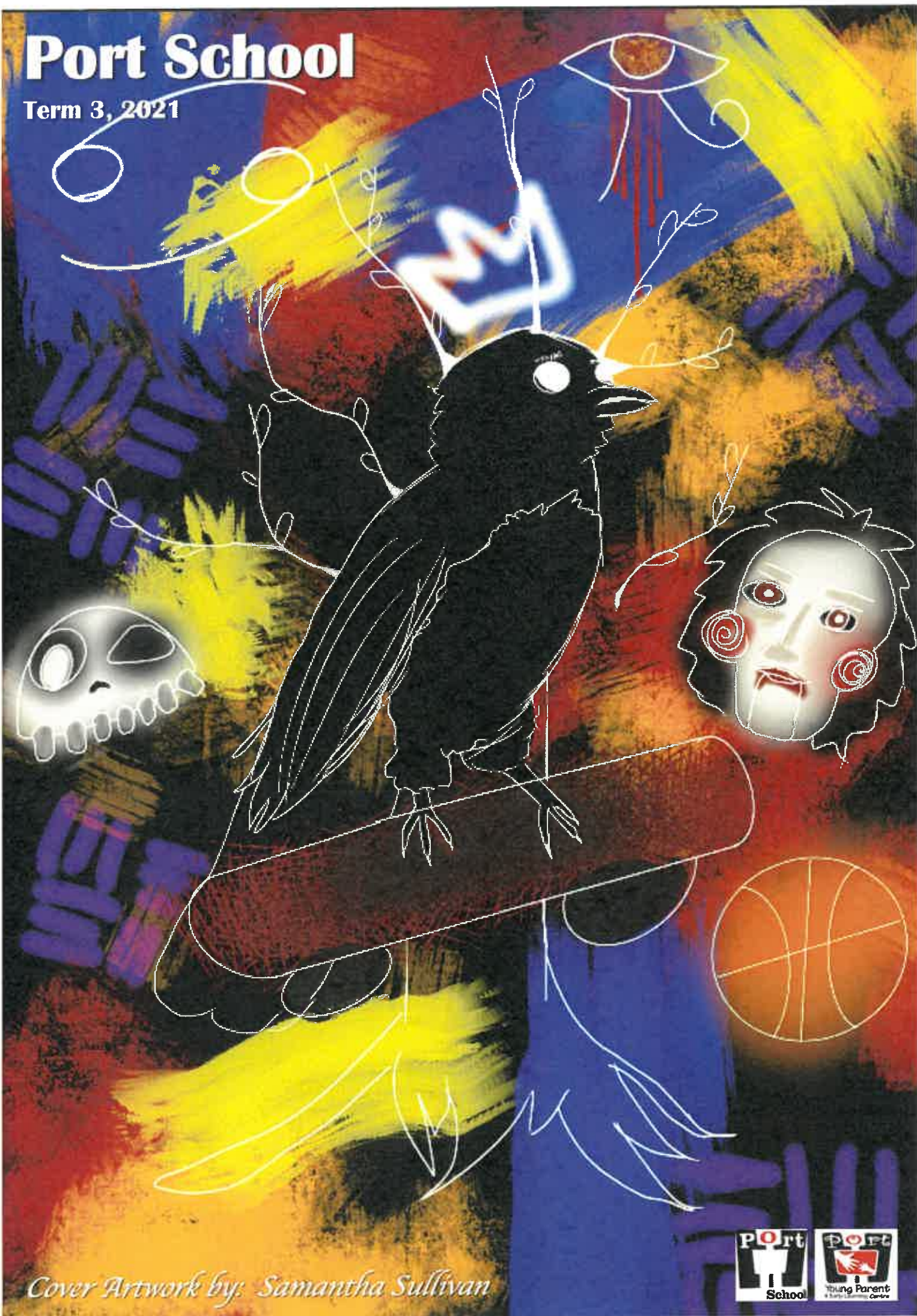


Port School

Term 3, 2021



Cover Artwork by: Samantha Sullivan



PRINCIPAL'S REPORT

BARRY FINCH

This is the second time where I have focused on the themes embedded in our school's core values; why they were chosen, and why they are so important to our community. Our core values are reflected in everything we do at Port.

