



Lake Grace District High School NEWSLETTER #17

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

Thursday 31st October

Term 4 Upcoming Events

Year 9/10 Cadet Hike

Thursday 31st October– 2nd November

Canteen Day WA

Friday 1st November

Kindergarten Orientation Days

Monday 4th & 25th November

Year 9-12 Ball

Thursday 7th November

Remembrance Day Service

Monday 11th November

Career Taster Program Yr 9/10

Tuesday 12th November

Board Meeting

Tuesday 19th November

Final P & C Meeting for 2024

Monday 2nd December
@ Walkers Hill Winery

Year 10 Graduation Dinner

Tuesday 3rd December

Pre-Primary/Yr 6 Assembly

Thursday 5th December

End of Year Concert

Wednesday 11th December

Last day of school 2024

Thursday 12th December

SCHOOL HOURS

Monday (early close)

8.45am—2.30pm

Tuesday to Friday

8.45am—3.15pm



World

25th October 2024



Teacher's



Day

Thankyou to our AMAZING
LGDHS teachers for all you do!

Whether you are a part time, full time, relief
or retired teacher, we appreciate you!



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Lake Grace District High School

Message from The Administration Team

Dear LGDHS Community,

Well the weather is certainly heating up this week, a true indication that summer is on its way! With that in mind we would just like to touch on uniforms. Please ensure that your child is aware of where their hat is and also mindful of the choice of shorts/skirts, ie. NO bike shorts or short shorts. Shorts and skirts to be at least mid thigh in length.

On Friday of week two, Mrs Trevenen took a bus load of athletes to Gnowangerup to compete in the Interschool Athletics Carnival. The School was well represented, with us coming home with the shield on 707 points, 300 points in front of Ravensthorpe who came second! We placed in every age group and broke records galore! Well done to all competitors and a massive thank you to organisers and volunteers who went across and helped on the day.

Well done to the Highschool students who performed at the assembly on Thursday the 24th October. It is so interesting to see what you have been learning over the last term and all that you have achieved. The work stations displaying your work around the undercover were amazing. Congratulations to all the honour certificate recipients and thank you to our LGDHS Community who attended.

On Friday last week, we celebrated World Teachers Day. We are very lucky to have an amazing bunch of teachers at our School, as well as a surplus of amazing relief teachers. On behalf of the school community, we wish to acknowledge each and every one of you and all the hard work, dedication and care you put into teaching our future generations. We appreciate all you do!

Last week the whole school was filmed by Mrs Stowers and the 9/10 Media Arts class, doing their dances choreographed and co-ordinated by Mrs Blundell and Mrs Bambling. Well done to all involved, we can't wait to see the finished product! (Pictured below)



On Monday this week we were visited by "A Stitch in Time" workshop. This workshop serves as transformative experiences, aimed at educating participants on the significance of mental health and fostering positive psychological well-being. Through these workshops, the organisation strives to make a lasting impact on individuals, families and communities. Together, let's embark on a journey of personal growth, resilience, and well-being. (Pictured Right: Mark Lloyd presenting from "A Stitch in Time")



Yesterday the students were busy packing to head away on Cadet Camp to hike the Bibbulmun Track. They headed off this morning with Amanda and Chris Trevenen and Amanda's dad Ian Harrower driving the bus for them. Hopefully the Cadet's have some pristine walking conditions and they get a chance to slow down and get back to nature over the next few days.

Next week, on Monday the 4th of November, the 2025 Kindergarten students will visit LGDHS to get a taste of school life on the first of two orientation mornings, the second being on the 25th November. We can't wait to see the tiny little fresh faces ready to embark on their next chapter.



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Every Wednesday starting next week, as part of Miss J's sustainability project, we will be adopting waste free Wednesdays. Waste free Wednesdays means packing a lunch box free from single-use items, (ie. Zip lock bags, glad wrap, wax paper, plastic forks/spoons and pre-packed snack items). We would encourage you to have the conversation with your child/children as you (or they) are packing lunch boxes and help to facilitate this by either mindfully shopping sustainably or spending some time cooking with them at home.

We have some very excited upper high school students preparing to get dolled up for the annual year 9-12 Ball on Thursday the 7th November. The formal event will be hosted at Cambinata Yabbie's, thanks to Mrs Nenke and her family. We can't wait to see the photos!

