Final Newsletter

What a year it’s been! I had the pleasure of welcoming two year groups to Lynwood SHS this year, with the transition of Year 8 students and the first cohort of Year 7s to join high school. The two year groups kept me on my toes as I got to know them, attended many year assemblies, giving out student of the fortnight awards, and attending reward and incentive excursions. My tug of war skills were put to the test in first term and I had a great giggle watching the Year 8 students play bubble soccer.

However, amongst the fun there was some hard work as students transitioned to high school life and greater academic rigour. Some made the transition smoothly and, for others, there have been a few hiccups along the way. Most have enjoyed moving classrooms each period and engaging in new subjects like cooking, woodwork, art and desktop publishing. All students have been supported by a great Student Services team who work tirelessly to help students with a wide range of needs.

It’s been a busy and challenging year and, as we come to a close, I look forward to the incentive excursions for those Year 7 & 8 students who have maintained good standing. I wish all students a safe and happy holiday and look forward to them returning, well rested and with renewed enthusiasm to do their best and apply themselves academically.

In addition to the Lower school, I took on the Year 12 year group in Term 2 when Mr Jack moved to the Principal’s role. This provided me new challenges and I thoroughly enjoyed getting to know these students. I attended their ball, and was later proud to watch them conduct themselves maturely at the assembly and Year 12 breakfast and, again, most recently, at the Presentation Evening. This group of young adults are our country’s future and I wish them the best of luck in pursuing their dreams, and hope that they each find an occupation that fulfils them. Good luck and all the best.

Mrs Willesee
Deputy Principal

English Learning Area

Term 4 has, once again, been a busy but productive one for the English Learning Area, and the buzz continues as I write this article, with the finalisation of marks, allocation of grades and creativity of report comments as we wind down for 2015.

We very pleased with the collective efforts of this year’s debating teams for bringing home three of the four trophies (Years 7, 8 and 10) in the Inter School Debating Competition. All students had a great time over the year, working as a cohesive unit, while at the same time enjoying the opportunity to meet and mingle with students from the other schools. The Year 10 team has to be especially congratulated for being undefeated for two years in a row. Credit must also go to the teachers who have put in their time and effort in preparing all the teams for their awesome display of debating skills.

We are sorry to lose Miss Charlick next year. She is leaving us to try her hand at a business venture and we wish her every success in her new project. I’m sure there will always be a place at Lynwood for her if she decides to return in a year or two. Mr Fisher, whom we shared with the HaSS Learning Area, is also leaving us to travel around the UK and Europe. We wish him bon voyage and hope that he stays safe.

The English teachers would like to wish the whole LSHS community a Merry Christmas and a bright, prosperous 2016.

Christopher Vyse
HOLA English
From the Principal’s Desk

Western Australian Education Awards – Secondary School of the Year Finalist
Congratulations to Manjimup Senior High School for winning the 2015 WA Secondary School of the Year award. Whilst Lynwood SHS did not win, it was an honour for the school to be selected as a finalist in this category.

My sincere thanks to the team at Lynwood and both School Board and P&C members for their dedication and for representing the school at the 2015 WA Education Awards.

Student Parking 2016
With Year 7 students now attending high schools, there has naturally been an increase in staff numbers at Lynwood SHS. At the same time, with the increase in ages of both Year 11 and 12 students, there are also more students having their licences and driving to school. This situation has created parking issues on the school grounds. Unfortunately, the school car parks will not be able to cater for students wishing to drive to school in 2016. Students can park in the surrounding streets close to school.

Several Staff Retiring or going on extended leave
Several staff are on a pathway to retirement that may include some long service leave and, therefore, will not be back next year. We will be saying goodbye to Mr Paul Sylwester (again) from Science, who returned from retirement in Semester 2 to teach many of our Year 11 and 12 Physics students, Mr Colin Potts, a long serving HaSS teacher (20 +years), will be on Long Service Leave for all of Semester 1 before retiring. Whilst we are sad to see them go, we wish them well for a long and active retirement and thank them for their service to the educational community of Lynwood. There are more staff than those mentioned but without confirmations of either appointment or replacement, notification will occur at the commencement of 2016.

