**From the Principal’s Desk**

**Helpful Hints for study**

Firstly, to the student:

To assist you perform to the best of your ability, it is essential to:

- Have your parents support.
- Avoid conflict with them.
- Accept that they want the best for you.

Secondly, to parents:

The only stress that compares to being a senior student is being the parents of a senior student.

Try the following: They will enhance the partnership between you and your son/daughter.

- Be interested.
- Curb your natural anxieties, trust your child and ask how you can help.
- Strive to create a household routine; meals on time and younger brothers/sisters out of the way.
- Set aside regular time to talk with them and listen to any complaints they may have, however trivial. These are important to them.
- Avoid comparing them to other friends or siblings in their presence.
- Encourage an organised approach to their lives. Help them to develop a study timetable, and then stick to it; concentrate on the “big picture” not isolated issues.
- Share your strategies of dealing with timelines and pressure situations. Foster a team/family commitment to them.
- Encourage a healthy balance between study, social and recreational activities.
- Provide a fertile home study environment; somewhere special for them to study.
- Monitor their diet, especially breakfast. Nutrition is an essential ingredient to study and general state of health.
- Keep an eye on their sleeping patterns. They need plenty of sleep; they are not only studying but growing rapidly.
- Relieve them of some of their household chores.
- Bring a drink and healthy snack (e.g., banana) to their room while they are studying.

**NEW - Uniform Shop Opening Times  (TERM 3)**

- **Monday:** 8.15am - 9.00am
- **Tuesday:** 9am - 9.30am
- **Wednesday:** 8.15am - 9.00am
- **Thursday:** 8.15am - 9.00am
- **Friday:** 8.15am - 9.00am
They need to drink at least 2 litres of water per day.

- Help them to focus on their purpose for senior study. Assist them to see targets and goals along the way. Be realistic.
- Celebrate with them when they achieve a target no matter how small it may seem to you; it’s not small for them (e.g. completing an assignment).
- Help them to find career information. Take them to open days, discuss career options; be a sounding board rather than a lecturer.
- Shield them from their peers who are worriers or have a poor work ethic.
- Offer to read drafts, assist with phrasing and vocabulary, read texts, watch films and discuss issues if you feel confident to do so.
- Focus on talking about what’s happening today or this week rather than the whole school year. Getting the journey right will build the chances of reaching the desired destination.
- Avoid comparing with other parents what each of your children are doing. It just adds to everyone’s stress levels.
- Grandparents, uncles, aunts and other relations/friends can provide alternative places to study at times and provide another support for them.
- Make time in your busy life for them e.g. talk with them while travelling about how they are going.
- Let them know regularly that you love them and are proud of them whatever they may achieve. Give them plenty of hugs.
- Remind them of past successes if you see them beginning to labour in negative states.
- While senior study is well along the way to independent adult learning, a close-knit family effort will enhance their efforts considerably.

Source: “The Learning Curve” Student Planner

Hugo de Ridder - Principal

K-3 Parenting Forum - is back on.

Thank you to all those parents that came to our parenting forum. It was a great opportunity to share the joys and frustrations that sometimes parenting brings, but it was wonderful to be able to discuss these things openly and encourage one another in this vital role of raising children.

After the success of our first session, we are returning next week to give some further encouragement and essential keys that will support you in your parenting.

When: Tuesday 12th June
Where: Library
Time: 7.00 – 8.30pm

Topics that we will cover in this session will be

- First time obedience
- Age appropriate consequences
- Fostering good sibling relationships

If you did not attend the first session it does not matter. We would love to see you there!

Senior School News

Australian Christian Teen Writer Awards

We would like to acknowledge the following students for their efforts in writing a story for the Australian Christian Teen Writer Award. We realise that this has been over and above their school work and at a time of exam preparation. The four students are:

- Alex Chi: “I am a Coast Guard” (2704 words)
- Kate Monaghan: “The Quest for Rubies” (2704 words)
- Daniel Lee: “Battle for Trust” (8154 words)
- Cameron Fleming: “The Great Deception” (13704 words)

We wish them well.

Robert McCafferty - English Year 8N

Wellington Wonders - Year 11 2A Geography Excursion

Peering through the curtains before dawn on Monday, 14 May and seeing drizzle was not a good sign for our excursion plans, but fortune favoured the brave as we headed up the Darling Range to the Wellington Discovery Forest.

We shared the costs of a bus with Australind SHS and picked them up en-route. The 25 minute drive saw us arrive at the Wellington Discovery Centre. The clouds rolled away allowing for a warm sunny day.

In the morning we were lectured by John Anderson, a DEC officer and local Fire Fighter for the Wellington District. We were shown how and why fire is integral to our local ecosystem. We then did some fieldwork in which we learned how to measure soil pH, humus temperature, soil organic matter, canopy cover, biodiversity and most importantly bushfire loads as each of these factors assist in determining when a given area should be subject to a prescribed burn.
Skills in tracking animal behaviour were also shared and from various observations such as scratch and claw patterns on tree trunks, animal droppings, dig patterns and burrow styles one can hypothesize the types of animals that are in the area and in-turn we can work out which animals are present if a burn is prescribed.

