

# Port School

Term 3, 2019



## *National Child Protection Week*

*“Kids do well when parents are supported”*

*“To raise thriving kids, parents need support to navigate life’s choppy waters”*

Cover Artwork: Port Art Students



## PRINCIPAL'S REPORT

**BARRY FINCH**

Regular school attendance is crucial to the development and education of children. There is a large impact on the student, the school and the community when a student does not attend school regularly. Because of this impact, in most states there are laws requiring a child to attend school until he/she is eighteen.



### Early Development

As a child learns to read and acquire basic math skills, it is important that they practice those new skills daily. Regular attendance promotes new and meaningful learning.

### Socialisation

Children begin to learn how to socialise with others, follow directions and solve problems creatively while at school. If a child is not part of the classroom, some of these social skills cannot be developed and practiced.

### Employment

High school students whom dropout are two-and-a-half times more likely to be on welfare than high school graduates, according to the Department of Education. Students that dropout are almost twice as likely to be unemployed.

### Impact on other students

When a child is continually absent from school, they fall behind in classwork and requires extra time and attention from the teacher in order to catch up. This draws the teacher away from other students in the class who may also need assistance.

### Impact on the Community

Students who are not in class are more likely to commit crimes, costing the community time and money. Students learn to become good citizens through lessons at school and mentoring by adults.

Reference: California Department of Education Attendance Improvement Handbook

Please, please, please support, bribe or insist that your child goes to school.

Regards

Barry



#### **18 OR MORE DAYS**

- Excused and unexcused absences represent lost time in the classroom and lost opportunities to learn.
- Missing just one day every two weeks can add up to 18 days in a year. Absences add up before you even know it.



#### **10 TO 17 DAYS**

- Students who are absent an average of 15 days a year miss a year's worth of school before their senior year.
- When students miss a day of school it actually puts them two days behind their classmates.



#### **9 OR FEWER ABSENCES**

- Students with good attendance generally achieve higher grades and enjoy school more.
- Children benefit and make the most of their educational opportunities if they attend school regularly and on time.



**The first day back at school next term will be Monday 14<sup>th</sup> October**

First Day Term 4

- Mon 14<sup>th</sup> Oct

Term 4 Ends

- Weds 18<sup>th</sup> Dec

Malaysia Excursion

- 16<sup>th</sup> – 27<sup>th</sup> Sept

River Cruise

- Weds 27<sup>th</sup> Nov

End of Year Awards Lunch

- Weds 18<sup>th</sup> Dec





## DEPUTY PRINCIPAL'S REPORT

### MIKE GILBERT

Wow, I have had some busy months at Port School in my last 10 years but August seems to have been ridiculous in terms of being out and about representing Port. It has been like planes, trains, ferries and automobiles and a month that has included Perth to Brisbane, back to Perth then down to Fairbridge in Pinjarra for a pre Malaysia student camp and then off to a Malaysia Apex Convention for a long weekend as well.



In early August both Michelle Forsyth and I were delighted to represent our Young Parent Centre at the Australian Young Pregnant and Parenting Networking Symposium and take part in panel and break out sessions speaking about the work we do in the West. The highlight was to get to spend time talking with National Children's Commissioner Megan Mitchell about the real life challenges facing our teenage parents as well as sitting on a Q & A panel with Queensland Minister Hon. Di Farmer - Minister for Child Safety, Youth and Women and Minister for the Prevention of Domestic and Family Violence.



It was then off to Subang Jaya in Malaysia to an Apex National Convention where I was a guest speaker talking about the now eight year old relationship and long standing project between Klang Special School, Klang Apex Club and Port School. You can read in more detail about both of those conferences later in this newsletter.

Needless to say, what really struck a cord was the amazing work all our team of staff at Port does. I have always been passionate about the work we all do with our young people, but being able to tell that story at a National and International level reminded me of what a fantastic school, team of staff and facilities we have.

So please whether you are reading this as students, staff, parents, carers, guardians or just as friends and supporters, please make sure you take a breath, step back and look at what is being achieved at Port.



When I talked about the facilities and programs offered and the range of support services and different types of educational offerings the list just kept going; indigenous programs, work experiences, traineeships and apprenticeships, academic and vocational certificates, young parent and early learning centres, community engagement, mobile classroom, outreach program and our counseling and psychology support services are all second to none.

We are often critical internally of who we are, how we do things and what more can we, or should we be doing, but rarely give ourselves that well deserved pat on the back. Having spoken in Brisbane and Malaysia, it reminded me, how lucky our students are in comparison to certainly Malaysia students, but also in many cases those in Queensland also.



Both of those places were quite envious of who we are and what we have become and the facilities we are able to offer. I stood tall feeling a little humbled but mostly very privileged, firstly to be in a position to be able to represent you all and the school, but secondly to be able to stand and then realise, how proud I am of what we all do. Yes, there are highs and lows, but you are a fabulous team of people who are all working in the best interests and for the betterment of our young people, so thank you for making me feel that privileged and to be able to tell that story because of who you are and what you do.

**Mike**



# ACRYLIC POURING

Port students were luck enough to have local artist Tammy Cuff come in and run a workshop with Dionne this term on Acrylic Pouring.



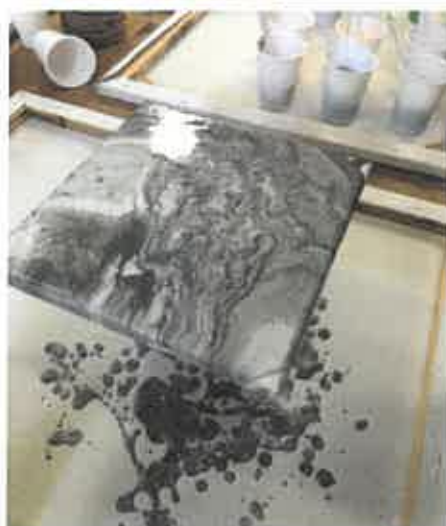
Acrylic Pouring is a painting technique where acrylic paint is mixed with PVA glue and few drops of silicone and then poured onto a surface in a variety of ways. After that, the surface is tilted in each direction to let the paint flow and the colors interact in unpredictable, yet always interesting ways. The picture can have a quick heat up with the blowtorch, which brings silicone bubbles to the surface creating different patterns and shapes.



Lily Slater having a go with a marble type effect









# PROFESSIONAL DAY

## NO SCHOOL FOR KIDS!

The middle of Term 3 saw two pupil free days allowing staff to undertake professional development activities as well as team building challenges and fun.



With a variety of topics to be considered including training on mandatory reporting, positive psychology, youth related medical issues, mental health and suicide as well as updates from Mike & Michelle on their Queensland Conference.



The day was well received by all staff and an opportunity to catch up with each other on what consistently is a growing team, service and business. Matt however has filed a formal complaint to the ombudsman of team challenges disputing the final result. Watch this space for the official hearing !!!

Post School Tournament									
Team	1	2	3	4	5	6	7	8	Total
Knights	33	11	12	29	8	72	5	18	288
Highlanders	32	19	11	40	8	63	6	20	287
Reds	39	14	12	45	13	63	17	23	320 ①
Princes	27	14	9	34	9	49	8	26	306 ②
Blue Devils	24	12	10	30	9	68	10	20	283
Black Bulls	30	17	9	37	9	83	11	27	303 ③





# FRIGHTFULLY FUN HALLOWEEN RECIPES

## BLOODY FINGERS



### Ingredients

- 250 g unsalted butter softened
- 1 cup icing sugar
- 1 egg
- 1 tsp vanilla extract
- 2.7 cup plain flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup strawberry jam
- 125 g blanched almonds

### Method

1. Preheat oven to 165C. Beat butter and icing sugar until light and fluffy.
2. Add egg and vanilla and mix well to combine.
3. Beat in flour, baking powder and salt until a soft dough is formed.
4. Wrap in cling wrap and refrigerate for 40 minutes.
5. Take out a 1/4 of the dough and roll a small amount into a sausage. Shape the finger slightly to form knuckles.
6. Place on lined baking tray a couple centimetres apart. Press an almond at the end of the finger for nails and gently score lines around knuckles.
7. Bake in oven for 10-12 minutes until lightly browned.
8. Once cool enough, remove the almond and smear some jam around the end of the finger then place the almond back.
9. Repeat with the remaining dough.