School Commencement and Development Days 2016
Please note that the following are the commencement dates and School Development Days for 2016 (note: on school development days students do not attend):

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Students return Monday February 1st</th>
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<tbody>
<tr>
<td>Term 2</td>
<td>Students return Wednesday April 27th (Tuesday April 26th, School Development day)</td>
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<tr>
<td></td>
<td>School Development Day Friday June 3rd</td>
</tr>
<tr>
<td>Term 3</td>
<td>Students return Tuesday July 19th (Monday July 18th, School Development Day)</td>
</tr>
<tr>
<td></td>
<td>School Development Day Wednesday August 24th</td>
</tr>
<tr>
<td>Term 4</td>
<td>Students return Tuesday October 11th (Monday October 10th, School Development Day)</td>
</tr>
</tbody>
</table>

Please record these dates for future reference!

Students returning from holidays after school commences in 2016?
If any parents are returning from holidays after school commences (Monday 1st February 2016), could they please notify the school by letter or email so that the school can record this information for census data.

Debating Successes
Our Year 7, 8 and 10 teams all won their year in the Fremantle Education District Inter-School Debating Competition. A fantastic effort from all teams, and with both the Year 7 and 8 teams having to win the final debate, the students certainly performed exceptionally well under pressure. Congratulations to all teams and to the staff involved; Rosanne Scaramella, Nicole Volarić, Chris Leon and Chris Vyse.

Curtin Engineering Success
Our Year 9 EaLS class won the best Report as well as the best Overall School (Report, Poster and Presentation) in the Curtin Engineering Schools Project, a competition across all education sectors – congratulations to the students and staff. This has been our most successful result to date.

Breakfast Club
Loreto Bennetts our School Chaplain and Lynwood SHS was acknowledged by Foodbank for completing ten years of the School Breakfast Program at Lynwood SHS. Thanks go to Loreto and staff, volunteers and students who to help run the program every Monday, Tuesday and Thursday mornings.

Year 12 Presentation Evening
Congratulations to Ms Sacha Pryer, Mrs Colleen Wright, the Lynwood Presentation Evening Committee, Mr Chris Vyse, and TAG Teachers for a flawless 2015 Presentation Evening. My congratulations to Mrs Cristiana Ambrogio and our school band Unity for wrapping up the evening with a fantastic performance. Our Year 12s who attended the Presentation Evening conducted themselves impeccably. Our School Captains Selene Mah and Mitchell Poole did themselves proud with their valedictory speech. There were many proud moments during the evening shared by parents and staff alike.

Congratulations to the following Special Award winners in 2015:

Congratulations to Ms Sacha Pryer, Mrs Colleen Wright, the Lynwood Presentation Evening Committee, Mr Chris Vyse, and TAG Teachers for a flawless 2015 Presentation Evening. My congratulations to Mrs Cristiana Ambrogio and our school band Unity for wrapping up the evening with a fantastic performance. Our Year 12s who attended the Presentation Evening conducted themselves impeccably. Our School Captains Selene Mah and Mitchell Poole did themselves proud with their valedictory speech. There were many proud moments during the evening shared by parents and staff alike.

Congratulations to the following Special Award winners in 2015:

Treasure Agenson - Lion’s Club of Canning Dux of ATAR Pathway
Qianwei Fang - Special Award for ATAR Pathway - International Students
Sophie Campbell - Caltex Best All Rounder Award
Selene Mah - ADF Long Tan Award
Aleisha Lawson - ECU Award
Mitchell Poole - Rotary Citizenship Award
Jessica Lee - Tangney Award
Laverne Moi - City of Canning Award for ‘Most Exemplary Student’
Sarah Hammond - Most Improved Award
Sophie Campbell - Sports Star Award
Treasure Agenson - Certificate of Excellence for Science & Mathematics
Selene Mah - Scott Munro Year Coordinator’s Award
Laavinya Anbalhagan - Chaplain’s Award
Brayden Logan - LEAF Award

As this is our last newsletter for 2015, please do have a safe and happy holiday!

Andrew Jack
Principal
Design and Technology

With the festive season not that far away we are scheduling our maintenance procedures for the end of the year. Tools are replaced and benches repaired in preparation for the onslaught of 2016. Many a student can earn a good standing point or two at this time of year.