Everyone enjoyed the fire truck with a few getting dressed up in heavy flame resistant fire fighting clothing and handling the high pressure hose.

Learning outside in a practical way is learning at its best.

Lindon Chatman - Geography Teacher

What CanTeen do
CanTeen's mission is to support, develop and empower young people living with cancer. They do this by providing an Australia-wide peer support network for 12 to 24 year-olds, who include:

- Patients - young people who have been diagnosed with cancer
- Siblings & Offspring - young people who have an immediate family member (brother, sister, parent or primary carer) who has been diagnosed with cancer; and
- Bereaved Siblings & Offspring - young people who have had an immediate family member die from cancer.

They provide Members with a place where they can simply be young people, away from the day-to-day pressures that come from living with cancer in the hospital or at home.

Through a wide range of camps and programs, CanTeen encourages Members to share their experiences, make great friends...and of course, have fun!

Extracted from: www.youcanschools.org.au

IMPORTANT NOTICE TO ALL PARENTS AND STUDENTS

Students travelling to or from school by bus - are expected to abide by the school rules as well as the School Bus Services' Code of Conduct. (Copies are available from Student Services).

Students who fail to conduct themselves in accordance with Grace Christian School's ethos - run the risk of being suspended from using all Government transport services in WA. The period of suspension is dependent on the conduct in question.

Enrolments - 2012 - 2016

Grace Christian School - Raising funds for teenagers with Cancer - please can we have your old mobile phones?

Our school has registered to support CanTeen, an organisation helping Australian teenagers survive cancer or deal with its effect in their lives.

If you have any old mobile phones lying around your home, PLEASE bring these to the school office. A collection box is available opposite the Student Services desk. Our aim is to collect at least 400 old/used mobile phones before 30 September 2012.

Parents are also asked to collect old/used mobile phones from their work place colleagues.

If you would like further information on how the collection works, please visit www.youcanschools.org.au

Who are CanTeen

CanTeen - The Australian Organisation for Young People Living with Cancer - is a national support organisation for 12 - 24 year olds who are living with cancer, and is the only organisation of its kind in Australia.

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**Grace Notices**

**Term 2, Issue 4, 2012**

**School Community News**
COLES – Sports for Schools 2012 is back
Grace Christian School is participating in the Coles Sports for School promotion. Vouchers will be available from all Coles Supermarkets from 13 June until 14 August. The more vouchers we collect, the more sports gear we will receive for our school.

Woolworths – Earn and Learn 2012
Collect your stickers at the checkout until 1 July. Every $10 spent earns you a sticker. Sticker charts are available from the Admin office or your local Woolworth store. Completed sticker charts can be dropped off via your class teacher or in the deposit box in reception.

Camp Grace - FREE weekend on offer
Camp Grace in Busselton, is a ministry of Grace Christian School and provides a wonderful, cheap holiday for our school families, staff and the public. School groups are also encouraged to use the beautiful beachfront facilities.

If you have never been to Camp Grace, now is your opportunity to enjoy a FREE weekend in return for assisting Rocky with the renovations!

(See over page)
Rocky and Belinda are working to a tight time-line and would really appreciate any assistance you are able to offer, to help complete the work required by the Council as part of the upgrade to the camp facilities.

If you have suitable skills (i.e. can use a drill and a few hand tools) Rocky would love to hear from you. There is free accommodation for all workers and families so why not make a weekend of it.

Please call Rocky if you are available to assist, on 9755 4014 or 0412271280; email: campgrace@westnet.com.au

Arthritis and Osteoporosis Western Australia (AOWA) and Grace Christian School have teamed up to promote awareness of these debilitating and related diseases.

During Healthy Bones week - 19 - 20th August AOWA skeleton shirts will be sold through the school, to raise much needed funds for the prevention, management and research of musculoskeletal conditions for the people of WA.

Picture courtesy of Arthritis & Osteoporosis Western Australia website

www.arthritiswa.org.au

Private Music Tuition - expanded programme
Grace Christian School would like to welcome on board two new Music Tutors. Ms Jennifer Maggs, a Clarinet, Saxophone and Flute teacher and Mr Adam (Patrick) Nicholson - who will be replacing Mrs Porep’s as guitar tutor.

• Ms Maggs graduated from Bath University College with a BA Honours in Music (2000) and Master of Music (Performance) from the London College of Music & Media (2002). She has over 10 years teaching and performance experience with a passion for creating a fun and encouraging learning environment for her students.

Interested in learning a Woodwind instrument? Please complete an application form available from the Reception desk or Student Services.


Interested in learning Guitar? Please complete an application form available from the Reception desk or Student Services.

Lost property - a number of items are unclaimed including school uniform items and personal jewellery items such as:
• Watches
• Wallets
• Spectacles
• Bracelets

Please collect these before the end of term, when they will be taken to the Salvo’s

Master Mind Australia - Academic Pathways - July WACE Holiday revision programmes
This revision programme aims to prepare students for second semester and the examinations later in Term 3. The classes will revise those important components from the syllabus that are vital for future success. For more information call 08 - 9486 1377 or 0488 102 907