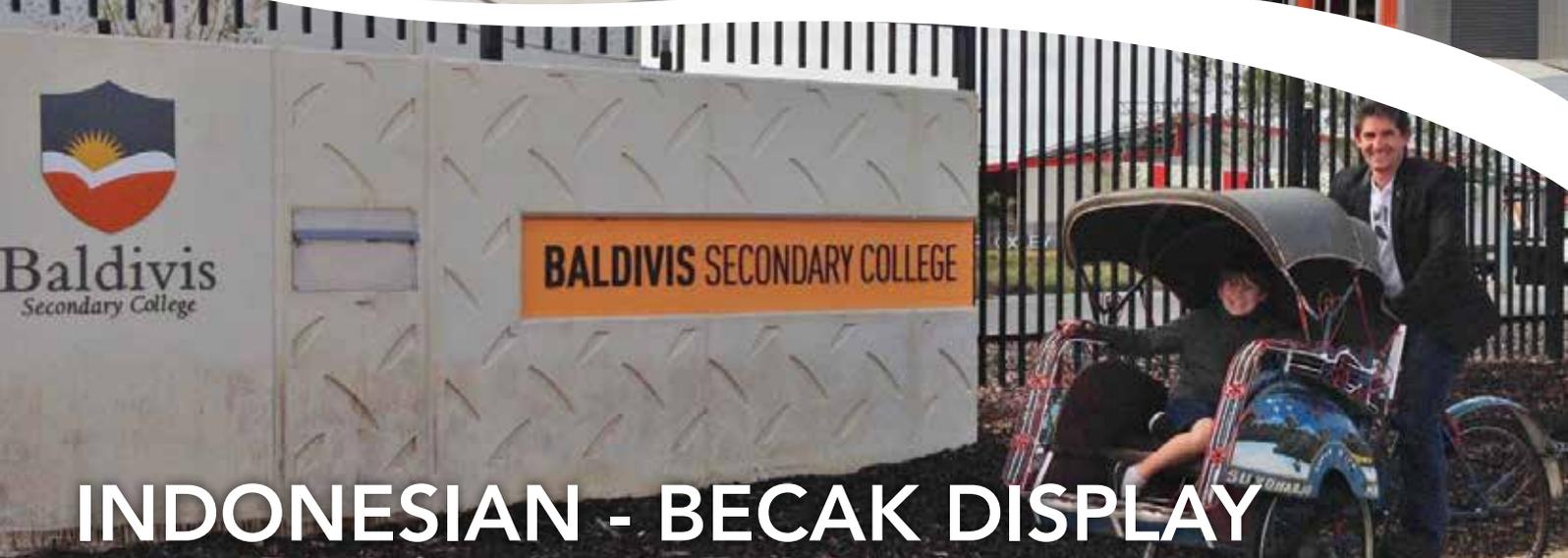




**Baldivis**  
Secondary College

# NEWSLETTER

For more photographs please visit our website



## INDONESIAN - BECAK DISPLAY

The library is currently displaying paraphernalia from Indonesia, including pictures of landscapes, artwork and a becak. A becak is a bicycle with a carriage used as a cheap (and environmentally-friendly) taxi in the small streets of Indonesia. You won't see them in Bali, or Jakarta as the traffic there is too busy and becak are sadly seen as a hazard. Becak are still used in the streets of many other villages throughout Indonesia and similar vehicles can be seen in other Asian countries too.

The becak residing in our library is on loan and originally comes from Yogyakarta in central Java, the city a centre of art and culture, overshadowed by Agung Merapi- a massive volcano that erupted a few years ago. Pictures feature of Merapi after a devastating eruption in the Indonesian display in the library.



### Indonesian Film Festival

On Friday 15th August, nearly half of our Year 8's will be attending the 4th Annual Perth Indonesian Film Festival. Students will be viewing 12 Menit Untuk Selamanya (12 Minutes: Victory Forever).

The movie, in Indonesian with English subtitles, is about a school band in a remote Indonesian village that prepare for a journey to modern Jakarta to perform at a sporting event. This will be a schools-only screening, with students of Indonesian coming from all areas of Perth. The producer and one of the main stars of the film will be at the screening for a Q & A session.

The festival shows the diversity of Indonesia and the high quality of these films is a display of the rapidly developing film industry in the country. The five other films will be available for the public to attend between 14 to 17th August at Hoyts Garden City. For tickets and session times go to;

<http://www.balaibahasaperth.org/perth-indonesian-film-festival>

Congratulations to Tyla Naude and Kate Bridges received Bronze awards for gaining over 1000 points in the **Language Perfect World Championships** in May.

## FROM THE PRINCIPAL

We are now well and truly into the second half of the school year. This edition of the e-newsletter contains a wealth of information and some wonderful activities, events and successes involving our students and staff. It is exciting to see the success of our students in a variety of contexts and their joy in being involved and endeavouring to do their best. The positive reputation the college already enjoys is a testament to the culture we have established and continue to enhance as well as the hard work exhibited by students and staff. Whilst at the moment we are a school of Year 8 and 9 students only they have displayed excellent effort and achievement against established schools with older students. This is evident in both sporting pursuits and academic initiatives.

Like any school occasionally we have to contend with some inappropriate behaviour from our adolescent students. This is very much a part of the learning and maturing process. We have excellent processes in place to deal with this when required in a timely and educative manner. Thankfully we have an environment which will never tolerate poor behaviour and it is very much a case of an isolated incident from time to time and nowhere near an ingrained culture. Quite the contrary and parents and the wider community can rest assured the culture of respect and high standards and expectations are alive and well at Baldyvis Secondary College and our students respond accordingly.