With the finalisation of the yearly budget, we were successful in financing a small industrial laser for the department. It will cut 5mm thick wood, plastic and, possibly, aluminium. Students can design a set of templates, (Flat Pack Furniture) or a Logo for a display box; the applications are diverse.

The laser needs to be located in a secure and ventilated area. We have such a location in the glassed workshop; however, a small shed needs to be built to house some relocated equipment. More information to follow in 2016.

Richard Browton
HOLA Design and Technology

Holiday Reading

The Reading Appreciation Program (RAP) for Years 7, 8 & 9 has now finished for the year; however, this doesn’t mean that students should stop reading. With the summer holidays just around the corner, it is the perfect opportunity for students to delve into the world of books and catch up on some reading. After all, reading is fun!

At Lynwood SHS library we are always on the hunt for interesting and enjoyable reading matter to engage our students. Without veering too far off this article’s holiday reading theme, research has shown that consistent reading especially in the adolescent years, has many benefits. Reading can help adolescents to:

• deal with their increasingly complex world,
• know they are not alone – that others may be thinking and feeling the same way they do,
• share and see how others have found solutions to problems,
• develop their vocabulary and speaking skills,
• improve their reading and writing.

Traditionally loaning books to our students would cease in mid to late November so that we could take stock of our resource collection. However, now students are encouraged to borrow for the extended holiday break to maintain their reading efforts. The local public library is another great avenue for locating some interesting books for holiday reading.

The 10 Most Popular Reads at Lynwood SHS 2015

Stolen by Lucy Christopher
The Fault in Our Stars by John Green
The Sky So Heavy by Claire Zorn
The Hunger Games by Suzanne Collins
Paper Towns by John Green
Once by Morris Gleitzman
Boy Overboard by Morris Gleitzman
Tomorrow When the War Began by John Marsden
An Abundance of Katherines by John Green
Soldier Boy by Andy Griffiths

It is important to provide adolescents with “challenging, high- interest, richly varied reading experiences that really do engage, inspire and ignite young imaginations.” (Author - John Parsons, 2015)
Year 12 Presentation Evening

On Tuesday 24th November we farewelled the Year 12 class of 2015. Held at Life City Church in Canning Vale, the event went off without a hitch, thanks to Mrs Colleen Wright and the Presentation Evening committee. It was fantastic to see a huge turnout of family and friends to celebrate this significant achievement in the lives of these young adults.

Congratulations to all the award winners; it was fantastic to see so many students have their hard work and achievements recognised. A sincere thank you to the special guests, the Keynote speaker Braden Pryer for his inspiring words, School Captains Selene Mah and Mitchell Poole for their heartfelt valedictory speech, the Year 7-11 student Councillors for all their hard work throughout the day and night, and to all of the school staff members who contributed in many different ways. I would also like to thank Mrs Cristiana Ambrogio, the Year 12 flautists and the school band, Unity, for their two musical items which were outstanding and enjoyed by all. The event was a fantastic way to send off our graduating Year 12 students and would not have been so successful without all these people giving their time and best efforts.

Congratulations to the 2015 Year 12 students of Lynwood Senior High School and I wish you all the very best for your futures. I look forward to hearing about your successes in the years to come.

Miss Sacha Pryer
Year 12 Coordinator 2015

Home Economics

As the year comes to an end we reflect on the first group of students to complete Units 1 and 2 of Food Science and Technology and Children, Family and Community. This semester, the students in Children, Family and Community investigated the issue of childhood obesity in Australia. Students were asked to plan a healthy snack to cook with the pre-school children from Parkwood Primary School. This gave the class a chance to interact with children and teach them about healthy eating habits. In another project, the class put together shoe boxes for Operation Xmas Child. This involved them planning and making items to fit each of the categories: Something to Wear, Something to Love, Something to Play With, Something for Education, Something for Hygiene and Something Special.

In an exciting development, Year 12 students will be participating in a Certificate II qualification in Hospitality in 2016. This leads on from the completion of Food Science and Technology Unit 1 and Unit 2. It is a number of years since we were able to offer this opportunity to students and, due to the cooperation of the Canteen Staff, we will be able to share the Canteen’s commercial kitchen facilities during Wednesday Period 5 (for assessment purposes only). Students will attempt to complete 12 competencies over the year, from the preparation of simple dishes, including sandwiches, appetisers and salads, to competencies involving safety and hygiene and also increasing student knowledge and understanding of the Hospitality Industry.

