



IMPORTANT DATES

Year 12 Exams – 08/06-12/06

Year 11 Exams – 15/06-19/06

Year 10 Exams – 22/06-26/06

2020 Student Councillors



It seems like a lifetime ago but halfway through last term the student body at Denmark SHS elected 17 Student Councillors from Years 7 - 12. Over 90% of our students voted from a field of 26 candidates and the counting was extremely close in some year levels.

One of our first tasks was to attend the GRIP Leadership Conference in Albany on March 11th. The conference was unique in that it concentrated specifically on training student leaders for their role as SCHOOL LEADERS. The interactive sessions were enjoyed by all and our students displayed high levels of team work and integrity with the other schools.

One goal was that our student leaders would leave the conference with a clear vision, a solid understanding and dozens of ideas for their time as a leader. Before we had even left Albany I was on the phone back to school sharing ideas they were ready to try out! It was great to hear their ideas on collaborating with the wider community, new events that include our whole student body and building support for existing (albeit postponed) events on the school calendar.

As we emerge into a post Covid-19 environment, we will follow up this conference up with weekly meetings and a teambuilding and planning workshop later in Term 2 to bring some of their fantastic ideas into fruition. Watch this space!

Sarah Carver - Student Services Coordinator



JED LOTON

LUIZA BRANDEO-FAGUNDES

LUCIA EDWARDS

OLIVIA CHI

CHARLEE CANDY

SAFFRON TRUONG



BINDI ROBERTSON

AVA WILLIAMS

FLYNN THOMPSON

DAVIS MILNE

DEXTER ANDERSON

JESSICA HILDER



RAHEL ARLANDOO

CHENOA THRUPP=PROBST

PIPER EASTLAND

HANNAH WALKER

MESSAGE FROM THE PRINCIPAL

Student Return

Welcome back to our students after a lengthy period of mixed mode learning since late March. With the government announcement that all students are expected to attend school from Monday 18 May 2020, I am pleased to advise the attendance rate for today was an excellent 91% - well done to everyone and I look forward to see the remaining students to recommence school during this week – unless they are unwell.

I am very grateful to, and thank our school staff for their provision of both face-to-face learning and learning from home opportunities during the first three weeks of Term 2 so as to continue curriculum delivery to all students. Thank you also to the teachers who monitored and supported those students who were learning from home over the last three weeks. All staff are very pleased to have the students back in their classrooms where learning is at its best.

School is Still Not Business as Usual

Despite student attendance at school being compulsory from today and the classroom teaching and learning of the school curriculum being back to normal, our school organisational operations will not be back to normal until the government removes the current restrictions it has for public schools due to COVID-19. Student safety has always been a priority for us and will continue with the extra cleaning and hygiene practices that commenced at the beginning of Term 2. Please note the following practices that will be in place from today at Denmark SHS due to the current government restrictions:

- Parents/carers to drop off/pick up children at safe places outside of the school (eg Beveridge Street) or in the school car park off South Coast Highway as many parents are currently doing. Parents using the school car park are asked to please not get out of their car unless they have an appointment at the school.
- Pre-arranged parent/carer meetings with school staff can still occur.
- Incursions and excursions are not allowed – exemptions are for senior school subjects in relation to course completion.
- Interschool activities and camps will not be conducted.
- School assemblies and school community events are not to be conducted.

- All visitors on the school site must have their visit authorised by the Principal and report to the school's administration office.
- School Board and P&C meetings can now be held on the school site – after school hours and with a maximum of 20 people, the 4 metre square rule applies.

The following three school events scheduled for 2020 will not be occurring: Country Week, School Production and the student trip to Canberra.

Planning is in place for school teams to participate in the National Basketball Championships to be held in Melbourne in December. Planning is also in place for the school's annual Music Showcase to be held in late November. Please note, although planning is in place, participation will depend on the relevant government restrictions being lifted in sufficient time for the planning to be implemented.

Voluntary Contributions and Charges

I have delayed the distribution to parents/carers of the 2020 Voluntary Contributions and Charges due to the onset of COVID-19 and the impact it may have been having on families. Normally distributed in mid-Term 1, the invoice for the 2020 Voluntary Contributions and Charges will be sent to parents/carers during the week commencing Monday 1 June 2020. On receiving the invoice, whilst an early payment can be made, payment of the invoice can be delayed to be received by the school no later than 31 August 2020.

A payment plan to allow the invoice to be paid over a number of payment instalments is acceptable and can be arranged by first contacting Peter Ridge, Manager Corporate Services at Denmark SHS on 9848 0100. Payment options are listed on the invoice.