By now you will have heard or read about the new Student Centred Funding Model for schools. The model is an attempt to make the funding of school more equitable and provide a greater sense of clarity. Recent media statements have highlighted Baldyvis Secondary College as a school that will receive additional funds through this new model. There are some conflicting points in this at this stage and our own examination leads us to believe that our available funds will be reduced. What is not mentioned in recent media statements is the context of Baldyvis Secondary College and the financial outgoings the college has in a time of growth and resourcing. Needless to say there will be much action and debate in this 'space'.

We are currently gearing up for the 2015 school year. A number of selection panels are in operation currently to select staff for next year. With the increase in student numbers we will be appointing a large number of staff. The timetabling exercise is also in full swing. Thank you to parents for getting the course selection process completed so that we are able to use that information to create an effective timetable. We, of course, are excited to welcome Year 7 students to the college next year. The curriculum planning and logistical arrangements are an important part of the planning process and are also on the go! Next year we commence our Senior School arrangements. Whilst we don't introduce the WACE/ATAR courses for students until 2016 we will be arranging our Year 10 students into groups and pathways to assist them in their aspirations beyond secondary school. This will also include career development and personal growth with a rigorous counselling process for the selection of a pathway and program for 2016 and beyond. We are currently looking at models of best practice around senior school models to help inform us in our planning. The College Board will be briefed about intentions and assist in guiding our directions. Parents will be provided with information to allow them the opportunity to be well informed about courses, pathways and an understanding of the senior

school system in a Western Australian context.

The creation of a Senior School uniform is underway. We see the importance of a senior school uniform for a number of reasons. Students appreciate the opportunity to be acknowledged as a senior student in a visual sense and this assists in the development of a more mature attitude and approach to their studies. It is somewhat of a 'rite of passage'. Additionally we are very aware of the perception of the community of our senior students and their involvement in workplaces for some of their programs. It is essential for the wider community to have formulated a view that our students are fantastic hard working young people to give them every opportunity and advantage that we can possibly provide. Their appearance is an important element in this. We value your input into the creation of the senior school uniform and have set up a poll on our Facebook page to facilitate this. Please have a look and have your say. (Feel free to 'like' us as well!)

In 2015 we are introducing a BYOD model for our Information and Communication Technology approaches. The Bring Your Own Device strategy is one many schools are looking to implement to further the engagement of students and to provide a dynamic learning environment for our students. The college will be placing iPads on the booklist for students in Years 7-9 and a notebook/laptop of standard specifications on the booklist for Years 10-12. Educational research overwhelmingly indicates the success of these programs in producing better learning outcomes for students. In the coming weeks this term parents will be informed in more detail about this exciting initiative. There will be some interim arrangements for next year's Year 9 group given they will only have the one year in the ICT initiative before needing to change their device.

Finally I have been invited to be a member of an Expert Review Group for the Department of Education to examine the practices of an exemplary school. The purpose of this is to inform the department and hence WA schools about successful practice. In my preliminary examination and discussions it is encouraging to see that what we are developing and implementing is reflected in this exemplary school's approaches. This augurs well for our future.

Please enjoy this edition of the BSC E-Newsletter.

Kind regards,  
Keith Svendsen - Principal



## BOOK REVIEW

### Ten Conversations You Must Have With Your Son By Dr Tim Hawkes

Before I look specifically at this book and the advice it provides, I want to put it in to the context of our modern society. Families in today's world take on all forms. These family types are sometimes the product of choice and sometimes circumstance. Each family, regardless of its form, has a unique blend of arrangements which should be considered when reading this article – and hopefully if the interest grabs you the actual book. Within this article my references to "fathers" can and should be read as 'significant male role models' which research is showing are so important in the formation and development of **strong, proud, sensitive and capable young men**. I will say that the mums and other important women in a teenage boys life could probably have these conversations with our young men just as easily but male role models are important. Our College is aiming to support the delivery of these great young men to the Baldviss community and I am sure that every parent of a son will appreciate this support in what is a very complex mission. I know as the father of three boys, two of whom are teenagers and very different to each other, the lesson I have learned so far is that it is all about quality time invested. Sometimes I have been guilty of giving too much, too little or poor quality time – but sometimes we get it right and these are the bits that count.

Now on to the book written by Dr. Tim Hawkes, a celebrated leader of boy's education, raising boys and someone who was a teacher and headmaster for over 35 years.

Quite early in the book the following point is made:

For a couple of hundred years now, each generation of fathers has passed on less and less to his sons – not just less power but less wisdom. And less love. (Frank Pittman)

I think the main point here is not that we love our boys any less these days but that our perception of good fathers and what they should provide, along with the pressures of modern life, all 'plot' against the males in providing really good, enjoyable and productive input to our young men.

What I like about this book is that it doesn't take the normal path of making the reader feel 'crappy' about what they are currently doing just before laying out a range of completely unrealistic expectations about how to become a better person. It just gives some advice about how to have the conversations so that the teenage boy will want to participate and then it gives you the ten important conversations from the author's point of view. So that is what I am going to do – here are the ten conversations which could be important in the formation of outstanding Australian men ready for the challenges of the future:

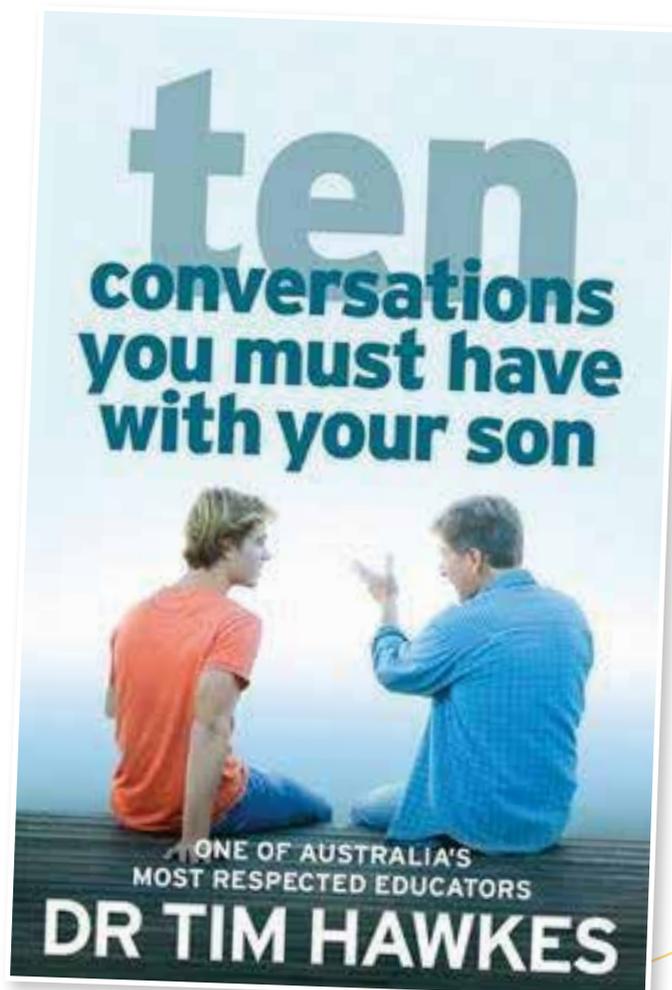
1. Telling a son that he is loved
2. Encouraging a son to know himself
3. Helping a son to choose an appropriate moral code

4. Assisting a son to accept responsibility
5. Instructing a son how to live within a community
6. Helping a son to optimise performance
7. Mentoring a son in the area of sex and intimacy
8. Assisting a son to manage financial matters
9. Encouraging a son to stay healthy
10. Helping a son to deal with grief and loss

I am very keen not to become the modern 'spoiler' so I will stop here. If this article has raised some interest in you then you can do what I did and simply go on to iBooks or iTunes and purchase the book – or maybe even go into a book store..... If you like this article or you read the book and have a view then maybe you could go on to the College Facebook page and share your thoughts with all of the other parents of young men.

Good Luck

Paul Jones - Deputy Principal



## 'ORANGE' SCHOOL BUS SERVICES - 2015

Is your child starting or changing schools in 2015 and are you are seeking Transport Assistance on an 'Orange' school bus?

In 2015 all Year 7 students, will be attending high school as secondary students. This will have a substantial impact on the 'Orange' school bus network and will require significant planning. It is very important that Public Transport Authority establishes the number of eligible students requiring Transport Assistance.

The Public Transport Authority is requesting parents that have children starting or changing schools in 2015 and requiring bus travel to complete an online application for Transport Assistance at [www.schoolbuses.wa.gov.au](http://www.schoolbuses.wa.gov.au) by no later than 31 August 2014 for travel in 2015.

Please be aware; Transport Assistance is offered to eligible families in two forms, either by 'Orange' school bus or a Conveyance Allowance paid to parents to drive their children to and from school. The type of Transport Assistance provided to a family depends on many factors including, location and bus availability.

If your child is currently travelling on an 'Orange' school bus and they are not changing schools next year, there is no need to reapply or contact us as your transport arrangements as a rule will remain the same.

If you have any further questions please phone 9326 2625 or email [schoolbus@pta.wa.gov.au](mailto:schoolbus@pta.wa.gov.au)

## TRAFFIC UPDATE – STILLWATER DRIVE

After school we are still getting students crossing the road at various points along Stillwater Drive. Given the large amount of vehicle movement in the afternoons we ask that parents instruct their children to cross at the crosswalk where we have dedicated attendant's managing pedestrian movement.

Obviously parking is another huge issue due to the construction workers taking up about 10 parking bays every day at the moment. This inconvenience is out of our control, but your support in ensuring the safety of all road users is paramounts.

**Please do not double-park, park on the crosswalk or park in**

**the bus bays.** This puts the safety of others at risk. It may be advisable to park along Stillwater Drive away from the college precinct and encourage your child to walk to the car. Not only will this help to alleviate traffic congestion, it will give them the chance to find 30!



## FOODBANK APPEAL 2014

Congratulations to the students of Baldivis Secondary College who donated 262kg of cans for the 2014 Foodbank Winter Appeal! This is equivalent to 350 meals for families and individuals who are currently experiencing difficulties in our local community!



## Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Jacqui Brooker, your local Saver Plus Worker:  
(08) 9265 5585 / 0418 663 585  
or [jacqueline.brooker@thesmithfamily.com.au](mailto:jacqueline.brooker@thesmithfamily.com.au)

*Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Kwinana and Rockingham by The Smith Family. The program is funded by ANZ and the Australian Government.*

## SPORTS FOCUS LET'S PLAY BALL

### Girls AFL Team

For the first time in history, Baldvis Secondary College participated in an AFL Year 8/9 carnival day purely just for the girls. We competed on Tuesday the 27th May in Term Two against Pinjarra, Mandurah Catholic College and Halls Head. We started off with tryouts at the end of Term One and then a few training sessions. We began with the basics first, learning how to handball and kick followed by the basic rules and positions. From day one the girls were very enthusiastic and keen to learn the game. We had some tall talented netballers in Brooke Davey and Britney Manihera who became our main rucks and markers. They played a great role in getting the ball to our forward line. We also had some great strength in players like Tamekah Lockyer and Eden Kelly with their strong tackles and never give up attitude. For our very first game the girls were nervous but after about five mins their confidence kicked in and we were dominating the field. We won our first game by a few goals, drew our second game and only just lost our other games by a few points. The girls played with so much passion and were a pleasure to coach. I look forward to the next carnival with the girls.

