ll forward this to my dad and you can try asking him for some.”

Check it out for yourself and pass it on to your teenage children. Maybe it will help to start a conversation about the issue. Or it might just give them a voice to resist the social pressure to hit send.

Do you need help addressing a sexting issue? This CyberSmart resource (http://www.cybersmart.gov.au/~media/Cybersmart/Schools/Documents/CCCP-School_and_Family_Approaches_to_Intervention%20Addressing%20SelfPeer%20Exploitation.pdf) provides loads of helpful and practical information.
Inter-School Athletics carnival

The Interschool Athletics Carnival was held on the Monday 19 October at the WA Athletics Stadium.

All age groups participated, demonstrating a great team spirit. Congratulations to all Year 11 and 12 students who participated at this busy time of the year.

Applecross SHS finished 4th out of nine teams on the day, remaining in C division next year. The overall effort of the team was great with some outstanding individual results achieved. The following students were awarded podium positions in the age championships.

- Year 7 Girls Runner Up Jade Cairns
- Year 7 Girls equal 3rd Alyssa Caswell
- Year 8 Girls Champion Neasa Flynn
- Year 9 Girls 3rd Lilli Clark
- Year 10 Boys Runner up Joshua Harrison
- Year 10 Girls 3rd Ciara Mischok
- Year 11 Girls Champion Kaleigh Spithoven

Thank you to all participants for their fantastic behavior and efforts throughout the day.

Mr Phil Samanek - Head of Department Physical Education

Photos featuring Max Johnston (top) and George Thompson in action

Left - Captains Josh Raich and Jade Jarvis-Smith
Canteen menu - Term 4

DAILY SPECIALS

MANDARIN MONDAY
Fried Rice with Chicken $5.00
Breast Wedges & sauce
Sweet Chilli Chicken Wrap $4.50

TUCKER TUESDAY
Pies- Beef, Chunky Steak, P'steak $3.50
Chicken & Leek $4.00
Sausage Roll- Regular $3.00
Spinach & Ricotta $3.50
Pizza-
* chicken, spinach, SD tomato $5.00
* cheese, tomato, herbs
* mexi- beef, capsicum, cheese

EAST/WEST WEDNESDAY
Hotdogs- with tomato sauce $4.00
plus onions &/or mustard $4.50
Teryaki Chicken & Rice $5.00
Vegetarian Dim Sims $4.50

TURKISH THURSDAY
Gozleme-
Beef $5.00
Chicken $5.00
Mushroom $5.00
Nachos -Veg $4.50
Chicken $5.00
Beef $5.00

FREO FRIDAY
Burgers-
Chicken, Beef, Fish or Veg $4.50
Fish and Sweet Potato Wedges $5.00

EVERY DAY

SANDWICH BAR
Roll/Wrap S/W
Chicken & Salad $5.00 $4.50
Tuna & Salad $5.00 $4.50
Ham & Salad $5.00 $4.50
Cheese & Salad $5.00 $4.50
Egg & Salad $5.00 $4.50

EXTRAS
Meat, avocado, egg, cheese, salad $5.00
Sun-dried tomato $1.00
Gherkin, onion, Dijonnaise, Peri-Peri, $1.00
Branston Pickles, tomato chutney,
sweet chili, cream cheese .50

COMPLIMENTARY/OPTIONAL
Margarine, Mayonnaise, Cracked Pepper

TURKISH-
2 Fillings $4.50
3 Fillings $5.00

TOASTIES-
1 Filling $3.50
2 Fillings $4.00
3 Fillings $4.50

SUSHI-
Tuna, Chicken or Mixed $4.50

SALAD BOX-
Plain $4.00
with ham, cheese or egg $5.00
with spinach & ricotta patty $6.00
Gourmet- $5.00
with ham, cheese or egg $6.00
with spinach & ricotta patty $7.00
## Canteen

### DRINKS / RECESS

<table>
<thead>
<tr>
<th>WATER</th>
<th>600ml</th>
<th>$1.50</th>
<th>1.5l</th>
<th>$3.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>MILKS</td>
<td>Small</td>
<td></td>
<td>Large</td>
<td></td>
</tr>
<tr>
<td>Plain Hi-Lo</td>
<td></td>
<td>$2.00</td>
<td>3.00</td>
<td></td>
</tr>
<tr>
<td>Flavoured-Choc, Strawberry, Banana, Caramel, Choc/mint</td>
<td>$2.50</td>
<td>$4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Up’n’Go-Choc, Banana, Strawberry, Vanilla</td>
<td>$2.00</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### JUICES

<table>
<thead>
<tr>
<th>Vitalicious 100% Whole Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange, Apple, Blackcurrant, Tropical</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Popper Juice- 100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange, Apple, Blackcurrant, Tropical</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LOL Carbonated- 97%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tropical, Raspberry, Blackcurrant</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Focus Water-</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wildberry, Dragonfruit, Apple and Raspberry</td>
</tr>
</tbody>
</table>