Christine Webb
Teacher in Charge - Home Economics
Art Department News

The Arts Department would like to welcome our new Visual Arts teacher, Vanessa Allen. Vanessa is a new graduate who started with us this Semester, teaching the Lower School classes and IEC.

Vanessa is an enthusiastic artist with many exciting projects to offer students. This term, the Year 10 students have learnt graphic design techniques that have then been rendered on to skateboards. These will be on display in the library.

Vanessa has also taught clay techniques to students who have made architectural works and head studies. These will also be on display in the library. Vanessa is also running an after school art class on Tuesdays where students are learning the old age craft of bookmaking and binding.

Vanessa will be back with us next year.

Community Murals

Some of the Year 7 and 8 students have been volunteering their recess times to help with the community murals the Art department is making for the school.

The students have helped with recycling of used tiles by smashing them into small pieces, so they can be used to create mosaics for the school. This process is always therapeutic, which students seem to enjoy. The other project students are working on is a mural using the plastic lids that have been generously donated by staff, students and parents.

The new Artworks should be on display around the school soon with many thanks to Vern and Freddie for spending their time to hang them on the brickwork.

Catherine Trainor
Arts Department

Glitzy Fashion in Year 10

The class took on a task of designing and constructing an apron as their first project. Some students had prior experience in sewing while others were novices. Creative designs evolved and skills progressed as students kept at their projects. Students could also attend the sewing club after school on Mondays to complete their work or start a new project.

As confidence grew so did the complexity in designs. They are now working on individual plans, which include shirts, skirts, shorts and bags.

Mrs Karolia
Home Economics Department

The Lynwood Chess Club

Our Lynwood Chess Club continues to operate with indoor chess happening every Monday and Thursday during lunch time, and outdoor chess being available every recess time. Students are always keen to compete against each other, and against staff. There is every opportunity to improve and learn new strategies.

In Term 3 we held a chess tournament to find our Chess Champion. Congratulations to Nelson Li, our winner, and to Jerry Lao, our runner up.

Mrs Michael and Mr Singh
Useful contact numbers

Although the school holidays are a nice break for staff and students, these times can be stressful for many families. If you require help during this period, the following information may be of assistance.

Emergency services and help line:
Call 000 in an emergency if you feel someone is at risk of harm OR for mental health emergency assessment, support and referral contact:

• Mental Health Emergency Response Line (MERL)
  Metro callers 1300 555 788
  Peel 1800 676 822

• The Acute Response Team CAMHS (Child and Adolescent Mental Health Services)
  (0800 to 2200) 1800 048 636
  (2200 to 0800) 9340 8222 and ask for Psychiatric Liaison Nurse

• RuralLink
  Rural and remote areas 1800 552 002

• Find your nearest public hospital emergency department

• Find your GP after-hours clinic

• Call after hours GP Helpline on 1800 022 222

If you need someone to talk to:
beondblue - 1300 224 636

Crisis Care Helpline - 9223 1111 or Country Toll Free 1800 199 008
Headspace - 1800 650 890
Kids Helpline - 1800 551 800
Lifeline - 13 11 14
Men’s Line Australia - 1300 789 978
Reachout - online youth mental health service
Suicide Call Back Service - 1300 659 467
The Samaritans Crisis Line - 9381 5555, Youth Line 9388 2500 or Country Toll Free 1800 198 313
Youthbeyondblue - 1300 224 636

Online support can be accessed through Mentalhealth.wa.gov.au “Getting Help”

Music Department - Lynwood’s Got Talent

At the end of last term, the Year 10, 11 and 12 students competed in the first ever Senior School competition for Lynwood’s Got Talent. A special “congratulations” goes out to all those who were involved. It was a very successful event that I look forward to continuing next year. The winners of the competition were a self-made band named ‘Forte’. The band members are:

• Joshua Colum (Year 11) – Drums
• Ashley Leong (Year 11) – Keyboard
• Elaine How (Year 12) – Bass
• Tayne Burnside (Year 11) – Electric guitar
• Faith Pepito (Year 12) – Electric guitar
• Jordan Marjoribanks (Year 12) – Vocals

Lynwood’s Got Talent for Years 7, 8, and 9 will be held in week 9 this term! Please see Mrs Ambrogio in the Music Department if you would like to get involved. Performers can sign up as individuals or in groups. The judges will be looking forward to see if Lynwood’s lower school students have got talent! 😊

Mrs Ambrogio
Music Department
Intensive English Centre

During the last semester, students in the IEC have had many wonderful school-based incursions, excursions and educational programs, including a leadership program that Ms Velasquez organised - ABCN which concluded this week.

