



ABN 58 383 571 741

# CENTRAL MIDLANDS Senior High School

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Newsletter No 1

2 March 2022

## From the Principal's desk



Welcome to the first Central Midlands Senior High School Newsletter for 2022. It has been an incredibly busy start to the year and I would like to begin by thanking the staff and students for settling in and working hard right from the get-go! It has been an extremely positive and encouraging start, with additional students and a number of new staff members joining us. There is always a great deal of information to tell you about at the beginning of a school year so let me fill you in....

### New Staff & Changes

Firstly, a HUGE welcome back to all of our dedicated staff who make Central Midlands SHS the amazing place it is! We also have a number of staff changes in 2022, so I thought I would provide you with an overview of them:

- Miss Sarah Dentamaro – Teacher, HASS/Maths
- Ms. Catriona Bassett – Teacher, Science/English
- Ms. Jane Keeffe – Teacher, Home Economics
- Mr Luke Warburton – Teacher HPE
- Ms Claire Van Beek- Club 21

### Student Council

Ms. Dabasia has taken on the role of Student Council Coordinator, and our school is grateful to her for doing so. She has been hard at work in the last few weeks organising the Student Council nomination and election process. Student Council appointments can be found in this newsletter. Congratulations to our Senior Councillors, Head Students Jordan Hall and Tom Brooks, Deputy Head Students Jack Van Voorst and Dylan de Fin, and congratulations to all our Student Councillors who have stepped up to represent the student body. I am sure that you will represent your peers with pride!

### P&C School Canteen

Due to commitments of our extraordinary volunteers, our school canteen is open only on Mondays this term. The P&C are looking for more volunteers to run this very important service for our students. It is not too onerous, and simply needs an hour per day to make it happen.

Please contact the P&C President, Mrs Tracey Errington, 0439 934299, if you are interested in helping out.

### OLNA

The Online Literacy and Numeracy Assessment (OLNA) for Year 10, 11 and 12 students has begun, and will run from 28 February to 8 March. I would like to thank Mrs Marita Rozario and Mr Peter Hall, who have undertaken all the organisation processes that are required to ensure the smooth operation of the testing process for our students. I would also like to thank Mr Hall for his efforts to prepare our students for sitting the OLNA Assessment.

### Incursions/Excursions

A number of staff at CMSHS have been arranging incursions and excursions to enhance the learning experiences of students, and will be sending home letters requiring updated contact and medical information for your child. Please make sure that all details are correct and forms are returned quickly so that we can offer your child the best opportunities possible. Please remember that any excursions are subject to all participants meeting venue requirements relevant to Covid-19.

### New Courses and Offerings

It is my absolute pleasure to share that CMSHS is offering 3 new ATAR courses this year - Chemistry, Human Biology and Business Management. We are also offering a Year 11 General Automotive course for our students on a general pathway. A big thank you to the teachers who are delivering these courses. It is encouraging to see more opportunities and choices available for our students.

### Farewell

This week, we said goodbye to a longstanding staff member of this school, our school Librarian for over 20 years, Mrs Kylie Vanzetti. We wish Kylie all the very best in her retirement.

### Study Skills

This year, we have introduced a study skills class which is period 1 on Wednesday, with the intention of developing our students' skills to organise their study time better and give them the best opportunity we can to not only complete more assessments but submit more assessments. We hope that this will lead to students receiving grades more reflective of their ability and progress.

**Trish Hewitt, Principal**

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## Congratulations to our 2022 Student Leaders and Council

Head Student – Jordan Hall



Hello everyone. I hope we have all had a wonderful start to 2022. It is going to be an interesting one but hopefully we can all make the most out of it. My name is Jordan Hall, and I am one of the Year 12 Head Students along with Tom Brooks. Myself and Tom are extremely excited for this year and look forward to planning some amazing things with Miss Dabasia and the other Student Councillors. We all cannot wait to think and plan new ways to make our school a more encouraging and involving atmosphere.

