



CECIL ANDREWS SENIOR HIGH SCHOOL

# NEWSLETTER

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## SCHOOL VISION

### *Students at Cecil Andrews Senior High School*

- Aspire to reach their potential

(BE MY BEST)

- Demonstrate respect for self, others and the environment

(CHOOSE RESPECT)

- Have compassion for others and work co-operatively with members of the school community

(TREAT EVERYONE DECENTLY)

- Are proud of the school

(TAKE PRIDE)

### *Staff members at Cecil Andrews Senior High School*

- Model respect, pride and compassion.
- Believe they can make a difference for students by caring for them and about their right to the best possible education.
- Understand their role in establishing a positive working environment.



## Principal's Report



As I reflect on what has been an industrious and very rewarding year, there have been a lot of student achievements and competition wins, some of which you can read about in this newsletter edition. I thank staff for their valuable contributions and hard work.

We farewelled the Year 12 Class of 2016 and I was very pleased with how well they conducted themselves. I thank Mrs Jones for her high quality and excellent organisation of their memorable events.

'Annie' was a highly polished and professional Musical Production and we thank Ms Glanvill the Director and the Arts Team who all worked together, for the high standard of excellence. The audiences were very impressed.

Our staff and students are involved in Arcadia, the giant robotic spider at Elizabeth Quay, as we have the Science Innovation activation space, which has been an exciting opportunity also involving our Dance students.

We had a very successful Malaysian visit and our student ambassadors did an amazing job showing their leadership. Thanks for the Arts teachers, Mr Finlay and Youth Worker Amy Thomas, Follow The Dream (FTD) Coordinator Ms Gilbert and the Arts and FTD students who hosted and entertained them.

The new STEM Centre is nearing completion and is a world class facility in which the students will be effectively trained to be prepared for the changes in the workplace as technology replaces many jobs. The Canteen renovations will be completed for next year and the new basketball courts are looking fantastic. The students are enjoying playing on them and you can see the before and after photos.

We really have high quality teachers and another of our accomplished staff is yet again recognised State wide. Mr Austin Ward is one of the top 4 finalists in WA Education Awards 2016. The winner will be announced at the end of the year. We celebrated when we saw a group of our AFL students involved in a weather balloon experiment on Today Tonight on TV, in a story about the best schools in WA.

We wish all staff, students and parents an enjoyable and safe holiday at the end of the year and look forward to some exciting new announcements in the New Year.

Best Wishes,  
Stella Jinman  
Principal

**Inside this issue:**

<u>Principal Report</u>	<b>1</b>
<u>Term Dates and Contributions &amp; Charges</u>	<b>2</b>
<u>Introducing</u>	<b>3</b>
<u>Austin Ward</u>	<b>5</b>
<u>P &amp; C Quiz Night</u>	<b>6 &amp; 7</b>
<u>Follow the Dream</u>	<b>8 &amp; 9</b>
<u>The Arts</u>	<b>10 &amp; 11</b>
<u>STEAM</u>	<b>12 &amp; 13</b>
<u>Clontarf Academy</u>	<b>14 - 7</b>
<u>Health &amp; PE</u>	<b>18 - 20</b>
<u>Basketball Courts</u>	<b>21</b>
<u>PE &amp; AFL Uniforms</u>	<b>22</b>
<u>Leavers Jackets</u>	<b>23</b>
<u>Year 12 Ball</u>	<b>24 &amp; 25</b>
<u>Year 9.1</u>	<b>26</b>
<u>Year 12 Graduates</u>	<b>27 - 29</b>
<u>Student Parking Permit</u>	<b>30</b>
<u>School Bell Times</u>	<b>31</b>
<u>Malaysian Visit</u>	<b>34</b>
<u>Breakfast Club &amp; Student Hub</u>	<b>35</b>
<u>Notre Dame</u>	<b>36</b>
<u>Homework Help</u>	<b>37</b>
<u>Parent Help</u>	<b>38 &amp; 39</b>
<u>Keeping Safe Plan</u>	<b>40 &amp; 41</b>
<u>Booklists &amp; Student Exchange</u>	<b>42</b>
<u>Uniforms</u>	<b>43</b>
<u>Farewell</u>	<b>44</b>

## Term Dates 2016 - 2017

## Term 4 2016

End of Term for Students is Thursday the 15/12/2016

End of Term for Staff is Friday the 16/12/2016

## Term 1 2017

The Front Office will be open from Friday the 27/01/2017, for payments of Contributions and Charges.

Students Return for the beginning of Term 1 on Wednesday the 01/02/2017

## Incentive for Early Payment of Your Account in Full

Pay the amount listed on your contributions and charges by 7<sup>th</sup> April 2017 and you will go in to the draw to win \$200.00. There will be 6 winners, a prize draw for every year level, 7, 8, 9, 10, 11 and 12.

**Conditions Apply:**

Payment of contributions must be made in full by end of Term 1 – 7<sup>th</sup> April 2017.

The early bird initiative is available to those parents who do not have access to the secondary assistance scheme.

Good Luck!!

## *Introducing* Mr Mark Cornish

After finishing a chemistry degree with honours I travelled throughout Western Australia and the ACT delivering science presentations to school students. This inspired me to study teaching and after graduating with a Graduate Diploma in Education including practicums at Hale School and Karratha SHS, I worked at Applecross SHS as a science teacher for five years before starting at Cecil Andrews SHS. I'm very excited about the opportunities and initiatives being implemented at Cecil Andrews in 2017 including the new purpose-built STEM building and newly introduced Year 11 Chemistry and Physics courses. My wife and I live in the Armadale area and have been blessed with a beautiful baby girl, Lucy, who is 11 weeks old. We also have a four-legged furry daughter Koko, a kelpie-cross.



## *Introducing* Mr James Charlesworth

I've just moved over from Tasmania with my partner who is a local Perth girl. I've been teaching for 4 years, and won Young Teacher of the Year in 2014 in Tasmania. I have also represented Tasmania and Queensland in AFL, which makes Cecil Andrews an enjoyable fit for me. I hope I can help develop some of our AFL boys and girls and get one drafted in the next few years!



## *Introducing* Mr Michael Roche

Michael Roche joins us as the Director of Innovation and will help us maximise the benefits of the new STEM building, becoming a P-Tech school as well as many innovative approaches to the learning environments here at Cecil Andrews Senior High School. Michael spent the last nine years as Director of Information Technology at Trinity College, and has delivered presentations at state, national and international conferences on 21<sup>st</sup> Century Learning Environments and maximising the benefits for all students.



# Scitech Picture Happiness on Earth Project

Earlier this year, Cecil Andrews Senior High School was invited to participate in a project called **Picture Happiness on Earth**. The project involved 6 of our year 9 and 10 students: Callum Butler, Alexa Silverio, Steven Palo, Kaine Burgess, Isabella Bulich-Western and Matthew Hannah.

Our school is 1 in 4 to present Australia in this competition as Scitech is representing Australia in this international project supported by Scitech and Bloomberg through the National Museum of Emerging Science and Innovation (Miraikan) in Japan. The winning entry and school will have their video projected on the GeoCosmos (a giant 3D globe) at the 2017 World Science Summit in Miraikan.

Our video was submitted and it was uploaded online on Scitech's website for the public to vote as it was based on people's choice. After the votes were counted, we had come second with John Curtin College of the Arts taking the first place. On 28<sup>th</sup> July, the students and teachers were invited to Scitech to view their video on the Planetarium dome and received certificates to acknowledge their achievements. This was a wonderful opportunity for our students to network with students from other schools as well.

During the first semester, our students worked alongside Leon Smith, a Science Communicator from Scitech, who facilitated the four workshops that the students worked collaboratively to produce a short video on what happiness means to them and had used the program, Geoscope, which contained datasets and visual representations on issues around the world. The students produced a video that is put alongside the other four schools, highlighting what happiness means to our students at Cecil Andrews SHS!

I would like to congratulate Callum, Alexa, Steven, Kaine, Isabella and Matthew on the incredible achievement. I am so proud of the teamwork that was evident and the wonderful project they have produced as a group!

Amanda Lean, STEM Teacher.



## National School Opinion Survey 2016

We value feedback from the school community and use this to inform our practice and to improve the quality of education we provide to all of our students.

Cecil Andrews Senior High School would very much appreciate your participation in the National School Opinion Survey 2016 which you can access by following the link below:

Survey for Student: <https://www.schoolsurvey.edu.au/s/OGF039VT>

Survey for Parents: <https://www.schoolsurvey.edu.au/s/tNwVhKJV>

Each survey only takes a few minutes and is completely anonymous. The survey is open from 9<sup>th</sup> December 2016 to the 10<sup>th</sup> February 2017.

Thank for your feedback. It is very much appreciated



# Austin Rises to the Occasion



In September Austin Ward, our Science and Specialist Football teacher, was named a Finalist in the WA Education Awards 2016, for the Secondary Teacher of the Year Award. This honour put Austin in the top four secondary teachers in the State.

Austin joined Cecil Andrews SHS in 2013 as a graduate teacher in Science and Health & Physical Education (HPE). He now **teaches and coaches students in the school's Approved Specialist Program in Australian Rules Football.**

Austin was nominated for the Award because of his skill as a teacher and his commitment to go above and beyond for his students.

He creates interesting and captivating lessons that make his students want to come to school, not just to play football, but to learn and to reach educational milestones they thought beyond their reach.

This is due in no small way to the relationships and rapport Austin works hard to build with his students.

**Austin cleverly captures his students' passion for AFL and combines it with some high level STEM learning experiences.**

His exciting STEM projects have increased the attendance and engagement of his students.

Austin can be found most mornings before school conducting or participating in early morning training sessions; after school at games on the oval, and weekends at various sporting events.

He works very closely with the Clontarf Academy team, also based at the school, to provide seamless pastoral care to those students affected by disadvantage.

**As an award nominee Austin has been featured in newspapers, on various Internet sites, on the Education Department's social media and even on Today Tonight in a story about WA's best schools.**

In an interview with the examiner Newspaper Austin said he loves coming to work.

"I enjoy coming to work and having a laugh with the kids, trying to get them on side and build really good rapport with them," he said.

"I don't have sick days because I feel bad... I like to be there for them and make sure they're getting the best education I can give them."

He said he wasn't expecting the nomination but was grateful for the accolade.

# 4x4 in Schools

This semester the Engineering students have been working extremely hard to fundraise for the up and coming 4x4 in schools competition being held early next year. With a great thank you to the P&C for organising and assisting with Sausage Sizzles and Community Quiz night, we are well on our way to achieve our goals.

As a group we have presented at Scitech, engaged in a coding course and are currently creating a vacuum former to mould the body of the remote control vehicle.



# ARCADIA

# Tjuntjuntjara

On the 23rd and 24th of November 34 CASHS Students from Year 9-11 and 18 Staff ran the Arcadia Australia STEAM Ahead School's Science and Technology Activities at Elizabeth Quay. Almost 1000 Primary and Secondary students from many schools visited the event and thousands of general public in the evenings. CASHS Collaborated with Scitech, Deloitte Australia Sacred Heart College to provide the activities. Our students ran the STEM activities and created a music video with a large spider sculpture. The event provided a unique opportunity for our students to be part of a major international event and develop their confidence in presentation and performance. Our Year 8 Dance students and Year 10 Music students created the dance and music for the video and filmed it. The sculpture was built by hundreds of school children over the two days.

