



Knowledge comes, but wisdom lingers

WEEKLY NOTICES

Esperance SHS
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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 6, TERM 2

CLUBS - The students in Ms Passell's "Global Difference" Club need to meet in Room 54 (at the end of the corridor / opposite Tech Drawing) for Clubs. Students who have joined Mr Poole's Year 10 Work Experience Club need to meet in M1.

COMPUTER ROOM CLOSED – No lunch time computer games today.

Mrs Saunders

COUNTRY WEEK - Students who have not handed in CW forms or selected rooms please do so ASAP.

Mr Lovejoy

BUILDING AND CONSTRUCTION PRE-APPRENTICESHIP EXPRESSIONS OF INTEREST

Any year 11 or 12 students who would like to leave school to enrol in a Building and Construction Pre-Apprenticeship course at the Goldfields Institute of Technology (TAFE) need to see Mr Jefferies as soon as possible.

CONGRATULATIONS - Trinity Thorne, Denham Rooney, Hannah Johnston and Danni-Lee Davies in year 7 and Anna Smith, Blake Moody, Zoe Maccan and Jasmin Bain in year 8 on being elected as Student Councillors for your respective year groups. Students in those year groups should see their Councillors if they have issues that they want discussed.

Mr Poole

Year 7 and Year 8 Student Councillors - The Year 7 and Year 8 Student Councillors have a meeting in room 402 at 1:02 **next Wednesday**. Bring your lunch.

A REMINDER

Black tights, yoga pants or $\frac{3}{4}$ length sports tights are not appropriate for wearing to school. Don't forget that short shorts are also not part of our uniform at school!

SMARTRIDER CARDS FOR ALL STUDENTS – If you would like to update your photo on your Smartrider card, please come to the front office to organise this.

OUT OF BOUNDS AREAS - Students are reminded that they cannot leave school grounds without written permission from caregivers. Additionally, the stair areas at the front of the school are out of bounds. Year 9 to 12 students need to be in the main quadrangle during recess and lunch.

Mr Jefferies

LITERATURE STUDENTS - The cut-off date for enrolling as a private candidate in English is Wednesday June 17th. Please come and see Mrs Reid if you have not already done this.

AFTER SCHOOL SEWING will be running Tuesday for AATFA entrants. 3pm until 4.30pm, room 20.

Mrs Chambers

RECONCILIATION WEEK - May 27th to June 3rd is National Reconciliation Week. Humanities are running a small competition where you could win two cinema vouchers. Ask your friendly Humanities teacher for a quiz paper and make sure you get your answers in by June 3rd to the box outside the Humanities Office.

Thanks. Humanities Department



Principal's Newsletter



Farewell



Raleigh Sellars
Back in the 'good old days'

Photo courtesy of the Bijou Theatre

The Esperance Farm Training Centre's Farm Advisory Board recently farewelled long-serving member, Raleigh Sellars. Raleigh has made an outstanding contribution to the development of the School Farm from 1982 to the present, providing many voluntary hours of assistance to the agricultural staff along the way. Raleigh said that he enjoyed immensely being part of the growth of agricultural education and training in Esperance and was proud of the Esperance Farm Training Centre's contribution to providing a well-trained workforce in agriculture. We thank Raleigh most sincerely for his dedication and wish him well in his 'retirement'.



On the School Farm

Special Medical Forms For New Students This Year

All new enrolments this year require the completion of the new Special Medical Form.

This is a compulsory form requested by the Department of Health and the Education Department for schools to be able to manage student medical conditions during school time and on excursions. Thank you to those parents who have already completed this form. For those of you who are still to complete the form, please could you do so as soon as possible.

If you have misplaced your form, they are available for collection from the school office. They are also being mailed out to parents/carers who have still to return the form – so please complete and return it to the school office if you have not done so already. Thank you.

Primary School Visits

This week the year 7 and 8 Coordinators, Ms Jodie Falconbridge and Mrs Kimberley Jones, have been visiting primary schools to meet year six students, to discuss transition to high school in 2016.

Ex-students of the town schools have also re-visited their former primary school to talk to the students about high school life.

