



27 March 2009

Issue 4/2009

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As you may be aware St Stephen's is in the process of transition from MAZE and iWise databases to **Synergetic**. This is a major ICT project in the School's history. Needless to say, we are amongst the largest multi campus schools in the country that has moved to Synergetic - others being Caulfield Grammar and Melbourne Grammar.

Planning for this implementation started in August 2008 and Glenn Welsh, our Database Manager, has worked hard with the company Computing Directions Australia – CDA- to convert our data from both MAZE and iWise ready to go into Synergetic.

There will be two main phases for the implementation of Synergetic:

- ⇒ Trial Phase. All Admin staff and a few specific Academic staff have recently been involved in specialised training to run Synergetic with our data converted from MAZE and iWise and to find the problems with the data.
- ⇒ Live Phase. All staff will have access to Synergetic with updated data from MAZE and iWise. This starts on April 14.

We thank our ICT staff under Ian Mackay-Scollay's leadership for all their hard work in this complex ongoing process.

The Lorraine Paul Centre at Duncraig is taking shape and we anticipate gaining access early in Term 2. It will be cause for great celebration and will help to provide the pressing need for space around the Duncraig campus.

A review of the Administration has been undertaken by Mrs Audrey Jackson and many of her recommendations will be put in place once we have the space needed for staff and students. There will be relocations and staff changes at Carramar also as a result of this review.

One change to take immediate effect is Mr Neil Campbell's title. He is now our **Director Finance and Administration**. Mr Campbell is presently enjoying a break on the ocean from his demanding work.

In early March we celebrated the **marriage** of our Duncraig Head of Secondary, Bruce Titlestad, to Michell Bassett, Personal Assistant to the Principal and Head of Secondary at Carramar. Our congratulations and prayers are with them and their children.

We have some **vacancies in our Year 7 Transition program** at both campuses this year. This is the 'blip' year when the age for starting school was brought back to June 30, making it a smaller cohort. Year 7 classes in every school are smaller. All the places for Year 8 next year have been taken, so this is an opportunity for those who have missed out to secure a place.

Please let anyone you know with a Year 7 student who may be interested to contact the Office immediately, as the students can start next term.

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Principal's Report (cont)

Nominations are now open for the **Australian Awards for Teaching Excellence**. We have the opportunity to recognise and celebrate teaching and its contributions to the nation. We can acknowledge exceptional teachers, principals and school staff who work creatively and tirelessly for our young people. The Australian Government provides more than \$1 million in prize money to celebrate excellence in teaching. In 2009, 64 exceptional people will be recognised in 6 categories, with an additional Minister's Award for Excellence in ICT. Other awards are for:

- Excellence by a Teacher
- Excellence in Teacher Leadership
- Excellence by a Principal
- Excellence by a Beginning Teacher
- Excellence by a Support Staff Member
- Excellence by a School and its Community.

The closing date for nominations is 19 June 2009. To find out more go to: <http://www.teachingaustralia.edu.au>

Some **words of advice and encouragement** from two great heroes:

The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just. *Abraham Lincoln*

Be the change you want to see in this world. *Mahatma Gandhi*

Mrs Caryl Roberts, Principal

Whole School Information

Easter Service

Parents are invited to join us on Thursday 9 April for our Easter Service in the Sports Centre from 9.00—10.00am. All staff and students (except Pre Primary) will attend this celebration. Ladies are reminded, please, to not wear stiletto heels as this will ruin the special flooring in the Sports Centre.

Expressions of Interest - Year 11/12 Exam Supervision

We require approx 15 parents to assist us with the invigilation of the Semester One Year 11/12 examinations being held Tuesday 2 June - Friday 12 June. If you have ½ or full days available during this period, to work off your 2009 Family Commitment hours, then please contact Miss Simone Robinson on 9306 7320.

Coffee Connect

This is an invitation to all parents to join other parents for coffee every Friday 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!

