From the Principal

As Term 1 draws to a close, the Mandurah community has been reminded just how fragile some of our young people are. As a school we have support mechanisms for the students we know are not travelling well, but many are suffering in silence or only confiding with friends that they are not coping.

As a community we need to support one another to protect our young people. We need to be observant of what is happening in the lives of our friends and families and assist them to reach out for help where needed. This week we emailed out information from HeadSpace and this is a great place to start, or call Lifeline 13 11 14. There are other contacts listed in your child’s school diary.

Please have a conversation with your child about how they are going and reassure them that they should speak up if they start to feel challenged by any aspect of life.

As a school community we pass on our condolences to the families and friends impacted by the recent tragedies.

Holidays are a time for families to connect without the pressures of school. Please enjoy this time!

Kim Savins
Principal

PARENTS’ NIGHT—TERM 2, 2016

The first Parents’ Night for Years 7 - 12 has been scheduled for Wednesday 4th May 2016 in the MET College Library between 4:00pm and 7:00pm.

The purpose of this evening is to provide an opportunity for parents to meet with teachers to discuss student progress.

Appointments will be allocated in 10 minute blocks and whilst there may be an option to extend this time in certain circumstances, we would encourage parents to endeavour to restrict their meetings to 10 minutes to allow staff to meet with as many parents as possible. In order to streamline the appointment booking process, John Tonkin College uses an on-line booking system (SOBS – Schools Online Booking System).

Note: You will need your child’s timetable or at least the names of the relevant teachers with whom you wish to meet in order to book appointments using this service.

Bookings can be made in SOBS between 9am on Tuesday 12th April and 8pm Tuesday 3rd May 2016

Please click on the following link to view instructions on how to make appointments with teachers online

SOBS Booking System Instructions

SOBS Online Booking System

Should you be unable to book your appointments using this system, you will be able to contact the College during working hours from Tuesday 26th April 2016 to schedule your interviews.

Years 7-9 on 9535 3800

Years 10-12 on 9583 7327 or 9583 7373

We look forward to meeting with you on Wednesday 4th May 2016

Yours sincerely

Ms J Stone
Associate Principal
UNIFORM

Students must wear the John Tonkin College uniform at all times. With weather temperatures decreasing at times, some students are arriving at school in personal jumpers and this is not acceptable attire.

If a student does come to school out of uniform he/she will be sent to student services to change. Personal clothing can be collected at the end of the school day.

IN-TERM VACATIONS

If you are planning a vacation during a school term can you please write a letter to notify the school of the future absence including the dates in which the student will be absent. Please address the letter to the Principal Kim Savins.

STUDENTS LEAVING EARLY

If you know in advance that you will need to collect your child from school early, can you please ensure you supply them with a note detailing the time of the collection. Your child will then show the note to the teacher concerned and this will ensure your child will be waiting in the front office for time of collection.

SCHOOL PHOTOGRAPHS

Photo Hendriks have completed taking the photos for both campuses and photos can be ordered by parents online at http://www.photohendriks.com.au/purchase/

JAPANESE EXCHANGE PROGRAM

John Tonkin College is hosting a group of Japanese high school students in term 3 for 2 weeks and we are inviting families to register their interest to host a student. Please click on the link below for the registration form.

Host Family Registration

The Skoolbag app is our main form of communication for updates and newsletters.

The app has exciting features that we will develop along the way. It already has an absentee note feature that can be used to let us know if your child is away. It is free to download and use!

STUDENT HEALTH AND WELLBEING

Girls Make Your Move

Girls Make Your Move is a federal program driven by the Department of Health about inspiring, energising and empowering young women to be more active. Clear evidence has linked an ‘active body to an active mind’, benefiting your child’s education and their experience at John Tonkin College.

There are extensive findings but in a nutshell the following are the ‘quick facts’

- 9 in 10 Australian young people don’t move enough and nearly 70% of Australian adults (i.e. almost 12 million adults) are either sedentary or have low levels of physical activity.
- Guidelines recommend at least one hour of physical activity every day.
- When young women exercise they do so at a lower level of intensity and have higher amounts of sedentary time than young men.
- Regular physical activity, even of moderate intensity, reduces the risk of diseases such as cardiovascular disease, type II diabetes, osteoporosis, colon cancer, and obesity and injury.
- The benefits of regular physical activity go well beyond those of disease prevention. It can help manage stress, alleviate depression and anxiety, strengthen self-esteem, enhance mood and boost mental alertness.
- Physical activity provides social benefits through social interaction. Among children and adolescents, regular physical activity and exercise has been associated with improved school performance, a greater sense of personal responsibility and group cooperation, and less drug and alcohol consumption.
- Young women experience a number of barriers that prevent them from being as physically active as young men. Research has identified the fear of being judged or ridiculed as a key barrier for young women wishing to be physically active.

