



Knowledge comes, but wisdom lingers

WEEKLY NOTICES

Esperance SHS
90719555

esperance.shs@education.wa.edu.au
www.esperanceshs.wa.edu.au

Special points of interest

- 19th May – 29th May**
Year 11 exams
- 1st June**
Western Australia
Day (public holiday)
- 4th June**
2016 Year 7 Parent
night
- 9th June**
P&C meeting in
ESHS staffroom at
7.30pm
- 15th June**
Year 7 Parent Tour
of school at 9.30am
- 19th June**
Upper School
Semester 1 reports
issued to students
- 26th June**
Year 7/8/9/10
Semester 1 reports
issued to students
- 28th June – 3rd July**
Country Week
- 3rd July**
Term 2 ends
- 20th July**
School Development
Day
(students do not
attend)
- 21st July**
Term 3 commences
for students

THIS WEEK'S NEWS – WEEK 5, TERM 2

STUDENT PERMISSION TO PARK VEHICLES ON SCHOOL GROUNDS - The following vehicles have not registered with the front office. These vehicles do not have permission to park on the school grounds. Please register immediately with the Front Office. *Mr Jefferies*

E 35247	E 35349	E 35147	E 35132	1DQ523
E 35166	E 53193	1CH 376	1D0555	
1FV 387	1EN 900	E 35039	E 35273	

YEAR 7 STUDENTS - Join your peer support leaders for a game of tug-of-war on Thursday at the second bell during lunch. Year 7 students go to the bottom oval, and year 8 students go to the top oval.

YEAR 7 AND YEAR 8 STUDENTS have until 9:00 on Monday morning to vote for their Student Council representatives. Voting takes place in the "Voting Booth", which is located in the bottom left hand corner of the Intranet home page. You can only vote for the students in your year group. *Mr Poole*

LIBRARY DUTY CHANGE - as of 18 May (Monday Week 5) students can only go to the library after the first bell at 1.15pm. Students CANNOT play games in the library. *Mrs Saunders*

COMPUTER GAMES - as of 18 May (Monday Week 5) students can come to play games in Room 27 and 28 at 1.10pm. Students must line up outside the stairs for Room 28, making sure they keep the verandah area free. *Mrs Harper*

SCHOOL UNIFORMS - With the wet weather we are having, it is ok to wear a raincoat/jacket to school, but this must be removed inside and you must be wearing school uniform.

SMARTRIDER CARDS FOR ALL STUDENTS – The school now issues Smartrider cards with a photo and a barcode that the library uses for student borrowing. If you would like to update your Smartrider card, please come to the front office to organise this. *Front Office*

FOUND – in the school carpark: a photo of a baby. If it might be yours, please come to the front office.

Community Notice

BRICK CLUB – Information Session for Parents and Service Providers
Do you have a child aged 5 to 15 who is passionate about Lego and who has struggled to find a sport or recreation group that interests them? Come along to hear about this innovative new club starting in Esperance.
When: Saturday 23rd May Time: 2pm Where: Lotteries House, Forrest Street
RSVP: Linda Tobin – One & All Project Facilitator Escare Inc. 90713110 or 0478 600710



Principal's Newsletter



Congratulations

To year 9 student, Jacob Peletier, who has been selected in the State School Boys AFL 15s team to compete at the National Football Championships in Geelong in July. It has been a long time since a local student from Esperance achieved this level of excellence in football. Well done, Jacob on this outstanding achievement!



Jacob Peletier

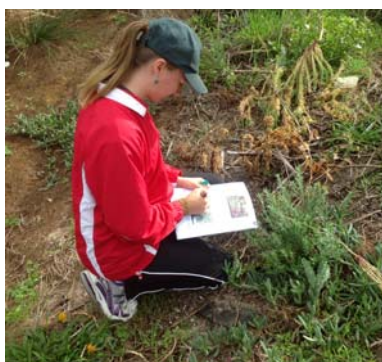
Defence Forces Visit the School

On Monday 18th May, the Defence Forces visited the school to address interested students about the career opportunities in the Defence Forces. The students who attended were: Kirk Whiting, Tate Mastaglia, Brendan Palmer, Caiti Staer, Denham Rooney, Corporal Adam Jackson, Ashley Freeman, Petty Officer Andrew Leeson, Zane Ross, Nathan Warnes and Dylan Molloy. The presenters also outlined the opportunities available through the education award, scholarships and the GAP year program.



