



# BALGAZETTE

The Newsletter of Balga Senior High School

2 Markham Way, Balga Tel: 9247 0222 Fax: 9342 0944

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

April 2019

Principal: Mr M Carton; Associate Principal: Dr R Evans; Deputy Principals: Mr N Samuels and Ms H McGill

## Principal's Report

Term 1 has been very busy and I would like to commend the majority of students for ensuring we have had a great start to the school year. Welcome to all our new students and particularly our Year 7 students, it is fantastic to have you all a part of the Balga SHS community. Our enrolments are steady at 604 students and this is a pleasing trend. Student attendance levels, for the majority of students are pleasing but across the school this remains an area where we are going to focus energy to achieve further improvement. For students to be able to achieve expected progress levels, a rate of 90% attendance is required. Once a student's attendance falls below this level, it becomes very difficult for them to progress at the desired rate. Our Attendance and Engagement team (Mr Craig Webster and Mr Dave Pascal) have conducted many home visits during this term to assist families improve student attendance and this will continue into Term 2. Please remember that parents and carers are required to notify the school of the reasons for any absences.

I would like to acknowledge the great achievement attained by our F1 program team in qualifying at the end of last year for the national finals that were held in Melbourne recently. Balga SHS was the only government school in Western Australia to make the finals in this highly competitive event. Mr Samuels and Ms Dean led the team to a very pleasing 18<sup>th</sup> place. The program is based around STEAM with a focus on engineering, design and all involved in the program spent a significant amount of time over weekends and after school preparing for this event. You all did Balga SHS very proud.

Each year we have students preparing to undertake testing programs in NAPLAN and OLNA. These tests can be quite challenging for students and our Year 10, 11 and 12 students have completed the first round of OLNA testing during the term. It is compulsory for all students to pass OLNA prior to finishing Year 12 (unless they already attained Band Level 8 in NAPLAN) for them to graduate with a WACE certificate. Our NAPLAN testing will take place in May next term and for the first time, this testing will be completed online by all students across Western Australia.

Staff have been preparing students for this testing and this will continue in the early part of next term. I wish all students involved in this testing well. I would also like to remind parents and carers that these tests represent only one aspect of assessments that students complete that go towards the grades they earn across Learning Areas.

Our School Board continues to support the operations of our school and indeed provide governance regarding our operations. Our School Board meets once per term and our Chair from last year Ms Jenny Motou has provided great leadership during her three-year tenure. Jenny has decided to not renominate for the Chair role in 2019, although she remains on the Board and Mr Ross McLean was voted in as Chair by the Board at our Term 1 meeting. We thank Jenny for her tireless support and welcome Ross into this very important role. As part of our requirements to have a functional school Board, we are required to conduct parent and staff representative elections this year and information regarding how to nominate for the Board together with information on how the election process unfolds will be provided during the first week of next term. I encourage all members of the Balga SHS community to consider nominating for a place on our Board for 2019.

Volunteers continue to be such an important part of our school community and we have them supporting our students in so many ways including Breakfast Club, classroom and sporting teams support, community projects, camps and excursions. We thank all our volunteers for their outstanding efforts in supporting our students.

We farewelled some staff at the end of last year and I would like to welcome a new staff member that has come on board this term. Ms Brown is a new member of our Home Economics team, she has come to us from Albany SHS.

I would like to take this opportunity to thank all staff across the school for their outstanding efforts in providing our students with the best education possible through the learning experiences they have planned and delivered to our students. They work extremely hard and I am sure they are all looking forward to a regenerating break at the end of this term in readiness for a very busy Term 2.

Students also have worked hard this term, and I am sure they are looking forward to the end of term break too. I hope all students stay safe and healthy over the break and come back in Term 2 ready to work hard and make further progress in their studies.

**Mark Carton**  
**Principal**

## SCHOOL RETURNS

**TUESDAY 30 APRIL 2019**

### English

#### Literacy Enhancement Initiative

Improving literacy across all learning areas has been a focus in 2019. In order to achieve this, extra literacy support has been provided to targeted students to assist them in accessing a deeper understanding of the curriculum in their subject areas. The sessions for students have been broken down into three lessons with a focus on the following:

- Reading for meaning
- Spelling and vocabulary
- Literacy skills

Extra support for your child can be provided at home through reading. Encourage your child to read regularly, asking them questions about the book. For example: What is the main character in the story like? What do you think will happen next and why?

