From the Principal with help from Debbie Cann and Denise Duncan

Hi Everybody,

While we talk a lot about our continuing focus on learning and performance of our students, one of our critical missions is about making certain our students are physically, emotionally, socially and mentally healthy so they can achieve their potential.

Last Friday, we got, (indirectly) really positive feedback about our ‘mental health’ approach, and we got it from Jeff Hutchison’s ABC talkback program. Deb Cann, who doesn’t work on Fridays, was listening to Jeff and the visiting “Thinker in Residence” Stuart Shanker, discussing mental health and young people. Needless to say, Deb decided to ring the program and talk about what we do in our school. The feedback she got was that our programs were “absolutely on the right track”.

When she told me her story I asked her and Denise Duncan to sketch out their approach for both Mead and Bentley Street Campuses for the newsletter. Both talked about the core focus on mental health and resilience in Heath Education, but each stressed the embedding of the learning across the whole curriculum and in every classroom. In our school the key learning “doesn’t stop with Health Education!”

So why the big focus on the mental health of our young people?

Young people have always needed coping skills to deal with the challenges of life but there is increasing evidence that suggests that today’s world is significantly different from that of previous generations in four significant ways.

1. Young people are more likely to encounter a greater range of difficult circumstances, negative events and down times than previous generations.
2. They are less equipped than previous generations to cope well with these challenges.
3. In response to these challenges, they are more likely to turn to maladaptive strategies such as drug and alcohol use, anti-social behaviour and suicide.
4. There is a relative epidemic of depression among young people that was not apparent in previous generations. The World Health Organisation predicts depression will be the world’s leading cause of disability by 2020.

Feedback from students about the program

“Giving a massage lets the person get a little break. It gives their brain a rest”

“It makes me ready for work. My brain feels fresh”

“It calms my brain” “It lets away the stress, calms me”

“Giving a massage makes people feel relaxed and comfortable”

“It relaxes your brain so you can focus on your work”

“Giving a massage makes the person happy”
Students have also been involved in a program called “Bounce Back” which covers the areas of core values, human resilience, courage, optimism, emotions, relationships and bullying.

Our Protective Behaviours program also teaches children to be safe and to speak out if their safety is at risk in any way. Stress is another challenge for some students and in looking at how to deal with stress in a positive way, some of our senior and junior students have been doing Relaxation and Yoga as well as Zumba.

There are many strategies and approaches which schools can adopt to create more resilient classrooms where personal skills where students feel valued, feel a sense of belonging, are engaged and can learn social and personal skills.

At Donnybrook we can use many of these. Our teachers’ connect with students in a personal way, use cooperative learning, teach social skills, use “circle time”, hold classroom meetings and create a physically and psychologically safe environment.

This approach continues on the senior campus at Bentley Street but, with the older students we use different strategies and the content widens to address adolescent issues associated with mental health including: best practice resilience, drug, road safety and sexual education.

In the broader curriculum for our adolescents we focus on values with explicit acknowledgment of the 5 skills of resilience:

1. Helpful and positive thinking
2. Resourcefulness
3. Understanding emotions
4. Relationship skills
5. Self-understanding

The pursuit of excellence, personal best, respect for self and others, cooperation and collaboration and working as part of a team. These skills and competencies are scaffolded into learning in academic and practical areas of the curriculum.

Further, we have explicit programs designed to develop young leaders and our GROW program on Friday afternoons. (GROW—Getting Ready For the Outside World) comprises of interest based programs for all Yr 6 - 10’s, to further develop our students capacity to cope.

Our investment in personal development and resilience underpins the learning enterprise in our school.

Please keep an eye on our website for a broader set of information on this topic.

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The Eisteddfod—a performers view!

On Thursday June 14 I left home at 8.00 to head off to Eisteddfod in Bunbury I was playing the Flute at 9.15 in the under 14 modern solo with recorded accompaniment.

I had my own dressing room! I went on stage—bright lights beaming in my face. I played the entertainer and ended up getting 89% and coming first! In the band we came 2nd and our Tap Troupe got highly commended.  

**By Emily Fernley**

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**Eisteddfod News**

Congratulations to the Bellplayers from Year 5 who participated in this year’s Bunbury Eisteddfod last Saturday. The group represented our school magnificently, scoring 84% and achieving third place.

The adjudicator’s comments reflected the commitment and dedication shown by this group. General presentation, interpretation of style, technique, accuracy and musicianship all achieved a score of excellent.

The adjudicator only separated first, second and third by a point, so it was very close.

This has resulted in our group being asked to perform at the Gala Evening Concert on Saturday 30 June 7:00pm. This is a wonderful recognition of the efforts put in by the students particularly considering the huge number of participants that enter the competition.

The main aims of participating in the Eisteddfod however, have always been to encourage the students’ belief in themselves, to expand their comfort zones and to develop the values of responsibility, teamwork, commitment and to strive towards a standard of excellence.

Well done to all of you.


Also, congratulations to those students who have been involved in the Eisteddfod outside of the school. There have been several students performing in the areas of dance and solo instrumental. It takes courage to perform on a large stage in front of an audience. Well done to all of you.

**Debbie Cann**
Mead Street Faction Cross Country

Mead Street students participated in their annual Faction Cross Country on Thursday, 31 May. Congratulations to all those who took part and thank you to the parents and other family members who cheered the children on. We nearly escaped the rain - twelve students in our last race did get a little damp but they pushed on and completed the 2.7 kilometre race. Every student who completed their race gained points for their faction.

