



YORK DISTRICT HIGH SCHOOL | NEWSLETTER – 2021

From the Principal

ISSUE #11 | OCTOBER | 2021

Kaya everyone,

Welcome back for another exciting term. Before we look ahead to our jam-packed Term 4 (check out the Important Dates for just how much we have on!), we reflect on the last few weeks of Term 3.

Year 9 & 10 Cadets had an incredible experience on camp at Ern Halliday. You may have followed updates about their action-packed camp on our school Facebook page. The students embraced the challenges that camp presented head-on and they ought to be proud of their courage, effort, and innovation as we are. Thanks to Kim Bell – Unit Leader and all Cadet Instructors for their time and efforts to give our students such a wonderful opportunity.

York DHS fielded five teams at Country Week and all students represented our school and town superbly and I am very proud of all of them. Students embodied all of Rocky's values throughout all of the week's activities and games. Students showed incredible strength and resilience in the face of the tragic death of our bus driver Haydn Smith, to continue to give their best efforts. Students wore black armbands and held a minute of silence prior to their games as a sign of respect for Mr Smith. We are incredibly proud of their empathy. On behalf of all our students and staff, I send our deepest condolences to the Smith family. Mr Smith will be missed by us all.

The delayed Interschool carnival will take place on Wednesday, 20th October 2021. We wish all students good luck as they strive to deliver their best performance, and cheer on their peers to do the same. Our thanks to Maria Christou, Nathan Mills, community members and student helpers involved in coordinating both events.

Term 4 is a period of transition for many of our students. The Prindy (Pre-Kindy) program begun this week, with our soon-to-be newest members of the York DHS community enjoying activities to introduce them to the school experience. We wish the best of luck to all students as they progress through the various phases of transition. Our thanks to Kylie Wherrett for her efforts and coordination.

This newsletter is a celebration of Be You day. Watching our students and staff actively participate in their mental well-being filled my cup of happiness. Thank you to all students, staff, families and the community for making Be You day so successful. A special shout out to the Be You team for another great day to reward your hard work.



Mr Trent Lockyer
Principal



York District High School *Independent Public School* Courage, Effort & Innovation



'Be You' Special Edition – October 2021
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Our Vision: A School of Choice for Learning and Life

To develop a whole school framework for teaching and encouraging expected behaviours, that is shared and understood by staff, students and the wider community. Together, we will foster positive attitudes towards learning and the development of social skills in an inclusive community environment. This will develop a school culture which is supportive and consistent with high expectation relationships.

Important Dates:

20 th Oct –	Secondary Interschool Athletics Carnival
21 st Oct –	Rm 20 & 21 Caversham Excursion
22 nd Oct –	Primary Cricket Carnival
25 th – 29 th Oct	Book Fair
25 th Oct –	Prindy session 2
26 th Oct –	YCCC Transition Day 1 (Kindy 1)
27 th Oct –	Steven Michael Foundation Incursion (7-10)
28 th Oct –	YCCC Transition Day 2 (Kindy 2)
29 th Oct –	Primary (am) & Secondary (pm) Assemblies
1 st Nov –	Prindy session 3
2 nd Nov –	YCCC Transition Day 3 (Tours)
3 rd Nov –	Secondary Spring Carnival @ York
4 th Nov –	Outdoor Classroom Day
4 th Nov –	YCCC Transition Day 4 (Tours)
8 th Nov –	Prindy session 4



R We are RESPECTFUL



O We OWN our Behaviour

C We are COURAGEOUS

K We are KIND

@ **Y**ork District High School





YDHS Honour Roll & Award Recipients

Congratulations to the following award recipients!

Whole School Assembly

Tuesday 18th October 2021

Certificates of Excellence

Term 3

Primary Awards

Izac Johnson Isabelle Hayes Lincoln May Kayla Wall Cory Bishop

George Boyle Grace Emin Tessa Castlemain Trinity Luelf William Devlin

Phoebe Wherrett Noel Reed Zac Draper Charli McAlpine

Secondary Awards

Lauren Dass Katie Allen Matilda Collins Lochlan Dass

Emily Galbriath Holly Lewis



Be You Day 2021



Be You Day Philosophy

York District High School has a Be You initiative, a framework that assists schools in supporting all staff, students and community mental health. As part of this initiative, York D.H.S runs a Be You Day during WA Mental Health Week to raise awareness about mental health and to build supportive community networks in a bid to fight stigma against mental health and encourage help seeking behaviours.

Our vision is that our staff, students, parents and wider community achieve their best possible mental health. Research shows that high levels of mental health are associated with increased learning, creativity and productivity, more pro-social behaviour and positive social relationships, and with improved physical health and life expectancy.

Be You Day at York D.H.S involves a combination of fun activities to help build further social connections, good personal relationships and the sense of being part of a community. This, partnered with some skills and strategies to assist in supporting our own mental health and wellbeing, as well as how you can support others, are vital components in maintaining good mental health and wellbeing.

