



Year 10 Farewell

On Tuesday 12th December our Year 10 students will be farewelled at a ceremony to be held at the Gingin Granville Centre.

Guests are invited for the presentations from 6.30 –

7.30pm with the Farewell Dance between 8-10pm. Final payment for tickets (\$40) will be due Tuesday 28th November. External partners must be approved by Mr Brady by Friday 1st December. Payment can be paid online. Contact the office on 9575 5300 if you have any queries.

Year 6 to Year 7 Transition

On Tuesday 28th November the Year 6's will have the opportunity to be high schoolers for the day. Students from Lancelin and Bindoon will spend the day in secondary meeting their 2018 teachers and learning what Year 7 to 10 will look like.

Thank you to our Student Service Team

I just wanted to acknowledge the awesome work the Gingin DHS Student Services Team does. This year has presented some interesting and difficult situations. Our staff do an amazing job managing pastoral care issues both in and outside the classroom but sometimes the situation is too complex or larger than the time they have to offer. This is where the Student Services team steps in. The team consists of the Leadership Team, David Sawers, Susan

Mann and myself, our Chaplain- Helena Donohoe, School Psychologist- Lauren Gabelitch, Health Nurse- Tricia Clifford, Year Coordinators- Andrea Vis and Mike Beard, Kym Morton and Robyn Kapor also support through the Student Council.

Tracy Pickering, Deputy Principal

Coming Events

TERM 4

Week 6

Tuesday 14th-15th November Year 10 Exams

Thursday 16th November School Assembly-
Secondary Item

Week 7

Tuesday 21st November P & C Meeting- 6.30pm
Conference Room

Wednesday 22nd November School Council Meeting

Week 8

Tuesday 28th November Year 6 to Year 7 Transition

Wednesday 29th November EOY Concert Practice



Breakfast Club

Last week we were fortunate to have Claudia Williamson and Mark Ovens cooking up a storm at Breakfast club! The students were lucky to enjoy fluffy pancakes and juicy oranges as well as the usual toast last Thursday! Thank you to the Williamson family for their donations and for volunteering to cook!

If you have an abundance of food and don't know what to do with it, then please contact Lindsey Gilchrist.



P & C News

EOY CONCERT – FOOD STALL

The P&C will be holding a food stall at the End of Year Concert on Thursday 7th December. There will be Hamburgers, Sausage Sizzle and drinks available. We will only be taking pre-orders for this event. Please order using the attached form, complete and return to the front office no later than Friday 1st December.

CHRISTMAS RAFFLE DONATIONS

The P&C will be holding a stall at the IGA on Saturday, December 2nd to sell tickets to win one of four Christmas Raffles (The raffles will be drawn at the End of Year Concert at the Granville Park). If you

have something you would like to donate towards these raffles you can leave it in the Library for the P&C to collect or in the P&C pigeon hole in the Staff Room. All of your donations are appreciated.

JOIN OUR P&C

If you are interested in having a say at your child's school then come along to one of our meetings and join in on the decision making, fundraisers and events. We have a dedicated team and would love to see some new faces representing us.

The next P&C meeting has been changed to Wednesday 22nd November at the Gingin Hotel (on the balcony section at rear of restaurant) at 6.30pm.

Danica Todd
P&C Secretary

Community News

WAAPA Summer School 2017/2018



This summer The Western Australian Academy of Performing Arts (WAAPA) is again offering an exciting school holiday program for students in Years 4 to 12. The Summer School includes classes in dance, drama, acting, screen performance, music theatre and

of course, how to perform Shakespeare.

For information about the fantastic courses on offer please visit **WAAPA Summer School** or contact Gabrielle Metcalf at g.metcalf@ecu.edu.au or 9370 6775.

Go Health!

Water Safety

In Australia, drowning is the number one cause of death for children under five. To keep your children safe around water:

- Always stay with your children and watch carefully when they are near water, even if they can swim.
- Teach your children about water safety and make sure they learn how to swim.
- Have the whole family learn first aid.

- If you have a pool have it fenced with self-closing gates.
- Never leave them alone in the bath.

The Education Department offers low-cost VacSwim programs for school aged children. For more information on swimming lessons during summer via VacSwim go to

www.det.wa.edu.au/curriculumsupport/swimming/detcms/portal/ and for water safety tips see www.lifesavingwa.com.au

Quick Tip

Bigger portions mean we consume more energy (kJ). This is an even bigger problem when we eat highly processed snack food, take away foods and sugary drinks.

Tips to eat healthy portion sizes:

Use a smaller plate.

Avoid going back for seconds and freeze leftovers straight away.

Still hungry? Have a glass of water. If you're still hungry, try a healthy snack such as a piece of fruit. Eat at the table, not in front of the TV.