## MONSTER BURGERS



### Ingredients

- 4 slices tasty cheddar
- 1 tablespoon olive oil
- 600g pkt Beef Burgers
- 4 Charcoal Brioches, split, toasted
- 4 iceberg lettuce leaves
- 1 tomato, thinly sliced
- Tomato sauce, to serve
- 4 cherry tomatoes, halved
- 8 black olives
- Shoestring fries, to serve

### Method

1. Place the cheddar slices on a clean work surface. Use a small sharp knife to cut triangles from one edge of each cheddar slice to make fangs.
2. Heat the oil in large frying pan over medium heat. Add the beef patties and cook for 3 mins or until brown underneath. Turn the beef patties. Cook for a further 3 mins or until patties are cooked through. Top the beef patties with cheddar.
3. Divide the bun bases among serving plates. Top with lettuce, beef patties and sliced tomato and drizzle with tomato sauce. Top with bun tops. Place the cherry tomato halves on top of each roll to make eyes. Cut tops from olives and place on cherry tomato halves to make pupils. Serve with the fries.

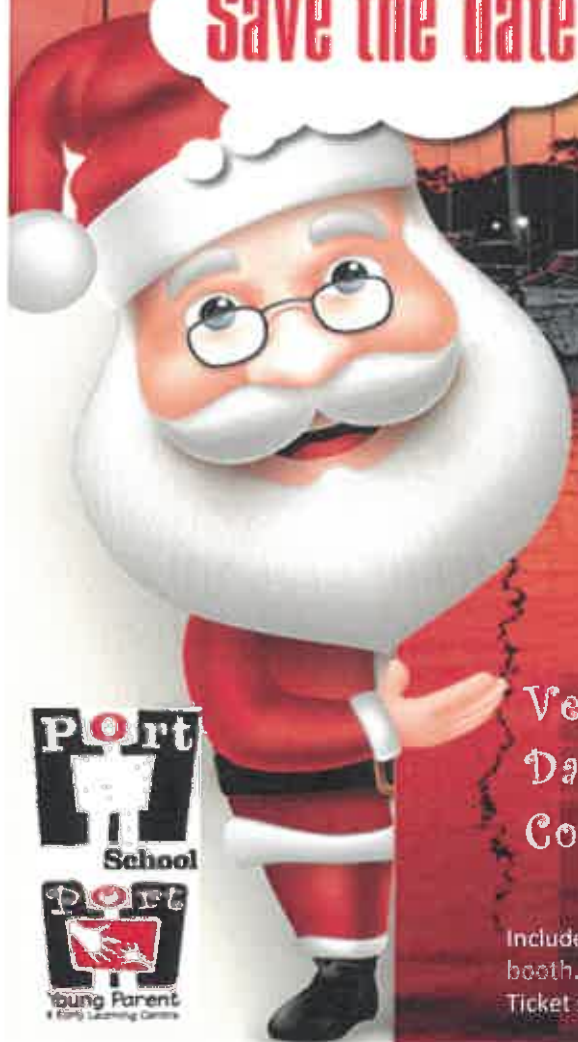


port

# Christmas Party

Save the date

## River Cruise



A sundowner cruise on the river followed by a Christmas themed feast on the lawn.

Venue: Crystal Swan

Date: Wednesday 27<sup>th</sup> November

Cost: \$20 for students / \$40 for guests

Includes: 3 hour boat cruise, buffet dinner, unlimited soft drinks, DJ, photo booth.

Ticket sales will close 2 weeks prior to the event (Wednesday 13<sup>th</sup> November)



A minimum attendance rate of 50% in Semester 2 is required in order to be eligible to attend this event. Students thought to be intoxicated in any way will be refused access to the boat and will be transported home.



# Maritime Day

Fremantle Port / Saturday 2 November / 10am - 4pm

# 2019



## Come down to Victoria Quay for more than 90 displays

- Board a tug or emergency response vessel
- Free harbour rides
- Border Force protection dog
- RAN clearance dive team
- Kids! Dress up as a mermaid, pirate or fish and join our dress-up parade
- Free face painting
- Jesse the Pirate

- Learn to use your smartphone as a microscope to discover tiny sea creatures
- Visit the WA Maritime Museum (gold coin entry)
- Historic and modern photography display
- Musical entertainment and more!

Celebrate the maritime industry in our working port. Learn about exciting careers and maritime education opportunities.

### More information:

Jane Edwards

9450 3373

[Jane.Edwards@fremantleports.com.au](mailto:Jane.Edwards@fremantleports.com.au)

<https://www.facebook.com/FreePorts/>



SVITZER



Department of Transport





# *Dancing* through the **DECADES**

A Trivia Night about the major events, pop culture and general knowledge of the 70s, 80s, 90s and 00s.

What a fantastic night of fun with amazing support from staff, students and our wider Port community. Eileen certainly challenged everyone with an array of general knowledge questions through the last few decades.



The fancy dress was impressive as well and people really did go all out to go the extra mile and made an effort for what proved to be another fun night.









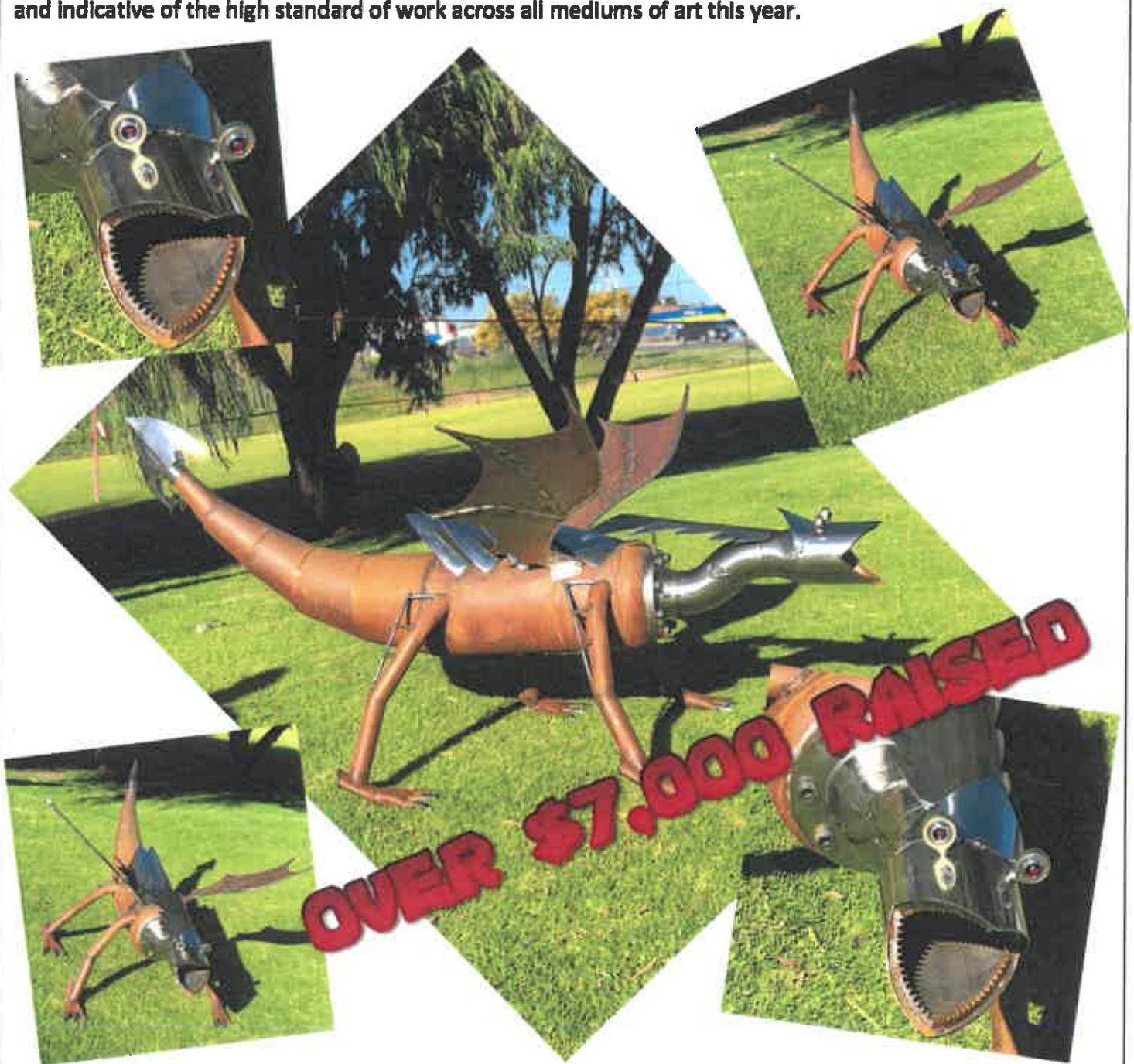


# PORT art

beautiful artworks for  
sale by students and  
local artists

5-7 September  
2019

Wow, once again Dee and the extended art exhibition team of staff and students have excelled and produced an amazing art exhibition which saw over 200 people come through the doors. This sculpture by student **Flynn Waddell- Rowe** with help and instruction from trainer extraordinaire **Tim Murphy** is quite incredible and indicative of the high standard of work across all mediums of art this year.







