

# D LA SALLE COLLEGE elagram

Fortnightly newsletter



St John Baptist de La Salle

27 October 2011  
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## FROM THE PRINCIPAL

*Ms Debra Sayce*



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Welcome back to the commencement for the final term of the 2011 academic year. Our Year 12 students have finished their final assessments for their College courses and many now prepare for their WACE examinations. We concluded their formal classes at the end of Term 3. The traditional girls versus boys football game was gallantly contested with the girls victorious (yet again!). The barbecue on the oval was a much needed wind down from a very busy term. Thank you to Mr Gosling, staff and the students who catered for this event. Our Year 12s had a wonderful final assembly on Tuesday and on Wednesday had a breakfast and the Graduation Mass. The Mass was a most moving celebration focusing on a thanksgiving to God for our wonderfully supportive Year 12 parents, to the leadership of the Class of 2011 and to our hardworking staff who journeyed alongside our students in their learning. A special thank you to our staff for their generous commitment to these important farewell functions – particularly to Mr Pepper, Mr Martin, Mrs Waller, Mr Martino, Fr Leonard, Mrs Outram and Ms Lynsdale.

Our much anticipated Balgo Hills Immersion Programme held during the school holidays was an outstanding success. This was largely due to the most impressive 19 Year 11 students who gave so generously of themselves to Luurnpa Catholic School and the remote community of Balgo Hills. Community members were deeply touched and appreciative of our students and staff who not only spring cleaned the school but ran a most successful holiday programme for the children of Balgo Hills. The staff who supported the programme are to be congratulated for giving up their holiday time to ensure that the students were cared for in a most diligent manner. To Mr Perrett, Mr Martino, Ms Panetta, Ms McDonnell, Mr Gordon and Mr Enkel (Board member) a sincere thanks for all that you did to ensure a most successful programme. The College is now in preparation for the 2012 Easter programme in Balgo Hills.

The 2011 Annual College Art Exhibition was a most enjoyable and engaging event. The Patricia Rodrigues Centre was transformed into Gallery La Salle. The artwork was amazing, the service impeccable and the general tone was warm and friendly. A special thank you to the Art Exhibition committee and College staff. They worked tirelessly in ensuring that the event was a success. A special thank you to Ms Sabrina Lynsdale for her attention to detail and coordination. We are very grateful to the local artists for their fine contribution to making this an annual feature event of the College. Thank you also to our student artists who generously displayed their artwork. A final thanks to Mr and Mrs Dullard who generously donated an Aboriginal art piece entitled *Tjintjin*. This piece of art came from Balgo Hills (Wirrimanu) Art Centre by artist, Brian Mudgebell. We will proudly showcase this gift in the Laurence Murphy Senior Learning Centre.

Finally, I take this opportunity to wish our Year 12 students all the very best in the coming weeks. Some are seeking employment, some positions in trade areas and some sitting their WACE examinations. Whatever their post school destination, La Salle College thanks each and every one of them for their contribution to College life. Whilst we will miss the buzz in the Senior Learning Centre, we wish them God's blessing.

*St John Baptist de La Salle*

Pray for us

*Live Jesus in our hearts*

Forever

**Ms Debra Sayce**  
Principal

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## FROM THE SENIOR LEADERSHIP TEAM



*Ms Natalie Calleja*  
Assistant Principal  
Year 9

### SAFETY CONCERN

A request has come from a local resident in Flora Street where parents have been using the long driveway to turn their cars around. Parents are asked to please not continue this practice out of fear that her young children may be hurt. Your support in this matter would be appreciated.

