



CENTRAL MIDLANDS SENIOR HIGH SCHOOL



Newsletter No 1

March 2024

FROM THE PRINCIPAL'S DESK



It gives me great pleasure to present to you the first newsletter of 2024 I would like to welcome our new families and trust your child's transition has been smooth. Our new Year 7 students experienced an excellent transition and have settled into the new regimes and expectations of the high school environment.

This year we welcomed Ms Serra-Sanfelin in HASS and Ms Governder in English to our staffing team. We know they will make great contributions to our team here at Central Midlands and will be welcomed into the greater Moora community.

In the first two days of term, our staff engaged in developing their skills and knowledge, and we commenced the term developing the Quality Teaching Strategy and unpacking student data analysis to guide our planning and identify areas of focus for 2024.

Over the past four weeks we have been confirming student enrolment and attendance at school. Twice a year the school census counts our student enrolment, and this information is used to determine our school resourcing. This year we maintained our student enrolment numbers and we have developed strategies to build our student enrolment over the next few years.

As we move toward our interim reporting on student progress, I would like to encourage conversation with your child about their progress. We really

appreciate you as partners in your child's journey here at school, and you are always welcome to come and talk to us about your child's education.

This week we celebrated our students' achievements at our mid-term assembly, and I would like to thank our parents and families who were able to attend. We have had a great term thus far and are looking forward to a fantastic 2024.

Bronwyn Wright
Principal





WHAT'S ON

Monday 4 March – Labour Day

Saturday 9 March

School Ball

Wednesday 13 – Monday 25 March

NAPLAN testing

Monday 18 March

School Council meeting

Wednesday 20 March

2pm Assembly in Gym

Friday 22 March

Interschool Swimming Carnival (Wongan Hills)

Interim reports uploaded to Connect

Tuesday 26 March

Parent/Teacher meetings 3.30 – 6.00pm

Thursday 28 March

Last day Term 1

Friday 29 March – Good Friday

Monday 15 April

Students return – first day Term 2

Thursday 25 April – ANZAC Day

Wednesday 1 – Friday 10 May

OLNA testing for Yr 10s who missed Term 4 2023

Thursday 2 May

Netball Cup

Wednesday 15 – Thursday 23 May

Year 11/12 exams

Wednesday 15 May

2pm Assembly

Friday 31 May

School Development Day – Pupil Free Day

Monday 3 June – WA Day

Saturday 15 June – P&C Quiz Night

Friday 21 June

Countryweek Assembly

Monday 24 – Friday 28 June

Countryweek

Friday 28 June

Last day Term 2

MID-TERM ASSEMBLY – FRIDAY 23 FEBRUARY 2024

The following students were awarded a Merit and/or a Positive Behaviour Certificate at the first assembly for 2024 which was held on Friday 23 February.

Merit certificates

- Tom Ryan
- Harry Wellbeloved
- Isabella Willock
- Veeda Rapley-Edwards
- Callum Workman
- Oliver Workman
- Dean Willock
- Adrian Murphy
- Ingrid Ryan
- Isla Harris
- Oliver Workman
- Nicholas Willmott
- Amelia Jacobsen
- Cillian Magry
- Harrison Leeds

Positive Behaviour Certificate

- Madison Myles
- Veeda Rapley-Edwards
- Mia Ward
- Tylah Stanley-Smith
- Georgia Olde-Byvank
- Isabella Willock
- Dolynda Ryder
- Benjamin Gardiner
- Grace Burnett
- Sophie Crago
- Joel Smith
- Killara Wyatt
- Dean Willock
- Amelia Watts
- Michael Stream
- Harry Wellbeloved

Congratulations to these students on their positive work ethic and for being encouraging role models for their peers.



CMSHS 2024 STUDENT COUNCILLORS



IN-HOUSE SWIMMING CARNIVAL 2024

Our Interhouse Swimming Carnival held on the 29 February and was a fantastic success. With sunshine all day and clear skies, the staff and students enjoyed their day at the pool.

Students are to be commended on their effort, participation and excellent sportsmanship. We are so proud of the way they encouraged each other in and out of the pool.

Thank you Mr Warburton and Mr Rowland for organising a fabulous day.

Thank you also to our wonderful P&C for being there all day with delicious, refreshing, healthy drinks and food. Also the parents, friends and family who came to support our students. Congratulations to the Parents for winning the final relay!

Well done to Roberts for winning champion trophy with 681 points. Lefroy came in second with 474 points and Myles a close third on 445. A great effort by all.

