



6 March 2009

Issue 3/2009

What's in this issue

School Report

Whole School Information

Key Dates
Congratulations!
Traffic Warden
Coffee Connect
Music Opportunities
Uniform Shop
Scholarship Opportunity

Primary

Parent Interviews 9-13 March
Technology Requests
Primary Art Room Requests

Secondary

Australian Computational and
Linguistics Olympiad
Debating: House and
Interschool
SmARTS Program
2009 Graduation Dinner
Get Access
Swimming Carnival results
Year 11 and 12 Seminars
Year 12 Students

Community News

St Stephen's Uniting Church
Carramar
Karate
Easter Camp (Uniting Church)
Hillarys Yacht Club school holi-
day program

This fortnight's Bible reading
Canteen Roster

Parenting Ideas from Michael
Grose: Managing Anger

As you read this edition of *Dove Tales* it is difficult to believe that we are half-way through Term 1! While this can cause us to think that the old adage 'time flies' may ring true, I would like to speak about "half-way" points as a time of reflection and preparation. This is especially relevant at present as we are in the season of Lent; a significant time of preparation and contemplation for Christians as we await the joyous celebration of Easter.

For students this time often raises questions about study programs, first assessment results, tests and questions on whether goals set in January are on track.

For parents there is time to breathe as the hustle and bustle of the new school year seems a distant memory. Some parents have said that the last five weeks have made them realise the fact that they were more anxious about their child's transition to school, whether primary or secondary, than their child was!

For staff it marks the beginning of marking, parent interviews, preparing for interim reports and listening to those students who are struggling with the demands of school.

For our school community it has been a time of sadness as we witnessed the devastation of the Victorian bushfires and Queensland floods. Simultaneously we rejoiced with many of our Year 12s of 2008 on their success in the recent Tertiary Entrance Examinations (T.E.E.).

Half-way points are indicators and reminders that life is wondrous, challenging, uplifting and precious. As we move towards Easter, through this Lenten season, please take time to celebrate each of our individual half-way points; take time to renew our connection with one another, our family, our friends and our Lord.

Mrs Donella Beare
Head of the Secondary School

Whole School Information

Key Dates 2009			
Mon—Fri 9—13 March	Primary Parent Interviews	Fri 27 Mar	<i>Dove Tales</i>
Mon 9 Mar	Dry/Wet Trades	Mon—Wed 30 Mar—1 Apr	Drama Festival
Tue 10 Mar	CAS P&F Meeting	Tue 31 Mar	Yr 7 Swimming Carnival CAS
Wed 11 Mar	VET CAS	Wed 1 Apr	VET CAS Yr 12 Parent Teacher Interviews
Thu 12 Mar	Seniors House Debating	Thu 2 Apr	Seniors House Debating
Tue 17 Mar	CAS Yr 6 Camp Meeting	Thu—Friday 2—3 Apr	Primary Music Camp
Wed 18 Mar	VET CAS Yr 4 & 5 Camp Meetings	Fri 3 Apr	Yr 12 Viticulture Excursion
Thu 19 Mar	Yr 7 Immunisation	Mon 6 Apr	House Cross Country
Tue 24 Mar	CAS	Tue 7 Apr	CAS P&F
Wed 25 Mar	VET CAS	Wed 8 Apr	VET CAS Yr 11 Parent Teacher Interviews
Thu 26 Mar	Secondary Interschool Swimming Carnival Seniors House Debating	Thu 9 Apr	P-12 Easter Service <i>Dove Tales</i> End Term 1

Congratulations!

Scott Raykos and *Alex Bou Merhi* (Year 5) represented their TBall Club - Wanneroo-Joondalup on the long weekend in the TBall State Championships at Langley Park. They were successful in winning the State Championships in their age Division - 10's A Grade for their Club.

Jason Best (Year 10) competed in the WA Surf Lifesaving 2008/09 Senior State Championships which were held at Scarborough beach last weekend (28 Feb and 1 Mar) as part of the Mullaloo A Team - Under 15 Male Board Relay team and Mullaloo A Team - Under 15 Male Surf team. Both teams won silver medals.

Traffic Warden

Plans are under way to have a traffic warden on a cross walk on St Stephens Crescent. If you are interested in working as a Traffic Warden please contact 6274 8731. Information about the job and selection will be done from the Traffic Warden State Management Unit.

Coffee Connect

This is an invitation to all parents to join us for coffee every Friday (starting Friday 6 March) from 8.00am in the Canteen Area for a time of connecting and catching up with each other. If you wish to know more, please ring Tracey or Anne on 9306 7111. Otherwise, simply turn up and enjoy yourself!

