

Port School

Term 4, 2020



ALWAYS
WAS
ALWAYS
WILL BE

Cover Artwork by: The Port School community

NAIDOC
WEEK
2020

PRINCIPAL'S REPORT

BARRY FINCH

2020 was planned to be the year in which we streamlined the delivery of our academic programs. The advent of the Covid-19 lockdown, followed by ongoing attendance issues, which the pandemic caused and regrettably, made it difficult for us to really pin down our program. The academic testing however, that was undertaken during the year, clearly shows there is a very strong correlation between poor attendance and a lack of improvement. It has also shown that good attendance and participation leads to good academic growth. We are confident that our programs are the most appropriate for our students. It must however be reiterated, that if students do not attend regularly, they will not see any improvement in their levels. If a student has a good reason for not being at school, we will always support them with alternative programs. There will be less tolerance though, for students who do not come to school without a good reason.

Building works are currently underway on campus. Our canteen is being renovated and extended and will feature a sit-down eating area next year. The new facility will also enable us to offer both front and back-of-house training for our Certificate II in Hospitality. This will vastly expand our students' potential for employment in the hospitality industry.

We are also in the process of designing a purpose-built Middle School complex. This will feature three classrooms, a staffroom and an amenities block, and will allow us to break our Year 8 and 9's into three ability groups, each with up to 15 students. We hope these facilities will be completed and ready to take students by July 2022 – very exciting!



Lionel Mead returns to say hi and tell us about his new job in the construction industry. He is doing very well and is enjoying the role and having a weekly pay packet. Great to see you Lionel

VOCATIONAL DUX

Finally, I would like to share with you a very successful story of two students who are leaving Port this year. Both students have an attendance record of at least 90% and have always participated well. On top of good engagement in the English and Mathematic programs, they are leaving Port School with the following qualifications:

- Certificate II in General Education for Adults
- Certificate III in Makeup
- Certificate II in Furniture Making
- Certificate II in Visual Art
- Certificate II in Community Services

These students have also completed a Responsible Service of Alcohol (RSA) and a Barista course. Both have had employment opportunities in the hospitality industry and have excellent prospects for employment in the future.

This is an excellent example of what can be achieved with good attendance and participation.

Here's hoping everybody has an awesome summer break and I look forward to seeing all students on the 1st of February!

Season's greetings to all

Regards,

Barry

TERM 1 STARTS BACK ON MONDAY 1st February 2021



Start Term 1	Monday 1 st February
Musical Medley	Friday 26 th March
Last Day Term 1	Thursday 1 st April
Good Friday	Friday 2 nd April
Easter Monday	Monday 5 th April

Term 2 - Monday 19th April – Friday 2nd July
Term 3 - Monday 19th July – Friday 24th Sept
Term 4 - Monday 11th Oct – Wednesday 16th Dec

DEPUTY PRINCIPAL'S REPORT

MIKE GILBERT

What an odd year it has been, Malaysia & Musical Medley cancelled, various other events postponed, cancelled or run on a smaller scale and the challenges of Covid-19 thrown in the mix for all educators across Australia. It has certainly made us all very resilient, flexible in our approach to education and think outside the box, at times. Despite the challenges I was delighted with the results of this year's art exhibition and that it allowed us to still support Klang Special School by sponsoring the orphan care home students and buy funding equipment for their physiotherapy room. A big thank you to staff, students and our wider community once again for all your support.



On another positive note the YPC extension was officially finished earlier in the year, giving our mums a new state of the art learning facility with much larger educational spaces, semi-commercial training kitchen, staff rooms, ablutions, new equipment and a dedicated counselling/ private meeting space. This \$600k project would not have been possible without the support from an AISWA capital works grant. The official opening is still yet to happen due to Covid-19 restrictions on parliamentary members.



It is also very exciting to see the start of the \$750k kitchen and dining extension that will see the addition of an external disabilities lift and a new staircase in the main hallway.



Construct 360 recently won the tender on this project and started in mid-November.

Term 4 is always a special one for me, as I am invited to join the YPC/ ELC mums and bubs camp. This year's camp has been especially important to attend as we have many new younger mums as well as several who are expecting babies. The camp that is run annually at Fairbridge, is always a mix of educational, fun, care and supporting activities and I was delighted to get to know the mums and their babies, a lot better over the 4 days duration back in November.



I am in awe of our fabulous young mums, the time with them reminded me of how difficult a job being a parent of young babies and toddlers is, and the fact they are all trying to study and survive life's challenges as well. I am so proud of them all. Thanks YPC & ELC teams, for all your hard work in planning and organising a fabulous event.



On a final note, I would like to wish you all a very Happy Christmas and New Year, be safe, be kind and enjoy time with your friends and families. Have a great break

Mike

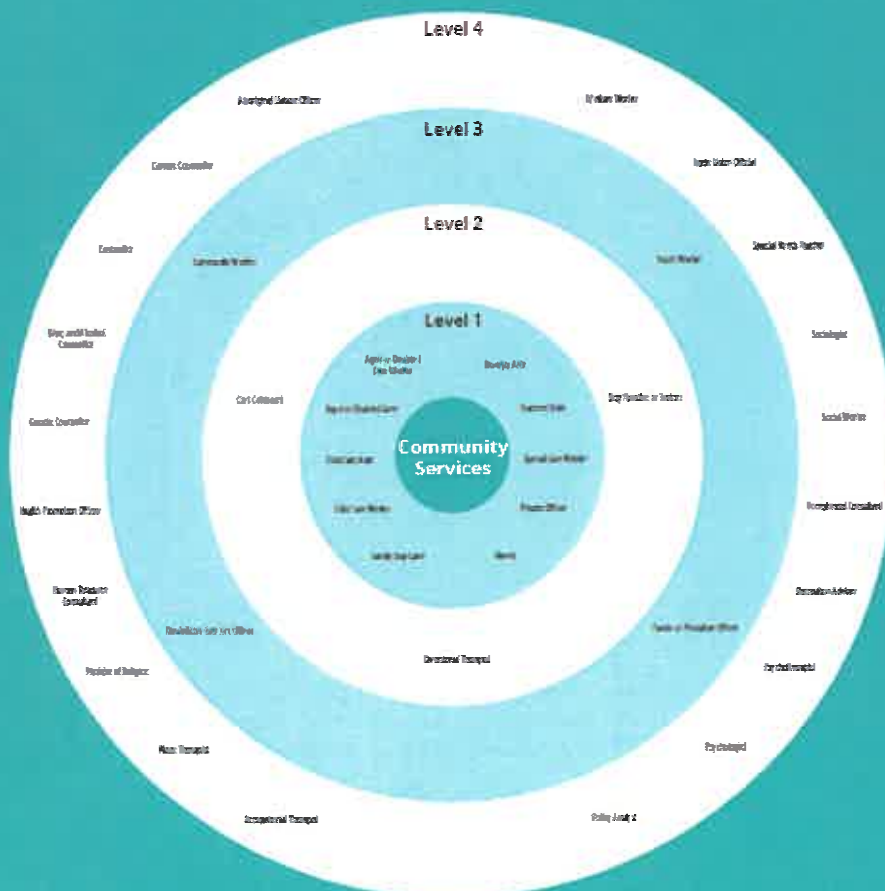
Year 13

Community Services Pathways and Beyond Year 13

Year 13 and Community Services students have had a productive 2020, with some students choosing to use their completed Certificate II Community Services qualification to successfully enrol in Certificate III Childcare, Certificate III in Community Services, Certificate III in Education Support, and Certificate IV in Youth Work at TAFE. In addition, two students have successfully obtained work experience at Cockburn Youth Centre and Coogee Primary School - providing essential volunteer hours for their certificate and employment prospects. Work Health and Safety units are currently being delivered in school over the next few weeks, which cover units in a range of qualifications at Port School.



Do you enjoy or are you good at **Community Services**?



Training levels and requirements

Level 1
Usually has a skill level equal to the completion of Year 10, a Service Secondary Certificate of Education, Certificate I or II, Australian Apprenticeship may be offered at this level.

Level 2
Usually has a skill level equal to a Certificate III or IV, or at least three years' relevant experience. Australian Apprenticeships may be offered at this level.

Level 3
Usually requires a level of skill equal to a Diploma or Advanced Diploma. Study is often undertaken through TAFE or Registered Training Organisations. Some universities offer studies at this level.

Level 4
Usually requires a level of skill equal to a Bachelor Degree or higher. Study is often undertaken at a university.

This chart shows a selection of occupations that have some relation to the subject of Community Services. The four education and training levels are listed on the right side. These levels indicate the minimum education and/or entry requirements for these jobs.

For further information, visit www.myfuture.edu.au



Students within the Year 13 cohort have completed various qualifications and short courses within and outside of Port School which has provided varying opportunities for work and or further studying for 2021. No matter what specific industry pathway/s that students choose to take in future, these additional courses have further strengthened their study and vocational skills.

VOCATIONAL DUX

Awarded to the highest achieving student in a vocational pathway

Incredible and amazing; Port is beyond thrilled to award a first ever and very well-deserved joint **Vocational Dux** to two incredible young ladies. Carlie Monaco & Isabella Domasz have achieved the following in their final year 13 at Port:

- Certificate III in Beauty
- Certificate II in Hospitality
- Certificate II in Furniture
- Certificate II in Visual Art
- Certificate II General Education for Adults
- RSA – Responsible Serving of Alcohol
- Barista Course



Having reached the end of year 12 they realised that they still needed to do a bit of work to really set themselves up for life after high school. And work at it they have, having now completed 5 certificates and a few extra vocation based qualifications.

The proof is well and truly there with Carlie & Belle
ATTENDANCE MATTERS

Every day
COUNTS!



**School success starts
with attendance**

The great thing about this is that Carlie and Belle now have options in perhaps five different industry areas and within each of those, there are many different streams that they could pursue. By near perfect attendance and engaging with their teachers and the learning programmes Carlie and Belle both have choices. Choices for employment, choices for further study and an ability to earn money. They have made themselves attractive to employers and proven to themselves that, by hard work and persistence, they can achieve.

A really wonderful effort, Carlie and Belle are now ready to venture into adult life with the world at their feet!

Well done and a huge congratulations to you both, from everyone at Port, truly inspiring achievement!



Commissioner for Children and Young People Western Australia

Port was delighted to have Colin Pettit, the Western Australian Children and Young People's Commissioner visit earlier in December. This visit came about after Deputy Principal Mike Gilbert & Young Parent Centre Manager, Michelle Forsyth met, the then National Children's Commissioner, Megan Mitchell at a conference in Queensland last year. After visiting the school herself in December 2019, Megan suggested to Mike & Michelle that Colin should see what is going on at the YPC and at Port School; a conversation was had and a visit was planned, albeit some delays due to the 2020 COVID situation.



The commissioner has spent his career working to improve the wellbeing of children and young people, particularly in delivering education services and programs to children and young people living in regional and remote areas of the state. He has worked with children, young people, families and communities all over the State as a teacher and then principal, in a number of regional schools, before holding the role of Executive Director Regional and Remote Education at the Western Australian Department of Education for three years. Between 2010 and 2015, Colin was the Secretary of Education for the Tasmanian Department of Education. He is a former President of the Primary Principal's Association of WA and Deputy President of the Australian Primary Principal's Association. He is also an ambassador for Barking Gecko Theatre and the Valuing Children Initiative, the Vice Chancellor of the Children's University WA Partnership and in February 2019 he was awarded an Honorary Doctorate of Education from Edith Cowan University. He is a father of three and a grandfather of three.