# PORT art



Local Federal Member for Fremantle, Josh Wilson popped in to say hello, make a small speech about his connection with Port and bought a few pieces for himself and wife Georgia.





# PORT art

Once again, this exhibition now goes far beyond the realms of just a Malaysian fundraiser and really is becoming an established community event on the schools and the Fremantle/ Cockburn annual calendars.



A collection of small, colorful, circular objects, possibly buttons or coins, arranged on a dark surface.

A collection of small, colorful, rectangular objects, possibly cards or small paintings, arranged on a dark surface.

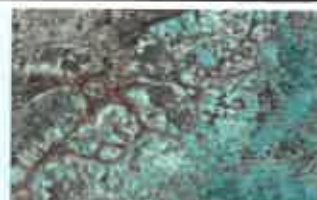
A collection of small, colorful, circular objects, possibly buttons or coins, arranged on a dark surface.

A collection of small, colorful, rectangular objects, possibly cards or small paintings, arranged on a dark surface.





# PORT art



Thank you all so much for making this once again such a special and well turned out events. Our special thanks to all those local artists that donated works and helped raise this incredible amount over \$7,000 and still rising

Dee



# **NEW** **ATTENDANCE** **EVENT!**

This term students were awarded a fantastic reward for having over 95% attendance and were invited to attend The Kart Centre In Canning Vale for a morning of fast and furious fun!!



Well done to all the students who have been doing the right thing by their own education and who have reaped the rewards at this great team fun event.





# And They're OFF



Well after months of preparations, the Malaysia crew has finally headed out and will indeed be in Malaysia by the time your reading this, if not returned. The team of students and amazing staff at Port have all been involved in raising nearly \$20,000 to date, with sausage sizzles, art exhibition, quiz night as well as tremendous support and donations from our local community, families, friends and Apexians. This years campaign will sponsor 15 orphan students to attend Klang Special School.

## Malaysia Trip Timetable - 2019

Day/ Time	Sun 15 <sup>th</sup>	Mon 16 <sup>th</sup>	Tuesday 17 <sup>th</sup>	Weds 18 <sup>th</sup>	Thurs 19 <sup>th</sup>	Friday 20 <sup>th</sup>	Saturday 21 <sup>st</sup>	Sunday 22 <sup>nd</sup>	Monday 23 <sup>rd</sup>	Tuesday 24 <sup>th</sup>	Weds 25 <sup>th</sup>	Thurs 26 <sup>th</sup>	Friday 27 <sup>th</sup>
Time	Depart from Port	1-2hr Flight	Showers/ Breakfast at Hotel	Showers/ Breakfast at Hotel	Showers/ Breakfast at Hotel	Showers/ Breakfast at Hotel	Showers/ Breakfast	Showers/ Breakfast	Showers/ Breakfast at Petaling	Showers/ Breakfast at Petaling	Showers/ Breakfast at Petaling	Showers/ Breakfast at Hotel	Showers/ Breakfast at Hotel
8:00am		Arrive at Klang 10:00am	9am Klang School Welcome Tour	9am Klang School Activities	9am Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	9:30am Klang school	Wake up 4-30am leave for airport
10:00am		Check in Hotel Breakfast with Klang School	Morning Tea Klang School Activities	Morning Tea Klang School Activities	Morning Tea Klang School Activities	Relax Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	5-30am Check in
1:00pm		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
3:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
4:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
5:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
6:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
7:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
8:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
9:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
10:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
11:00pm		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves
12:00am		Relax Klang School	Klang School Activities	Klang School Activities	Relax Klang School Activities	Travel to Slim River Orang Asli Village	GOPENG Rainforest Water Bathing	GOPENG Rainforest Caving	GOPENG Rainforest Caving	Relax Caves	Relax Caves	Klang school	8-25am Flight Leaves



This year will focus on spending more time at Klang Special School and undertaking a small project to fix up their front gates. Students will also stop by an Orang Asli Indigenous village at Slim River where our students will donate much needed food, educational resources and some Australian themed toys.



# STUDENT SUPPORT & WELLBEING

## Shouldn't You Just Go to Bed Already?

Are you putting yourself at risk for sleep deprivation? And what is the risk?

Posted Jan 14, 2016, Psychology Today



We've all faced the dilemma at some point: Should I keep studying (or working) and delay bedtime, or log out and hit the hay?

### What does sleep deprivation do to your body?

- Just one all-nighter alters your immune system's functioning, similar to the way stress does. One night of sleep deprivation **significantly reduces** the peak concentration of your white blood cells' diurnal rhythm, making you more vulnerable to illness and infection.
- A single night of sleep deprivation results in **increased blood pressure**. Even a half-night of sleep loss can have the same effect for individuals who are hypertensive or prehypertensive, suggesting activation of the sympathetic system.
- Your body experiences many unique endocrine changes during sleep related to growth and thermoregulation, which curtailing sleep disrupts. Satiety hormones, like leptin and ghrelin, are **also altered**, which may result in increased hunger and weight gain.
- One week of mild sleep restriction (six hours per night—a pretty typical schedule for most people, right?) causes **increased secretion of proinflammatory cytokines**, which can contribute to cardiovascular and neurocognitive dysfunction. (Recovery sleep on the weekends lowers these inflammation levels.)
- One week of six hours per night is associated with a change in the transcription of **over 700 genes**, many of which are implicated in the body's circadian rhythms, oxidative stress, and metabolism.

### What does sleep deprivation do to your brain?

- One night of total sleep deprivation **reduces the coordination and speed of our ability to eye-track**, as a study that simulated driving ability after insufficient sleep assessed.
- The same study that found an increase in cytokines with modest sleep restriction for one week found that three nights of recovery sleep (10 hours per night in bed) was **not sufficient to reverse deficits** in attention and reaction time, as a simple computer task measured.
- Taken together, many studies have concluded that **chronic sleep loss is associated with deficits** in both short- and long-term memory, memory formation, decision-making, and attention/vigilance.



# STUDENT SUPPORT & WELLBEING

**What to do if you have a test or project due tomorrow, and you're too stressed to fall asleep. What can you do?**

- If you absolutely must study in the hours before bed, make sure that you're not studying in bright light. Light, especially in the blue wavelength, suppresses the secretion of melatonin, a hormone the pineal gland synthesizes to prepare your body for sleep. Computer, tablet, and phone screens are the worst culprits for blue-light exposure onto the retina.
- Consider downloading the program **f.lux** that automatically softens your computer screen's brightness at sunset. You can also try donning a pair of orange glasses to filter out blue light. Try to limit bright light exposure at least one hour before bed.
- Consider deep breathing and mindfulness techniques to relax. I keep a meditation MP3 and a pair of earbuds by my bed every night, just in case. Even on my most stressful nights, following along with the voice's commands is extremely helpful in relaxing me.
- Associate your bed with sleeping only. Don't work or study in bed. If you're lying in bed paralyzed with stress and can't fall asleep, get out of bed and find a quiet activity until you're ready to try again. Associating your bed with insomnia will only make you dread bedtime even more each night.
- If your insomnia is chronic (more than three times per week for at least three months), consider seeing a sleep specialist who may prescribe a medication that can suppress your body's stress system, or refer you to a cognitive behavioral therapy specialist for treatment.



**So...should you stay up an extra hour working, or give yourself an extra hour of sleep?**

**I don't think this question needs answering!**

- Physical effects aside, sleep loss makes it difficult to learn, pay attention, and memorize information.
- Working late at night, to a degree, becomes counterproductive; delaying sleep cuts into our precious slow-wave sleep stage, which is associated with reduced cortisol levels and memory consolidation.

**You get one body and one brain in life. Give them enough sleep—it's the single best thing you can do to perform and feel your best every day.**

**Dave, Molly, Michelle & Charl**  
**Student Support Services**

**Tel: 08 9335 6323**

**Email: [admin@portschool.wa.edu.au](mailto:admin@portschool.wa.edu.au)**



# Sport & Fun

Not all sports have to be structured team or individual activities, sometimes its good to have a good old-fashioned run around and some fun. Staff and students found a great park to do just that on a nice sunny winters day.





## EARLY LEARNING CENTRE

We would like to welcome Anika & Tyrique and Alyssa and Zyra to the Port Early Learning Centre family and look forward to getting to know you and seeing your children grow. Our little super stars have reached various developmental milestones this term; from crawling, to walking, to navigating the stairs on the fort and sliding down the slide, learning to ride the trike using the pedals and counting to 15. We love to see all the children developing a newfound confidence with each milestone they reach.