Whole School Information (cont)

Music Opportunities

Music classes and choir practices are held in the demountable classrooms on the edge of the school oval, unless otherwise stated.

Instrumental Tuition classes: the tutors will let students know where their lessons will be held.

We apologise for any inconvenience caused while we rearrange our music locations.

If you still missed ensemble sign ups and instrumental tuition it's not too late to enrol.

The following instruments are available for tuition: Trumpet, trombone, clarinet, flute, fife pipe, Alto/Tenor/Baritone saxophone, violin, viola, cello, double bass, electric bass, piano, percussion, drums, classical guitar, classical / contemporary / musical theatre voice.

Forms for instrumental tuition can be collected from the music office or request via email.

Ensembles now rehearsing are:

Instrumental Groups	Vocal Groups
Jazz Big Band (Wed 7.30am)	Music Major Vocal Group (Tues 8.10am)
Concert Band (Fri 7.30am)	Divas Devine (Friday 7.30am)
Junior Concert Band (Thurs 3.30pm)	Vocal Workshop (Friday Lunch)
Stage Band (Tues 7.30am)	Male Barbershop (Tues Lunch)
Classical/Flamenco Guitar Ensemble (Wed 7.45am)	Female Barbershop (Tues Lunch)
Primary Acoustic guitar ensemble (TBC)	Year 7 Choir (TBC)
Saxophone Ensemble (Fri Lunch)	Year 6 Choir (Tues 1.20pm)
Clarinet Ensemble (Start Term 2)	Year 5 Choir (Mon 1.20pm)
Percussion Ensemble (TBC)	Year 4 Choir (Mon 2.40pm)
Fusion Flutes Ensemble (Thurs Lunch)	Junior Sing Thing (Thurs 8.00am)
Primary Strings Ensemble (Mon 7.30am)	Senior Sing Thing (Tues 8.00am)
Junior Strings Ensemble (Thurs 7.30am)	
Secondary String Ensemble (Thurs 7.30am)	
Chamber Ensemble (Thurs 7.30am)	
Funk Soul Rock band (Tues Lunch)	
Classical Funk Band (Thurs 3.30pm)	
Year 7/8 Band (Mon 7.30am)	
Primary Rock Band (Wed 3.30pm)	

Please contact Mr. Shannon de Bie on 9306 7342 or email debiesh@ststephens.wa.edu.au

For primary groups please contact Mrs Debbie Pattison on 9306 7175, or email pattisd@ststephens.wa.edu.au

Uniform Shop

Secondary students will be wearing blazers in 9 weeks time. Please come to the Uniform Shop to have one fitted if you don't already have one.

Second hand uniforms for sale must be laundered first and be in good condition. The blazer must be drycleaned.

There a few house shirts for sale in all house colours sizes 18a -24a going for a bargain price of \$3.00. Parents who would like one for the house carnivals are welcome to buy one.

Uniform shop times: Tuesdays 12.30—4.00pm and Thursdays 8.00—11.00am.

Scholarship Opportunity

The Aboriginal Legal Service of Western Australia (ALSWA) is seeking applications from Aboriginal Students studying at either Primary or Secondary School for the 2009 Educational Scholarship Program. The Primary School Scholarship is worth \$250 and the Secondary School Scholarship \$500. The closing date for applications is 5pm Friday 27 March 2009. Application forms can be obtained by contacting Rhonda Stott on (08) 9265 6666 or toll free 1800 019 900, or via email rstott@als.org.au .

Primary

Parent Interviews

These take place next week from Monday 9 March to Friday 13 March, with the evening session being on Wednesday 11 March between 4.00 and 8.00 pm. A booking sheet was in the last *Dove Tales* (Issue 2 dated 20 February). If you have not already done so, please complete and return to your child's teacher.

Booking sheets are also available from the Primary Office.

It would be appreciated if you would ring us on 9306 7111 if you find you are unable to attend an interview.

Technology Requests

We are in need of the following recyclable materials: boxes, shoeboxes, wire coathangers, plastic containers/bottles, egg cartons, tubes, cardboard, foam trays, wool, fabric, bottle tops etc. Please leave contributions at the Primary Office. Thank you.

Primary Art Room requests

The Primary Art Room asks for donations of old newspapers, magazines and wool. Please bring to the Primary Art Room or leave in the Primary Office.

Secondary

Australian Computational and Linguistics Olympiad

Three teams of our Year 10 students have made their way to the State round of the Australian Computational Olympiad run by the University of Western Australia. This competition introduces students to language puzzles from which they can learn about the richness, diversity and systematic nature of language. It also teaches students what languages have in common and how they are different, how they are learnt, how they are used in different cultures and societies. We would like to wish them well as they embark on this very exciting learning opportunity.