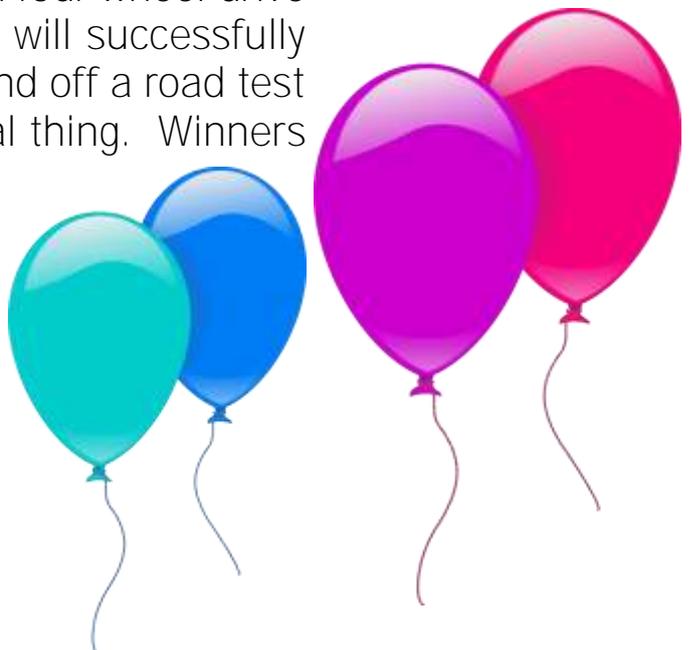
Our students performed brilliantly in harsh conditions with day 2 temperature of 37 degrees. Our staff and students worked many hours at school prior to the event preparing the activities, music and dance. It was a huge effort from many people which was very successful. Staff and students earned complimentary tickets to the Tjuntjuntjara Landing Shows.

During that week Tjuntjuntjara Remote Community School staff and students from 1400 kms NE of Perth in the Great Victoria Desert stayed at CASHS in our Performing Arts Centre. The group attended classes at CASHS, Challis Primary and participated in Arcadia meeting the British Crew and dancing with the Nyoongar Dance company at the concert. Mr Townley and Mr Evans visited Tjuntjuntjara RCS in Week 9 to share STEM lessons with staff and students there. This wonderful exchange has resulted in the establishment of an on-going partnership between our schools. The friendships formed and cultural exchange between the CASHS Community and the Spinifex people have enriched both schools and promises to continue doing that into the future. Many people in the CASHS Community worked very hard to make our visitors welcome and showed just how generous and welcoming we can be. Special thanks to Mr Townley for organising this exchange and Kandy Dobels and the CLC for their wonderful support with catering and activities. Many staff and students also contributed to making the visit a great success.



# P & C Quiz Night

Cecil Andrews P&C/Community Linking Centre are proud to acknowledge our wonderful community sponsors for their overwhelming generosity with prize donations for our Community Quiz Night held on 12 November. The evening was a fun and rewarding experience for all and we could not have achieved this without your help. We are pleased to advise that, (combined with other fundraising ventures), we have successfully raised \$5,000 to help toward sending two groups of Engineering students to New South Wales early 2017 to compete in the Land Rover 4x4 Schools Technology Challenge. Students are required to build a radio controlled four-wheel drive vehicle to specifications provided that will successfully navigate and complete obstacles on and off a road test track, that is as demanding as the real thing. Winners will go on to compete in the International Challenge and we wish our teams all the best.



# Quiz Night Sponsors

- Dr. Tony Buti MLA
- Hon. Helen Morton MLC
- Roll'd Harrisdale
- Aldi Harrisdale
- Jamaica Blue Harrisdale
- Mini Price Harrisdale
- Harrisdale Post Office
- Butcher's Corner Harrisdale
- Jett's Armadale
- Bakers Delight Haynes
- Amcal Chemist Haynes
- Haynes Good News Agency
- Champion Drive News
- Armadale Nextra Newsagency
- Lotterywest News Armadale City
- Essential Beauty Armadale City
- Boss Beds Armadale City
- Spud Shed
- Scitech
- Adventure World
- Subway
- West Coast Eagles
- National ANZAC Centre Albany
- Room for Hair
- Cryo Body Clinic
- Grand Cinemas
- Hoyts
- Mandurah Indoor Rock Climbing
- Bloom Musician
- Heritage FM
- Balloonz
- Juliet Creations
- Billabong Crafts
- Jess Kendall Fitness
- Butterfly Kisses
- Cassie Bremner - Scentsy
- Natalie Burton - Close to My Heart
- Champion Lakes Fish and Chips
- Avocados Accommodation, Cafe and Function Centre
- Commonwealth Bank School Banking
- CatFit
- Frankensteins Laboratory Bar and Restaurant, Bali
- Coles
- Marg Levien—Herbalife
- Bendigo Bank
- Dome
- Aroma Café
- Armadale Park Café
- Cantina & Grill
- Pasta Cup Haynes
- Seadragonz Forrestdale
- Ben Boekholt - Police Rangers
- Libby Harper Hair Care Pack
- Aroma Cafe Armadale Hospital
- **Jewellery**, Soap, Stable Table, Cocktail Glasses, Photo Frame and various items donated by P&C Members.

# Follow the Dream

There's been a lot going on in Follow the Dream recently! As usual, the students have been attending after school to concentrate on their studies, but there has been plenty of additional action. For example, the students have been running their own business, called \$20 Boss. The business is sponsored by the National Australia Bank and the Foundation for Young Australians and is open for any students to join in terms 2 or 3. The students are each given a \$20 loan to start a business and when their business finishes, they pay the \$20 and an additional \$1 back, which is like interest. By running this business, they have learnt what it's like to be entrepreneurs and have developed skills, such as in innovation, marketing and budgeting. The business they developed was to create and sell Aboriginal art work. They were very lucky to receive donations of materials to use, thus maximising their profits. Madeleine Smith's father, Garry, cleverly hand-made boomerangs and woomeras, as well as gave the students boab nuts and jewellery made out of bone to paint and sell. Mrs Gaglia's father made tapping sticks from fallen gum trees in his garden and also donated shells. The students turned all these items into wonderful pieces of art work which they sold to staff in a silent auction and also to visiting American students at the University of Notre Dame. They joined the American students for a picnic on the Esplanade in Fremantle before setting up their items to sell. They have made a good profit from their sales and are going to donate some of their money to the Australian Red Cross, by preparing a lunch for an Aboriginal group the Red Cross supports and the students are still discussing how to spend the remainder.



## Other news in brief:

- Madeleine Smith has received a \$1000 grant to develop an app for Noongar language learning
- Four students, Akeira Collard, Martika Yappo, Jemiah Laylan and Sean Skinner, were awarded electronic tablets as part of a reading program and they have been busy reading lots of books on-line!
- Students ran a day of activities at Kelmscott Primary School to help their students celebrate National **Aboriginal and Torres Strait Islander Children's Day**. They ran activities to teach the Noongar language, taught the students about the didgeridoo and painted their faces.



- Students participated in the “Girls in STEM Interactive Open Day” at Central Institute of Technology. They participated in hands-on activities which included analysing food samples and programming a computer to produce a ring using a 3D printer.
- Year 12 students participated in the “Deadly Dreaming” day held at Murdoch University, which enabled them to learn about a range of post-school opportunities.
- Torika Forrester, Jye Skinner and Tiffany Ballard visited an Aboriginal Performance at WAAPA/ Edith Cowan University. Torika Forrester and Jye Skinner bravely put on an incredible impromptu performance for the WAAPA students!

### Looking ahead:

- Madeleine Smith was successful in her application to attend the Aboriginal Summer School for Excellence in Technology and Science (ASSETS) which is being held in Adelaide for 9 days in January.
- The final event for the year is the annual presentation/dinner, which is being held on 7 December at CASHS.

Follow the Dream students are very grateful to the fabulous support of the CASHS members of staff and university students who work with them – particular thanks to Mr Maclean, Mrs Langford Davis, Mr Bennett and Mrs Magry from CASHS.

If you would like further information about Follow the Dream, please contact the Coordinator, Sue Gilbert, on 9498 0017 or [Susan.Gilbert@education.w.a.edu.au](mailto:Susan.Gilbert@education.w.a.edu.au)



# Visual Art (Senior School & Middle School)

The study of Visual Arts at Cecil Andrews Senior High School encourages respect for cultural and aesthetic differences and promotes creative thinking and problem solving. This year we have covered a large range of art making processes including painting, collage, digital image manipulation, drawing, sculpture, printmaking, installation and assemblage.

The practical work has been supported by a focus on literacy through art historical studies with strong research and theoretical underpinnings. Visual language studies have formed a large part of the courses this year as we have sought to develop the skills of constructing, reading and interpreting visual language for meaning making.

In the Visual Art Department this year, students in Year 10, 11 & 12 ATAR, VET and General courses have had the opportunity to contribute art works for many community exhibitions, as a part of the focus on engaging students in industry standard practice. Students submitted work for the St George's Art Exhibition, the Metamorphosis Exhibition, and the Young Originals Exhibition.

Max Joyce, one of our Year 12 ATAR Visual Art students had his artwork **'Political Personality'** selected for exhibition at the Metamorphosis Exhibition at North Metro TAFE and was awarded in the Highly Commended 2D category for his ink and collage work. The judges stated that Max's work "was a humorous & bold exploration of a very now subject, a confident handling of mediums - a successful satire".



Max said of his work *"My work is a social comment on the nature of politics in a satirical manner. I have been influenced by the works of Locust Jones & William Kentridge. I have represented Donald Trump's media personality as a façade, an act for the public. I have portrayed Bernie Sanders as cleanly as possible, contrasting the dark undertones of Donald Trump's fake media personality. Similar to Locust Jones work, the daily newspaper plays a large part in my artwork, represented through the captions at the bottom of each artwork, conveying the impact of the media in political campaigning."*



Student textiles work was also selected for the prestigious Young Originals Exhibition, hosted by the Department of Education and Edith Cowan University. This year, we have also delivered workshops to students in Year 5 & 6 from local primary schools attending our AIR Grant enrichment workshop through the Artist in Residency program.



Many extracurricular learning and enrichment opportunities were offered through excursions to workshops in the printmaking studios and sculpture studios at North Metro TAFE. Students also attended excursions to the Year 12 Perspectives Exhibition and exhibitions at the Perth Contemporary Arts Institute.

All our student artwork is celebrated in a large scale exhibition at the Annual Cecil Andrews SHS Arts Festival; It has been a year of success, as we have seen our bright young artists take hold of the wonderful opportunities offered throughout the year.



Mrs Deborah-Lee Parker & Annette Hill  
Teachers of Visual Art



Department of Culture and the Arts  
Department of Education



Achieving excellence together

## Cecil Andrews 2016 Artist in Residency Project - 'The Steam Locker'

In 2016, Cecil Andrews SHS delivered the school Artist in Residency Project called 'The Steam Locker'. This Artist-In-Residence Grants Program project has been assisted by the Federal Government through the Australia Council for the Arts and the Western Australian State Government through the Department of Culture and the Arts and Department of Education. This program ran over terms two, three and four with a different workshop focus each term. Specially selected groups of students were chosen for this academic and artistic extension program which focused on STEAM learning (Science, Technology, Engineering, and Mathematics + Arts).