Head Student – Thomas Brooks



G'day everyone. As Jordan mentioned we are both very excited to be leading the school in 2022. We cannot wait to try and better our school and try and make Central Midlands the safe and happy place we have always seen it as. Both Jordan and myself have loved this school since the second we marched in on orientation in Year 6. We hope we can be welcoming leaders for our younger students and set a good example as to what a good student and good person is at CMSHS. Being joined by the amazing Miss Dabasia will help Jordan, myself and the other Student Councillors achieve great things this year.

### CMSHS 2022 Student Council

Year group	Students
Year 7	Austin Chapman Kaelynn Burnett
Year 8	Cooper Hall Alyssa King
Year 9	Murray Pienaar Abigail de Fin
Year 10	Zara Lawson Riley Hall
Year 11	Andrew Brown Mollie Burnett
Year 12	Dylan de Fin Jack Van Voorst
Indigenous Student Representatives	Robert Warrell Jimmaya Coffin

### Dates to remember...

**28 Feb-8 March** – OLNA  
**7 March** – Labour Day Long weekend  
**8 March** -International Women's Day  
**18 March** – Interhouse Swimming Carnival  
**18 March** – National Day of action against bullying and violence  
**24 March** – Yr 7/9 Coordinated Practice Test  
**26 March** – Interschool Swimming Carnival  
**8 April** – Last Day of Term 1  
**9 April – 25 April** – School Holidays

### Dear Year 7s and Families

A warm welcome to Central Midlands Senior High School. It is lovely to see how well you have settled into the school and adapted to processes and procedures at our school. It has been unfortunate that we do not get to do our usual sausage sizzle welcome, due to current COVID measures in place.

Nonetheless, we hope that families are happy with how things are progressing at school. Do get in touch with us if there are any concerns, so we can find a way to resolve them.

I would like to encourage you to stay informed of the progress of your child through CONNECT. This is a place for class notices, assessment outlines, lesson resources and marks book. You will have a good idea of how your child is faring in various assessments through this marks book.

We wish you a happy journey and welcome to Central Midlands Senior High School.  
**Mrs Rozario, Deputy Principal**

## 2022 CMSHS House Captains

- Positive leadership skills
- A strong School 'Spirit'
- Good organisational skills
- A supportive, caring and fair attitude
- A respectful conduct towards House members and the whole-School community
- Be responsible, and a good role model

Myles	Roberts	Lefroy
Keely O'Hern	Olivia Boulton	Myra Warrell
Brock Kilmurray	Callum Machin	Cameron Abbey
Cameron Turner	Kelly Taylor	Robert Warrell
Andrew Brown	Tia Machin	Charlee Taylor



## Year 7 HASS

This term the Year 7s are studying History with a focus on Early Humans. So far, we have covered topics such as evolution, calendar keeping and archaeology, with the students completing their very own archaeological dig in Week 2.

Due to the hot weather, we adapted this task to an indoor activity. Students had to excavate chocolate chips from a chocolate chip cookie using various tools. Some important foci within the task were to evaluate the effectiveness of various tools, while spotting grids to locate the chocolate chips which were totally worth "digging up".

The class participated very well, and it was lots of fun bringing the skills we learnt in class to life outdoors to consolidate our learning as well as enjoy the yummy cookie at the end of the day.

Well done, to all the Year 7s who participated.

**Miss Dabasia**  
**HASS teacher**





## Food Science and Technologies

The term has started in the Food room with a lot of enthusiasm. All the students have been keen to explore the new program and get into cooking something delicious. For Term 1, the year group learning foci are:

Year 8 – Food Investigation – our two year groups will be cooking a range of food that they will be able to reproduce at home for afternoon tea eating. Muesli slice, ricotta hotcakes and mini quiches will be on their list. The Year 8 assessment is based around designing and producing their own version of a gourmet burger.