Colin's visit to Port consisted of a light lunch with our young teen mums, talking about their educational challenges, and how the YPC had enabled them to continue their education as well as being supported in their parenting skills from a multitude of wrap around support services. Colin went on to have a tour of the main school, saw the new kitchen and dining developments that are underway and met some of the team sport program students, before heading to the Middle school for a chat with the young people there.

Port School educator proud of impact on young mothers

Ben Smith: Cockburn Gazette - October 26, 2020 2:00PM

AN educator who has dedicated the past decade to helping young mothers at a Hamilton Hill school has been recognised for her commitment to the cause. Port School Young Parent Centre manager Michelle Forsyth was named the judge's choice winner at the NGS Super Scholarship Awards. Port School is an independent school with a student base of kids who have struggled at mainstream schools. It uses alternate methods to help students in their education journey. The school has a number of programs targeting specific demographics, such as its Young Parent Centre, which accepts teenage mothers and provides them with parenting support and educational certificate training. Ms Forsyth oversees the day-to-day running of the centre, working with the girls and their babies to ensure they receive appropriate educational and parenting support, while also liaising with various services and even finding accommodation for students and occasionally supporting them in court. Michelle said the centre's curriculum focused on empowering the young and expectant mothers and making them realise their potential.



 (L-R) Port School's Early Learning Centre manager Emily Longman, Mollie, Aleira and Young Parent Centre manager Michelle Forsyth. Credit: Ben Smith

"It's about being able to support the girls to make changes in their lifestyles and to achieve those outcomes to better empower girls to believe in themselves and learn how to deal with things like criticism, getting the girls to be able to have a normal life," she said. "We empower them; yes, you are a young teenage mum, but you're a wonderful mum and a great person. It's about them being able to walk out that door when they turn 21, hopefully having a certificate but also being able to believe in themselves, know they're great mothers and break that social stigma." Being an alternative school, Ms Forsyth said the students did not usually get events like school formals, but money from winning the award would be put towards their annual mums and kids camp. While operating like a normal school camp, with activities such as canoeing, swimming and team building exercises, the school's early learning centre joined them on the camp, which allowed the parents some valuable time away from their kids. "We have a lot of group therapy and a lot of mindfulness. Being around the mums and learning more about their parenting style, when we come back, we can talk about strategies and be able to facilitate programs to help better cater for them and the challenges that they face on a day-to-day basis," she said. "That gives us a pretty good indication of more support that we need to offer each of the mums."

Ms Forsyth said being able to celebrate victories for the staff and students was the most fulfilling part of her job. "Every day can be challenging, but it's also rewarding, and I like being able to support everybody, whether it's the staff with their career advancement or mums achieving goals and babies having support to reach milestones they may not have had the opportunity to."

PROJECT LAND ROVER



"FOR THE LOVE OF THE LAND ROVER"

With four core areas on the go, the furniture certificate, middle school, mechanics and general elective students there has been some fantastic work completed throughout the year. Students discover a variety of trade skills that can greatly benefit their life experience and career aspiration. There has been a strong focus this term on the Series III Land Rover project. With much guidance from Tim, they have completed the undercarriage and chassis restoration to a near new condition. We have had many technical challenges, but assistance from local community groups and enthusiasts has been very helpful.



Students have demonstrated a high level of enthusiasm and attention to this project. They are now moving onto the vehicle body components, cutting out rust, and fabricating new components. Without doubt it has been a good catalyst to improving student attendance. So thank you Jackson, Jack, Ethan, James, Aiden and Luke for all your hard work.



FITNESS = CENTRE

IN THE
SPOTLIGHT

GUS

THE GOAL:
INCREASE STRENGTH
AND RANGE OF
MOTION IN
SHOULDERS, CHEST,
GLUTES AND LEGS

Gus started the term with a 1 Rep Max of 75kg on the Smith Machine Bench Press.

He also had slight instability when performing body weight box squats.

To improve on these Gus has been bench pressing 60% of his 1 Rep Max.

Week 1 and 2 he managed 3 sets of 3 reps.

He now completes 3 sets of 6 reps at 65% 1RM.

Gus Box Squats have also improved.

he now performs 3 sets of 15 reps with a 10kg bar on his shoulders with perfect posture and stability



GET OFF
THE
COUCH AND
GIVE ME 5!

Do each exercise for 20 seconds, then 10 sec rest. Repeat set 3 times

(Seek clearance from your GP prior to exercise if you have any health issues)

Health and Wellbeing.



A busy Term 4 to conclude a hectic year, no less! As students progressed with their in-class sex health program, various Health and Wellbeing initiatives took place outside of the classroom. On Friday 13th November, Aileen Lewis, Oral Health Promoter & Dental Therapist, (WA Dental Health Services) visited both the Middle and Senior Schools to address Port students on various aspects of oral and dental health and hygiene. She was able to present some compelling, and at times, confronting, evidence to illustrate what can happen when people do not take adequate care of their teeth and gums. The images that she shared with us certainly gave food for thought...

Do you grind your teeth in your sleep? Perhaps consider wearing a mouth guard, if you don't want your 'pearly whites' to end up looking like this... ***Or maybe you are rather partial to your soft drinks and energy drinks?*** Try reducing your daily intake gradually and whenever possible, rinse your mouth out with water after each consumption.



Or then again... maybe kick that nicotine habit... Aileen confirmed it is definitely worth investing in a round-headed electric toothbrush to avoid long-term enamel corrosion and discolouration and staining.



A long time smoker's teeth.



Think that using a 'vape' or an 'e-cigarette' is a safer alternative?...Think again!! (E-cigarette explodes in teen's mouth... Ouch!)

Students are entitled to state-subsidised dental health care until 17 years old and Aileen emphasised the importance of early intervention and regular dental checks and clean ups.

So, be sure to follow this link, and find out more information on how to organise free appointments for family members <https://www.dental.wa.gov.au/dental-services/school-dental-service>

Week 7 saw Port Senior School girls treated to a few 'pamper' days, to make up for the lack of a Girls' Camp in 2020, as this was sadly compromised by the Covid-19 situation, earlier in the year. On Tuesday 24th November, a number of our girls were able to take advantage of a relaxing school subsidized 'seated massage', to release some of the stress and tension that may have built up during the course of, what has been, for many of us, a challenging year. This initiative was introduced by Port as another self-care strategy that can be employed to alleviate the symptoms of stress and anxiety, at different periods of our lives, and many of our students, who had never had the chance to experience a massage before, left the room with a big, blissful smile on their faces!



The following day, the girls were taken to Perth's only revolving restaurant, *The C-Tower*, to enjoy the magnificent 360 panoramic degree views of Perth, whilst delighting in a gourmet lunch, and most importantly, appreciating each other's company.



This event is fast becoming a community favourite end-of-year-rite of passage for our young women – and it is an event which holds at its heart: the celebration of female solidarity and friendship. On this day Port girls demonstrated that they could be genuine community ambassadors for the School's Core values - Community; Diversity; Growth and Empowerment, whilst at the same time, showing their ability to adjust to the values and protocols required by broader society. Such as the capacity to show courtesy; etiquette; personal grooming; social grace; inclusivity and camaraderie. It is always a very heartening experience to see the girls making a special effort with their personal presentation and manners, and the occasion proved to be a very uplifting way in which to salute 2020.

Wishing all Port students and their families a healthy, safe, and relaxing festive season, and look forward to seeing you all again after a good rest, in the new year!

Take Care and Stay Safe

Raf



ART ROOM ANECDOTES

"If I create from the heart, nearly everything works; if from the head, almost nothing." - Marc Chagall

Vinyl Records or LP's have had a resurgence in the last few years probably because of the loss of tangible music in this digital age we live in. So we are bringing them back.....



Cyrus, Layla, Josh D

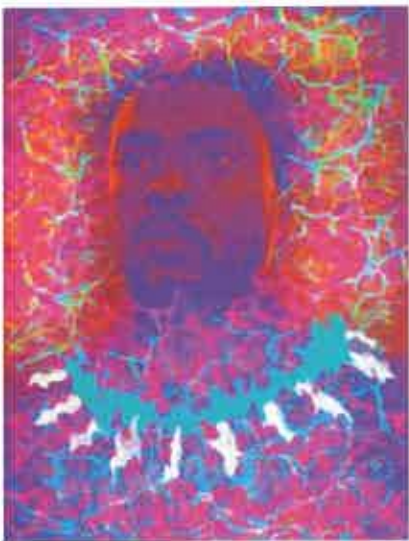


Blake Della Bonna



BJ Evenis, Kali Branley, Blake Della Bona

Students this term have been designing and creating a 12-inch x 12-inch band album cover that embodies their favourite artist/band, including the name of the album with appropriate imagery. They have been enthusiastically using the iPads and delving into the world of digital art, designing their work in the application called Procreate and constructing unique digital illustrations.



BJ Evenis

WALLOWS



Josh Daniels



Flynn Waddell- Rowe



ART ROOM ANECDOTES

In addition to this, they have also painted the vinyl disk with spray painted stencil designs or a circular digital design for the vinyl, which complements the cover art.



Tayla, Blake DB, Ash, Josh, Maya, Lela



Blayke Payne



Lily S, Chloe, Maya



Layla Teede-Inns



Beka, Lela, Haylee, Tayla, Blayke, Ma



Geoffrey King



Tyrell James



Layla Teede Inns

ART ROOM ANECDOTES

Middle School students have been working very hard on their skate deck art, which explores their personal 'Identity' in uniquely individual ways. They have combined text and symbols that are meaningful to them to create bold and graphic artworks. Each producing a fantastic visual response to the theme. Dan, myself and the middle school team are super proud of their efforts.



Jake Sedgwick, Cyrus Roberts, Layla Teede-Inns



Blake Payne



Jemma Rosa, RJ Evenis, Tyrell Johns, Keira Lawson



Skye Russell, Ella Meier, Danny J

This term has been extremely busy and productive as usual in the room, with students producing their usual high standard of thought-provoking work. Also, the NAIDOC Day activities in the art room produced a huge 'Always Was, Always Will Be' themed banner that the whole school community contributed to, which looks incredible and will be on display in the gym for next year.

ART ROOM ANECDOTES



Maya Fowler, India Robelo-Penny, Gus Sambrailo



Tyrell Johns, Ash Frew, Flynn Waddell-Rowe



Geoffrey King, Lily Slater



Blake, Chloe-Ann, Josh, Kali, Michelle, Maya

Congratulations to the Visual art students for another fantastic year and Dan and I will see you again next year! Enjoy your break everyone and we will see you safe and sound in 2021.



STUDENT SUPPORT SERVICES



Molly, Dave, Michelle Z, Andrea, Grayem & Liz
Tel: 08 9335 6323 Email: admin@portschool.wa.edu.au

THE POWER OF GRATITUDE

Gratitude can play a fundamental role in adolescent mental health and studies show that making gratitude part of daily life boosts psychological health, enhances empathy, and improves self-esteem. The power of gratitude can change lives. It can take us from depression and darkness into a world of possibility and light.

The Power of Gratitude

Being grateful doesn't always come naturally to teens. In part, because young people don't have the life experiences or perspective that nurtures gratitude and may not have the tools to cultivate the power of gratitude. There's often a strong sense of isolation in mental illness and teens can become introverted and closed off. They can feel hopeless. Gratitude practices create awareness of the good things in life and foster an appreciation of our surroundings.