As part of our Western Australian Sustainability and Aboriginal and Torres Strait Islander project, we had a water catchment incursion. This interactive workshop had a focus on keeping our river systems in Perth clean. It complemented our previous water and sustainability excursions to Canning River Eco Centre, Kings Park, Sorrento Beach and Bannister Creek.

We celebrated the last day of Term 3 with a whole IEC Spelling Bee and Quiz day in the library, and our last excursion for the year, perfectly organised by Ms Wang, will be our annual Burswood Fun Run and picnic. Thank you to the wonderful library staff who support us on a regular basis. Some of the classes have harvested their vegetables from our garden to eat. Ms Houghton and her class is kept busy caring for the menagerie of creatures they have - composting earth worms, silk worms, native local tadpoles, yabbies, spiders and fish. Mr Avia is always busy teaching music to very enthusiastic students and more recently coaching rugby.

December 16th we will farewell over sixty five graduates from the IEC. Ms Duszenko, Ms Velasquez and Mrs Chojnowksi have been very busy organising their successful transition to new schools. On behalf of the IEC students, a big thank you to all staff for their dedication and hard work throughout the year.

Tracy Marr
IEC Curriculum Leader

Year 10 Outdoor Education

The Year 10 Outdoor Ed class just recently completed their hiking camp. They have been preparing for this over two terms, learning new skills such as navigation, map reading, cooking in the outdoors, tent building, team work and first aid. The group went to Dwellingup and tracked through bush in the area and camped overnight at a site at Nanga Mill. The group worked well as a team, using their skills on their hike, which they had prepared for in class. All students thoroughly enjoyed the experience.

Mrs Gourley and Mr Regan
Soccer Academy

State Cup results
Lynwood Senior High School Soccer Academy finally won their first major honour when their Senior Boys took out the State Shield Challenge beating Ballajura 5-1. A pulsating first half saw Ballajura take the lead after 20 minutes and it didn’t look good as Lynwood missed a penalty. With barely a minute to go to half time, Ford bent a free kick into the box that was met by the onrushing Rama Kabwe to level the scores.

The second half started in the same fashion as both sides looked capable of going ahead, until 15 minutes in, Zakir Hussain came on as sub and after a nice switch of play he made it 2-1 from close range. Zakir hadn’t finished there as he took advantage of some poor defending to make it 3-1 and minutes later scored an absolute screamer to take his hat trick and effectively seal the win. Kurt Koukou put the icing on the cake with the 5th.

“It’s been a long time coming. In the early days of the Academy we struggled to get out of the group stage but in the last 5 years we have made 5 major finals and 8 semi-finals, always falling to last minute goals or penalty shoot outs, and I thought the bridesmaid curse would never end. Even earlier that day, our Intermediate Boys team lost their final and the Junior Boys lost in the Southern Final the previous week. “The Seniors are a pretty special group and they showed real character to lift themselves after going behind” said program coordinator Tony Campbell.

Masters Indoor Final
Chiztastic took out the inaugural Masters Indoor Soccer Competition on the last day of Term 3. After a tough league campaign and a brief scare in the Semi-Final they ran out comfortable winners against Dengstars in the final. The Year 12 team took an early lead against the Year 11s and, despite giving their all, Dengstars were playing catch up the whole game and Chiztastic proved too composed to let the game slip. That gave them back to back as they took out the Senior Boys in 2014.

Awards night
Good luck to all players nominated for an award at the annual Soccer Academy Awards night that will be held at Gosnells Gold Club on the 10th December.

Mr Campbell
Soccer Academy

Science Department

Since our last article, we have been very busy in the Science Department. At the end of Term 3; all Physics students attended Adventure World on High Schools Physics Day. It was a wonderful day, investigating Newton’s Laws of motion in a fun and interactive way. A huge thank you must be extended to all of the teachers who attended and to Miss Annear for organising the day. Also, congratulations to Mr Pennington for being the second fastest teacher down the speed slides.