It has developed in staff and students an understanding of how science practice can be combined through dance, music and visual arts strategies to develop art work about scientific principles in the form of performance, drawing, textile production and microscopic photography. The project work produced is underpinned by the pedagogy that creativity is as important as literacy and numeracy and key to young people's education in the 21st Century. The calibre of students who were reviewed for the program were outstanding.

Managed for the Federal Government by the Australia Council for the Arts the Artist-in-Residence (AiR) Grants Program was launched in Western Australia by Minister for Culture and the Arts John Day and Minister for Education Dr Elizabeth Constable in June 2009. The AiR Grants Program provided project funding to support artist-in-residence activity in Western Australian public schools and universities (Faculties of Education) to improve students' access to high quality arts in education programs, and to develop effective teaching methods and practices for the arts in Western Australia. Delivered through ArtsEdge, the strategic arts in education partnership between the Department of Culture and the Arts and the Department of Education, the final funding round of the program concluded in October 2015 with the announcement of seven new AiR projects across Western Australia to be completed in 2016.

The project has included over 30 students from different year groups across the school, and six key staff members across the Sciences and Art Department. Professional development was provided to the full staff body at a staff development day and also to teachers at Churchlands SHS. Additionally, the project was visited by key community members visiting the school over the year including Teach for Australia graduates, visiting Malaysian University Teaching students, Arts and local Community Government Ministers and the representatives from Deloitte Australia.

'The STEAM Locker' learning space is underpinned by the pedagogy that creativity is as important as literacy and numeracy and key to young people's education, The STEAM Locker project, guided by artist-in-residence Gary Cass, encouraged artistic engagement with the sciences in cross-curriculum study in the production of STEM (Science, Technology, Engineering, Mathematics) + Arts focused production. The STEAM Locker has also developed in staff and students an understanding of sciences through dance, music and visual arts, developing art work about scientific theories in the form of performance, drawing, textile production and microscopic photography.

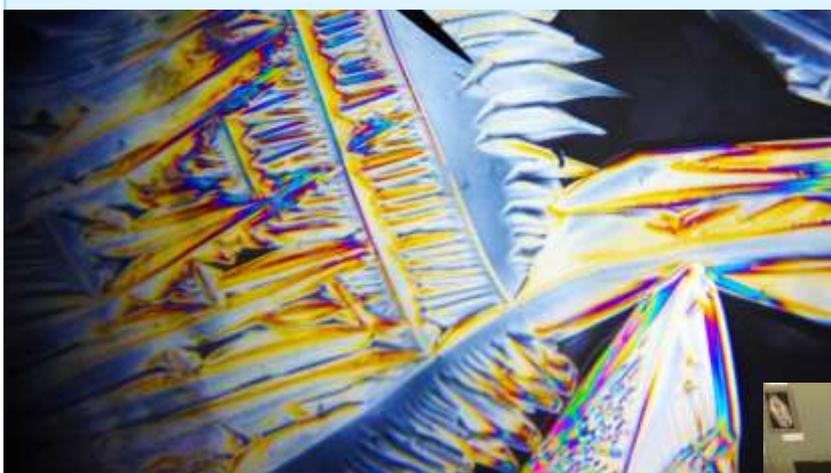
Gary Cass 'the Scientific Artist' has been a key creative collaborator with numerous international arts and sciences projects; including Fermented Fashion, the first dresses in the world made from wine and beer. Cass is director of *The Scientific Creativity Initiative*, which has a philosophy that "creativity is as important as literacy and numeracy." Gary Cass's collaborative projects have been exhibited around the world including; a fringe event at the Venice Biennale and Documenta in Germany; Trinity College Science Gallery, Ireland; Signature Art Prize in Singapore; and ArtStays Slovenia. Fermented Fashion has recently gained media coverage with AOL.com, appeared in the 2014 Ripley's Believe It or Not and part of World EXPO 2015 in Milan. Cass' newest project, iDNAity audio - making music from your genes - is exciting and engages students, using creativity, in the sciences. Cass has developed and delivered to various schools, including Shenton College, St Stephen's School and Girrawheen Senior High School, through numerous STEAM programs.

Cecil Andrews is renovating their science block to include new STEM labs and Cass will include arts thinking to the STEM labs, through the STEAM Locker project, to produce a STEAM learning space. The aim is to encourage other teaching staff toward the STEAM way of engaging their students. Gary has worked closely with the AiR Grant Coordinator, Mrs. Deborah-Lee Parker this year to develop a resolved exhibition showcase of the art/science works from the program workshops, which will be installed in the STEAM locker Arts Exhibition at the Cecil Andrews SHS Arts Festival in Term Four on 2<sup>nd</sup> December. Deborah-Lee Parker has on behalf of Gary Cass coordinated with classroom teaching staff during the year to ensure workshop content enables delivery of links to new WA curriculum content and supports teachers to become more comfortable in mixing the science and arts teaching and learning spaces.

Resolved works that will be exhibited at the STEAM locker Arts Exhibition at the Cecil Andrews SHS Arts Festival include work from the Microscopic Crystals Workshop (Science Focus), the iDNAity audio workshop (Music Focus), the Fermented Fashion workshop (Textiles/Arts Focus), and finally the Healthy Body & Healthy Mind Painting Mural (Senior & Indigenous Follow the Dream Student Arts Focus).

Should you require any information regarding the Artist in Residency project, please don't hesitate to contact the Senior Visual Art Teacher, AiR Project Coordinator Mrs Deborah-Lee Parker at the school.

Mrs Deborah-Lee Parker



# Blast from the Past

Cecil Andrews Senior High School Class of 1996



Photograph courtesy of The Examiner, taken by Matt Devlin

The Cecil Andrews Senior High School Class of 1996—and some of their teachers—attended a reunion on Friday 22nd July. Nigel Rimmer was one of the main organisers of the reunion. He said **the reunion was a “great opportunity for ex-students and teachers to reminisce.”** At the same time it provided a unique opportunity for current students to meet some very interesting people. The class of 96 produced lawyers, accountants, police officers, web designers, small business people, politicians, and a professional football player.

The alumni were special guests at a whole school Assembly. They saw students receive academic awards, sporting trophies, citizenship awards and Tegan Kelly awarded the 2016 City of Armadale Annual Scholarship by the mayor. They enjoyed performances from the Year 8 and Senior School dance students, who reprised their performances from the South of the Swan festival.

After the assembly, the alumni were taken on a tour of the school by current students. The students—young and old—swapped stories and shared experiences about being a student at Cecil Andrews SHS. The alumni noticed that the old football jersey was still on display in the office and commented that the new student uniforms looked really nice and professional. They were proud to hear that **both of the school’s AFL teams were in the grand final this year and were looking forward to attending the performance of Annie in Mid-September.** The alumni were surprised at the changes over the past twenty years. They were pleasantly surprised about the English block, the upgraded Science classrooms, and the Clontarf foundation. **They were really excited about the school’s focus on Science, Technology, Engineering, and Maths—STEM.** The alumni promised to come back and see the new STEM building when it is completed at the end of the year. The alumni are very interested in supporting the school as Cecil Andrews SHS becomes the first school in Western Australia to implement the Ptech program, which links students with industry and further technical education and innovation.



Government, business, and society need to work together to support a dynamic workforce that is able to constantly reskill and upskill."

At the beginning of the year the P&C presented a bold vision to develop a Community Linking Centre (CLC) to help with the evolution of our school community - (parents, citizens, students, teachers, and staff) - to face the challenges and opportunities of technological shifts that are demanding revolutionary restructuring of our societies. Our Principal, Stella Jinman, embraced our ambition and has actively supported our start-up progress throughout 2016 which has enabled us to not only develop significant increases in awareness, communication, and fundraising, but our research and networking phase has revealed encouraging results that we are not only "on the right track" but that we are pioneering toward an inevitable transition.

To assist me to highlight specific areas about why we believe in the importance of developing our CLC I will be borrowing from Deloitte's July 2016 Report: "The Future of the Workforce: Critical Drivers and Challenges". (All italicised paragraphs in my report are direct quotations from Deloitte.)

[<https://www2.deloitte.com/content/dam/Deloitte/au/Documents/human-capital/deloitte-au-hc-future-of-workforce-critical-drivers-challenges-220916.pdf>]

*Cultural considerations must evolve alongside the technological disruption. This is discussed in Jain, Supriya's article, "The machines are taking over! Or are they?" This article suggests that newer technologies, such as social media and mobility have made the world more accessible, transparent, and accountable, and points to the fact that "... culture has had to evolve with the technology. And therefore, for our next leap of technological progress, we need to work on the cultural leap as well."*

We have the choice to be an all-inclusive support community that not only stays in the loop of the global paradigm shift that our children are growing up in, but contributes to re-shaping the new future by sourcing progressive opportunities in communication, education, and skills upgrade whilst working towards helping deliver these opportunities to our community.

*There is no doubt that education and skills development will be even more critical to enabling economic growth. Underpinning this will be the need for new learning models and reimagined institutions, many of which are catching up with technology. Public policy and supportive institutions have a new role to play. [...]*

*This is not to say that we do not and will not need a larger stock of technical skills in the workforce; we do. It is about balance: technical skills are not sufficient by themselves. Problems are much more likely to be solved in teams, meaning that employers will require a range of other cognitive skills and abilities from their workers, such as complex problem solving, reasoning, comprehension, and social.*

To complement traditional education delivery Flipped Classrooms have a primary focus on encouraging team building, leadership skills, and skills for "learning how to learn" and is one of the innovative changes being introduced to Cecil's classrooms to assist in preparing our students for societies future requirements.

*However, Millennials feel that most businesses have no ambition beyond profit, and there are distinct differences in what they believe the purpose of business should be and what they perceive it to currently be. Often they put their personal values ahead of organizational goals, and several have shunned assignments (and potential employers) that conflict with their beliefs.*

Teach For Australia (TFA) is a program whose mission statement is for all Australian children, regardless of background, to attain an excellent education. The program encourages high achievers to become teachers in order to lead others to achieve their full potential. To complement Cecil's teaching core Cecil's has sourced TFA Program individuals who place a high value on ethical community development whilst forfeiting opportunities for higher income packages.

**TREATED AS A SECTOR IN ITS OWN RIGHT, VOLUNTEERING IS WESTERN AUSTRALIA'S  
LARGEST INDUSTRY BY EMPLOYMENT AND CORPORATE STAKEHOLDERS  
ARE PAYING ATTENTION TO THIS!**

*"For Australia to take advantage of the future growth opportunities, the Not for Profit sector will need to play a significant role in their own right and in combination with government and corporate enterprises." Gaile Pearce, Deloitte Private Partner, observed that:  
"Many of my Not for Profit clients and others are embracing change, in order to be more competitive and to look for future opportunities that might not previously have been considered.*

*"Many are already reviewing their strategies in increasingly innovative ways in preparation for the opportunities that will arise over the next five to ten years. In order to move closer to prosperity and achieving their mission, Not For Profits will need to consider the primary levers in their organisation such as their service offerings, resources, opportunity (market needs) and what competitive or structural advantages they may have. Those ready to embrace change and understand where the next growth waves could be coming from are likely to be better positioned for future prosperity."*

Our CLC is in project phase development for Donation Gift Recipient (DGR) Foundation Status which will provide us with the scope to source funding capable of providing building, classroom, and technology upgrades, alongside training programs for technology and humanities, which will be made available to our all inclusive community. Long term goals are for developing sustainable and renewable training resources from within our community by coupling this to technology infrastructure and upskills development.