Gratitude: An Evidence-Based Practice

Research validates the power of gratitude to enhance mental health. Studies show that acknowledging what's good in your life generates happiness and positive emotions. Gratitude counteracts the negative effects of trauma and adverse childhood experiences. And it builds resilience for navigating challenges in the future.

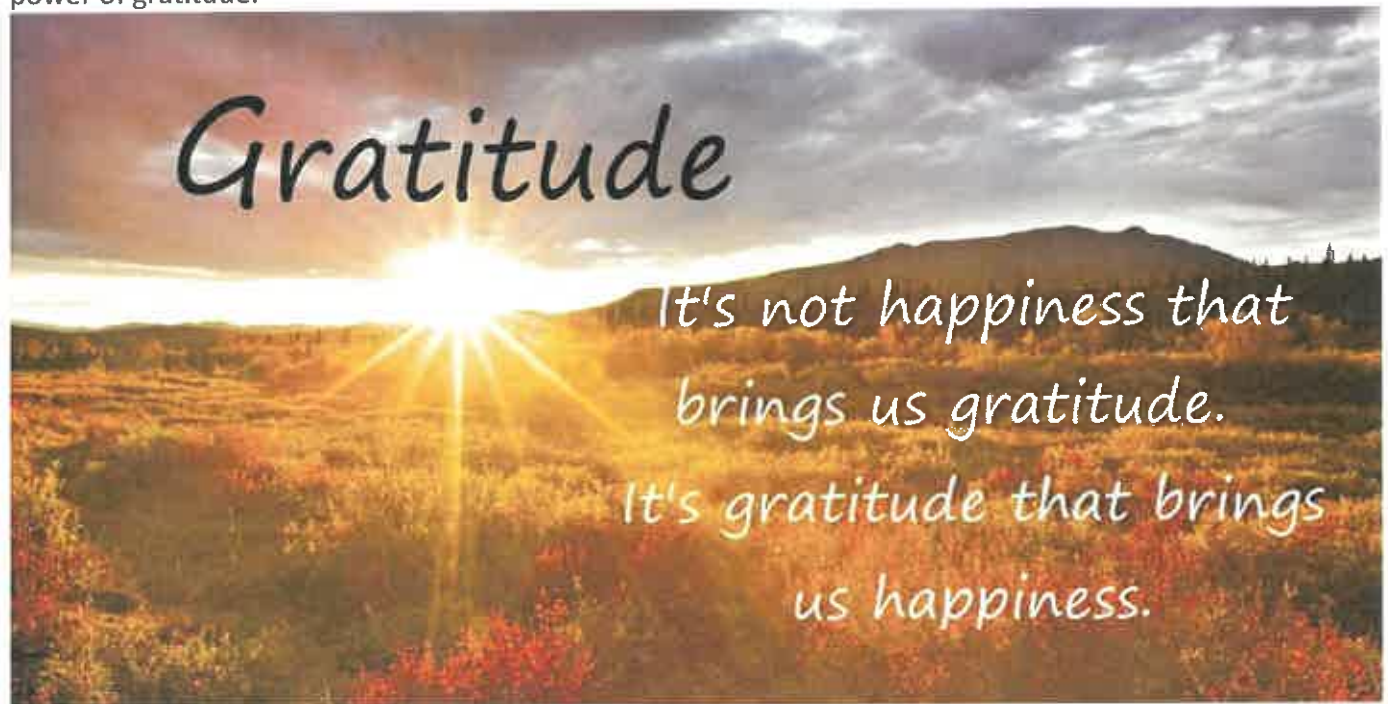
How to Practice Gratitude

Here are three ways to enhance the power of gratitude in your life:

Make a list, every day. Before you get out of bed every morning, list five things you're excited about for the day. Furthermore, when you go to sleep at night, list five things you appreciated that day. Soon you'll find yourself feeling and expressing gratitude outside of these scheduled times.

Reach out. A key part of learning how to practice gratitude is by building peer support and community. You create a ripple effect of appreciating one another. And it goes the other way, too: The more grateful you are, the more connected you feel. In a recent study, researchers found that people who practiced gratitude had higher levels of perceived social support. In addition, they had lower levels of stress and depression.

Make someone else happy. Other research has shown a one-time act of thoughtful gratitude produced an immediate 10 percent increase in happiness and 35 percent reduction in depressive symptoms. That's the power of gratitude.



The Student Services Department would like to take this opportunity to express how grateful we are for our students, co-workers and community and we wish you all a very happy and healthy holiday break!

Enjoy the Break!

Molly, Dave, Michelle, Andrea, Tristan, Liz & Grayem

THE WORKSHOP

Construction

The certificate students have been working through their competencies this semester. Along with non-certificate students they worked on a dining table for this year's Art Exhibition to help raise funds for the Klan School in Malaysia. Students had to dress solid timber, using static machines, such as the Table Saw and Thicknesser. The table was finished to a very high standard.



The quality and range of the work made by all the students in the workshop has been very impressive, from boxes, tables, and some of the more challenging personal pieces like Jayden's Workbench.



In the new year we hope more students consider the benefit of taking the workshop as an option next year and we look forward to some new faces, as well as more familiar ones in the new year.

Paul and Phil



HAPPY 18th BIRTHDAY HANNAH



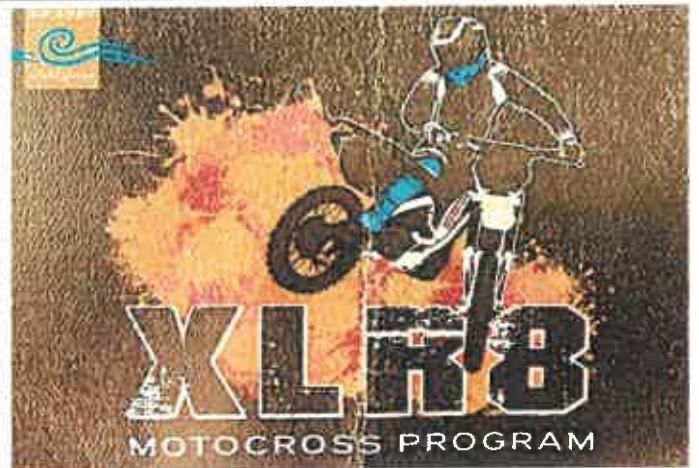
WOULD YOU LIKE A PORT HOODIE ?



\$25-00 EACH

SIZES: XL, L, M, S, XS

PLEASE ORDER WITH CHELSEA or MARIA



Deputy Principal Mike Gilbert was delighted to be invited to the launch of the City of Cockburn's **XLR8 Motocross Program** back in early November. The program works with disengaged young people to support positive behaviour change, it has been in development for quite a while and they were proud to have a wide group of network supporters there to witness the program's official launch. Mike hopes that Port can link in some students in this educative and fun program.



The program is a culmination of hard work by City of Cockburn Youth Services Team, WA Police and Coastal Motorcycle Club, with a lot of sponsors and local support .



They would like to extend a special thanks to everyone who attended and shared their support for the program. It takes a team and partnerships to put a program like this together and to make a difference

TeamSport

THE BENEFITS OF PHYSICAL EDUCATION

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



This term our sports program focused on activities that help develop the students' fundamental movement skills in running, body movement, and object control. Activities that have been popular with students this term have been cricket, flag rugby, volleyball, and our water-based activities.



Our Friday Night Flag games, this semester have been two of the best that we have ever played with a fantastic turn out by our students. The fair play and team effort that our students demonstrated over the games was exceptional and very pleasing to our team sport staff.

This year has been, in my opinion the best we have had with our team sport program since the program's inception.

TeamSport

We played our annual Phil Hughes cricket match in week two and it was a fantastic game with all students involved, making it one of the best games we have played. The victorious team this year was captained by Eileen, but both teams played the game of cricket with excellent sport-ship. We are looking at running our modified iron man challenge next term as well as playing a sport activity against Havenport MSL College in Jandakot.



Our students have continued to deliver sport activities on a Friday morning for primary school students from Kerry Street Community School. Our students have done a fantastic job at teaching those students concepts related to basic movement, movement development, activity-specific movement, teamwork, and fair play. Our students have worked well together in providing games and activities that are safe and functional when creating activities and games for the Kerry St students.



The team sport staff would like to thank the students for their efforts this year, we are looking forward to this continuing next year and seeing our students continue to develop their life skills and benefit physically, socially, and emotionally from being in a team.

Brad, Eileen, Tristan, Mike

EXCELLENCE IS NOT A SKILL, IT IS AN ATTITUDE



This is the story of **QUIZZLE**, the category game we created at Port School. The 'we' consists of Layla (Y9) and Andrea (Student Services). We decided to make our own version of a game that is no longer available for purchase. The process began in October 2019 and has taken twelve months and several reincarnations to evolve into the product we now sell. We brainstormed categories to start with then worked out which letters of the alphabet to repeat. The first couple of sets were hand-written, and we used a computer programme to design a snappy cover. The cards had to be cut, laminated, re-cut and sorted, needless to say, this process was time-consuming. And, after receiving requests for copies of **QUIZZLE**, we weighed up human production costs vs sending to a printer. We took our proposal to Barry, who approved a print run of one-hundred sets. We have been selling **QUIZZLE** for \$20 and make a profit of \$7.75 after production costs. We have sold nearly one-hundred sets already and currently packaging our second print run. We have just filled an order for *Ziggies Education Supplies* and awaiting replies from two other well-known businesses that have shown interest in stocking **QUIZZLE**. 😊😊😊

The **QUIZZLE** pack contains fifty-four (red) category cards and the same number of (black) letter cards, printed in large, easy to read font. The game is played by taking a card from each side of the box (one black and one red) and reading out the combination. For example, 'something you can build - starting with 'P''. The letter card is handed to the person who gives the first appropriate answer. The winner is determined by who collects the most cards. **QUIZZLE** can also be played in a small group around a table (a great way to play with the family). The letter cards are divided between players and placed face-up in front of them. Players take turns revealing a category card (middle of the table) and the race is on to be the first person to use one of their cards and call out their answer (throwing their card in the middle). In this version of the game, the winner is the first person to use all of their cards.

QUIZZLE is also a great game to take along on road trips to keep everyone entertained



**Business
& Safety PRINTING**

Many thanks to **Steve Dennis** from Business and Safety Printing for sponsoring our first run of 100 sets of QUIZZLE. Also, thank you for providing *all* of the sample sets free of charge and for sharing your expertise that has resulted in a very professional looking product. Your generosity in time and sponsorship is very much appreciated by the Port School community.



Support **our** community Create an opportunity



OUR NEW EMPLOYERS ARE:



ADJUST AND ADAPT BUILDING.

Thanks to Blake Westcott, the owner of Adjust and Adapt Building, as our student Beau has commenced a sought-after Carpentry and Joinery apprenticeship.



In 2021 Beau will spend his week between school, work and TAFE, and plans to transition to a full time apprentice on his completion of Year 12. Sounds like a great future career plan. Well done, Beau.

Are you an employer that's interested in supporting Western Australia's young people?

Hire a trainee!