Reading also exposes your child to a wider vocabulary, which will further assist them in their learning. If you would like to know more information about this new literacy initiative, please contact Lisa James in the English Department.

**Ms Lisa James – Learning Area Coordinator**

### New Careers Website

The modern interpretation of the word career is now generally taken to mean all work, volunteer and leisure activities that an individual is involved in. Career planning then involves an individual creating their unique life journey. 2018 saw Balga SHS acquire our own new website at [www.balgashscareer.com](http://www.balgashscareer.com) to assist students in the development of their career/life. The website is accessible to students, teachers and parents and includes career planning and investigation tools, current information from all universities and training providers, templates for cover letters, resumes and mock interviews. Better still, it also enables students to create their own digital portfolio.

**Ms Mandy Hampson – Careers/HaSS Coordinator**

## HaSS

### HaSS Talk Law with King & Wood Mallesons

The Australia-wide community legal education program, *Talk Law*, initiated by KW Mallesons is set to continue with students from Year 10 AC1 HaSS class in 2019.

The program is designed to build knowledge in the community about legal rights and responsibilities. The program provides young people with practical information about the law, with a focus on helping them understand and protect their legal rights, as well as to avoid legal problems in the future. It is an interactive program that maps to the HaSS curriculum in the scope and sequence for Civics and Citizenship.

Students participate in a series of incursions, engaging in meetings with lawyers and participate in a Mock trial at the KW Mallesons' offices in central Perth.

Mr Collard's 2018 Year 10AC HaSS class is pictured after attending last year's final event.



### Year 12 2019 Careers Expo Coming Soon!

The Year 12 students have started their journey towards moving into the world of work and further study by completing the *Careers Fast Track Program* which maps out a career plan for the future. To augment this process, all students will attend the annual national Careers Expo at the Perth Convention and Exhibition Centre on 16 May, Week 3, Term 2. The event gives students the opportunity to meet with and talk to representatives from all major employer groups, universities, TAFE and private providers, to help inform their future choices.

**Ms Mandy Hampson – Careers/HaSS Coordinator**



### New Staff Member

The Mathematics department has a new teacher joining their team. We welcome Mr Stefan Woroglian who is teaching a Year 9 class.

### OLNA

*What happens if I don't achieve band 8 in my Year 9 NAPLAN Numeracy?*

If you do not achieve band 8 in NAPLAN Numeracy you will be required to attempt the OLNA online Numeracy Assessment. It is designed to enable students to successfully meet the Western Australian Certificate of Education (WACE) requirement of demonstrating the minimum standard of literacy and numeracy.

Year 9 students will commence OLNA preparation during Term 4 by attending the support class once a week after school during homework classes. This will continue throughout Years 10, 11 and 12 or until they achieve a category 3 in OLNA Numeracy.

### Australian Mathematics Competition

Interested students have been invited to participate in the Australian Mathematics Competition run by Mr Quirin Sappl and Mrs S Mioduszewski. The Australian Mathematics Competition has been a success the last two years. All through Semester 1 many of our students will be attending practice sessions during lunch periods to become accustomed to the types of questions being asked.

### Term News

Our focus this term is on the "Number and Algebra" strand. All students were assigned to either Mathspace or Mathletics (for Intensive English Centre students). Using Mathspace, staff could easily track student's progress. Within the different learning year groups, there has been a collection of classwork which has been proudly displayed in the front foyer of the school. This gives staff the opportunity of showcasing the explicit teaching being used in their classrooms whilst covering the NUMBER and ALBEGRA strand.

**Ms Satwant Mioduszewski**  
**Learning Area Coordinator - Mathematics**

**Balga Friday Markets**  
**Every Friday at Princess/Wallington Reserve**  
**Balga**  
**Sellers admitted from 6.30 am to 12 noon at**  
**\$15.00 per bay**  
**Buyers welcome from 8am to 12 noon**  
**Assorted goods for sale, morning tea/coffee**  
**Snacks can be purchased**  
**Max Geue 0423 416 723 or**  
**Alan Stafford 9342 4895 for further details.**

### Learning Support Coffee Shop

"I'm so glad to see you" is how the Learning Support Coffee Shop students are often greeted. Tuesday and Thursday mornings, teachers can order their drinks and a selection of baked goods for morning tea, via one of our friendly students in the customer service role. Other students work as Baristas preparing the drinks whilst the cooking group prepare muffins, slices, scones and biscuits. With a focus on job skills, the students learn team work skills, how to write orders correctly, the skill of counting floats and takings, working out the value of the products sold daily. The students are gaining confidence by interacting with staff in a business environment.