Complimenting the uptick in social recognition and transition within our economy is the global recognition that Community Volunteering is a sustainable, renewable, realized financial resource that is worthy of investment from both small and large scale commercial and government business; for example, a conservative estimate of the economic contribution from volunteers to Western Australia in 2015 is \$39.0 billion.

What does this mean? Currently the recognized economic rate of one hour given by a volunteer is \$33.71. If we just calculate my voluntary contribution in 2016 to Cecil's Business Management of approx. 15 hours per week by 32 weeks @ \$33.71 the economic value is \$16,180.80. Now when we begin to consider the amount of voluntary hours provided by parents, citizens, students, teachers and staff in 2016 the annual economic value is staggering and is what we can demonstrate to our corporate partners for value investment into our community. We will be sourcing a Volunteer Calculator App in 2017 that will make it easy for volunteers to upload their hours as this will provide us with substantial in-kind contributions for grant and foundation status applications.

For those interested in looking further into this I highly recommend reading Volunteering WA's: Economic, Social and Cultural Value of Volunteering to Western Australia Paper. The PDF download link is: [https://volunteeringwa.org.au/assets/downloads/vwa\\_report%20book\\_web.pdf](https://volunteeringwa.org.au/assets/downloads/vwa_report%20book_web.pdf)

In conclusion, we are confident that our CLC ambition mirrors Deloitte's advice to non-profits and look forward to having discussions with you in 2017 and not only on our current project developments but on creative and innovative ways to successfully ride the new wave our communities are journeying toward.

We are also considering more viable options for our CLC office/meeting room with projection for a slightly larger room being open by mid 2017. Thank you for your time.

Leesanda Binetti-Goodchild

CASHS President, P&C Committee

Facilitator, Community Linking Centre

## **Community Linking Centre**

In 2015 I was in a position where I could contribute time to the Parents & Citizens Committee (P&C) so I went to meetings to start learning what it was all about and although activities were low I was moved by the endurance of this small group. I was also impressed by our Principal, Stella Jinman's, unfailing supportive attendance coupled to information from Stella's reports on what was happening in the school and this inspired me to accept nomination for P&C President in 2016.

Inception of a Community Linking Centre (CLC) was birthed to create a revolving door hub for all branches of our on-and-off school grounds Community and I have fleshed out more on this venture in the CLC Newsletter Page. From an immediate practical application however, we all wanted increased membership participation as we desperately needed help to bring great ideas to fruition, but before we could address this problem we had to understand the cause, as research was showing us that we were not alone - numerous P&C's were experiencing dwindling numbers to the point of becoming obsolete.

It was suggested that some P&C's had become almost clan-like and if you didn't "fit in" your voice wasn't given equal attention and you were "cold shouldered". Some claims suggested that these "clique" P&C groups were also only interested in gaining leverage on special benefits for themselves and their children. When I talked to parents in areas outside our region I found this sentiment wasn't isolated and was certainly a problematic area as discussion amongst families and friends about joining their P&C had taken on a negative tone.

This is a common dilemma where one, or a few people, occasionally tarnishes a community service and its environment by exploiting it and our community will need to be mindful of addressing and rectifying this perception as it does not apply to, and is therefore unfair to, the majority. But there also had to be something else causing the undeniable trend of low P&C participation and I believe the following analytic statement from Deloitte provides us with the fundamental nature of the cause:

*"The shifts in social engagement are evident: relationships are being reconstructed, virtual communities are stealing time from face-to-face communities; social stimulation and engagement is moving virtual, and more and stronger connectivity is leading to different social dialogues and emotional developments." (Extract from Deloitte: The Future of the Workforce-Critical Drivers and Challenges, July 2016)*

# Community Linking Centre

We have stats to verify Deloitte's analysis: Face to face membership at school is 9. Virtual on-line membership via our CLC facebook page is currently at 122. Therefore the greatest challenge facing us appears to be virtual technology. But rather than seeing this as an insurmountable obstacle we are learning to embrace the tremendous opportunities virtual technology can provide us and I will attempt to explain why we need to do this and how.

One of the advantages I have gained with face-to-face interaction in the school this year is exposure to various departments and their projects, for example

*Performing Arts (numerous exhilarating projects on and off school grounds); Robotics Club (tremendous hands-on fun tech learning for everyone); STEM and STEAM (projects that "blow your mind"); Engineering (4x4 adventure); Humanities (Anzac expo and student/parent engagement projects in literature and social science); Chaplaincy (breakfast club, observation and public recognition of acts of kindness from students); Psychology/Counselling (friendly, professional, and greatly supportive programs for students, staff and parents); Positive Behaviour Support Program; Home Ec (awesome hospitality service and food creations); GOALS, Ed Connect, and other student mentoring programs; Phys Ed (Coordinated Relay for Life cancer fundraiser - overwhelming commitment from teachers, staff and student volunteers); Enjoyable and Rewarding Assemblies; Follow the Dream and VET (thank you for your welcome and kindness to not only use your facilities but to always be welcomed by you and your lovely students); Student Services crew; Kandy, Jo and crew in the canteen; Graham, Shirley and grounds crew; helpful and friendly Office crew (thanks also Linda Fletcher, Linda Little, Dara O'Donoghue, Jason Evans, Libby Harper, Kandy, teachers, staff and parents for helping with chocolate sales); Deputy and HOLA support and inclusion; Active community supporters Dr. Tony Buti, Colin Campbell, Senator Linda Reynolds, Matt Keogh and Narelle Henry, to only name a few; as well as many areas and people that I simply haven't had the opportunity to get up close and personal with but am looking forward to in 2017, i.e. Clontarf; Real Schools Adam Voight, etc. It was also a rewarding experience to be part of the TjunTjunTjara Remote Community School visit to Cecil's.*

*But I wouldn't be sharing this without the incredible people on our committee who have not only inspired me but have all generously contributed in multiple ways . . . not just the few following snippets I am highlighting:*

*Marina Corkery for her professionalism and nurturing support of me as a fledgling P&C President; Erica Houston our champion go getter for engaging our community in fundraising events and giving abundances of time to these ventures; Angela Ziersch our behind the scenes anchor; Louise Ireland stable and proactive in problem solving; Kandy Dobel heart as big as the sun and hands-on willingness to match; Jo Bulich always ready to help and guide with valuable experience; our quiet patrons; and last but certainly not least, Ben Boekholt, Duncan Finlay, and Amy Thomas who also coordinate the Police Rangers Team and whom our Committee is indebted to for being our backbone support system.*

*The Police Rangers never fail to commit their time to Cecil's and numerous community ventures to ensure community support jobs get done. Including the dirty jobs of cleaning up - where sometimes they have to patiently sit idle for hours before mobilizing to their designated work areas. I can't thank you enough Ben, Duncan and Amy, for until I became involved directly with you I couldn't imagine the volume of compassionate, personal commitment that you provide to our school and community, (hundreds of unpaid voluntary hours) - our P&C would never have accomplished all that we did this year without you.*

*It would be remiss of me to not also mention that our team enthusiastically, and not without our share of blood, sweat and tears, managed to successfully complete the following fundraising ventures in 2016: 2 Bunnings sausage sizzles; Election day sausage sizzle, cake stall and raffles; Armadale Markets cake stall and raffles; School car park cake stalls; Sports day sausage sizzle; Year long chocolate fundraising sales; White Elephant stall; and a most memorable community quiz night!*

*Phew, hope you're still with me, as this is just one parent's exposure and doesn't come close to what our teachers, students, and staff are experiencing as I certainly cannot cover it all. But as you will note there is a lot going on in our school community . . . and, well, this actually makes me sad. Sad because I know that if you were able to experience what I have it would also give you great heart-warming joy and satisfaction. Sad also because even if fifty parents were able to find this face-to-face time, it still isn't enough, as it is literally impossible for all our parents, students, teachers, staff, and community members to be a part of all these experiences. Or is it?*

*As much as technology may be stealing from us in one area we now know that this apparent thorn in our sides has actually gifted us with a much needed service by creating a tremendous window of opportunity to develop an ICT, (Information and Communications Technology), Program that will enable us to not only capture our all-inclusive school environment and offer instantaneous delivery to every home and organisation within our community, but to develop this virtual reality into a two-way street where our community can return communication. And this is why we will be vigorously working on this project in 2017 by researching and sourcing the most appropriate methods, coupled to a partnership with our school and their ICT specialists.*

*With a successful virtual communications system in place, coupled to securing Donation Gift Recipient Foundation Status which will enable us to source substantial funding for school projects, we can look forward to being more creative with face-to-face events where social engagement and networking between parents, students, staff, and community members can be focussed more on friendship/entertainment value making a much needed transition away from the somewhat traditional experience of being chore based gatherings.*

*We do greatly appreciate and thank you for your interest in our endeavours and we look forward to coming together in exciting new ways in 2017. And please do consider coming to our P&C Annual General Meeting scheduled for 21 February 2017 at 5:30pm as we are not a group that only needs hands-on contributors. We need ideas, imagination, conversations on conflict resolutions when they arise, and innovation and guidance on reshaping our community engagement.*

*Kind regards to All :D*

*Leesanda Binetti-Goodchild  
President, P&C Committee*



## Cecil Andrews Senior High School's Clontarf Academy

It has been a year of consolidation at Cecil Andrews SHS Clontarf Academy. Many of the goals that were set at the beginning of the year have been achieved and much of the success is due to the hard work from the boys themselves.

It's has been pleasing to see the boys take pride in the way they conduct themselves in and around the school community and whilst on camps and activities with the academy. The second semester has been a very busy but rewarding time with many highlights to remember.

Probably one of the biggest highlights that occurred during term 3 was finding out that out of the 80 plus academies Australia wide, Cecil Andrews Academy were 25<sup>th</sup> when comparing attendance. Cecil Andrews Attendance for term 3 was 81% which is a great improvement in the two and a bit years we have been here. This gave the boys in the academy a real bounce in their step as we always talk about trying to be the best academy in the country together. This is just another step in the right direction and a small reward for the efforts of everyone including the staff at the school.

