

YORK DISTRICT HIGH SCHOOL | NEWSLETTER – 2022

From the Principal

BE YOU EDITION | OCTOBER | 2022

Kaya everyone,

Welcome back for another exciting term. We look ahead to our jam-packed Term 4 (check out the Important Dates for just how much we have on!), as we prepare our students to demonstrate their skills and team spirit.

The delayed Interschool Swimming Carnival will take place on Friday, 18th November 2022. 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 Josh Gough, Nathan Mills, community members and student helpers involved in supporting and coordinating all sporting events this term.

This year we celebrated our fourth annual Be You Week, culminating with Be You Day on Friday October 14. Our Be You mental health initiative is delivered nationally through Beyond Blue, in collaboration with Early Childhood Australia and Headspace. Be You support educators from early learning services and schools to develop a positive, inclusive and resilient learning community where every child, young person, educator and family can achieve their best possible mental health.

The week's activities are the result of an enormous amount of work from our Be You team, led by team leader Ms Nicole Creed. This year the team provided opportunities for our learning community that included mental health and parenting presentations by Black Dog Institute; Sound Therapy by Alex Ross; physical and mental health focused BMX demonstrations and coaching from Freestyle Now; and a menagerie of mental health focused activities throughout Be You Day! We thank Ms Creed and the Be You team, as well as all supporting staff, volunteers and community members that made the week a huge success. We look forward to the initiative continuing to grow and bringing the importance looking after our mental health and wellbeing to the forefront of our minds.

We have 8 weeks remaining as we culminate what has been a successful year so far. Now is our student's chance to show us all what they are capable of and what they have learnt this year.



Mr Trent Lockyer
Principal





York District High School

Independent Public School

Courage, Effort & Innovation

Be You Edition – October 2022
Trews Road Phone: 9641 3100
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Vision Statement:

York District High School is a school of choice for learning and life.
We strive to inspire a relentless pursuit of excellence (**SUCCESS**), a love of learning (**IMPROVEMENT**) and resilience through connection (**COMMUNITY**)

Important Dates:

**Note: All events are subject to change, following the most up-to-date information from the Health Department.*

- 20th Oct – Cricket Blast Yr 5/6
- 21st Oct – Youth Parliament Nominations Due
- 24th – 28th Oct – Book Fair
- 24th Oct – Prindy (Session 2)
- 25th Oct – YCCC Transition Day 1
- 27th Oct – YCCC Transition Day 2
- 28th Oct – Primary (AM) & Secondary (PM) Assembly
- 28th Oct – Secondary Spring Carnival
- 31st Oct – Prindy (Session 3)
- 3rd Nov – Outdoor Classroom Day
- 7th Nov – Prindy (Session 4) Transition Day



R

We are RESPECTFUL

O

We OWN our Behaviour

C

We are COURAGEOUS

K

We are KIND

@ Y

ork District High School





York District High School Award Recipients

We congratulate the following students, receiving
Certificates of Excellence in Term 3

Charlie Daly

Peri Marwick

Kayla Wall

Margaret Olsson

Grace Emin

Ella Ker

Jack Almond

Karis Rous

Oisin Kirwan

Sonnie Kainuku

Kayla Begley

Bethany Ward

Emily Astle

Marni Wallace

Izac Johnson

Zoe Richardson

Olivia Saunders

Sophie Rous

Scott Lindridge

Matilda Andrews





Culture of Success



Be You Week was very fun! There were so many great things to do but my favourite activity was the water play. Everyone loved the pom-poms. The only thing missing was more pistols! Lots of my friends really enjoyed doing the clay activities and everyone enjoyed all the outdoor games. I'm still not sure about Yoga, maybe I need more practice. Next year I would love to spend more time with people from different year levels. Secondary students did Kahoot challenges, and I would love to mix up the groups next time to give them a go. I think that is why everyone loved the Whole School Assembly so much; everyone was together to rock out!

Marni Wallace

Year 4



Be You Week was great! We all had so much fun on Be You Day, but I think the best thing about it was the whole school assembly and the Primary school waterplay activities. The petting zoo was also loads of fun with all the birds, dogs, sheep, and rabbits. I am already looking forward to next years Be You Day, with more fun activities, games, and challenges for the whole school to enjoy. I really liked how we were reminded throughout the day how important it is to take care of our mental health, I think we can focus on that even more next year and maybe collect some money to donate to a charity or our school's mental health activities.

Lily Marwick

Year 5



I think as a Year 5 student I got to have the best experiences on Be You Day because not only did I get to join the Secondary students for activities, but I also got to do the waterplay. The water gun fight at the end of the day was amazing! It was great that the petting zoo came back again this year, I'd love to see all the animals at every Be You Day. Year 5-10 students got to do loads of different activities together, some were fun, some were peaceful, and others were creative. I liked all the little ways we were reminded about how to support our mental health throughout the week, like seeing the community companion dog! I can't wait to see what we do next year!

Mariah Begley

Year 5



Be You Day was all about looking after your mental health. One of the best things about my day was getting to do rotation activities. The petting zoo was really interesting and it was really nice to see all the kids petting the animals. My favourite thing about the day was during the assembly, when the Rock Band played and asked us all to jump up and dance! Even after that, the fun wasn't over because I got to go back to Primary and do the water activities. I had so much fun with getting wet with my friends. I really enjoyed Be You Week and think it is really important that we look after our mental health, just like our physical health.