Year 9 Food Science Technology – Will have a terrific time investigating how important our sense of sight is to our experience of food. The Year 9s kicked off by some blindfolded taste testing where, without knowing what food they were tasting, had to describe the taste, texture and aroma of the food. Year 9 will be cooking finger foods like rice paper rolls, taco cups, quiches and falafels. Their assessment is based around designing a visually appealing finger food.

**Mrs Keeffe, Home Economics Teacher**





## Wednesday VET

The Year 11 and 12s are well into their Certificate courses now. The Year 12s are looking to complete their last competencies and achieve their Certificates. We already have one Year 12 student who has managed to complete their Certificate already, which is an amazing effort.

The Engineering students are practicing their welding, with the Year 12 students focusing on designing and completing dices to demonstrate their welding skills. The Year 11s are still learning the engineering basics and developing their skills and confidence with the support of their lecturer and the Year 12 students.

The Construction students are working hard laying concrete and developing their concreting and brick laying skills at the back of the school near the Horticulture Gardens.

The Horticulture students are continuing to look after and maintain their garden at the back of the school, while looking after some indoor plants they have placed inside the staff room.

Our one Community Services student is currently on Work Placement at St Joseph's School, developing her knowledge and understanding of working with children.

In the library we have students working on their Preparation for Health and Nursing course, which is a completely online course that teaches students about the human body, health, math and chemistry.

We have one student who is completing a Digital Media course, he is currently learning about email etiquette. Two students are looking to complete Work Placements on Wednesdays, and will start these placements in the next few weeks.

**Mr Hall, Program Coordinator**





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## New Courses

We have several new Senior Courses on offer this year. Mr Dewing is teaching the Chemistry ATAR course. Miss Dabasia is delivering the ATAR Business Management and Enterprise course. Ms Ghossein is offering ATAR Human Biology and Mr Brown is offering an Automotive General course. The Year 11s have had more choices this year than any other year. We wish them all success in completing these courses and attaining their WACE next year.

## SIDE Courses

We have several Year 11 students completing ATAR courses by SIDE under the supervision and support of Ms Davis. The subjects being completed Year 11 include Math Methods, Psychology ATAR, Physics ATAR and Health Studies ATAR. The Year 11s are making a quick transition to online learning and are being ably supported by the current Year 12 students who are completing their second year learning through SIDE. The SIDE courses undertaken by the Year 12 students are Health Studies ATAR, Human Biology ATAR and General, Psychology ATAR, Chemistry ATAR, Photography General and Geography General.

## Human Biology

In Year 11 ATAR Human Biology, students are learning about the cell and metabolism. In this practical lesson, students de-shelled eggs, and used them as a model for cells. They placed the eggs in different conditions to observe the movement of water across a membrane

**Ms S Ghossein**



## Year 12 Integrated Science

In Year 12 General Integrated Science, students are learning about the environment and ecosystems. Students surveyed the local ecosystem by looking at moisture in the air, temperature of air and soil, and what animals lived in the school environment. They observed the animals and the soil under a microscope.

**Ms S Ghossein**



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## Wanjoo to our New Staff

My name is Catriona Bassett and I am originally from the UK having moved over here approximately 18 years ago. I have lived in the local community for just about all of this time, first living on a farm half way between Moora and Miling then moving into Moora in 2008. I have a passion for agriculture and have worked in some form or another in that area for most of my working career. After having children I wanted to pursue a career in teaching as I am passionate about each child being provided an equal opportunity to succeed in life. After qualifying as a teacher I have realised that teaching at High School is where I want to be as this is the age where I feel that I could have the most impact. I have 2 young children who are at St Joseph's School in Moora and some of my extracurricular activities include reading, running, playing hockey and volunteering at Parkrun on a Saturday morning.



My name is Luke Warburton and I am teaching Health and Physical Education at CMSHS. I have spent the last 3 years teaching at Tennant Creek School in the Northern Territory, and previously worked at Kolbe Catholic College in Rockingham. I am grateful for the opportunity to be working and living in Moora and look forward to working with everyone at school and in the local community.



