



**IMPORTANT DATES**

**Year 12 Exams – 08/06-12/06**

**Year 11 Exams – 15/06-19/06**

**Year 10 Exams – 22/06-26/06**

MESSAGE FROM  
THE PRINCIPAL

**Covid-19 – Phase 3**

On Monday, 8<sup>th</sup> June 2020, Phase 3 of the WA Roadmap to Post Covid-19 recovery commenced with new operating guidelines for Western Australian public schools.

In essence, this means that a number of school activities can now resume, although some restrictions are still in place in relation to the number of people who can be in attendance. The following activities will now resume; excursions, incursions, camps, interschool sports, contact sports and the use of school facilities such as the school's gymnasium after school hours by the community.

Parents/carers are now able to enter the school with their child and they are able to go onto the school site to attend pre-arranged meetings with school staff. All visitors to the school are asked to observe physical distancing with a two square metre rule per person and good hygiene practices are to apply.

The current health, hygiene and cleaning practices that commenced in the school at the beginning of Term 2 will continue through the Phase 3 period.

Please feel free to contact me at the school on 9848 0100 if you would like further information about the school's operating guidelines for Phase 3.

**New School Website**

I am pleased to advise that our new school website is now live and available online. I invite you to please have a look at the website on the link below to view the types of information that is available and which will be updated as necessary.

<https://denmarkshs.wa.edu.au>

Thank you to our School Officer, Rennae Young who liaised with the website developer to design and build the new website.

**Voluntary Contributions and Charges**

In the May edition of the Newsletter, I indicated that the invoices for the 2020 Voluntary Contributions and Charges will be sent to parents/carers during the first week of June.

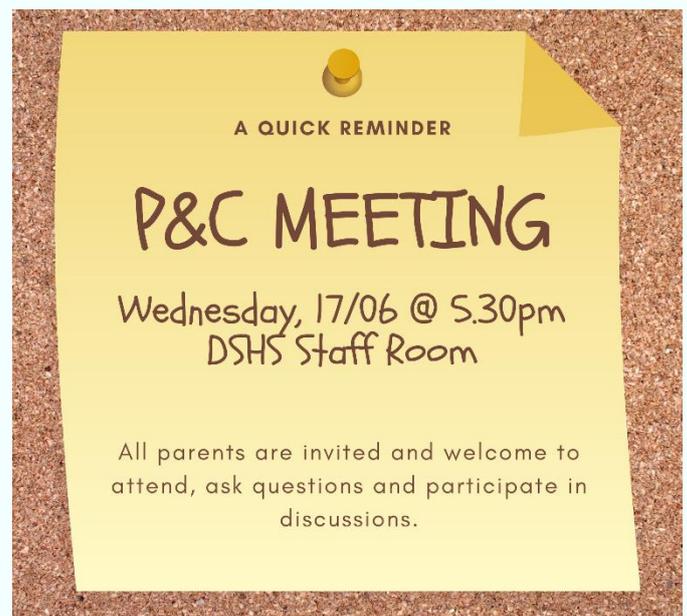
Please note that given the current circumstances some families are in due to Covid-19, the invoices will be sent to parents/carers early in Term 3. Payment plans are available with details to be provided on the invoice.

**School Development Days–Semester 2**

Please mark on your calendar the following School Development Days in Semester 2 for Denmark SHS. Students will not be required to attend school on these days.

1. Monday, 3rd August 2020
2. Friday, 28 August 2020
3. Friday, 13th November 2020

Trevor Henderson



# Canberra Camp Update

## Canberra 2020

Cancelled due to Covid-19 restrictions on interstate excursions Rescheduled date in 2021 for affected students

## Canberra 2021

10<sup>th</sup> – 17<sup>th</sup> July 2021, Year 10's (current Year 9's)

7<sup>th</sup> – 14<sup>th</sup> August 2021, Year 9's (current Year 8's)

Applications have been finalised, students may still apply to be on the reserve list.

Final costing determined in September 2020, \$2000 is estimated cost

## Canberra 2022

13<sup>th</sup> - 20<sup>th</sup> August 2022, for Year 9's (current Year 7's)

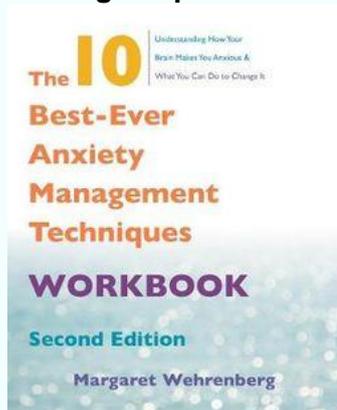
A meeting will be held later in 2020, where the itinerary, costs and application process will be explained. Interested parents and students should attend. We will advise the date of this meeting when Covid-19 restrictions on meetings is lifted.

Estimated cost of excursion is \$2000, Deposits of \$200 will be requested from successful applicants by end of year, 2020.

