



# Lake Grace District High School NEWSLETTER #3

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Thursday 7th March 2024

## Term 1

### Upcoming Events

T20 BLAST Cricket  
Carnival Year 4-6  
Friday 8th March

P & C Meeting  
Monday 11th March @  
6.30pm

NAPLAN  
Monday 11th-22nd  
March

Tiny Tots 1st Aid  
Wednesday 13th March

Harmony Day &  
Board Meeting  
Tuesday 19th March  
@ 7.00pm

Year 3 Assembly  
Tuesday 26th March  
@2:20pm

Interschool Swimming  
Carnival @ Lake Grace  
Wednesday 27th March

Easter Hat Parade & Last  
Day of Term  
Thursday 28th March

### SCHOOL HOURS

Monday (early close)  
8.45am—2.30pm

Tuesday to Friday  
8.45am—3.15pm

# Faction Swimming Carnival 2024

## Winners!



Sportsmanship  
Award Winner  
Jet Chappell!



Eagles 1st  
Hawks 2nd  
Falcons 3rd

## Go Eagles!







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## Lake Grace District High School

Swimming Carnival Continued...

# SWIMMING CARNIVAL HIGHLIGHTS

## Winners!



Category	Champion	Runner-Up
Girls 9yo	Lily Stubberfield	Elise Carruthers
Boys 9yo	Jed O'Neill and Hunter Bell	Liam Gibbs-Herrmann
Girls 10yo	Matilda Duckworth	Maddison Wheeler
Boys 10yo	Heath Lewis	Braxton Roukens
Girls 11yo	Charli Bell	Aylah Pawsey
Boys 11yo	Levi Argent and Darcey Pelham	Max Stubberfield
Girls 12yo	Dakota Bielby	
Boys 12yo	Jaycob Trevenen	Mason Newton
Girls 13yo	Dakota Pelham	Paige Trevenen
Boys 13yo	Taj Trevenen	
Boys 14yo	Mitchell Matthews	Zachary Matthews
Girls 15+	Morgan Chatfield	
Boys 15+	Brock McIntyre	
Girls 100m Freestyle 12 & under	Charli Bell	
Boys 100m Freestyle 12 & under	Levi Argent	
Girls 100m Freestyle 13 & over	Paige Trevenen	
Boys 100m Freestyle 13 & over	Mitchell Matthews	
Sportsmanship Award	Jet Chappell	





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## Lake Grace District High School

### Message from the Principal: **Kerriane Mills**

Dear Lake Grace Community,

I hope you have all had a wonderful long weekend and are back and refreshed for week 6! Only three more weeks until the end of term and maybe an easter egg or two!

I spent last week attending the Wheatbelt Principals Conference in Perth, where I networked and shared with other principals within our Wheatbelt region. The conference provided me with a valuable opportunity to share what is going well within our schools and what we can do to improve.

Whilst the Principals conference was invaluable, it did mean that sadly I missed the Faction Swimming Carnival! Well done to all the students who went along on the day to compete, support or volunteer. I hear that the weather was perfect swimming carnival weather, the atmosphere was electric and the support the competitors showed each other was incredible. Thank you to everyone who helped out organising and running the day, everyone's efforts are greatly appreciated and I'm sorry I missed it!

On Tuesday this week, LGDHS staff attending a professional development workshop on Understanding Poverty in Kulin. It was a very informative day providing us with tools when working with children and their families from different economic realities. It explains the hidden rules of poverty, rules that, because they are hidden, prove to be a major stumbling block for students from low socio-economic backgrounds. A massive thank you to everyone who attended, Kulin for hosting and Presenter Kathleen Herbert.

On Wednesday the Year 6 students attended the SunSmart Tennis Carnival in Hyden and missed out by .33 points! What a competitive bunch of tennis stars we have in Year 6! Massive thanks to everyone involved in organising and attending the event- these initiatives would not happen without these people!!

The next few weeks are looking very busy, with the year 4-6 Blast Cricket carnival tomorrow, NAPLAN next week and a Tiny Tots 1st Aid Course happening on Wednesday the 13th March.

Students in Years 3, 5,7,9 have been doing practice NAPLAN tests for the past few weeks and the Highschoolers have been doing past NAPLAN tests to ensure that they understand the questions.