Lost Property

There are many items of uniform and other lost property in boxes around the Campus. We also have an astonishing number of keys, mobile phones etc. behind the counter at the Primary Office. Please check the boxes or check with the Receptionists at the Offices (or ask your child to). During the holidays lost property boxes will be cleared and goods donated to the Uniting Church's Good Samaritan Industries.

Whole School Information (cont)

Key Dates 2009			
Mon—Wed 30 Mar—1 Apr	Drama Festival	Tue 7 Apr	CAS P&F
Tue 31 Mar	Yr 7 Swimming Carnival CAS	Wed 8 Apr	VET CAS Yr 11 Parent Teacher Interviews
Wed 1 Apr	VET CAS Yr 12 Parent Teacher Interviews	Thu 9 Apr	P-12 Easter Service 9am Sports Centre <i>Dove Tales</i> End Term 1
Thu 2 Apr	Seniors House Debating	Tue-Fri 28 Apr-1 May	VET Wet Trades Balga Workplace Learning Ningaloo Camp
Thu—Sat 2—4 Apr	Primary Music Camp	Wed 29 Apr	P-12 Return
Fri 3 Apr	Yr 12 Viticulture Excursion	Wed-Fri 29 Apr-1 May	Yr 12 Retreat
Mon 6 Apr	House Cross Country	Fri 1 May	<i>Dove Tales</i>

Congratulations!

Jessica Willesee (Year 6) competed in the 2009 Swimming WA Junior Championships and gained the following: gold in the girls 8/10 years of age 4X50m Medley and Freestyle relays, silver in the girls' 10 years of age 100m Breaststroke and 50m Freestyle and bronze in the girls' 10 years of age 50m Breaststroke.

Library News

New reads for parents and students - come and look at any time!

- ◆ *Goodbye to Shy* - 85 shybusters that work
- ◆ *The six most important decisions you'll ever make*
- ◆ *The social success workbook for teens* - developing social skills
- ◆ *Stopping the pain* - for teens who cut and self injure
- ◆ *What's eating you* -eating disorders
- ◆ *Coping with cliques*- overcoming depression

Also, the Library is looking for a parent with typing skills to complete a small job. This job would fill a commitment hour or two.

Traffic Warden

A traffic warden will be appointed for 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.

Road Safety Update

- An application for another crossing warden is well underway and we hope this application for Clarkson Drive will be successful.
- Changes to the flow of traffic off Clarkson Drive will be trialled in Term 2. A long "Kiss and Drive" will be installed along the Charis area and pick up of students will only take place at the back of Makaria or the upper end. Stay tuned for details.
- Meanwhile, some parents continue to park and interrupt the flow of traffic behind Charis. To park in this way is both dangerous and flaunts common courtesy. We have the licence numbers of usual offenders.
- Several parents are required for daily duty in our car parks. You would be required for only about 20 minutes and you would receive appropriate training. You would wear a school name badge identifying your role. Please ring Brian Plowman, Deputy of Secondary – Care (9306 7363) for further information.

Whole School Information (cont)

National Assessment Program in Literacy and Numeracy 2009 (NAPLAN)

The above assessment, which is a nation wide assessment, will be conducted during Week 3, (12-15 May, 2009) of Term 2 for all Year 3, 5, 7 and 9 students. This assessment has replaced the WALNA assessment which has been previously taken by all students. Pamphlets have been sent home via your child, outlining information for parents. If you are a parent of a primary school student and need further information, then please direct your questions to your teacher. Secondary parents can contact Mr Brett Roberts, Deputy Head of Secondary, Learning & Curriculum for any further information.



Fathers..Hear This!

Men With A Mission returns for its fourth season on Wednesday 1 April. MWM is an opportunity to come have a pub meal and a few drinks with friends and hear some speakers which could make a difference to your parenting. This is for Dads only!