Emily Sharp

Health & Physical Education

### Girls Soccer Team

Our Year 8/9 Girls' Soccer team started with tryouts in Term One. We chose a squad of sixteen girls to play in an afterschool competition during Term Two. I organised a few training sessions with the girls to work on structure, positions and skills. One of the main goals for the soccer season was to have fun and enjoy playing with each other; I wanted the older girls to bond with the younger girls. It was clear to me that after our first game against Frederick Irwin the girls were keen to play and really enjoyed playing together. We lost our first game 3-0 but the girls were so happy on the bus trip home that you would have thought we had won. Our second game was our first home game against the Safety Bay "C" team. In this game we started to use our structures and positions better with an end result of a draw 1-1. Our third game was against Mandurah Catholic College and it was a pretty tough game but the girls played really well. It was this game that made me realise I needed a good goal keeper and recruited Brianna Stout from defence to be the goal keeper. She dominated the goals and didn't let one ball get past her with another result of a draw 0-0. Our last game for the round was by far our best game for the season. We played against the Safety Bay "B" team and although we started slow in the first half our second half got us into a lead of 2-1 with Kate Stewart scoring two excellent goals. Great work was done by Brianna in goals who stopped more than fifteen goals from scoring. The girls made it into the first round of finals in Term 3 but unfortunately were beaten in a knockout final against the Safety Bay "A" team. Overall the girls had a really good season and I look forward to coaching the girls again next year.

Emily Sharp

Health & Physical Education

### Netball:

Baldvis Secondary College sent 5 teams to the State School Netball South Zone carnival on 7th May. The cold and wet day was no deterrent for the girls who showed up with huge enthusiasm, which never dulled over the course of the day. The Year 8 and 9 girls represented the College with high esteem and also saw success with both the year 8 and 9 A division teams winning in their division, moving them into the second round competition.

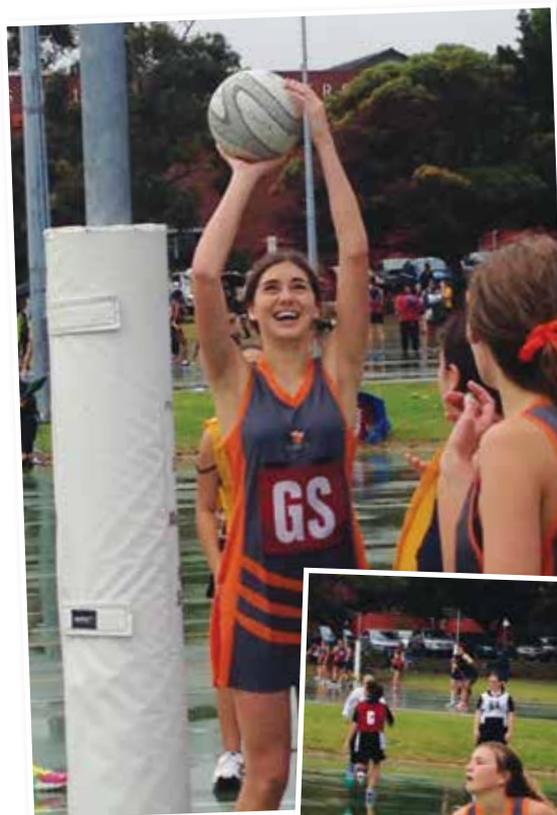
The second round saw both the year 8 and 9 girl teams having to travel lining up against Willetton SHS. The girls burnt every ounce of energy playing at a very high standard, but unfortunately both girl teams come off second best to the highly skilled and agile Willetton teams. All girls played extremely well, leaving with high spirits and are already talking strategies on how they are going to take on the competition in next years carnival.

Well done girls.

Thank you to the staff and parents who assisted the girls over the competition, your expertise and support was most greatly appreciated.

Matt Adams

Health and Physical Education



## VIVO

Earlier this year the college introduced a new Student Reward Scheme which teachers are using to reward students for demonstrating positive behaviour and attitude to learning, using the following categories;

### ATTENDANCE

- Maintaining 100% attendance for the week, term, semester etc.

### ORGANISATION

- Completing homework
- Being prepared for lessons
- Using AVID Binder to organise curriculum resources
- Using Diary
- Managing deadlines

### CONTRIBUTING TO THE COMMUNITY

- Making positive contribution to class/college community
- Services to others
- Extra-curricular activity
- College representation

### DEMONSTRATING RESPECT

- Achieving your best
- Responsible attitude to learning
- Respect for the environment
- Respect for others
- Behaviour that promotes sustainability

### MAKING IMPROVEMENTS

- Trying really hard to improve performance and/or achievement at school

### OUTSTANDING ACADEMIC PERFORMANCE

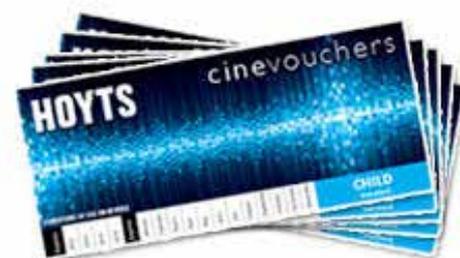
- Achieving 75% or more in a class assessment
- Achieving 75% or more in a test/exam

Students also receive Vivo points when they achieve a significant academic award. Vivo enables us to provide points, or Vs, to reward positive behaviour. Students can save up their Vs in a personal account and exchange them for a range of items through our on-line 'shop'.

Vivo allows us to be more explicit and consistent in the way we recognise your child's efforts and to support your child's needs more effectively. Your child gets early experience of choosing how much to 'spend' or save and it's their decision what to do with their Vs.