**Ms Claire Brodie – Teacher Learning Support**



### Team Raptors go to Melbourne

On Sunday March 10, Phu, Jackson, William and Khan all members of Raptors, hopped on a plane and travelled to Melbourne, Victoria, where they met up with the fifth member of Team Raptors, Vy. She had moved to Melbourne just two weeks before the competition. When they arrived they were all set to compete in the National Finals for the F1 in Schools STEM Challenge. After competing in the WA State Finals of the F1 in Schools STEM Challenge in November 2018, the team received a 'Wildcard' entry to compete in the National Finals at BOSCH in Clayton Victoria.

The team spent the final few weeks of Term 4 in 2018, the January school holidays, many days after school and weekends busily preparing for the National Finals. They developed a portfolio outlining the team responsibilities and the major aspects of the project that they produced. Members of the team had different roles and responsibilities to develop various aspects for the competition. Some of these were using Autodesk Inventor to design a 3D model of an F1 race car, using an automated CNC router to manufacture the car out of Balsa wood, developing 3D designs to 3D print business card holders, pen holders and car components. They produced graphic designs for their team branding such as polo shirts, pens, business cards, water bottles and stickers. One of the team members designed and produced a trade display and prospectus to help secure sponsorship to assist them financially in getting them to the National Finals. They produced a portfolio outlining the processes in the engineering design of their F1 car, which included the testing of the car in a virtual wind tunnel.

During the competition Team Raptors made an oral presentation using PowerPoint to explain their work in completing all components for the competition to a panel of judges. They also had to give an oral presentation for the engineering processes describing the science behind the use of various design aspects to a different panel of judges who were experts in the field of engineering. The team raced their F1 car against other team cars for the fastest time. The team also spoke informally to judges about their reasoning for the design aspect, team branding and promotion of sponsor on their trade display. All aspects were given a rating to determine the winners and our students did very well in their presentations and in their racing.

On the final day the team got to experience the real world of F1 racing going to Albert park and spending a day at the Australian Grand Prix.

# Khakiwest



Subaru Osborne Park

The team learned a great deal from the experience and now have more focus on achieving their career aspirations in STEM careers. A big Thank You to the sponsors of our team, KC Sport Australia, KhakiWest, Stickerdude, Subaru Osborne Park and Google for the support they have provided financially in assisting the team to get to the National Finals. A big thank you to Mr Carton for his support of STEM education at Balga Senior High School, for the F1 in Schools STEM Challenge Business Enterprise class and for his support in assisting Raptors competing in the National Finals. Finally a big thank you to Ms Patricia Dean for her energy and passion in tirelessly assisting the students in the F1 in Schools Business Enterprise class, assisting team Raptors with all their work in preparation for the National Finals and being mum during their stay in Melbourne.



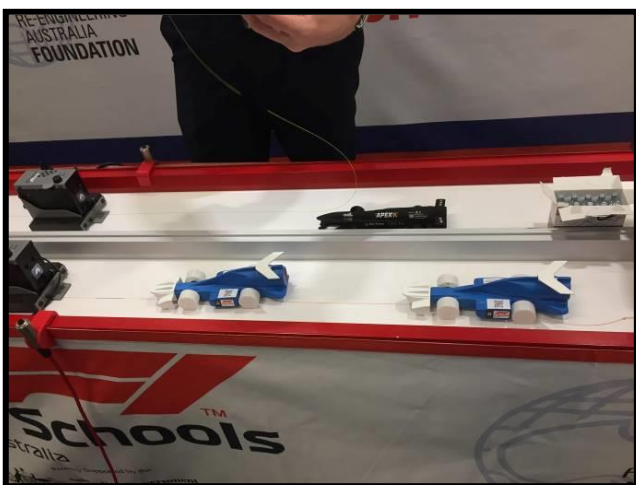
Google



KC  
AUSTRALIA

maxiMUM  
MOTORSPORT

## F1 in School - STEM



**Mr Norbert Samuels**  
*Deputy Principal of Middle School*

## Science

This term in the Science Learning area, Balga SHS students in Junior and Middle school studied the biological sciences. Concepts such as ecological systems, binomial classification of lifeforms, biological systems and cell structure were studied by Year 7 and Year 8s. The Year 9 and Year 10s studied adaptations, pathogens, natural selection and genetics. Senior School classes focused on human biology, aquatic ecological systems, the science of water and Newton's laws of motion.