Much of what we do when we arrange activities for the boys to develop, is to add value to their experiences so that they are developing in a number of areas. Whether this be in public speaking after a football game or organising an activity and delivering that to the group, all activities are designed for this purpose. Term 3 saw a number of these experiences which allowed the students to grow and build self-esteem. These activities are listed below;

### Year 10-11 employment leadership camp-

The boys attended a Clontarf Foundation employment forum where they were able to speak to a number of Clontarf Foundation employment partners about future jobs. The overnight camp also involved volunteering at Manna Foods where we prepared food for the following day where it was to be served to the homeless at Weld Square. The boys shared in presenting to Coca Cola Amatil a slideshow showing what Clontarf is all about. The each stood up and presenting **separate areas of the academy's program which was taken well by the Coke Staff. They were very impressed with the confidence shown by the boys.**



### Soup Fundraising-

A promise was made to the boys earlier in the year that if they won a basketball competition then we would buy them some basketball singlets. As part of the deal they had to raise money to offset the cost. For the first 5 weeks of term 3 the boys helped make a variety of soups and then sell it to the staff and students at the school. A great deal of money was raised and the boys again gained great confidence and pride in the fact that they had earned the purchase of the jumpers. They now wear them with pride at all basketball carnivals.



### Indoor Beach Volleyball carnival

The inaugural carnival was held and organised by the Cecil Andrews Academy and was a huge success. The part of value adding to this carnival was the fact we had one of the Clontarf Foundations partners in Program support the event by providing staff to be allocated to separate senior teams to play with the boys. Part of this reason was so that they could talk to the senior boys about future employment opportunities within the company.



### Midwest Camp

As well as playing in a football carnival in Geraldton the travelling group was also involved in supporting a local primary school called Holland Street which helps kids with varying degrees of intellectual disabilities. The boys take a lot out of this experience and they gain a better understanding and respect for people with disabilities. The staff and students at Holland Street were wrapped with the boys from the Academy and it is something we will lock in every year when we visit Geraldton.



Also last term as it was a focus in health we ran a series of health promotion sessions with the students which they engaged with really well. Health checks were also on the agenda with all of our boys getting a general health check thanks to the support from Derbal Yerrigan.

The focus for the rest of the year is to keep the boys motivated to push through to the end of year. Cricket, football, camps to Rottnest and Shark Bay and other exciting activities have got the boys working hard towards those very popular trips. Currently sitting at 84% attendance rate for the term we are quickly pushing to the top 10% of academies Australia wide goal we set at the start of the term.

Keep pushing boys, you are doing yourselves and your families proud.



Karl Pirrottina

Director

**Cecil Andrew's Clontarf Academy**





clontarf  
foundation

# Partners rapt with Clontarf Spirit

Words by Dale Watkins

Photos by Beau G'froerer and Dale Watkins

With football finals winding up and cricket not far away, the idea of Beach Volleyball was floated to Clontarf Academies around the Perth metro area.

**The idea was soon actioned as there was an Indoor Centre in Canning Vale, a central location for most Academies.**

Scheduled at the end of Week 8, the carnival gave Academy boys some extra incentive to reach the finish line to end term 3.

Seven Academies participated with twelve teams across two divisions, (Year 7-9 and Year 10-12). This included Cecil Andrews, Girrawheen, Coodanup, Yule Brook, Sevenoaks, Clontarf and Swan View for a total of 70 boys.

The carnival was a really fun day and provided something a bit different for the participants.

Highlights included the amazing skill and teamwork displayed as well as the amount of laughter that could be heard around the centre.

The boys had an opportunity to showcase their athleticism while wrapping around the Clontarf pillars of sport, leadership and well-being.

Another highlight of the carnival was being able to engage with our partners from the employment sector and local community. Each team in the senior division had a member from Programmed, who is a provider of staffing services across Australia.

Each junior team had a member from the WA Police participate in the games.

The Cecil Andrews Academy would like to thank all Academies for their efforts of the day and a huge thanks to Michael Wear from Programmed, Senior Sergeant Craig Davis and Jeromy Jones from the WA Police for organising your staff for the day.

Eventual winners were Cecil Andrews in both the senior and junior divisions who finished ahead of Sevenoaks and Yulebrook respectively.





clontarf  
foundation

# Staff vs Students 4.0

Words and photos by Dale Watkins

The Cecil Andrews staff versus students football game was a highly anticipated event which was played in Week 4 of Term 4.

**The bi-annual game is played between the Clontarf Academy students and staff from Cecil Andrews Senior High School.**

The staff had good reason to be confident with three wins from the previous three games but knew that the Clontarf boys had improved since their last outing.

It was great to see some former students return to compete in the game and socialise with the staff and students. Stefan Little, Brandon Collard and Jesse Sing added some value to the student's team. It was the most competitive game played to date with a fairly quick tempo being set from the start.

The staff were able to keep their noses just in front early on and held a narrow lead of two goals at half time. The third quarter was a real arm wrestle, the young legs moved faster than the old and the students took the advantage. The students gained ascendancy in the centre clearances and Mark Thomas made an impact with three goals.

The highlight of the game though was when Phys Ed teacher James Charlesworth used Braiden Quartermaine as a launching pad and brought down mark of the day.

The students eventually notched their first victory (by two goals) and were pretty happy to let the staff know about it the next day.

All in all it was another great event for building positive relationships in the school community.



# HEALTH & PHYSICAL EDUCATION WRAP-UP

## Year 9 Lightning Carnival

On the 18th of August, the school took 3 teams to participate in the Year 9 South East Zone Lightning Carnival in the sports of AFL, Basketball and Netball. Students set high expectations on themselves and lived up to those expectations throughout day. The **boys' AFL team went through the day undefeated, winning the Grand Final against Canning Vale College.** The Netball girls made us equally proud, also winning their division. Congratulations to all students involved.



## AFL Schoolboys REDiMED Cup

Throughout Term Two, students from Years 10, 11 and 12 took to the football field to represent the school in the AFL Schoolboys REDiMED Cup. They played a number of games after school on a Wednesday against opposing schools. The team played extremely well and manage to progress to the Grand Final undefeated, which was to be held at Blue Steel Oval at the beginning of Term 3. They came up against tough opposition though, in La Salle College, as they found themselves behind at half time. The players exemplified the school wide expectation of resilience brilliantly and fought back in the second half to narrowly win the half. Unfortunately, it was not enough to get the overall win. Well done boys you have made the school proud and we look forward to going one better next year. A special mention to Year 10 student Shawn Cole, who won the school's Grand Final MVP. Superb work Shawn!



## Athletics Carnival

On the 9<sup>th</sup> of September, the school held its Athletics Carnival in near perfect weather conditions and with a very keen and excited group of students. The whole competition started in the days leading up to the Friday when the 800m and 1500m races were run and the High Jump qualifiers were held. On the day students also had the opportunity to participate in High Jump, Long Jump, Triple Jump, Discus, Shotput, Vortex Throw and Novelty Relays as well as a number of running events – 100m, 200m, 400m and 4x100m relay. Participation in all events was encouraged and I was extremely pleased to see the vast majority of students getting involved with the various events. All participants in the events earned their clan points, points towards their champion boy or girl prospects as well as an entry into the participation raffle to win several prizes.

Throughout the day there were some great individual performances and strong competition between students in each year group. Two highlights for me were seeing Ailish Shepherd not let Cerebral Palsy stop her from competing in the Year 10 female 100m final and the final 4x100m relay which saw a number of student teams take on the staff. Congratulations to the Year 11 Boys who narrowly beat the HPE staff team.

As always events like this cannot be run without assistance from the staff and students. A special thanks to all event coordinators and other staff who arrived early to help set up the event, as well as ensuring the day ran smoothly. Your assistance was greatly appreciated. We hope this significant whole school event was enjoyed by all students and we look forward to doing it all again in 2017.



As always it was a well fought out battle between the 3 clans for the bragging rights.  
**And the winner for 2016 is... BRADMAN !!!**

## Clan Points

1st Bradman 6768 points (Yellow)  
2nd Freeman 6426 points (Red)  
3rd Starre 6156 points (Blue)

Congratulations also go to the following people for their fantastic results.

## Champion and Runner Up Boy and Girl

Year 7 Champion Boy – Mitchell Western (124 points)  
Year 7 Runner Up Boy – Tyler Bartler (112 points)  
Year 7 Champion Girl – Akeira Collard (99 points)  
Year 7 Runner Up Girl – Martika-Rose Yappo (92 points)  
Year 8 Champion Boy – Tyler Spratt (138 points)  
Year 8 Runner Up Boy – Exequiel Cancisio (82 points)  
Year 8 Champion Girl – Georgia Butler (192 points)  
Year 8 Runner Up Girl – Meleane Havea (92 points)  
Year 9 Champion Boy – Chayce Kim (131 points)  
Year 9 Runner Up Boy – Blake Marten (113 points)  
Year 9 Champion Girl – Stephanie Price (138 points)  
Year 9 Runner Up Girl – Atilia Abdullah (102 points)  
Year 10 Champion Boy – Jake Maley (148 points)  
Year 10 Runner Up Boy – Mark Thomas (112 points)  
Year 10 Champion Girl – Shanaea Rukuata-Joynson (158 points)  
Year 10 Runner Up Girl – Alarra Brown (140 points)  
Year 11 Champion Boy – Bruno Faulkner (158 points)  
Year 11 Runner Up Boy – Enrique Aiken-Featherstone (132 points)  
Year 11 Champion Girl – Jess Rukuata-Joynson (108 points)  
Year 11 Runner Up Girl – Caitlin Curtis (78 points)  
Year 12 Champion Boy – Nixon Kim (174 points)  
Year 12 Runner Up Boy – Jesse Sing (142 points)  
Year 12 Champion Girl – Karisma Nash (194 points)  
Year 12 Runner Up Girl – Erica Saint (184 points)

**STARR Award**—For the student from each year group that exhibited the school wide expectation of STARR (Safe, Trustworthy, Achieving, Resilience and Respect) the best. As judged by each Year Coordinator.

Year 7 – Connor Bradd  
Year 8 – Shyan Cattanach  
Year 9 – Jason Green  
Year 10 – Ailish Shepherd  
Year 11 – Michael Millington  
Year 12 – Mitzi Abonalla



# Basketball Court Restorations

On the 31<sup>st</sup> of September, our court restoration was completed and opened for use again to the delight of many students. The Department of Education funded project saw the restoration consist of completely removing all the old facilities and reconstructing the base, fences and fixtures. A new acrylic surfacing has been applied which should allow for many years of use.

Old



New



# PE & AFL UNIFORMS



We have sourced a new supplier for all Physical Education and Specialist Australian Rules Football Program uniforms from 2017. The new supplier is BLK, who supply uniforms to a large number of professional sporting organisations within the AFL, NRL and Netball.

<http://www.blksport.com/>

The quality, durability and range of the uniforms available is fantastic and we believe this will only enhance the reputation of our students in the sporting arena.

You can find the 2 separate Order Forms on our school website.

The **Specialist Australian Rules Football Program Uniforms** are available to all students in the Specialist Program. As always these uniforms do not replace the 'normal' school uniform, but can be seen as an alternative. Ideally we would like them worn on games days and any excursion specific to the program.

The **Health and Physical Education Uniforms** are available to all other students. These are only to be worn during Physical Education classes, all students will be instructed to change into their school uniform at the end of each lesson

Links to both of these order forms can be found on our website.

