

THE COURT CHIMES

2021, "RESPECTING OUR ENVIRONMENT"



Bailey Artemis (MYP), Riley Finerty (Captain) and Milla Semple (MVP)

FROM THE PRINCIPAL'S DESK

PATRICIA RODRIGUES, PRINCIPAL

Term 3 is traditionally an event filled term in schools and we have had one to remember!

Our production of Aladdin Jnr was an outstanding success!! After many months of rehearsals, we opened with a matinee performance for our early learning students together with some residents from Graceford on Wednesday, a VIP night on Friday and a final performance on Saturday night. All performances were sold out and ticket holders were entranced into the world of "Aladdin" as soon as they entered the Market place. As you would all know, an enormous amount of work and effort goes into putting on a production like this. My sincere thanks goes to everyone involved, especially Mr Jenzen, our Production Manager, Mrs Pugliese - Artistic Director and Mrs Barlow - Musical Director. There are many photos for you to enjoy in this newsletter.

We have also celebrated Book Week and Science Week in this half of the term.

Both events were truly wonderful experiences and we celebrated being a Pre-K to Year 12 school.

We continue to keep the year 12's in our thoughts as some students will complete their schooling early next term, while others will sit their ATAR examinations in early November. We wish all our students the very best in their chosen pathways.

We concluded the term with our "Court Grammar Day" which we hope will become a tradition incorporating our Spring Arts Fair and inter-house football match. The Year 9 "Billy Cart" race gave us the best start and the winning team of "Team Henderson" made up of Jaydon Briffa, Charlie Farrance-Ball, Thomas Farrance and Jake Paterson won \$100. Thank you to Mr Ferreira! The staff team of Ms Bell, Mr Andersson and Mr Jenkin did us proud.

We look forward to seeing all students return for Term 4 on **Tuesday, 12 October** in their **summer uniform**. Please note the uniform shop's opening times during the holidays, in case you need any extra items.

Enjoy your holidays everyone.



Court Grammar
School

Upcoming Events

**Monday 4 October -
Monday 11 October**
School based ATAR Exams

Tuesday 12 October
Students return
Yr 1 Perth Museum Excursion

Thursday 14 October
Yr 12 Activity Day
Yrs 4 - 6 Multi Sport Carnival

Friday 15 October
Yr 12 Graduation Assembly
and Valedictory Dinner

**Monday 18 - Friday 22
October**
Yr 12 ATAR Study Week

Tuesday 19 October
Yr 7 Super Series Excursion

Wednesday 27 October
Yr 8/9 AFLW Carnival

Friday 29 October
Yr 1 Assembly
Yr 3 Perth Zoo Excursion

Monday 1 November
ATAR Exams commence

Friday 5 November
Pre-Primary Assembly
Yr 8 Perth City Navigation

Tuesday 9 November
School Tour

Thursday 11 November
Remembrance Day Assembly
IPSHA Carnival





TENNIS SUCCESS FOR 5T, 5V, 6B & 6F!

This term, students in Years 5 and 6 were lucky enough to be involved in a tennis program with Johnny from Tennis Lessons Perth. Over 5 weeks, the students learnt about footwork, serving, forehand and backhands strokes. By the end of the 5 weeks, all students were playing competitive games against each other. If your child is interested in playing Tennis, please see the contact details at the end of this issue.

Ms Dhu



Jasper Stingle



Jelena Adamini



Cooper Maxwell



Students in 5T learning how to hold their racquet



Students in 6F with Johnny!

Year 10 Careers

This Semester, our Year 10's have switched focus in Pastoral Care Group time from learning to pass their Driving Learner's Permit theory test in Semester 1, to steering their career aspirations in the direction they would like for the future.

This Term we have covered the following topics;

- Determining strengths
- Identifying achievements & recognising values
- Acknowledging current roles and responsibilities (transferable skills)
- Exploring Pathways
- (ATAR / General / Workplace Learning / VET / University / TAFE / etc.)
- Critiquing idols and exploring family members' employment journeys
- Employability (Attributes of a good employee / what employers are looking for)
- Getting a part time job
- Creating a résumé
- Work-Life Balance

These sessions have coincided with Subject Selection Information Evening, as well as a recent First Aid Focus program, delivered by St John Ambulance.

During the First Aid Training, students were required to perform CPR on mannequins, bandage fellow students and discuss scenarios such as broken bones and snake bites.