Importantly, Vivo gives you the opportunity to see the progress your child is making and to celebrate, with us, their successes. If you want to join other parents in seeing how your child is going email the college for your login details; baldivis@education.wa.edu.au

Celebrating their successes is a big contribution to building your child's desire to learn. We hope and encourage you to join in the celebration.



## WHAT'S HAPPENING ONLINE?

Last week, the ACMA blog published the latest findings from Roy Morgan Research, providing the latest findings around how Aussie teens are using the internet.

Whether or not the findings surprise you will be determined by how engaged you are in this space, but one of the key findings that jumped out at me was with regard to where kids are accessing the net.

It seems that kids are moving away from accessing the net at home, and opting for public wireless hotspots, which means that whilst it's still important – of course – for us to be mindful of the home network, technology in bedrooms and the like, it's becoming even more apparent – if it wasn't already – that firewalls, checking kids' browsing history, and being friends with them on Instagram is only a very small part in the whole digital citizenship debate.

And whilst some lament the fact that kids seem glued to their

technology, it appears that we are all starting to spend more time online. In fact the data suggests that teenagers only make up 7% of Australians who access social media!

Having said that, the report also makes clear it didn't take into account access via apps – which I'd contend is the primary way kids use social media.

This in itself serves to highlight that the old adage of having the computer in a common area in the house might have been sage advice 10 years ago, is becoming as outdated as the first iPad! Sure it does a job, but it's not what people expect or in some cases need in today's world.





# Baldivis



## Community Market

Corner Fifty Rd and Baldivis Rd

8am to 2pm

Entry Gold Coin Donation

Plants  
Commercial Stalls  
Fruit & Vegetables  
Food, Drinks & More



FIRST SATURDAY OF MONTH

**CAR BOOTERS: \$5.00 + \$5 Insurance - First come first served!**

**STALL HOLDERS: \$10.00 + \$5 Insurance - For booking form contact 0410 143 942 or email [baldiviscommunitymarket@hotmail.com](mailto:baldiviscommunitymarket@hotmail.com)**

**GROUNDS OPEN: 6AM MARKET STARTS: 8AM to 2PM**

## HASS WEEK 2014

The heart beat of all other curriculum areas was on show throughout week 9 of term 2 as Baldvis Secondary College enjoyed an epic 'Humanities and Social Sciences (HASS)' week celebration. The recently rebranded curriculum area, formerly known as 'Social Studies (SS)', 'Studies and Society and Environment (SOSE)' and 'Society and Environment (S&E)', provided a smorgasbord of top shelf activities for students and staff to engage in. Delving into the core areas of Geography, History, Economics, Politics, Law, Civics and Citizenship and Careers the school was a-buzz. Activities included:

- The QR Code seek and solve challenge requiring student to interpret a map and find a series of QR Codes that revealed questions that needed answering. Congratulations to Meg and Georgia on their success!
- The week long and high controversial Stock Market game. Students bought, traded and sold stocks each recess and lunch under the watchful eye of Ms "Economics is kinda cool" Hennessey. Congratulations to Rainz and Seth who built a massive portfolio, selling the hugely popular Hickman stocks at just the right time before the crash!
- Recess and lunch saw a plethora of the favourite game shows reveal unheralded rivalries as students and staff battled out in 'Geography: Sale of the Century', 'Economics: Deal or No Deal',

'History: Battle of the Sexes', 'World Event Team Charades' and the massive 'History of the Derby – Eagles vs Dockers (note: Ms 'Dockers' Saunders is yet to forgive Mr 'Eagle1' Hickman for what was clearly a fair and equitable contest). Congratulations to all winners. Special mention to Liam 'I love H.A.S.S.' Carmody who dominated the game show contests.

- We welcomed the travelling 'Sydney or the Bush' road show to our school who presented 'Centenary of Anzac'. The show was off the back of a truck and visited the importance of the Anzac Legend in Australia. The horse, donkey, sheep and antics of red dog were a highlight. Mr Pittman (Program Coordinator of Science) summarised the views of many stating 'one of the best hours of my career, I would never have thought a packet of Anzac biscuits could go so far and yet I still missed out. A real highlight, fantastic!' Yet again the Baldvis students were nothing short of awesome as they demonstrated excellent audience behaviour and participation ... you all made us proud once again! Thank you.

HASS staff look forward to going bigger and better in 2015! Thank you for your awesome participation legendary BSC students and staff!

Chris Hickman

Program Coordinator – Humanities

## SKWIRK

To assist your child's learning every student at Baldvis Secondary College has access to the Skwirk.com.au online classroom.

By logging into Skwirk.com.au students can access a huge range of resources from all curriculum areas that reflect the Australian Curriculum. This resource will be referred to and utilised in classrooms, but also provides a one-stop location for assistance with any topic your child is studying. To access the resource your child should use their usual login that they use on the school's network and an initial password 'Welcome1'. Students are then encouraged to change their password to secure their access to this important learning resource.



## ARAFMI PAMPER DAY FOR MENTAL HEALTH CARERS

If you look after a family member or friend with a mental health illness, Arafmi has a special pamper day for you, and the best part about it is that it is FREE!

Join us for a day of pampering & relaxation on Friday August 29 from 10am to 3pm at Meadow Springs, Mandurah.

Come along and chat with other carers.

Enjoy massage, reflexology and an introduction to meditation.

Morning tea & lunch provided

Bookings essential: Phone Arafmi 9427 7100





Guest Speaker

# DR PETER DINGLE

Secrets to Happier, Healthier,  
Smarter Kids  
(And adults too)

**15 September 2014 – 7.00pm**  
**Gary Holland Community Centre**  
**19 Kent Street, Rockingham**



**WOULD YOU LIKE HAPPIER HEALTHIER, SMARTER KIDS ?**

If so, it is time to take control of the health and well-being of your family now.