### AVAILABLE  LUNCHTIME ONLY Between 1.35pm and 1.50pm

<table>
<thead>
<tr>
<th>ICE-CREAMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juicy Sticks</td>
</tr>
<tr>
<td>Zing Sticks</td>
</tr>
<tr>
<td>Vanilla Ice-cream Bucket</td>
</tr>
<tr>
<td>Paddlepops</td>
</tr>
<tr>
<td>Frozen Yoghurt</td>
</tr>
</tbody>
</table>

### HOT FOOD

<table>
<thead>
<tr>
<th>Cheesies -</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain or pizza</td>
</tr>
</tbody>
</table>

| Garlic Bread- | $2.00 |

### Daily specials-

- *selections from*

| Sweet Potato Wedges | $2.50 |
| Corn Jacks          | $2.00 |
| Small Pies          | $2.00 |
| Chicken Tenders 2 for | $2.50 |
| Ham & Egg Muffins   | $2.50 |
| Ham & Cheese Muffins| $2.00 |
| Mystery Melts       | $2.50 |

### COLD FOOD

<table>
<thead>
<tr>
<th>Muffins-</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple &amp; Cinnamon, Banana, Blueberry, Raspberry, &amp; Chocolate</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Assorted fresh rolls are available every recess</th>
</tr>
</thead>
</table>

### FRESH FRUIT & VEG

<table>
<thead>
<tr>
<th>Pieces of Fruit</th>
<th>.50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grape Cups- in season</td>
<td>$2.50</td>
</tr>
<tr>
<td>Melon slices- in season</td>
<td>.50</td>
</tr>
<tr>
<td>Jelly Cups- summer</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

### YOGURTS

| Assorted low & no fat flavoured varieties | $2.50 |
| Yogo-chocolate | $2.50 |

### CHIPS

| Assortment of SMALL packs of chips etc. | $1.50 |
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Study Skills Years 7 - 12

1 and ½ Day Course (2016) Years 7-9

<table>
<thead>
<tr>
<th>Dates</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 7th – 8th</td>
<td>(ECU – Joondalup Campus)</td>
</tr>
<tr>
<td>January 14th – 15th</td>
<td>(Murdoch University)</td>
</tr>
<tr>
<td>January 21st – 22nd</td>
<td>(ECU – Mt Lawley Campus)</td>
</tr>
</tbody>
</table>

**The first day for each course commences at 9:00am and finishes at 3:00pm.
**The second day for each course commences at 9:00am and finishes at 12:00.

We will also be running Senior (Years 10-12) Seminars during January. Please call for more details.

**The course is presented by former Principals and Deputy Principals**

<table>
<thead>
<tr>
<th>Study Skills</th>
<th>Testimonial</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Great new way to learn with all the strategies. I am really confident in doing well in my WACE exams. Kirralee Dawson – Perth College</td>
</tr>
</tbody>
</table>

Guarantee: We Offer A Full Money Back Guarantee if you are not completely satisfied with the course.

3 Day Courses (2016) Years 10-12

<table>
<thead>
<tr>
<th>Dates</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 4th – 6th</td>
<td>(ECU – Joondalup Campus)</td>
</tr>
<tr>
<td>January 11th – 13th</td>
<td>(Murdoch University)</td>
</tr>
<tr>
<td>January 18th – 20th</td>
<td>(ECU – Mt Lawley Campus)</td>
</tr>
<tr>
<td>January 27th – 29th</td>
<td>(ECU – Mt Lawley Campus)</td>
</tr>
</tbody>
</table>

Each day commences at 9:00am and finishes at 3:00pm.

We will also be running Junior (Years 7-9) Seminars during January. Please call for more details.

**The course is presented by former Principals and Deputy Principals**

<table>
<thead>
<tr>
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Guarantee: We Offer A Full Money Back Guarantee if you are not completely satisfied with the course.
Relationships Australia

Family Patterns – 26th October x 6 weeks at 22 Southport Street, West Leederville. 6.30-9pm. $100.

Many of our adulthood attitudes, values and beliefs and subsequent behaviors can be traced to what was passed on to us in our formative years.

This course investigates this link with our first family – whether our biological family or other family system, e.g. foster or step family. How we communicate, resolve conflict, use anger effectively or not, and how we show affection – all these can be traced to family patterns passed down from generation to generation. For further information please phone 9489 6322 or click here.

Making Stepfamilies Work – 28th October x 6 weeks at 22 Southport Street, West Leederville. 6.30-9pm. $75 per person/$120 per couple.

Couples with children from previous relationships may need strategies. Strategies on communication, agreement on discipline – who spells out the rules and what the rules are – and on handling competing demands. It is just as important for couples to ensure that in a busy week there is time just for each other. For further information please phone 9489 6322 or click here.

Virtues Parenting Program – 28th October x 6 weeks at 22 Southport Street, West Leederville. 6.30-9pm. $110.