The First Aid program culminated in the students receiving a certificate to acknowledge their participation. This serves as a vital first step toward compiling their Student Portfolios next Term, for the subsequent Prospecting for Careers Program in Term 4.

Wishing you all a wonderful Term 3 break.

Mr Freel, Year 10 Coordinator





Science Week 2021

Food: Different by Design

In week 7, the Primary students completed a range of science themed activities with a focus on food.

Kindy to Year 1 students participated in lessons, supported by the secondary students, Mr Andersson, Mrs Johnson and Mrs Gallatly.

Students from Year 3 – 6 completed a rotation of tasks which included:

- Totems (To be added to the community garden)
- Rock Paintings of our favourite fruit or vegetables (To line the vegetable garden)
- Pot Plant making and Planting
- Plant I.D (Identifying the key parts of plants)
- Plant Jingles (Creating)

Students had fun moving around all the activities and enjoyed being able to create something which would be part of the school community garden.

The excitement and buzz around the school was wonderful to see and we thank everyone involved for their help.

The STEAM group would also like to thank the Hall family from Hope Valley Nursery for donating the lovely tomato plants which went home.



Primary IPSHA Athletics Carnival

On Monday, 20 September, 50 Year 3-6 students competed at an interschool athletics carnival, against 8 other schools.

It was a great day out in the sun and all the children were wonderfully behaved!
The kids put their best foot forward and didn't complain about having to compete, which is always a win.

Sport was the real winner, as no official scores were kept.

Below are some team and individual achievements from the day. Congratulations to all.

Year 6: Individual achievements

Sophie Colley- 1st in 400m.

Seth Del Caro- 1st in 200m, high jump and 60m hurdles, 2nd in 200m and 3rd in turbo javelin.

Alyssah Nunn- 2nd in 100m, 3rd in 400m and 4th in 60m hurdles.

Blake Wardle- 1st in long jump, 2nd in triple jump and 4th in 60m hurdles.

Kaylee Campbell- 2nd in 100m and 200m, 3rd in 60m hurdles and

Year 6 Team achievements: 4th in circular relay:

Kaylee Campbell	Lillee Rowe	Jacob Waaka	Sophie Colley
Xavier Allen	Blake Wardle	Alyssah Nunn	Seth Del Caro

Year 5: Individual achievements

Sarah Mladenovic- 1st in triple jump, 2nd in high jump, 3rd in long jump and 4th in 400m.

Lachlan Tinsley- 1st in 100m, high jump, 60m hurdles and long jump and 2nd in triple jump.

Tyler Evans- 2nd in turbo javelin and 3rd in long jump.

Lahnee Pozzebon- 2nd in high jump and 3rd in 60m hurdles.

Year 4: Individual achievements

Maddison Lay- 1st in high jump and 4th in long jump and 60m hurdles.

Scarlett Nunn- 3rd in 80m, 200m and 60m hurdles.

Chase Wardle- 1st in high jump and 2nd in 200m and triple jump

Tommy Martin- 1st in 80m and triple jump, 2nd in long jump and 4th in 200m and 60m hurdles.

Kenny McKay- 1st in 60m hurdles and 2nd in 80m

Year 4: Team achievements: 4th in circular relay

Maddison Lay	Tommy Martin	Scarlett Nunn	Kenny McKay
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Year 3: Individual achievements

Nevaeh Artemis- 4th in 80m and 60m hurdles

Arlyah Wardle- 2nd in triple jump

Thanks to Ms Dhu who trained the students to be able to compete in this annual carnival!

Ms O'Sullivan - Health and Physical Education Teacher

Primary IPSHA Athletics Carnival photographs



Year 12 Hospitality

Year 11/12 Hospitality students said a final farewell to Tegan Anderson and Eloise Pisa with a fabulous Board dinner.

Tegan and Eloise had their final TAFE assessment and finished their Certificate II Hospitality with marinated Pork fillet on a bed of parpedelle pasta, followed by chocolate and salted caramel mousse on a biscuit and raspberry crumb. Congratulations and good luck to the both of them.

Mrs Hills - Hospitality Teacher



Workplace Learning

Workplace learning has continued for a number of our senior students during Term 3. Many local businesses have graciously continued their support of our students from Semester 1 and we thank them for the ongoing opportunities that they provide.