Venue: Glengarry Tavern
Time: Wednesdays from 6.30pm for dinner, speaker begins at 7.30pm
Cost: \$5

Agenda for the year:

1 April: Education panel hosted by Dr Phil Ridden, Mr Barry Rose, Principal at Mirrabooka Senior High School,, Mr Rod Wood, Deputy of St Stephen's Primary and Mr Mark Fielding, Dean of Charis House. The subject is: *How can fathers help their kids best when it comes to schooling?*

20 May: *Depression*: it affects our kids too and what Fathers can do to help prevent their kids falling in the trap. Dr Shane Langsford is a clinical psychologist who has worked with children and fathers of all ages.

24 June: *Rock and Water Program*. Mr Paul Doherty will explain this worldwide phenomenon which has been showing boys how to deal with bullies. This program will be offered to fathers and sons from Year 7 and possibly Year 8 in 4 sessions later this year.

19 August: *Fathers, Fat and Good Eating*. Jane McCaffrey is a Nutrition Medicine graduate who will give fathers tips on eating healthily and being good role models for their kids. Celery sandwiches for the pub meal this night!

16 Sept: *Fathering for Our Girls*. Dr Bruce Robinson returns after a 3 year absence and tells us how important fathers are to daughters. His book "Daughters and Their Dads" follows his popular "Fathering in the Fast Lane". This is not to be missed!

28 October: *How to Drug Proof your Kids*. Mr Jethro Sobjeko is a trained facilitator for this course which is offered by Focus on the Family. Offers practical tips in addition to data from a street in your suburb.

Details of all evenings will be contained in *Dove Tales* a few weeks before the event.

Uniform Shop

Students who do not have a blazer need to be fitted now.

It is compulsory for Year 7 boys to wear the grey trousers for winter uniform.

Year 7 students may wear the Secondary tracksuit if they are cold .

Graduate College of Dance students may wear the Secondary girls' trousers as a option to the skirt.

Primary girls may wear the sport skirt and bloomers as a option to the shorts during Physical Education.

We have had a solution from Shannon Lush of the ABC radio for getting stains out of uniforms, as follows:

Rugby tops: Soak in cold water with some vinegar and bicarbonate and then wash normally.

White Grandslam tee shirts: Scotch Guard first when new. Then rub neat dishwashing liquid into shirt and soak in methylated spirits.

The Uniform Shop is closed over the holidays but will be open on the Tuesday after the holidays, 28 April from 10am to 2pm.

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

Primary

Working With Children Check

Parents wishing to attend a Primary Camp where they would stay overnight, are required by law to have a current Working With Children Check. Forms can be obtained from Australia Post. As these cards can take several weeks to be processed, you are asked to apply early for your card.

Once your form has been completed, please hand to the Primary Office where an officer of the school will countersign the form. The parent takes the form to Australia Post, has a photograph taken and pays \$10. When the card has been processed, it will be sent to the parent at their home address.

The parent is then requested to bring the card to the Primary Office for us to sight the card. Only then is a parent permitted to accompany students on an overnight camp. It is not enough to have the receipt from the initial submission of the form to Australia Post.

Meeting Times: Help Us!

In the Primary School, we hold class meetings at the start of year, camp meetings later in the year, and occasional other meetings. These are usually held around 7.30pm and usually take less than an hour.

What time suits you best? We offer you four choices: 8.00 - 8.45am, 3.30 - 4.15pm, 7.00 - 7.45pm, 7.30 - 8.15pm. Please go online at the following address and give us your opinion. Please do not vote more than once! A hard copy is attached for those that do not receive *Dove Tales* online. Please return the survey to the Primary Office.

http://www.surveymonkey.com/s.aspx?sm=fqbnktfukbYrOBw60sVR4A_3d_3d

Primary Library Easter Competitions: Year 3-6 Egg-citing EGG Competition

Can you design a model egg to explain an Egg-cellent (egg-sell-ant) word? For example, to represent the word "exciting" make a model with an egg (hard boiled or blown empty and washed) turned into a person (maybe a pirate), holding a hand up to his/her eye looking out to the horizon, sighting the view. New word: **egg-sight-ing**.