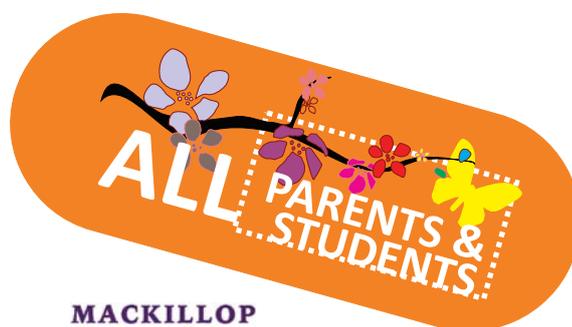
**Ms Natalie Calleja**  
**Assistant Principal – Year 9**



*Ms Orietta Stokes*  
MacKillop House  
Coordinator

### MARY MacKILLOP MEMORIAL GARDEN

The St Mary of the Cross (MacKillop) Memorial Garden Official Opening was held under beautiful blue skies in the Gazebo Courtyard during Long PCG on Wednesday of Week 1 this term. The students and Pastoral Care Advisors of MacKillop House, Sisters Kathleen, Leonie, Joan, Denise, Maree and Rita of the Order of the Sisters of St Joseph, and other College staff participated in a short liturgy and blessing led by Fr Leonard Macionczyk. The students heard the Gospel reading of the vine and the branches and listened as both Fr Leonard and Sister Kathleen explained how this Gospel can be applicable to our lives and the life of St Mary of the Cross. The Sisters also presented the College with the gifts of a plant, a book and an image of St Mary of the Cross, for which we are very grateful.



The garden is a tangible symbol of the life of St Mary of the Cross and celebrates her canonisation as Australia's first saint. Wednesday's celebration was a culmination of 18 months of planning and work by the staff and students of MacKillop House. I would like to acknowledge the efforts of those involved in the location proposal, design proposal, planting, construction of the arbour, mosaic design and creation and their installation into the garden site. Hopefully students in MacKillop House will see themselves as stewards of this space and it may be a living reminder of St Mary of the Cross' good works in the lives of all members of the College community.

**Ms Orietta Stokes - MacKillop House Coordinator**



# ALL PARENTS & STUDENTS

## CATHOLIC YOUTH MINISTRY

### **Every Wednesday: Holy Hour at Catholic Youth Ministry**

After the WYD11 break Holy Hour at CYM is back, followed by \$5 supper and fellowship. Mass at 5:30 pm and Holy Hour (adoration) at 6:30 pm at the Catholic Pastoral Centre, 40A Mary St, Highgate. More details on [www.cym.com.au](http://www.cym.com.au) or call 9422 7912.

### **Sunday 13 November: Sunday Sesh - Celebrating WYD in Brazil**

Youth Mass @ 5:00 pm – 6:00 pm, Sunday Sesh @ 7:00 pm at the Presbytery forecourt. Venue – St Mary's Cathedral Perth. Celebrating WYD Brazil in style! Open for youth of all ages (pref 15-35). Guest Speaker: Archbishop Barry Hickey. The night includes: music, activities, entertainment, a guest speaker, prayer time and group discussions. More details on [www.cym.com.au](http://www.cym.com.au) or call 9422 7912.

### **Youth Ministry Scholarships 2011**

Catholic Youth Ministry is offering 2 full-time scholarships to the Catholic Bible College 'Acts 2 College of Mission and Evangelisation'. If you are currently leading a youth group, or interested in getting one running – get skilled in this area and study an awesome course! The scholarship is to study a Certificate IV in Christian Ministry – Youth Ministry stream (no TER requirements). For more course info: [www.acts2come.wa.edu.au](http://www.acts2come.wa.edu.au) To apply simply send an email of interest to: [admin@cym.com.au](mailto:admin@cym.com.au) giving your name, age, parish, previous educational accomplishments and a short explanation stating why you would like to study at the College. Applications close Friday 18 November 2011. Call 9422 7912 for more information.



*Ms Sabrina Lynsdale*  
Executive Assistant  
(Marketing & Public Relations)

# Art Exhibition



Gallery La Salle featured 460 pieces of artworks by 125 WA renowned and aspiring WA artists from Friday 14 to Sunday 16 October in the Patricia Rodrigues Centre. Artworks for this year's raffle were generously donated by artists, Jeanette Della, who was also the curator, Harry Barden and Mike Bradford, CEO of Landgate.