**Have you ever wondered why we have increasing rates of childhood illness? Why cancer rates, allergies, ADHA, depression, suicide and even cardiovascular disease continue to rise in children while we spend more money on treating them every year?**

In Australia each month 60,000 prescriptions for antidepressants are written out for people under 20 years of age each month and this is on the increase.

*But our kids don't have to be sick.*

In one simple short presentation you will learn a step by step guide for kids and parents to take control of their own lives and health. You will learn why breakfast cereals, dairy, soft drinks, food additives and fluoride in water (to name just a few) are 'dumbing' down our kids and making them sick.

You will also learn the roles that nutrition deficiencies, particularly the essential fatty acids, exposure to toxic chemical in the home, unhealthy and inactive lifestyles and negative attitudes are having on the health of our kids.

With a little bit of information and with some small changes we can make huge improvements to our health and the health of our kids that will benefit them for the rest of their lives.

**Come and browse a variety of health and wellness stalls  
- tea and coffee provided -**

**TICKETS \$16.00, CHILDREN 6 – 16 \$8.00, UNDER 6 FREE**

To purchase tickets go to [www.thetrustedtrolley.com.au/dringle](http://www.thetrustedtrolley.com.au/dringle)

# HOMEWORK? WHAT HOMEWORK?

**"No, I don't have any homework!"**

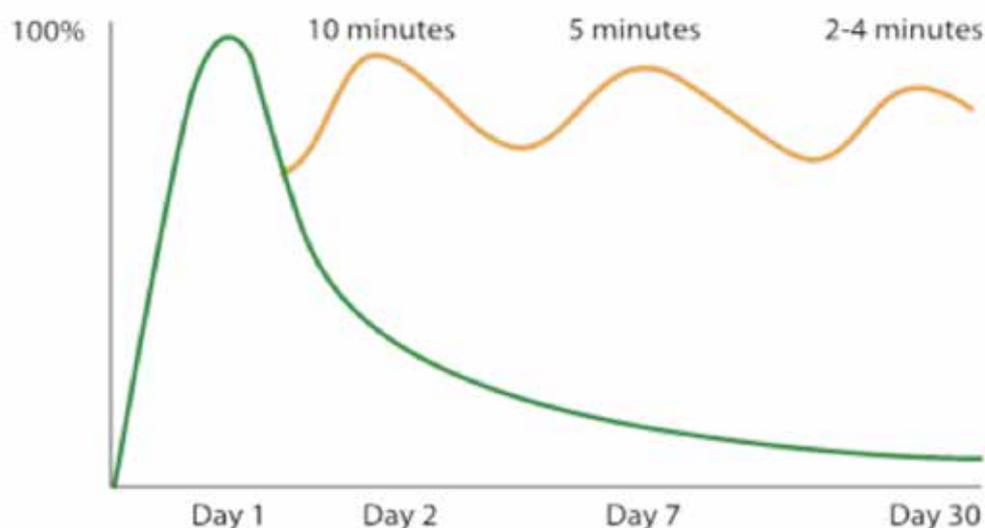
When you ask your child if they have any homework and you get the response "No I don't" please be assured this is not the case.

Expected weekly routines can include:

- Full completion of all tasks completed in class using curriculum area 'Interactive Notebooks'. Some curriculum areas are also using learning matrix's.
- Completion of Cornell note summaries (where students review and summarise their learning from the days lesson).
- Ongoing reviews of learning based on essential questions that lessons focus upon. These reviews should be completed at 24 hour, 7 day and 30 day intervals (thus are referred to as 24-7-30 reviews) supporting all brain-based research that investigates routines that maximise recall and learning.
- Assessment completion and preparation/revision aligned with your child's assessment program.

We urge all parents to ask to see your child's interactive notebook. Ask them about the essential questions. Their responses will provide a clear indication if the above-mentioned routines are being completed.

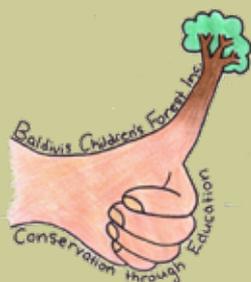
For more information regarding the need for 24-7-30 reviews please refer to the 'Curve of Forgetting'.



## The Curve of Forgetting

The Curve of Forgetting describes how we retain or get rid of information that we take in. It's based on a one-hour lecture.

On Day 1, at the beginning of the lecture, you go in knowing nothing, or 0% (where the curve starts at the baseline). At the end of the lecture, you know 100% of what you learned, however well you know it (where the curve rises to its highest point). By Day 2, if you have done nothing with the information you learned in that lecture, didn't think about it again, read it again, etc., you will have lost 50%–80% of what you learned. Our brains are constantly recording information on a temporary basis: scraps of conversation heard on the sidewalk, what the person in front of you is wearing. Because the information isn't necessary, and it doesn't come up again, our brains dump it all off, along with what was learned in the lecture that you actually do want to hold on to! By Day 7, we remember even less, and by Day 30 we retain about 2%–3% of the original hour! This nicely coincides with midterm exams, and may account for feeling as if you've never seen this before in your life when you're studying for exams—you may need to actually relearn it from scratch.