In addition, Term 3 also saw the commencement of new placements with the following businesses whom we thank for their support:

Goodstart Early Learning, Baldivis
Kuanua Training Stables
Penske Australia
Reading Electrical Group
Strange Animals
TT Air and Electrical

Year 10 Work Shadow Day

At the end of Term 4, Year 10 students will participate in a Work Shadow Day. Further information regarding this day will be provided early in the term to all Year 10 students. Students unable to attend a workplace with a parent or family member on the designated day are encouraged to return their forms as soon as possible so we may identify suitable employers for them to shadow.

Michelle Krokosz - Workplace Learning Coordinator

Year 8 - Science

This term the Year 8 students learnt about energy and its applications. Heat energy was a primary theme and students had the opportunity to apply their knowledge of heat and friction to attempt to make a fire using traditional methods used by the Aboriginal and Torres Strait Islander peoples.

The most popular choice of method was the fire bow, with many students creating enough heat to get smoke and glowing embers. No students however managed to convert these embers into a fire.

Mr Andersson - LAC Science



Year 2 and 11 Bottle Rockets

As part of the Year 11 ATAR Physics program, students have been learning about forces, energy and momentum. For an assessment, students have been asked to design the perfect bottle rocket using their knowledge on the laws of physics.

As part of the assessment students decided to make bottle rockets with a primary school group so they could experiment with different rocket designs. Year 2's were chosen as the group to work with.

Students were split into groups of 5 or 6 with one Year 11 student working with them. Students had two lessons to make their rockets and then they launched the rockets together.

Well done to all Year 2 and Year 11 students for your amazing behaviour and skills in making rockets and for having such a wonderful time in the process. A big thank you to Mrs Higgs and Ms Bedford for your efforts with this activity.

Mr Couzens - Physics Teacher



Book Week = Best Week!

This term at Court Grammar School, Book Week was even bigger and better. The focus of this year's event centred around the theme: Old Worlds, New Worlds, Other Worlds and with this in mind, activities were designed for students to create their own settings (or their own 'worlds'). Throughout the week, armed with their charm and sense of fun, many classes in the secondary school trekked over to the primary school to buddy up with younger students to create these 'worlds' together.

Firstly, they wrote their settings, and then they drew how they imagined this setting would look. All students involved had an awesome time, although upon returning to their 'side of the school', many older students reported that they were now 'very tired' and that 'the Primary School teachers are VERY patient!'

Throughout the week there were also a number of parades and parents should be congratulated for the outstanding effort that they went to, in dressing their children. Friday's whole school assembly, although very long, was an outstanding hit with a packed-out crowd in attendance. This event provided the chance for all students and teachers to take to the runway and strut their stuff! We wish that we could have awarded everyone, but the overall winners for each school, were:

Andrew Done (Year 1C) and Cooper Chappells (Year 10)

Thank you to everyone who took the initiative to dress up and get involved in the festivities. Of course, a week as awesome as this requires an army, but special mention must go to Tahnee West and Stacey Ashton. Without their hard work, great ideas, patience, and 'why not?' attitudes, this week would not have been what it was. It is also important to thank the excellent "MC's" of the Book Week Assembly: Isabelle McKeig (Yr 10), Damien Rawcliffe (Yr 10), and Pemberton Brown (Yr 2), you should all be very proud of how you represented the school.

The week's activities ended on Friday night with our First Annual Court Grammar Quiz Night. It was a great success and made over \$300 for Anglicare and was staffed by a huge number of student volunteers, who selflessly gave up their time to serve others. Congratulations to the 'Brown-Brick' table who were the ultimate winners, and who generously donated their prize to the runners up, who happened to be a table of very smart Year 12 students!

Of course, though, the purpose of Book Week is to get our young people reading and/or keep them reading. The ability to read confidently and for enjoyment has many implications for academic success and it is also 'an important indicator of success in other areas of life'. The Growing Independence: Summary of Key Findings from the Competent Learners at 14 Project report found that students who love reading had:

- higher scores on the cognitive and social/attitudinal competencies;
- consistently higher scores in mathematics, reading, logical problem-solving and attitude;
- higher average scores for engagement in school, positive communication and relations with family, and positive friendships;
- showed less risky behaviour; and
- higher levels of motivation towards school.

So, reading, it's one of the most important things that we can do to ensure the personal success of the young people in our care. Until next year, keep reading, keep imagining and keep getting excited about the wonder of books!

Mrs Higgs and Mrs Brown - Book Week Coordinators and MASSIVE FANS of READING!