Emily Daly

Year 6



Culture of Improvement





Culture of Community



Be You Day 2022 was a great success and we had an amazing turnout of students dressing Blue for Be You! It was nice to see a different range of emotions from students than you normally would. I don't get to see my peers relaxing and taking the stress of for a day at school too often. I hope to see the day continuing to grow bigger and better each year, as we all get better at focusing more on our own mental health and the wellbeing of others.

Emily Galbraith

Year 10





Be You Day was packed with lots of different activities this year, and it was clear to that everyone enjoyed themselves. I particularly enjoyed the team building 'minute to win it' activities run by Mrs Gregory, because even when you failed, you had fun! I liked that Secondary students got to selection from activity options at the end of the day, so we could decide how best to spend our time and focus on our mental health. There was so much on offer throughout the day that I think everyone found something they enjoyed. It was also made very clear throughout the day what the purpose of Be You Day is; to support our own mental health and wellbeing. Although this is my last year here at York DHS, I hope to see the Be You event continue to grow.

Lochlan Dass

Year 10



We	R	O	C	K
 	<p>We are <u>Respectful</u></p> <p>Respectful people are polite, they listen and make positive choices. They show regard for others, themselves, property and the environment.</p>	<p>We <u>Own</u> our behaviour</p> <p>People who own their behaviour are accountable for their actions by following procedures, acting safely and showing initiative.</p>	<p>We are <u>Courageous</u></p> <p>Being courageous is the ability to make positive choices in the face of challenges and being brave even though the outcome is uncertain.</p>	<p>We are <u>Kind</u></p> <p>Being kind means that through your actions you show genuine empathy and consideration for others.</p>
All of the time	<ul style="list-style-type: none"> We actively listen and follow all instructions. We are polite and use our manners. 	<ul style="list-style-type: none"> We make positive choices and are accountable. We are honest and act with integrity. 	<ul style="list-style-type: none"> We challenge ourselves to be our best. We seek help when needed. 	<ul style="list-style-type: none"> We are helpful and considerate. We accept and respect differences.
Learning Areas	<ul style="list-style-type: none"> ❖ We listen to people when they are talking and wait for our turn. ❖ We use appropriate school language. ❖ We show regard for everyone's belongings and school resources. 	<ul style="list-style-type: none"> ❖ We are accountable for our own learning and behaviour. ❖ We use technology appropriately. ❖ We give everyone the opportunity to participate and learn. 	<ul style="list-style-type: none"> ❖ We persist in the face of challenges. ❖ We seek feedback to improve. 	<ul style="list-style-type: none"> ❖ We help and include others. ❖ We show patience and compassion when people are learning new things.
School Grounds	<ul style="list-style-type: none"> ❖ We speak to and about others appropriately. ❖ We wear our school uniform with pride. ❖ We show regard for equipment and the environment. 	<ul style="list-style-type: none"> ❖ We model appropriate behaviours. ❖ We make safe choices. ❖ We use school facilities appropriately. ❖ We play by the agreed rules. 	<ul style="list-style-type: none"> ❖ We report unsafe behaviour to staff. ❖ We use strategies to positively support someone who is being bullied. ❖ We engage in educational opportunities and challenges. 	<ul style="list-style-type: none"> ❖ We resolve problems through thoughtful words and actions, seeking further help if needed. ❖ We welcome new people and visitors to our school.
Community	<ul style="list-style-type: none"> ❖ We speak appropriately to all people in our community. ❖ We follow the expectations of different environments. ❖ We are considerate of personal space. 	<ul style="list-style-type: none"> ❖ We are positive advocates and role models for our school. ❖ We follow all road rules. 	<ul style="list-style-type: none"> ❖ We are active citizens who contribute positively to our community where possible. ❖ We take pride in our community, school and self. ❖ We speak up for our safety and the safety of others. 	<ul style="list-style-type: none"> ❖ We show consideration for the thoughts, feelings and opinions of others. ❖ We care for ourselves and community members. ❖ We celebrate and encourage the success of all school community members.



Department of Education
Department of Health

THE FACTS ABOUT VAPING



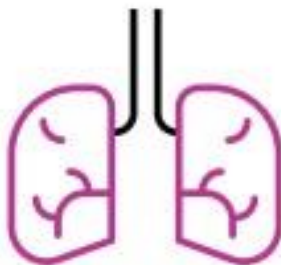
Many vapes
contain nicotine
making them
very addictive



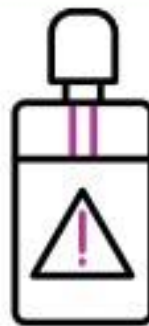
The nicotine
in 1 vape can
= 50
cigarettes



Young people who
vape are **3 times**
as likely to take
up smoking



Vaping has
been linked to
**serious lung
disease**



Vape aerosol
**is not
water vapour**



Vapes can contain
the same **harmful
chemicals** found in
cleaning products, nail
polish remover, weed
killer and bug spray.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

DO YOU KNOW WHAT THEY'RE VAPING?

If you need support, speak with your teacher or student services staff.



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.