Thank you to our year coordinators and to the students involved who were great ambassadors for ESHS: Meg Baker, Lewis Fitzpatrick, Olivia Kipling, Shari Rogers, Cameron Brown, Soveryn Dickinson, Clay Harvey, Noah Bailey, Whitney Thorne, Trinity Thorne, Dylan Mumford, Hayley Karger and Indhi McDonald.

Year 8 and 9 Eagles Cup AFL Competition

This Thursday, ESHS hosted Esperance Anglican Community School, John Paul College and Kalgoorlie Boulder Community High School in the Year 8/9 Eagles AFL Cup. Congratulations to the high school students and Mr Landers on an excellent carnival. ESHS was undefeated in all games, which sends us through to the 2nd round to play a Perth District. Each student showed exemplary skill and behaviour on and off the field.

Special thanks goes to the staff and students who helped make this carnival happen, including the staff and student field umpires, John O'Callaghan, John Peletier, Steven Hill, Ben Staunton and Brayden Blackham; and the school gardener, Ted Buckley. An event like this does not happen without the support of these people.

Final results are below.

Game	Fixture
Game 1	EACS (26) v's JPC (3)
Game 2	ESHS (50) v's KBCHS (12)
Game 3	KBCHS (50) v's EACS (33)
Game 4	ESHS (72) v's JPC (7)
Game 5	JPC (7) v's KBCHS (80)
Game 6	ESHS (71) v's EACS (7)

Free Resource Book for Families on Sexuality and Relationship Education

Talk soon. Talk often is a free resource developed by the WA Department of Health and La Trobe University in response to parent demand for information and support to assist them in talking with their children about sexuality and relationship issues.

The book aims to encourage parents to share their values and educate their children about sexual health. To order or download a copy of *Talk Soon. Talk Often - a guide for parents talking to their kids about sex*, go to [http:// healthywa.wa.gov.au/Healthy-WA/Articles/S_T/Talk-soon-talk-often](http://healthywa.wa.gov.au/Healthy-WA/Articles/S_T/Talk-soon-talk-often)

Sexting

One of the more challenging areas of discussion with teenagers is the topic of sexting. The following information has been provided by the Department of Health.

You may wonder why this article is being shared with parents. Sexting is an area of concern and teenagers often don't grasp the emotional, psychological and legal consequences of being involved in this, so we appreciate parent/carers' support in getting these important messages across to your children.

Sexting is sending sexual photos, images, messages or videos using a mobile phone, email or posting online. Some of the facts – and advice - you may wish to discuss with your child include:

- BE AWARE** Once images are sent or posted online, they can be impossible to remove.
- THE LAW** If a person takes a sexual photo or image of someone under the age of 16 or encourages the person to take one of themselves, it is a crime.
- Looking at, keeping or sending sexual photos or images of someone under 18 years is also a crime.
- THINK TWICE** Photos and videos can be seen and used by people you don't even know and can cause a lot of trouble. Think twice about sexting. Talk to someone who can help if you know about or receive sexting pictures.
- SHOW RESPECT** Asking for or sending on sexting images could hurt you, the person in the photos, and your relationship with them. It can cause shame and damages trust between friends, family and your community.
- MORE INFORMATION** Further information on sexting and staying safe online is available on the following websites:
- Get the Facts*
 Getthefacts.health.wa.gov.au
- Cybersmart*
 Cybersmart.gov.au
- Bullying No Way*
 bullyingnoway.gov.au
- WHO CAN I TALK TO?** If you want to talk to someone privately about sexting, call:
- Crisis Care: 92231111 or 1800 199008 (Country callers)
- Sexual Helpline: 922 76178 or 1800 551800 (Country callers)
- Bullying, Harassment or Other Issues - Kids Helpline: 1800 551800

Inspiring Talk on Ebola by Local Nurse

This coming Thursday, 4th June at 7pm in the Anglican Church Hall, local country nurse from Esperance, Anne Cary, will share her amazing experiences working on the front line for the Australian Red Cross to help control and overcome the Ebola epidemic in the West African region that has already claimed over 10,000 lives.

Anne has recently given an inspirational account of her personal experiences in this field during her three missions to Sierra Leone, and has an amazing story to tell.

