



Dates to Remember

Friday 5 September

Cunderdin Ag Open Day

Monday 8 September

Red Cross Incursion Year 2-6

Wednesday 10 September

Literacy Day @ SCDHS

Friday 12 September

YSSSA Athletics Carnival

Monday 15 September

Career Taster Program
Year 9 and 10 ends at 1.30 pm

Tuesday 16 September

Assembly/Learning Journey time
TBC

P&C Meeting 3.30 in the staff room

Wednesday 17 September

Musica Viva 1.15 pm @ SCDHS

Friday 19 September

Year 5/6 Leadership Day @ MRPS

Sunday 21 September – 26 September

Country Week

Friday 26 September

End of Term 2

FROM THE PRINCIPAL

Dear Parents/Caregivers and School Community,

A big congratulations to our Year 7 cohort at Assembly, with their attendance at 97% for this term. We would love to see other cohorts follow suit and improve their attendance by the end of the term. Our Secondary students who maintain higher than 80% this term and have appropriate good standing will be offered the opportunity to attend Country Week in Week 10. There is some genuine excitement among students who are looking forward to this opportunity. I would like to say a very big thank you to Lance Booth who has generally offered to cover the cost of the camp for all our students!

This term we have had our students participate in the Speaking out Survey. This is a comprehensive survey of students well-being in WA. Alongside our other surveys within our Wheatbelt Schools network, this provides us with valuable data to support our students emotional, social and mental wellbeing. Our dress up days this term, including book parade, pyjama day and earlier Pirate Day next term, are important to provide for our students so we support their engagement and attendance at school. It was great to see some staff dressed up for book parade as well and it brings a smile to our students and parents faces to see their willingness to be involved.

While we are over halfway through the term, we still have a lot to come. We have a visit to the Cunderdin Agricultural College in Cunderdin on Friday 5 September for some of our Year 5 to 10 students. With applications getting competitive, it is important we give our kids and families the chance to think about their future pathways. I will also be sending out information to our Year 10 parents in relation to their pathways for Year 11 next year. Parents are welcome to contact the school if they have any questions and we are happy to set up meetings with prospective schools such as Merredin College or support alternate pathways such as apprenticeships.

We have our combined local schools Literacy Day on Wednesday 10 September, our Athletics Carnival is Friday 12 September, 5/6 Leadership Day in Moorine Rock on Friday 19 September and a couple of incursions with the Red Cross, Musica Viva and Career Taster program as well all to squeeze in this term! We will send more information out about our upcoming Learning Journey on Tuesday 16 September and ask you to save the date so you can come and visit our school. All of the above dates can be found on the Term 3 and Term 4 planners included in this newsletter.

Mr Mat Kennedy
PRINCIPAL



Supporting Healthy Choices Together

At Southern Cross District High School, we're committed to helping all students—primary and secondary—make safe, healthy choices. Talking early and often about the dangers of drugs and alcohol is key. Parents, carers, and the community play a vital role by setting clear expectations, being good role models, and encouraging healthy activities.

Our school provides age-appropriate education and support to help students build confidence and make informed decisions. Together, we can create a strong, supportive environment that guides young people toward a bright, healthy future.

For tips or support, please contact our school or visit www.healthway.wa.gov.au/prevent-and-reduce-use-of-alcohol/; www.alcoholthinkagain.com.au OR www.headspace.org.au



HEALTH AND PHYSICAL EDUCATION UPDATE

KEEPING OUR SCHOOL DRUG-FREE

As we are an asthma aware school, we ask that students do not bring and/or use aerosols whilst at school. If your child requires deodorant at school, could you please ensure that they have a 'roll-on' type deodorant.

PHYSICAL EDUCATION – PRIMARY

Students have begun their training for the upcoming Athletics carnival. We would love to see our parents and carers supporting our students on Friday 12 September, starting at 9.30am at the Southern Cross Sportsground.

PHYSICAL EDUCATION – SECONDARY

Students have been participating in various sports including volleyball, hockey, badminton and basketball. Students are getting the opportunity to umpire minor games and increase their skills whilst doing so.