To order uniforms you will need to do the following:

Print and complete the order form

Complete payment (The school will accept cash, cheque (made payable to Cecil Andrews Senior High School) or EFTPOS/credit card or Direct Deposit, we can also make up individual payment plans with the school's Manager of Corporate Services)

*Orders will be placed prior to full payment, however, uniforms will not be given to students until the order has been paid in full*

*Due to school policy no refunds will be available once order has been received.*

Return order form to the Health and Physical Education Department

Collect uniforms from the Health and Physical Education Department (students will be advised of collection dates)

Given the process of ordering, it is only possible for us to order at specific times throughout the year. We ask that you consider this when planning for 2017.

If you wish to order for:

	Final date for order
Term 1 2017	December 9 <sup>th</sup> 2016
Term 2 2017	March 24 <sup>th</sup> 2017
Term 3 2017	June 9 <sup>th</sup> 2017
Term 4 2017	September 1 <sup>st</sup> 2017

If you have any queries please feel free to contact the school on 94970200

# Leavers Jackets 2017

We are very excited that the 2017 Leavers jacket is ready to be ordered.

Students have a choice of two styles:

**West Wear** ARTWORK APPROVAL LEAVERS JACKET 2017  **Design 15**



**Stand Collar**  
Clip all the way to the top!

**Name Printed**  
on lining (left side)

**Side Pocket**  
(only left pocket from clip)

**Bands**

White
Blue
White
Blue

**FABRIC:** SUPPER FLEECE - INK NAVY/WHITE  
**LINED:** DESIGN 300 - WHITE (NAVY PRINT)  
**STUDS:** NONE  
**ZIP:** NAVY  
**BAND:** KNITTED PERARTWORK

APPROVED BY: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
 or email: [sales@westwear.com.au](mailto:sales@westwear.com.au)

**West Wear** ARTWORK APPROVAL LEAVERS JACKET 2017  **Design 14**



**Stand Collar**  
Clip all the way to the top!

**Name Printed**  
on lining (left side)

**Side Pocket**  
(only left pocket from clip)

**Bands**

White
Blue
White
Blue

**FABRIC:** SUPPER FLEECE - INK NAVY/WHITE  
**LINED:** DESIGN 300 - WHITE (NAVY PRINT)  
**STUDS:** NONE  
**ZIP:** NAVY  
**BAND:** KNITTED PERARTWORK

APPROVED BY: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
 or email: [sales@westwear.com.au](mailto:sales@westwear.com.au)

Students have been trying on jackets using the sizing kit supplied and orders placed. Order forms are available from the school.

All jackets cost \$99.00. The school will accept cash, cheque (made payable to the school) or credit card. Alternatively, we can also make up individual payment plans with **the school's Business Manager**

I will be submitting our First Round order by the end of November or early December to ensure delivery early in Term 1 2017. There will be a second round of orders in the middle of Term 1 2017.

Even though orders will be placed before full payment may have been made, individual jackets will not be given to students until the order has been paid in full.

# *Cecil Andrews Senior School Ball 2016*

The Cecil Andrews Senior School Ball was a glamorous Night in Hollywood with Lights, Camera and Action!

Novotel Perth Langley was the venue for the evening on Friday 5<sup>th</sup> August and it was a resounding success for all who attended. Everyone had gone to so much effort in dress and behavior and all parents should be proud of their children.

The food for the evening included Butternut Pumpkin Soup, Spinach and Ricotta Tortellini, Roasted Cajun Chicken, Seared Minute Steak with Onion and Mushroom Sauce and a delicious selection of assorted cakes and pastries. No-one went hungry!

The music was supplied by Da Doo Ron Ron and continued all night. Photographs were by Jaime Lim Media and were available to students by simply supplying a USB to Mrs Jones, the Senior School Coordinator.

Many thanks to the Senior School Ball Committee for all their hard work, including Alysha Briggs, Laura Davis, Alanna Skinner, Jye Skinner and Haylee Suchodolski. These students helped choose the venue, theme, table settings and photographer. Haylee also designed the invitations, awards certificates and voting slips.

It was a fantastic night. Thank you to everyone, staff and students, who attended.

## *Award Winners:*

*Year 12 Belle of the Ball:*

Haylee Suchodolski

*Year 12 Beau of the Ball:*

Jye Skinner

*Year 11 Best Dressed Female:*

Ebony McKinnon

*Year 11 Best Dressed Male:*

Ringa Wilson

*Most Unique Female:*

Karisma Nash



*Most Unique Male:*

Leon Jacomb

*Best Dressed Female Teacher:*

Ms Kaitlan Magry

*Best Dressed Male Teacher:*

Mr Abraham Cheng

*Most Unique Teacher:*

Ms Stella Jinman



*Cecil Andrews  
Senior School Ball  
2016*



# Year 9.1 Poetry Guest Workshop

The Said Poets Society runs performance poetry workshops for young Western Australians, empowering youth to find their voice and make change in their communities. On Wednesday 9th November, two guest poets, Matt and Sarah, ran a workshop for the Year 9.1 English class. First, Matt inspired the students by performing his original work of slam poetry, Indicators. After using interesting images as writing prompts, the students set to work on their own poems. They wrote on all kinds of topics close to their heart, from love and heartbreak to their connection with music and the city of Perth. Finally, the students performed their poems for each other. The students loved this interactive session, relishing the freedom to write whatever was on their mind. Since then, many have requested additional opportunities to write poetry!



# Year 9.1 Careers Guest Speakers

As part of their Economics and Business curriculum, the Year 9.1 Society and Environment students are currently learning about careers of interest. On Tuesday 1st November, the students welcomed three inspirational guest speakers to shed more light on a variety of careers. Mr Tony Buti, a State Parliamentarian and Member for Armadale, spoke about his move from the law into politics. He emphasised that politics is an avenue to make a meaningful difference in people's lives and talked about the wide variety of activities a politician engages in. Mr John Inverarity, a leader in education in WA and a former Captain of the WA cricket team, discussed his wide ranging experiences in sport, business, and teaching. He emphasised the value of being grateful for all of one's opportunities in life and the need for leaders to take a genuine interest in the lives of those they lead.

Mr Jonathan Butow, a former marine biologist with degrees in science and psychology, engaged the students with his message of being inquisitive and his stories about working with leatherback turtles. The students were intrigued by his innovation in attaching a device similar to a Go-Pro to the turtle's back to see how deep they really go and measure the saltiness of the water. According to Ali Alyassin, a year 9 student, 'Something really important I learned from Mr Butow is to follow your heart when it comes to picking a full-time career, because if you love the job you have your wage won't bother you, no matter how little you make.'

The students appreciated the speakers' time, wisdom, and willingness to honestly answer any question thrown at them.

By Ryan Steed and Ali Alyassin



# A Phrase to Remember Me



**Mitzi Abonalla**

The problem is not the problem; the problem is your attitude about the problem - Jack Sparrow.



**Vaughan Audrain**

Be the best you can be.



**Robyn Bird**

The ocean is everything I want to be - beautiful, mysterious, wild and free.



**Alysha Briggs**

They said I wouldn't graduate because of my low attendance, but I was absent that day and unable to tell them they'd be wrong.



**Ashleigh Brown**

You can always improve yourself and change who you want to be.



**Marielle Cancisio**

We didn't realise we were making memories, we just knew we were having fun.



**Clison Cheong**

"We're going to build a wall"



**Laura Davis**

At some point you just have to let go of what you thought would happen and live what is happening.



**Cassaria Drake**

I fell out of Year 12 just like I fell out of my limo - gracefully!



**Torika Forrester**

End of Chapter One; a new chapter begins.



**Nikita Gibbons**

"Be who you are and say what you feel, because those who mind don't matter and those who matter, don't mind"  
Dr Suess



**Tyrone Gill**

Be remembered for who you are and not for what you have done.

# A Phrase to Remember Me



Matthew Grundy

"And we're gonna make Mexico pay for it!"



Travis Hartley

Live life in the fast lane but don't crash and fail.



Kaitlyn Hasluck

"Things we lose have a way of coming back to us in the end, if not always in the way we expect." Luna Lovegood



Leon Jacomb

UFC Champion!



Nixon Kim

'He who is not courageous enough to take risks will accomplish nothing in life' Muhammad Ali



Ron Ladrera

I'm simply me and that is all I need to be.



Joshua Lewis

You're beautiful, you're awesome. I love ya! Stay positive, catc ya!



Jules Lugtu

The journey doesn't start at the beginning, it begins at the end.



Cahill McGuire

A noble spirit emboldens the smallest.



Anita Memeti

Don't be afraid to be who you want to be.



Brody Merritt

I'm too lazy to make up a quote.



Karisma Nash

Life is 10% what happens to us and 90% how we react to it.

# A Phrase to Remember Me



Zahari Raidin

Take life as it comes  
and runs down your  
chin.

P.S. I love Jasmine



Erica Saint

Every single person  
on the planet has a  
story. Don't judge  
people before you  
truly know them -  
the truth may  
surprise you.



Tye Salisbury

Use the world to  
change your smile -  
don't let the world  
change your smile.



Ta K'Por Moo Sein

One of a kind.



Jesse Sing

When in doubt, get  
the shoe out.



Alanna Skinner

'I always say hello  
and brighten up  
everyone's  
**day...when I'm not**  
talking about  
horses!'



Jye Skinner

'I'm defying gravity  
and you won't bring  
me down.' Wicked



Haylee Suchodolski

'A dream will  
always triumph  
over reality, once it  
is given the  
chance.' -  
Stanislaw Lem



Jasmine Willaims

Don't count the  
days, make the  
days count.

## STUDENT PARKING PERMIT 2017

It is very exciting when your children finally get their licences and you are no longer a taxi service! However, please be aware that student parking on school grounds is a privilege and by permit only.

Students applying for a parking permit will first be required to show their drivers licence to the senior School Coordinator (to be photocopied) and will sit a short multiple choice test. Once completed, they need to have parental approval. Approval for passengers is also required by their parents/guardians.

Please note the following agreement:

The Cecil Andrews Senior High School Parking Policy has been formulated in an attempt to provide equitable access to parking for both staff and students. The policy is outlined below:

1. Formal parking areas have been created as per attached map.
2. Parking is permitted only in those areas delineated with signs and fences.
3. **All students' cars are to be registered and issued with parking permits which are to be displayed at all times.**
4. Students seen violating the conditions on the permit are to be banned from parking on school premises.
  - 1<sup>st</sup> Offence – 1 Month
  - 2<sup>nd</sup> Offence – 6 Months
  - 3<sup>rd</sup> Offence – Permanent ban

The Senior School Co-ordinator will issue permits and maintain a register of offences. Offences can be reported by any member of the staff or public who witness an offence. The Senior School referral system will be used to deal with students who disregard this policy.



Lesson Times				School Wide Expectations S.T.A.R.R	
MON, TUES, WED & FRIDAY			THURSDAY		
Period	Time	Mins	Period	Time	Mins
1	8.40 – 9.35 am	55	1	8.40 – 9.35 am	55
2	9.35 – 10.30 am	55	2	9.35 – 10.30 am	55
3	10.30 – 11.25 am	55	3	10.30 – 11.25 am	55
Recess	11.25 – 11.45 am	20	Recess	11.25 – 11.45 am	20
4	11.45 – 12.40 pm	55	4	11.45 – 12.40 pm	55
5	12.40 – 1.35 pm	55	5	12.40 – 1.35 pm	55
Lunch	1.35 – 1.55 pm	20			
6	1.55 – 2.50 pm	55			

**Safe**

**Trustworthy**

**Achieving**

Respect

**Resilience**



**INSTITUT PENDIDIKAN GURU  
KAMPUS TEMENGGONG IBRAHIM  
JALAN DATIN HALIMAH  
80350 JOHOR BAHRU**

Tel.: +607-2364788 +607-2364624 Fax: +607-2379736 +607-2382996  
E-mel: [webmaster@ipgkti.edu.my](mailto:webmaster@ipgkti.edu.my) Laman Web: <http://www.ipgkti.edu.my>



It was such a pleasure to visit your school and engage in all the wonderful activities prepared for us during our study tour.