Entrance to the talk is free, though a gold coin donation to help provide resources to the region is appreciated. Bookings are preferred through emailing anne.care@gmail.com, texting 0488 025752 or phoning Jan Goodwin on 0408 531622.

Healthy Eating Choices

Included in this newsletter is another 'Healthy food and drink choices in schools' pamphlet from the WA Country Health Service's - Goldfields Population Health Service. You may find some more 'green' food suggestions of interest to help support a healthy diet for children.

Healthy food and drink choices in schools

GREEN
Fill the
menu



AMBER
Select
carefully



RED
Off the
menu



Australian Better Health Initiative: A joint Australian, State and Territory initiative. Acknowledgement NSW Health

Tips for including in school newsletters

Breakfast

- ✓ Eat breakfast every day. Missing meals, especially breakfast, can reduce brain efficiency and concentration.
- ✓ Before school, build a breakfast around fruit, low sugar cereals or porridge, wholegrain breads/bagels/English muffins, smoothies, yoghurt and baked beans.
- ✓ Enjoy a drink of water or milk to replenish fluids first thing in the morning.
- ✓ Breakfast tip: add fruit to breakfast cereal or yoghurt.
- ✓ Breakfast tip: top toast with sliced bananas.

Encouraging children to eat fruit and vegetables

- ✓ The best way to encourage children to eat fruit and vegetables is for parents to have them everyday themselves. It may take time but children learn best by watching their parents and family. So keep trying!
- ✓ Remember to enjoy meals together with your children whenever possible. If children see you eating and enjoying a wide variety of fruit and vegetables, they are more likely to join in.
- ✓ Serve fruit, salad and vegetables every day for good health, vitality and improved immunity.
- ✓ Keep offering vegetables and fruit in a variety of ways as children learn to eat what is familiar to them. Children's tastes do change with age.
- ✓ Keep offering fruit and vegetables even when children avoid eating them.
- ✓ Take your child fruit and vegetable shopping and let them see, smell and choose the fruit and vegetables with you.
- ✓ You are better off choosing a piece of fruit over a fruit drink as drinks may contain energy but little fibre.
- ✓ Go for 2 fruit and 5 vegetables, especially if they are raw, steamed or baked.

- ✓ Grow some vegetables or herbs in the garden or in a pot. Let your child water and nurture the plants.
- ✓ Look for a variety of colours at every serving including yellow, orange, green, purple and red.
- ✓ Make vegetables and fruit look great on the plate. Serve different coloured fruit and vegetables.
- ✓ Sometimes children may prefer raw vegetables rather than cooked.
- ✓ Keep a bowl of fresh fruit handy, and vegetables such as peas, cherry tomatoes, baby carrots and mushrooms in the fridge to grab for a quick snack.
- ✓ Keep the fruit bowl 'topped up' or have fruit salad in the fridge.
- ✓ Keep some cut vegetable sticks in containers in the fridge to encourage snacking on carrot and celery sticks.
- ✓ How much is enough? One serve of vegetables is 75 grams or
 - 1/2 cup cooked vegetables or cooked legumes or
 - 1 medium potato or
 - 1 cup salad vegetables.
- ✓ How much is enough? One serve of fruit is 150 grams of fresh fruit or
 - 1 medium piece eg apple or
 - 2 small pieces eg apricots or
 - 1 cup canned or chopped fruit.
- ✓ Freeze bananas, grapes, strawberries and oranges for an icy snack.
- ✓ Puree fruit and pour into iceblock moulds to add to drinks.
- ✓ Grate apple or pear into pancake mix, or add fresh or dried fruit to muffin or cake mixtures.

Healthy food and drink choices in schools

Tips for including in school newsletters

- ✓ Always be on the lookout for ways to include more vegetables – try grating vegetables into pasta sauces, homemade hamburger patties and soups.
- ✓ Always wash fruit and vegetables before you eat or prepare them.
- ✓ Foods such as dried fruits and fruit bars may be seen as healthy snack alternatives. However they may contain high concentrations of natural sugar and tend to cling to the teeth more readily. This can contribute to tooth decay just like confectionery so, to reduce this risk, limit these foods to meal times.