For further information, please contact Jodie Pollard 9848 0100

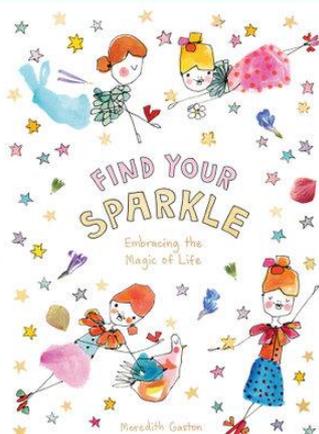
## In Our Library

### Placing the punctuation in your Day



Our school Library has a "Permanent Display" of books, magazines and memes to provide for students to access to help them with life's hurdles and help provide them skill sets for the future.

WELLBEING • MINDFULNESS • CREATIVITY • ESCAPING



Our Science Technician, Lexie Carter and Year 9 student, Daniel Hall are testing the temperature of our new Aquarium

## Denmark SHS Ex-Students, Summer Stirling & Kalin Lane, achieving great heights in Netball & Football.

*\*The articles below taken from 'Albany Advertiser Sport' Facebook Page.*



"It has been a long wait for Denmark shooter Summer Stirling but it is almost over.

Stirling has joined Peel Lightning in the WA Netball League this season and last week Netball WA announced their premier competition will return on July 3.

The Lightning began training last week as Stirling prepares for her second stint at WANL level."

"Standing at 204cm, Denmark-Walpole product Kalin Lane has his eyes set on a selection in the WA State 18s program. Lane has been touted as one of WA's top draft prospects this year and hopes to be part of any WA State 18s games, which could be his first step to finding an AFL home.



The 18-year-old is already part of the initial State program and has already spoken to six AFL clubs but said pulling on the WA jumper was his next goal."



# Surviving year 12

## Fact sheet for parents

### Supporting your Year 12 student

Year 12 is considered by some to be the most important year of schooling. There is an enormous amount of pressure on Year 12 students and it comes from parents, teachers, schools and the students themselves. There are a number of ways parents can support their children as they work through their final year of schooling.

#### Balance

It's important that you make sure your teenager has lots of opportunities to play sport or pursue an artistic activity like drama or music. Also, try to make sure that they spend time with their family, and friends.

#### Routine

Parents can do lots of things to help teenagers develop smart study habits. These skills do not develop automatically and parents will need to be patient while these new habits develop and the old, unhelpful ones are discarded.

### A study-friendly home

#### Environment

It is important to make your home a place where it is easy for your teenager to think.

Help eliminate distractions such as television, radio, MP3 player, talking, noisy younger children, or cluttered work areas. It is impossible to watch TV and study. Show how important schoolwork is by keeping the TV off during study time.

- Keep your conversation to a minimum and encourage younger children to use this time as their study time or quiet time, too.
- Provide physical conditions that help concentration, such as good lighting, cool temperatures and a table or desk with a supportive chair.
- The work area should be neat, have enough space for writing and reading, and should be kept clear of any clutter.
- Remind them to sit with good posture in a comfortable chair. Lying down may be so relaxing that it interferes with concentration.

#### Making time to study

You can support your teenager by helping him or her focus on their study.

- **Schedule study time.** Study times should be scheduled for whenever there are the fewest distractions or interruptions. If your teenager needs help to establish a routine, have a chat about which times could be best used for studying. Set that time aside on at least five days a week. Use the afternoon or early evening as study time, as this leaves time later in the evening for relaxing activities.

- **Plan study in two 50 minute blocks with a 15 minute break.** One 50 minute slab of study is better than several hours full of distractions and interruptions. Use a kitchen timer or an alarm clock to signal breaks and to indicate the end of study time.

#### At exam time

The exam results do not represent your teenager's future. The end of secondary school is the start of the next and usually more exciting time in your teenager's life. The moment the exams are over, celebrate. Such a celebration is crucial, as the message you will be reinforcing is that the final score is incidental. Getting through high school is a wonderful achievement in itself.

#### When the exam results arrive

This period can be even more uncomfortable than the exams because everyone feels so helpless. There is always the potential that your teenager might fall short of his or her predicted scores, and the goal of achieving a place at his or her chosen university, TAFE or apprenticeship might seem unreachable. This can result in weeks of anxious waiting. Everyone in the family is treading on eggshells, and when the results do finally arrive, quite often the family can be too emotionally drained to celebrate or regroup.

You need to recognise that feeling on-edge or uneasy is a natural response. Talk to your teenager about the way he or she is feeling and the choices and options available. Let him or her know that both you and their school are supportive.

### When the results are not what your teenager hoped

Don't be fooled if your teenager appears to be indifferent to his or her results. Almost all students care deeply about their results and about the attitudes of their friends and relatives.

- Encourage your teenager to talk and reassure him or her. Reassure your teenager that failing an exam doesn't mean he or she is a failure, and that while you may all be disappointed in the results, you are not disappointed in him or her.
- If your teenager was after a score that would allow him or her into a particular university course, reassure him or her that all is not lost, with thousands of university places being offered through the preference process.
- Put things into perspective. Reassure your teenager that everyone loses out at some time or other, and failing an exam isn't the end of the world. He or she could re-sit and do better; or decide to go a different route next time.
- Encourage your teenager to look for positive ways forward, to consider all the options available. Your teenager may want to consider completing Year 13, working or travelling for a year, or doing an internship. A career counsellor or university advisor may be able to help.
- Tell your teenager that whatever happens, you will be behind him or her 100 per cent.