*NAIDOC Day Celebrations*

We have been reading the book 'Germs are not for Sharing' daily. Educators have been talking to the children about why it is important to wash our hands & encouraging them to wash the germs down the drain. We have also been focusing on catching our cough in our elbows.

Messy Mud Day has turned into Messy Mud Week with the fun continuing. The children have enjoyed exploring the mud with trucks & diggers, pots & pans, buckets & spades and paint brushes. Maddison, Zadie and Xavior loved the mud experiences the most out of all the children.



*Book Week Dress Up Day*

We joined the school in celebrating NAIDOC Day and loved watching the traditional dances. During Book Week we shared our favourite books from home and had a dress up day where the staff and children dressed as a character from their favourite book. We also celebrated Red Nose Day and during the school holidays ventured out to some local parks for our dose of vitamin D.

## ASSESSMENT AND RATING

The National Quality Standard (NQS) sets a high national benchmark for early childhood education and care and outside school hours care services in Australia. The NQS includes 7 quality areas that are important outcomes for children. Services are assessed and rated by their regulatory authority against the NQS and given a rating for each of the 7 quality areas and an overall rating based on these results. We submitted our QIP in June and our visit took place on Monday 8<sup>th</sup> July and Tuesday 9<sup>th</sup> July.

We were provided with a draft assessment and rating report and given two weeks to provide feedback. We received our final report on 30<sup>th</sup> July and we are super excited to let everyone know that Port Early Learning Centre is acknowledged for its achievements in **Meeting** all quality standards and this demonstrates the commitment to quality by educators and staff.

## COOKING WITH MAREE

Cooking is such a great experience as the children learn to follow recipes, measure ingredients, taste different foods and take pride in the final product. This term they have made vegetable packed pasta bake, savoury muffins, wizard potion fruit punch, chocolate mousse cake as well as having many discussions on the different textures and tastes of certain foods.



*Mixing the Wizard Potion fruit punch....YUMMY*

## PLAYGROUP

Playgroup is the perfect time for the children to share with their mums what they enjoy doing while they are busy studying in the YPC. Each session we start with group time and the children get to share their favourite songs and rhymes and then we participate in a planned experience, which is then followed by afternoon tea.



# STAFF SPOTLIGHT

**Aldan Rowden**

## **Young Parent Centre - Teacher**

Earlier in the term Aldan competed in his first ever strongman competition. It was a massive day full of big guys and heavy weights! Aldan performed so well and missed out on a division win by 1 point, an incredible effort for a first comp. There were 5 events and he did an amazing job of winning two of them.



### **Division Event Results**

**Squat- 140kg x 25 reps (won event by 8 reps)**

**Push Press- 70kg x 5 (lost event but got a PB 🏆)**

**Yolk and Farmers Walk- 220kg and 170kg (lost event- stacked it in front of finish line )**

**Deadlift- 160kg x 12 reps (won event by 6 reps)**

**Sandbag Relay- 40kg, 60kg, 80kg- (finished first, but was given a slower time - It was neck and neck).**





# HOW TO TRAIN YOUR **DRAGON**

Wow, Flynn & Tim are producing a masterpiece in the schools new maintenance workshop with recycled metal. Flynn is having one to one tuition in welding, grinding, bending and forming metals and it certainly is a showcase piece that needs to be submitted for some other exhibitions and competitions.



It was almost like being back in Wales walking into an amazing dragon sculpture. As one of the most popular mythological creatures in modern day, the dragon is no mystery. Dragons do however have a lengthy history that many people are unaware of. When most people envision a dragon, they think of a large reptile-like creature with enormous wings that breathes fire and attacks castles. However, like all creatures of ancient lore, the dragon had more humble beginnings.



Dragon mythology has existed almost as long as people have. In fact, many of the early Mesopotamian cultures and other ancients in the Near East have rich oral histories that tell of mighty storm gods saving the people from evil giant serpents. These serpents often had many terrifying features, ranging from fluorescent skin to the ability to breathe fire and fly. These myths were the foundation of the modern perspective on dragons. Read on to see the finished piece.





# PRE MALAYSIA CAMP FAIRBRIDGE

**This years Malaysia students ventured south Instead of the usual trip North to Apex Camp Jurien. Sadly due to the Apex Camp closing down, the pre Malaysia camp staff and crew had to find a new venue and the tranquility of Fairbridge Village in Pinjarra.**



**The few days away consisted of a variety of challenges to push students out of their comfort zones and to see how the team dynamic looked ahead of 11 days in Malaysia.**



**The group of ten ponders their experiences at Drakesbrook Weir, one of the several places visited as part of the Fairbridge camp.**



**Spaghetti & Marshmallow Tower challenge kept them busy for a while, working out the strongest structures to build the tallest tower.**



**They also visited the Dwellingup Forest Discovery Centre and took part in some of the Interactive activities on offer there. A fabulous centre well worth visiting with the family.**



**This new venue worked well and Joy and Mike were able to observe the group dynamics. Both staff members had to admit that this was one of the best groups they have observed in the last few years. Students were advised that they were part of the final team selected to go and "It was now theirs to lose".**



Serpentine Falls



Forest Discovery Centre



Meal Time & Cooking



# Creative Kids Art Club

***Come and join us for exciting art and craft!***

Kids after school art classes available in  
South Fremantle and Willagee, 5-14yrs.

**Visit the website for more details and to book**

**[www.creativekidsartclub.com.au](http://www.creativekidsartclub.com.au)**

## Port School Christmas End of Year Awards & Lunch

You are invited to attend this function  
on  
Wednesday 18<sup>th</sup> December

**Arrive 10-15am**

Formalities Start 10-30am  
(Buffet Lunch Served 12-30pm)

62 Wheeler Road, Hamilton Hill

R.S.V.P to [noelene@portschool.wa.edu.au](mailto:noelene@portschool.wa.edu.au)

or

Call: 9335 6323

Facebook Message/ Messenger: Port Hamilton Hill

Students may bring family members, guardians or carer





Earlier In the month of August, Mike was delighted to be asked to attend the 44<sup>th</sup> Apex Malaysia National Convention in Subang Jaya to speak about the relationship and project between Klang Apex Club, Port School and Klang Special School. Mike spoke passionately about the 8 year old relationship that has raised over \$150,000 for orphan students in Klang and has seen over 70 Port students head on a trip of a lifetime taking in educational, cultural & fun experiences whilst being part of an amazing international aid initiative.

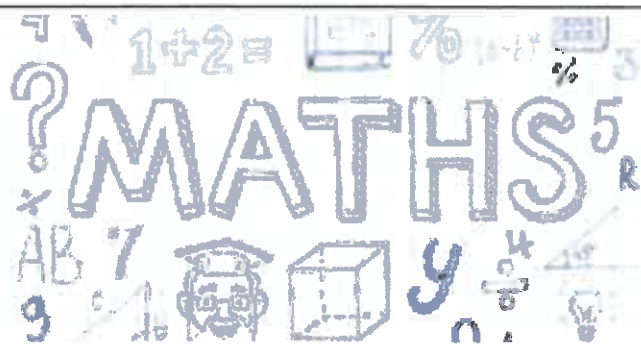


With over 170 delegates attending from Apex Clubs of Malaysia, Australia, Sri Lanka, Bangladesh, Philippine's and India, it truly was an inspiring convention on an international platform. Many networking opportunities as well as catching up to hear about other countries projects and educational challenges.



Killing two birds with one stone, Mike also managed to visit Klang Special School to finalise this years excursion details, source new accommodation as well as a new driver which was starting to concern both Mike & Joy. So by the time you are reading this, their 2019 trip will be well underway.





Maths for A and B Group have had somewhat of a makeover this term, as we have tried to incorporate more life skills into their lessons. Students in these groups have continued to work on their Certificate of General Education for Adults work on Wednesdays, though Tuesdays have now been focused on Science, and Thursdays on more practical mathematic skills.



On Tuesdays, students have been learning about Force and Motion, so they can better understand the world around them, and how things work; this has been done through mainly practical work with hands on experiments.



On Thursdays, students have been learning about money management; topics covered have been basic budgeting, and learning the difference between debit and credit cards. Students have also begun undertaking a budgeting project, which revolves around finding the most cost effective excursion from a list of options, and will result in participating students attending the winning excursion.



It was great to welcome back Kirra Lee Feakes, a past student at Port's Young Parent Centre earlier this month. Kirra is currently completing her Cert IV in Youth & Community Work whilst living a hectic life being a mum as well.