Just a reminder, we are in the last week of the Book Fair, the final day is tomorrow, so if you haven't had a browse yet, feel free to head down and see if you can pick up any early Christmas presents. Thanks to Mrs Lois Dickins for your colourful displays!

As the end of year concert and awards night is fast approaching, our teachers are busy discussing possible candidates for student awards. Teachers have a criteria to adhere to when they are considering suitable candidates and awards. Two awards are chosen for each year group, from four possible options. These options are as follows:

Endeavour Award: The School Classroom Endeavour Award typically recognises students who show exceptional effort, perseverance and dedication in their studies or classroom activities.

or

Academic: The School Classroom Academic Award is typically given to students who excel in their academic performance. The criteria for this award usually focuses on academic achievement consistency, and excellence in various subjects.

AND

Resilience and Growth: The Resilience and Growth Award criteria generally focuses on a student's development over time, recognising their efforts to improve themselves in various areas.

or

School Values: The School Values Award criteria focus on **Respect**, **Commitment**, and **Responsibility** would emphasise a student's adherence to these core values in various aspects of their school life.

Lastly, tomorrow the 1st of November is Canteen Day, a day to thank all the wonderful people who make our canteen run smoothly every Monday. Special mention to our fantastic Canteen Co-Ordinator, Courtney Withnell, the P & C and community members who volunteer!

Kind Regards

LGDHS Admin Team

LGDHS IS NOW DOING WASTE FREE WEDNESDAY!

YES PLEASE

- ✓ FOOD IN REUSABLE CONTAINERS
- ✓ DRINKS IN REFILLABLE CONTAINERS
- ✓ REUSABLE UTENSILS WHERE REQUIRED
- ✓ A REUSABLE LUNCHBOX OR BAG

NO THANKS

- ✗ FOOD PACKED IN PLASTIC WRAP, SINGLE-USE PLASTIC BAGS, FOIL OR WAX PAPER
- ✗ SINGLE-USE DRINK BOXES, CANS, POUCHES, CARTONS AND BOTTLES
- ✗ SINGLE-USE PLASTIC FORKS AND SPOONS
- ✗ PRE-PACKAGED SINGLE SERVE SNACK ITEMS

DID YOU KNOW?

Many families save around \$400 per child per year by packing a waste-free lunch.





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Message from P&C President: **Nikki Lewis**

This term the Lake Grace P&C will be running one final fundraiser for 2024. First Aid Kits are available to order via the Flexischools app now. Simply log into Flexischools and click 'Shop' then 'First Aid Kits'.

Orders close Saturday 30 November

All families are encouraged to support this fundraiser and share it with friends and families and help raise funds for our school. They make great presents in the lead up to Christmas, plus it is always good to ensure you have first aid supplies on hand. Orders can be placed via Flexischools or by contacting Debbie Carruthers on 0438895101 or debb.carruthers@gmail.com. Our final P&C meeting and end of year dinner will be held at Walkers Hill Vineyard Monday 2nd Dec.

Please RSVP to me by Wednesday 27 Nov for catering purposes.

Please send any agenda items or apologies for our final meeting of 2024 to lakegrace.pandc@gmail.com

Kind regards

Nikki Lewis | P & C President

Fundraising WITH FIRST AID & the Lake Grace District High School PnC

First Aid Kits

Product	Price
Snakebite	\$15.00
Caravan & camping	\$50.00
Large first aid kit	\$130.00
Small first aid kit	\$45.00
Workplace vehicle	\$50.00
Wall mount kit	\$180.00
Bite & sting	\$25.00
Outdoor & Snakebite	\$30.00

Download the *flexischools* app to get started today!

Lake Grace DHS P&C General Meeting

Monday 2 December 6:30pm

Walkers Hill Vineyard

Come along and help improve our school for current and future students.

Please send apologies or agenda items to:

Lakegrace.pandc@gmail.com

Canteen Roster Term 4



Date			
4/11/2024	Kristy Snelling	Renae Willcocks	Phebe Reidy
11/11/2024	Shire	Shire	Kelly Gooch
18/11/2024	Jaime Withnell	Megan Pawsey	Kristy Snelling
25/11/2024	Jihee Jones	Kelly Gooch	Simone Choi
2/12/2024	Nikki Lewis	Elise Bell	Maggie Prater
9/12/2024	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.