CONGRATULATIONS

Honour Certificates

Pre-Primary

Hawaiki A huge improvement in his ability to recall letter sounds, letter names and tricky words. Awesome! [Mrs Dal Busco](#)

Year 2

Eric for focus and responsibility in Indonesian lessons. [Mrs Field](#)

Year 3

Charlie Outstanding improvements in literacy. Keep it up Charlie! [Ms Fogarty](#)

Year 4

Ryder for an improvement in your commitment to your schoolwork. [Ms Long](#)
Avah-Jayne increasing her effort and recall during Science lessons. Impressive effort! [Ms Tisdell](#)

Year 5

Claudia for being a supportive and friendly class member. [Ms Long](#)

Year 6

Tia Excellent independence and responsibility for achieving personal learning goals in Health. [Mrs Field](#)

Year 7

Jack for being a supportive class member in Maths, Science and drama lessons. Great Work! [Ms Tisdell](#)

Year 8

Liam Excellent participation in Science, Maths and Drama lessons. Fantastic work Liam! [Ms Tisdell](#)

Holly being a committed director-producer and editor in year 7/8 media production. "The Axman" [Mr Paul](#)

Year 9

Angelo Increased participation and focus in Health and Physical Education. [Mrs Field](#)

Assembly 1 Term 3

Congratulations to...



Thank you to everyone who dressed up for Book Week!



PBS Stars



Merit certificates



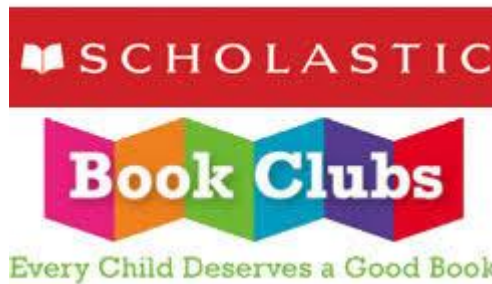
Great effort EC and Year 2/3!

PIC•COLLAGE

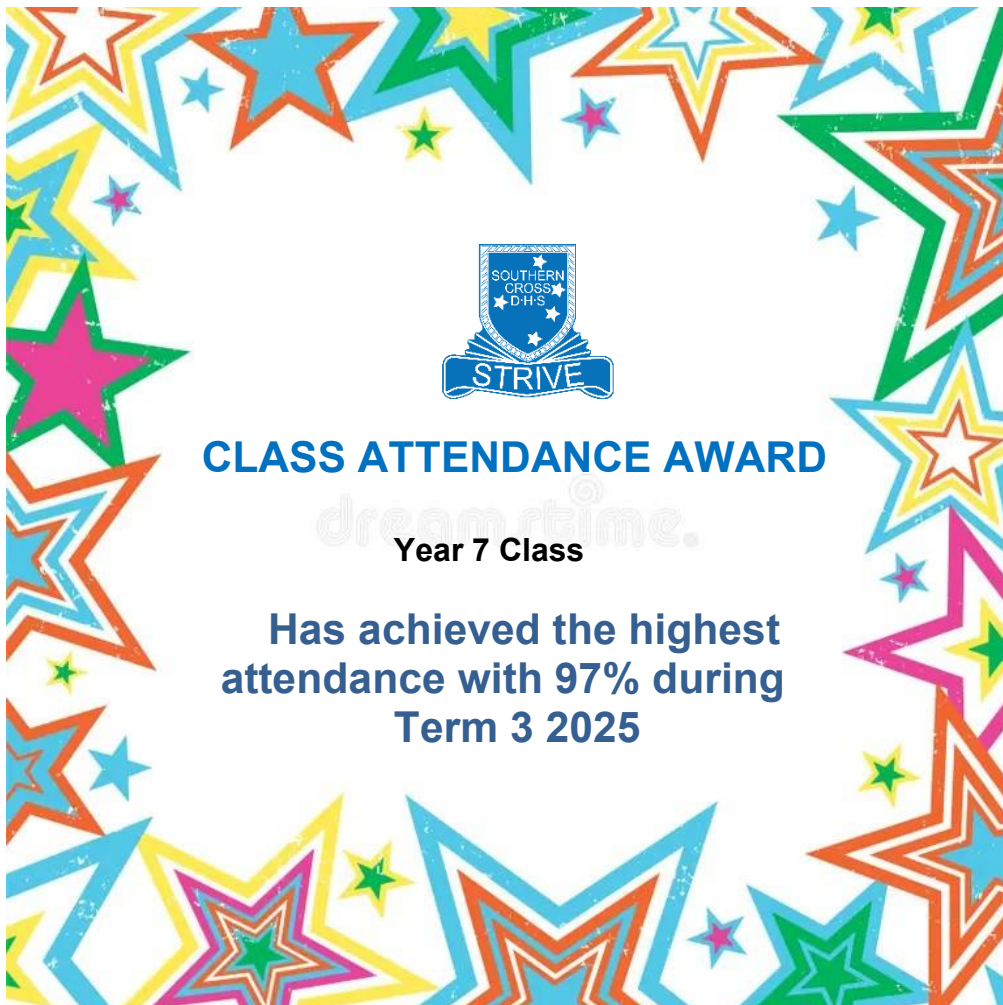
Positive Behaviour Support (PBS) Week 5-9 Blue Card draw