Kirra was one of the first young mums who came through the YPC when it opened in 2015. Kirra and her partner Nathan are about to embark on building a house on a block of land they purchased, exciting times ahead for them both.

It was great to hear Kirra's news and that she is doing so well. They might even be an opportunity for Kirra to undertake some of her practical hours towards her course at Port, which would be fantastic for her and the school.

It is always so pleasing to have students come back and visit and for us to hear those success stories and how life is going. So if you fancy dropping in to say hello, there is always a warm welcome for past students and families. You will be surprised how much we have grown here at Port.

**Come  
Visit Us!**





Port's hospitality students have excelled at this years art exhibition, providing guests with an amazing array of tastes and flavours from all over the globe. With arancinni balls, Italian meatballs, thai chicken wontons and cherry ripe tarlets to just name a few culinary delights.



On top of their catering skills, they also served guests throughout the evening, looking very professional in their white and black.



PORT  
KITCHEN  
WORLD





## **Western Australian School Boys and Girls Championship**

**Royal Fremantle Golf Course.  
August 12<sup>th</sup> 2019**

Isabella Murray played in this championship representing Port School. There were 130 students playing, the championship being open to all secondary schools in the state. Isabella got off to a great start and played solidly all day, missing very few fairways and capturing two birdies on her way to an 84 "off the stick" and a nett 37 stableford points with her handicap.



Isabella has aspirations of making golf her career and already has great fundamentals, no doubt ably assisted by her Dad Keith who is an accomplished golfer having recently played professionally on the Asian Senior tour.



Professional golf is hugely competitive and required hours of commitment everyday, but with Isabella's ability at such a young age, (and not too many three putts) she has every chance to do well. Well done Isabella, keep enjoying golf and maybe one day I can caddy for you for real.

## **Transition Planning**

At Port School students are supported in many ways to enable them to participate in school programs at a level suited to their own needs and abilities at any given time. All programs are focused on enabling students to successfully transition from school into life after school.



Gina Glendining (Autism Association) and Jane Hawdon at our  
Transition Planning Information Meeting

As part of the transition process, we invited Ms Gina Glendining, Employment Consultant with the Autism Association, to Port School to speak with staff and parents/caregivers and to look at ways the Autism Association can assist our students on the Autism Spectrum to plan for their future. We thank Gina for coming to Port School and for her offer to assist our staff, students and parents/caregivers in the Transition planning process for our students. Transition Planning will include a Local Area Coordinator (LAC) from Advanced Personal Management (APM) to help students and families navigate the National Disability Insurance Scheme (NDIS) funding application process. NDIS funding is mandatory to obtain ongoing support from the Autism Association or other registered service providers. By setting supports in place prior to graduation, we can create a more certain future for each student on the spectrum.

My thanks to parents and staff, which attended the transition planning information meeting with Gina.

**Elizabeth Love  
Specialist Teacher  
Port School**



# SPORT @ PORT

## THE BENEFITS OF PHYSICAL EDUCATION

Physical education plays an important role in the physical, mental, spiritual and social development of our students. Students deserve to be physically educated as well as academically educated. Children have bodies as well as brains.

This term, sport at Port has continued to focus on activities that have helped develop the students Fundamental Movement Skills. Activities that have been popular with students this term have been our Flag Rugby, Brandy, Gaelic and Fittball games. The fitness centre has continued to be a popular school option with most of our students being involved in a training program at least twice a week.

The Team Sports program exposes students to important lessons in personal values where they learn teamwork, leadership skills, and an appreciation of different abilities, respect for teammates, opponents and officials. Students also have the opportunity to build resilience through sharing positive and negative experiences. FNF 11 (Friday Night Flag) was played on August the 30<sup>th</sup> and was once again a fun event with our students playing a game under lights at Canning Park in South Lake. Next term we will be playing several night games against a team that has been organized by the Cockburn Youth Center. The Port school counseling team sent me the following article on the benefits of our students being involved in a team environment.



**Research: Team sports improve kids' mental health** - Many parents are already aware of the physical benefits of having their kids play sports. But, a recent study shows that team sports can help ward off depression too. The physical benefits of participating in youth sports have been known for years. A recent study shows that engaging in team sports can actually help kids ward off depression.

The study looked at data on 9,668 children. Researchers found that children who were exposed to adverse childhood experiences reported better mental health as adults, if they had participated in team sports as children. **What they found was that team sports actually conferred protection in some kids that had adverse life-effects, long term for mood.** "These children, when they were older, didn't get as depressed as often as kids that were not engaged in group activities or sports." Dr. Austerman said team sports help kids learn important social skills and how to interact with their peers more effectively. Through team sports, kids learn how to lead and negotiate with other kids to reach a common goal.

If a child is struggling with emotional regulation or interacting with others, the structured setting of team sports helps create a safe environment to learn important social skills. Learning these skills in childhood can lead to more positive experiences in the future. **Having your kids in structured social activities that they can learn appropriately and they can be safe, but activities that help build persistence, and resilience, are very positive influences later on in life.** Dr. Austerman said, "This research shows us how physical and mental health is tied together when it comes to overall well being".



# PORT'S GOT TALENT

Back in August our Port School singing group once again headed to The Hilton Park Aged Care facility to put on a show with singing teacher Jenelle Russo.



The elderly people thoroughly enjoyed being entertained by the talented young group of singers who are starting to do a variety of performances both on and offsite.



If you are interested in joining this fun group with Jenelle, make sure you get in first with your option choices for Term 4.





## ABORIGINAL EDUCATION

### Aboriginal Torres Strait Islander Cert I In Resources & Infrastructure

The Cert 1 In Resources & Infrastructure started on the 14<sup>th</sup> of May as has run every Tuesday since then. Five ATSI students have completed the course over a 22-week period and graduated on 9<sup>th</sup> September. The successful students are Mary, Lionel, Kacce, Mikaelah & Dahkota. Well done all!!!



These students are currently doing their practical side of the assessment where they will complete their project shortly.







August 10-18 this year marked National Science Week across Australia; to celebrate this, and all things Science, Eileen and Tristan organised a couple of science activities for A and B Groups, and Middle School.



On Tuesday the 13<sup>th</sup> of August, students were taken to Davilak Reserve, to take part in an activity demonstrating the concept of 'unbalanced force', which occurs when one force impacting on an object becomes greater than the counter force, resulting in the object moving.



Students recapped what force is, which they have been learning about in maths lessons this term; students then participated in using a 'water bottle rocket', built by Tristan, to demonstrate what happens when the force of the water and pump becomes greater than gravity. All staff and students who participated had a great time watching the rocket shoot into the air.



On the Thursday the 15<sup>th</sup> of August, A and B Group observed a demonstration showing the difference between physical changes and chemical changes. Students compared the difference between the physical changes in ice as it melted, and discussed how the chemical makeup stayed the same, and how the changes were reversible.



Students then assisted Eileen and Tristan in making Elephant's Toothpaste, which is a foam that occurs when hydrogen peroxide and yeast are combined; this produces a chemical change, which changes the chemical makeup of both products, and cannot be reversed.

## Elephant toothpaste



Elephant toothpaste is a science experiment that creates a fountain of foam. The elephant toothpaste experiment uses simple chemicals (though many formulas exist)



What is going to happen?  
A chemical reaction



Ingredients:

- Tall plastic bottle or graduated cylinder
- Hydrogen peroxide (30 percent solution or stronger)
- Dish detergent
- Food coloring
- Saturated potassium iodide solution
- Large tin or tray
- Paper towels
- Several small cups
- Dried yeast





# PORT Trades & Skills



Flynn and Chloe hard at work in the schools workshop with Tim. We look forward to seeing the results of their metal work skills. James starts his work experience at Caralee Community School training to become an EA (Education Assistant) by assisting the children in lessons and games.



Joachim and Josh are currently attending Tafe courses as part of our engagement in the vocational skills training program. Josh plans a clean-cut career in Accountancy and Finance whilst Joachim's more of a hand's on guy, getting down and dirty working with engines.

## VOCATIONAL SKILLS in High Demand





# POP

## Port Outreach Program

The Port Outreach Program staff work exclusively with students who do not reach their full potential in the mainstream school environment but flourish in a different educational setting. The Outreach team work one on one with students supporting them to achieve their educational and life goals. The classroom for the Outreach teacher can be a local library, a youth center or a café. Every day is different and with each day comes new experiences and brings a new adventure. This newsletter article is a collaborative piece from the team highlighting their standout experiences for term 3.