We are always looking for local companies to take on work experience students as well as considering school-based trainees and apprentices

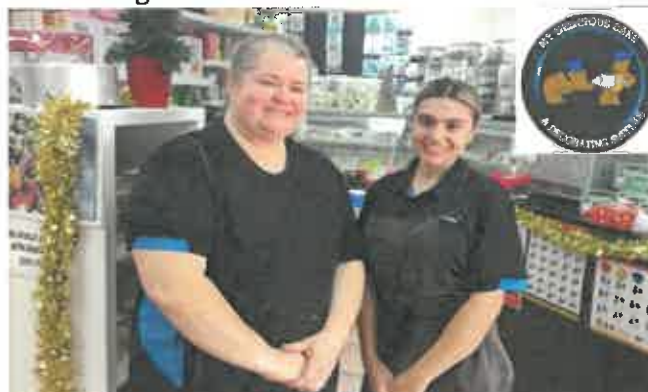


Spudshed is a well-known WA family business. Luke is very pleased to have secured a School Based Traineeship to join the team at Spudshed in Spearwood.



Luke gets paid for working, while also studying for a Certificate II in Retail.

My Delicious Cakes is one of Perth's premier cake decorating businesses.



Lyn and Chloe have welcomed our student Geoffrey for work experience, and are keen to share their passion and skill in the industry. Lyn is the owner and a proud Port parent.

'Secondary school students who undertake school-based apprenticeships and traineeships are among the most likely to be in full-time permanent employment five years later'

Source: National Centre for Vocational Education Research (NCVER).

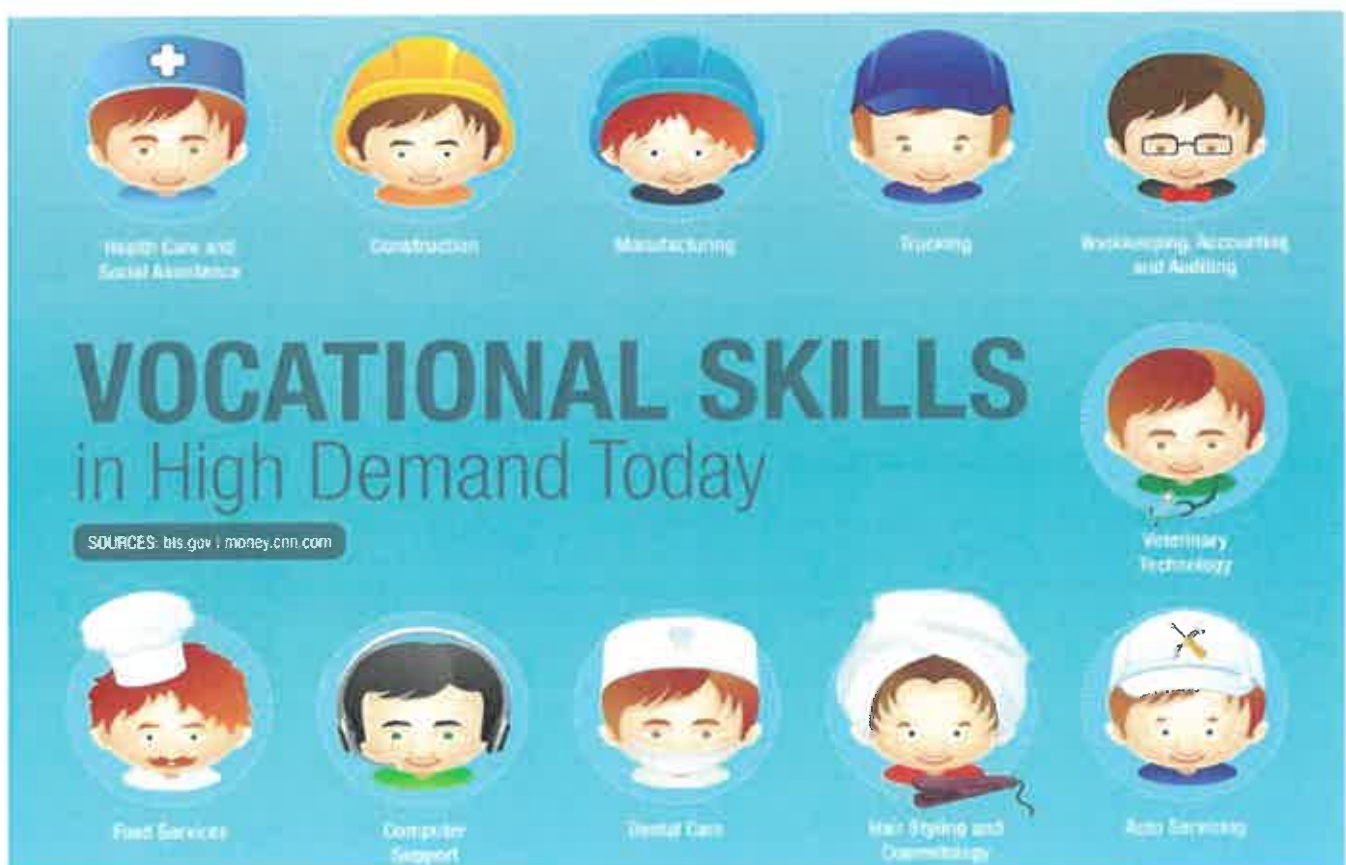
Port RTO is Upping the ante for 2021

2020 saw us survive remarkably well amid the global pandemic, it was a disrupted year that saw many changes. We are however, getting back on track and looking at a brighter 2021. Doing a certificate is of huge value, it not only gives you significantly increased chances for employment but also the jobs you will be able to do will attract much better pay rates.

Something that comes up frequently when our students start thinking about work is the fact that a job is a *privilege*, it is not a *right* and importantly to get a job means you must have something to offer: skills, experience, enthusiasm and a desire to learn when starting out – but ultimately having a job is a business contract, the employer is paying for something, and the more skilled or experienced or in demand that something is, the more you will get paid.

Having a cert II, gives you that something, gives you that skill and knowledge. The other really important point about getting a certificate, or even for that matter getting into university – *it is not as hard as you think*. Pretty much everyone who turns up everyday and does the work will pass. We at Port School talk a lot about attendance, because we know its value. The same applies to doing certs, or any post secondary school study. Turn up, everyday, and you will more than likely pass. Next year we will be delivering;

- **Certificate II Furniture**
- **Certificate II Visual Art** (Including new units in Digital Design and Street Art)
- **Certificate III Fitness**
- **Certificate II Community Services**
- **Intro to Automotive**
- **Certificate II Hospitality** Front of House (incl: silver service, barista, RSA etc)
- **Certificate II Hospitality** Back of House (Focus on food)



Keep an eye out for Steph, she will always talk about a range of vocational opportunities available and when you are looking to start to use the skills and knowledge you have gained through your studies, Steph is the first person to see.

MATHEMATICS

This term, students have been working hard to understand and work with decimals and percentages, with older students focusing on financial situations, as they prepare to leave the Port School community. To support all students as they start to think about moving into the workforce, Commonwealth Bank StartSmart workshops were held, focusing on Smart Earning, Smart Spending and Smart Saving.



The *Smart Earning* workshop highlights the vital information students need to make their first job count. By exploring a variety of topics associated with earning money – such as getting your first job, rates of pay, taxation and workplace rights and responsibilities – students are equipped with the tools that allow them to both maximise their income and enjoy their work. The *Smart Spending* workshop challenges students to ask ‘why?’ before they buy. By exploring the sometimes-overwhelming influences that affect their decisions as consumers, students are equipped with practical spending strategies to help save money. Smart Spending inspires students to make responsible and discerning personal financial decisions.



The *Smart Saving* workshop helps students discover that there is no time like the present when it comes to saving. This workshop encourages students to identify their most common barriers to saving such as irregular wages and binge spending, and then challenges them to identify practical strategies to overcome those barriers, such as setting personal financial goals and securing savings in an account. Students have also been working hard to complete their Certificate in General Education for Adults coursework as the end of the year nears, which has resulted in some amazing work being submitted. All students should be proud of the work they have submitted throughout the year.

Enjoy your break guys! I look forward to hearing all your great holiday stories when we return in 2021! ☺

Eileen



Port Early Learning Centre

Children's Christmas Party

The 2020 ELC Christmas Party was a great way to finish the year. Combine a Christmas Fairy, an Elf, face painting, craft activity, delicious food, Santa and presents, and you end up with a magical day filled with smiles and laughter.





Port Early Learning Centre

Children's Christmas Party



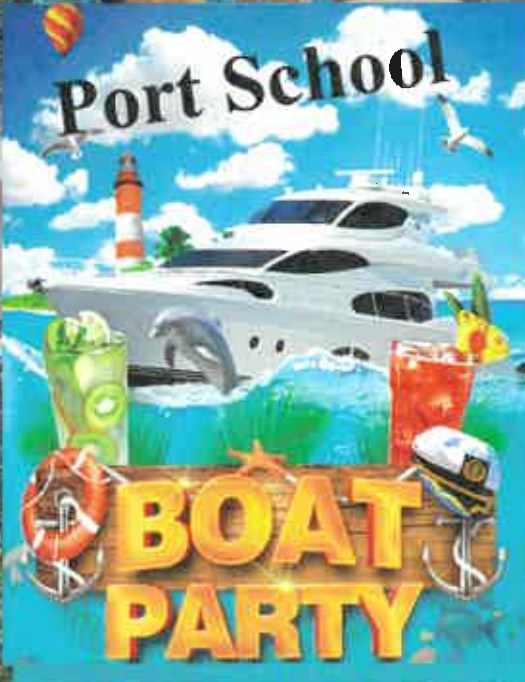
Port ELC would like to wish all the mums, babies and families a very Merry Christmas and an awesome New Year. See you all in 2021
Emily & Team

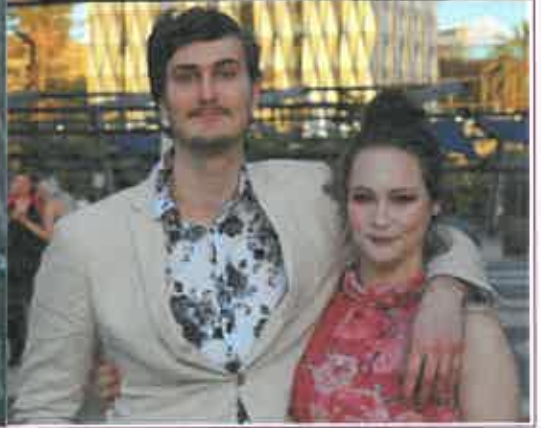




ROCK the BOAT

PARTY & CRUISE
2020





Pictured: Iomia, India, Jasper & Jack conducting an oil and filter change plus a 23 point safety inspection.



KEYS 4 LIFE

DID YOU KNOW?...

Up until 1980 it was illegal for taxis to not carry a bale of hay in their boot they had to supply feed to hungry livestock.



Keys 4 Life is a 10 week course that provides an opportunity for students to learn how to be a safe and responsible driver and car owner with the added bonus of sitting their Learners Permit test free of charge.

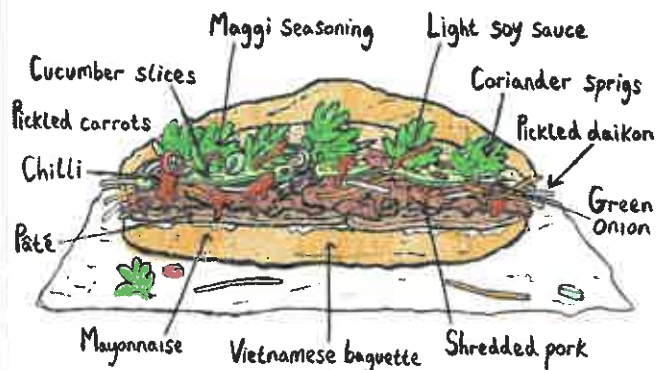


Contact Tristan for more details
0478493534 or tristan@portschool.wa.edu.au

Kitchen...with Flíic

<https://www.allrecipes.com/recipe/266797/keto-cauliflower-hash-browns/>





In Vietnamese cuisine, the Banh Mi is a type of short baguette, with thin crust and soft, airy texture inside that is often split lengthways and filled with various ingredients like a submarine sandwich and served as a meal. A typical Banh Mi is a fusion of meats and vegetables such as pulled pork, pork sausage, chicken, coriander, cucumber, pickled carrots combined with condiments like Pate, chilli, mayonnaise, lime.