**Mr Wade Ramponi – Teacher of Science**

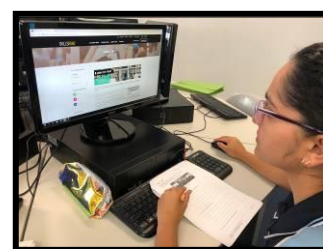


**Example of students cell structure model**

## Workplace Learning

The year has begun with some big changes regarding Workplace Learning. We have a record number of students placed at TAFE, giving them the opportunity to access a wider range of certificate courses. Due to policy changes, all students are required to complete a Work Readiness Program prior to commencing in the workplace. Our senior school students have accepted the challenge of this program and are continuing to develop the skills necessary for success in the workplace. We would like to acknowledge the City of Stirling for partnering with us to provide our students with some fantastic new placements across many of their departments and Quayside Logistics for offering our Indigenous students the opportunity to apply for Aboriginal School Based Traineeships. We look forward to building strong relationships for the benefit of all students.

**Ms Sharon Hunt – WPL Coordinator**



## New North Education Initiative (NNEI)

Balga SHS is a member of the New North Education Initiative (NNEI) along with Girrawheen SHS, Dianella SHS, Eastern Hills SHS and Morley SHS. The NNEI provides opportunities for our students to access courses that Balga might not normally be able to offer. Currently we have five students accessing Building and Construction at Girrawheen, three students completing Hospitality at Dianella and four students completing studies in Automotive at Morley SHS. Balga hosts students from these other schools for both Information Technology and Community Services (Childcare).



*Our students Gloire Kichamba and Trevor Grey looking ready for "work" in Automotive at Morley SHS.*

**Ms Diane Popovich – VET & Traineeship Coordinator.**



## Student Services

This year we continue our partnership with Headspace and have now broadened our Extended Services partnership to include Wungening Aboriginal Corporation and Yorgum Aboriginal Corporation. All three services attend the school each week for 1 – 2 days offering individual student counselling and group therapy workshops focusing on Resilience, Drug and Alcohol Education and Leadership Development.

Vivo Rewards also continue this year with students being rewarded points for demonstrating behaviours within the four pillars of Respect, Responsibility, Learning and Safety. Students then have the opportunity to purchase online prizes with their earned points. Year 12s also have the opportunity to raise points to subsidise their Ball tickets.

If you would like any further information on any of the above please don't hesitate to contact the school.

***Ms Donnelle Slater – Team Leader Student Services***

## Youth Connections Program

The Youth Connections Program (YCP) delivered through the Metropolitan Migrant Centre is based at Balga SHS in Room M4 every Wednesday and Thursday during the school terms.

The program aims to work with students, particularly, from Years 10 to 12 in increasing their knowledge and access to information regarding post-year 12 education, training and employment. The coordinator can assist students and families with a range of issues including:

- Information about various post-school pathways
- Opportunities to attend university and RTO open days and workshops
- Opportunities to attend career expos
- Assistance with resume writing and being job ready
- Assistance with citizenship applications
- Opportunities to participate in external skills training and volunteering

The program is also available to parents/carers (whose children attend Balga) who would like more information about navigating the various post-schooling pathways available for their children.

If you would like to be involved with the program or would like more information please do not hesitate to contact the Youth Connections Program Coordinator, Terese via:

Email - [Terese.micallef@mmrcwa.org.au](mailto:Terese.micallef@mmrcwa.org.au)

Mobile – 0417 775 340



## Drama News

Balga SHS Drama students are extremely busy rehearsing, choreographing, designing and blocking scenes for their upcoming productions.

We are excited to announce that we will be producing three productions this year:

- My Imaginary Friend
- Lost Kids
- Jasper Jones

My Imaginary Friend and Lost Kids are presentational style, original pieces that explore the theme of "Belonging". We will be presenting these performances to local Primary Schools and the local community before taking the shows to Mandurah to compete in the Youth on Health Drama Festival (YOH) in September of this year.

Jasper Jones is a contemporary play based on the novel by Craig Silvey and adapted for the stage by Kate Mulvany. Jasper Jones is set in the small town of Corrigan, WA. It interweaves the lives of individuals amidst the racism and buried secrets of a small rural community. We have commenced rehearsals and plan to hold performances of the show in October this year before taking the production to Corrigan to perform to their local community in November. A huge thanks to Edith Cowan University for sponsoring this project. I would also like to acknowledge and congratulate the continued hard work of our drama students in preparing for their productions. 2019 should be an exciting year!