Book Week = Best Week! photos



Mountain Bike Club

Over the last two terms there have been a small group of students extending and improving their fitness on their Mountain Bikes. These students have been showing off their elite fitness and awesome skills nearly every Wednesday at Langford Park.

Last Wednesday we took this small group for a challenging ride at Turner Hill near Alcoa. The boys loved every minute and can't wait to get back out there on the pedals.

Recently two Year 7 students, Jasper Richards & Lachlan Mateljan, competed in the Dwellingup 15km Mountain Bike Race. The race was a chance to participate with 1300 other competitors, with distances ranging from 15 to 100km. The boys did well to compete and complete this race!

I would like to take this opportunity to congratulate all the boys for their commitment to the club and have thoroughly enjoyed getting out in nature!

"Bike riding is A way to explore... A way to explore nature and the world" – Cam Zink

I would also like to take this opportunity to thank all the teachers that have been along for the rides; Mr Andersson, Ms Dreher & Mr Greeff also with a huge special thanks to Mrs Gallatly who been the main coordinator throughout.

Mr Campbell



Congratulations Jaya and Siena!

Year 9 AFLW Academy student Jaya Ingram and Year 10 AFLW Academy student Siena Jezierski represented Western Australia recently in a state school sport Football tournament, held in Dampier.

The WA State School Girls competed in an annual Pride tournament against the local teams, Dampier, Hedland and the Pilbara.

Both girls played extremely well across the day and won 3 out of 3 matches, winning the Pride Cup!

Congratulations on a great achievement girls.

Ms O'Sullivan - Health and Physical Education Teacher





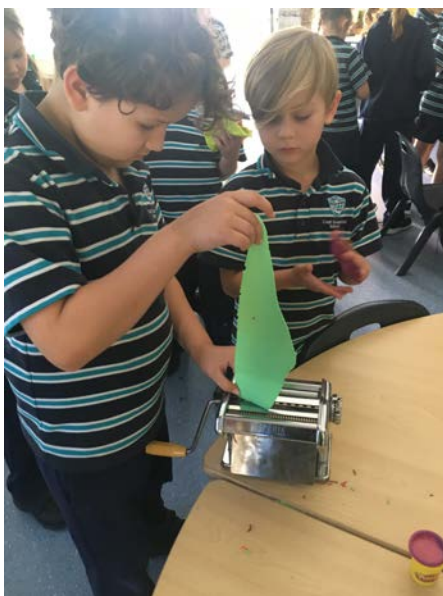
Primary Italian Lessons

Mmm, che buono! Il cibo italiano.

This term in Primary Italian lessons, we learnt about Italian food. We had a go at making pasta using traditional pasta machines, ravioli cutters and other tools. Students enjoyed having a go at making gnocchi using gnocchi boards. To finish the experience we had a food tasting with an assortment of Italian foods for them to sample, if they wished. A hands on genuine learning experience that gave them a 'taste of Italy'!

Buona vacanze to all families!

Signora Keane - Italian Cultural Studies Teacher



Court Grammar Chess Excursion

On Tuesday, 31 August, nine students from the Court Grammar Chess Club and 1 secondary student, travelled to St Stephens College to compete in a Year 3-6 all-day competition. 13 schools participated with 83 students involved. Our students had an absolute ball. We started the day slowly, but began winning more games as the day went on. We all learnt a lot about the strategy and skills of Chess. Our team ended up coming 11th out of 13. Our team was: Toiamai Tipoki, Noah Mitchell, Noah Goulter, Lachlan Tinsley, Aandeep Sran, Hayden Hendry, Benjamin Wilkinson and Riley Pike. A special shout-out to Eliot Wardrobe from Year 8 who came as a coach for our team!

Mr Peter Taylor - Year 4 Teacher



Year 10 River Cruise

Friday of Week 9 saw the Year 10's dressing up in their semi-formal smartest to attend the annual ("2000's" Theme) River Cruise.

The night began by setting off on the elegant Crystal Swan from Barrack Street Jetty, making our way down to Fremantle and back again.

While on the cruise, students were treated to a tasty snack bar, mouth watering hot pizza and deliciously fresh pastries for dessert.

Action wise, the students took part in a game of "Nerf Roulette" with Jessica Avila winning the chocolates, "Chase The Ace" which had Brayden Clarke and Mr Bristow walking away with the spoils of their respective games, and finally the traditional "Limbo" competition which saw Chloe Young taking out a chocolate prize also.

Students continued to dance the night away to an incredibly nostalgic Spotify playlist before wrapping up for the awards as we pulled back into dock.