### **Congratulations to the following winners:**

1 <sup>st</sup> Prize	Lisa Sole		
Sunrise by Jeanette Della		\$840	Ticket No. 304
2 <sup>nd</sup> Prize	R. Blackburn		
Larry Circosta's Farm, Middle Swan		\$580	Ticket No. 160
3 <sup>rd</sup> Prize	Colin Spencer		
Serenity Abrolhos, Earth is Art Series		\$500	Ticket No. 107

Special thanks to the 2011 Art Exhibition Committee: Sharon Scarfone, Gaye Quinlivan, Tania Kays, Jeanette Della, Sheila Nugent, Sharon Ryan, Sarah Moscher, Lisa Sole, Melissa Aurisch, Alyce Goddard, Peter Veenhoven and Shari Outram, parents, students and staff who assisted to ensure the smooth running and overall success of Gallery La Salle.



*Ms Sabrina Lynsdale*  
Executive Assistant  
(Marketing & Public Relations)



# CAREERS



Mrs Nicole Huggins  
Careers, VET & Onsite  
Coordinator

## **ELECTRICAL ENGINEERING SUMMER SCHOOL**

Engineering is not just about building bridges and buildings. If you are curious about climate change and renewable energy or if you have an interest in telecommunication gadgets, circuits or computers and robotics, Curtin University's Electrical Engineering Summer School can give you some answers. The EESS is open to students entering Years 11 and 12 in 2012 (i.e. current Year 10 and 11 students) and is absolutely **FREE**. If you are interested in this opportunity you will be required to submit a completed application form, your most recent school report and a personal statement to tell them a bit about yourself, your achievements and goals and interests. Visit [www.engineering.curtin.edu.au/outreach](http://www.engineering.curtin.edu.au/outreach) for an application and instructions. Alternatively, there is a copy on La Salle's SIMON programme, under Resources -> Knowledge Banks -> Careers.

## **INDIGENOUS ENGINEERING SUMMER SCHOOL**

The Indigenous Australian Engineering Summer School is an annual event, established 14 years ago by Engineering Aid Australia. It will be held again in January 2012 for 20 Aboriginal and Torres Strait Islander students, male and female, entering Years 11 and 12 in 2012 (i.e. current Year 10 and 11 students). It is a 5-day live-in (at the University of Sydney) Summer School, featuring a combination of activities that will give you a taste of engineering as a university course and career. It is absolutely **FREE!**

## **OUTSIDE THE BOX ENGINEERING SUMMER SCHOOL**

Curtin University's 'Outside the Box' programme allows students to complete activities in a range of engineering disciplines to find out exactly what it is that engineers do and how diverse it can be. This includes Civil and Construction, Mechanical, Mechatronic, Chemical, Petroleum, Electrical and Computer Engineering. During the Summer School, you will explore engineering as a profession and discover how the things you've learnt at school can be relevant to studying engineering at university. This programme is **FREE** and open to students in Years 10 and 11 in 2012 (i.e. current Year 9 and 10 students). Visit [www.engineering.curtin.edu.au/outreach](http://www.engineering.curtin.edu.au/outreach) for an application and instructions. Alternatively, there is a copy on La Salle's SIMON programme, under Resources -> Knowledge Banks -> Careers.

## **UNIVERSITY HELP WEBSITE**

A recent study revealed that a staggering 1 in 5 university students quit university in their first year due to dissatisfaction or unhappiness with their course. As a result, a free website has been set up by university students for high school students to help make a more informed decision about university. The website can be found at [www.uniaustralia.com.au](http://www.uniaustralia.com.au).

## **UNI READY: SUMMER**

Curtin University's Uni Ready: Summer programme is designed for entry to the Humanities, Health Sciences and Business undergraduate courses and aims to develop students' independent learning skills in preparation for university-level study. To be eligible for the programme, students need to have completed a minimum of four Stage 2 courses in Year 12. It is a **FREE** course and if completed successfully, students receive an ATAR calculated from their final marks. Applications are now being accepted from current Year 12 students and forms can be obtained from [www.curtin.edu.au](http://www.curtin.edu.au).