***Drama Students 2019  
Ms Kate Maughan – Teacher Drama***

## Balga SHS Transition & Engagement Program

The Transition and Engagement Program has commenced again for 2019 this term. We have been attending our local area Primary Schools to discuss with parents the advantages and opportunities that are available to students who choose to attend Balga SHS for their secondary education. It has been fantastic to be welcomed so warmly into so many of our primary schools where we have had the opportunity to speak at assemblies, parent meetings and school open nights. In weeks 8 and 9 we have had students come from these Primary Schools to participate in Robotics activities which will lead into these students attending weekly Technology Club sessions on Thursday afternoons. As well this term we have started a reading program in partnership with Balga Primary School. Each week 10 students from Years 8-10 have been traveling to Balga Primary School where they listen to the primary school students read, helping the students to develop their reading skills and confidence as part of this new initiative.

Enrolment forms and information for Year 7 students for 2020 are available now from the front reception at Balga SHS. If you have any questions about enrolling your child at Balga SHS for 2020 please do not hesitate to contact the school and ask for Neil Arnold.

***Mr Neil Arnold – Team Leader Year 7-8***

## Balga SHS Transition & Engagement Program

*Students photographed assisting Balga Primary School Students in the reading program*



## Champion Schools Football Competition

This year we are entering four teams into the Champion Schools Football Competition, Senior Boys and Girls, Intermediate Boys and Junior Girls. All our teams have been working hard with preseason fitness training.

On Wednesday 27 March the Senior Boys and Girls participated in our annual preseason match versus Mercy College Football Academy. Both teams played hard with the Senior Boys losing to Mercy College 3-1. The Senior Girls defeated both Mercy A & B sides 6-1.

All our football teams are looking forward to the upcoming play-offs in term 2 and the opportunity to demonstrate some of the 'True Sport' qualities we are trying to instill across our sporting teams, such as respect for others, having fun, playing fair and giving back to the game.

**Mr Rob Milevski – Head Boys Football Coach**  
**Ms Sarah Bagshaw – Head Girls Football Coach**





## Balga SHS Basketball News

Throughout the term, the Senior School Basketball Team has been competing in the Northern Suburbs Secondary Champion Schools Basketball League.

The season started well with a couple of great wins against Duncraig SHS and Greenwood College. Our third game ended in a nail biting draw against Dianella College followed by a respectable loss to a strong Warwick SHS. With four games remaining in the competition the team is aiming to make finals.

**Mr Bradley Stevenson**  
**Teacher – Health and Physical Education**



## Balga SHS Netball News

On 5 March, at the State Netball Centre in Wembley, three of our Year 9 girls and one Year 8 girl from the Netball program were invited by Netball WA to attend and participate in a promotional video for adverts for Westcoast Fever (WA State Team that play in the National competition).

The students were Jorja Garlett, Nicole Warrell, Jaral Hill and Jazari Hill. The girls did an amazing job and represented Balga SHS very well.

**Ms Brydie Donald - Teacher**



## Middle School Tennis Excursion

A group of the Year 9/10 Middle School class have spent the last five Wednesdays travelling to the Nollamara Tennis Club to participate in group sessions of tennis. The students have been able to develop their tennis skills as well as learn the rules of the game. It has been a great experience having the students play on the grass surface, which has been enjoyed by all. We look forward to doing more activities off campus to expand the student's sporting experiences.

**Mr Brad Stevenson & Mr Rob Milevski**  
**Health & Physical Education Teacher**



## Police Rangers 2019

Balga SHS Police Rangers, pictured below, started the new year with a range of team building activities. An excellent way to get to know each other, building new friendships.

If there are any students that are interested in joining the program they can speak with Mr Rob Milevski in the PE department.



During term 4 of last year the Police Rangers went camping to Nanga Bush Camp, Dwellingup. Fun was had by all, below are pictures of Mountain Bike riding.

**Mr Rob Milevski**





## The Girls Academy

### TERM 1

In conjunction with Camera Story and Relationships Australia, the girls had the opportunity to tell a story through the view of a camera about themselves, their families or their culture. The girls also had the chance to work alongside Auntie Norma Morrison, Deb (Relationships Australia) and Jacqueline (Camera Story). The girls learned how to use the cameras, different techniques and functions. They enjoyed learning different visual art forms.