Enter the Library's **egg-stream-ly** amazing competition? When made, egg-sit your home and bring your entry to the library. Competition closes Friday 3 April. Prizes will be awarded on Wednesday 8 April at assembly. Make sure you write your name and class on your entry. Entries should be no bigger than a shoe box. Do not bring your egg-sell-ant egg competition entry to the Library before Monday 30 March.

Pre Primary— Year 3 Easter Colouring Competition

Sheets are available in the Library. Only one entry per student. Please make sure you write your name and class on your entry. Competition closes Friday 3 April. Prizes will be awarded on Wednesday 8 April at the Primary Assembly.

Secondary

Year 8 Family Picnic

Have you heard this name mentioned and that name mentioned and would like to put some names to faces? Starting to feel a little out of the loop now that they're in Secondary School? Then come along and enjoy some afternoon tea and take this opportunity to meet your Year 8s new friends and their families.

Date: Sunday 29 March

Time: Between 2 and 5pm for afternoon tea

Place: Mawson Park, Hillarys

BYO: Everything! (Bring along sports equipment).

Siblings, grandparents, teachers are all welcome!

Any queries, please call Natalie Davenport on 0419 959 496 or Nikki Parker 0409 318 488.

Free Seminar for Year 10 , 11 and 12 girls

Mr Stuart Wesley of Winning Edge Strategies led a workshop for all Year 11s and 12s on the legalities of sexual assault. He is now offering a **free workshop** to all Year 10, 11 and 12 girls **ONLY** – "**How Dangerous Men Think and How to Stay Safe for Life**". Every parent should ensure their daughter attends this seminar. Stuart has presented this seminar to over 30 high schools and the reports are always excellent. There is no charge.

When: Monday 6 April, 2009 from 3.30 – 4.45pm

Secondary



Reduce. Reuse. Recycle

For the past few years we have been recycling our paper and in more recent times addressing the issues of reducing our use and wherever possible reusing our resources. The latest move is to have a BATTERY RECYCLING collection point in the school where used batteries (not car batteries!) can be deposited for eventual collection and disposal. Used and unwanted batteries can now be left in the recycling bin located in the school library. We encourage parents to make this part of the ongoing waste management strategy implemented in your home.



Earth Hour

On 28 March at 8.30pm, tens of millions of people in hundreds of cities around the world will come together once again to make a bold statement about their concern about climate change by doing something quite simple – turning off their non-essential lighting and electrical appliances for one hour – **Earth Hour**.

What to do ...

1. Participate yourself and as a family in **Earth Hour**.
2. Tell your family, friends and anyone else about your participation in **Earth Hour**.

Visit the **Earth Hour** website to register your participation – <http://earthhour.org.au>

Pass It on

The Faith & Values Learning Area would love to receive donations of any unwanted or no longer needed or used religious items (including books). Maybe something you brought back from a holiday somewhere and no longer want? Items can be left at the front desk in Admin or sent to Faith & Values with your son or daughter. If you are unsure please call – Warren Hays (9306 7317) HOLA of Faith & Values – to discuss the appropriateness of the items you have.

Important Information for Parents on Secondary Reports and Exams

Secondary Interim Reports for Year 11 and 12 students have now been sent home. Years 7 – 10 students reports will be posted home on 9 April. (last day of Term 1). Parents, please don't forget to sign and return the tear off slip on the bottom of the report and have your child return the slip to their homeroom teacher.

Following the issuing of the Interim reports, there will be **compulsory** Parent/Teacher/Student interview evenings for both Year 11 and 12 students. For Year 11 and 12 parents, this is your only opportunity for a formal interview with your child's teachers for 2009. The Year 12 evening will be held on Wednesday, 1 April and the Year 11 evening will be on Wednesday, 8 April. Booking sheets were included with the reports and students should have made bookings directly with their teachers.

Year 7-10 Parent/Teacher interviews will be held on the Pupil Free Reporting Day on 21 July 2009. The Semester 1 reports will only be available for collection by parents on this day. Further details will be advertised close to the date.