A big thanks to Mrs Desmond who has been very busy setting NAPLAN up for next week and standing in for me last week while I've been away.

Best wishes,

**Kerriane Mills** | Principal



LGDHS Staff attending development workshop in Kulin on Tuesday 5th March



Year 6's enjoying some lunch at SunSmart tennis in Hyden On Wednesday 6th March.



Term 1 in Year 1: **With Miss Brooks**

### Term 1 in Year One



Hard to believe it is week 6 already! We have had a busy start to the year with swimming lessons, establishing classroom routines and on entry testing.

In Talk 4 Writing we have been learning about narratives. We have been using story language (first, next, after that and finally) to help us structure a narrative. The Year 1's are currently writing their own narrative about an underwater creature.

To go with our "Under the Sea" theme, we have created different pieces of artwork. More recently we created our own under water diorama. The students should be so proud of their creative efforts, each diorama looks amazing! These will be displayed around our classroom.





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## Lake Grace District High School

### P&C Update: **Nikki Lewis**



Dear Lake Grace Community,

And just like that... it is week 6 already, where has this term gone.

A huge thank you to all the parents and volunteers that made last weeks swimming carnival a great success. Thank you also to Rosie's Café for making the lunches for the day.

Coming up soon Lake Grace DHS will be hosting the interschool swimming carnival on Wednesday 27 March. Our P&C will be making lunches for all competitors, volunteers and spectators wanting to purchase lunch. Keep an eye on on the Flexischools app and don't forget to place your order by the cut off of Friday 22 March.

#### Uniform Shop

With the winter months not far away please check your uniform supplies and place any orders via the Flexischools app.

Orders placed by Friday afternoon will be filled the following Monday.

For all uniform enquires contact Debb Carruthers via [lgdhs.uniforms@gmail.com](mailto:lgdhs.uniforms@gmail.com)

Best wishes,

**Nikki Lewis** | P&C President



Download the *flexischools* app to get started today!

## P & C GENERAL MEETING

Come join the team to help support our school and students

**MONDAY, 11TH MARCH**  
**6:30PM PADLEY ROOM @ LGDHS**

Please send any further agenda items/apologies to  
[Lakegrace.pandc@gmail.com](mailto:Lakegrace.pandc@gmail.com)

Canteen Roster Term 1 2024			
11/03/2024	Elizabeth Castaldini	Sarah Clarke	Lauren Caffrey
18/03/2024	Annie Argent	LG Police	LG Police
25/03/2024	Teneeka Morgan	Sym McKenzie	Nicola Kuchling

Breakfast Club is open to all students each Tuesday and Thursday **at 8.30am** in the Home Economics Room





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## Lake Grace District High School

Message from the School Nurse: **Laura Ballard**

### **BODY IMAGE** *Tips* **FOR PARENTS**

Children are very sensitive to messages about body image and appearance from their parents, often you may not even be aware of the messages your child is hearing from you. Parents can have a positive impact on the way a child feels about the way they look and their self-esteem. Helping your child develop a healthy body image is important as it can also strengthen their relationship with eating and exercise and reduce the risk of developing disordered eating and eating disorders.

Here are some tips on ways you can be a good body image role model for your child:

- **Reflect on your own relationship with your body**  
This may not be easy but being aware of your attitude towards your own body will help you to be conscious of the message you send to your kids.
- **Avoid talking about diets**  
Dieting is the biggest risk factor for an eating disorder, try to avoid talking about diets, your "naughty" eating habits, your weight or size.
- **Talk to your child about the way they feel about the way they look**  
Encourage your child to talk with you about their feelings. Create a safe space to talk about things daily, if your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.
- **Help your child stay body confident when using social media**  
Talk to your child about the realities of digital manipulation and that what they see on the media and online is not always real. Encourage them to reflect on how the social media experiences make them feel and if it's not positive then they need to change it up!