The baguette was introduced to Vietnam in the mid 19th century when Vietnam became part of French Indochina and became a staple food in the early 20th century. In 1958, the owners of cafe Hòa Mã developed the Banh Mi Saigon, which became a popular street food. Following the Vietnam war Vietnamese people living overseas popularized the Banh Mi sandwich internationally.

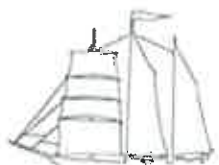


Blake and Josh loved making the choc crispy rocky road, chicken pies, Bruschetta. Jackson enjoyed freestyling his chorizo, olive, chilli spinach pizza in take home cooking. Tyson created with perfect precision the Mango cups for recess and Geoffrey served up his bruschetta, which is a school favourite.

Have a great break

Flic & the kitchen crew

IN THE
Kitchen ...with Flic



LEEWIN
Ocean Adventure Foundation

For students aged 14+ who may be interested in participating in the Weekend Leadership voyages.

Ideal for leadership groups, Duke of Edinburgh's International Award Bronze Adventurous Journey or just an adventure to develop the soft skills such as team work, communication, resilience and leadership.



Previous Weekend Leadership voyages have been a huge success. We now have two a year on the schedule plus other schools doing private charters, especially for the Bronze. Adventurous journey's such as this can be achieved in one weekend voyage for both practice and qualifying components.



Please feel free to contact me to discuss any questions and thank you for supporting the Youth Development Programs with Leeuwin Ocean Adventure Foundation.

Kind Regards

Michelle

Michelle Reidy- Crofts
Education Manager - (08) 9430 4105
education@sailleeuwin.com

Appwa

ALL PURPOSE PRODUCTS

Distributor of Coffee Mio Products – Beans, Sugar Sticks, Disposable Cups, Stirrers etc

Distributor of HydraSafe Electrolyte Replacements – Low Carb, Sugar Free, Icy Poles

Suppliers of Kitchen and Cleaning Products

Suppliers of Warehouse and Office Consumables

Visit our website: www.appwa.com.au

Email us: sales@appwa.com.au

As you will have read, Port is having a major kitchen and dining area renovation at the end of the year. This will be ready for the 2021 school year.



Chez Cecchi, whose wife Maria works with us has kindly organised his company APP WA to supply us a free coffee machine to be used for Barista training our students.

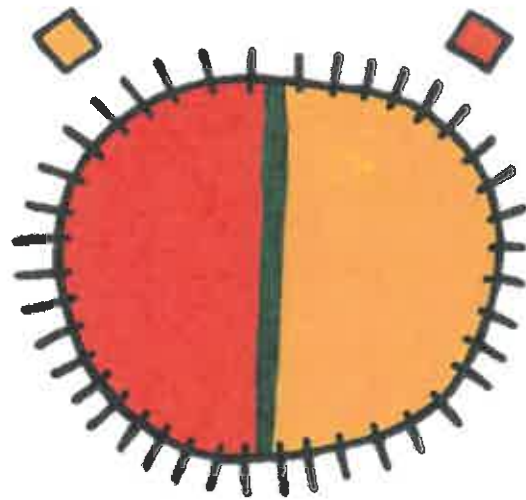


This is a fabulous saving for the overall project and will enable us to look at additional equipment that was on Flic's wish list.


Thanks Chez and APP WA

COMMUNITY SERVICES

Early this term we had Qynn Beardman from Boonderu Foundation sit down and discuss how music is being used to engage students in classes and channel energy in a positive way. Qynn discussed how Boonderu started and why its so important to give back to the Community. Boonderu have students learning music all over WA even far north west in Warmun.

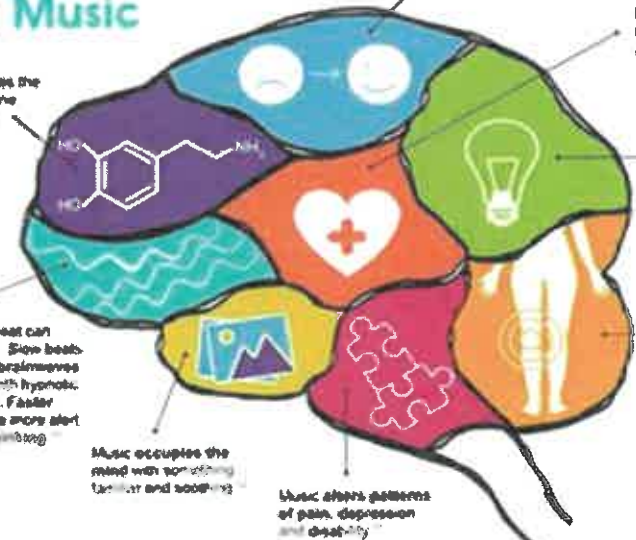


"Your brain on music" – acts as a distractor, reduces the perception of pain, improves state of mind, can alter patterns of pain, depression and disability to name a few.



MUSIC THERAPY

Your Brain On Music



Music acts as a distractor
"focusing the attention away from negative stimuli to something pleasant and encouraging"

Music has the ability to alter breathing and heart rate *

Music also has the power to improve your state of mind. This helps keep things like depression and anxiety at bay *

Music can help reduce the perception of pain.

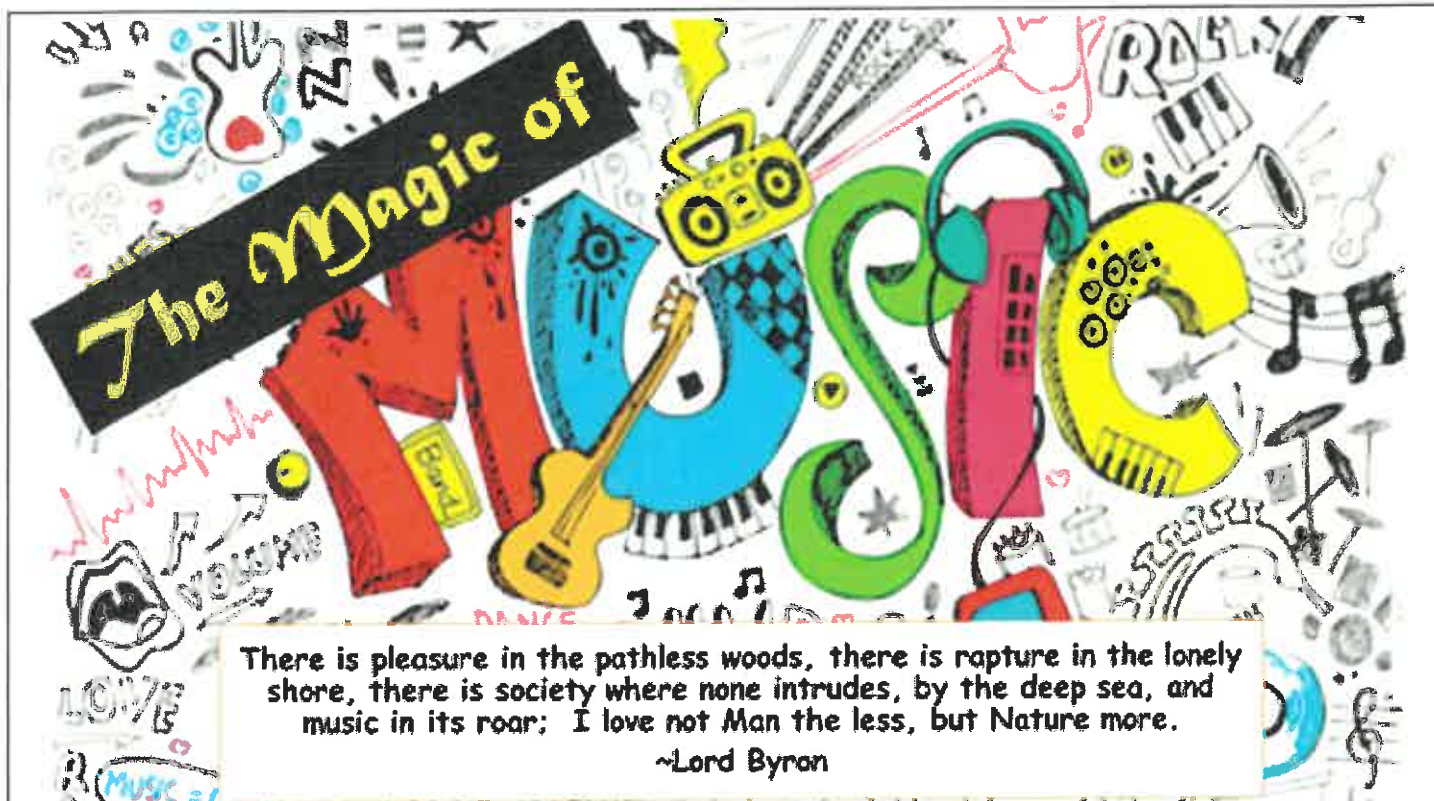
Music alters patterns of pain, depression and disability *

Music occupies the mind with something familiar and soothing

Music with a strong beat can stimulate brainwaves. Slow beats encourage the slow brainwaves that are associated with hypnotic or meditative states. Faster beats may encourage more alert and concentrated thinking

Listening to music causes the brain to release dopamine a feel-good chemical *

Try music therapy at home:	Music therapy can involve:	Add a little music to your day!
<ol style="list-style-type: none"> 1 Choose your music. Consider different moods and feelings. For example, happy, sad, energetic, peaceful, etc. You can use this to help you manage your mood. You can also use music to help you relax and de-stress. 2 Think of your mood. How does it feel? How does it look? How does it sound? How does it feel? How does it look? How does it sound? 3 Listen to your music. How does it feel? How does it look? How does it sound? How does it feel? How does it look? How does it sound? 	<ul style="list-style-type: none"> making music listening to music writing songs talking about lyrics 	<ul style="list-style-type: none"> Listening to other people's music. Listening to music that you like. Listening to music that you like. Listening to music that you like. Listening to music that you like. Listening to music that you like.



As I write and reflect on my time at Port School, I think about all the students who have come in and out of the music room program. Many strategies and plans designed to foster Self-Regulation and emotional control have been set in place to assist students in their school journey and to equip them for life after school. Every student has their particular set of circumstances but from my experience anxiety and depression are never far away for many students causing disengagement and loss of purpose. Social thinking programs look at executive functioning, emotional regulation and sensory supports to assist the student to build resilience and give them the ability to better cope with their world. Our social goal is simply to share space effectively to understand the perspectives and intentions of others and to adapt our behaviours so we don't draw attention to ourselves. In reality "It's an incredibly complex process that most of us take for granted," (Michelle Garcia Winner)



It has been a privilege and pleasure to come to know so many remarkable students and staff at Port School and I have learned something valuable from each of you and I thank you for all those lessons. It is with both joy and sadness in my heart I say goodbye and although I am looking forward to a new and exciting chapter in my life, I am going to miss all of you. Perhaps the time has come to immerse myself in a book that is not all about Autism. Best wishes to you all, Liz.