Student Council

Congratulations to the students who recently received their Student Counsellor badge following appointment to the Student Council by their peers. It is very pleasing to note their enthusiasm, under the guidance of Ms Carver, to enable a student voice in the school and for them to plan for a number of activities for students throughout the year.

Trevor Henderson

Synergy Solar Car Challenge



Planning for the Synergy Solar Challenge begun in Week 2 of Term 1. We were sent a package which contained all of the items needed to build a class set of solar cars. Students from Mrs Maiolo class built and tested their cars then raced against each other in a knockout challenge. The winners were our first team to go to the Grand Final in Albany: Tom Stock, Charlie Benson, Tilly Price and Ella Sinclair. The cars were then dismantled, then it was time for Mrs Arlandoo's class to try their hand at building and testing the cars, unfortunately this day was overcast and made racing difficult catching the slightest sun poking out between the clouds.

After racing and finding a class winner, Silmi Rohmah, Matilda Barker and Maia Milbourne, we had a final between both winning teams. Lastly Mr Brough's class had their turn, they gave a good fight but there could only be one winning team consisting of Olivia Chi, Sam Wimpenny, Marlon Mastalerz and Harper Thompson. As we were able to take two teams to compete and one team to spectate we found our final winning competition team from Mrs Arlandoo and Mr Maiolo's classes.



Thursday, 12th March was the race day in Albany. As we entered the gym at North Albany Senior High School we were greeted with many tables of eager students excited to try to win the Grand finalist trophy. Each team had a table with their new solar car kit and an hour to assemble and test

their car. Unfortunately, the weather of the Great Southern didn't surprise us with its unpredictability and what began as a sunny, cloud free day then turned overcast and rainy. The Solar Car Challenge was to be held inside. The gym was then transformed from a table filled space to a raceway.

Teams drew numbers to determine the racing order, unfortunately this placed both DSHS teams in the same first heat and Team A knocked out Team B to go to the second and subsequently the third and final round. It was here that our winning streak ended and we ended up placing 3rd.

The students enjoyed their time building and racing their solar cars and represented the school well.

We participated in the Synergy Solar Car Challenge this year to inspire students to display the practical application of Mathematics and to make maths more accessible to all students.

This competition increases the awareness of the practical applications of mathematics and different career possibilities for students. The solar car challenge allowed the students to try electrical engineering and ponder the use of sustainable energy sources.

We feel hands on learning is important to improve resilience, problem solving and to encourage students to be critical thinkers in a team environment.

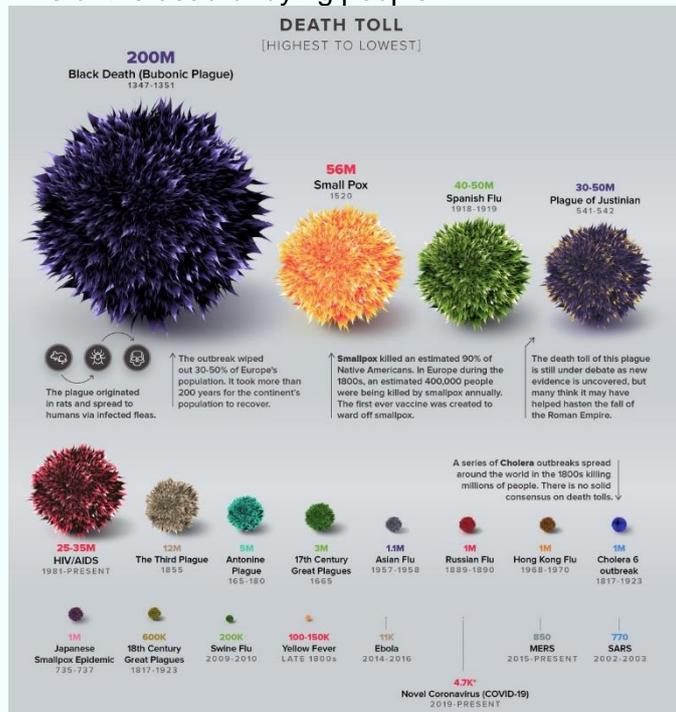
Thank you to all of the students involved and the staff for assisting the to be able to happen.



What History Can Teach Us About Global Pandemics

In HASS last term, we did a research task about the Black Death (that arrived in Europe in October 1347). The Black Death influenced the formation of modern Europe. The song “Ring around the Rosie” was written about the Black Death symptoms. “Ring around the Rosie” referred to a red circular rash common in some form of the plague. The posies would have represented the different flowers and herbs people carried to ward off the disease. The “a-ti-shoo” and falling down was supposed to mimic sneezing and eventually dying from the disease.