Dates to keep in your diary for Semester 1 are:

Year 11 and 12 exams will commence during Week 6 and 7 of Term 2 (2-12 June).

Year 10 exams will take place during 24 – 26 June.

Interview Evening

Have you got your appointment times for the **COMPULSORY** parent/teacher/student interview evening. Parents are requested to please pick up a letter regarding WACE information which will be available in each House on the night when you attend the interview. Interviews will be held as follows:

Year 12 Wednesday 1 April (next Wednesday)

Year 11 Wednesday 8 April.

Scholarships

Scholarships are open to students between 15-18 years of age and offer the unique opportunity to live and study overseas for a semester or year. Students' language skills improve, their independence and maturity is enhanced and they gain an important edge when it comes to future career and study opportunities. A Scholarship and early bird discount flyer (pdf 135kb) can be downloaded at: www.studentexchange.org.au/downloads/ If you would like a scholarship information pack please call 1300 135 331 or speak with Mr Brian Plowman.

Secondary (cont)

Secondary Presentation Evening

Please note the date for our Year 7 - 12 Presentation evening is Friday 27 November 2009 in our Sports Centre. Year 12s are to attend this function as it is the school's formal farewell to them.

Community Service Hours

Please talk to your Year 10 or 11 child if they have not completed their Community Service Hours. Try the following websites for ideas and events:

www.give20.org.au

www.volunteeringwa.org.au

www.bswb.det.wa.edu.au/dpf/bswb/content/community-service/host-agencies Don't forget to check out the local paper for advertised activities. Remember the onus is on the student to find their hours!

TEE Revision Courses—April Holiday Program

Study skills, essay writing and subject courses for Years 11 and 12. Venues north of the river; small groups; expert teachers; individual help. For more information contact Dr Pam Bagworth or Dr Robert Hallam, ACADEMIC TASK FORCE. Ph 9317 4421.

Proficiency in Spoken English—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. Could you please ensure that these forms are returned to the Secondary Office soon as possible so that information can be forwarded to the Curriculum Council.

Careers Information

Careers Information available in the Library

Careers Information is now available in the School Library! Every month a different topic or theme will be featured to assist students to identify and explore occupational areas of interest and help them make those difficult decisions about what they would like to do in the future. This month's theme is "Help! I don't know what to do". Information on school subjects students like and jobs they can lead to, career assessments/quizzes that students can undertake at school or at home, and print resources which describe key information on thousands of occupations are all available for parents and students to view. The Careers Information area is located at the back of the Library by INSPIRE. One of our friendly Library Staff Members will be able to point you in the right direction.

TAFE Enrolments – Semester 2 2009

Applications for part-time or full-time studies at TAFE in Semester 2 2009 **open on 4 May**. Applications which require submission of a **portfolio close on 29 May**, all other **applications close 10 June**. See the TAFE WA website www.tafe.wa.edu.au for more information about TAFE courses, study options and admission requirements or see Ms Johnson in the Careers Office.

Year 10 Parent Evening - Curtin University

This information evening will give parents the advice they need to help their child with the transition from school to university, including subject selection for Year 11 and 12, scholarships and university support services. It is on Wednesday 8 April at 5:30pm at Curtin University (Bentley Campus), Building 408, Lecture Theatre 1019. RSVP via the Curtin University website <http://www.futurestudents.curtin.edu.au/parents> .

University of New South Wales – Opportunity for Indigenous Students

From Saturday 4 July – Saturday 11 July 2009, Nura Gili Indigenous Programs at the University of New South Wales (UNSW) will run the annual Winter School for Indigenous High School Students in Years 10, 11 and 12. Students will travel to Sydney and stay on campus where they will participate in a program designed to introduce and familiarise prospective students to tertiary studies and university life. This program is run at no cost to students. All travelling, meals and accommodation are provided by UNSW. For more information or an application package contact (02) 9385 3805 or email nuragili@unsw.edu.au, alternatively see Ms Johnson in the Careers Office. **Applications close on 29 May 2009.**

Careers Information

University Open Days and Events for 2009

The various WA Universities are now starting to announce their open days and other key events for 2009. Keep checking the university websites (links available on the School's Intranet) and make note of the dates below to ensure you don't miss out on any events you or your family may be interested in attending.