Fruit and vegetables as sources of nutrition

- ✓ Fruit and vegetables are good sources of vitamin A. Vitamin A is found in large amounts in dark green, yellow and orange fruit and vegetables eg carrots, pumpkin, spinach and rockmelon. Vitamin A keeps skin and eyes healthy and also defends the body against infection.
- ✓ Fruit and vegetables are good sources of vitamin C. Vitamin C is found mainly in fruits and vegetables such as tomatoes, capsicum, broccoli, cabbage, citrus fruit, rockmelon and kiwi fruit. Vitamin C helps your body to absorb iron from food.
- ✓ Fruit and vegetables are good sources of folate. Folate is found in green vegetables, dried peas, beans and lentils. Folate has been found to prevent the birth defect spina bifida.
- ✓ Fruit and vegetables are a good source of fibre. High fibre foods are filling so they help satisfy appetite for longer.

Dairy

- ✓ The Australian Dietary Guidelines recommend the use of reduced fat milk for children older than two years as part of a varied diet and skim milk may be used as a drink for children from the age of five years.
- ✓ Make reduced fat milks, yoghurts and cheeses your choice or consider non-dairy alternatives such as calcium fortified soy milk. Salmon with bones, almonds, baked beans and broccoli are also good sources of calcium.
- ✓ Did you know cola drinks interfere with the absorption of calcium?

Planning meals

- ✓ Healthy families plan, prepare and eat meals together where possible.
- ✓ Plan all meals and the shopping list before you shop. Check you have included lots of fruit and vegetables.
- ✓ Once in the shop, be flexible enough to take advantage of specials. Swap to fruit and vegetables in season if they are cheaper.
- ✓ Shop regularly so fruit and vegetables are fresh, look good, taste good and keep their nutritional value.

Shopping

- ✓ Get children involved in shopping and preparing meals.
- ✓ Spend most of the shopping budget on 'eat most' foods. These foods contain vitamins, minerals and fibre – and are the food nutritionists recommend you should eat the most of. They include fruit, vegetables and legumes, and cereals and grain foods (for example, breads, flour, pasta and rice). Eat these foods every day in large amounts.
- ✓ Spend moderately on 'eat moderately' foods. These foods contain protein, vitamins and minerals (such as iron and calcium). They include lean red meat, fish, chicken, eggs, cheese, milk and nuts. We need some of these foods every day in moderate amounts.
- ✓ Spend least on 'eat least' foods. These foods are high in fat, sugar and salt, and do not provide many essential nutrients. They include chocolate, crisps, sweet biscuits, cordials, soft drinks, coffee, fatty meats (sausages, bacon) and full fat pies. Only eat these foods sometimes and in small amounts.
- ✓ If your child is already used to sweet drinks such as soft drinks or cordial, start now to limit them and break the habit by not buying them.
- ✓ Keep staples like bread, cheese, yoghurt and tinned fruit handy for quick snacks.
- ✓ When fresh fruit and vegetables are in limited supply, check the price of frozen or canned varieties. These may be a substitute at a better price.
- ✓ When shopping, choose brands of frozen or canned fruits and vegetables with 'reduced' or 'no added' fat, salt and sugar.
- ✓ Choose wholegrain options whenever possible.

HELP ~~WANTED!~~

Needed!