MY ZONES OF REGULATION

Blue Zone	Green Zone	Yellow Zone	Red Zone
<ul style="list-style-type: none"> Safe Relaxed Happy Content At ease 	<ul style="list-style-type: none"> Happy Relaxed Content At ease Happy 	<ul style="list-style-type: none"> Frustrated Worried Grouchy Excited Anxious Confused Embarrassed Upset 	<ul style="list-style-type: none"> Angry Agitated Stressed Overwhelmed Out of Control



MOBILE CLASSROOM

Well, that brings to an end what surely has been one of the craziest years in the history of humankind. And that's not even an overstatement! While we have been shielded somewhat from the full impacts of COVID-19 here in WA we still endured a year like no other.



The Mobile Classroom was completely nomadic from the end of term 1, after we arrived at the basketball stadium one day at the start of COVID to find the doors locked and our classroom closed and haven't had a space we could call our own until the start of this term. Excitingly we have eked out a small classroom space at the school in what was originally our old bus shed. While having a stationary classroom kind of flies in the face of being a "mobile" classroom, it will allow us to set up good learning habits, and allow us to develop learning programs that will benefit our students. We are still mobile, and still spend most of our time out and away from the school. But the benefits of being able to enhance our learning program far outweigh the costs of losing some mobility



We would like to give a special shout out to Jack and Royce, who joined us at the start of the year from Fremantle College. Their attendance last year was in the 20-30% range at Freo, and this year both the boys have had 95% attendance! Easily the best on the Mobile Classroom, and consistently among the very best in the whole school.



Well done boys. Jack will now transition into the Senior School for the start of 2021 and year 10, and Royce will make his transition sometime next year. Also transitioning into the Senior School for 2021 will be Jamoule, and we wish all these boys the best for their academic and vocational futures. They will always be a part of our PMC Crew. Highlights from the term would have to be seeing all the boys dressed up for the River Cruise. Well done Royce, for getting the best dressed male award. It was also amazing to take the fellas on camp, and our NAIDOC Day celebration is always a big day. We wish all students and their families a safe and happy Christmas. Enjoy the summer and we will see you all in the New Year.

Moorditj!

Tom, Josh and Dennis



It's been a busy year in the Middle school and it comes as quite a surprise that we have almost reached the end of term 4 already. As usual we have seen students transition up into the senior school throughout the term and welcomed in new students who will come through with us into 2021. We are also preparing to say goodbye to 12 of our current year 9 students who will begin next year in the senior school.



It has been fantastic to see how hard the majority of our students have worked this term, there has been a great sense of community, especially after our amazing camp and we are sure that this will help them to help each other as they adapt to life in the senior school. The camp was no doubt the highlight for many of our students (look out for a full article on it elsewhere in this newsletter) and it was wonderful to see how well everyone coped with a hectic schedule of events and relatively limited sleep!



Our students enrolled in art this term have been creating some incredible designs to go on their skateboard decks, it is good to see how each student's individuality comes through in the designs. The hardworking team of Dee, Dan and Scott have managed to guide the students through the chaotic early stages of inspiration through to the delicate final finishing touches, which define the art work that comes out of the Port School art room.



A big shout out also goes to Brad and his team of Senior school students who run morning fitness for our students, most mornings. It's amazing to see how organised and professional the older students have become throughout the year, with many of them capable of channelling the crazy enthusiasm of the middle school kids into activities, which let them release a bit of energy and prepare them for lessons.



In the classroom it has been great to see confidence grow amongst the group as they really solidify some basic skills in Mathematics and English, which will stand them in good stead in the upper school. In English we have been immersed in the world of the novel we are studying, "Wonder" by August Pullman and students have been creating some fantastic responses to their comprehension tasks based on the text. On top of all this we have been studying ancient civilisations, seeing how people such as the Greeks and Romans used to live has led to some engaging conversations amongst the class and a greater understanding of why our current society exists as it does.

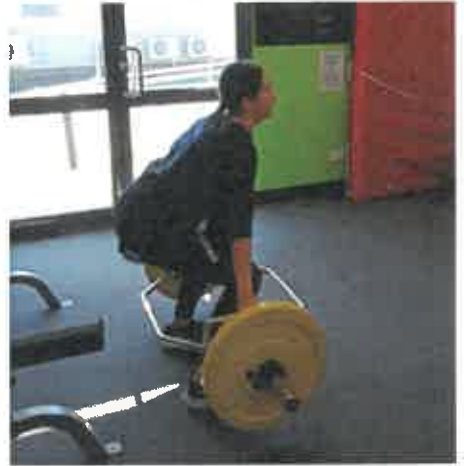
The Middle School Team

GIRLS FITNESS

This term the students in the Girls' Fitness classes have continued to impress with their strength, and determination to improve in all aspects of health and fitness. They have completed workout challenges, such as the *Bring Sally Up* challenge, and have continued to encourage each other and work as a team.



The girls have also engaged in many power activities, including deadlifts, farmers' walks and using the ropes.



Well done on a fabulous term ladies! Keep up the exercise over the break; I look forward to working out with you all again in the new year.



Eileen ☺



RECIPES & MENUS CHRISTMAS

recipe:treats

Malteser Cake

Ingredients

8 Eggs, Separated
320g / 11oz of Sugar
85g / 1/4 a cup of Malt Extract
400g / 14oz of Softened Butter
400g / 14oz of Self Raising Flour
1 teaspoon of Vanilla Extract
1 teaspoon of Salt
Chocolate Ganache made with 450g Milk Chocolate
2 x 360g / 12.5oz boxes of Maltesers
White, Green & Red Modeling Chocolate



Place the Egg Whites into a large bowl and use an electric mixer to whisk to soft peaks. Add in a quarter of the sugar and whisk for a few seconds, add another quarter of the sugar and mix until you have stiff shiny peaks. Set to one side

In another bowl, place the butter and the rest of the sugar and using the hand whisk, mix together until light and fluffy.

Pour in the malt extract and the vanilla extract and mix thoroughly. Add the egg yolks and whisk together until completely combined.

Place the flour and salt into a sieve and sift onto the egg and butter mixture, gently fold into the batter until fully incorporated. Now add half the egg white mixture and start to mix in and then add the remaining egg whites and gently fold together until just mixed.



Divide the mixture between the 2 hemisphere pans that you have greased and floured, level the tops and place into a preheated oven for 50 -55 minutes until cooked through and golden brown.

You can test to see if the cakes are cooked by gently inserting a skewer into the middle of the cake and it should come out clean. Remove from the oven and allow to cool for about 10 minutes and then trim the top of the spheres so they are nice and level.

Now turn the cakes out onto a cooling rack and allow to cool completely. Once the cakes have cooled, use some cooled ganache to sandwich the cakes together to form a ball. Place back into the fridge for an hour or so to set up.

When you are ready to decorate the cake, gently warm your ganache a little so that you can pour it over the cakes. Pour the Ganache over the cake and allow to completely cover the sides. Once the ganache has stopped dripping move the cake to your presentation plate.

Place the cake into the fridge to allow the ganache to slightly thicken before you then place the Maltesers all around the cake. I started at the base as I found this worked well.

Place the cake back into the fridge to set and you can make your 'carton custard' and Holly leaves and berries with the modelling chocolate. Before you are ready to serve place the custard, leaves, and berries in place and you will have a fantastic Malteser cake – Christmas Style.

<https://thewhoot.com/whoot-news/recipes/malteser-cake>



**Always Was,
Always Will Be.**

8-15 NOV 2020

Food Fun @ NAIDOC WEEK

Facebook.com/NAIDOC @naidocweek @naidocweek

Part of the NAIDOC festivities included some traditional cooking of damper, kangaroo tail and stew.



Fabulous to see the students working as a team to produce some awesome food for everyone that attended.



Damper Bread

There are so many recipes to make damper, but we have perfected the technique for the perfect damper. Crusty on the outside and fluffy on the inside.

Ingredients

2 cup self-raising flour

1 pinch salt

1 cup water

Method

In a bowl combine self-raising flour and salt, and with a fork, make a well in the centre.

Slowly start to add enough water until the mixture comes away from the sides of the bowl and combine until mixture begins to form a dough.



This is the most important step as you don't actually want to knead it, you just want to leave it as it is. Using your hands, cup it and slowly work the dough until you get a nice round damper shape.

Place onto a trivet covered with foil and sprinkle some flour over the top of the damper. This gives the final damper a nice crusty top. Cook for about 20 minutes or until the damper sounds hollow when tapped.

POP

Port Outreach Program

The year 2020 has been quite the year; full of challenges, surprises, success and some major milestones met. This year the POP worked with over twenty-five students, supporting them to access an education and stay connected to school and community. POP students have had the opportunity to focus on their areas of strength and interests, with individual students successfully completing Certificate III Aviation Cabin Crew, CGEA II, cake decorating and attaining their learners permit. Students have also been supported to access financial independence, worked on budgeting, been assisted with accommodation and health needs.

Next year the POP program will be expanding to meet the growing demands for students in need of outreach support in our community. It's a pleasure to announce Sarah Dawkins will be joining the Outreach team in 2021. Sarah has come from Lakeland Senior High School with a broad teaching background. Sarah has been working in the ASPIRE program, specifically designed to cater to SAER students and teaching Mathematics and Science at a Senior level. Sarah is also Primary School trained, has a background in film making and is a yoga instructor. We are very excited to have Sarah join the team in 2021.



Next year the structure of the POP timetable will be changing into two teaching blocks, morning and afternoon, both three hours in duration. Students allocated mornings will be expected to be ready to go at 8:45am and will finish at 11:45am. The afternoon schedule will begin at 12:15 pm and finish at 3:15pm. Most students will have access to three sessions a week and have the option to participate in the school program on other days.

There will be a strong emphasis placed on engagement and attendance next year and students who do not meet engagement requirements will lose their place on the program. POP continues to work collaboratively with the Senior School to support students to transition into the Senior School on a fulltime basis, the transition managed by the In-reach Program. In-reach is open Monday and Friday mornings and Thursday afternoons and is managed by Raf Fecondi. In-reach offers students a quiet, tranquil place to work while allowing them to recreate with peers and access other learning areas.

The Christmas holiday period can be a very challenging time and the POP team encourages all students to engage in recreation programs via their local youth centre, stay connected to community and remain in contact with your support agencies over this time. A special thank you to the amazing POP team; Tristan, Scott, Grayem, Belinda and Raf for their tireless dedication to our students. Thank you to the admin team; Chelsea, Nolene and Maria who are our life support system, and the entire Port School Community. On behalf of the POP team, I'd like to wish everyone a very happy holiday.

Jane & The Outreach Team

Jane Hawdon & The Port Outreach Team

For more information contact the school on 9335 6323 or admin@portschool.wa.edu.au

YOUNG PARENT CENTRE

FAIRBRIDGE CAMP 2020

2020 Marks our 4th Mums and Bubs camp for the YPC and ELC. Thanks to a generous \$5000 grant we received from NGS Super this year's camp was bigger and better than ever. Camp started with a visit to Ranger Red's Zoo in Pinjarra. The Mum's and bubs enjoyed seeing the variety of animals they had on show. After the zoo it was off to Fairbridge to unpack and settle in.



Day two was a little chilly but that didn't stop us canoeing at Drakesbrook Weir in Waroona. Most of the students had never canoed before and it was so amazing to see them laughing and enjoying this new experience. Some were even brave enough to swim in the cold water.