Special mention to Maija Drake and Seamus Galvin for taking out "Best Dressed"; each walking away with a \$50 gift card for their efforts.

Honourable mentions to Joshua Beattie for rallying his mates to become the victor in the 2000's Music Video Quiz, Brianna Maxwell for taking out "Dancefloor Demon", Holly Grainger for "Cinderella" (Best Shoes), Carla Lane & Malakye Fearon for "Most Transformed".

Thanks to Mr Couzens, Ms Stanton, Mrs Pugliese, Mr Krokosz, Ms Gileno, Mr Bristow, Mr Sullivan, Mr Jones and of course all the students for making the night one to remember.



Dance and Drama Update

What a busy term for Dance and Drama students! Not only were many students involved in the musical, but they had a variety of different activities they have been working on in their timetabled classes.

Year 7 drama students have been investigating sustainability in the theatre by creating props out of recycled materials. Year 8's have been learning about Shakespeare's Macbeth and a series of skills in stage combat, including sword fighting! Year 9's have been making headpieces as an exploration of costuming, Year 10's have been exploring set design by creating scaled box models and the Year 11 & 12's have been exploring their set texts and preparing for their practical examinations next week.

In Dance class the Year 9 students have been refining their skills in contemporary lyrical dance, and the Year 10's have also been exploring this genre, along with Bob Fosse's Broadway jazz technique. Year 10 students in both dance and drama have also been finalising their pieces for this year's YOH Fest Screen Fest in October, with Lilli Manners performing a dance solo.

Below is a series of photos from the various activities.

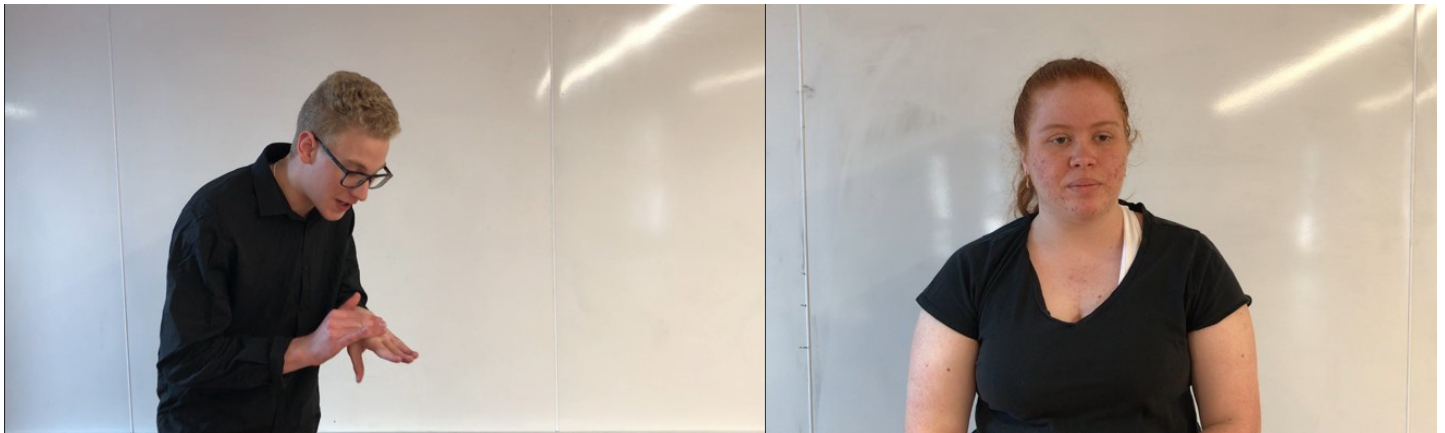
Mrs Pugliese - Learning Area Coordinator The Arts



Canning Shakespeare Competition

On Saturday, 18 September, Caileb Fearon and I competed in Andrew Hastie's Canning Shakespeare Competition. The annual competition is where students who live or go to school in the Canning electorate perform a monologue from one of Shakespeare's works. There were 39 people who entered and 24 of us who got into the finals. The competition opened with Andrew Hastie performing a monologue and introducing the competition. All competitors performed their monologues in front of a small audience and a panel of judges, including the Head of Acting at WAAPA. I went first and Caileb went third. It was a great experience to see the different performances and to meet people who are in the industry. Below are some photos from our video applications.