## **EDITH COWAN UNIVERSITY NEWS**

Students must ensure their portfolios for the Portfolio Alternative Entry Pathway applications to ECU are received by 25 November 2011 if they are to be considered for the first round of university offers in January 2012. For further information, visit [www.reachyourpotential.com.au/entry](http://www.reachyourpotential.com.au/entry).

Scholarships for study at Edith Cowan University 2012 are now open. For information or to apply, visit [www.ecu.edu.au/scholarships](http://www.ecu.edu.au/scholarships).

ECU's Student Recruitment team will be available on Thursday 29 and Friday 30 December 2011, as well as from Tuesday 3 January to provide assistance with all your course and entry queries. Call 134 328 or email [futurestudy@ecu.edu.au](mailto:futurestudy@ecu.edu.au).

## **WAAPA BEHIND THE SCENES**

The Western Australian Academy of Performing Arts is holding a Behind The Scenes Academy Production and Design Recruitment Evening on Tuesday 1 November 2011 from 6:00 pm – 8:00 pm. Students will meet staff and students from WAAPA's Costume Design, Lighting, Props and Scenery, Sound and Stage Management courses. It will be held at 224 Williams Street, Northbridge. Please RSVP to [futurestudy@ecu.edu.au](mailto:futurestudy@ecu.edu.au) or telephone 134 328. More information is available at [www.reachyourpotential.com.au/events](http://www.reachyourpotential.com.au/events).

# CAREERS





# CAREERS



Mrs Nicole Huggins  
Careers, VET & Onsite  
Coordinator

## UWA SEMINARS

As the year draws to a close and Year 12 students receive their WACE results, UWA is hosting several seminars to assist students in what can be a confusing and stressful time. **Understanding the TISC Application Process** is for Year 12 students and their parents looking for more information on how to structure TISC preferences to help achieve their goals, what the process is for admission into university, and important dates to keep in mind in the January/February 2012 period.

Admissions Centre and Prospective Students Office staff will be available to answer questions following the presentation.

The dates are as follows:

Wednesday	7 December,	6:00 pm
Thursday	8 December,	6:00 pm
Wednesday	14 December,	6:00 pm
Thursday	15 December,	6:00 pm

Please head to

<http://www.studyat.uwa.edu.au/about/events/yr12-info> to register for the seminars.

## CURTIN INFO

Curtin's Future Students Team understands the stress students may experience when ATARs are released. That is why, after results are released on Thursday 29 December, the team at Curtin will be on hand to provide advice.

Students may get in touch with us for information on courses, alternative pathways, scholarships, study options and more, via telephone, email, in person or through the Curtin website, on the following days:

Thursday	29 December from 10:00 am – 3:00 pm
Friday	30 December from 10:00 am – 3:00 pm
Tuesday	3 January – onwards from 9:00 am – 4:30 pm

## Curtin's new 'Summer' UniReady Enabling Programme offered on campus

For Year 12 students who are concerned they may not achieve an ATAR of 70, Curtin's UniReady Enabling Programme: Summer may be an option. This free, five-week programme offered over January and February at the Bentley campus provides students with the minimum requirements to apply for entry to Curtin in time to commence their course in Semester 1, 2012.

The Enabling programme aims to develop students' independent learning skills in preparation for university-level study and is designed for entry into courses in Humanities, Business and many Health Sciences.

Applications need to be submitted by 25 November. For more information, visit [curtin.edu.au/unireadysummer](http://curtin.edu.au/unireadysummer)

## WORLD SKILLS VET COMPETITIONS

Congratulations to the following La Salle students who did extremely well in the recent WorldSkills VET competitions:

- Business: Bronze medal to Ashleigh Lucey in Year 11
- Engineering: Bronze medal to Tyson Yukich in Year 11
- Tourism: Clean sweep!
- Gold medal to Caitlin McCracken in Year 11,
- Silver medal to Diane Tadi in Year 11 and
- Bronze medal to Jackie Matthews also in Year 11!