**Jane Hawdon** - The highlights of term three has been celebrating with students when they reach their goals. Jorja Kiely has had a stellar term, attaining her learners permit, being accepted into the VET in school program -Cabin Crew and joining the Malaysia Excursion. Annamika Waddell-Rowe is applying to Notre Dame she has recently completed her certificate II and is flying through her Certificate III in general education. Annamika has been excelling in textiles at Roberta Leary's Bakers Square Studio. Sophie Singer is another stand out star who has also been accepted into the Cabin Crew VET in schools program and is leaning how to sew and follow her passion of fashion and design. Sophie has almost finished her Cert II. Congratulations to these wonderful young women who strive ahead to reach their goals and overcome challenges!!



**Raf Fecondi** - I have been incredibly impressed by the work ethic of the students who have been on Outreach with me this term! Both Sophie Singer and CJ Watts have been dominating their Cert 2 work, and are progressing at a mind-blowing rate! Showing, I feel, what can be achieved, when a person's mindset is really attuned with their personal goals and when they are removed from the routine distractions or barriers to learning, that have been identified as hindering their holistic progress in the past. I have also enjoyed some of the social and life skills building sessions with my gorgeous Outreach students ...but most of all I have cherished...the insane laughs along the way!

**Grayem White**- Watching the development of skills in students is one of the pleasures of being a staff member here at Port. Witnessing Branden's speedy development in using his hands skills in sawing, fixing using the workshop machinery and hand tools to gain a finish and complete a set task is exciting. Though it often goes undetected at first for many of the students, the confidence they gain in doing a task is the idea behind beginning and completing projects and taking on something they have never attempted. It is a priceless moment when the student gets a surprise that they have a skill they can use or have attained. Branden's canoe is no exception, it is taking shape nicely and I expect he will complete it next term and will get to see it launched and floating!

*Jane Hawdon & The Port Outreach Team*

*For more information contact the school on 9335 6323 or [admin@portschool.wa.edu.au](mailto:admin@portschool.wa.edu.au)*



# EMPLOYER COMMUNITY

2019 sees new members to our  
**Employer Community**

Know an employer who may be interested in joining the Employer Community?  
If so, please get in touch with Steph Daniell, Port's Employment Coordinator.

## GBL Systems

45 Frederic St, Naval Base WA 6964



Interesting work happening in the workshop  
down at GBL Systems.



GBL believes in going the mile for their clients  
and Rhys has adopted this attitude by giving  
everything a fair go.

## The Raw Kitchen

181A High St, Fremantle WA 6160

Jerome signs up on his School Based  
Traineeship with Raw Kitchen in Fremantle.



Emma and the kitchen team teaching  
Jerome to prepare one of their many  
delicious vegan alternative dishes.



[www.therawkitchen.com.au](http://www.therawkitchen.com.au)



# PE Girls

The girls have been working hard in the gym this term, and have been participating in partner and team challenges, and weight circuits.

## *FIT & FEMALE* STRONG. MOTIVATED. HAPPY

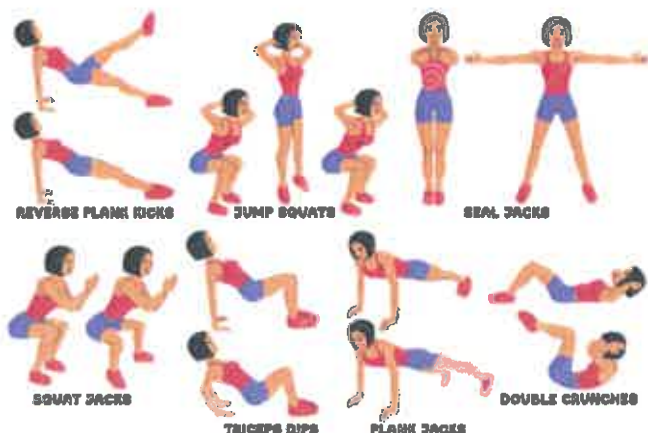
The challenges involve high reps of bodyweight exercises, such as squats, crunches and plank taps, with reps starting at 40. The girls have stepped up and worked hard to complete each challenge, pushing through when they start to feel fatigued.

**Try this individual challenge at home yourself:  
Individual As Many Reps As Possible (AMRAP)**

*Start with a quick warm up and then have 3 minutes for each of the following activities, with a 1-minute rest in between, recording how many you do of each exercise:*

- Squats
- Crunches
- Tricep Dips
- Plank Taps

*Eileen*



# netball WESTERN AUSTRALIA

On August 30<sup>th</sup>, Port School was invited to participate in the 2019 Netball WA Multi-Cultural Carnival at the State Centre. The carnival promotes participation and engages players from a wide variety of ethnicities to foster their netball skills in a fun and encouraging environment.

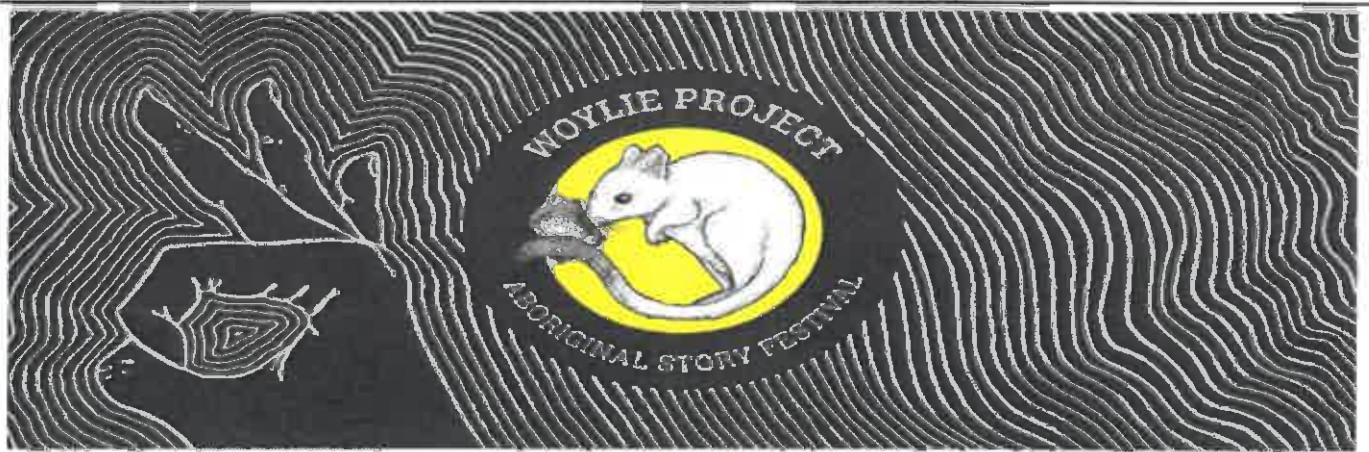


After a month of training, Trysh and Eileen took 2 teams of girls to the carnival where they played against other schools in five 20-minute games. The Port Power team, which included Josie Walley, Jasmine Davis, Tayla Webb, Brooke Hart, Kimmy Wallam, and three non-Port students, won three games throughout the day; while the Port Panthers team, captained by Desley Singleton-Hooper, and including Bethany McShane, Lillie Lewis, Michelle Stoddart, Zoe Evans, Emily Rauter and one non-Port student drew one of their games.



Although we didn't walk away with any medals on the day, what we did walk away with was something much more valuable; several girls started the day very anxious, though as the day went on their confidence grew and they began to play with more enthusiasm. Watching students, who rarely participate in sports at Port School, engage in this activity and come together as a team, was a wonderful thing to witness. The encouragement and positive interaction between the girls was inspiring, and demonstrated the four core values, of community, diversity, growth and empowerment, that Port School prides itself on. The girls had such a great day, that they have now expressed an interest in playing more regular games, which is something that we will be exploring in the coming term.





AISWA offered to sponsor Port School students to attend the Woylie Festival on Thursday, 27 June 12.30-2.30pm. This session was designed for high school students with young Aboriginal leaders including, Ezra Jacobs, rapper, Josh Eggington (aka Flewnt) and artist, Kambarn, interacting and teaching our students about centering Aboriginal voices, giving people a sense of the storytelling tradition of Australia and its roots in oral storytelling, sharing Noongar culture, celebrating Noongar families, and raising awareness of the diversity of Aboriginal stories and communities. (Cassie Lynch, July 2018) <http://www.paperbird.com.au/woylie/>



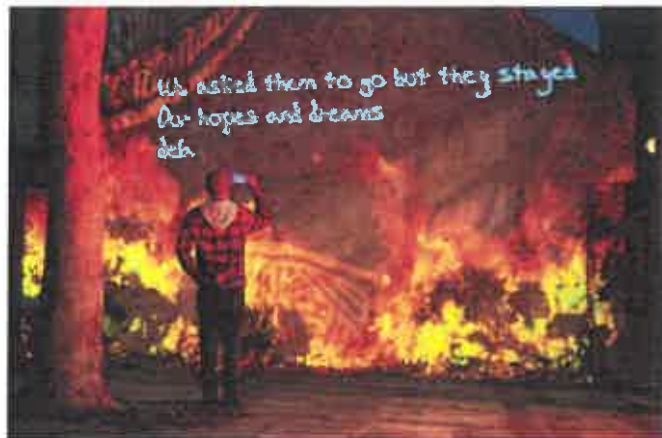
It was a fantastic experience. Every one of our students got involved and as you can see from the images and poetry they created, the message of Voice Treaty Truth made a huge impact!