Charlotte Ismay – Year 12 Drama student



Year 1V Integrated learning

Who would have thought that growing the humble carrot, beetroot and potato could create so much learning. Year 1V experienced integrated learning at its best. Measurement, fractions, life cycles (of the pesty snails), healthy eating and sustainability were some of the areas covered. We can't wait for our summer crop!

Mrs Vos - ELC Coordinator and Year 1 Teacher





Court Grammar Day 2021



PRIMARY NEWS

STUART LEARMONTH, HEAD OF PRIMARY

A Wonderful Term ...

Upon reflection over the term, it is amazing what we have achieved and experienced within a ten-week period! Alongside our day-to-day learning, students have been involved in swimming lessons, Book Week, Science Week, Learning Journey, excursions and incursions. On top of this, our Year 5 students had an 'out of this world' experience at Space Camp last week. It is so wonderful to watch our students learn and grow in such a diverse range of stimulating activities and experiences. As always, thanks need to be given to the staff who work tirelessly to provide the very best for our students.

Primary Learning Journey Evening ...

What a super Learning Journey evening we had on Wednesday of last week. It was great to be able to welcome the community into school to share learning and spend time together. Thanks to all those parents and family members that braved the rain to come along. Walking around the School there was a palpable sense of excitement and positivity; watching the children share their learning experiences was lovely and confirmed to the staff that the way in which we teach and assess our children is benefiting all students across the School. Thanks also to the choir for their performance as well as the Year 11 students who helped at the sausage sizzle.

Attendance and Absence ...

We often get asked why we send children home when they appear ill at school and seem OK at home. The answer to this lies in what we observe at school and how it is our aim to protect all children and staff. This is not specific to COVID-19 regulations. Rather, it is not fair for children to stay at school when they are obviously feeling poorly nor is it fair for those illnesses to affect other children and staff.

Each term, we take account of attendance figures for all students across the School. We fully understand that children get sick, and we will always support families being proactive in this regard. However, we have a legal responsibility to contact families where attendance drops below a certain level. When this happens, we usually meet to discuss how learning is being affected by absence. The Student Organiser has more information about this, but I have copied an excerpt below for your reference ...

Student absenteeism must be acknowledged by a medical certificate for every day absent when attendance drops below 90% for the semester i.e. when absenteeism accumulates to 10 full days in any given semester.

Parents are required to notify the School of any absence or illness by 9am on the morning of each absence. On their return to School, students must supply a parental note or a medical certificate explaining their absence. The School contacts parents/caregivers via a phone call, SMS or letter if parents do not contact the School.

Where a student has experienced a significant absence from School, the student will undergo an academic review, which will outline the minimum learning requirements that must be met for that academic year.

Inappropriate Language ...

Recently, Mr Taylor, Mrs Vos, Mrs Higgs and I met with the Pre-Primary to Year 6 students to discuss inappropriate language. This is something that we have seen increasing across the School in recent weeks. Sometimes, children use inappropriate language out of context and with no understanding of what the word or phrase actually means. Being teachers and parents, we understand this and instead of being punitive in this situation, we offer guidance and pastoral care to ensure this does not happen again. However, there are several occasions when inappropriate language is being used in the correct context with the intention to shock, offend or entertain. In instances such as these, we hold a zero-tolerance policy and arrange to meet with parents and caregivers as a matter of priority. We know that children can hear inappropriate language in many different places. Media and entertainment sources alongside social media can often expose children to language that is far from being appropriate for their age. We would ask that this is something you monitor carefully as the intentional use of inappropriate language in school is not permitted or accepted.

PRIMARY NEWS continued.....

Class Organisation and Staffing 2022 ...

It is at this time of year that our thoughts turn to staffing for 2022 as well as class composition and organisation. At Court Grammar School, we believe strongly that children should not spend the summer months worrying over who their teacher is and who is in their class. For this reason, as is tradition, we will hold our annual orientation day in November where all students, new and existing, will have the chance to move on for a day and experience a day in the life of 2022 with their new teacher and peers. More information about this day will come home in the coming weeks via SEQTA.

Class organisation is something that takes a great deal of care and attention by teachers and leaders alike. In creating classes, we must give thought to many factors such as gender balance, learning ability balance, friendship groups and dynamics alongside matching teacher skills with specific year levels. Can I please offer a polite reminder to parents and caregivers that although requests for specific classes or teachers will always be taken into account and listened to, the School is the final arbiter in the decisions that are made in this regard.

