



Lake Grace District High School NEWSLETTER #15

Phone: (08) 9865 4500 Address: 1 School Place, Lake Grace, W.A, 6353
Email: lakegrace.dhs@education.wa.edu.au

Thursday 19th September

Term 3 Upcoming Events

Last Day of Term 3
Friday 20th September

1st Day of Term 4
Monday 7th October

Food Bank Nom! Incursion
Wednesday and Thursday
9th-10th October

Strong Bodies/Strong Minds
Awareness Day
Thursday 10th October

World Cerebral Palsy Day
Friday 11th October

P&C Meeting
Monday 14th October @
6.30pm

Interschool Athletics
Carnival
Friday 18th October

Scholastic Book Fair
Tuesday 22nd October-
Friday 1st November

Year 9/10 Cadet Hike
Thursday 31st October -2nd
November

World Teachers Day
Friday 1st November

SCHOOL HOURS

Monday (early close)
8.45am—2.30pm

Tuesday to Friday
8.45am—3.15pm

1st Eagles
2nd Hawks
3rd Falcons

FACTION
ATHLETICS
CARNIVAL

2024



Faction Athletics Carnival

WINNERS 2024



FACTION ATHLETICS CARNIVAL

5yo	Champion Girl	Katherine Willock and Madelyn Gray
	Runner Up Girl	Daisy McDougall
	Champion Boy	Bobby King
	Runner Up Boy	Lucas De Vree
6yo	Champion Girl	Jemima Duckworth
	Runner Up Girl	Milla Prater
	Champion Boy	Leighton Trevenen
	Runner Up Boy	Harry Stubberfield
7yo	Champion Girl	Marli O'Neill
	Runner Up Girl	Sadie King
	Champion Boy	Jordan Roukens
	Runner Up Boy	Arlo Maere
8yo	Champion Girl	Molly Duckworth
	Runner Up Girl	Brooke Newton
	Champion Boy	Taj Maere
	Runner Up Boy	Corbyn Trevenen
9yo	Champion Girl	Kelsea Roukens
	Runner Up Girl	Millie Oatridge
	Champion Boy	Hunter Bell
	Runner Up Boy	Jed O'Neill
10yo	Champion Girl	Matilda Duckworth
	Runner Up Girl	Ammie Kemboi
	Champion Boy	Braxton Roukens
	Runner Up Boy	Heath Lewis
11yo	Champion Girl	Charli Bell
	Runner Up Girl	Amelia Pitcher
	Champion Boy	Bryce Carruthers
	Runner Up Boy	Darcey Pelham
12yo	Champion Girl	Annabelle Adams & Dakota Bielby
	Champion Boy	Jaycob Trevenen
	Runner Up Boy	Phil Adams
	13yo	Champion Girl
	Runner Up Girl	Dakota Pelham
	Champion Boy	Taj Trevenen
	Runner Up Boy	Kyle Harwood
	14yo	Champion Girl
	Champion Boy	Zac Matthews
	Runner Up Boy	Mitchell Matthews
15yo	Champion Girl	Morgan Chatfield and Madison Chircop
	Champion Boy	Brock McIntyre





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Lake Grace District High School

Message from the Administration Team

Hello LGDHS Community,

We have finally reached the end of yet another busy term and the students are very ready for a break before we launch into term 4! We have had some fantastic events over the last fortnight and one very special birthday!

On behalf of LGDHS Community we would like to wish our amazing gardener Linda Vlasich a very happy 60th Birthday! Linda's milestone birthday week was spent meticulously marking lines and setting up the school and town oval for the Athletics carnival.

On the 4th and 5th of September some of our students entered into competitions at the Newdegate Field Day. Congratulations to the prize winners and highly commended art works recognised at the Newdegate Field Day. Chase Kuchling was highly commended for his artwork, "The Cobra", Archie Jones won 2nd Prize with his painting "Mummy Bird" and James Jones won 1st prize with his painting, "Boab in the Sun". Also a special mention to some of our Highschool boys, Brock McIntyre, Zac Matthews, Mitchell Matthews, Khalen Pitcher and Tim Penney, who took out all the awards in their age division of the mullet competition!

Last week we held the Faction Athletics Carnival and we would like to thank everyone who came to support and volunteer, the day wouldn't run without the support from our LGDHS community. The weather was as good as the sportsmanship and we should be proud of everyone who took part in the day. Congratulations to all award winners and record breakers, it is incredible to see the athleticism this school has to offer. A special mention goes to the Sportsmanship Award winner Bryce Carruthers!