Diversity: *We welcome, nurture and promote each other's differences.*

Growth: *We keep the educational development and wellbeing of people at the centre of what we do.*

Empowerment: *We enable each other to experience thoughts and feelings as valid and important.*

Community: *We provide a safe and secure environment that promotes contribution, ownership and mutual respect.*



This term I am looking at the school's core value of Growth. What does growth mean and why is it so important to our community? The Oxford University Press defines growth as: "The process in people, animals or plants of growing physically, mentally or emotionally." Growth is development, which is a gradual increase in size or in stage of development.

Port School's growth has allowed us to offer a greater range of opportunities for students. This promotes student growth and development and raises the expectations of students which in turn has resulted in a higher level of student engagement and achievement. Port now offers an excellent program with real potential for healthy outcomes. Students are transitioning to employment and undertaking further study at TAFE and even University. Such outcomes cannot however be achieved with a part-time attendance or sporadic engagement. Staff have worked hard to create the best learning environment possible, but to be successful, students need to attend and engage in class.

We also aim to instil a work ethic that will serve them well in the workplace. Turning up only on occasion when you feel like it will not keep anyone in a job for long.

From next year we are looking at shutting the doors at 9.30am to all students who have not arrived by this time, or whose carer has not notified us of a valid reason for them being late.

Places at Port are at a premium, with enquiries for new enrolments only being accepted for a 2-week period, and in this time, we more than fill the places that we have available. Gone are the days of being prepared to accept student attendance of less than 60% or regular unexplained lateness. If your student fits these categories, I suggest that you seek an alternative placement for the 2022 school year.



Fitting in with our core value of Growth, we are pleased to confirm that the purchase of a neighbouring property has been completed and finance is in place for the school to commence with the construction of our new Middle School complex in the new year. This is very exciting and is the final piece of the jigsaw in our master campus plan. All going to plan, the new Middle School will be open for students from the start of the 2023 school year.

We hope you have a great term break, and we look forward to seeing all students again on Monday October 11 at 8.45am for the start of Term 4.

Regards

Barry

TERM 4 STARTS BACK ON MONDAY 11th October 2021



Term 4	11 th October – 15 th Dec
River Cruise	Thursday 18 th November
Adventure World	Monday 13 th December
End of Year Awards	Wednesday 15 th December

DEPUTY PRINCIPAL'S REPORT

MIKE GILBERT

This term has been an interesting one in many ways. I have been fortunate to stand in for Barry and act-up as Principal for three weeks once again whilst he took some well-deserved long service leave to the warmer climate of Broome. Term 3, like most others these days has seen so much going on throughout all departments and even though it's been a wet and cold winter, all educational areas have engaged students meaningfully, had interesting classes, projects, and initiatives on the go. The kitchen and hospitality team continue to produce amazing food for recess and lunch and its awesome to see our students gaining these very relatable life skills to use in their own homes.

Excitingly, we finally took ownership of the four units next to the YPC and the planning application has been approved by the City of Cockburn. The next steps will include a variety of structural and engineering drawings and the creation of a tender pack and contractor engagement prior to the units being knocked down in early 2022, in readiness for the purpose built middle school.



We also had two staff professional development and pupil-free days with some great speakers and topics. The two days, for me, once again highlighted the need for staff wellbeing and how as an organisation, our employees are our biggest commodity. If we get that right and look after our team in every way possible, then in turn our students are happier and more likely to have a better educational experience.



"Clients do not come first. Employees come first. If you take care of your employees, they will take care of the clients."

Richard Branson

There is a lot of research and journal writing on educator burnout, especially during this time of the

year. In any one day, our staff not only teach, they manage behaviour, plan lessons, assess learning, counsel students, carry out first aid, plan incursions and trips, reply to a long list of emails, communicate with parents/ carers/ guardians, write reports and notes, tidy classrooms, create resources, mark work and create displays as well as taking part in extracurricular activities such as camps and excursions. The list is endless. I would like to thank our team for the work they do for our young people.



I was thrilled to be part of a Department of Communities event earlier this term, the school once again were asked to undertake a banner for child protection week, which is now displayed in their entranceway at the FOMO building in Fremantle.



Listening to Anika from the YPC, talking at the event in front of Minister Simone McGurk and departmental directors was inspiring, well-done Anika.

Lastly, as we head towards the school holidays, staff please rest up, ensure some self-care opportunities are undertaken and spend some you time with family and friends whilst you recharge those minds and bodies. Students: reflection and relaxing is also good, but take 5 minutes to thank your mentors, teachers, trainers and those that support your educational journey.