SECONDARY NEWS

BRAD KROKOSZ, HEAD OF SECONDARY

2022 Subject Selections

Subject selection booklets have now been handed out for students entering Year 9 & 10 in 2022. A reminder that subject selection sheets need to be signed by parents and returned to your child's Pastoral Care Advisor.

Transition to summer uniform

As we head towards Term 4, a reminder to parents about the transition into summer uniform, this includes ensuring your child has a hat. The Uniform Shop will be open from 9 am – 12 pm and then again from 1 pm - 3:30 pm on Monday 11 October. Parents can also pre-order online via the School's website. Specific details of the summer uniform can be found on page 13 of the Student Organiser.

Year 12 ATAR Examinations

Good luck to all Year 12 students involved in WACE Practical Examinations during the first week of the October holidays. A reminder for students and parents to check the exact day, time, and location of the practical examinations. Students are reminded there are specific rules regarding uniform etc. Details are found on page 15 of the Year 12 Information Handbook Part II.

The Semester 2 school-based examinations will be held during the second week of the October holidays. Additional classrooms will be open from 8:30 am for students to complete private study during the exam week.

2022 University Scholarships

Year 12 students intending on studying at university next year should consider applying for some of the multiple scholarships available. Western Australia's Universities offer a wide variety of scholarships and students/parents should visit the following websites for details and application forms.

- Curtin University (<https://scholarships.curtin.edu.au/>)
- Edith Cowan University (<http://www.ecu.edu.au/scholarships/overview>)
- Murdoch University (<http://our.murdoch.edu.au/Student-life/Finances/>)
- Notre Dame University (<http://www.nd.edu.au/nav-future-students/scholarships>)
- University of Western Australia (www.scholarships.uwa.edu)

2022 Full-time TAFE, Applications now open

Year 12 students can now apply for 2022 full-time TAFE courses. An information session has been held with the students on the application process. Students should visit the following websites for more information.

- South Metropolitan TAFE (<http://www.southmetrotafe.wa.edu.au/>)
- North Metropolitan TAFE (<http://www.northmetrotafe.wa.edu.au/>)

MIKE JENZEN
DEPUTY PRINCIPAL



Another article from the Rite Journey series which you may find interesting.....

Are your teens getting enough sleep?

“A study of the sleep patterns of Australian children and adolescents has found that around a quarter of 12-15 year-olds and half of 16-17 year-olds are not getting enough sleep on school nights to meet national sleep guidelines.

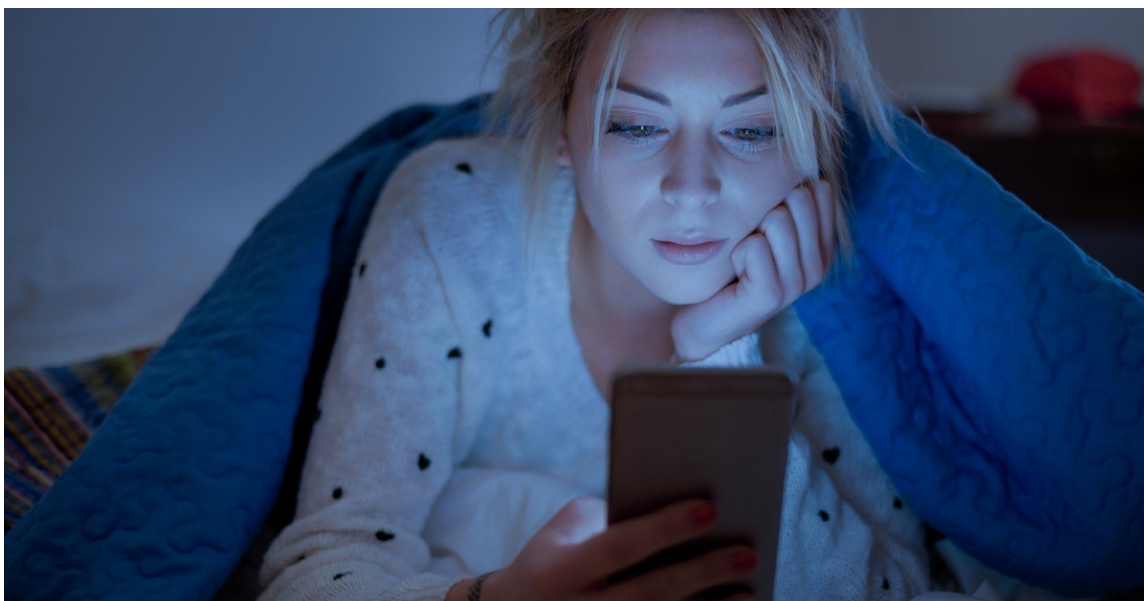
The findings from the Growing Up In Australia Longitudinal Study of Australian Children show that large numbers of Australian adolescents slept less than the recommended minimum for healthy growth, learning and development.