A special thank you again to Maria Taylor for all your help getting our students ready for the Athletics Carnival and to Mrs Trevenen, Miss Stoffberg and staff for the organising and running of the day. Miss Denica Stoffberg returned to LGDHS this term, no longer as a student but as a Phys Ed. prac teacher. Denica has come at the perfect time with two major events- Athletics Carnival and Country Week!

Last Thursday, the very brave Kindy/ Pre-primary students performed their assembly items. It can be very overwhelming to stand in front of the whole school and perform, but the students were outstanding and put on a fabulous show! Well Done Mrs Desmond, Mrs Robinson, Mrs Garard, Miss Allen and Miss M on all your hard work getting the performance up to scratch and your classrooms ready for parents and carers to inspect their children's current work at open classrooms.

Congratulations also, to all students who received well deserved certificates!

happy 60 birthday





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This week we have had two lots of camps. The high school group headed off to Perth on Sunday to compete at Country Week and on Wednesday the 18th, Miss Corps, Mrs Desmond, Damien Trevenen, Anton Kuchling and the Year 5/6 group have headed off to Pemberton. You can follow their progress on the Lake Grace DHS private Facebook page and we presume there will be some very tired kids ready for a rest by the time holidays hit!

Finally we are proud to announce that the school signed up to join the Resilience Project in 2025. The Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses, providing practical, evidence-based mental health strategies to build resilience and happiness. Through presentations, school curriculum, events, the TRP App, and Wellbeing Journals, we share the benefits of **Gratitude**, **Empathy** and **Mindfulness**, and easy ways to practise these in everyday life. We also incorporate **Emotional Literacy**, **Connection** and Physical Health education and activities as they are foundational contributors to positive mental health.

Our Mission

To teach **positive mental health strategies** to **inspire happiness** and **change lives**.

Why?



1 in 4
adolescents have a mental illness.



65%
of adolescents do not seek help.



1 in 7
primary school children have a mental illness.



1 in 5
adults will experience mental illness.

LEAVERS 2024

As we farewell term 3, we also have to say a final farewell to our Year 12 SIDE students, Ali-Rose Chircop, Ava Leigh and Kannin Hobbins. After 12-14 years of schooling, these students are hanging up their back packs to venture out into the big wide world as young adults. We wish you all the very best for your future endeavours and hope you make the most of the opportunities that come your way. The world is your oyster!



We would like to wish you all a safe and well rested holiday and are excited to see you all back on Monday the 7th of October ready for term 4!

Kind Regards

The Administration Team





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Lake Grace District High School

P & C Update: **Nikki Lewis**

Dear LGDHS Community,
Just like that it is the end of term 3.

A massive thank you to everyone who has helped out in some way shape or form this term.

Without volunteers our P&C wouldn't be able to run canteen each week and uniform shop or raise funds to assist our school in so many ways.

Thank you to everyone who contributed to Rabobank Catering at Newdegate Field Days. All the food was well presented and enjoyed by those in attendance at the sundowner.

Congratulations to all participants in the jumps and athletics carnivals. The weather was fantastic and it was great to see so many parents volunteering and spectating the events of the day. It was fantastic to see so many volunteers ready to assist in the running of another great event.

A special mention goes to Bryce Carruthers, who received the P&C sponsored Sportsmanship Award on the day. For those who weren't there, Bryce showed true sportsmanship qualities when another participant of the 400m race tripped and fell, Bryce stopped to help then continued on in his race.

There were nominations for numerous other students as well and it is great to see such strong sportsmanship across our school.

Thank you to Mrs G's catering for making the lunches at the faction athletics carnival. They were delicious!!

Happy holidays everyone!!

Best wishes,

Nikki Lewis | P & C President



Download the *flexischools* app to get started today!

Canteen Roster Term 4



	Date			
Week 1	07/10/24	No Canteen	No Canteen	No Canteen
Week 2	14/10/24	Sarah Clarke	Simone Choi	Tayla Stone
Week 3	21/10/24	Chloe McDougall	Phebe Trevenen	Sarah Clarke
Week 4	28/10/24	Karissa Pelham	Sarah Clarke	Jodi Sabourne
Week 5	04/11/24	Kristy Snelling	Renae Willcocks	Phebe Trevenen
Week 6	11/11/24	Lake Grace Shire	Lake Grace Shire	Kelly Gooch
Week 7	18/11/24	Jaimee Withnell	Megan Pawsey	Kristy Snelling
Week 8	25/11/24	Jihee Jones	Kelly Gooch	Simone Choi
Week 9	2/11/24	Nikki Lewis	Elise Bell	Maggie Prater
Week 10	09/12/24	Courtney Withnell	Nicola Kuchling	Amy Elefsen

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

Food Bank “Nom!” Incursion



nom! Families

Tasty learning for life



Take the stress out of mealtimes

Gain the confidence to cook healthy, tasty, simple and affordable meals that the family will love.