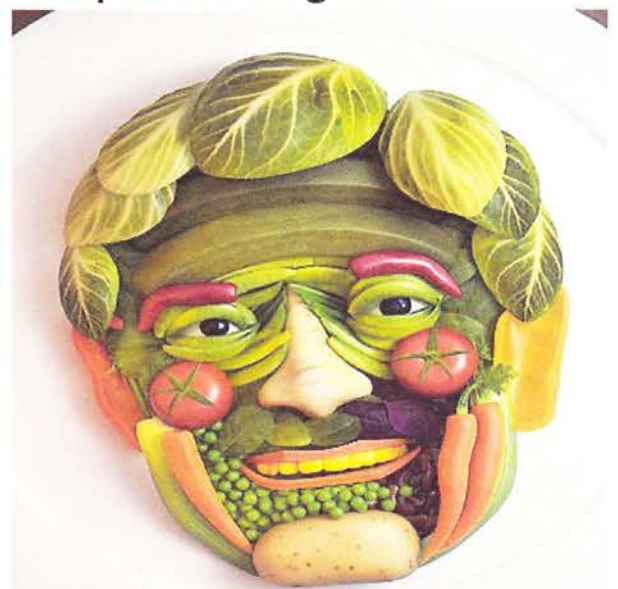
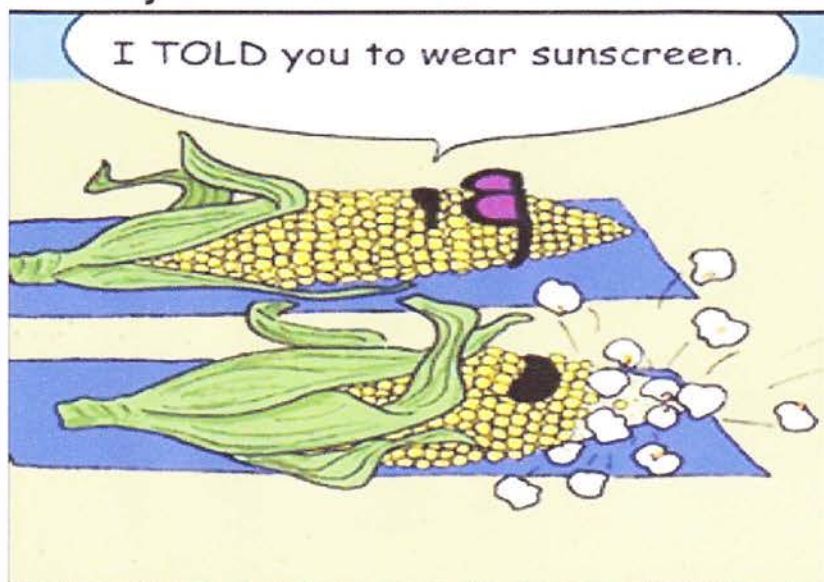
NO EXPERIENCE REQUIRED!

Excellent and rewarding opportunity to make new friends, be part of the great team at our High School Canteen and have a laugh.

Help for an hour or 3, it's up to you!

Not sure what's involved? You are always welcome to drop in and check things out.

If you have questions about the canteen, feedback or would like to volunteer, please contact NAOMI at the canteen on 90711680 or Stacey 0428 597770 or email: stacey.sharpe6450@gmail.com



Year 7 Coordinator's Newsletter



Peer Leader Activities

As I stated in my previous newsletter, now that the year 7 and 8 students have been integrated into the Clubs program at school and are no longer spending that weekly period doing activities with their year 10 and 11 Peer Leaders, the Peer Leaders are running lunch time activities for the Junior Campus students once a fortnight. This gives the students an opportunity to maintain the relationships they developed through first term, and for the Junior Campus students to interact with the older students at school.

Last week, some of our Peer Leaders organised a game of tug-of-war for the students. It was a lot of fun for those who chose to participate and for the Peer Leaders alike. Some of the activities that will be run in the future include football games, soccer matches and team relay races.

Mini Merit Draws

Many of our year 7 students are being awarded mini merits from their classroom teachers for exhibiting positive behaviours, for having a strong work ethic and for achieving goals they have set for themselves or that the teachers have set for them. Handing out mini merits is a wonderful reward system for the students at our school as it recognises and further promotes positive behaviours, not just for the recipients, but also for other students in the class.

Bringing mini merits home often fills students with pride as they can show their parents that they have achieved well at school. As well as the intrinsic rewards, students can also get tangible rewards. When students receive a number of merits from one class, they can receive a prize from the relevant department. When they get ten mini merits from any combination of their classes, students can visit our Student Services Coordinator, Brett Kipling, and receive a prize from him. As well as these prizes, students can put the stubs from their merits into a box in the Junior Campus Office to go into a draw. Each time we hold a year 7 assembly during form, we pull three or four of those stubs out and the winning students receive a canteen, Sports Power or Innertube voucher.

It is wonderful to see so many of our students being awarded these mini merits and I commend them on the positive behaviours they are demonstrating.

Winter is Coming

We have had quite a number of cold, rainy days and sometimes it seems as though autumn has bypassed us. With the onset of the cooler weather, it is important that the students are dressed warmly in their winter school uniform. We have a wonderful range of winter uniform pieces that can be bought from Haslams in town.