Have a great break everyone.

Mike

Art Exhibition

Well that's a wrap! What can I say? After a very challenging day with the power out from 7am - 3pm, we can only say a massive thank you to all involved in what was an increasingly bigger and better community event. So many staff have given their all, for what was a very long day. Thank you to the arts, kitchen, and every department that have played their part- what a team we have at Port.



The Hon. Stephen Pratt sent his congratulations and praise on an awesome event and would like to be more involved, being a Coolbellup resident. Mayor Logan Howlett and wife Pat were overwhelmed with the numbers and community support, Stormie Mills said our students have inspired him and Ron, Deputy Director of AISWA was thrilled to be a supporter and board member of our school.



Thank you all so much, yes we help Malaysia, but for our school and our students, this is an event that showcases every aspect of who we are and what we are about. Well done and cheers to our students, staff, parents, carers, guardians, community members and supporters. Well done everyone



Art Exhibition



Art Exhibition



Art Exhibition



THE RSE PROJECT

The Relationships and Sexuality Education Project

At the very end of term 2 Raf was invited to deliver a public address at Curtin University on the theme of using innovation to provide successful opportunities for *Respectful Relationship and Sexuality Education*. The talk was given to an audience of over 300 delegates from the Departments of Health and Education, and the objective of the day was to showcase some 'best practice' in the field of delivering education initiatives that meet holistic health objectives.



This was a very rewarding opportunity, as on the backfoot of Port's presentation, Port School was invited to participate in a government funded project to develop programs that further strengthen the whole child wellbeing ethos. We are now partnering with Curtin University in this generously state- funded project, to design and develop some exciting initiatives, that will hopefully go on to inform government policy writing, and ideas for new infrastructures to promote success among adolescents in our community.

The RSE Project, based at Curtin University, provides a range of professional development opportunities to Western Australian schools (K-12) in the area of relationships and sexuality education (RSE). The training aligns with the Western Australian curriculum and is suitable for all school sectors. The focus is on supporting teachers (both pre-service and in-service) to deliver RSE in schools. As they strongly advocate that schools embrace a whole-school approach to RSE, They are keen to also support school administrators, support staff, community health nurses and others who work in schools. The RSE Project offers high-quality professional learning events and presentations delivered by Curtin University academics, Western Australian school staff and a number of carefully chosen external providers. The RSE Project is funded by the WA Department of Health, Sexual Health & Blood-borne Virus Program. They encourage students and staff to access their curriculum and teaching resources, which has been specifically developed to assist WA schools to deliver RSE: www.suhr.wa.gov.au

Christmas Party

Save the date

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

Venue: Crystal Swan
Date: Thursday 18th 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 (Thursday 4th November)



Students thought to be intoxicated in any way will be refused access to the boat and will be transported home.

OUTDOOR ED

ASK TRISTAN FOR
MORE INFO

Monday's Period 1-4



Experience

LIMITED
PLACES
AVAILABLE

Orienteering
Hiking
Fishing

Mountain Biking
Snorkeling
Camping



WILDE

What If Limitations Didn't Exist

WILDE is an outdoor adventure experience designed for teenage boys.

Through adventure based activities, students are given opportunity to explore and develop characteristics of confident, resilient, respectful and healthy young men.

See Tristan or Dave in Student Services for more information

*Connecting with nature
Improve sense of self-efficacy
Cultivate healthy wellbeing
Courage to take healthy risks*

NATIONAL CHILD PROTECTION WEEK

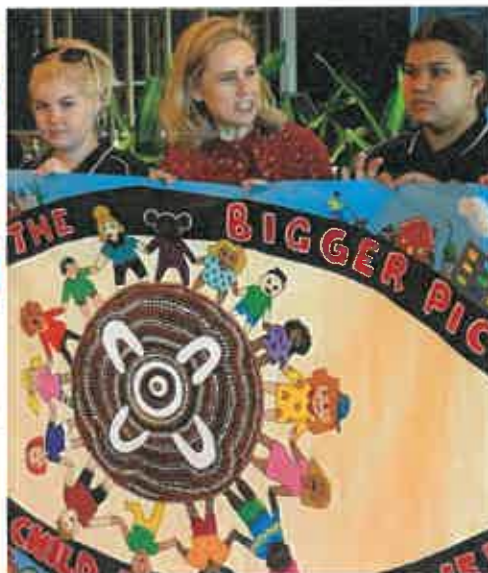
5 - 11 September 2021



Port School has been involved in the Department of Communities Fremantle district's National Child Protection Week event for several years now. Earlier in September, Minister Simone McGurk MLA had the pleasure of meeting some of the young mums who are continuing their education at the Young Parent Centre. The centre provides a holistic environment where teenage mums are provided with parenting support and training to support their educational pursuits.