Murdoch University	Open Day 30 August
WA Academy of Performing Arts	Open Day 2 August
Curtin University	Open Day 16 August
University of Western Australia	Open Day 9 August
University of Notre Dame	Open Day 16 August
Edith Cowan University	
Joondalup Campus	Open Day 19 July
Mt Lawley Campus	Open Day 2 August

If you would like a full listing of the key events in 2009 for any of the Universities please see Ms Johnson in the Careers Office.

University Scholarships Information

The universities in WA offer a huge range of scholarships to eligible students throughout the state. If your son/daughter is considering university studies in 2010 or beyond, it is well worth taking some time to look through the various scholarships on offer to see if your family is eligible to apply. To help you in your search, the links for the relevant university websites are listed below.

University of Notre Dame - <http://www.nd.edu.au/scholarships/notredame.shtml>

University of Western Australia - <http://www.scholarships.uwa.edu.au/>

Curtin University - <http://scholarships.curtin.edu.au/>

Murdoch University - <http://www.oss.murdoch.edu.au/scholarships/>

Edith Cowan University - <http://www.ecu.edu.au/student/fees/scholarships/index.php>

Prospective Student Information Evening – Edith Cowan University

Anyone considering tertiary study is invited to an on campus evening of inspiration and information at Edith Cowan University (ECU). Bring your family and friends along to find out about ECU, course offerings, admission, subject selection, scholarships and more. Great for Year 10-12s and people considering mature-age or postgraduate studies.

Joondalup Campus - 6.30pm to 8.00pm on Wednesday, 1 April at Building 7, Room 7.103

Mt Lawley Campus – 6.30pm to 8.00pm on Thursday, 2 April at Kurongkurl Katitjin Gallery, Building 15 Room 15.127

For more information or to register for either of these events visit <http://www.ecu.edu.au/student/events/event.php>

“Vet for a Day” Event – Murdoch University

Murdoch University Veterinary School is now taking applications from interested Year 10 and 11 students for their annual “Vet for a Day” event to be held on Sunday 3 May (a similar event will be held on 6 July for Year 12 students). The aim of the day is to provide insight into the life of both a veterinary student and practising veterinarian. The day will commence with short lectures from university staff discussing what students can anticipate from the course itself, followed by lectures from vets who have chosen a variety of different careers. Participants will then split into small groups to tour the facilities of the Vet School. Each main section of the school will be visited, with some 'hands on' experiences as permitted by health, safety and ethical guidelines. Students will be guided by both vet school staff and students, allowing plenty of opportunity for questions and interaction. Cost per student is \$144 and includes lunch and refreshments. Application forms are available from Ms Johnson in the Careers Office.

Careers, Education and Employment Expo 2009

The Careers, Education & Employment Expo will be held at the Perth Convention Exhibition Centre between 15 and 17 May 2009. The event is open between 9.00am and 3.00pm on Friday and 10.00am and 4.00pm on Saturday and Sunday. Entry is free on all days.

The Expo will feature representatives from all major tertiary institutions, other educational institutions, industry associations, training organisations, government agencies and many potential employers. It will provide students with the only opportunity in the first half of the year to talk with representatives of all Western Australian Universities and all metropolitan TAFE colleges in one place. For further details please visit www.careersandeducationexpo.com.au

Careers Information (cont)

Careers in Wildlife – Reminder

The Perth Zoo is hosting one-day seminars during the April and October school holidays. These seminars are ideally suited to secondary students 15 years or over who are interested in learning about the variety of careers available working with animals. The program includes:

- ⇒ behind the scenes tour of Perth Zoo and in-depth look at the work of zoo keepers
- ⇒ guest speakers from tertiary institutions and conservation organisations
- ⇒ tips on making contacts and 'getting your foot in the door' to competitive and exciting careers working with wildlife.