Bush Rangers Cadets

Each Wednesday, the environmentally oriented Bush Rangers Cadets Unit works with South Coast Natural Resource Management at West Beach to rehabilitate the sand dunes. This involves weed removal, planting of native species and surveying the survival rates of previous plantings. This community work is just one of the reasons why the Cadets were nominated in the WA Volunteer of the Year Awards, which were held last week in Perth during National Volunteer Week. Well done, Cadets!



Brydee-Rose Mellor



Max Edwards and Tyson Harris



The weed removal team

Former Student Excels at University

The school community is always thrilled to hear about the achievements of past students. Recently, ex-year 12 student, Georgina Stagg, was awarded the *2014 Vice Chancellor's Award for Academic Excellence* at Murdoch University. This award is presented to students who have an outstanding academic performance and are placed in the top 2% of students enrolled in a Bachelor degree.

Georgina has thanked Esperance Senior High School by commenting that "without the successful time I had at the school, I would not have been in the position I am now, to continue my knowledge". Well done, Georgina!



Georgina Stagg

Upper School General English Students

During this week some of the year 11 and 12 General English VET and mainstream students stepped up to a teaching role to prepare them for achieving one of the competencies they require to complete their Certificate: Inducting or training colleagues in the workplace. The students were assessed on their ability to give clear, precise instructions in order to teach a group of learners a new skill.

Students contacted community groups or organised classmates to demonstrate a variety of new skills, from mind-mapping to tying bootlaces in a school setting; teaching basic first aid; demonstrating the use of technology to the elderly; explaining alphabet games to young children; conducting football drills; and changing a car tyre in a community setting. The students have excelled at these tasks and are congratulated on the impact they have made in the community.



Jarrold Nelson demonstrates a new method to tie boot laces. Jo Jo Binder and Joel Bowerman practise this new technique while Tate Bertola records feedback on Jarrold's instruction.



Sarah Hall teaches Girls Academy students, Mekayla Williams, Abigail Harvey, Amber Burston, Brooke McDonald, Jayme Haclin, Taylor Holliday, Larissa Barlow and Serena Hazel about oatmeal and honey face masks.

teaching basic first aid, demonstrating the use of technology to the elderly, explaining alphabet games to young children.

Healthy Food and Drinks Choices at Public Schools

There is much information in the media about healthy eating to reduce the growing epidemic of childhood obesity throughout first world countries.

School canteens play a vital role in promoting the healthy eating message and providing healthy food and drink choices for students.

Public school canteens are required to use the 'Traffic Light' system to plan a healthy and affordable menu. This system is as follows:

- GREEN category is encouraged. Schools should aim to fill their menus with these healthy foods.
- AMBER foods should be selected carefully and eaten in moderation.
- RED food and drinks are completely off the menu.

Some suggestions for incorporating the 'Go for 2 and 5' message into healthy eating at home is available on the Department of Education's website: [http:// www.gofor2and5.com.au](http://www.gofor2and5.com.au)

The key messages in this article include:

- Eating plenty of fruit and vegies not only contributes to good health, but also protects against a number of diseases and helps maintain a healthy weight.
- Adults need at least two serves of fruit and five serves of vegies each day.
- The amount children need depends on their age.

The article below suggests some interesting and easy ways to include the '2&5' rule.

VEGETABLE TIPS

Breakfast

- Top toast with cooked mushrooms, tomatoes, capsicum or sweet corn
- Chop and add to an omelette or savoury pancake
- Heat chopped leftover vegetables and serve as a topping for toast; add an egg or reduced-fat cheese for a more substantial meal.



Snacks

- Top English muffins or crumpets with diced vegetables and sprinkle with reduced-fat cheese for a quick mini pizza
- Serve carrot and celery sticks, florets of broccoli and cauliflower, and strips of capsicum with a low fat dip
- Grate or dice onion, carrot, zucchini, potato and corn into a savoury muffin or pikelet mixture
- Grate beetroot and butternut pumpkin to add colour to your salad or sandwich.

Main Meals

- Make meat go further by adding extra vegetables in a stir-fry or casserole
- Add vegies in season or legumes (e.g. dried beans, peas or lentils) to soups for added flavour and taste.
- Serve main meals with cooked vegetables or a salad
- Try capsicum, zucchini, pumpkin, eggplant, cabbage and lettuce leaves as edible containers with savoury fillings
- For easy wedges, cut potato, sweet potato, pumpkin and parsnip into wedges; microwave until cooked; mix with a teaspoon of vegetable oil, dried mixed herbs and seasoning, and grill until crispy.