Come along to our nom! family session and gain the knowledge, skills, and confidence to guide your children to become confident eaters and cooks.

We've been delivering this program for years now and one thing we've come to learn is that every family is different – but we can help you to support your family to become confident, healthy eaters.

Why nom!

- » Healthy eating on a budget for the whole family
- » How to teach children to cook and eat a wide variety of foods
- » Meet other parents/carers in a non-judgmental environment
- » Free recipe book with recipes

When

Wednesday 9 October 2024
3:30pm–5:30pm

Where

Lake Grace District High School
Home Economics Room

Register

Bookings essential

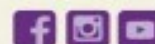
Contact Victoria on 08 9865 4500 or
Victoria.Bennett@education.wa.edu.au

Cost

FREE – Thanks to ARC Infrastructure for their support and generous funding.



nom.org.au





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Lake Grace District High School

Parent Online Event



Department of
Education

Shaping the future

Free online parent workshops

Term 4, 2024 Calendar

Facilitated by school psychologist consultants with the Triple P and Child and Parent Centre teams

The Triple P and Child and Parent Centre teams are excited to offer a series of free online workshops for families. The Triple P - Positive Parenting Program gives parents and carers ideas and strategies to help their child develop the skills and behaviours they need for a healthy childhood. To learn more about Triple P, visit the [Education in WA](#) website.

How to register

Scan the QR code or click/type the link below into your browser:
<https://forms.office.com/r/GyQwUQMmEN>



Registration is essential to attend online workshops and will close 24 hours before the scheduled workshop. You will be sent an email with information and a link to join on the morning of the workshop. We would recommend downloading the [Webex app](#) ahead of the workshop.

If you would like to register for other Triple P workshops, please visit the [Triple P in WA](#) website and search for upcoming sessions by location. Parents can also access a range of [Triple P Online](#) programs for free. Please note that these webinars are unable to be recorded.

Date and time	Workshop
Tuesday 15 October 8.00pm – 10.00pm	Starting school successfully (children entering school) When children are preparing to start school, it can be a big change for the whole family. This session will cover talking with your child about school, preparing over the summer holidays, toileting, teaching independent dressing and routines, the first day and learning to separate from caregivers.
Repeat session Thursday 17 October 9.30am to 11.30am	
Wednesday 23 October 8.00pm – 10.00pm	The power of positive parenting (under 12 years) Children of all ages need a safe, secure and loving environment to do well. This seminar will discuss children's behaviour, how to create a safe, interesting and positive learning environment, how to use assertive discipline, and taking care of yourself as a parent.
Repeat session Friday 25 October 9.30am to 11.30am	
Tuesday 29 October 7.00pm – 9.00pm	Making and keeping friends (10-16 years) Peer relationships become increasingly important during the teenage years, and parents may find it difficult to navigate and adjust to these changes in relationships. This session will provide suggestions on how to support your child to make friends, encourage positive relationships with peers, set appropriate boundaries and deal with challenges that may arise.
Repeat session Friday 1 November 9.30am to 11.30am	