## What's on

### Coming events

#### Aug 2014

- Dig the Beat
- Sunday 17th Aug  
10:00am-12.30pm

#### Sept 2014

An afternoon with Sabrina Hahn

### Bookings and further information for all events:

Arlaina Smith  
Events Coordinator  
Mary Rayner  
Administration Manager

Bookings via email:  
events@balddivis-childrens-forest.com.au  
Fax: 9524 1143

Postal:  
Balddivis Children's Forest Inc.  
c/o Balddivis Primary School  
214 Fifty Road  
Balddivis 6171

Location:  
Balddivis Children's Forest  
1399 Mandurah Road  
Balddivis 6171

ABN: 89 465 657 145

*Conservation through  
education*

# Balddivis Children's Forest

Term 3 - 2014

Community Events

4th August 2014



## DIG THE BEATS

**Sunday 17th August**  
**10.00am to 12.30pm**

Family Friendly Musical Fun for everyone!

### Community Drum Circle

All ages and abilities are invited to join us in creating your own beat, playing drums, shakers, wood blocks, bells, and more. Facilitation is provided to help you add your own sounds to the groups grooves. No experience is necessary. All instruments are provided, or bring your own.



Anything you play is A ok.

Great family fun in a beautiful bush setting.

Once you've found your beat, come and plant trees to make the forest complete!

Trey will lead us with the drums, all we need is your green thumbs!



**When:** Sunday 17th August 2014  
**Time:** 10.00am-12.30pm  
**Catering:** Morning tea and a hot drink  
**Cost:** \$10 per adult, \$5 per child  
5-16yrs (under 5 is free).



**What to bring:** Please wear long pants, enclosed shoes, wet weather gear (if needed), insect repellent, hat & byo water bottle.

### **Bookings essential as places fill fast!**

Bookings can be made via email only to [events@balddivis-childrens-forest.com.au](mailto:events@balddivis-childrens-forest.com.au)

Booking is confirmed once payment is received.



## FROM THE DESK OF THE YOUTH WORKER

I must confess I am a bit of a sports nut. I can watch most sports and enjoy the competition and athleticism of those competing. So when events like the Commonwealth Games hit our TV screens I



know my sporting fix and curiosity will be satisfied. At this year's event in Glasgow I watched our hockey sides with added interest. A couple of weeks before the games started I read a newspaper article about the focus that Dr Rick Charlesworth brought to the Australian hockey program. He theorized that in gold medal finals, both teams would have the same skill levels and form, and so the winner would be decided by another factor. After all, both teams are there because they have the best skills and are in form at the time. He went on to identify the deciding factor to be mental toughness. That ability to overcome hardship, to stay focussed amidst the pressure and to cope with the enormity (stress) of the situation. Throughout the tournament I watched both the men's and women's team dominate the qualifying matches. The ladies team in particular was all conquering only conceding 1 goal before the finals. In the Gold medal game we watched the truth of Charleworth's theory come true. With 2 minutes left in the match and trailing 1-0 to England our female Hockeyroos remained composed and mentally focussed to score the decider with their last attack with only 11 secs left. They went on to win the shoot out and come home smiling.

Dr Charlesworth's training routine and preparation for tough times paid off. That left me with the question; "how am I preparing my teenagers for the tough times ahead"

### P&C

The P&C has recently held two 'Masters Sausage Sizzles and raised \$\$\$ exact total to come. The money raised will buy valuable resources for the students

A huge vote of thanks to Cr. Matt Whitfield and the CYC for the generous donation of sausages and Spudshed for the donations of onions.

Parents are also reminded that Cartridge World in Rockingham and Port Kennedy are supporting Baldvis Secondary College students by paying forward 5% of the purchase price of any cartridges to the Baldvis Secondary College P&C. These funds will then be directed towards providing valuable resources for the

We all know that life has its moments yet as a parent I try to shield my kids from them and that's ok. But I cannot be there all the time. So what can I do now, that sets them up to succeed during those tough moments that test us? I remember teaching my kids to swim and the moment I "threw" each of them into the deep end of the pool. They knew it was coming...because I told them so with a big grin... They shared their fear and hesitations to me, in a fast and nervous voice, and I would reassure them that they would be alright. Then when I finally pushed them out into deeper water I was right behind them, ready to pick them up if they sunk... At this point it is worth noting that each child's personality will lead to a different response, one son flick the water from his face and said "Again Again" while my other son was not so enthusiastic. The common factor from all my kids was that their fear of the deep end went away (and no it was not replaced with a fear of their father)



and before we knew it they were swimming on their own. When we know we have someone we trust, coming along for the ride, facing fears and the tough times seems a little bit easier. But I also realise that if I, as a dad, don't allow for my teens to try things (safely) on their own they will not be able to handle the moments that really count. Similarly if I allow them to take short cuts or the easy way out all the time or give in and stop, then I am also setting them up to fail. It is only with hard work and perseverance that mental toughness develops. We have to face the deep end to break our fear of it and subsequently to conquer it.

Leigh McIntosh - Youth Worker

college students. Be sure to mention Baldvis Secondary College when making your purchase!



## WHY JOIN THE P&C? WELL WHY NOT? ... A PARENTS PERSPECTIVE

Well joining the P&C can have a number of good points and like everything, you get out what you put in.

Joining the P&C Association is a great way to keep informed, to contribute to the quality education of your children and to make new friends. Your contribution can be as large or small as you can manage, but your ongoing support of the P&C Association is invaluable.

Not only will you be supporting the College community but you will be supported by the College community. You can learn new skills, and gain a clear understanding of how the school operates. This is a great opportunity to share in the College's decision-making process and shape the future.

One of the main reasons I joined was because my parents were always active in my school events and so in my mind it seemed like the thing to do. I guess I hope my children will also grow to chip into community events, because they saw me do it.

But it has also been shown in research that when parents demonstrate to their children they value school, their kids tend to do better both academically and socially. There are lots of ways of supporting our kids at College, starting with just showing an interest in their day, meeting their teachers, to attending assembly items, helping out at College events and being part of the P&C.