The babies stayed back at camp with the ELC staff and had a fun filled day. The afternoon was peaceful with walks around Fairbridge, bath times and naps. In the evening the girls created their own 'girls night relaxation spa' with face masks, massages and hair styling. Mike was a good sport and had a go at an 'anti-aging' face mask too.



YOUNG PARENT CENTRE

Day three everyone was looking a little blurry eyed but in good spirits. Having 8 babies ranging in age from 7 weeks to 3 years old living in close quarters can be trying at times. Camp really is an amazing time for everyone to bond and you could see that in the way the students and staff helped each other out with the care of the babies. It really shows that it takes a village to raise a child.



After breakfast staff and students had a go at Archery. Keisha (who is in her third trimester) did an amazing job keeping up with the competitive staff, finishing in the top 3 with Michelle Forsyth being the Archery champion AGAIN! Well done Michelle!



After lunch Immogen organised an up-close visit with the horses after speaking with the manager of the Horse Riding for the Disabled Association of WA (RDAWA). Thank you Immogen for being a bubbly go getter and taking the initiative to organise this.



In the afternoon Chelsea ran an Amazing Race around Fairbridge. Students had to follow clues, complete challenges and decode a cypher that revealed the winning code word. It was a close race but Zadie's pink team were the winners. Congratulations Tahlia, Heidi, Molly, Zadie, Hayley and Zarni



TESTIMONIALS

'I would just like to say I am in awe of you fabulous young mums. I was thrilled to be able to spend a few days with you all and your children. It reminded me of how hard a job being a parent of young babies and toddlers is and the fact you are all trying to study and survive life's challenges as well. I am so proud of you all. Thanks YPC & ELC teams for all your hard work in planning and organising.'

Mike

'It was such a pleasure spending time with you all throughout camp. I observed so much love and friendship between one another which is so wonderful to watch. You all overcame your insecurities about camp, had fun, achieved personal goals and most of all it brought you closer together as a group. What amazing Mums you genuinely are and thank you for making this camp such a success'

Kathy ELC

'I just want to give a huge thank you to Michelle F who organised camp this year. Thank you for always going above and beyond for us girls and giving support whenever we need it'

Aytiera

'Thank you guys for such an amazing camp this year! I'm so glad I came it was so much fun definitely a must next year. Besides feeling scared in the beginning I can actually say it wasn't even scary. I appreciate everyone for all the help you gave us girls on camp, thank you again. Love you all like my family'

Anika

'Just want to say a big thank you to Michelle F for putting together such an amazing camp, we all had an amazing time and I can't wait for next year. I truly appreciate everything you guys do for us.'

Immogen

'Camp is such a special time that brings everyone together. As a staff member and parent myself I truly appreciate the unique position I am in at the YPC. Being able to walk alongside and mentor these Mums as they raise their children and continue their studies is the greatest honour and privilege'

Chelsea



Program Keeping teen mums in school

Michelle Forsyth has been working on a program that's designed to keep young mothers engaged and involved in school so having a child early doesn't mean a truncated education. Parents will tell you that having a kid is all consuming but try being young and contending with a child and school as well. It's often too much and young mums tend to drop out at an unacceptably high rate.

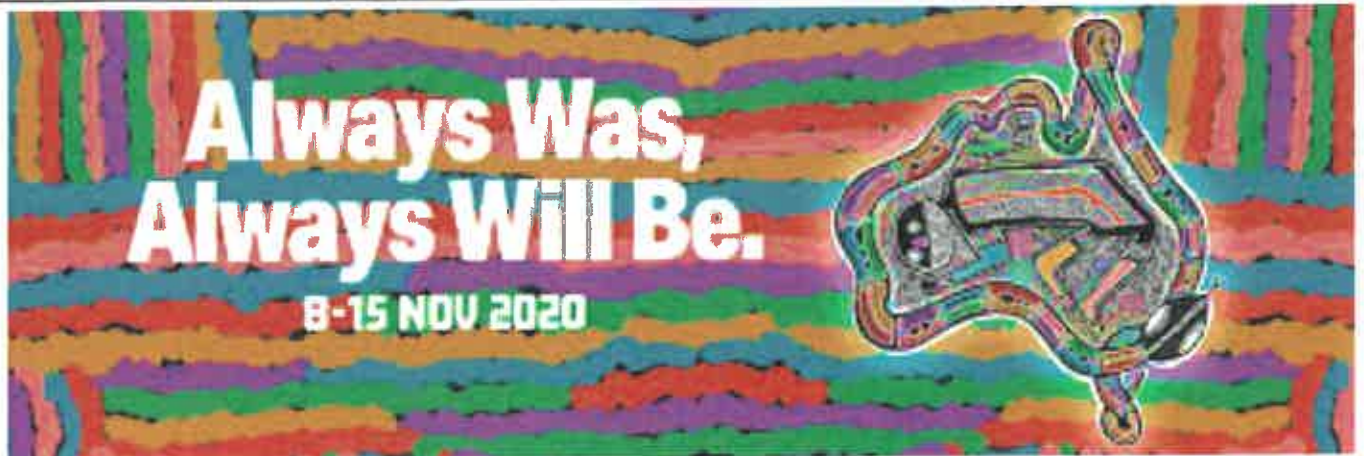
Port School in WA's Young Parent Centre (YPC) is a purpose-built centre for teenage mums who are pregnant or parenting. Her role as the manager is to ensure that educational and parental outcomes are achieved and that the young mums are supported in a cohesive environment.



"I was a special needs education assistant for seven years and I have worked with teenage mums now for 11 years and find it such a rewarding job, although at times it can be challenging. I have a Graduate Certificate in Domestic Violence from CQ University, which is a something I am passionate about and would love to be able to do more to support victims on a national level," she says. "Being a teenage mother is very challenging, with many girls feeling discriminated against and judged in the community. By providing a centre for the girls to return to school, while they can place their baby/child in our onsite Early Learning Centre, ensures the girls are provided with the support to enhance their parenting skills and reach educational goals," she says. The program seeks to offer practical help to its students, just helping them to get to school can be transformative. "The biggest challenge to support the girls to stay engaged in school is transportation. Most of our students have to travel a great distance to come to the school, with many having to catch two or three buses and a train to attend. The solution to this would be to find funding to provide a bus for the mums and bubs, with a driver to pick up and drop off from a few designated places." A new initiative is to provide camp for the young women so they can have some experiences, gain a sense of community and develop friendships and a support network.

"Providing a camp allows the girls some normalcy to be able to attend a camp and engage in team building and bonding exercises. The camp also allows the opportunity for staff of the YPC and ELC to provide support and strategies to help them with their parenting, especially over three nights. "The activities allow the girls to have some fun, engage with each other and staff and for everyone to be able to support each other. It is about enabling the "it takes a village to raise a child," she says. Confirmation of the program's success is the number of students that have stayed in school and gone on to complete further education and improve their life opportunities. "Many of our students have gone onto further studies with several at University, TAFE and employment, but the biggest success is enhancing their parenting skills and their child achieving learning milestones such as social/emotional skills. These are amazing outcomes for a teenage mum, with some being only 14 when they have started in the YPC. They can stay until the year they turn 21, but unfortunately then, funding is cut," Forsyth says.

The other part of the equation is the young fathers who are encouraged to take part in the programs on offer too. "Some of our young mums have partners and we involve partners in our parenting courses, school river cruise, Christmas parties and the ELC has a playgroup session once a week which partners (biological father or not) can attend. We have had several fathers/partners attend our parenting programs such as Circle of Security," she says. Michelle Forsyth NGS Super Scholarship Award Winner, she will use the grant to further her work in helping young mums.



Fantastic day back in November for NAIDOC celebrations with special guests Matthew and Harley Bennell. A day filled with a dance display, arts, fire, damper and banner making, face painting, braiding and footy.



Thanks to Dennis for organising the whole day; great effort! Always Was, Always Will Be.





Always Was, Always Will Be recognises that First Nations people have occupied and cared for this continent for over 65,000 years. We are spiritually and culturally connected to this country. This country was criss-crossed by generations of brilliant Nations. Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists. Australia has the world's oldest oral stories. The first peoples engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies. We built and engineered structures - structures on Earth - predating well-known sites such as the Egyptian Pyramids and Stonehenge.



Our adaptation and intimate knowledge of country enabled us to endure climate change, catastrophic droughts and rising sea levels. Always Was, Always Will Be. acknowledges that hundreds of Nations and our cultures covered this continent. All were managing the land - the biggest estate on earth - to sustainably provide for their future. Through ingenious land management systems like fire stick farming we transformed the harshest habitable continent into a land of bounty.



NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact whether in 1770 or 1606 - with the arrival of the Dutch on the western coast of the Cape York Peninsula. The very first footprints on this continent were those belonging to First Nations peoples. Our coastal Nations watched and interacted with at least 36 contacts made by Europeans prior to 1770. Many of them resulting in the charting of the northern, western and southern coastlines – of our lands and our waters. For us, this nation's story began at the dawn of time.

MIDDLE SCHOOL CAMP

The stories from last year's camp turned out to be much worse than the reality of this year. Sure, the blood, the sweat and the tears did all make an appearance. The biggest problem we faced during the 7km walk, which marked the start of the middle school camp was holding the students back from moving so fast that they didn't appreciate the beautiful scenery we found ourselves in.



In week 4 of term, 17 middle school students and 5 brave staff members headed south to spend 3 days amongst the wonil (peppermint) trees at Contos campsite, in Boyanup forest just south of Margaret river. Armed with tents, rather thin mats, sleeping bags and enough contraband sugar to power a small village for a week we set forth on a Wednesday morning. Fuelled by the sugar and sitting in the bus for 4 hours we set up camp quickly, ate lunch and set off along the cape to cape track. Students who had completed this walk on last year's camp had filled our heads with tales of pain and anguish, but we were pleasantly surprised at how easily everyone completed the walk.



After a refreshingly cold swim and a gaze at the ocean we returned to camp (then some of us returned to the beach to find Josh's glasses, then we returned to camp again) to find Barry's kitchen in full swing. After a sit round the campfire everyone was pretty happy to drift off to sleep.

Day 2 began in a flurry and before we were all fully awake, we were back aboard the fun bus and, on our way, back up to Busselton to take on the high ropes adventure course. There were some brave efforts made as a lot of kids faced their fears and despite shaky knees and sweaty palms managed to climb high amongst the fir trees and zip line their way back to the ground. Having faced our above ground demons, it was back on the bus and back through the forest to Giant's cave where it was time to face our fear of dark enclosed spaces. Every student on camp managed to make it through the cave, despite some sections being so small that you had to drag yourself through on your belly. It was a fantastic effort, on little sleep and after a busy morning and by the time we emerged into the tall trees at the end of the cave everyone was definitely ready for lunch. Thankfully by the time we returned to camp Barry had been busy again and we ate a well-earned lunch before driving down to Hamelin Bay for a swim in the ocean and a look at the invisible sting rays.



That evening Matt and John entertained everyone around the campfire with some gentle, soothing bedtime stories after which everyone seemed a little reluctant to move away from the campfire light towards their dark tents. By 4.30 the next morning the campsite was already awake and by 9 we were packed up and back in the bus for a noisy ride home via the bakery in Dunsborough.



Overall it was a fantastic few days, everyone who came got into the spirit of the camp and will hopefully have happy memories of it for years to come.