For more information http://www.health.gov.au/internet/girlsmove/publishing.nsf/Content/about#fn4
HOMEWORK CLUB
Does your child need a quiet space to complete their homework?
Could they do with some extra assistance with their work?
If so, they can come along to Homework Club on
Monday, Tuesday and Wednesday
between 2.50 pm and 4.00pm in Block G.
There will be teachers available to assist with any
queries your child may have in regards to homework.

CLASS ACT INCURSION
On Tuesday the 15th of March the year 7 and 8 students
attended plays by Class Act on bullying and cyber bullying.
The plays not only brought these issues to the students’
attention they complemented the Health Education
programs here at John Tonkin College. Students have
been learning about all the issues related to bullying
and the strategies to deal with bullying.

The plays illustrated the effects, dangers and ways to
combat bullying and cyber bullying. The plays allowed
students to display their knowledge on these issues and
ask questions and discuss these further with the actors
at the end of the play.

Thank you to all students who displayed excellent be-
aviour and for their participation.

Mr Heeley
Year 7 Coordinator

EACOTT COTTAGE
Located at the entrance of John Tonkin College Tindale
Campus, Eacott Cottage is one of the oldest cottages in
the district and the only remaining cottage from Thomas
Peel’s original village.

The cottage was restored in 1987 / 88 using a Bicentennial
grant, by staff and students of Mandurah High School
(now known as John Tonkin College) due to the fact the
school is located on the grounds originally owned by the
Eacott’s.

Recently some minor works were carried out to the
cottage and its surroundings, I would like to thank our
maintenance staff Dave Taylor, Phil Ellison and Andrew
Kopke for their recent work on this area.

To this day, a number of Eacott family descendants still
make a visit to this iconic cottage.

Brian Kalsi
Facilities Coordinator

HOMEWORK
All year 7-9 students can expect approximately 20
minutes of homework set once a week in each of the
following subjects:
English, HASS, Maths, Science and Health. Homework
requirements will be recorded in the student diary.

YEAR 7-8 DISCO
On Friday the 11th of March, approximately 70 very enthusiastic
year 7/8 students attended the school’s disco.

Students are to be commended on their excellent behaviour. In
between the games of limbo, mars bar eating contest and the
hula hoop challenge, students also danced the night away with a
chance to win over 15 prizes.

After 2 hours of dancing, enjoying soft drinks and eating we
called it a night and left the very enthusiastic students well satis-
fied and ready for sleep – hopefully.

Thank you to the staff who attended (and some for their unusual
but graceful dancing) and to the wonderful students for a fun
night.

HOUSE v HOUSE COMPETITION
During term 1 students have competed in the house v house
soccer competition. At recess and lunch the students would
quickly get themselves organised in their house colours and play
the round robin fixtures.

All games were played with a great spirit and all students
displayed positive sportsmanship. It was good to see all years
and both male and female students participating.

The grand final was between Tuckey and Sutton, with Sutton
(the underdogs) winning in a close game 2 goals to 1.

Students are now looking forward to next terms indoor soccer
and basketball house v house competitions.

YEAR 8 IMMUNISATIONS
All year 8 students should have received their round 1
Immunisations. Round 2 and 3 will take place on the
following dates at our Tindale campus.

Round 2 31 May and 1 July
Round 3 19 October

HOMEWORK CLUB
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between 2.50 pm and 4.00pm in Block G.
There will be teachers available to assist with any
queries your child may have in regards to homework.
First Robotics National Competition

One of our very own year 11 students Jayden Beaman was selected last year to join a small group of like-minded, and amazing talented students from around WA to create a team in a partnership with Curtin University Engineering Outreach, Government of Western Australia, Department of Education School Pathways Program and Curtin University.

Jayden attended Curtin University every day of the October 2015 school holidays, undertaking advanced physics and programming lessons and workshops. He then attended everyday of the January 2016 school holidays, working with other like-minded students, professional engineers and engineering students at Curtin University to design, manufacture and program a 6ft, 50kg robot in only 6 weeks to compete in the competition. This robot had to meet strict guidelines to pass the 'pit' inspection, as well as be able to complete this years tasks. Attached is a picture of their robot.

After 72 rounds of qualifiers over 2 days (with each team in an alliance having to compete in 10 of these rounds), his team finished up in 4th place... qualifying them for the quarter finals. They dominated both the quarter and semi finals and earned their place in the grand final. Unfortunately they couldn’t quite get there, but runners up is still amazing.

Their achievements have now earned them a place in the International Championships in the USA, as well as winning the "Engineering Inspiration Award". Well done Jayden as this is a VERY difficult award to achieve.

STUDENT WELL – BEING WORKSHOPS

Heath Black visited the college last week and spoke to 100 students about health and wellbeing. It was a very motivating delivery and the year 11 students were fortunate to be included in his Seminar. The event was provided by PYMS to support student wellbeing.

PHOTO WORKSHOPS FOR STRETCH FESTIVAL

Over the past two weeks 10.5 English have been busy working with a Professional Photographer to learn the art of photography and create a piece of art for the stretch festival.