Our individual award winners are also to be commended, showing some amazing talent in the pool. Congratulations to the following students:



Individual Champions, R/Up Champions

Year 7 Male

Champion Hendrix Hitchcock
R/Up Champion Albert Gardiner

Year 7 Female

Champion Mackenzie Taylor
R/Up Champions Georgia Hearne
Nyanwach Badeng

Year 8 Male

Champion Archer Chapman
R/Up Champion Riley Douglas

Year 8 Female

Champion Sophie Crago
R/Up Champion Talika Indich

Year 9 Male

Champion Darren Indich
R/Up Champion James Willmott

Year 9 Female

Champions Charlotte Gardiner
Rose Fledderus
R/Up Champion Killara Wyatt

Year 10 Male

Champion Mike Fledderus
R/Up Champion Kade Ward

Year 10 Female

Champion Leona Chipper
R/Up Champion Amelia Watts

Open Male

Champion Rylee Boulton
R/Up Boyd Dunham

Open Female

Champion Isla Harris
R/Up Champion Olivia Grundy

House Captain Awards

Myles

Callum Workman
Dolynda Ryder

Lefroy

Leona Chipper
Killara Wyatt

Roberts

Bailey Dickins
Mike Fledderus









YEAR 8 ENGLISH

In Year 8 English we have been learning about Myths and Legends. Myths referring to a religious or traditional story without any evidence of the events that have occurred, whilst a legend is a historical event that has been modified or exaggerated that includes supernatural or non-human creatures.

Our end task was to create our own myth or legend that we think is important for future generations to know about. This would be including a warning or caution myth or a creation myth with some key elements of struggle for power, fate and prophecy, the completion of a quest or task and tension between opposing forces in the universe.

As always, we are utilising the Seven Steps for Writing to engage our audiences. The five +1 senses are a daily task in the class on a given prompt, as are our Sizzling Starters. We are learning to successfully plan and plot for success.

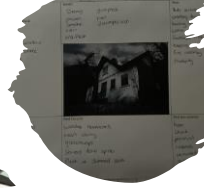
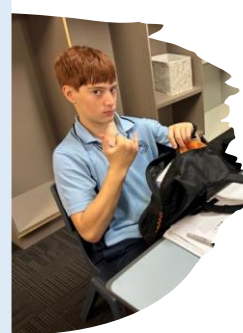
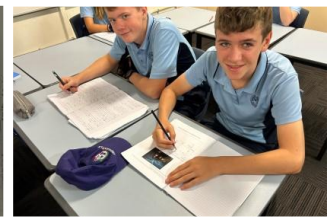
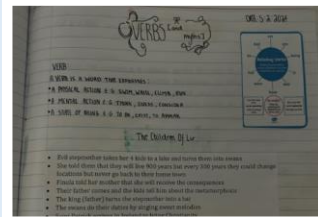
Our teachers are also putting a huge emphasis on grammar and punctuation this term. We've been revising our verbs, nouns, simple and compound sentences, and learning what it means to nominalise words. This is when we take verbs or adjectives and turn them into nouns or noun phrases. We need to think on our toes at the firing rounds on any of these concepts at the beginning or end of a lesson in Room 4.

Overall, Ms Felle and Ms Govender have made it quite interesting to learn about all of the world's societies different types of myths and legends, and how they all have a different perspective or opinion.



Myths

Grammar and Punctuation

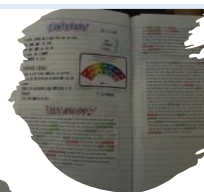
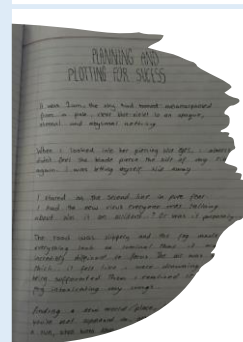


The Five Senses +1

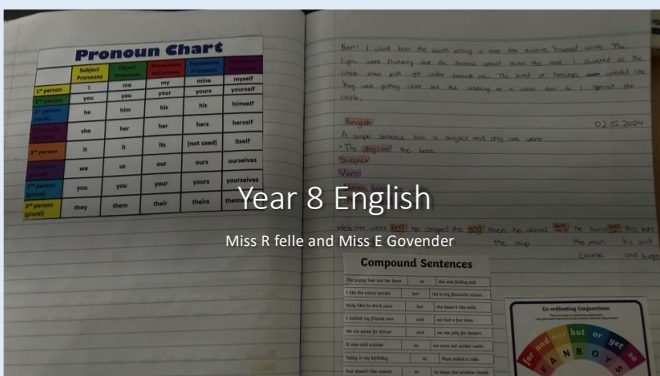
See, hear, touch, smell, taste + feel (emotion)

Sizzling Starters for Narrative Writing

(Action, Onomatopoeia, , mystery/intrigue, action, dialogue, humour)



Planning and Plotting for Success



Year 8 English

Miss R felle and Miss E Govender



VET/CAREERS UPDATE

It has been a busy start to Term 1 with all of our Year 11s and 12s either starting or continuing with their Certificates from last year. Students from the 10.2 class have joined Certificates and are enjoying the practical nature of the classes on a Wednesday. We have students either commencing or continuing work placements at the Hospital, McIntosh and Son, Rumbold Ford, Lewis Motors, Moora Childcare and Moora Post Office.