Add extra vegies, dried peas, beans or lentils to recipes for:

- meatloaves, patties and stuffings
- stews and casseroles
- pies
- nachos



- pasta and rice dishes

FRUIT TIPS

Breakfast

- Add to breakfast cereal or yogurt
- Top toast with sliced bananas
- Grate apple or pear into pancake mix
- Blend soft fruit like bananas, strawberries or tinned fruit with skim milk, yoghurt, and ice for a frothy fruit smoothie



Snacks

- Pack fresh fruit for a quick snack at any time
- Freeze bananas, grapes, strawberries and oranges for an icy snack
- Puree fruit and pour into ice-block moulds to add to drink
- Add fresh or dried fruit to muffin or cake mixtures
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Main Meals

- Include dried fruit in recipes for stuffings
- Add fruit to savoury salads
- Add fruit to baked fish or chicken
- Add chopped dried fruit to couscous (eg. apricots or apple)

Desserts

- Chop fruit into bite-sized pieces and thread onto skewers for a colourful kebab
- Cut fruit into pieces and add to a parfait glass with yogurt
- Serve fresh seasonal fruit for dessert
- Puree stewed fruit as a topping for desserts or swirl into yogurt



Year 12 Coordinator's Newsletter



As we get closer to the term's half way mark, it is important for year 12 students to stay focused and organised with their school work. Historically, the students who best succeed in year 12 are those who go to see their teachers outside of class time, ask questions and show a keen interest in their future. Students need to make sure they keep revising throughout the year and not just because they have a test tomorrow! Check that they have a balanced study plan - and are sticking to it!

First semester reports will be distributed towards the end of this term. I look forward to seeing the progress students have made. From this data, I will be calculating a new predicted ATAR score for ATAR students and assisting all students to work towards achieving their WACE graduation.

All our VET students have been working hard over the last few weeks, completing projects at school, whilst juggling the demands of TAFE and Workplace Learning. It is important that they continue to work towards achieving their chosen certificates whilst keeping graduation in mind. I have had numerous meetings with our VET students to ensure that they are all on track to do this.

Well done to those ATAR students who have enrolled in the WACE Exams revision courses taking place in Perth over the July school holidays. This is a fantastic opportunity, not only to improve your results, but also to experience living on campus at UWA. Feedback from students who attended last year indicated that it was very worthwhile. It is not too late to apply. More information can be found at <http://www.teeconsultants.com.au/>

On the 18th June, students will have an opportunity to hear presentations about Western Australia's major universities. This year we hope to see representatives from the University of Western Australia, Murdoch University, Curtin University, Edith Cowan University and possibly, the University of Notre Dame. Information will be provided about admissions, courses and campus life. It is advised that all ATAR students attend the presentation in the library during their half unit between 11:45am and 1:00pm. Parents of any current or future ATAR students are also welcome to attend this session as well as a brief session after school in the library at 5pm. Please contact Mr Geoff Poole at the school on 9071 9555 for more information.

In the coming weeks we will be providing all year 12 students with the opportunity to participate in a course to assist them with their transition into the workforce. The *Mind the Gap* programme is an online course designed to help students understand Australia's complicated tax system. The 11 units are accessible at home or at school; from computer or tablet. The course will prompt the students to progress through the 20-minute units at their own pace, with animations and graded tests all contained within the natural progression of the site.

Student Declaration and Permission Online

Year 12 students and those students enrolled in a WACE examination in 2015 will be asked to complete the online student declaration and permissions. They will need to declare that they are aware of the requirements to achieve the Western Australian Certificate of Education (WACE) and for sitting the WACE examinations. These requirements are listed in the Year 12 Information Handbook which is available on the Authority website [HERE](#) .

When checking this declaration box online, one of the requirements is that your son or daughter has discussed these requirements with you. Students will be asked to give permission for the following:

- Release of their name should they win an award
- Use of school work for creating support materials
- Use of examination responses (written and practical)
- Use of images and sound recordings of the student made during practical examinations.

Further information is available on the *Parents* page of the School Curriculum and Standards Authority website. <http://www.scsa.wa.edu.au> The deadline for students to complete this process online is **29 June 2015**.

If you have any concerns regarding your child's progress, please feel free to contact me at the school on 90719555 or by emailing peter.turner@education.wa.edu.au

Peter Turner

Year 12 Coordinator