In the Science Labs, teachers and students have been busy investigating a wide range of topics. In Year 7, we have been investigating physics and how levers work. In Year 8 we have been learning about the rock cycle and investigating the processes that shape our Earth. The Year 9s have been busy conducting endothermic and exothermic reactions whilst the Year 1’s are learning about the Big Bang and the universe.

Finally, for the last four weeks the Year 10 students will be split into two strands. This is to allow the ATAR students to better prepare for Year 11. These classes will be taught by Mr Pennington and Mrs Lavery and aim to promote higher order thinking and course specific skills that are required in Physics, Chemistry, Biology and Human Biology.

It has been an excellent year and I look forward to seeing everyone in Term 1, 2016.

Craig Foster
Head of Science Department
Student Council 2015

The student council has been involved in a few events for the past few months. They have completed some fundraising events as well as helping with assemblies, remembrance ceremony, representing the school at community events and completing leadership training.

The leadership training was one of the highlights of the semester. All councilors attended a training day at Byford training centre. They completed some training, which will aid them on their journey to becoming better leaders and team members. The role of a councilor is very important as we need students in our school who will stand out within their year group, and take a lead in our community helping to shape our school.

Some of the challenges the councilors had to deal with were problem solving as a team, finding the best ways to deal with adverse situations and working together to choose the best solutions. These types of activities have helped our students apply their new skills in a school environment.

Going forward into 2016, we hope to have more student councilors involved in our school community, taking the lead in everyday school life, harvesting all types of new and innovative ideas in order to help our student community positively enjoy school in the future.

Mrs Gourley & Mr Leon
Student Council Coordinators

LEAF Program

As 2015 draws to a close it brings about a time for reflection. And what a year it has been. From the Getting to Know You Camp in Term 1, our ill fated Rottnest Excursion, Sea Trek in Shark Bay, Canoeing and Activities in Dwellingup as well as the Annual Cape To Cape Trek just recently completed by the Year 11s. Many kilometers and hours were spent travelling to all parts of this wonderful state we live in. Many fantastic memories and new friendships were made.

Valuable learning experiences of what life is like in the real world was on offer to all those LEAF students who completed their Workplace Learning Placements in jobs ranging from Landscape and Construction, Cabinet Making, Property Management and Mechanics. All students performed really well with a select few of the Year 12s lucky enough to secure either, apprenticeships, traineeships or full time work as soon as they left LSHS at the end of Term 3.

The success of the LEAF Program would not be as great without the contributions of a number of people. The students in the program may not show it often enough, but I would like to personally thank the efforts of Mrs Lethlean, Mr Gobby, Mr Agland and Mr Fisher who choose to take on such a challenging but ultimately rewarding role in guiding the LEAF students in their journey through Upper school. To our highly valued Education Assistants’ Mrs Coad, Mrs Rycroft and more recently Mrs Farrall and Mrs Lowrie thank you for your caring nature shown to all students in the program. A big thank you must also to Ms Coates in the Senior School Office for all of her efforts regarding absentees.

Finally, I would like to wish this year’s Year 12 graduating students of the LEAF program all the best for their future endeavours, and to remind not only them, but the current Year 11 students, of some advice from a wise lady. “PRIDE, REPUTATION and BECAUSE YOU HAVE TO!”

John Warren
LEAF Coordinator
Sleep – Tips for Teenagers

Teenagers need about 9-10 hours of sleep a night. Lack of regular sleep is likely to affect academic and sporting performance, and behaviour. The risk of emotional problems, such as depression, may also increase in teenagers who regularly do not get enough sleep. Even getting an extra 30 minutes of sleep each night will make a difference.

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. You may be able to adjust your body clock, but it takes time.

Suggestions include:

• Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed.
• Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.
• Keep your room dark at night. The brain’s sleep–wake cycle is largely set by light received through the eyes. Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
• Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.
• Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.
• Add an extra 10 minutes every week until you have reached your desired bedtime.
• Avoid staying up late on weekends. Late nights will undo your hard work.
• Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.