*Nowhere is safe, on guard 24/7 shouting and screaming is all I hear voices in my head saying Worthless Dissappear daily bashing.*

*I'm sick of the fake promises and lies all I see is tears and blood.*

*Running and crying is all I see, I thought you were supposed to help me you only put me in ruin*

**Brooke Hart**



*Kyakyarna mean we're strong, got to raise our voice to prove we belong*  
**Hunter & Ang**



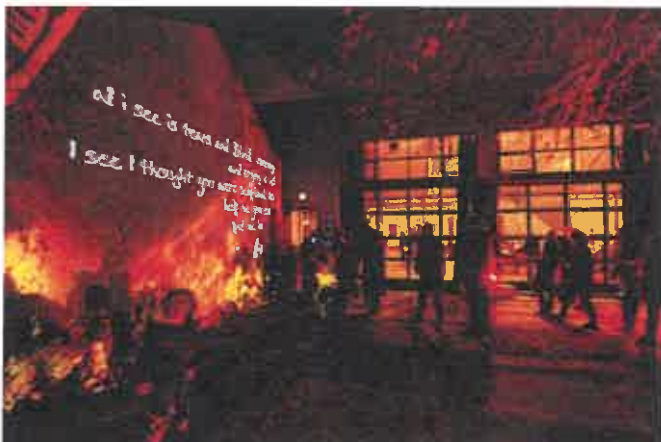
*Some Klds think its cool  
To miss going to school  
But if I want to lead  
I gotta get up to speed*

*Lead my people into the light  
Need to learn how to fight  
In a culture not my own  
Gonna still sit on a throan*

*Making my people strong  
Where they justly belong  
Stand tall stand proud  
Our voices gotta be loud*

*To take our place in the sun  
Just got to get it done  
We have a voice  
But were not afraid to use it  
Some things mess up and we  
get confused and shit*

**Brandon**



*I'm sittin back bored don't know what to do  
splittin up bars for my brother Boy flewnt  
and he Just won awards for splittin his raps  
and Just to Rap in his pretty yellow cap  
KW*

*Riding in the train From Armadale  
That thing is moving as slow as a snail  
I get to Freo Station  
Hang with the Whadjuk nation  
Got to get the bus to School  
But I'm trying to play it cool*

*I rock up to my class  
The day doesn't move fast  
I'm sitting there waiting for it to go past  
The siren rings it's time To go home  
I was really happy to hear its loud tone  
I get on the bus in a rush  
I'm on the Armadale train  
Ready to go home again*

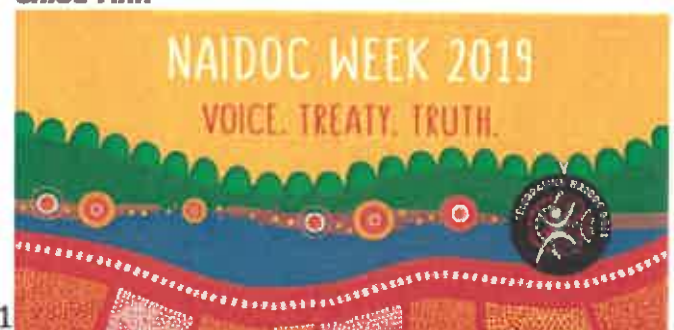
*Can't believe this – how they treatin' us beatin' us  
Like we animals, cannibals  
When they gonna pick us up  
Not kick us down llike we're nothing*

*All my brothers and sisters  
Rise up and stand together  
Face our common enemy  
This problem been making us  
Sick when's it gonna click*

*Sittin on the street with nothing  
To eat can't even stand on their  
Own two feet, this is real I don't  
Know how to feel what's the deal?  
My friends and family struggling  
To stay alive take a dive into our  
World and open up your eyes and see the real me  
Wolfe*

*Indigenous culture is the way to go,  
go grab a mate start spitting some flow,  
about our ancestors talking trash about the food  
we get handed instead of cash,  
cause they think we're trash.*

**Chloe-Ann**





# YOUNG PARENT CENTRE

Term 3 brings the promise of sunshine and we are all looking forward to the warmer weather! We would like to welcome the newest members of the YPC/ELC team.



We have had 4 babies born this term. Anika gave birth to a boy named Tyrique, Alyssa had a girl named Zyra, Aytlera had a girl named Nyla and Jamillah had a boy named Noah. Congratulations to our new Mums.

## FINANCIAL LITERACY

As finances are an important part of our everyday lives, we thought it would be a great idea to learn some tips and tricks on how to save money and spend money wisely. We were fortunate enough to participate in Commonwealth Bank's Start Smart program.

We had Sarah from Start Smart run a small group session teaching us the ins and outs of smart spending and saving. We're looking forward to many more sessions learning about healthy finances through the resources provided by Start Smart.



## PJ DAY

Pyjama day is our favourite day of the year. Who wouldn't want to come to school in winter in their nice cosy pyjama's and fluffy slippers. We participate in Pyjama day to raise awareness and funds for children in foster care.

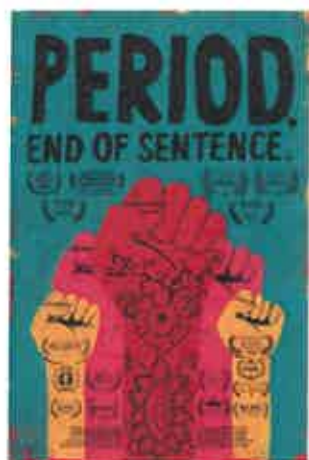




# YOUNG PARENT CENTRE

## COOKING WITH MAREK

The theme for this term has been 'Try Something New.' This has been a good opportunity for the girls to step out of their comfort zones. It's been amazing to watch the girls try new tastes and learn new cooking techniques. Destiny even had a go at developing her cake decorating skills with some delicious and colourful cupcakes. Next terms theme will be bringing 'Cutlure to the Kitchen.'



Health and wellbeing has had a bit of a revamp this term with more emphasis on topics that are relevant to our young Mums. We have utilised various types of media from documentaries to TED talks, with the occasional Kahoot quiz to make our program more engaging. Some of these topics include:

- Healthy and Toxic Relationships
- Confidentiality and conversational awareness
- Mental Health
- Physical Health
- Personal Hygiene
- Respect and Trust



## SPORT AND FITNESS

In sport this semester, we focused on two sports: Volleyball and Tennis. Tennis is a class favourite for the majority of the girls in the YPC, however, Volleyball was a completely new experience for many of our girls. Volleyball was full of many amazing games, moments, and occasionally the odd volleyball spike to the face! The girls showed great improvement in their volleyball skills, specifically with their digging, setting and spiking. Tennis picked up where we left off in the first semester with many close contests! With the addition of the Port Fitness Studio, our students participated in weekly fitness sessions. The sessions focused on weighted movements through to the use of resistance machines and free weights.....