To treat the disease, weird and strange medicine were formed. Most of them worked and others did not succeed with curing the plague. The primary responsibility of the plague doctors, or Medics Della Peste, was not to cure or treat the patients. Their duties were more administrative and laborious as they kept track of casualties of the Black Death and helped with the occasional autopsy or witnessed wills of the dead or dying people.



Some of the connections I made with Covid-19 and the Black Death were that the Black Death caused a huge population decrease, paranoia and superstition increased. Like Covid-19, the Black Death was very contagious: Boccaccio wrote, “the mere touching of clothes appeared to itself communicate the malady to the toucher”. The Black Death was also very efficient, people who went to bed healthy at night could be dead in the morning.

Today scientists know that the bacillus that caused the Black Death travels from person to person through the air, as well as through the bite of an infected flea or rat. Both of these pests could be found nearly everywhere in Medieval Europe, but were particularly at home aboard ships of all kinds, which is how the deadly plague made its way through one European port city after another. The

Black Death never really ended. It returned with a vengeance 800 years later but officials in the port city of Kagura slowed its spread by keeping arriving sailors in isolation. This is the same as the physical distancing we are using to control the coronavirus today.

By April Williams (Year 8)
And Dr. Julia Anwar McHenry

‘Celebrating and Appreciating the Work You Do!’

Thank you to all the students and parents for their efforts over the recent weeks of home study. Ingredients were precious and I appreciated all the work you accomplished!

The back of my classroom is full of photos of your inspiring cooking adventures.

Thank you, thank you, thank you!

Jodie Pollard



Bags made from Recycled Jeans



Reversible denim bags made from recycled jeans. Apart from a few needles and some thread, these bags were totally cost free. Lovingly created by awesome Year 10 & 11 Textiles students who were hoping to display their work at the upcoming ‘NotWaste’ Festival. Donations of jeans, t-shirts and any sewable scraps are always welcome at the Textiles room.



Jodie Pollard

Recycling



As part of the home learning task, I asked Food students to look at their family's recycling habits and with parent permission, come up with a more effective system of sorting and

storing at home.

Students were asked to focus on the little things too and start collecting smaller items of which, they could then bring into school to add to our collection. In the food room we are recycling:

1. **Bread bag clips**, these are recycled and the money used for purchasing wheelchairs. If you want more information about this project head to <https://www.facebook.com/aussiebreadtags/>
2. **Milk / juice bottle tops**, these are recycled and money used for prosthetic limbs. If you want more information about this project head to <https://envision.org.au/envision-hands/>

Thank you to all the families who have taken this on and are bringing in recycling items to add to our collection. These recycling projects will continue so keep bringing them in.

Jodie Pollard



BREAD TAGS
for wheelchairs

1 WHEELCHAIR =
200 KG
OF BREAD TAGS



Thank you!!



Big thank you Bruce Turner and Belinda Ross who painted the basketball court lines and put the second last back board on the outside courts.

Well Done, looks fantastic!!



Teen Triple P

Positive Parenting Program

Parenting teenagers can be tough; so life at home can be a little strained. Maybe your 13-year-old son grunts instead of speaking to you. Or your 14-year-old daughter wants to go to parties with people you don't even know. It's not that you've got a 'wild' kid. You would just like to make sure things don't get out of hand.

Teen Triple P can help address everyday concerns, such as how to encourage responsible behaviour, improve family relationships, deal with independence or manage problems at school or with friends.

Speak to your school or local School Health Nurse, **Paula Stretton** on **0427922 663** to enquire about the Teen Triple P online program and register an interest in attending an online parenting program.

I have included some Teen Triple P tips and strategies that are included in the program.