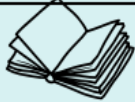

We also have two students who have started Schoolbased Traineeships/Apprenticeships with Little Mick's Electrical and Purser's Gourmet Butchers.




We thank all of our local partners on their support of our students.

Any businesses who are interested in having a work placement student or in running a school based traineeship, please contact the school.

OLNA

Those Year 11 and 12 students who have not completed their OLNA will be sitting their assessments during Week 5 and Week 6.

| Yr 11/12 Catch up Sessions | Day | Time | Room |
|--|----------------------------------|----------------------|----------|
| Writing  | Tuesday (Wk 5) | Period 2 | 19 |
| Reading  | Friday (Wk 5) Friday (Wk 6) | Period 3 Period 3 | 19 19 |
| Numeracy  | Thursday (Wk 6) Friday (Wk 6) | Period 3 Period 3 | 19 19 |

| Yr 11/12 | Day | Time | Room |
|--|-----------------|----------|------|
| Writing  | Monday (Wk 5) | Period 1 | 18 |
| Reading  | Thursday (Wk 5) | Period 3 | 18 |
| Numeracy  | Tuesday (Wk 6) | Period 2 | 18 |

If you miss your test time you will need to do a 'catch-up' session the next day.



CMSHS TERM PLANNER

| TERM 1 2024 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT | SUN |
|----------------|--|---|-------------------------|------------------------------------|---|------------------|-----|
| WEEK 1 | 29 SDD day | 30 SDD day | 31 Students Return | 1 February | 2 | 3 | 4 |
| WEEK 2 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| WEEK 3 | 12 | 13 | 14 | 15 P&C Meeting | 16 | 17 | 18 |
| WEEK 4 | 19 School Council Meeting | 20 | 21 | 22 | 23 1.30pm Sausage sizzle lunch for students, parents and staff 2pm Assembly | 24 | 25 |
| WEEK 5 | 26 Student Council Excursion OLNA → | 27 | 28 | 29 Interhouse Swimming Carnival | 1 March Country Swimming Pennants - Kalgoorlie | 2 | 3 |
| WEEK 6 | 4 Labour Day | 5 OLNA → | 6 | 7 | 8 | 9 School Ball | 10 |
| WEEK 7 | 11 | 12 | 13 NAPLAN → | 14 | 15 | 16 | 17 |
| WEEK 8 | 18 NAPLAN → School Council Meeting | 19 | 20 Assembly @ 2.00pm | 21 | 22 Interschool Swimming Carnival – Wongan Hills Interim Reports out | 23 | 24 |
| WEEK 9 | 25 NAPLAN Note: Book appointments for Parent/Teacher meetings with office | 26 Parent/Teacher meetings 3.30-6.00pm | 27 | 28 Last day of Term 1 | 29 Good Friday | 30 | 31 |



MOORA TRIATHALON

MOORA TRIATHLON & FUN RUN 2024

SUNDAY 17TH MARCH
7AM - REGISTRATION
7.45AM - START

TEAM AND INDIVIDUAL ENTRIES AVAILABLE

SPECIAL THANKS TO OUR SPONSORS

VISIT OUR FB PAGE FOR REGISTRATION DETAILS OR
[HTTPS://WWW.WEBSCORER.COM/MOORA](https://www.webscorer.com/moora)

The Moora Triathlon is happening again on Sunday 17 March. It would be great to see involvement from parents and students in this year's event. It is a great way to encourage the next generation to be healthy and to enjoy exercising outside.

ILUKA 2024 CATABY OPEN DAY

ILUKA

2024 CATABY OPEN DAY

SATURDAY 9 MARCH 2024 | 10AM - 3PM | DANDARAGAN HALL

This FREE community event is your chance to learn about the mineral sands industry and explore the Iluka Cataby minesite.

There will be children's activities, a sausage sizzle and morning tea, and displays from emergency response, community groups, and Iluka's HR team.

REGISTER HERE FOR THE MINE SITE TOUR

PLEASE NOTE, CHILDREN UNDER FIVE WILL NOT BE ABLE TO ATTEND THE MINE SITE TOUR.