Debating: House and Interschool

Following our success in the 2008 Western Australian Debating League competition, we will be hoping to consolidate our performance this year as we enter two teams in the Novice Category (Years 7 and 8) and one team each in the Junior (Years 9 and 10) and Senior (Years 11 and 12) categories. The House competition will begin in Week 6 of this term. Good luck to all of our debaters!

SmARTS Program

This year, six of our Year 11 students who are gifted in the Humanities area have been selected to represent St Stephen's School in the SmARTS programme run by the University of Western Australia. They will be allocated a group of students from other schools with whom they will work and they will choose a topic of contemporary concern. The students will attend tutorials at the University and will work on line with their counterparts to create a written presentation of all they have learnt through their extensive research as well as a performance in September. We wish them well as they embark on this interesting and challenging programme.

2009 Graduation Dinner

In October we will be holding our Graduation Dinner; our final formal farewell to our Year 12 students and their parents. This year the Dinner will take place at the Rendezvous Hotel at Scarborough. If you are interested in assisting with the preparations and organisation of this wonderful event, please contact Amanda Roberts on 9306 7365 or Karen Keegan on 9306 7340 for further details. We look forward to hearing from you in the near future.

Secondary (cont)

Swimming Carnival results

After a wonderful day of fun and competition the House Swimming Carnival results were as follows

1st CHARIS
2nd MAKARIA
3rd PARRESIA

Congratulations to all competitors and in particular the individual champions listed below

Year 8

Nathan Crabb
Ashleigh Verberg

Year 9

Matt Meinema
Kelsey Brosens

Year 10

Callum Innes and Jason Best
Alyse Burden and Caroline Hart

Year 11

Kevin Kusel and Jacob Singleton
Emily Thoars

Year 12

Jason Harun
Ashleigh Burden

Thanks to all those parents and friends who came and supported the students. The Interschool swimming team is now in training for the ACC, B Division, carnival held at **Challenge Stadium on Wednesday 25 February 2009**. Students are reminded that training is held on Monday, Wednesday and Friday. Please speak to Mr Gilchrist for further details.

Year 11 and 12 Seminars

"Winning Edge Strategies" will be presenting important seminars to our students. There will be different seminars for boys and girls.

The girls will hear "How Dangerous Men Think and How to Stay Safe for Life". The boys will hear "Mission Manhood". Parents of Year 11 and Year 12 students should have received a letter in regard to these seminars. If there are any questions, please ring Mr Plowman's Personal Assistant, Mrs Margaret Jones on 9306 7363.

Year 12 Students

Early last month you would have received a letter requesting you tick the students' Proficiency in Spoken English and whether you consent to award information and exam results being released for publication. It was asked that these be returned to the office by 27 February. To date we have only had half of the forms returned. Could you please ensure that these forms are returned as soon as possible so that information can be forwarded to the Curriculum Council.



Spotlight On: Get Access <http://www.getaccess.com.au/>

In today's rapidly changing world of work, increased information and choice make it more challenging than ever for people to find key information, assess opportunities and set realistic goals and priorities. In an effort to assist our students with this challenge, every month in Dove Tales, the Careers Department will be featuring an interesting and relevant career resource for students.

This month's feature is Get Access. The Get Access website has over 300 career profiles which contain information to assist students in their career decision making, including an occupation overview, job prospects, employing industries and organisations, educational requirements and related jobs. In addition, the site features over 100 career interviews that students can access to give them an insider's view of what working in a particular job is really like. The website also contains links and further information on apprenticeships and traineeships, education and training providers and other career information resources. Best of all, the information is all West Australian specific!

Community Notices

St Stephen's Uniting Church Carramar: A church meeting is held at 9am each Sunday in the Primary Forum. All are welcome to attend. The Minister is Rick Williams, phone 9306 7338 (w) or 9309 6681 (h).

Easter Camp is on again from the 9 – 13 April. This year there will be some differences. We are opening the age group up to cater from Year 8 right through to age 23. To cater to this wider age group the camp will be in two different streams each with their own speaker. This means that everything is aimed at the right level and your child will be mixing with people their own age. We have moved to the new location of Woodman Point. This campsite has new activities to try out and best of all its right next to the beach. The weekend is packed with fun as well as time to relax. This is a chance for your child to meet youth from other schools and churches. If you're interested and want more information please check out the Uniting Church website www.wa.uca.org.au/ click on the Uniting Youth tab up the top, then scroll down until you see *Easter Camp 2009 – Ark it Up!* Or you can call the Uniting Church Centre on 9260 9800.

Karate is a great way to boost confidence, get fit and have fun. Kids, teens and adults can all benefit from learning authentic Karate in our fun and supportive atmosphere. Let me help your child reach their potential - or you, reach yours! Phone Ben on 9243 3554 for more information.