### REWARDS LUNCHES

Our first rewards lunch of the New Year to celebrate 85% or above attendance. It was an American themed lunch with wings, homemade ranch dressing and cornbread. Our second rewards lunch was a Mexican theme with tacos. The girls are really enjoying their themed rewards lunches.



### SONIC HEALTH VISIT

This term we made it an Academy priority to dream bigger than ever before about future career pathways. We started by having Sonic Health come out and talk to the girls about different jobs in their organisation. Our networking lunch was a hit and we have more Girls Academy Corporate Sponsors coming out to visit throughout the year. Several students are now interested in the potential pathway with Sonic Health and we will be taking a visit to their offices so students can shadow employees.



## The Girls Academy

### YEAR 11/12 INDUCTION DAY

To kick off the new year with our Girls Academy Senior School Students, we had Teamworks Australia come out and run a team building session with the girls. Induction Day, is where we review the Girls Academy contracts, design the academy guidelines for the year and it gives the girls the opportunity to bond with one another. It was great to see the girls work together to problem solve, learn their leadership style and work through different tasks that challenged them physically and mentally.





## The Girls Academy

### YEAR 9/10 INDUCTION DAY

For our Year 9/10 Girls Academy Induction Day we took the girls off site to Challenge stadium where they were challenged in all aspects of team building activities. The girls were really forced to get out of their comfort zones with the different tasks that called for new leaders with each activity. The girls worked their way up to the rope course where everyone gave it a go. We finished the day with the pole climb where the girls were forced to face their fears and overcome them all whilst becoming a sister-hood of support.



## The Girls Academy

### INTERNATIONAL WOMENS DAY MORNING TEA

We had a beautiful morning tea with special guest Gningala Mark-Yarran who shared the story of her life and how important it is to follow what you believe in and don't let anyone tell you otherwise. She has a law degree from the University of WA and believes that Education is the golden key that unlocks many doors. She is a motivator who inspired our girls to understand that they can "Be the Change" the world needs.



### BASKETBALL TEAM

Basketball training kicked off this term with 20 girls from Middle and Senior school wanting to play this year. We have been focusing on fundamentals and drills to transfer into games in the School Sport Competition where we won our first game against Greenwood. Each week we see more girls join the team and we will be creating our own competition against other Academies in the Metro area in Term 2.



### ESTHER KICKETT WORKSHOP

Esther Kickett, an artist from the Desert River Sea Exhibition came out to the school for our Yokayi Program to host a workshop to teach the girls different art techniques creating a post card design. The girls thrived in the workshop creating beautiful art pieces that will be included in the exhibition.

### AURORA EDUCATION FOUNDATION WORKSHOP

The girls participated in a goal setting workshop where they could recognise the importance of goal setting, how to plan their own individual goals, which develops confidence in their future aspirations. Through the workshop the girls were able to identify a pathway to improve their school work, creating a support network to continue working towards the future they want.



## The Girls Academy

### Year 11 & 12 "Inspiring Girls Career Forum"

The Inspiring Girls initiative is coordinated by CME through formal sponsorship arrangements with Western Australian resources sector organisations. The career forum included over 100 secondary year 10-12 girls.

The 2019 Inspiring Girls Careers Forum included inspiring guest female industry speakers, a fun hands-on group activity, an informal Q & A session with industry representatives and former CME Women in Resources Awards winners and further informal opportunities for the students to meet and talk with industry representatives and former CME Women in Resources Awards winners. Our students competed against 19 other schools to win the competition. It was such an incredible testament to the talent of our students to beat high ranking private schools such as Guildford Grammar, Methodist Ladies College, Penrhos College, it was truly an honour to see the girls perform.



To celebrate their win at the "Inspiring Girls Career Forum" we stopped by Girls Academy Head Office to share the news with the Amazing Grace himself! The girls took a tour of the new head office and were able to meet the staff who work very hard behind the scenes.



**Ms Stephanie Jones – Girls Academy Coordinator**

## Harmony Day

Harmony Day is about inclusiveness, respect and belonging for all Australians. On Thursday 21 March we celebrated this special day at Balga SHS. Our cultural diversity is one of our greatest strengths and is at the heart of who we are in the Balga community. It makes this school a great place to learn and work. Orange is the colour of Harmony Day and week, this colour is a traditional symbol of social communication, freedom of ideas and encouragement of mutual respect.