I also like the feeling that I am actively helping my children's education by helping with the fundraising that provides those 'extra' College items the College is not always funded to purchase. I quite like organising things and helping out – it is nice to have that sense of community which makes you feel safe and connected. This is my way of doing what they talk about in the recent ACT, Belong, Commit campaign. However, people participate at whatever level they can manage. Some people work full time and some work at home and so everyone does what they are comfortable with. No matter what your 'profession' it is always great to learn what people can do, their hobbies and skills.

I find the P&C helpful for finding out information about what is going on at the school. I work part time, I don't hang around before and after College, it's just a drop off. It is easy to get out of the loop when you don't see other parents regularly – being in the P&C helps me have some idea of what is going on, and gives me opportunities to meet other parents and teachers.

So that is what I get out of it – obviously it is different for other people

I can understand why some might be reluctant to join, sometimes there are some downsides. There are rules and regulations about how we have to run the meetings. Ultimately, these procedures exist to ensure we don't have any crazy megalomaniacs using the P&C to take over the school, and spend all the hard earned money on statues of themselves, or drive particular points of view that don't reflect the College and parents. The meetings only happen on the fourth and eighth week each term on a Tuesday, 6.30pm to 7.30pm and you don't actually have to attend the P&C meetings to contribute ideas.

I know everyone's final goal is doing something for the College and our kids, and that is a uniting force.

So maybe you're thinking "perhaps" I'll give it a go.

How can we make it easier for you?

Well, if you are actually thinking of attending a meeting, why not bring a friend – it is always easier to have some support in a new environment.

You are also welcome to email or contact any of the P&C committee members and just have a chat beforehand, we really do like it when people show an interest and will make an effort to help you blend in.

If you know you don't have time for meetings, but like the idea of helping out, you can join a particular committee as a volunteer (i.e. fundraising, canteen).

Or you can add your name on the volunteer list where we email people when events come up and we need help or ideas.

The work you do is appreciated, needed and fundamental to the development of a successful College community.

Enjoy every step of your P&C journey and take the time to celebrate your successes.

Value everyone's contribution!

Say "No" if you need to!

Meet new people and have some fun!



## YOUNG MEN'S SHED SEMESTER 2 – 2014

The Young Men's Shed is modelled of similar principles and objectives of Men's Shed's that are held for adults in the community and is co-ordinated by the College Chaplain, Mrs Winter Westren and run under the banner of our community projects for Baldvis United!

Our objective for this project was to give students an opportunity to develop some practical, hands on, design and technology skills, to have a space where they could rub shoulders with fellow students, build relationships with local community members and contribute in a positive way to the environment.

This year we have had three mentors lead the group. Mr Grahame Niven from the Baldvis Lions Club, Mr Ian Snelling from Masters and Mr John Matthews, one of our amazing Design and Technology teachers.

Master's generously sponsored the project with the materials for this year's project which was to make bat boxes for the micro bat species who are threatened due to the felling of vast amounts of natural bushland.

Micro bats, though rarely seen play an integral part in our eco system. They are largely responsible for keeping mosquito and insect numbers under control. The bat boxes that were made can become home to around thirty bats.



# MENTAL HEALTH WEEK AT BALDIVIS SECONDARY COLLEGE

When thinking of mental health many people just think mental illness however mental health is

'A state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

(World Health Organisation, 2007)

Individuals can be mentally 'unhealthy' without having a mental illness and individuals with a mental illness can be mentally healthy. The adolescent years are a time when mental health and early intervention, if needed, is vital for healthy development into young adulthood as...

- 75% of mental illnesses begin between the ages of 15-25 years.
- 1 out of 4 young Australians (26.4%) will experience some sort of mental illness each year.
- 1 in 16 young Australians is currently experiencing depression
- 1 in 6 young Australian is currently experiencing an anxiety condition.
- 14% of 12-17 year olds and 27% of 18-25 year olds experience a mental illness in any given year. At least one third of young people have had an episode of mental illness by the age of 25 years.
- Suicide accounts for 17.8% of deaths in the 15-19 age group and nearly ¼ of all deaths in the 20-24 year age group.
- Approximately two thirds of people with mental illness do not receive any treatment in any 12 month period

(Mental Health Foundation Australia)

As a result here at Baldvis we are having a **Mental Health Week 22nd – 25th September 2014** to promote mental health. Throughout the week there are numerous activities planned including a fun run, dance, talk to yr 9s by Redfrog on responsible partying, music and on the Thursday an interactive information 'fair' with many local services attending including Headspace, Youth Focus, Rockingham Youth Station and Act Belong Commit.

If students or parents wish for further information and/or are concerned about an individuals mental health there is support available. At the school you contact a member of the student services team including myself Dani-elle (Community Health Nurse), Shelley (School Psychologist), Winter (Chaplin), Leigh (Youth Worker) and Rosie (Student Services Manager). In the Rockingham area we are also lucky to have two great organisations which are free and focus on youth mental health...

**Headspace Rockingham** – 6595 8888 - [www.headspace.org.au](http://www.headspace.org.au)

**Youth Focus** – 6266 4333 – [www.youthfocus.com.au](http://www.youthfocus.com.au)

And online...

**Youth Beyond Blue**

[www.youthbeyondblue.com.au](http://www.youthbeyondblue.com.au)

**Reachout**

[www.reachout.com.au](http://www.reachout.com.au)

**Headspace**

[www.headspace.org.au](http://www.headspace.org.au)

## UNIFORM SURVEY

The college is seeking feedback from parents and community members with regard to the design of the senior school tops. To have your say, please complete the survey by going to <https://www.surveymonkey.com/s/BSC2015>