The students designed this banner in line with the 2021 National Child Protection Week theme: Every child, in every community, needs a fair go.



The banner features an all-embracing eye to represent “seeing the bigger picture”, while the indigenous motif in the centre symbolises a meeting place for all to gather. The children holding hands represent the diversity of our community and how each child has its own proud cultural heritage.



It's a wonderful representation of an important week on our school calendar, so it was fitting that the students were able to present it at the Fremantle event to mark National Child Protection Week.



The 2021 theme for National Child Protection Week is all about the importance of the 'bigger picture' in addressing child abuse and neglect.

- Children can thrive and be healthy when they have what they need to develop well.
- But not every family has these resources.
- This is why we need to support every child, family and community according to their needs.
- This will create a healthier, fairer Australia for all children.
- A lot of great research is helping us understand more and more about what children need to thrive.
- Child Protection Week 2021 will be an opportunity to translate this knowledge into action. All skillsets, all people, and all communities are assets in this important endeavour.
- Let's make sure our neighbourhoods have strong foundations for families and children – jobs, safe places, libraries, parks, playgrounds, schools, child care, affordable housing, health services, social activities, clubs, friendly neighbours, businesses and more.

Many of you are already playing your part every day – *as individuals, as community members, as volunteers and as workers* – to help create these great communities for children.

When we do this together we can give
'every child, in every neighbourhood, a fair go'



THE KITCHEN CREW

COOKING JUST GOT EASIER

This term has continued to see some incredible food being produced by the hospitality team and students. There is a vibrant buzz to the room and its fabulous to see students enjoying a variety of tasty foods from across the globe.

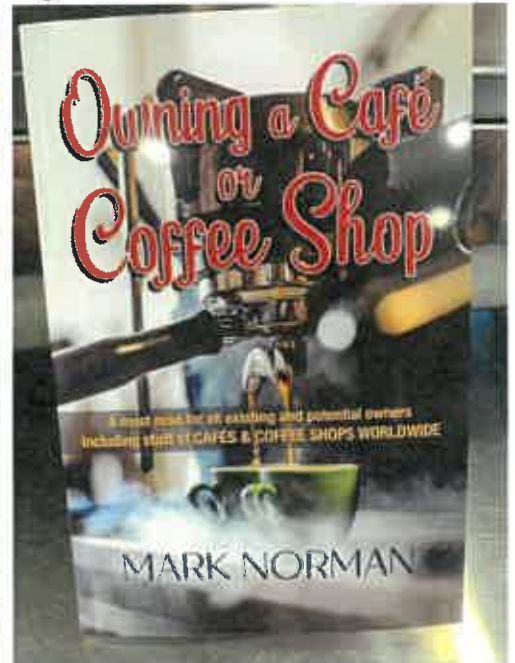


The motto of give it a go and try it seems to be working and as you can see, Malaysian Laksa, Japanese Sushi, Thai beef noodles or American style crispy wings are being appreciated by all.



The Australian Coffee Menu

Mark Norman, is the author of the book 'Owning a Café or Coffee Shop'. The circumstances that led him to put pen to paper was not a spur of the moment decision. Back in the day, as a young aspiring entrepreneur he looked at various opportunities to further his wealth. What intrigued and surprised him the most as a result of those endeavours was the revelation that 'coffee' was the world's second most traded commodity behind that of oil. What followed was a burning hunger to take advantage of this new-found knowledge.



The desire for success all those years ago, has now allowed him to share the complexities of the hospitality industry, particularly that of owning a café or coffee shop with staff and students. For more than 30 years his passion, albeit obsession, has been to research, study, observe and work in the hospitality industry, both nationally and internationally. This, together with literally visiting thousands upon thousands of phenomenally diverse establishments has gifted him with an understanding on why many café or coffee shops succeed, while so many others fail.