The classes that we were given the opportunity to observe exhibited qualities of the Australian education system that we came all the way to learn from. Through these sessions, we noticed how **patient and kind the teachers were when dealing with their students' misbehaviours by always** focusing on their strengths rather than on their shortcomings. All in all, we could see that there was a conducive learning environment throughout the school, whereby student-teacher relationships are based on trust and respect.

**On another note, we appreciate the efforts taken by Ms Gilbert for spearheading the 'Follow the Dream' programme to tutor students of Aboriginal descent. Her dedication and determination in** serving these students to undo many years of wrongful government policies is something we can all learn from as teachers.

We were also very much entertained by the music and dance performances because we knew we were watching students who were doing something they were equally passionate about and talented in. We would like to congratulate the students for their confidence and creativity in putting up a marvellous show for us, besides proving to us that every student should be encouraged and motivated to do things that they enjoy.

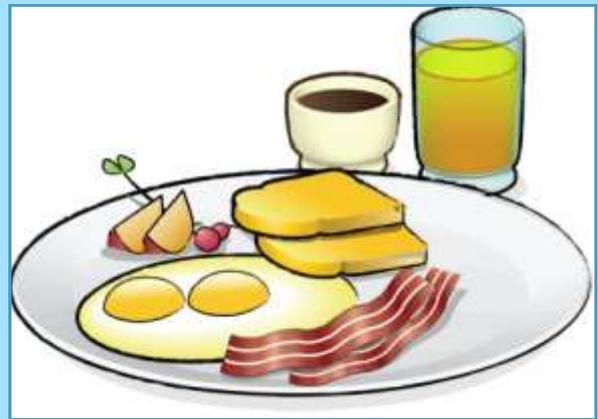
**Last but not least, we were astounded by Mr Cass' scientific breakthrough in creating clothing** using the process of fermentation. His relentless passion for Science, Technology, Engineering, Art and Mathematics (STEAM) can be seen through the incorporation of motifs inspired by alcohol molecules in Aboriginal art. Furthermore, his invitation for us to literally make our marks on this ongoing project that highlighted the effects of alcohol on human body parts was a fantastic hands-on experience for all of us.

Once again, we would like to express our heartfelt thanks to the school administration, teachers, and students for an eye-opening insight to the Australian education system and overall warm hospitality during our study tour of your school. Kudos to the Principal, staff and students of Cecil Andrews Senior High School.

## ***BREAKFAST CLUB***

The students are able to enjoy some hot food and warm drink or fruit juice with fresh fruit for breakfast before beginning their class lessons every Monday, Tuesday, Wednesday and Friday. They have the choice of ham and cheese toasties, baked bean or spaghetti jaffles, pancakes sultana bread toasted or cereal if they prefer. The students not only come to eat and drink but socialise with their friends and chat to the Chaplain also. The number of students vary from 46 to 63 each day. It is a privilege to serve and encourage the beautiful young people who come to Cecil Andrews and I really enjoy this part of my role as Chaplain in the school. I would like to thank Kelmscott Church of Christ for donating much of the food used in the Breakfast Club each week.

Gael Varian  
Chaplain



# Student Wellbeing Hub

**IT'S HOLIDAY TIME! EXPLORE ONLINE SAFETY RESOURCES ON THE  
STUDENT WELLBEING HUB**

Feeling safe and supported is the right of everyone in the school community. The resources available on the Student Wellbeing Hub help to create learning communities that promote student wellbeing and the development of respectful relationships. The Hub is guided by the principles of the National Safe Schools Framework, which highlight the importance of educators, parents, and students working together. To find out more go to: <https://www.studentwellbeinghub.edu.au/>

Extra homework help in 2016 for students in Years 10 to 12!  
No travel, no appointments.

Next time your child gets stuck during homework or study, don't let it turn into an argument. You have free access to a huge network of expert teachers and tutors, online, on-demand, with the school's Your Tutor service.

Connect to a live expert 3pm-10pm for real-time help with Mathematics, English, the sciences and more. Or your child can upload a draft assignment any time and get personal expert feedback, to help them make it their own best work.

We are providing access to Your Tutor in 2016 to help with after-hours study, for confidence, support for parent and learning improvement with the support of Curtin University.

Students have received activation codes.

Unlock your child's account now at [yourtutor.com.au/start](http://yourtutor.com.au/start)





## School Holiday Work Experience Program

Austal are offering work experience opportunities in January 2017, over the school holidays for 2 week placements:

- ♦ Wednesday 4 January - Tuesday 17 January
- ♦ Wednesday 18 January - Tuesday 31 January

Working hours are 6am-4:30pm Monday to Thursday only each week.

### Available Opportunities

Aluminium Fabrication and Welding - Marking off, cutting, shaping, assembling and joining metal components

Electrical - Installing, commissioning, altering, repairing and maintaining electrical systems designed to provide heat, light, power and control

Marine Fitout (Cabinet Making) - Fitting out the interiors on all types of vessels working with aluminium honeycomb light-weight panels

Marine Fitting (Engineering) - Fitting and assembling parts and sub-assemblies made from metal and other materials to make production machinery and other equipment and work on all aspect from installation of main equipment, fabricating and pipe work through to testing and commissioning

### How to Apply

1. Complete the Work Experience application form:

<http://australia.austal.com/careers-austal-australia>

2. Email to [careers@austral.com](mailto:careers@austral.com)

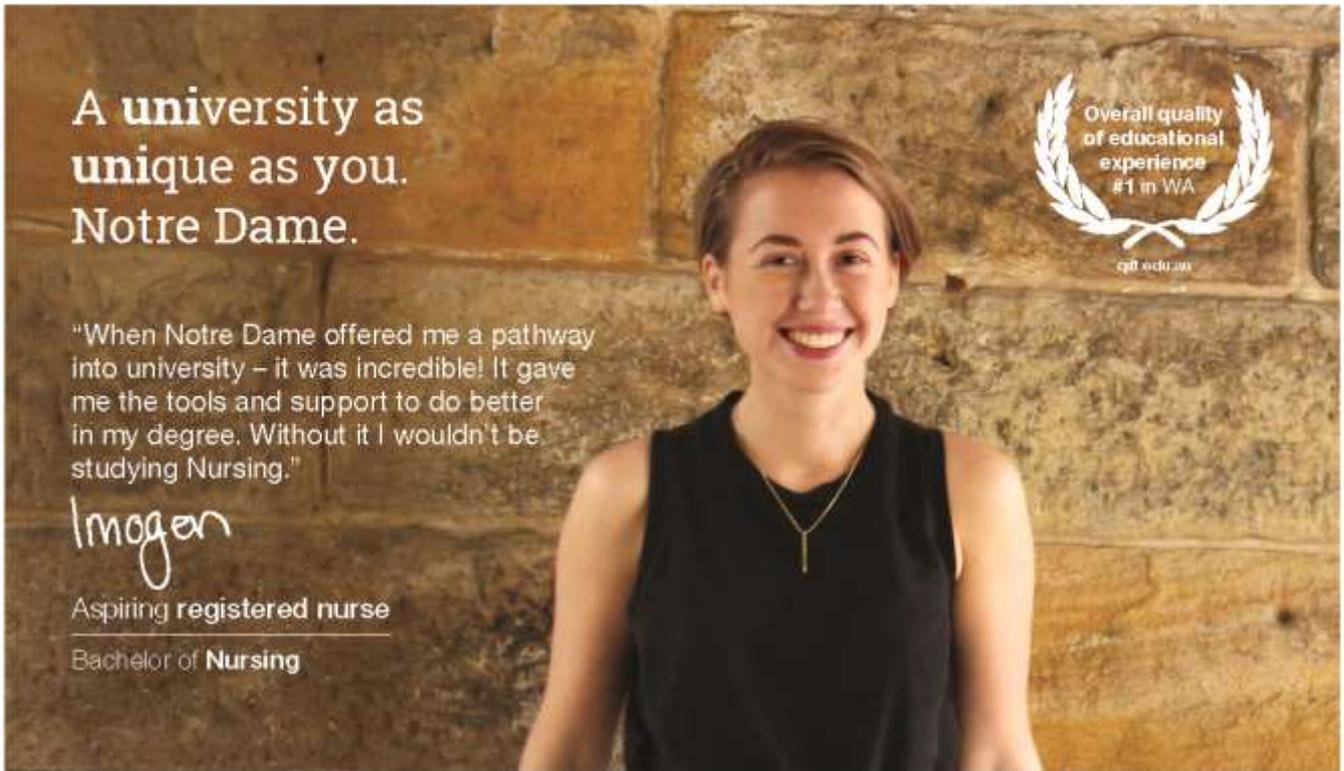
For further information, contact Sarah in the Human Resources team - (08) 9410 1111



SHIPS • SYSTEMS • SUPPORT

[www.austal.com/careers](http://www.austal.com/careers)





# Notre Dame ATAR express workshops

Week commencing **Monday 9 January**

- |                                   |                  |
|-----------------------------------|------------------|
| › Year 12 ATAR Mathematic Methods | 9-10 January     |
| › Year 11 ATAR Chemistry          | 9-10 January     |
| › Year 11 ATAR Mathematic Methods | 11-12 January    |
| › Year 12 ATAR Chemistry          | 11-12 January    |
| › Year 11 and 12 Study Skills     | 13 or 20 January |
| › Year 11 ATAR English            | 16-17 January    |
| › Year 12 ATAR Human Biology      | 16-17 January    |
| › Year 12 ATAR English            | 18-19 January    |
| › Year 11 ATAR Human Biology      | 18-19 January    |



THE UNIVERSITY OF  
**NOTRE DAME**  
AUSTRALIA

For further information [nd.edu.au/aesc](https://nd.edu.au/aesc)

Fremantle

Broome

Sydney

# Notre Dame ATAR express workshops



## Year 11 and 12 Study Skills

Do you want to **study less and achieve more?**

**Key topics** of this one day course include:

- › Learn how to get organised and how to plan your study sessions
- › Learn how to manage your time effectively
- › Learn how to deal with procrastination
- › Discover how your brain retains and recalls information
- › Understand your learning style and what study techniques work for you
- › Discover techniques that have you **studying less** and **achieving more**

---

**Date:** Friday 13 or Friday 20 January 2017

**Time:** 9.30am-3.15pm (lunch will be provided)

**Cost:** \$90

**To register, please complete the form overleaf.**



THE UNIVERSITY OF  
**NOTRE DAME**  
A U S T R A L I A

Apply direct [notredame.edu.au](http://notredame.edu.au)

Fremantle

Broome

Sydney

## 5 STEPS TO POSITIVE PARENTING

Triple P helps make raising children and teenagers easier and more enjoyable for both you and the kids. It's about building relationships, communicating well and encouraging the kind of behavior you want to see. It helps you manage your child's behavior, emotions and development in a way that isn't hurtful.