Community Quotes

"Thank you so much (York DHS) for letting our Fairy Godmother Bec and Woodlands Fairy Kayla present our Feelings Workshop... raising awareness for the importance of showing our children how to share their feelings"

– York CRC

"(YDHS is) creating opportunities for their staff to take some time out, putting some calming and fun activities in place... what a beautiful nurturing team to be a part of, creating such a peaceful space for their fellow team members"

– The Vibe Studio

ECE Activities

ECE Be You Day had a focus on connection; they connected with the community as they welcomed York Childcare Centre and York Playgroup joined them for their morning activities. They connected with their emotions through craft; with their senses via sensory playdough and oils; and with nature by using things found in nature in their play. They also connected with one another whilst playing board games and STEM activities. Mindful colouring allowed them to practice being mindful for all the benefits mindfulness brings.

MUP Activities

Middle Upper Primary students had the opportunity to participate in a huge range of activities on Be You Day, allowing them to explore which activities may best help them to fortify their mental health. There were physical activities such as sporting, outdoor games and Just Dance competitions; art and knitting for students to stimulate their creativity; and Lego and robotics to exercise their minds. Students partook in all activities with gusto.

Community Quotes

"It was an honour to design and guide students through gentle breath work and movement, these simple yet effective practices that help to calm our body and reorder the busy thoughts in our mind".

- Wheatbelt Yoga & Wellness Kin

"A beaut day out at YDHS for Be You Day. Thanks to YDHS... we love our local community coming together to spread such an important message. We had fun!"

- York Family Playgroup



Be You Day Primary





Be You Day Secondary



Secondary Activities

Our Secondary students started the day gathered together to be reminded of the significance of the day ahead. As we focus on the importance of physical health during Swimming, Cross Country and Athletics Carnivals, Be You Day allows us to focus on the importance of our mental health.

During the morning sessions students rotated with their Cadet Squad through activities that included Art activities in our Arts Quad, team sports including some spirited games of dodgeball and E Games in our computer labs.

It has been widely remarked how well students engaged in these activities and were willing to participate in all events including those that were outside their comfort zone.

Year 5/6 Transition

After recess, Secondary students had the pleasure of being joined, for the first time this year, by students from Years 5 & 6. This was a fantastic opportunity for students to begin their transition process to Secondary School, engaging in fun mixed group activities. Cadet Squad Leaders exhibited outstanding mentorship to the students under their care, as groups participated in face painting, giant games, Kahoot quizzes, table tennis, football and volleyball (which was run by our Principal!).

Community Activities

Students also benefitted from the talent and commitment of our community links. Both Primary and Secondary students engaged in Yoga sessions led by Wellness Kin's Claire Cable, and loved interacting with the animals at the petting zoo. Secondary students also got to experience basketball coaching from Makailah Dyer of Binar Sports. Binar seeks to support, empower and provide quality pathways in a culturally safe and secure environment. Thank you to everyone that contributed to Be You Day.



Night Hoops York

FREE FOOD
AND PLENTY OF
GIVEAWAYS

WHEN: Wednesday Afternoons, 4pm - 6pm

WHERE: York Recreation Centre

WHO: All Youth 8 – 18 (split into age groups)

27 Oct

3 Nov

10 Nov

17 Nov

24 Nov

For more information contact Jade Wylie on 0447 784 423 or jadew@smfoundation.org.au





IT'S
SLIME
TIME!

YORK COLOUR FUN RUN

WITH A TWIST AND A NEW EDGE TO EXPERIENCE

WHEN: Friday, 12th November 2021

WHERE: York School Oval

TIME: 1.30pm

BONUS FUN!!!!

SLIME THE TEACHERS

All students are to bring a change of clothes for the event. Preferably a white shirt to enhance the experience. Coloured slime may stain clothing, so please ensure you pack accordingly.

This is a fundraising event, please keep an eye out for the letters with the fundraising booklet attached. There will also be an online fundraising option. All fundraising is due back on the day of the Slime Colour Fun Run.



**HAVE THE SLIME OF
YOUR LIFE**



YORK SWIMMING CLUB REGISTRATIONS

All Swimmers register and pay online at
www.myswimresults.com.au

Age for membership is based on the age at the start of the 2021/2022 Season or at the time of purchase, whichever is the latter.

Social Membership

This is the most popular membership option for our club. This covers all swimmers from social training to those that wish to compete in Country Pennants and everything in between.

Age	Swim WA Fee	York SC Fee	Total
5-8 years	\$30	\$90	\$120
9 years - adults	\$65	\$90	\$155

Seasonal Membership

For swimmers who are keen to try out at events such as State Championships. This will get swimmers into any meet on the calendar.

Age	Swim WA Fee	York SC Fee	Total
Swimmers of all ages	\$99	\$90	\$189



Feel free to contact Sarah Penny if you have any questions regarding Membership at yorkscregistrar@gmail.com



ARE YOU A CHANGE MAKER?

YOU CAN DONATE YOUR CANS TO YORK DHS P&C

IT'S AS EASY AS 1, 2, 3...

Collect eligible containers

Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L are eligible.

Take them to a refund point

There are different types of refund points across Western Australia, so find the right one for you.

Earn a refund or donate to York DHS P&C Scheme ID C10467214

You'll receive 10 cents for every eligible container you return which you can keep or donate.

YDHS P&C C10467214



York DHS P&C Scheme ID



ELIGIBLE CONTAINERS

C10467214

Bag drops

Bags of containers can be dropped off at various locations as a convenient and contact free way to recycle and receive refunds via your scheme ID.

Donate your containers

Simply quote your chosen group's scheme ID at your local refund point to donate your containers.