Australian Institute of Family Studies Director, Anne Hollonds said the study found links between shorter sleep times and higher rates of anxiety and depression.”

(<https://aifs.gov.au/media-releases/australian-teens-not-getting-enough-sleep>)

“Because there’s one thing I won’t negotiate about in my house, one thing I’ve learned that impacts my kids’ moods the most, one thing that changes the entire dynamic of my relationship with my kids, and it comes down to five little letters: SLEEP.

The research is clear: when teenagers have screens in their bedrooms, it interferes with their slumber. End of story. A study in the Journal of the American Medical Association (JAMA) found that children ages six to 18 had an 88 percent higher risk of not sleeping enough when devices were in the bedroom and a 53 percent higher risk of getting a bad night’s sleep—and that’s when devices were in the bedroom just three nights a week.”



Uniform Shop

Holiday Opening Times

Monday 11 October

9.00am - 12noon

1.00pm - 3.30pm

Term Opening times continue to be:

Mondays: 8.00am - 11.00am

Wednesdays: 12.30pm - 3.30pm

AVOID THE RUSH

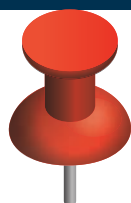
Order forms can be sent through to the School, if you know the sizes of the items that you require and we will contact you when your order is ready for collection from Reception. Credit card details need to be provided on the order form.



Online Canteen

The cut off time for online ordering is 8.00am with QuickCliq.

If items do not appear online, they are unavailable. Please do not order them.



Reminder - Term 4 = Summer uniform

Your Sports & Specials Photos Are Online Now

Access Code

- 1 Go to our website www.fotoworks.com.au. Select the 'Order Online' option in the top right followed by 'Sports & Specials' button.

CGS169

order online



Sports & Specials

- 2 Then click on the 'School Gallery' link on the menu on the left. You will see a list of schools and events in alphabetical order.



- 3 Once you select your school you will need enter your event 'Access Code' which will give you access to all the Sports & Specials photos taken at your school.

- 4 Make your selections and 'add to cart', then proceed with completing your order online.

**Please allow up to 1 week after photo delivery to access and order images online.*

Please don't hesitate to contact us if you have any queries.

PO Box 1064 Osborne Park DC WA 6916

P: (08) 9244 8211 | E: wecare@fotoworks.com.au

fotoworks
School Photography



CENTRAL PARK PLUNGE

I AM TAKING THE PLUNGE!



I am abseiling 220m down the Central Park Tower to raise funds for Anglicare WA's Youth Homelessness Services.

Mike Jenzen

My target is **\$1,100**



Every donation helps!



Scan me



12 November 2021
Central Park Tower Perth

Presented by:





TENNIS SUCCESS!

Thank you very much Court Grammar School for allowing us to come into the school and provide some tennis coaching for the students. We had a great time and the children thoroughly enjoyed their tennis classes.

A Big Thank You must go to Jade Dhu who ensured that the classes ran smoothly and made it an enjoyable experience for everyone.

On behalf of Tennis Australia, Hots Shots and Tennis Lessons Perth we have a special offer for all students of Court Grammar A FREE RACQUET!

Thank you and we look forward to visiting the school again soon.

We would like to offer all Court Grammar School students a

***FREE TENNIS RACQUET**

to any student that enrolls in a Term 4 program

Please call Peter on the numbers below for further information.

TENNIS LESSONS

Programs include:

- Kindy Tennis (3-5 yrs old)
- Junior Group Coaching (5-18 yrs old)
- Squad Training
- Junior Match Play (Competitions and Pennants)



Mobile: 0417 935 659
www.tennislessonsperth.com.au
Email: peter@tennislessonsperth.com.au



BASIC Auslan



**Are you looking to meet
new people, learn new
skills and give back to the
community?**

The Shire are calling for expressions of interest from residents and workers within the Shire, interested in learning basic Auslan skills.

Subject to interest, a series of free local sessions are to be offered.

For more information, please phone 9526 1111



Shire of
Serpentine
Jarrahdale