### GIRLS ACADEMY

The girls performed for North Balga Primary School students on Harmony Day. It was the first performance of the year and the girls were absolutely beautiful, they made us all proud.



A wonderful opportunity for everyone to celebrate cultural diversity. We had Girls Academy Corporate Sponsors join us for the day where we hosted boomerang painting, rock painting, face painting and we enjoyed damper and kangaroo stew.



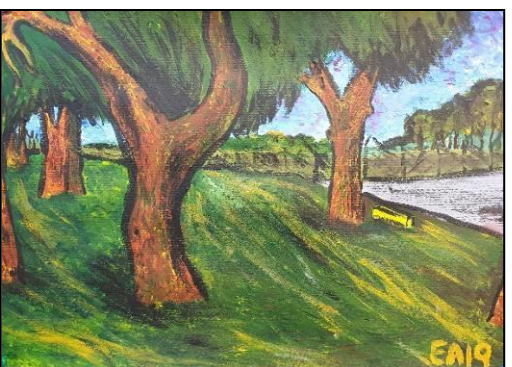
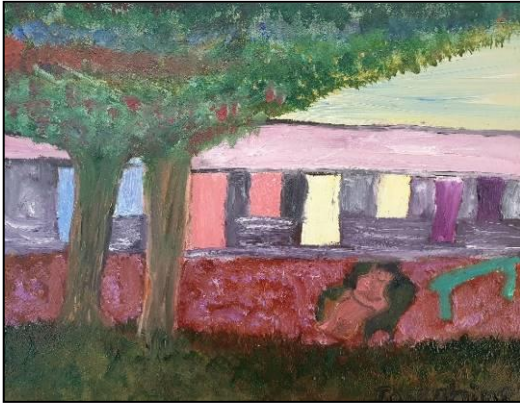




# HARMONY DAY 21<sup>ST</sup> MARCH

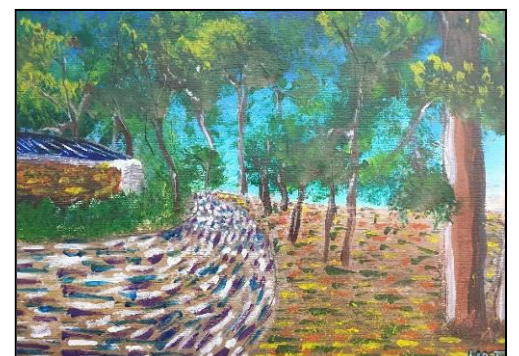






The Year 12 General Art students have been inspired to create a series of paintings on the theme "I Love a Sunburnt Country" painting the Australian Landscape. In the coming weeks all students will be involved in a watercolour workshop with renowned West Australian artist Jennifer Hopewell. Followed by an excursion to Glen Forrest to complete a series of paintings that capture the beauty of the Darling Scarp.

**Mr Trent Harris –  
Teacher The Arts**





### Adolescent support services - Where to go for help?

Kids Helpline is a free, private and confidential telephone and online counselling service specifically for young people aged between 5 and 25 years. You can phone the helpline anytime on 1800 55 1800, or visit the website at [www.kidshelp.com.au](http://www.kidshelp.com.au).

ReachOut.com is an online mental health organisation for young people, providing practical support with a range of youth issues not just limited to mental health but also sexual health, relationships, abuse, cyber-bullying, body image, drug use and more. This website is suitable for students, parents and health professionals and provides links to emergency counselling, resources and useful tips. [www.reachout.com.au](http://www.reachout.com.au)

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. Go to [www.headspace.org.au](http://www.headspace.org.au)

YouthBeyondBlue aims to equip young people with the knowledge and skills to maintain their own good mental health and wellbeing and to help recognize symptoms in people close to them. An online chat service and 24 hour telephone support line is available to assist young people to find the help they need. Go to <https://www.youthbeyondblue.com/> or call 1300 22 4636.

YouthLink is a Perth based service that assists young people, aged 13-24 years of age, who experience difficulties with their emotional or social well-being. It is a free and confidential counselling service, with experienced support workers who are friendly, non-judgmental and understanding. Free interpreting can be arranged to assist with communication if required. YouthLink is located at 223 James St, Northbridge or you can phone 1300 362 569 or visit <http://www.youthlink.perthwa.net/>.