### Secondary Assistance Scheme

## SECONDARY ASSISTANCE SCHEME

YEARS 7-12

YOU MAY BE ELIGIBLE FOR UP TO :

# **\$350**

(TOWARDS SCHOOL EXPENSES)

DO YOU HOLD A: - CENTRELINK HEALTH CARE CARD  
OR - CENTRELINK PENSIONER CONCESSION CARD  
OR - VETERANS' AFFAIRS PENSIONER CONCESSION CARD

**Applications Close: Thursday 28th March 2024**

**Ask School Reception for More Information**



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### Celebrating Success!

#### SCSA – School Curriculum and Standards Authority Awards

Each year SCSA awards secondary students with awards and certificates recognising their achievements. The two peak awards are the Beazley Medal: WACE and the Beazley Medal: VET. Other awards for ATAR courses and VET include: exhibitions; special awards and certificates of excellence, distinction and merit.

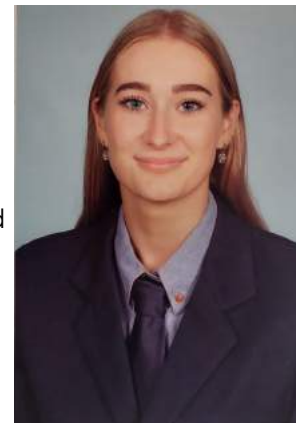
Exhibitions and awards are granted by the School Curriculum and Standards Authority (the Authority) to senior secondary students studying Western Australian Certificate of Education (WACE) courses and vocational education and training (VET). The awards recognise individual excellence in both Australian Tertiary Admission Rank (ATAR) courses and VET.

A Certificate of Merit or a Certificate of Distinction is to be awarded to each eligible student who, in their last three consecutive years of senior secondary school WACE enrolment, accumulates: 150–189 points = a Certificate of Merit. 190 – 200 points = a Certificate of Distinction.

Based on the best four scaled subject scores in Year 12 (4 x 100 = 400). Each subject score comes from 50% school results and 50% WACE examination. There are some unacceptable course combinations, for example, English and Literature.

Sara Bray attended LGDHS from K – Yr 9 inclusive. Her teachers at LGDHS had a positive impact on her schooling which put her in good stead going into her final years. Sara found the transition from LGDHS to Western Australia College of Ag Denmark very easy and quickly settled into her final years of schooling. Sara has been awarded a Certificate of Merit from SCSA.

Maisey Lay was also awarded a Certificate of Merit (Based on grades achieved by students in their schools. Points are accumulated over the senior schooling years. Maisey was also awarded SIDE Vocational Dux (Awarded to the highest achieving student in a vocational pathway), after she developed an exceptional portfolio of achievement including extensive workplace experience, a Certificate II in Agriculture, as well as admirable results in both ATAR and general courses. Maisey attended LGDHS up to Yr 7 and then was homeschooled.



### Book Club!



*QUIT NOW !!*

*Book Club Issue 2*

*Due Back: Monday, 18th March 2024*

*Please note: Due to Easter, orders may not arrive until Term 2*



# Lake Grace District High School

## Parent Planner | Term 1 2024

Please note: This Planner is subject to change

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	22	23	24	25	26 Australia Day	27/28
1	29 January SDD School Open from 8-4pm	30 SDD School Open from 8-4pm	31 Students Start	1 February Kindy Commence	2	3/4
2	5	6	7 Student Council Speeches /Voting	8 Newsletter	9	10/11
3	12 P & C Meeting & AGM @6.30PM Swimming Lessons	13	14	15	16	17/18
4	19 Swimming Lessons	20 School Board Mtg @ 7pm	21	22 Newsletter Share Assembly	23	24/25
5	26	27	28	29 Swimming Carnival	1st March	2/3
6	4 Labour Day Holiday	5 School Development Day	6 Yr 6 Sunsmart Tennis (Hyden)	7 Newsletter Year 1 Insert	8 Cricket Carnival Yr 4/5/6	9/10
7	11 P & C Meeting 6.30PM NAPLAN	12	13 Tiny Tots First Aid	14	15	16/17
8	18 NAPLAN	19 Harmony Day School Board Mtg. @ 7pm	20	21 Newsletter Year 2 Insert	22	23/24
9	25	26 Assembly (Year 3)	27 Interschool Swimming Carnival @ Lake Grace	28 Hat Parade Last Day of Term	29 GOOD FRIDAY Public Holiday	