Hillarys Yacht Club school holiday program: GISBS Learn to Sail Course takes place from Tuesday-Friday 14-17 April, cost \$160.00 and Monday-Friday 20-24 April, cost \$195.00. Time 8.30am – 12.30pm. This is open to ages 9 – 17. Please contact Chris or Mel on 92462833 or email training@hillarysyachtclub.com.au

This fortnight's Bible Reading: please click on <http://www.lectionarystudies.com>

Canteen Roster—if you can help, please call 9306 7132,

		8.30-11.00am		11.30am—2.00pm
Monday	9-Mar-09	Amy McAllum		Danielle West
Tuesday	10-Mar-09	C Mader		HELP NEEDED
Wednesday	11-Mar-09	H Weybury	L Saunders	HELP NEEDED
Thursday	12-Mar-09	M Kirkby		A Res
Friday	13-Mar-09	Donna Rymer		Vicki Prescott
Monday	16-Mar-09	New Crosser		L Scott
Tuesday	17-Mar-09	L Tinley		C Mader
Wednesday	18-Mar-09	S Hawkins		Sue Dredge
Thursday	19-Mar-09	S Overstone		C Gilchrist
Friday	20-Mar-09	HELP NEEDED		HELP NEEDED
Monday	23-Mar-09	Babe		HELP NEEDED
Tuesday	24-Mar-09	D Markovic		HELP NEEDED
Wednesday	25-Mar-09	H Weybury	L Saunders	
Thursday	26-Mar-09	HELP NEEDED		HELP NEEDED
Friday	27-Mar-09	HELP NEEDED		HELP NEEDED

<p>DUNCRAIG 100 Doveridge Drive Duncraig 6924 PO Box 68 Greenwood Western Australia 6924 +61 8 9447 1111</p>	<p>CARRAMAR 50 St Stephens Crescent Tapping PO Box 246 Joondalup Western Australia 6919 +61 8 9306 7100</p>
--	---

Website: <http://dovetales.ststephens.wa.edu.au> <http://www.ststephens.wa.edu.au>

ANGER

Managing anger is the biggest emotional issue that most children face

Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. 'Civilised people don't get angry' seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

There are four ways anger is dealt with and only the fourth one in this list should be considered healthy: These are:

- 1. Muzzle it** - Bury anger deep-down and it will go away is the attitude! This doesn't work for many children as anger just simmers and doesn't dissipate.
- 2. Muscle it** - Some children lash out physically so that a friend, sibling or parent literally feels their anger.
- 3. Mouth it** - Verbal abuse is usually hurtful and backfires on the angry person.
- 4. Manage it** - Anger can be expressed in ways that are not hurtful to anyone including themselves.

THE FOLLOWING FIVE STEPS CAN FORM THE BASIS OF AN ANGER MANAGEMENT PROGRAM FOR CHILDREN AND TEENAGERS:

- 1. Recognise it** - The first step is to help children recognise when they get angry. What are the physical signs? What are they thinking? We are all different but tension, heavy

breathing and clenched teeth are common reactions.

- 2. Name it** - Develop a vocabulary with your child around anger. "Mad as a snake", "about to lose it", "short fuse" are some possibilities. Children can probably generate more! Giving the emotion a name is the first step to recognising anger.
- 3. Choose it** - Help children recognise that they have a choice to stay in control or lose control when they get angry.
- 4. Say it** - Encouraging children to express how they feel verbally is healthy. Yelling at someone when they are angry is not. The use of *I statements* is one way of letting others know how they feel. *'I feel really mad when you say nasty things to me. I feel like ...'* is one way of being heard and letting the anger out.
- 5. Let it (out)** - Help children find a legitimate physical outlet for their anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. They may even pour their anger into a letter, some work or a productive activity.

The maxim for managing anger in healthy ways should be: "There is nothing so bad that we can't talk about it. However there are behaviours that we don't engage in when we are angry."

TO HELP CHILDREN HANDLE THEIR EMOTIONS:

- 1. Build** a socially-appropriate vocabulary for their emotions based on their age and stage of development.
- 2. Help** children recognise when they are angry. **Physical** signs differ for all children but generally muscles tense, teeth clench and fists tighten.
- 3.** Teach kids how to **calm** down. Deep breathing is one way of relaxing. Encourage them to think of the color RED when they get mad. Maybe give them a red button, which they are to take out of their pockets when they feel angry. When they have calmed down they can put it back in their pocket and figure out what they may do next.
- 4. Tell** children some of the ways you manage anger and the triggers you use to recognise that you are angry.



Parenting *ideas*
MICHAEL GROSE