Interschool Athletics Carnival



Overall Results

- 1st** Lake Grace 707 pts
- 2nd** Ravensthorpe 407 pts
- 3rd** Jerramungup 345 pts
- 4th** Gnowangerup 321 pts

Individual Results

	Champion	Runner Up
9 Year Old Girls		Kelsea Roukens
9 Year Old Boys	Hunter Bell	
10 Year Old Girls		Matilda Duckworth
10 Year Old Boys		Braxton Roukens
11 Year Old Boys	Bryce Carruthers	
12 Year Old Boys	Jaycob Trevenen	
13 Year Old Girls		Dakota Pelham
13 Year Old Boys	Taj Trevenen	
14 Year Old Girls	Paige Trevenen	
14 Year Old Boys	Zac Matthews	Mitchell Matthews
15 Year Old Girls		Rebekah Pawsey
12 & under Boys 400m	Mitchell Gooding	
13 & over Boys 400m	Mitchell Matthews	





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Canteen Day



LGDHS Canteen

THANKYOU!

The weekly efforts of our P & C Committee and the many volunteers who support our students and our school have been tremendous this year.

On Canteen Day, Friday 1st of November, we will say a very special thank you to the wonderful canteen volunteers. Our canteen provides great food, a valuable service and is the heart of our school.

We don't take their hard work for granted, so thanks a bunch and Happy Canteen Day.

Morrison Orders

Now is the time to order your copy of this year's school magazine Morrison.

The Morrison is a whole school annual magazine which features highlights of the students school year. It is also a great memento of all events, excursions, assemblies, camps, carnivals and academic exploits undertaken at Lake Grace District High School.

The magazine is sent to a printer to be produced as a high quality book.

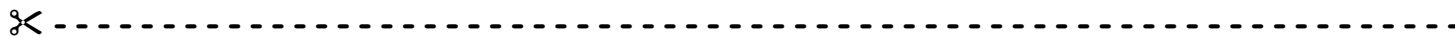
Please fill out the order form below and return to the front office by;

Friday 8th November, 2024

Please include the total cost of \$20.00 with your order.

If you would like to EFT your payment - BSB: 066-040 A/C: 19907646

Please include your surname and 'Morrison' as the reference.



NAME:

NUMBER OF COPIES:

SIGNATURE:

Included is my \$20.00.

Orders due by Friday 8th November 2024



NEWSLETTER #17

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Message from School Nurse: **Laura Ballard**

Triple P Online programs are provided free, funded by the Australian Government Department of Health and Aged Care under the Parenting and Education and Support Program. Free programs include:

Triple P online for Baby
Triple P online for under 12's
Fear-Less Triple P
Family Transitions Triple P Online

Triple P for teens is not currently free to parents, however there are limited free codes that are available. If you are interested please contact Nurse Laura at Laura.twomey@health.wa.gov.au.



Triple P

Positive Parenting Program

Proven, positive tips that can help every family

You can support your child's development, grow closer and solve problems – positively. There are many **simple strategies** you can start using right now, to make every moment count!

- Boost their emotional wellbeing and maintain a good relationship – now, and in the years to come.
- Make family life less stressful and more enjoyable – even in tough times.
- Set good habits early and prevent problems from getting worse with practical strategies you can start using straight away.
- Join more than a million Australian families who've been helped by the Triple P – Positive Parenting Program!
- Backed by 35+ years of research studies here and around the world.





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 AHEAD visit- High School	12/13
2	14 P & C Meeting @ 6.30pm Celebrating World Cerebral Palsy Day Green - Yr 3's	15	16	17 Newsletter Olympian Alanah Yukich Visit	18 Interschool Carnival	19/20
3	21 High School Exams TBC	22 Board Meeting Book Fair	23	24 Highschool Open Classroom and Assembly @ 2.20pm	25 World Teachers Day	26/27
4	28 High School Exams TBC A Stitch In Time Resilience workshop Secondary 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	15	16/17
7	18	19 Board Meeting	20	21	22	23/24
8	25 Kindy Orientation	26	27	28 Newsletter	29	30/1
9	2 P & C Meeting @ Walkers Hill Winery 6.30pm	3 Year 10 Graduation Dinner	4	5 PP/Yr6 Assembly	6	7/8
10	9	10	11 Christmas Concert	12 Newsletter	13 SDD	14/15