The final results for this year's Faction Shield were:

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<th>2nd Red</th>
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<tr>
<td>Yr 1 Boys</td>
<td>Beau Wallace</td>
<td>Tinker</td>
<td>Luke Hutchinson</td>
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<tr>
<td>Yr 1 Girls</td>
<td>Biralee</td>
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<td>Keira Dronow</td>
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<td>Yr 3 Boys</td>
<td>Cynda Davis</td>
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Famous Australian - Year 6 Evening

The Year 6’s have been researching an Infamous or Famous Australian which will culminate in a presentation evening on Tuesday July 3 from 6:00pm, in the Art room at Bentley Street. Students are encouraged to dress-up as their chosen person.

Art News

Year 8 students are completing their Celebrity Pop Art Portraits having investigated and learnt about Pop Art. Pop Art is characterised by bright colours, repetition, simplified line drawings and sharp tonal lines.

Sharni and Josh both created unique artworks with little teacher assistance. Both these artworks will be submitted for selection in our regional Art Exhibition—Visions next term.

Important News

Arriving in the post soon will be a Student Update Form. You will receive one for each student enrolled at Donnybrook District High School. It is important that you fill this in and get it back to us as soon as possible.

Our database needs to be accurate to keep your child safe at school. Thank you in anticipation.
IMPORTANT DATES:

Friday       June 22  - Mead Street Assembly
Tuesday      June 26  - Bentley Street Assembly - 9.00am (There will be a Band Item at this assembly)
Mon - Fri     July 2-6 - 10T Work Experience
Wednesday    July 4   - Reports home to Parents Yr 1 - 10
Friday        July 6   - Mead Street Assembly
Friday        July 6   - Students/ Staff last day of Term

Every Wednesday Early Closure: Mead Street - 2.35 - Bentley Street 2.45

P&C Voice – Learn Share Participate

A MESSAGE FROM YOUR CANTEEN - Manager Mrs Aleks Jackson, Ph 97311457

Your DDHS Canteen is proudly managed by the Donnybrook District High School P&C Association

Meal Deal – Keep an eye out for a great meal deal “Cucina Italiana” coming up for all students on

Thursday, 28 June 2012. Please remember that no other menu items can be ordered on this day.

MEAL DEAL ORDER FORMS ARE AVAILABLE FROM BENTLEY STREET FRONT OFFICE.

Icy poles and ice creams will be available at the counter during lunchtime on that day. PP and year 1 & 2 students can pre order icy poles on their meal deal order forms. Make sure that you return your meal deal order with your money to your class canteen order container by Monday, 25 June.

Thanks For Your Help But We Need More! - GREAT to see some new faces volunteering their time to help make lunches for our students, but we could always use more! If you have 1, 2 or 3 hours, come and join the team…even if it is just once a term or once a semester, every little bit helps!

Please look at the term 2 roster and see if you can help on a day that needs a volunteer – doesn’t matter if you are Mead Street or Bentley Street based, we need help everywhere, so call Aleks on 97311457 ASAP.

TERM 2 Roster

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Thanks to St Johns Donnybrook – A big thank you to St Johns Donnybrook and Kathy Irvine who has helped us source materials for our Canteens’ first aid kits.

DDHS P&C 2012 Footy Tipping Competition – Game on!

The 2012 Footy Tipping Competition got off to a great start this year with 150 tippers all vying for fantastic prizes worth in excess of $6000. The grand prize - A Trip for 2 to the 2012 Grand Final Game and a weekly prize of $70 for the best tipper of the week. Congratulations to all of our weekly winners so far – Noel Welsh, Glenda Murat, Ashley Stonham, Pat & Pete Nieuwenhuyze and Trevor Deschamp (equal round 4 winners) , Mike Stubb ( 2 time winner who donated back his second $70 cheque) , Mike Armstrong, Ellen Ellard, Mick Zwart and Jamie Giles. Good luck to all of the 2012 tippers. Enjoy the rest of the season! Thank you to the Donnybrook Newsagency for hosting the manual tipping box again this year. Big thanks also to the Donnybrook Post Office for their generous assistance with the distribution of advertising flyers.

Out of School Hours Care

A DDHS P&C Family-School Partnership Project

Out of School Hours Care is coming to Donnybrook!

We have secured an out of school hours care provider and are currently working with them to finalise the service contract and the licensing processes which includes several site inspections. While DDHS will be ‘hosting’ this service at the Mead Street school site, it is important to understand that this will be a stand alone business and the provider will have full responsibility for this service, not the school. The new OSH Club will be considered a community service and will be available to all school aged students from within and around the Donnybrook area.

The OSH Club is an accredited and highly regarded franchise group who manages and runs out of school hours care programs in schools and communities throughout Australia. It has most recently opened a service in Bunbury at the Coinda Primary School site and just this term has opened a service in Dallilyup.

It is planned that OSH Club, in the first instance, will offer after school care services to the Donnybrook community and will be open to all school aged children from within and around the Donnybrook area. It is hoped that this will kick off sometime in Term 3, 2012.

OSH Club will be conducting Parent/Carer meetings in the near future to provide information for any families interested to hear what this service will offer. These meetings will be widely advertised throughout the broader Donnybrook Community. For further information please contact Janine Morgan, DDHS P&C representative on 9731 0265.