GET CONNECTED

An Australian Government initiative powered by nbn

School Student Broadband Initiative (SSBI)

- New families have until **31 December 2024** to take up the SSBI offer
- If families sign up now, this means they will get almost **2 school years of free internet** until 31 December 2025
- For families who have already connected, their free internet will automatically roll over until **31 December 2025**

Check your eligibility:

Contact the SSBI National Referral Centre
Phone: 1800 954 610 (Mon-Fri, 10am-6pm AEDT)
Visit: www.anglicarevic.org.au/student-internet

PARENTING TEENS - WEBINAR

Michelle Mitchell
Parenting Teens Webinar Series
Free Access to Pre-recorded Videos.
12 months replay access. Limited passes available.

Parenting Connection
Supporting WA parents

TO BOOK:
WheatbeltPCWA@Wanslea.org.au

Webinar 1: What Teens Need
Parenting a teenager can be tiring, a little stressful and an intense roller-coast of rapid change. It can also be so rewarding, especially once you understand what teen's need. These videos are designed to help parents and carers embrace, connect with and enjoy this stage of life.

Webinar 2: When They Push the Boundaries
Karen Young and Michelle Mitchell come together to equip parents, carers and professionals with strategies to help them stay connected to tweens and teens when they push the boundaries.

Webinar 3: Guiding Adolescence
Dr Vanessa takes centre stage as they talk about the importance of setting boundaries without damaging their spirit. This webinar will be insightful, challenging, and offer you some solid takeaways to help you understand your role in your child's life.

Webinar 4: Neurodivergence and Adolescence
This webinar focuses on how neurodivergence might become more visible during adolescence. It will help parents understand the facts while deepening their acceptance in order to fully embrace their growing child.

You will be issued with a promocode to access the webinar for free once your booking is confirmed. Please note, these are not transferrable.
Register for one or all four webinars: WheatbeltPCWA@wanslea.org.au



Supporting Parents in WA Communities

Free evidence-informed parenting programs delivered by Parenting Connection WA
Visit www.parentingconnectionwa.com.au or follow us on Facebook @ParentingConnectionWA

Circle of Security® Parenting™

8 x 2 Hour sessions for parents of children from the 0-6 age group

Circle of Security parenting is **based on attachment theory and focuses on the relationship between parent and child**. From a basis of observing and understanding a child's needs, the theory emphasises how the parent's relationship with their child is key to success in everyday parenting matters, such as concerning behaviour, emotional outbursts, and emerging independence behaviour patterns.

Parents will:

- Learn how to identify their child's need
- Learn how to respond rather than react to their child's need
- Learn about their personal parenting experience
- Remind themselves of just how important they are.

Bringing Up Great Kids

6 x 2 Hour sessions

Bringing Up Great Kids uses ideas of mindfulness and reflection to support parents to review and **enhance patterns of communication with their children**, to promote more respectful interactions and **encourage the development of children's positive self-identity**. It also works to establish a new relationship context for children and their parents through facilitating opportunities for positive exchanges. Bringing Up Great Kids draws from child-centred and strengths-based perspectives, neurobiological development, attachment theory and narrative approaches.

Please note: Various versions of this program is available. Please speak to your local PCWA Parenting Coordinator to find out more.

Tuning In To Kids and Tuning In To Teens

Tuning In To Kids (parents of 3-10 year old)

Tuning In To Teens (parents of 10-16 year old)

A 6-week program for approximately 2 hours per session

The program is based on the concept of **Emotional Intelligence** which involves using your emotion to guide you through life and will teach you how to Emotion Coach your child. It's about being able to use your own knowledge of emotions to make decisions, to self-regulate, to manage anger and conflict, to help you in your relationships with people, and to know and understand what is happening in social situations.

When parents focus on helping their child learn about emotions, they are more likely to:

- Have greater success with making friendships
- Manage conflict with peers
- Have better understanding and concentration, leading to higher academic achievement
- Be more able to self-soothe when upset or angry
- Have more stable and satisfying relationships as adults
- Have greater career success.

Tuning Into Kids and Tuning In To Teens teaches parents how to help their child develop the skills to become emotionally intelligent.

No More Scaredy Cats

3 x 2 Hour sessions (parents of 2-12 year old)

Providing parents with the **skills to reduce anxiety and build resilience**.

- The brain, understand where fear and anxiety originate
- How to reduce anxiety and build resilience
- Practical strategies to use in moments of anxiety
- Lifestyle influences that can help improve anxiety.