**Mrs Nicole Huggins**  
Careers, VET & Onsite Coordinator

# CAREERS





Mr Andy Vella  
Integration of ICT  
Across the Curriculum  
Coordinator

# Charge your laptop every night!

## CLICKON! News

### A REMINDER FOR YEAR 7s

Students and parents are reminded that student laptops are expected to be fully charged by the beginning of each school day. Flat batteries are causing class time to be lost while students access emergency batteries. Parents, please assist by making sure those laptops are plugged in overnight.

### NEW NETWORK OPERATIONS CENTRE

With the numbers of student laptops set to increase dramatically in 2012, a larger Network Operations Centre is in the process of being set up. Computer Lab B15 has been decommissioned and the space devoted to an improved system administration and helpdesk centre. The new centre has more room for staff, equipment and maintenance operations.

*Mr Andy Vella*  
Integration of ICT Across the Curriculum  
Coordinator



# COMMITMENT TO EXCELLENCE

### CONGRATULATIONS BRADLEY!

Congratulations to Bradley Turner, Year 9 who represented WA in the Special Olympics Camp held at Ern Haliday in Hillarys. The events ran over 3 days at Kingsway Athletics Centre during the school holidays.

Bradley said, "I really enjoyed having the opportunity to meet new people at the camp. I met competitors from South Australia, Perth metro and Kalgoorlie. "I had fun and I was excited about my success in all of the events that I participated in. I hope to compete next year in the Special Olympics to be held in South Australia.



Bradley won a silver medal in the 100m, gold in the 200m, bronze in long jump and gold in the softball event.



### CONGRATULATIONS EVELYN!

Congratulations to Year 12 student, Evelyn Vivier who was the winner of the Youth Award in the 2011 Conservation Council of WA Environmental Art Exhibition. She won it with her piece entitled 'Mother Nature's Scream for Help' that was painted during art lessons at school.



# THE ARTS



Ms Shellie Rodriguez  
Learning Area  
Coordinator - The Arts



Mr Christopher Milne  
Director of Music



## CAROLS BY CANDLELIGHT

Reserve the date! La Salle College will host its inaugural Carols by Candle Light on Friday 9 December. We are looking forward to the community getting involved. This promises to be a fun evening for the whole family and Santa will be there! Please keep an eye out in the Delagram for more details closer to the event.

**Mrs Shellie Rodriguez**  
Learning Area Coordinator – The Arts



## LA SALLE BANDS TOUR

On Monday 24 October, the La Salle College Concert Band and Show Band performed at feeder primary schools Good Shepherd Catholic Primary School and Matthew Gibney Catholic Primary School to further promote the exciting Band Programme that La Salle offers its students. Students loaded all the gear onto the trailer and with that; all 54 of them boarded the bus in preparation of entertaining and educating the primary students with many styles of music and instrument demonstrations. The schools were fantastic audiences and the bands look forward to next year's feeder school music tour.

**Mr Christopher Milne**  
Director of Music

## LA SALLIAN FOUNDATION NEWS

### DEADLY WEAPONS IN THE PLAYGROUND?

Imagine if your local primary school had landmines and missiles displayed in a corner of the playground for all the children to see.

Brother Paul Smith, CEO of the Lasallian Foundation was shocked to see just that in a school yard on his recent trip to Mannar in northern Sri Lanka. The explosives had been defused and placed there to help kids recognise and avoid these deadly weapons when they are walking and playing in paddocks and fields.

For the children in Mannar this is a harsh reminder of 26 years of civil war, and of what their families have lost, endured, and survived. During his visit Brother Paul was touched by a note written by B Nakulan a young boy of 12 who wrote about growing up during the civil war.

“The experiences I had gone through are beyond explanation.

Our hometown, Kilinochchi, was heavily bombed and attacked and we all had to run for our lives.

I saw people dying from the artillery that was fired by the soldiers. Many people were lying on the roadside without medical attention and died. But we were lucky to survive all these attacks.

I wish my father was with me now to support me and encourage me. But I can't see my father any more. He was publicly executed in our town.”