Eli – PP
Hawaiki – PP
Taylor – Year 7
Holly – Year 8



Keep your eye out. Book club booklets out now



OFFICIAL

Term 3 – 2025

Week 6	25	26	27	28	29
Sept Week 7	1	2	3 CTP 9/10s VR incursion	4	5 Cundy Ag Open Day
Week 8	8 Red Cross Yr 2 – 6 incursion OLNA window B →	9	10 Literacy Day SCDHS	11	12 YSSSA Athletics Carnival
Week 9	15	16 Leanne LSL Career Taster Program Year 9 and 10 tbc Learning Journey – 230pm Assembly /Open classrooms until 4pm P and C 3.30pm	17	18	19 Yr 5/6 Leadership/Moorine Rock ← OLNA window B
Week 10	22 Country Week →	23	24	25	26 ← Country Week

Meetings/Assemblies	Incursions	Educational events
Sports events	Deadlines/information	Social

Term 4 – 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 October	13	14	15	16	17 Pirate Day
Week 2	20	21 Period 4 Cricket Blast PP to 6	22	23	24
Week 3	27	28	29	30 Numeracy Day MRPS	31
Week 4 November	3 SDD	4	5	6	7
Week 5	10	11	12	13	14
Week 6	17	18	19	20	21
Week 7	24 Swimming Lessons Week 7 and 8	25	26	27	28
Week 8 December	1 Dec Swimming Lessons Week 7 and 8	2	3	4	5
Week 9	8	9	10	11	12 End of Year Presentation morning
Week 10	15	16	17	18	19

Meetings/Assemblies	Incursions	Educational events
Sports events	Deadlines/information	Social

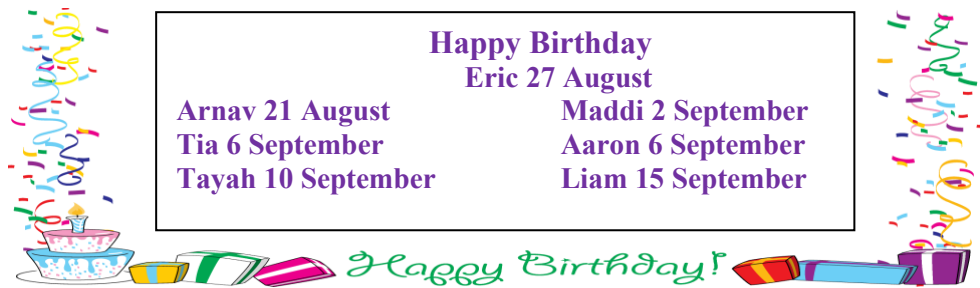
VOLUNTARY CONTRIBUTIONS 2025

Kindergarten \$60.00 Pre Primary \$60.00
Primary \$60.00 Secondary \$235.00

Our office does not hold cash on the premises.
Contributions can be deposited directly into our school's Westpac Bank Account.