Protective Behaviours Parent Information Session

1 x 2.5 Hour session

Internationally recognised **personal safety program aiming to empower children**, young people and adults with strategies to promote safety, problem solving and resilience including:

- Assert their right to feel safe
- Identify a trusted adult to talk to
- Recognise 'signs' their bodies give them when they may be unsafe
- Learn body safety rules and safety strategies
- Learn the difference between safe and unsafe secrets.

Please note: Various versions of this program is available. Please speak to your local PCWA Parenting Coordinator to find out more.

1 2 3 Magic and Emotion Coaching

3 x 2 Hour sessions for parents with children 3-10 years of age

Aims to **help parents increase their ability to self-manage and regulate their feelings** and reactions and gives parents the skills and confidence to discipline gently but firmly. Helps parents to avoid common parenting mistakes, such as too much talk and too much emotion. Helps parents understand the different types of behaviour and why they occur.

Identifies three choices parents have when managing behaviour:

- Do nothing (ignore)
- Act (count or consequences)
- Listen and emotion coach

Teaches how to emotion coach by:

- Recognising children's emotions
- Listening empathically and tuning in
- Validating feelings
- Helping children to problem solve.

Engaging Adolescents

3 x 2 Hour sessions for parents with children 10-18 years of age

Learn practical skills for **resolving teenage behaviour problems** in modern times. Build a stronger relationship and renew your sense of confidence by equipping yourself with the skills to hold a tough conversation about challenging behaviour with your teen.

Parents will learn:

- New understandings of adolescents' brain development
- Building a relationship with your teenager and making the best of your non-crisis conversations with them
- Skills to hold a tough conversation about teenage challenging behaviour.

Triple P Positive Parenting Program (Group and Seminar Series)

Suits parents of children aged 2-10 years old. Session durations may vary.

Triple P is a system of easy to implement, **positive parenting strategies that may help to ease current parenting concerns** and prevent future problems before they arise. Aims to help parents create stable, supportive, and harmonious family relationships, by reducing conflict and building better relationships with their children.

Gives parents strategies to:

- Stop or prevent negative behaviour
- Encourage positive behaviour
- Build positive behaviour
- Build positive relationships with the children
- Plan ahead to avoid or manage potentially difficult situations
- Take care of themselves as a parent.

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YEAR 12 STUDENT DECLARATION AND PERMISSION

All Year 12 students are required to complete the Declaration and Permission forms. Parents/carers of

Year 12 students are asked to discuss the attached information sheet with their children who will be provided an opportunity in homeroom at the start of Week 6 to complete the Declaration and Permission forms.



Government of Western Australia
School Curriculum and Standards Authority

Parent information – Student Declaration and Permission online

The following students are required to complete the **Student Declaration and Permission** in the student portal at <https://studentportal.scsa.wa.edu.au>:

- All Year 12 students
- Year 11 students who are studying Australian Tertiary Admission Rank (ATAR) Units 3 and 4 and sitting the 2024 ATAR course examinations.

Students are requested to complete this process online by **Thursday, 22 August 2024**.

Student Declaration

All categories of students as listed above will need to declare that they are aware of the requirements to achieve the Western Australian Certificate of Education (WACE) and for sitting the ATAR course examination. Please refer to the 2024 version of the *Year 12 Information Handbook*, which will be available in early March on the School Curriculum and Standards Authority (the Authority) website at

<https://www.scsa.wa.edu.au/publications/year-12-information>.

Student Permission

All students, as listed above, will be asked to give permission for the following:

- Release of their name should they win an award**
The Authority award winners are published in the media and on the Authority's website, if permission to do so has been given by the student.
- Use of school work for creating support materials**
The Authority is seeking permission for the use of the school work produced during 2024, e.g. assignments, projects, portfolios, test, school-based exam responses.
- Use of examination responses (written and practical)**
The Authority is seeking permission for the use of:
 - ATAR course written and practical examination responses (copyright owned by the student); and
 - images and sound recordings of the student in photographs, audio recordings and audio visual recordings that are made during the ATAR course practical examinations (copyright owned by the State of Western Australia).

Your child will be encouraged by the school to discuss each of the above questions with you, prior to completing the *Student Declaration and Permission* online. If your child is under 18 years of age, and has not discussed their responses with you, they will not be able to proceed further with their submission. This procedure ensures that your child cannot complete the *Student Declaration and Permission* unless they click on 'Yes' to the condition '*I have discussed my responses to the above questions with my parents/guardians*'.

Please note: Students will be required to complete the *Student Declaration and Permission* when they first log in to the student portal.

Further information on **Student Declaration and Permission** is available on the Authority's website at <https://senior-secondary.scsa.wa.edu.au/the-wace/student-declaration>.