What a sad life B Nakulan and many children like him have had. Thankfully he now lives in a boys' home run by the Brothers in Adampan and attends school nearby. The boys' home provides safety, food, shelter and stability for the boys many of whom were child soldiers during the civil war. The Brothers are helping him to recover from the past and to rebuild his life.

If you would like to learn more the work of the Brothers in Mannar or make a donation to the work supported by the Foundation please contact us on 03 9832 3100 or email [vicki@lasallianfoundation.org](mailto:vicki@lasallianfoundation.org) or donate through a secure link at our website [www.lasallianfoundation.org](http://www.lasallianfoundation.org) and click on the 'Make A Donation' button.



**B. Nakulan at school in Mannar, Sri Lanka**



**Defused landmines and missiles on display at school.**

## MINES MINES

**ST BRIGID'S CHURCH – MIDLAND****Fr Chrisantus Alambe**

Corner Great Eastern Highway and Morrison Road

Saturday Vigil	6:30 pm
Sunday	9:30 am and 6:00 pm
Children's Mass	9:30 am
<small>(Every second Sunday of the month)</small>	
Thursday Italian Mass	9:30 am
Reconciliation Saturday	11:00 am to 12 noon & 5:00 pm to 6:00 pm

**ST MICHAEL'S CHURCH – HERNE HILL****Fr Chrisantus Alambe**

Great Northern Highway, Herne Hill

Sunday	8:00 am
Children's Mass	8:00 am
<small>(Every second Sunday of the month)</small>	

**ST ANTHONY'S CHURCH - GREENMOUNT****Fr Adam Babinski**

96 Innamincka Road

Saturday	6:00 pm
Sunday	7:30 am, 9:00 am, 6:00 pm
Polish Mass Sunday	10:30 am
Youth Mass	6:00 pm
<small>(First Sunday of the month)</small>	
Reconciliation Saturday	10:00 am to 10:30 pm & 5:15 pm to 5:45 pm & any time on request

**GIDGEGANNUP COMMUNITY CHURCH – GIDGEGANNUP****Fr Chrisantus Alambe**

Toodyay Road

First Sunday of the month	9:30 am
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**GOOD SHEPHERD CHURCH - LOCKRIDGE****Fr Francis Ly**

Corner Morley Drive and Altone Road

Saturday Vigil	6:00 pm
Sunday	8:00 am, 9:30 am & 5:00 pm
Reconciliation Saturday	8:30 to 9:00 am & 5:00 pm to 6:00 pm

**SACRED HEART CHURCH - MUNDARING****Fr Philip Fleay**

18 Coolgardie Street

Saturday (Reconciliation)	9:00 am
Saturday	8:30 am
Saturday (Vigil)	6:00 pm
Sunday	9:15 am

**OUR LADY OF GOOD COUNSEL – CHIDLOW**

Wilcox Street &amp; Northam Road

Sunday (Rosary)	7:00 am
Sunday (Mass)	7:30 am
Reconciliation	7:00 am
<small>(3<sup>rd</sup> Sunday of each month)</small>	

**ST JOSEPH'S CHURCH - BASSENDEAN****Fr Son Nguyen**

19 Hamilton Street

Saturday Vigil	6:30 pm
Sunday	7:00 am & 9:00 am

**ST FRANCIS OF ASSISI CHURCH – MAIDA VALE**

Corner of Hawtin &amp; Lilian Roads

Saturday Vigil	6:30 pm
Sunday	8:00 am, 9:30 am & 6:00 pm

**HOLY FAMILY CHURCH – KALAMUNDA****Fr Paul Raj**

2 Burt Street

Saturday Vigil	6:30 pm
Sunday	7:30 am & 9:00 am
<small>(Children's Mass)</small>	
Reconciliation Saturday	5:45 to 6:15 pm
Italian Mass	11:00 am
<small>(Last Sunday of the month)</small>	