What is the Virtues Program? This six-week course is for parents, teachers and anyone else with responsibility for children. Language shapes character. The Family Virtues Guide contains fifty-two of the universal virtues which help parents bring out the best in their children and in themselves. It creates a climate of caring and character. For further information please phone 9489 6322 or click here.

Vacation Swimming 2015-16
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Uniform Concepts

SCHOOL UNIFORM SUPER STORE
Conveniently located at Unit 3/9 Yampi Way, Willetton
A one stop shop for all your quality school uniform requirements

Our friendly, experienced staff will make buying uniforms a breeze!

OPEN EVERY WEEK DAY 9am – 5pm
THURSDAYS 9am – 6pm
SATURDAYS 9am – 1pm

Closed on Public Holidays & partly during Term breaks. Please telephone for details.

AVOID THE RUSH and get in early!
Purchase or order uniforms valued at $100 or more during TERM 4 to be entered into our prize draw for $1000!

A: Unit 3/9 Yampi Way, Willetton WA 6155

Academic Task Force

Academic Group helps high school students achieve their best
Experience the benefits in our weekly Weekend Help or Master Classes
Available for all year levels

Yr 11 & 12 Classes:
WACE and ATAR Master Classes
Classes available Sundays and afternoons after school
• Teaching classes
• For students seeking higher achievement
• Receive help to maximise school and exam results.
Teachers: Dr. G.T. Lee, Dr. Ulrich Seydel,
Dr. Roy Skinner and Ashleigh Davison
WACE and ATAR Weekend HELP Classes
Various classes available Saturday and Sunday from 9am up to 3pm
• Receive weekly help in your areas of need in your courses
• Experienced WACE and ATAR teachers
• Ask questions about school work and get one-on-one help to strengthen your understanding.

Yr 7 – 10 Classes:
Weekend HELP Classes:
Various classes from 9am up to 1pm every Saturday and Sunday
• Experienced teachers in Maths, Science and English
• Students will build their skills and understanding in a small group environment.
• Receive individual help in their areas of need.

ENROL AT ANY POINT DURING THE TERM
Venues: Churchlands SHS, Rossmoyne SHS, Perth Modern School and our Applecross Office.
For a brochure visit www.academictaskforce.com.au or speak with your Year Coordinator.

Enrol: www.academictaskforce.com.au
Email: learn@academictaskforce.com.au
Phone: (08) 9314 9500

Ex-student returns to Applecross SHS to teach!

Addressing Bullying Behaviour

Addressing Bullying Behaviour in Children and Young People
A FREE forum to mark Children’s Week 2015
This forum is a rare opportunity for parents, teachers and other people who work with children and young people to hear about innovative ways to prevent or reduce bullying behaviour by children and young people.

Presented by internationally recognised researcher Winthrop Professor Donna Cross from the Telethon Kids Institute and University of WA, the seminar will outline practical strategies that have been developed from 12 years of ongoing research.

The seminar will also include presentations from the President of the WA School Psychologists Association Eileen Karukcik and two young people involved in the Cyber Savvy research currently being conducted in WA schools.

Tuesday, 27 October 2015
7pm to 8.30pm
Churclands Concert Hall (on school campus)
20 Luca St, Churchlands

Bookings are essential!
To book your place online visit www.trybooking.com/yYK
For more information or if you have specific access or mobility needs contact Diane Dedic on 6213 2203 or email diana.dedic@ocyp.wa.gov.au

Professor Donna Cross
Professor Cross has worked to improve the health of WA young people through research and community programs, with a focus on transferring knowledge from research evidence into policy and practice, and bridging the gap between university research and school and community programs. She has an international profile in school health promotion intervention research and is an Ambassador for Children and Young People in WA.

More information is available at:
www.ocyp.wa.gov.au
Boys Teen Workshop

SUPER HERO

BOYS TEEN WORKSHOP

Empower boys to deal with challenges, build confidence, understand emotions and increase self-esteem.

This workshop will focus on:

- Learn good habits V bad habits
- Taking responsibility for how we feel & act
- Being proactive rather than reactive
- Having balance / learning to prioritize
- Challenging your limitations / self-perceptions

Workshop is for Boys between the ages of 12 -15 yrs old. There will be an interactive, playful aspects to the workshop to keep the boys engaged.

Cost: $55 / teen

Early bird booking before the 3rd of November $45 / teen

Venue: Leisure Fit Melville, 431 Canning Hwy (cnr Stock Rd) Melville

Date: 21st of November, 10 am to 12 pm

To register please contact Roz on 0409530067 or email abir@counselling101.com.au

Places are limited, please book early to avoid disappointment

School Calendar

The 2015 School calendar can be accessed on the School's website as follows: http://www.applecross.wa.edu.au/school-calendar

Absentee Line

Parents can SMS 0416 906 282 to notify the School of a student’s absence