Positive parenting helps you feel more confident and less stressed about raising children. You're likely to have fewer arguments with your partner. And kids who grow up with positive parenting do well at school. They make friends easily. They feel good about themselves. They're also less likely to have behavioral or emotional problems when they get older.

Like the sound of Triple P? Well, here's just a little taste: five principles that underpin Triple P's positive parenting. These principles are relevant whether you've got toddlers, teens or in-betweens!

### 1. CREATE A SAFE, INTERESTING ENVIRONMENT

Bored kids are likely to misbehave. Bored teenagers may find trouble. So create an environment that allows kids to explore safely and develop their skills.

### 2. HAVE A POSITIVE LEARNING ENVIRONMENT

If a child or teenager comes to you for help or a chat, they're ready to learn. Give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

### 3. USE ASSERTIVE DISCIPLINE

Set clear rules and boundaries and follow through with fair consequences. You can negotiate some of these with older kids and decide on the rules and consequences together. Praise little and big kids to encourage the behavior you like.

### 4. HAVE REALISTIC EXPECTATIONS

Nobody's perfect – kids, teenagers or adults – so don't expect your child to do more (or less) than they're capable of. And remember, we all make mistakes sometimes.

### 5. TAKE CARE OF YOURSELF AS A PARENT

It's all about balance. You've got to look after your own needs too, so make sure you're getting some support, time with friends, and maybe even a little time to yourself!





## TOP 10 TIPS FOR PARENTS

1. When your child wants to show you something, stop what you are doing and pay attention to your child. It is important to spend frequent, small amounts of time with your child doing things that you both enjoy.
2. Give your child lots of physical affection – children often like hugs, cuddles, and holding hands.
3. Talk to your child about things he/she is interested in and share aspects of your day with your child.
4. Give your child lots of descriptive praise when they do something that you would like to see more of, e.g., “Thank you for doing what I asked straight away”.
5. Children are more likely to misbehave when they are bored so provide lots of engaging indoor and outdoor activities for your child, e.g., playdough, colouring in, cardboard boxes, dress ups, playhouses, etc.
6. Teach your child new skills by first showing the skill yourself, then giving your child opportunities to learn the new skill. For example, speak politely to each other in the home. Then, prompt your child to speak politely (e.g., say “please” or “thank you”), and praise your child for their efforts.
7. Set clear limits on your child’s behaviour. Sit down and have a family discussion on the rules in the home. Let your child know what the consequences will be if they break the rules.
8. If your child misbehaves, stay calm and give them a clear instruction to stop misbehaving and tell them what you would like them to do instead (e.g., “Stop fighting; play nicely with each other.”) Praise your child if they stop. If they do not stop, follow through with an appropriate consequence.
9. Have realistic expectations. All children misbehave at times and it is inevitable that you will have some discipline hassles. Trying to be the perfect parent can set you up for frustration and disappointment.
10. Look after yourself. It is difficult to be a calm, relaxed parent if you are stressed, anxious, or depressed. Try to find time every week to let yourself unwind or do something that you enjoy.

**More information: [www.triplep-parenting.net](http://www.triplep-parenting.net)**

# Keeping Safe Plan

For when you feel unsafe

This plan will help you:

- ✓ Identify and understand the things that trigger your bad feelings.
- ✓ Work out what you can do to help yourself.
- ✓ Work out the best way for others to support you when you are feeling unsafe or at risk.

You can also refer to your plan when things become worrying or confusing as well as using it to keep yourself safe.

Let's start!

In your experience, what has made you upset, angry or unsafe in the past?

Not being listened to	<input type="checkbox"/>	Being touched	<input type="checkbox"/>	Arguments	<input type="checkbox"/>
Name calling or made fun of	<input type="checkbox"/>	People yelling	<input type="checkbox"/>	Feeling bored	<input type="checkbox"/>
Seeing stuff that's not there	<input type="checkbox"/>	Anniversary of an event	<input type="checkbox"/>	Hearing voices	<input type="checkbox"/>
Being threatened	<input type="checkbox"/>	Experiencing bad thoughts	<input type="checkbox"/>	Feeling depressed	<input type="checkbox"/>
Particular time of day/night	<input type="checkbox"/>	Hassles with Facebook etc	<input type="checkbox"/>	Feeling lonely	<input type="checkbox"/>
Hanging out for smokes, drugs	<input type="checkbox"/>	People hurting me	<input type="checkbox"/>	Feeling ashamed	<input type="checkbox"/>
Conflict with my family	<input type="checkbox"/>	Conflict with my friends	<input type="checkbox"/>	Feeling really anxious	<input type="checkbox"/>
Conflict with my boy / girlfriend	<input type="checkbox"/>	Being treated unfairly	<input type="checkbox"/>	Being blamed	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>



## WARNING SIGNS

What are the 'warning signs' that help you or others to know becoming you are **UPSET, DISTRESSED** or **UNSAFE**?

Sleeping a lot	<input type="radio"/>	Clenching fists	<input type="radio"/>	Withdrawing from others	<input type="radio"/>
Sleeping less	<input type="radio"/>	Unable to sit still	<input type="radio"/>	Over eating	<input type="radio"/>
Yelling	<input type="radio"/>	Swearing	<input type="radio"/>	Worrying / Over thinking	<input type="radio"/>
Hurting yourself	<input type="radio"/>	Avoiding people	<input type="radio"/>	Cranky / Irritable	<input type="radio"/>
Pacing around	<input type="radio"/>	Not taking care of yourself	<input type="radio"/>	Clenching teeth	<input type="radio"/>
Throwing things	<input type="radio"/>	Not eating	<input type="radio"/>	Feel like running away	<input type="radio"/>
Being rude/abusive	<input type="radio"/>	Slamming doors	<input type="radio"/>	Starting to cry	<input type="radio"/>
Cutting / burning	<input type="radio"/>	Not going to school	<input type="radio"/>	Feeling really scared	<input type="radio"/>
	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>

1. HOW will YOU let your family know when you are struggling or feel unsafe?

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2. WHAT can OTHER PEOPLE do to help you when you are struggling or feel unsafe?

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Now that you have been able to identify your TRIGGERS and WARNING SIGNS please take the time to identify some CALMING STRATEGIES that you can use for YOURSELF. Other people may have ideas too

Listening to music	◇	Doing art work	◇	Playing video games	◇
Watching TV	◇	Having food or drink	◇	Writing a letter/story	◇
Calling family/friends	◇	Talking with family	◇	Cooking	◇
Time in your room or quiet place	◇	Walking the dog	◇	Journal/diary writing	◇
Going for a walk	◇	Meditating	◇	Playing with pets	◇
Having a bath or shower	◇	Exercise	◇	Hugging a stuffed toy	◇
Reading - book or magazines	◇	Funny stuff on Youtube	◇	Cry (while staying safe)	◇
Tear up paper	◇	Deep breathing	◇	Use your 'self-harm' guide	◇
	◇		◇		◇

### PEOPLE YOU CAN TRUST AND TALK TO

**STAGE ONE** people are adults who are close to you such as family members you can talk to when you feel unsafe and will protect you when you can't. These people are also safe to speak with about your feelings.

Name	Phone Number
_____	_____
_____	_____
_____	_____

**STAGE TWO** people are safe people such as professionals like your CAMHS counsellor or teacher's at school you can talk to and will keep you safe when you can't.

Name	Phone Number
_____	_____
_____	_____
_____	_____

**STAGE THREE** people are professionals or organisations that can help you if you need to talk to someone when others on your list are unavailable or inappropriate to talk to. Some of them can also help you in an emergency.

Name	Phone Number
Kids Help Line	1800 551 800
Acute Response Team	1800 048 636
Ambulance/Police	000
_____	_____
_____	_____

Client name & signature: \_\_\_\_\_ Date \_\_\_\_\_

Clinician name & signature: \_\_\_\_\_ Date \_\_\_\_\_

# Back to School

2017 Back to School requirement lists for students are available for downloading directly from our school website.

Parents are now able to order online directly from Office Max Schools. Please visit our website for more information.

[www.cecilandrewsshs.wa.edu.au](http://www.cecilandrewsshs.wa.edu.au)

Hello

 OfficeMax

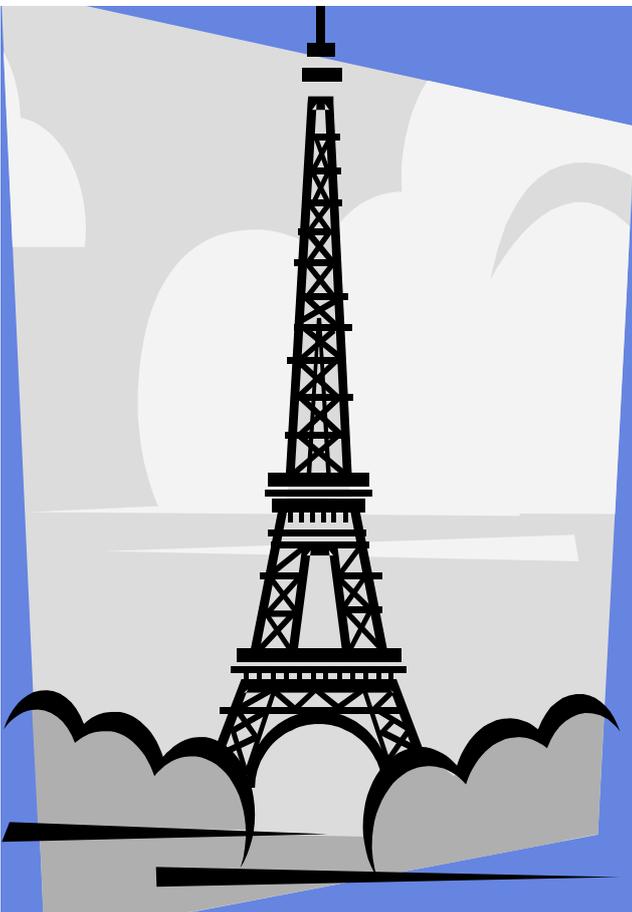


## Student Exchange

Host an Exchange Student

Volunteer to host an international high school student arriving into Australia in April, June and July 2016 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and see the world in a new light.

Web: [www.scce.com.au](http://www.scce.com.au)





# *UNIFORMS*

School uniforms are purchased from Lowes. All uniform items are kept in stock and available for purchase. Lowes provides a range of services to assist you in selecting and buying the most appropriate items for your child. Layby and exchange options are available.

Take advantage of Lowes ongoing promotions, discount days and vouchers. You can keep up to date with all the offers from Lowes via there online store: <http://www.lowes.com.au/Schools-Online.aspx>.

Lowes staff are more than happy to deal with any uniform requirements you may have. Remember to use your uniform allowance assistance if it is available to you. Selections of some uniform items are also on display in the front office.

School Uniform Committee



# Merry Christmas and a Happy New Year

From all the staff at Cecil Andrews Senior High School, we wish you and your family a safe and happy Holiday Season.