Cost per student is \$50.00 (inc GST). Dates are 22 April 2009, 23 April 2009, 8 October 2009 and 9 October 2009. Registration forms are available from Ms Johnson in the Careers Office.

Community News

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 Service times:

Palm Sunday—5 April at 9.00am. The donkey speaks out

Good Friday—10 April at 9.00am. A service of meditation and reflection, followed by a morning tea with hot cross buns.

Easter Sunday—12 April at 9.00am. He is risen! A celebration of the Easter message with the sharing of Holy Communion.

Easter Camps

How are your holiday plans going? Do you need to 'Ark It Up'? The **Uniting Church 'Ark It Up' Easter Camp** is happening again this year from 9-13 April. Visit www.wa.uca.org.au/uniting-youth or come and see Mr Hays for an information flier or to just ask some questions.

Scripture Union also have their holiday camping programme over the Easter break. Please see Mr Hays or visit www.suwa.org.au.

Helping others call Western Australia home: Always wanted to experience a new culture in your own home? Perhaps put into practice a language you've learnt for years? Do you want to show the world that there's a lot to Australia and in particular Western Australia? Why not host an AFS exchange student?

Arriving in July and staying for 6 months on an AFS exchange program we have high school students coming from different countries in Europe, Asia, the Americas and Africa. In addition, AFS will be welcoming AFS Community Service volunteers who have chosen to spend 6 months of their life helping community, educational and governmental organisations throughout WA.

AFS host families come in all shapes and sizes; we look for secure, open minded, understanding and loving families who are willing to share their lives with a young person from the other side of the world!

AFS ensures peace of mind for host parents and students before, during and after the experience. In 1989, the United Nations awarded AFS a special testimonial citation for outstanding services to youth. AFS is the only student exchange organisation to be recognised by the United Nations for services to world youth.

Please call AFS WA Volunteer Hosting Coordinator, Joyce Vandenberg on Ph: 08 9534 5823 or 0409 535 721. For more information visit www.afs.org.au

Community Notices

An Evening on The Green for the Family

You are invited to a family day, which is also a charity fundraiser for the Helen Flavel Foundation Learning Centre, Singaraja-Bali on Sunday 5 April from 4-8pm at 69 Bushland Retreat, Neerabup. There will be school bands, out of school bands, soloists, a sing-a-long, raffles, pool facilities and trampoline. BYO friends and family, bathers, towels, chairs, drinks and nibbles. A sausage sizzle and soft drinks will be on sale. The entry fee is \$5 per person. This is a fun day to be had by all ages. Parking is on the road only. Please do not proceed down the driveway. RSVP Sofia 0418 954 144 or Mason 0420 591 720.

Calisthenics is an artistic team sport which includes gymnastic movement, dance and many other skills. This class is suitable for 13- 16 years. (Year 8 – Year 11). Bring your friends, have some fun, improve your fitness and learn some new skills from our qualified and experienced coaches. No experience necessary. Classes take place at Wanneroo Community Centre, Civic Drive, Wanneroo every Tuesday from 5.30 – 7.30pm. For further enquiries please call Jill on 9408 0476 or 0448 882 285. (Phoenix Calisthenics).

Karate is a great way to boost confidence, get fit and have fun. Your child will benefit from learning authentic Karate in our fun and supportive atmosphere. Phone Ben on 9243 3554.

Fun4Kids Circus Spectacular takes place on Tuesday 14 April and Wednesday 15 April (school holidays) from 8.30am to 3.30pm at Christian City Church, 31 Chadlington Drive, Padbury (Hepburn Heights). Children from ages 5-12 years old are invited to join us for a day of circus fun, animal farm, crafts, pull-aparts, movies, drama, music, console games, cooking, games, beados, science show, water fun and giant slides. Cost is \$35 per day which includes lunch, drinks and snacks. To register for an info pack please go on line to www.c3hh.com.au or phone 9307 5000 or call in person at the church.