Paula Stretton – School Health Nurse



TOP TEN TIPS FOR PARENTS OF TEENAGERS

1. **Be the kind of adult you want your kids to become.** Actively decide to lead by example. Really think about what you do and say (and how you say it) every day.
2. **Save your energy for important issues.** Try to avoid knee-jerk or instinctive reactions, especially if you often disagree. Rather than react immediately, pause to think about whether the issue is important in the long term, and about other ways to respond.
3. **Remember their brains are easily switched to 'high alert'.** Avoid triggering your teenager's automatic 'fight or flight' response when you want to talk to them. Ask them if it's a good time to talk; sit down; use a calm, gentle voice; find out more about their feelings.
4. **Timing is everything.** Only talk about problem issues when everyone's calm and relaxed, not busy, stressed or in a hurry. Schedule a meeting, and agree beforehand that as a family, you will calmly explore issues so you can all get along better.
5. **Learn a new language.** Break the habit of speaking to your teenager as you did when they were younger. Try chatting with them more like you would with a work colleague or acquaintance. Share ideas, offer choices, negotiate; value their contribution.
6. **Teach risk-evaluation skills.** Prompt your teenager to think about potentially risky situations ahead of time, and to consider the likely outcomes of various choices. Rather than lay down the law, ask 'what if...' questions and help them to come up with possible options and action plans.
7. **Stay in touch.** Have regular positive conversations about day-to-day activities so you know what your teenager is doing, and keep up to date with new technology. Ask them to show you what they're interested in and how it works.
8. **Involve them in making decisions.** Allow for change as they become older. Help them take on new responsibilities. Be flexible and let them have a say wherever possible. Hold family meetings so they can contribute ideas and have their opinions heard and valued.
9. **Turn the 'need for novelty' and peer group acceptance into a positive.** Help your teenager find supervised group activities they enjoy. Regular activity – even if it's not sport – and good eating and sleep patterns are vital for physical and mental health. Limit screen time appropriately.
10. **Be a safe sounding board.** Teenagers' emotions are often intense, and they're struggling to find their place in the world. Encourage them to discuss new ideas and values at home, without rejection or ridicule. Help them figure out problems and possibilities.

More information: www.triplep-parenting.net



Novel Coronavirus (COVID-19) Update

Dear parents and students

Updated Advice from the Chief Health Officer

Schools have now been open for students since the commencement of Term 2 and I am very encouraged by the way the school community, parents and students are caring for their health and attending school in a responsible way. This is building community confidence in the safety of our schools with the overall attendance rate reaching over 82%.

WA recently recorded 14 days with only 2 reported cases, both of whom were rapidly identified and are in isolation. With over 56,000 negative tests and only 7 active cases, there is no evidence of community transmission.

The WA State Government has recently announced further decisions about the easing of restrictions in our state as part of a phased approach in the management of the pandemic. These decisions have been based on public health advice and will continue to be carefully monitored in the weeks ahead.

Public health measures already in place to protect the community will remain a focus during this time, including broad testing, comprehensive contact tracing when a case is identified, isolation and quarantine measures where required, and education about social distancing and hand hygiene. Plans remain in place to ensure immediate response to any reported infections in the school setting when needed to prevent the spread of any illness.

I continue to recommend that schools should remain open to all students and families should be encouraged to return their children to the classroom. If your child is more vulnerable due to health problems or you have a vulnerable adult living in your home, then I would recommend seeking advice from your specialist medical practitioner as to whether returning to school remains the best option for you.

We need to remain diligent during this time and I encourage you to please make sure you keep your child home if they are unwell and, if you or your child have fever, cough or cold symptoms, get tested for COVID-19. We should all continue to follow the social distancing guidelines when interacting with other parents, teachers and school staff.

Thank you again for your leadership and support during this challenging time.

Yours sincerely

DR ANDY ROBERTSON

Chief Health Officer

May 2020

Denmark Youth Outreach (DYO)

Meet Andrew!

Andrew Talmage is our new Denmark Youth Outreach worker. He has a background that includes tertiary studies in Health Science, English, Philosophy and Secondary Education. He is a foster parent and has previously worked supporting young people in out-of-home care situations. Andrew has a diverse range of experience having previously served in the Army, worked in the mining industry and at the Albany Community Hospice.

Denmark Youth Outreach (DYO) is a free, support service for young people 12 to 18 years of age. The service is accessible for young people and their families who reside within the Shire of Denmark. The service provides early intervention and support to young people to prevent and address crisis, those experiencing a difficult transition through adolescence and needing additional support.

Young people can be assisted with mentoring, relationships and information to assist in managing their health and wellbeing. DYO provides advocacy, referrals and support to access specialist services, including AYSA homelessness services.

In partnership with Denmark Senior High School, DYO has established a youth friendly office space at DSHS for DSHS students. In addition, this service is mobile and operates from a variety of locations including community venues, providing home visits or meeting with young people and/or with their families in a place of their choosing.

Referrals to DYO are accepted through DSHS via the Student Services Coordinator or directly from individuals/families, partner agencies, health related services and youth related organisations.

Andrew will be working three days per week in Denmark and can be contacted via email, denmark.outreach@aysa.org.au or on mobile 0419 247 161.

This service is funded by the Shire of Denmark and managed by Albany Youth Support Association (AYSA).