Account Name: Southern Cross District High School BSB: 036128
Account Number: 860047

Please ensure you identify your deposit with your child's name to ensure that we credit it correctly.



P&C News

Dear Families,

We are reaching out to let you know that there is currently a vacancy for the Vice President role on our P & C Committee.

Our P & C plays an important part in supporting the school, and to function effectively, we need a full team of dedicated parents. Without this, it becomes difficult to continue the work that benefits our students, staff, and wider school community.

The time commitment is minimal – meetings are held once a term and usually run for no more than an hour, sometimes even less. It's a small contribution that makes a big difference.

If you are able to help by stepping into this role, or would like to learn more about what's involved, please contact myself 0437 449 064.

Your support is greatly appreciated, and together we can ensure our P & C continues to make a positive impact on our school.

Warm regards,
Nicole Twine
President, P & C Association

Next P&C meeting to be held in the staff room on 16 September at 3.30pm.
All parents and local residents are encouraged to attend and help support your school.



Department of Education
Department of Health

THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to produce an aerosol that is inhaled into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

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?



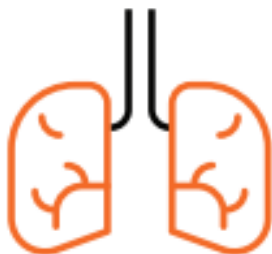
Many vapes contain nicotine making them **very addictive**



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**



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



Vapes come in a variety of designs and styles and can be **easy to conceal**

VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



MOST YOUNG PEOPLE DON'T VAPE

As you may be aware, the uptake of vaping by young people is increasing. Research shows that in WA, **13.5% of school students aged 12 to 17 years have tried an e-cigarette.**

Of those who had tried 2 out of 3 (66%) had not used one in the last 30 days. Young people who vape are 3 times as likely to take up smoking cigarettes.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often in vapes and is highly addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown.

The liquid in vapes and the aerosol is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



DO YOU KNOW WHAT THEY'RE VAPING?

THE LAWS AROUND SELLING VAPES IN WA

It is reported that young people often purchase vapes online, from retail stores or from friends and contacts in the community. However, it is illegal in WA to sell e-cigarette devices and nicotine vaping products to anyone regardless of age, unless they are prescribed by a doctor for smoking cessation purposes and obtained with a prescription from a pharmacy.

In WA e-cigarette devices and their components, whether or not they contain nicotine, cannot be sold by tobacco or general retailers. It is also illegal to sell vapes to friends at school or in the community. If you suspect someone is selling vapes or e-cigarettes and their components, you can report it to the Department of Health by emailing TobaccoPolicy@health.wa.gov.au.

IS YOUR CHILD VAPING?

You may not know your child is vaping as vapes are small and resemble common items like highlighters, pens and USB drives. They are also not easy to smell.



Tell-tale **signs that your child might be vaping include the symptoms of nicotine addiction** such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them. Stopping vaping can sometimes be hard and your child may need advice from a GP.

It also helps to set a good example by being tobacco and vape-free yourself.

MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

The labels may state that vapes are nicotine free, but **many of these products contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.



THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

Young people may perceive vaping as a safe and common behaviour but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.

Call the WA Quitline on 13 7848 for confidential advice and support. Quitline counsellors can answer any questions you may have about vaping and help you come up with ways to approach the conversation with your child.

DO YOU KNOW WHAT THEY'RE VAPING?

education.wa.edu.au



Department of Education
Department of Health

THE FACTS ABOUT VAPING

There are many different styles of electronic cigarettes or 'vapes' available.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes.

This is not true. Vapes are not safe. Spotting vapes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of vapes is a first step to help protect young people from the risks of vaping.

COMMON VAPES



Disposable vapes are the most common vapes used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number of 'puffs' the device contains. Many of these vapes contain nicotine, despite often not being labelled as containing nicotine.



Vapes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular with young people.

DO YOU KNOW WHAT THEY'RE VAPING?

education.wa.edu.au