Students must wear black pants and either the school jumper or jacket. It is important to note that students cannot wear tights unless they are worn under their long pants or school uniform skirts.

It is also important that students walk around any puddles on the school grounds and on the way to school as wet shoes do not make for comfortable attire (and they cause nasty odours which can be a nightmare for parents walking into teenagers' rooms). We do have some students who like to splash in the puddles, which is not appropriate behaviour at school.

When the weather is rainy and cold, the Junior Campus students have the option to eat their lunch and talk or play on computers in a Junior Campus room under the supervision of the teacher on duty. They must make sure they have permission from the duty teacher so that the teacher can properly supervise them. Heaters can be turned on by teachers in the rooms so students can 'defrost' and make themselves comfortable and cosy. It is a requirement, however, that students sit in the rooms and don't move around boisterously.

Loom Bands

Unfortunately, some year 7 students are still bringing loom bands to school even though they have been prohibited. Loom bands are problematic at school as they can be used to flick other students, which can result in distraction and lead to contention. Please ensure that your child does not bring loom bands or anything similar to school.

NAPLAN

I just want to take this opportunity to commend the year 7 students on their exemplary composure and behaviour during the NAPLAN testing period. Usual class timetables were disrupted to allow for the testing times, and students dealt with the changes with great aplomb, behaving wonderfully during the tests.

Year 7 English Speeches

This week, all year 7 English classes will be filled with the voices of students as they deliver multimodal presentations in class. While many students can feel a little nervous before presenting to their peers, it is wonderful to see so much enthusiasm and busy planning. Delivering presentations to groups is a valuable skill that students need to develop in accordance with the curriculum and to prepare them for future roles and occupations. The process can also work wonders in assisting to build the confidence of students.

Presentations are delivered in positive environments, and students are supported by both their teachers and peers. As an English teacher, I am looking forward to hearing the opinions and beliefs of my students on important issues that they feel deserve our attention. Our current students are our future leaders, and their voices need to be encouraged, strengthened and heard.

I wish all parents health and warmth through the coming months, and encourage you to keep unwell children at home when possible, to assist them back to health and to prevent the spread of winter illnesses.

If you have any concerns or queries, please don't hesitate to contact me by either phone or email.

Phone: 9071 9555

Email: Jodie.falconbridge@education.wa.edu.au

Kind regards

Jodie Falconbridge

Year 7 Coordinator

Year 8 Coordinator's Newsletter



Student Council elections

The past week, year 8s have been voting for their Student Council representatives. Students were encouraged to vote for their peers who display leadership and who are positive role models. Many strong contenders were nominated and I look forward to seeing the results.

Uniforms

With cold weather approaching, I would like to remind students that dress code still needs to be adhered to. School jackets and jumpers must be worn and tights on their own are not appropriate for school.

Lunchtime Fun

It has been great to see the year 8s organising themselves for a game of football at recess and lunchtime. The oval has been very well used, with many students choosing to be active and having fun.

Last week some of the Peer Support Leaders planned and organised a game of tug-of-war for the year 7s and 8s on the top oval. The enthusiasm shown by the students who participated was great to see and I know the year 8s are looking forward to more games in the near future.

Students wanting to play computer games at lunchtime may do so in Room 27 and 28 at 1:10pm. The library is also open for students who have work to complete, or just want a quiet place to read. The gym is still available to year 8s every Tuesday.

Merit Draw

Nathan McLean, Clay Harvey, Courtney Blampied, Jasmin Bain and Sophie Flavell were the lucky winners of the merit draw in week 3. They each won a voucher to attend a workshop put on by the 360 Allstars. Each workshop had a different theme, such as Beatboxing or Freestyle Basketballing. I know the workshops were enjoyed by all students who had the opportunity to attend.

Reports

Semester One reports will be issued to lower school students at the end of Week 10. This will provide parents and carers with a comprehensive overview of students' performance and effort in all learning areas.

Please do not hesitate to contact me at the school if you have any questions or concerns.

Kind Regards,

Kim Jones

Year 8 Coordinator

Kimberley.Jones@education.wa.edu.au