### Do's and don'ts

#### Do

- guide, support and encourage your teenager
- encourage healthy eating, regular exercise and plenty of sleep
- take your teenager's efforts seriously
- create an effective work space in the house if your teenager can't study in their room
- take a whole family approach to supporting your teenager
- remind your teenager of his or her goals

- give your teenager positive feedback whenever possible
- encourage your teenager to take study breaks when necessary
- remember, the final year is about your teenager, not you
- help your teenager put, and keep, the year in perspective
- keep an eye on his or her emotional health – look for changes in sleeping or eating habits, and see your GP if you are worried
- let your teenager know that you're there when he or she needs you
- encourage your teenager to believe in himself.

#### Don't

- nag
- overload your teenager with domestic chores
- tell your teenager to work harder or he or she will fail.

### References

- <sup>1</sup> Mission Australia (2012) Youth Survey 2012; page 5.
- <sup>2</sup> Gough D, Edwards H (2006) Pressure takes big toll on students. The Age Newspaper, April 16 2006
- <sup>3</sup> McGraw, K., Moore, S., Fuller, A. and Bates, G. (2008), Family, peer and school connectedness in final year secondary school students. Australian Psychologist, 43: 27-37
- <sup>4</sup> Robotham, J. (2003), Suicide linked to pressure of HSC. Sydney Morning Herald Newspaper, January 23, 2003

### The research

According to the Mission Australia Youth Survey in 2012, coping with stress and school or study problems remain major concerns for respondents.<sup>1</sup> Research has shown that Year 12 can increase rates of depression, anxiety<sup>2</sup>, suicidal thoughts<sup>3</sup> and even suicide.<sup>4</sup> In particular, the fear of failure and the apparent lack of prospects as a result of poor results in Year 12 were identified as major stressors for many young people. As well as managing school, many young people were also trying to cope with work, family and social commitments. The cumulative effect of these demands appears to be leaving many young people feeling besieged and struggling to cope.

### Where to find more information

#### beyondblue

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Learn more about anxiety and depression, or talk it through with our Support Service.

☎ 1300 22 4636

✉ Email or 💬 chat to us online at [www.beyondblue.org.au/getsupport](http://www.beyondblue.org.au/getsupport)

#### mindhealthconnect

[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)

Access to trusted, relevant mental health care services, online programs and resources.



[facebook.com/beyondblue](https://www.facebook.com/beyondblue)



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Donate online [www.beyondblue.org.au/donations](http://www.beyondblue.org.au/donations)



~ JOIN US ~

Hi Team

We are finally permitted to return to Dragon Boat training on our glorious Kwoorabup waters (Denmark River & Inlet) from Sunday, 7<sup>th</sup> June 2020.

As this will be our first paddle back after the lockdown, if you would like to join us after the paddle for a catch up and a snack, please bring something to share.

All snacks will be distributed by one person wearing gloves and using tongs. We have plastic plates at the Club to use to enable food distribution as per the COVID-19 requirements.

**NB: STRICT COVID-19 requirements will be followed at all times by the Denmark Dragon Boat Club (i.e: Stay at home if you feel unwell; Sign in register to include all personal contact details (including non- paddlers) to be completed prior to all paddling sessions; Hand and equipment washing (before & after paddling); And, when off the water social distancing of 1.5m to be adhered to.**

- Lexie Carter is our nominated COVID-19 contact for all training sessions moving forward and will be available for any questions or concerns you may have.

Although the above all sounds very clinical, we must remember to remain vigilant during Phase 3 of COVID-19 to ensure this horrible disease doesn't return.

We can do this Guys... together we can be back on the water doing the thing we love... DRAGON BOATING !!!



**PADDLING DAYS AND TIMES, Commencing 7<sup>th</sup> June 2020:**

<b>Sunday's (from 7th June)</b>	9.15am to 11.15am (i.e: Arrive 9.15 for 9.30 on the water. Off water 11am then pack away for finish at 11.15.
<b>Monday's (from 8th June) (Seniors training)</b>	4pm to 5.30pm (i.e: arrive at 3.45 for 4pm on the water. Off the water 5.15pm then pack away)  In place of Tuesday mornings until summer
<b>Wednesday's (from 10th June)</b>	3.45pm to 5pm (i.e: arrive at 3.45 for 4pm on the water. Off the water 5pm then pack away)

Please advise Petey if you are able to attend Sunday, Monday and/or Wednesday for numbers to help with lifting our boat in and out of the water for each session.

Denmark-Walpole Junior Football Club

Under-14s (Year 7 & 8)

# AFL Training is back on!!!!

Training restarts on Thursday  
28<sup>th</sup> May, 3.30 – 4.30 pm at the  
Denmark S.H.S. oval

All Year 7 & 8 players welcome!

**COVID-19 Protocols will be followed**

Coaches: Shaun McHenry & Lindsay Stirling

*For more information contact Junior Football  
Co-ordinator: Tash Lewis*

*(Ph. 0402 334 787)*