Term 4 is closing fast and as usual we are in a flurry of activity: submitting assessments, completing tasks, coercing teachers into last minute marking to ensure reports are exceptionally exceptional! Our year 12's and 13's are getting ready to leave and take on the world!



We are super proud and also, of course, sad to see them go - It is amazing the bonds we make over the years, where we take our students from reluctant and resistant young teens to young adults who are well and truly leaders in our school community and actually sad to leave! It is now time for our next cohort to step up and into the Senior School, and we have some amazing young people who are more than ready to take up the mantle.



This term we had our second termly Creative Writing Competition and I am very pleased and proud to announce this term's winner: Riley McPhee. Riley's short story "The Rising of the Blood Moon" was a riveting and fantastic read. Congratulants Riley (the dude with the sombrero and ukulele)! You are the worthy recipient of a \$100 gift voucher for a store of your choice. Above right celebrating.

Good luck to all our graduates, the world is your oyster! To our returning Cohort – have a safe and fun break. See you all in 2021.

Joy

"Confidence comes not from always being right, but from not fearing to be wrong."
Peter McIntyre

TeamSport

Port School and the cricket world have once again paid tribute to Phillip Hughes on the six-year anniversary of his death with their annual tribute cup.

Hughes died at the age of 25 after being struck by a bouncer while batting in a Sheffield Shield match on November 25, 2014. He suffered a brain haemorrhage and died two days later. Cricket Australia's chief executive Kevin Roberts released a heartfelt statement on Tuesday in which he labelled Hughes as the 'very best' of Australian cricket. "A man dedicated to his family, a loyal friend, a popular teammate and a prodigiously talented cricketer," Roberts said.



"There hasn't been a single day over these last six years when Phillip's loss hasn't been felt acutely by the Australian cricket family". He remains in the hearts of players, coaches, staff, volunteers and fans across Australia and around the world. He always will. Port have for the last 5 years had an annual fun competition in memory of Phillip Hughes. Our thoughts in November are with the Hughes family, and the Macksville community that Phillip called home.



Match Winners: Eileen's Team

Player of Match: Jake Hislop

Best Batsperson: Royce Hall

Bowler of Match: Luke Roser

Wicky of Match: India Rebelo-Penny

Thanks to Participants:

Mike's Team

Aidan, Cohen, Luke, Royce, Jack, Geoffrey, Ethan, Josh, Dylan, Mitch, Keesha, Kathleen, Wolfe, Josie, BJ

Eileen's Team

Riley, Lillie, Izzy, Jake, Jamoule, Tayla, India, Tristan, Tom, Blayke, Blake, James, Kaleeya, Beka

Officials:

Brad – Umpire



Medical Matters



This term has flown by in the blink of an eye. The last EarBus visit for 2020 was conducted on 8th Dec. We would like to thank the team for providing this service on site which makes it accessible to the whole school community including the Young Parent Centre, Early Learning Centre, Middle School, Outreach and Bus Programs.



Well done to the staff who have commenced the Diabetes training and congratulations to those who have already completed the training. All staff will have competency by the time we return to school in 2021. It has been a big year with staff undertaking training in Anaphylaxis, Epilepsy and now, Diabetes in Schools. It is a fantastic, yet rare, feat to have the entire school staff competent in these health matters. Well done to Mike on raising the bar, and in researching and making this training accessible to all staff.

A reminder to parents and carers to provide relevant medical updates to mentors or to Nolene at the beginning of 2021. Also, if your child has a diagnosis of Anaphylaxis (or any known allergies), Epilepsy, or Diabetes, it is very important that the school receives a doctor issued Medical Care Plan (yearly) so we can cater to individual needs.

Also, as we head into the summer holidays, remember to protect yourself from sunburn. Melanoma is the most common cancer in 15-39 year old Australians. Australia has the highest rate of melanoma in the world with one person diagnosed every 30 minutes. Use a broad-spectrum sunscreen with an SPF 50+ every two hours and after swimming and exercise.

CHECK & PROTECT



SLIP

on sun-protective clothing



SLOP

on SPF 50+ sunscreen & reapply every 2 hours



SLAP

on a broad-brimmed hat



SEEK

shade



SLIDE

on wrap-around sunglasses

When checking moles, look for changes in shape, border, color, or diameter.



Original Mole



Mole That Has Changed

Stay safe in the holidays and remember...**MODERATION** in all things is the key to living a long and healthy life.

Andrea Stacey

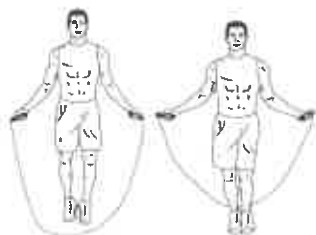
BOXING *fitness*

The box-fit program has had yet another successful term. It has been a pleasure to see old students return, and new students join the program. The theme for this term in the box-fit program was for students to delve a little deeper within themselves and step out of their comfort zones during training.



We have done this through mini boot camp sessions during class, co-facilitated by students. The outcome has been amazing with all students participating enthusiastically and having loads of fun. Well done to all students that participated in the box-fit program this term. Wishing you all a happy holiday!

Drill #1
2 minutes
jump rope



Drill #2
2 minutes
heavy bag
boxing

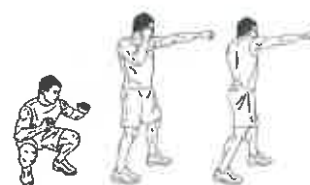


Drill #3
2 minutes
shadow
boxing



20sec jab + cross

20sec push-up + jab + cross



20sec squat + jab + cross

EARLY LEARNING CENTRE

LEARNING THROUGH PLAY

Play comes naturally to children and is important to children's learning and development and their sense of identity. Play takes many forms, occurs in a range of settings, indoor and outdoor, can involve one or more people, can be active or passive, has specific meaning and value to those participating in the play, involves thinking and can be rewarding and fun.

"Play provides opportunities for children to learn as they discover, create, improvise and imagine. Play provides a supportive environment where children can ask questions, solve problems and engage in critical thinking. Play can expand children's thinking and enhance their desire to know and to learn (EYLF, 2009 p. 15)".



Through play children can imagine, pretend, create, explore, investigate, communicate, question, talk, listen, think, feel, touch and smell. They will learn about themselves and others, learn the rules of play, make friends, develop relationships and trust the people around them, the educators and other children. Play gives children opportunities to celebrate, achieve, fail, succeed, make mistakes, practice, test new information or skills, form opinions and master new skills and knowledge.⁵⁶

EARLY LEARNING CENTRE

The children's favourite activities this term have included play dough, water play, pretend cooking in the sandpit, drawing, construction, climbing, jumping and reading dreamtime stories. 2020 has certainly been a year to remember, one like none other. All that aside, the children at Port Early Learning Centre have continued to amaze us with the new skills they have learnt and friendships they have made. We would like to welcome Tahlia & Hayley to the Port ELC family. At the end of this year some of our older children will be embarking on the next chapter of their education. We wish Avalon, Jarome, Xavior and Zadie all the best and can't wait to hear about all the fun you are having at your new 'big schools'. Denika, Justin and big sister Maddi welcomed 'Rylan Chayce' on 9th November 2020. We all look forward to meeting the new addition in 2021.

PLAYGROUP

During this term playgroup activities have been based around what we are focusing on in the centre that week. We have had sensory days, learnt about healthy food choices, participated in a mini Olympics, decorated the Christmas tree and made decorations.



BUILDING PROJECT UPDATES

We are delighted to announce that work has commenced on the much-needed kitchen and dining extension. Western Australian firm, Construct 360 won a competitive tender process and started works in mid-November. The project aims to be finished ready for Term 1, 2021.



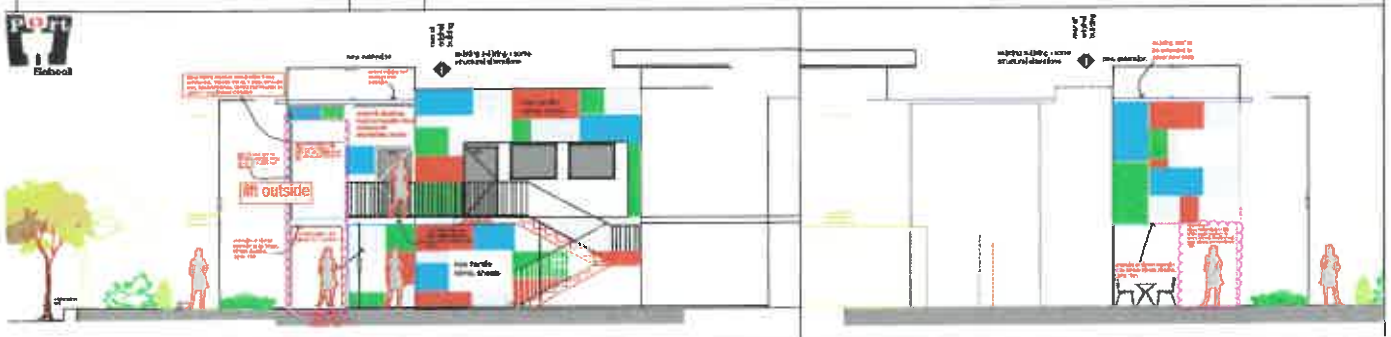
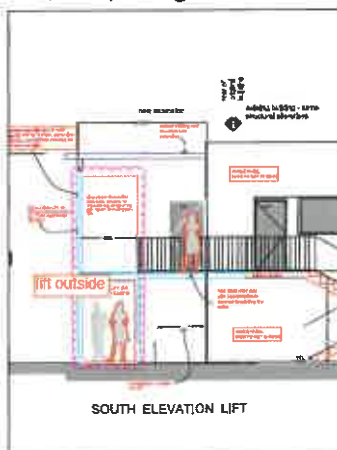
CONSTRUCT 360



2019
bankwest
EXCELLENCE IN
CONSTRUCTION
AWARDS

WINNER

This is a very exciting addition that will significantly change the look of the western façade as well as adding state of the art facilities to our hospitality arm and cooking classes. Flic is certainly getting very excited about this \$750,000 grant funded project.



BUILDING PROJECT UPDATES

The last few weeks of term have been all systems go with the kitchen being totally emptied and dismantled, toilets starting to be completely gutted and refurbished with a modern new look, and additional cubicles planned for 2021.



The builders have been busy outside preparing groundworks, with the concrete foundations being poured ready for the steel framework to be installed.





THEATRESPORTS

Yet another semester has passed, and we continue to have an amazing time in Theatre Sports. Our group numbers have been up and down, however that does not stop us from having fun and laughing ... a lot. It's always interesting to see how the dynamic of each group changes year by year and sometimes term by term. This semester our troupe has been very passionate about playing dress-ups and tackling any of the crazy improvisation scenarios I throw at them. Ranging from dental and doctor waiting rooms to airport boarding lounge scenario and an inflight fiasco set within the Covid19 context. It is amazing how these improv showcase hilarity, ingenuity and intelligence from each and every one my actors!



We spent some time partaking in reader's theatre, and this semester we read a good portion of *The Lost Boys* script- 1980's vampire cult classic and of course we just had to watch the film! The class was engrossed and hugely entertained by the corny one-liners, vampire action and a killer wardrobe- sometimes literally.



Next semester we are going to take what we learnt from this B Grade icon and attempt to create our own 2021 classic. I want to thank each and every one of my (vampire) cult, I can't express how important and awesome each and every one of you are to me. I'll see you guys, and hopefully many more newcomers, next term. All are welcome, even the undead! ☺