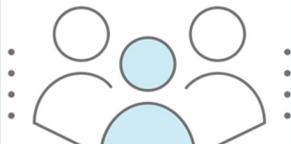




Connected Community



Join in your favourite free activity via Zoom ID 321-844-2936

Mon 18 May	Tue 19	Wed 20	Thu 21	Fri 22	Sat 23
8.45 - 9.45 am Yoga-lates with Carol	9 - 9.45 am Fitness with Helen Body Moves	9 - 9.45 am Fitness with Helen Body Balance / Core	9 - 9.45 am Fitness with Helen Body Stretch	9 - 9.45 am Beginners Pilates with Ruth McConigley	8.30 - 9.30 am Qi Gong with Lyndal
10 - 10.20 am Story Time with Robyn	Library groups 10.30 - 11.30 am Shakespeare reading group				
11 - 11.45 am Chair Yoga with Emma D'Souza		11 - 11.45 am Introduction to the Jobs and Skills Centre		12.30 - 1.30 pm Restorative Yin Yoga with Sonia	
			1 - 1.45 pm Volunteer TV at the CRC with Glen Capelli	2 - 2.45 pm How to use Zoom with Denmark CRC	
	4 - 5 pm Denmark Art Club Art for the whole family	3.30 - 4.30 pm Karate with Sensei Murray Brooker	4 - 5 pm Denmark Art Club Art for the whole family	5 - 5.45pm Bragging Rights Online Quiz with Denmark	

From your PC or laptop: Visit zoom.us, click on join meeting, enter ID 321-844-2936. From your mobile phone or tablet: download the Zoom Cloud Meeting app.

From your PC or laptop: Visit zoom.us, click on join meeting, enter ID 321-844-2936. From your mobile phone or tablet: download the Zoom Cloud Meeting app.

Yoga-lates with Carol Bradbury

This session combines the best of Yoga and Pilates. Pilates exercises are predominantly incorporated for strengthening and core work, followed by flexibility-focused yoga asanas.

Story Time

Robyn Fairclough from Denmark Library has lots of great stories for everyone to listen to, each story is just long enough to keep your toddler, preschoolers, and little ones engaged.

This week's theme is houses.

Chair Yoga with Emma

Join Emma D'Souza in this gentle physical movement on a chair followed by guided relaxation. Suitable for any body and age.

Library groups

Shakespeare reading group :

Read and discuss all things Shakespeare and meet other like minded people.

Fitness with Helen

Join in with our Recreation Centre fitness instructor Helen Powley and choose from a range of programs designed to keep you healthy and active.

Denmark Art Club

Feeling arty? Use the materials you have at home to join in the fun, projects suitable for all ages. Find the list of projects and materials required on our Shire Facebook page.

Jobs and Skills Centre

Join Liz and Andy from the Jobs and Skills Centre and find have an opportunity to discuss career planning and career change, job application processes, effective job search, and how to succeed in a job interview.

Karate with Sensei Murray Brooker

Spring back into action, keep active, gain strength and resilience with 4th Dan Instructor Murray Brooker Sensei with over 30 years experience.

Restorative Yin Yoga with Sonia Dezius

Lunch- time refuel with Yin Yoga. Experience long holds in poses, slow movement, deep inner peace.

Volunteer TV at the CRC

Join our volunteers offering of the week and learn awesome varied skills and knowledge. Check our Shire Facebook page to find out the weekly topic.

This week join Glen Capelli's presentation:

You Have A Magic Brain! Thinking Smarter & Healthier in a Crazy World

Note: Are you a volunteer with great skills or knowledge to share? Then contact us!

Beginners Pilates with Ruth

Be guided through a series of muscle activations, stretches and strengthening exercises to help you tone up and improve your flexibility. All you need is a mat to work on. Suitable for absolute beginners.

How to use zoom

Learn all the ins and outs of how to use Zoom, for your business or simply to chat and connect with others. This session is hosted by Denmark CRC.

Bragging Rights - Online quiz with Denmark CRC

Zoom along to this fun weekly quiz session and challenge your trivia knowledge.

Qi Gong with Lyndal

Join experienced teacher Lyndal Gallaway in her Qi Gong session and focus on building immunity, strengthening your lungs & kidneys.

www.denmark.wa.gov.au

phone 9848 0300



SPORTS & EVENT PHOTOS

Your sports and event photos are now available to order! Head to kapture.com.au with your school code to place your order!



SCHOOL PHOTOS

You can still order school photos online! Head to kapture.com.au with your school code & student ID to place your order!