You can also talk through any problems you may be having with your local Community Health Nurse, at Balga Senior High School Tuesday, Weds, Thurs. Remember, no matter how big or small your problem is, there is help available and it is important to seek help as soon as possible.

### Building Resilience

Resilience is the ability to cope with difficult situations and 'bounce back' when things go wrong. Young people need to develop resilience in order to navigate life's ups and downs. As a parent, you can help your child to become resilient by giving him or her opportunities to learn and practice new skills, for example:

Allow your child to solve some of their own problems. Learning to deal with issues builds skill and confidence. Don't jump in to fix things, unless the situation has got out of hand.

Arrange a fun, child-friendly activity each week like a trip to the park, play date with a friend or watching a favourite movie. Regular 'ups' provide a bank of positive emotions to buffer against life's 'downs' that may involve disappointment or conflict.

(Building Resilience cont)

Help your kids to think positively. If your child is frustrated by a difficult math's problem, say, "I know that question was hard today, but yesterday I saw you solve a hard problem. You kept trying until you worked it out."

If you have a disagreement with your child, the most important thing to do is to reconnect and repair the relationship. Let your child cool down then offer a hug or words of support. This has benefits for your child's mental health as well as their ability to deal with relationship problems throughout their life.

For more information about raising a resilient child, go to [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au) or <http://raisingchildren.net.au> or contact your local Community Health Nurse, at Balga Senior High School on Tues, Weds, Thurs.

### Immunisation information for parents

Immunisation programs in our community are designed to keep everyone well and safe, especially those people who are most at risk, such as babies.

Parents or legal guardians who make a conscious informed decision not to immunise their child should note the following:

-In the case of a Measles or Pertussis (whooping cough) outbreak, Western Australian schools are required by the Department of Health, to exclude students who have not received the appropriate vaccination.

Please make sure your school-aged child is fully immunised and that you have provided a copy of the AIR immunisation record to the school.

Did you know that as parents you can ring the National registry or visit [www.humanservices.gov.au](http://www.humanservices.gov.au) to check out your child's immunisation status? All you need is your Medicare number. Alternatively, phone 1800 653 809 or email [air@humanservices.gov.au](mailto:air@humanservices.gov.au)

### Help your child be a non-smoker

**Set a good example by being a non-smoker.** If you have found quitting difficult and are still a smoker, tell your child how you feel about it.

**Reinforce the non-smoking messages.** Make your house and car smoke-free zones. Don't allow them to light cigarettes for yourself or others. If there are smokers in the house, keep cigarettes where children cannot access them. Discuss the issue of smoking with your child when you see others smoke.

**Educate your children about the dangers of smoking.** Explain the long-term risks but emphasize the immediate risks to their health and wellbeing (for example, bad breath, stained teeth and fingers and less money in their pocket). Explaining the long-term risks may not have much of an impact, as young people can find it difficult to imagine 20 or 30 years into the future.

For more information on smoking, go to [www.quit.org.au](http://www.quit.org.au) or <https://www.betterhealth.vic.gov.au>





# BALGA SENIOR HIGH SCHOOL

An Independent Public School

## SCHOOL TOURS AVAILABLE ON REQUEST

To arrange contact school on **9247 0222**



### INNOVATIVE AND OUTSTANDING ACADEMIC PROGRAMS

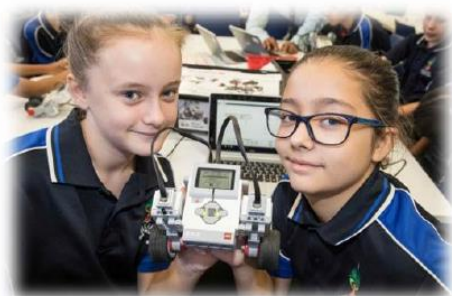
- ATAR PROGRAMS AVAILABLE
- UNIVERSITY PREPERATION COURSE (Partnering with ECU)
- NNEI PROGRAM
- CERTIFICATE II COURSES (Sport, Hospitality, Child Care)

### CHALLENGING AND REWARDING EXTRA CURRICULAR ACTIVITIES

- POLICE RANGERS
- AFTER SCHOOL SPORTS (AFL, Badminton, Soccer, Netball)
- ROBOTICS CLUB (Partnering with Google)
- YOH Fest (Drama)
- HOMEWORK CLUB (Weekly)



### KEY SCHOOL PARTNERS



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universities

National  
universities



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colleges



Employer  
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*Ms Mandy Hampson*



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