The students learned how light and angle can effect the meaning and success of an image. The students came up with a theme for their images and photographed metaphorically. It was a fantastic opportunity for the students to think visually and the managed to create some really interesting images. The end result can be viewed at the Mandurah Stretch Festival later in the year.

UNEARTHED HIGH

Two of our students have entered one of the hottest music competitions in the country.

Unearthed High looks for the best high school act in the country to follow in the prestigious footsteps of acts like Japanese Wallpaper, Lunatics on Pogosticks, ASTA and Stonefield. Students write and perform their own original music in a n“X Factor” like process around the country. In August they may be asked to perform again.

The best entries will be played on national radio, and fly to Triple J to record, remix or master a track. They also have the chance to get professional music advice from a top Australian act and their manager, and Triple J will come to the school!

Abhi Vimalanathan and Clea Purkis together wrote a song of loss based on their personal experiences and, along with their families, spent a morning at Leederville TAFE recording their performance for the competition. The Judges gave them great feedback.

Watch this space for the next time they may perform.
Important Dates - Term 2, 2016

- 25 April
  Camp Gallipoli
- 27 April
  Term 2 Commences
- 28 April
  Year 10 Robotics
- 28-29 April
  Year 12 Outdoor Ed Expedition - Margaret River
- 3 May
  Dr YES (Year 9’s)
- 4 May
  Parent Evening — Years 7-12
  MET Campus
- 9-20 May
  Year 12 Externals Set Tasks
- 10-12 May
  NAPLAN Year 9
- 23 -27 May
  Year 12 Exams
- 30-31 May
  Year 7-10 Exams
- 31 May-1 June
  Immunisations Round 2-Year 8
- 6 June
  Public Holiday - School Closed
- 7–10 June
  Year 11 Exams
- 27 June-1 July
  Countryweek
- 1 July
  Last day of Term 2

Community News

Peel Youth Medical Service (PYMS) provides health services for young people aged 12 to 25 years. PYMS aims to promote wellness by improving the mental, social and physical health of young people.

We offer a non-judgemental, youth friendly and confidential environment to make you feel safe when seeking support for your health issues.

PYMS is passionate about youth health and is staffed by a dedicated team of health professionals.

PYMS is open Monday to Thursday
9am to 5pm

FIERCE DANCE
MANDURAH SCHOOL HOLIDAY WORKSHOPS

Thursday 14th & 21st April 2016
2 DAYS ONLY!
CWA HALL MANDURAH
NO 19 COOPER STREET, MANDURAH

FEES
Juniors Ages 7-12
1 DAY: $48.00 2 DAYS: $90.00
3 CLASSES: $27.00 PER CLASS: $10.00

Seniors Ages 13 + Older
1 DAY: $44.00 2 DAYS: $89.00
3 CLASSES: $27.00 PER CLASS: $10.00

CONTACT: JASMINE STEWART-YATES
Phone: 0437 653 750
Email: fierce.dance@hotmail.com
Website: fiercedance.yolasite.com
Facebook: Fierce Dance

TIME TABLE FOR BOTH DAYS

<table>
<thead>
<tr>
<th>Ages 7-12</th>
<th>Date/Time</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contemporary</td>
<td>10.00-10.10am</td>
<td>Jen</td>
</tr>
<tr>
<td>Commercial Jazz</td>
<td>10.30-11.00am</td>
<td>Jen</td>
</tr>
<tr>
<td>Broadway/Modern</td>
<td>11.00-11.30am</td>
<td>Jen</td>
</tr>
<tr>
<td>Funk/Old School</td>
<td>11.45-12.15pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Stepping</td>
<td>12.15-12.45pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Nyo School Hip Hop</td>
<td>12.45-1.15pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Ages 13+</td>
<td>Date/Time</td>
<td>Teacher</td>
</tr>
<tr>
<td>Indoor Sports</td>
<td>10am</td>
<td>Provided by the School</td>
</tr>
<tr>
<td>Contemporary</td>
<td>1.30-2.00pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Commercial Jazz</td>
<td>2.00-2.30pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Broadway/Modern</td>
<td>2.30-3.00pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Showgirl</td>
<td>3.00-3.30pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Ages 17+</td>
<td>Date/Time</td>
<td>Teacher</td>
</tr>
<tr>
<td>Dance Hall</td>
<td>3.45-4.15pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Stepping</td>
<td>4.15-4.45pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Lynical Hip Hop</td>
<td>4.45-5.15pm</td>
<td>Jen</td>
</tr>
<tr>
<td>Funk/Old School</td>
<td>5.15-5.45pm</td>
<td>Jen</td>
</tr>
</tbody>
</table>
| Note: All classes the age of 17 are only able to attend these classes provided they have already completed Fierce Dance level 10.

Young Women’s Program—Term 2
For 10-16 year olds

10th May—14th June 2016
Indoor Sports, Art and more
At Billy Dower Youth Centre
9550 3670

City of Mandurah
Young Women’s Program—Term 2
For 10-16 year olds

10th May—14th June 2016
Indoor Sports, Art and more
At Billy Dower Youth Centre
9550 3670

JTC NEWS