To get further advice, contact your local Community Health Nurse, Leah on 9354 0609, or for more information visit www.betterhealth.vic.gov.au

EaLS Update:

It was another successful year for our Year 9 EaLS students in regards to Lynwood SHS involvement with the Curtin University Engineering in Schools Project (EISP) during 2015. As in previous years, our students have spent the past six months working together in groups, researching a problem experienced in a less developed nation and having to design a solution to this project within a $10,000 budget. This year, at the 2015 EISP presentation night we had our best results yet with our Year 9 EaLS students winning not only ‘Best Report’ of the night but also ‘Best Overall School’. Our Year 9s competed against seven other schools including, several well-known private schools, to take out the top award of the night.

Our EaLS class was amazing and we are so incredibly proud of not only those who wrote the winning report and presented on the night but of the entire class for their enthusiasm, motivation and involvement with the project over the last six months.

A special mention must go to Mr Potts, Ms Annear, Mr Beasley and Mr Leon who supported our Year 9 EaLS students during the entirety of the project, demonstrating both hard work and dedication.

Well done again Year 9 EaLS class. What an amazing achievement and we here at Lynwood could not be any more proud of your efforts and achievement.

Ms Miller
EaLS Coordinator
School Sport WA Interschool Athletics Carnival

A large contingent of 80 students represented Lynwood SHS in the School Sport WA Interschool Athletics Carnival on Friday 16th October at the State Athletics Centre in Mt Claremont. The team, led by Captains Sophie Campbell and Justin Onek, were exceptional in their behavior, attitude, school/ team spirit and support of each other. Students often put themselves out of their comfort zone to ensure Lynwood participated in all events, and we certainly stood out as the loudest cheering school. Numerous first place results, particularly in track events, coupled with some disappointing outcomes in relays, led to Lynwood finishing middle of the pack in a tightly contested carnival.

Outstanding individual performances came from Amber Dennes (Year 7 Girls) and Jesse Huria (Year 9 Girls) who were runaway champion athletes in their respective age divisions, while Jack Evans (Year 8 Boys) and Ismael Bangura (Year 10 Boys) placed third in their age groups.

Congratulations to all Lynwood students on their excellent efforts and special thanks to the Year 12 students for representing themselves and the school with distinction.

Mr Bycroft
Phys Ed Department

Alcohol (Up to $10,000 fine for providing alcohol to underage drinkers)

The peak medical organisation in Australia – the National Health and Medical Research Council - recommends that for children and young people less than 18 years of age, not drinking alcohol is the safest option.

Young people have developing brains and avoiding alcohol is important. Drinking is associated with poor decision-making, loss of control and risky behaviour such as unsafe or unwanted sex, injury, violence, car crashes and other undesirable outcomes which may last a lifetime.

• Children under 15 years of age are at greatest risk of harm from drinking. Drinkers under the age of 15 years are much more likely than older drinkers to undertake risky or antisocial behaviour connected with their drinking.

For young people aged 15-17 years, the safest option is to delay the start of drinking for as long as possible. Risky behaviour is more likely among drinkers aged 15−17 years than older drinkers. If drinking does occur in this age group, it should be at low levels only and in a safe environment, supervised by adults.

Sun safety

With the hot weather approaching, it is important to talk to your teenagers about sun safety and teach them good sun protection habits.

• Slip on some sun-protective clothing – that covers as much skin as possible
• Slop on broad spectrum, water resistant SPF30+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
• Slap on a hat – that protects your face, head, neck and ears
• Seek shade
• Slide on some sunglasses – make sure they meet Australian Standards.

Extra care should be taken between 10am and 3pm when UV levels reach their peak.

For more information see the Cancer Council website: www.cancer.org.au.

Leah Tierney
Community Health Nurse
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ENROL TODAY IN ACADEMIC TASK FORCE
JANUARY SCHOOL HEAD START PROGRAM
AND ACHIEVE SUCCESS IN 2016
ATAR HEADSTART FOR YRS 11 & 12
HEADSTART FOR YRS 7 - 10

Syllabus overview – confidence building – refresh your understanding – study skills – essay writing

2 day courses / 6 hours per course
Jan 14th – Jan 29th 2016

Venues: Churchlands SHS and Rossmoyne SHS
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• Fax: (08) 9354 3346

lynwood.shs@education.wa.edu.au
www.lynnwood.wa.edu.au