## Jane Keeffe

I have been living in the area for 15 years and working as a teacher here for 10. I have spent some of that time at the Miling PS but most at Watheroo teaching everything from Kindy to Year 6. A mid-career change, I have decided to move into Secondary teaching. Given that I mostly spend my spare time in the kitchen on weekends, teaching Food Science is a great opportunity for me.

So far, I have loved the enthusiasm of the students and enjoy being part of the action at the school. I'm really impressed with each year group's experience in the kitchen and love working with students' new food experience. The commercial kitchen is a lot of fun and I'm really looking forward to using every last bit of equipment there during the year.



## Sarah Dentamaro

Sarah is our newest Teach for Australia staff member. She is delivering Math Applications and Essentials in Upper School and HASS in Lower School.



## Veronica Pantos

Veronica is our teacher from Flying Squad. Veronica will be with us only for a short while. She teaches Maths and Health.



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## Staff Briefings

Doing things differently – staff briefing at the pond – adjusting to Covid restrictions.



Morning tea to say goodbye to a dear colleague and long standing staff member of Central Midlands Senior High School, our school Librarian Mrs Vanzetti.

**Happy Retirement Kylie! and congratulations on all your achievements at work! We will miss you!**





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**Year 10 Art with Ms Hanson.... Still life portrait of a skull!**



**Year 7 Sports – Basketball Tag**



**Year 7/8 Design and Technology Woodwork and Metalwork with Mr Brown and Mr Ghavami**





Free After-School Tutoring  
 3:15pm – 4:15pm  
 in the Library on Monday with  
 Mrs Shields, Miss Ghossein  
 and Miss Dabasia  
 English/HASS/ Business/  
 Science/Maths



## Conscious Questions to Ask Young People...

**How was your day?... Good.**

This is a common question we ask young people and a common response to the question. Questions are powerful. Asking quality questions consistently can help develop a young person (and adults). Here are conscious questions to ask...

**Have you helped someone today?**

*(A great question to encourage gratitude.)*

**What did you fail at today?**

*(It's designed to be a positive question. It's a great question because it encourages young people to try things and that it's okay to fail.)*

**What did you learn from the experience?**

*(Add an ask question to - What did you do or make?)*

**What did you give a go today, even though it was hard?**

*(A great question to encourage your young people to get out of their comfort zone.)*

**What are you most looking forward to today?**

*(Research suggests 80-90% of the joy we get from an event is the time leading up to a great question that encourages us to get excited about the day.)*

**Did you try something new?**

*(Another question to encourage young people to step out of their comfort zone.)*

## Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 Have a 'no plans' day and notice how that feels

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today  
[daysofhappiness.net](http://daysofhappiness.net)

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together







# COVID-19 safe measures

The Department of Education is following current public health advice to reduce the transmission of COVID-19 in our schools, residential facilities and communities. We are committed to delivering quality teaching to children in Western Australia.

### Learning



Face to face teaching

### Staff



Required to be triple dose vaccinated

### Visitors



Show proof of vaccination when required

## COVID-19 safe measures



Mask supplies for staff and students



Pool of vaccinated school staff available



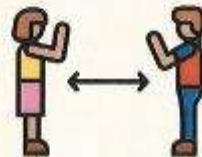
Adequate ventilation for all classes and rooms



Air purifiers supplied where required



Stay home when sick



Avoid unnecessary physical contact



Additional cleaning



Alcohol-based hand sanitiser

If you require further information or assistance, please speak to your principal, manager or a staff member. You can also contact your regional office. For COVID-19 queries, please contact [coronavirussupport@education.wa.edu.au](mailto:coronavirussupport@education.wa.edu.au) or call 1800 882 345.

[education.wa.edu.au](http://education.wa.edu.au)

\*to comply with public health directions

THINK 02/2/2024/0220