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



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Parent Online Event

Tuesday 5 November 8.00pm – 10.00pm	Learning to use the toilet (toddlers and pre-schoolers) Teaching children to use the toilet independently can be challenging for parents. This workshop will provide tips on when your child may be ready, the skills needed to use the toilet, and some common behavioural issues related to using the toilet. This workshop is suitable for parents of children with neurotypical development and does not address any medical problems related to using the toilet.
Repeat session Thursday 7 November 9.30am to 11.30am	
Tuesday 12 November 7.00pm – 9.00pm	Promoting digital wellbeing (10-16 years) One of the challenges for parents is knowing how to monitor and manage their teenager's use of technology, such as the internet, websites, social media, smart phones and other communication devices. This workshop will help you set rules and appropriate limits to encourage responsible, safe use of these evolving opportunities.
Repeat session Thursday 14 November 9.30am to 11.30am	
Tuesday 19 November 8.00pm – 9.30pm	Learning to separate (toddlers and pre-schoolers) All children have to learn to cope with temporary separations from their parents. Shyness around new people and anxiety about separation from parents is common in toddlers and pre-schoolers. This session will help you teach your child to be comfortable around others and calmly separate from you, into the care of another trusted adult/caregiver.
Repeat session Thursday 21 November 9.30am to 11.00am	
Tuesday 26 November 7.00pm – 9.00pm	Doing well in high school (children entering secondary school) A major challenge for parents of teenagers is knowing how to encourage them to make the most of their time at school. This session will help you teach your child key skills as they transition into high school: developing self-discipline, problem-solving, getting involved in school activities, following school rules, having supportive friends, attendance, and study habits.
Repeat session Friday 29 November 9.30am to 11.30am	
Tuesday 3 December 8.00pm – 10.00pm	Starting school successfully (children entering school) When children are preparing to start school, it can be a big change for the whole family. This session will cover talking with your child about school, preparing over the summer holidays, toileting, teaching independent dressing and routines, the first day and learning to separate from caregivers.
Repeat session Thursday 5 December 9.30am to 11.30am	



Child and Parent Centres

Parent Online Event



123 Magic & Emotion Coaching

A FREE 3 session parenting program for parents and carers of children aged 2 – 12 years

Learn how to:

- Resolve difficult behavior in children
- Discipline without arguing or yelling
- Handle challenging and testing behaviours
- Choose appropriate strategies – the 3 choices model
- Use emotion coaching to encourage positive behaviour

No cost. Bookings essential.

Refreshments provided.

Creche available.

To book:

Contact Emmalee Gardner

T: 0428 929 550 | E: egardner@amityhealth.com.au

When: Mon 9am – 11am

Starting 7 Oct 2024

Where: East Narrogin
Primary School,
Community Centre,
Butler St entrance

Supported by





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VacSwim Enrolments



Department of
Education

Free VacSwim for WA kids this summer

Help keep your kids safe in the water with the WA Government's free VacSwim lessons and pool entry these December and January school holidays.

VacSwim lessons save little lives.

Enrol now education.wa.edu.au/vacswim



Enrolments close 16 October 2024

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



NEWSLETTER #15

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Tarin Rock Junior Tennis Tournament

TARIN ROCK TENNIS CLUB



20 24

JUNIOR TENNIS TOURNAMENT

Saturday October 12

Events

8-and-under round-robin modified rules

(no partner required)

Limit of 20 participants

(first in, first served)

Round-Robin Girls Doubles

Round-Robin Boys Doubles

Knockout Singles

10 years and under

13 years and under

(age as of tournament date)

Conditions

Entries close Wednesday, 9th Oct. 5pm.

Tournament starts 8:30am,
registration from 8:00am.

Entry fee - \$10.00 per player per event,
includes morning and afternoon tea.

The committee has entire control of the event.
If insufficient numbers, an event may not
proceed or ages may be adjusted.

Nominations including DOB, by October 9

to Karissa Pelham, 0427 760 584, or sissa15@hotmail.com.au

Toasties, drinks, fruit salad and ice cream for sale... Sausage sizzle to end the day
Fresh rolls available to purchase for lunch



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



Lake Grace District High School

Parent Planner | Term 4 2024

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	7 October	8	9 Foodbank (Nom! Incursion)	10 Strong Bodies/Strong Minds Awareness Day Foodbank (Nom! Incursion)	11 Celebrating World Cerebral Palsy Day Green - Yr 3's AHEAD visit- High School	12/13
2	14 P & C Meeting @ 6.30pm	15	16	17 Newsletter	18 Interschool Carnival	19/20
3	21	22 Board Meeting Book Fair	23	24	25 World Teachers Day	26/27
4	28 Book Fair	29	30	31 Year 9/10 cadet hike Newsletter	November 1 Year 9/10 cadet hike	2/3 Year 9/10 cadet hike
5	4 Kindy Orientation	5	6	7 Year 9-12 School Ball	8	9/10
6	11 Remembrance Day Service	12 Year 9/10 Career Taster roadshow	13	14 Year 9/10 Career Taster roadshow	15	16/17
7	18	19 Board Meeting	20	21	22	23/24
8	25 Kindy Orientation	26	27	28 A Stitch In Time Resilience workshop Secondary Newsletter	29	30/1
9	2	3	4	5	6	7/8
10	9	10	11 Christmas Concert	12 Newsletter	13 SDD	14/15