**ST MARY'S PARISH - GUILDFORD****Fr Blasco Fonseca**

James St Guildford

Saturday	6:00 pm
Sunday	8:00 am & 9:30 am

**LOCAL PARISH INFORMATION**



# CALENDAR

## WEEK 3 & 4

\* Canteen Volunteers in italics & underlined

Sun 30 Oct <b>WEEK 3</b>	Mon 31 Oct THEATER OF CRUELTY PERFORMANCE YR 11s TO ATTEND PERIOD 6  WACE EXAMS BEGIN  <i><u>Help required</u></i>	Tues 1 Nov YR 10 TOUCHING HEARTS CONCLUDES  <i><u>Help required</u></i>	Wed 2 Nov   <i><u>Help required</u></i>	Thurs 3 Nov   <i><u>Help required</u></i>	Fri 4 Nov   <i><u>Help required</u></i>	Sat 5 Nov	
		YR 10 REFLECTION DAY					
		YR 10 ODE CAMP					
Sun 6 Nov <b>WEEK 4</b>	Mon 7 Nov SENIOR TOUCHING HEARTS (2012) BEGINS  <i><u>Help required</u></i>	Tues 8 Nov   <i><u>Help required</u></i>	Wed 9 Nov COLLEGE ASSEMBLY  NIGHT WITH THE NOBLES 7PM  <i><u>Help required</u></i>	Thurs 10 Nov YR 10 BULLYING PLAYS YR 7s TO ATTEND PERIOD 6  <i><u>Help required</u></i>	Fri 11 Nov PARA BOWLING EXCURSION  LITURGY CAMP 3:30PM  <i><u>Help required</u></i>	Sat 12 Nov LITURGY CAMP	
	YR 9 S&E PARLIAMENT HOUSE		2012 COLLEGE PRODUCTION AUDITIONS 3:30-6:00PM				



### CANTEEN ASSISTANCE REQUIRED

Volunteers in the Canteen are required. If you are able to assist in making lunches and stocking fridges our Canteen staff would be very grateful. No money handling necessary. If you can spare as little as an hour to help out, it will make a difference. Please contact our Canteen & Hospitality Manager, Shari Outram by phone or email [canteen@lasalle.wa.edu.au](mailto:canteen@lasalle.wa.edu.au)

Thanks!

## COMMUNITY NEWS

### “ KONGA with EDEN”

Konga is a fun, high intensity, low complexity dance based workout set to your favourite music of today, tomorrow and yesterday. Burn up to 700 calories in one class. **Tuesday and Thursdays @ 9:30 to 10:30 am at Greenmount Hall** (Corner Great Eastern Highway and Scott Street). \$10 per class OR \$80 for 10 classes. Any queries please call “EDEN” 0431 947 903.

### ACADEMIC TASK FORCE

Saturday help classes for Years 7, 8, 9 and 10 in English and Maths. Small groups provide ongoing help for students by experienced teachers. Two venues: Churchlands SHS and Rossmoyne SHS. For more information contact Denise Matthews on 9317 4421.

### MT. HELENA AMATEUR SWIMMING CLUB

New and old members welcome. Enrolments can be made at the Mt Helena Aquatic Centre from 7 November at 4:00 pm or Monday, Tuesday or Thursday from then on. For further information please contact Lee on 9295 0041 or Julianne 9295 3064 or visit the Shire of Mundaring website and follow the links.

<http://www.mundaring.wa.gov.au/YourCommunity/RecreationAndLeisure/Pages/MtHelenaAquaticCentre.aspx>

### MARTIAL ARTS (KARATE)

Karate school at the Midland PCYC on Byers Road on Wednesday nights starting at 6:00 pm. The fees are reasonable and the skills learnt are of an excellent quality having 3 medalist from 2011 state championships one being a state champion. Instructors are all qualified coaches through the Australian Sports Commission and have Working With Children checks through the Department for Child Protection. Student ages start at 6 years old and over with both male and females welcome. The students learn a traditional art (Wado Ryu Karate) as well as self-discipline, fitness, self-defense, anti-bullying, weight loss and competitive spirit. For more information contact Jon Russell, Chief Instructor on 0437 777 155 or email [jonrussell@inet.net.au](mailto:jonrussell@inet.net.au)