**HAPPY 21<sup>st</sup>  
KEELY!**



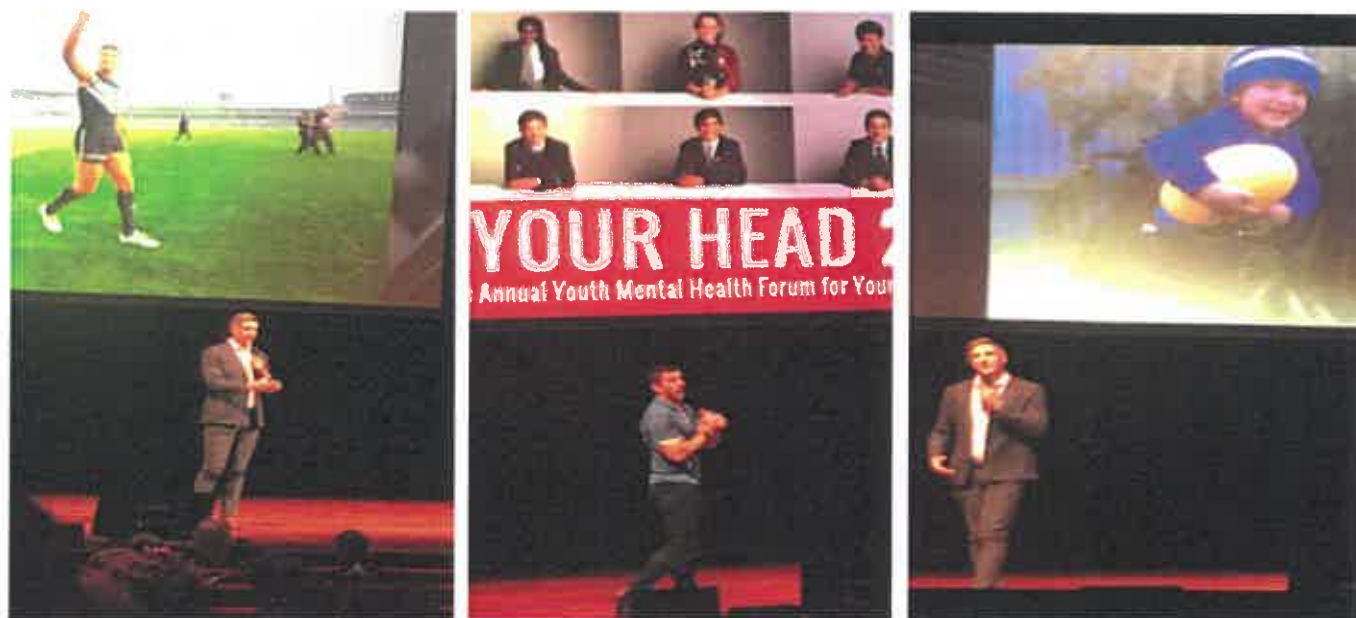


# Health and Wellbeing.



Another great term for students at Port School, engaging with a very broad and diverse range of educational issues! From familiarity with new laws around the storage and distribution of Intimate (sexual) Images, to a wicked Youth Mental Health Forum, and starting a brand new Human Biology accredited unit - that should see all students who complete the unit - with a recognised qualification to add to their portfolio!

The *'In Yer Head'* Youth Mental Health Forum, held at the Perth Concert Hall, on 5/9/19, was without doubt the highlight of the term! A dedicated and hardworking team of 10 Port delegates was selected to represent the school - and what awesome ambassadors they turned out to be!



The quality of the Keynote speakers was unprecedented, and for some of the presentations, there was not a dry eye in the house - as speakers detailed their own personal stories of challenge and of overcoming adversity. Nick Emerson was my personal favourite – a young man now in his early 20's, whom, up to the age of 16, had led a carefree and active 'normal' young Aussie larrikin life. Only to be involved in a horrific car accident that saw him hospitalized for over 12 months, fighting against all odds, for his life and to regain a quality of life, which he refused to surrender on.

Nick's initial misfortune was compounded by further tragedies, including more debilitating accidental injuries, and the (unrelated) suicide of his most loyal and beloved life-long friend at age 21. Hearing Nick narrate his story through an electronic voice modulator, (as he lost his power of verbal speech as a result of the extensive post trauma-surgeries), and watching his expressions light up with infectious laughter and by his indomitable spirit, in the face of his continuing struggles against severe physical disability,



struck a chord within each and every one of us. It reminded us of how quick we are to sometimes give up, when we are tackled by even relatively minor obstacles ... and that if we could only just harness a mindset more like Nick's, we could use our struggles to teach us and motivate and power us - and each other.

Audiences were also treated to presentations by humble and humorous ex AFL superstars such as Heath Black and Matthew Pavlich.



There was also a smorgasbord of tantalizing break out sessions for students to participate in. From: yoga and meditation and jamming to 90s tunes; to dealing with the grief of suicide; trauma survival after the Bali bombing; Mood and Food; LGBTQI wellbeing; and how to support our young men.

Our student representatives: Izzy, Jackson, Jeremy, Anamika, Michelle, Sophie, Shay, Wolfe, Tyson and Lela, were an absolute credit to the School, in every aspect of their participation, and should be commended for their maturity, and for their personal, and inter-personal skills on the day. I hope some worthwhile conversations will now ripple-tide through the rest of the community, and at family dinner tables as a result of this initiative!

Well-Done everyone! Have a great break!

**Raf**







## Young Pregnant & Parenting Network

**AYPPN Symposium 8<sup>th</sup> -9<sup>th</sup> August 2019, Maroochydore, QLD.**

Port School were delighted to be invited to represent Perth at the Australia Young Pregnant & Parenting Network (AYPPN) Symposium in Queensland on August 8<sup>th</sup>/ 9<sup>th</sup>. With over 150 at the conference, the schools Young Parent Centre (YPC) Manager Michelle Forsyth presented for 45 minutes at a breakout session on domestic violence, a topic all too common with their young mums.



Deputy Principal Mike Gilbert sat on a Q & A panel with National Children's Commissioner Megan Mitchell, Queensland's State Minister for Child Safety, Youth & Women; DI Farmer, Macquarie University researcher Dr Iain Hay, Principals and Policy Makers. They advised on what is being done and what can be done in their regions and how centres like Port came about. The key purpose of the panel was to explore and critique policies and system support related to the engagement of pregnant and parenting young people. The panel also provided opportunities for other symposium delegates to pose questions. Each panellist was invited to explore ways in which policy and system support need to be improved to support engagement of pregnant and parenting young people and audience members were invited to pose questions to panellists regarding their comments.



Port YPC & ELC showcase display are at the AYPPN Symposium in Maroochydore's RSL

With an audience that included the National Children's Commissioner, State Minister for Child Safety, Youth & Women as well as many representatives from health, education, indigenous and youth sectors, the conference aimed to take a serious look in how Australia works closely with the 8,500 babies born to teen mothers annually. Mike & Michelle were advocates for the teen young people in the west by providing first hand insights how their centre, project and programs are not only meeting needs, but by showcasing those young people that have aspired, achieved and experienced success through the amazing work Port School, their YPC and ELC undertake.



Whilst in Queensland, Mike & Michelle wanted to make the most of their trip and had a hectic schedule visiting a variety of alternative schools in and around Brisbane area. Principal Simon Riley and Young Mums centre manager Corinne Harper welcomed them to Ipswich State High School who are doing some amazing work with young mums and disengaged young people in their 1800 plus number, state of the art school in a very low socio-economic area and community.

Despite some amazing facilities, Simon openly admits he has to run the schools and YPC operational budgets on the smell of an oily rag. Simon and his team have an RTO, Performing Arts Centre, Hair & Beauty Centre open to the public and Trade Training Centre. With over 27 certificates on scope they really are trying to assist the students to achieve in vocational pathways.



It was then on to meet Edmund Rice Foundations Youth & Institute Director Dale Murray and Principal Dave Harrison who showed them around the Ipswich Flexible Learning Centre. A small centre, offering programs and education options similar to Port.



Lastly heading north it was time to call into all girls school Carinity Education at Southside, where they also have a crèche and young mums program and work with students that have faced a variety of life challenges.



All in all it was a great day of networking, ideas and seeing what others do, with lots of exciting things to bring back to Perth.





It has been a big term for the Registered Training Organisation this term, we have 25 students doing courses, work experience or traineeships out in the big wide world, everything including Hairdressing, Hospitality, Automotive, Engineering, Mining Studies, Community Services, Business and Plumbing to name just a few.

We have just had 5 students completing the ATSI Cert I in Resources & Infrastructure that is one day a week for nearly 20 weeks. This course is a foot in the door for anyone looking at getting into the mining industry and was delivered by Carey Mining with whom we have a great relationship and who can assist our students in further developing their careers.



14 of our students sat for and passed their "White Card" which is a mandatory qualification for anyone wanting to work on a construction or mining site. The qualification covers a range of work place safety issues and the does not expire so it is a great one to have in your CV.

There has been a lot of demand for more work on mechanical and automotive areas, and to this end we have purchased a 1978 Landrover that we will restore back to being roadworthy and able to be licensed. We have chosen an old vehicle to allow us to avoid electronics at this level, and concentrate on very basic systems and activities such as cooling, hydraulics, brakes, basic engine maintenance, electrics, some panel beating and changing tyres etc. This could be a great project for all year levels, especially if students are interested in developing their mechanical abilities.

Our aim at Port School from years 9 onwards is to start preparing students for their life beyond Port School, so to this end we attend a range of "try-a-trades", we have a Facebook page set up specifically for job opportunities, not only for potential careers but also at part time opportunities which are great in helping the students into the world of paid work and overall give them opportunities, insights and support into what we hope will be a rewarding career path.

**Contact:**

***Phil, Trysha or Steph for further information***<sub>48</sub>