Extra for Years 7, 8 and 9. Stadium Clash program 'At the Movies' on Tuesday 14 April and/or Wednesday 15 April from 8.30am-3.30pm. The cost is \$35 per day Includes lunch, drinks and snacks. Activities include screen movie, sports, acrobatics, games, consoles, science show big prize give away, and more. Venue: Christian City Church 31 Chadlington Drive, Padbury. Contact: Ben beng@c3hh.com.au 9307 5000 www.c3hh.com.au <http://www.c3hh.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	30-Mar-09	Tina de Klerk		HELP NEEDED
Tuesday	31-Mar-09	H Gribben		HELP NEEDED
Wednesday	1-Apr-09	Sharon Carter		J Dugdale
Thursday	2-Apr-09	Sally Coombs		Lesley Gates
Friday	3-Apr-09	T Maley	HELP NEEDED	S Safe
Monday	6-Apr-09	N Higginson	New Crosser	HELP NEEDED
Tuesday	7-Apr-09	Amy McAllum		Janell Vlahov
Wednesday	8-Apr-09	H Weybury	L Saunders	J Baron
Thursday	9-Apr-09	M McGowan	Derrin Muirden	HELP NEEDED

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ATTENTION-SEEKING

Attention-seeking is the most common form of misbehaviour in children

Attention-seeking can take many forms – eating problems, clowning, the walking question-mark, constant interruptions, showing-off and whining.

Attention-seeking is the most common type of misbehaviour in children. Attention-seekers want to keep their parents busy or keep them in their service. There are two types of attention-seeking behaviours – “help me” behaviours and “notice me” behaviours. “Help me” behaviours include; feigned incompetence, laziness, forgetfulness and untidiness. These are all great ways for kids to keep their parents busy with them. “Notice me” behaviours include; eating problems, clowning, the walking question mark, constant interruptions, showing-off and whining. These behaviours are usually very effective at gaining unwarranted attention as they are very difficult to ignore. Parents often unknowingly encourage children’s attention-seeking behaviour by constantly responding to it.

HOW DO I KNOW IF MY CHILD’S BEHAVIOUR IS GENUINE OR ATTENTION-SEEKING?

Check how you feel when children misbehave. If you feel annoyed or irritated then that is a sure guide that it is attention-seeking behaviour you are dealing with.

If you are still unsure, ask yourself:

‘Would the behaviour stop if I ignored it?’ If the answer is yes, then it’s attention-seeking, as it requires feedback to continue.

HOW TO CHANGE ATTENTION-SEEKING BEHAVIOUR

- **As difficult as it seems you need to ignore attention-seeking behaviour as much as possible.** The easiest way to ignore misbehaviour is to put your attention elsewhere when kids misbehave. If necessary, correct a child, but in a low-key manner to give him or her little attention.
- **Provide lots of positive attention** – play, talk, encourage, value their contributions and achievements. In the absence of positive attention, children will settle for second-best – negative attention such as nagging or even punishment. At least you know they are around!
- **Help attention-seekers feel useful.** Let them know that they don’t have to resort to cheap tricks to gain a sense of belonging in their family. Make sure each child does something around the home that someone else relies on. Help them belong through positive contribution rather than through poor behaviour.

- **Spend time with them.** Read, play, chat or just relax together. Our limited time with children needs to be enjoyed rather than spent reacting to or trying to change poor behaviour.
- **Catch children being good.** Children need to get the message that cooperative behaviour gets them more attention than negative behaviour. Ignore the poor and accentuate the positive is the message here.
- **At times some children may feel neglected or think that a brother or sister is receiving all your attention.** If this happens plan to have some one-to-one time with each child. Develop a special interest that you share with each child in your family so you have something in common.
- **Help each child develop a sense of other.** That is, your children need to understand that the family doesn’t always revolve around them, which tends to be the case with many attention-seekers.



Parenting *ideas*
MICHAEL GROSE