Aim to fill half your plate with veg, one quarter with meat and alternatives (e.g. chicken, fish, legumes or tofu) and the last quarter with cereals and grains (e.g. rice, pasta, bread).

Recipe Link

Thai Fish Cakes with Crunchy Salad:

<https://livelighter.com.au/Recipe/269/thai-fish-cakes-with-crunchy-salad>



Parenting Connection WA

Supporting parents in WA communities

Circle of Security

8 x 2 hour sessions for parents of children from the 0-4 age group

Circle of Security parenting is based on attachment theory and focuses on the relationship between parent and child.

From a basis of observing and understanding a child's needs, the theory emphasises how the parents' relationship with their child is key to success

in everyday parenting matters, such as concerning behaviour, emotional outbursts and emerging independence behaviour patterns.

Parents will:

- Learn how to identify their child's need.
- Learn how to respond rather than react to their child's need.
- Learn about their personal parenting journey.
- Learn how to improve their parenting experience.
- Remind themselves of just how important they are.

Tuning In To Kids and Tuning In To Teens

Tuning in to Kids (parents of 3 - 10 year olds) and Tuning in to Teens (parents of 10 - 16 year olds) is a 4 - 6 week program for approximately 2 hours per session.

The program is based on the concept of Emotional Intelligence which involves using your emotions to guide you through life, and will teach you how to Emotion Coach your child.

It is about being able to use your own knowledge of emotions to make decisions, to self-regulate, to manage anger and conflict, to help you in your relationships with people, and to know and understand what is happening in social situations.

When parents focus on helping their child/ren learn about emotions, their child/ren are more likely to:

Have greater success with making friendships

Manage conflict with peers

- Have better concentration, leading to higher academic achievement
- Be more able to self soothe when upset or angry
- Tend to have fewer childhood illnesses
- Have more stable and satisfying relationships as adults
- Have greater career success.

Tuning in to Kids and Tuning in to Teens teaches parents how to help their children develop the skills to become emotionally intelligent.

1 2 3 Magic And Emotion Coaching

3 x 2 hour sessions for parents with children 3 to 10 years of age.

Aims to help parents increase their child's ability to self-manage and regulate their feelings and reactions and gives parents the skills and confidence to discipline gently but firmly.

Helps parents to avoid common parenting mistakes, such as too much talk and too much emotion.

Helps parents understand the different types of behaviour and why they occur.

Identifies three choices parents have when managing behaviour:

- Do nothing (ignore)

- Act (consequences)
- Listen and emotion coach.
- Teaches how to emotion coach by:
- Recognising children's emotions.
- Listening empathically & tuning in.
- Validating feelings.
- Helping children to problem solve.

Engaging Adolescents

3 x 2 hour sessions for parents with children 10-18 years of age
 Learn practical skills for resolving teenage behaviour problems in modern times. Build a stronger relationship and renew your sense of confidence by equipping yourself with the skills to hold a tough conversations about challenging behaviour with your teen.

Parents will learn:

- New understandings of adolescent brain development
- Building relationship with your teenager – and making the best of your non-crisis conversations with them
- Skills to hold tough conversations about teenage challenging behaviour

Triple P Positive Parenting Program (Group and Seminar series)

Suits parents of children aged 2 to 10 years. (Teen PPP also available)

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Triple P is a system of easy to implement, positive parenting strategies that may help to ease current parenting concerns and prevent future problems before they arise.

Aims to help parents create stable, supportive and harmonious family relationships, by reducing conflict and building better relationships with their children

Gives parents strategies to:

- Stop or prevent negative behaviour
- Encourage positive behaviour
- Build positive relationships with their children
- Plan ahead to avoid or manage potentially difficult situations
- Take care of themselves as a parent.

Protective Behaviours Parent Information Session

1 x 2.5 hour session

Internationally-recognised personal safety program aiming to empower children, young people and adults with strategies to promote safety, problem solving and resilience including:

- Assert their right to feel safe
- Identify a trusted adult to talk to
- Recognise 'signs' their bodies give them when they may be unsafe
- Learn 'body safety' rules and safety strategies
- Learn the difference between safe and unsafe secrets

EOY CONCERT P&C FOOD & DRINK ORDER FORM

The P&C will be making Hamburgers, Hot dogs (sausage sizzle) and drinks by pre-orders only. All orders and payment need to be returned to the school in an enclosed envelope by Friday the 1st of December.

End Of Year Concert								
	Hot dog	Hot dog W/Onions	Hamburger Lettuce Tomato carrot	Coke	Coke Sugar free	Lemonade	Water	Juice Box
	\$2.50	\$2.50	\$5.00	\$2.00	\$2.00	\$2.00	\$2.00	\$1.50
Quantity								
Total Cost								

Name:.....
 Class.....

Mobile#.....
 Total Cost.....