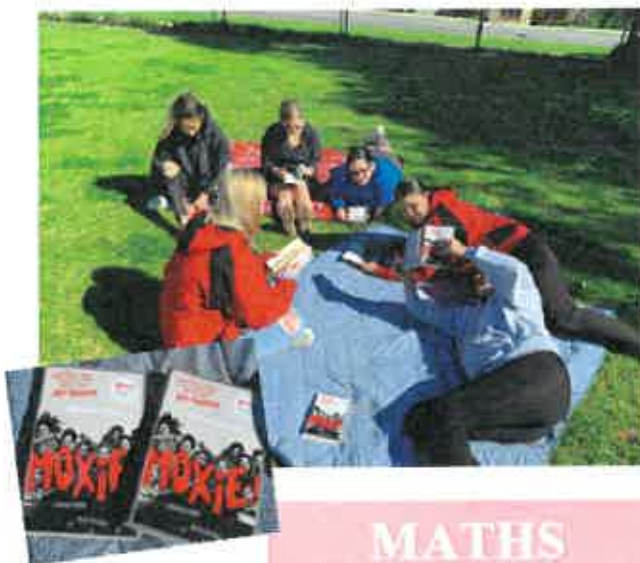


Great to have Mark pop into the school this term, he was extremely impressed with the school's barista set up and with the students that served him. Looking forward to Mark coming back and doing a few workshops with the students and staff.

YOUNG PARENT CENTRE

ENGLISH

This semester we have been studying the novel *Moxie*, written by Jennifer Matheiu. With a focus on the role of strong, independent women and the double standards that young girls still face in 2021. This has coincided with some very insightful conversations about the plight of women in Kabul. Each student has gained confidence in reading out loud to each other and have improved their vocabulary by contributing to the class glossary.



MATHS

This semester in Maths, we have been continuing on consolidating our everyday Maths with a move into fractions as two of our YPC students have begun their Cert III in Mathematics. We have been trying to implement more hands on and real-life activities.



HASS

In HASS this semester, we have taken a turn towards Geography. With the Olympic games being held throughout this term it has sparked an interest in places outside of our beautiful Country. Each student has picked a country of interest to complete research on. Students have the choice on how they want to present this information to the class. At the end of the term we will present our projects and cook cuisine from each of these countries.



YOUNG PARENT CENTRE

CONGRATULATIONS

Congratulations to Amelia on the arrival of baby Maley! We know Matthew will be the best big brother!

We would like to take this opportunity to congratulate Amelia, Anika, Tuhleesha, Heidi and Caia on completing their Certificate II in General Education for Adults. We are so proud of you all and hope this work ethic continues with your future studies.

Amelia and Anika are going to be studying Cert III Community Services, and Heidi, Tuhleesha and Caia will be undertaking the Cert III CGEA

Three of our students also competed in the Multicultural Netball Carnival in August. Anika, Tuhleesha and Dahlia showed fantastic sportsmanship on the day and we thank Casey for taking this on and encouraging the girls to give it a go.



SPECIAL NEWS!!!!

We have a Nanna in the building!!!
Congratulations to our YPC Manager Michelle Forsyth on the arrival of her first grandson Spencer John Miller, born on 20th July weighing in at a whopping 10 pounds 9 ounces (4.72kg). 6 years of practice with the ELC babies has prepared you well for this new role.

UP COMING EVENTS!

- 22nd September - Zoo Excursion
- 20th October - Teddy Bear's Picnic - Manning Park
- 18th November - River cruise
- 23-26th November - Mums and Bubs Camp
- 15th December - Awards Day - Last day of School



Strike! Ten Pin Bowling



Earlier in the term, students enjoyed a bit of fun at Melville's ten pin bowling centre, with plenty of action students rose to the fun challenge and enjoyed something different for a rainy day sport activity.



PROJECT LAND ROVER

"FOR THE LOVE OF THE LAND ROVER"



After the completion of the gearbox restoration, the new clutch plate has been fitted and the engine and transmission reassembled. André has again, kindly provided the hoist so that we could now fit the assembled drive train to the chassis. This was not an easy fit, but with persistence the team of students were able to connect all mounting brackets correctly.



The Land Rover by design is a 4x4 overland vehicle and has had a rough time, rust and mud have not been kind to it. Most of the steel components have serious rust that we are grinding out and replacing with new sheet steel or for smaller penetrations we are braising them closed. The outer body is an Aluminium Magnesium alloy known as Birmabright, which does not rust but has some serious dents and cracks. Efforts so far to fix the cracks have not been successful but we will be trying a new tig welding process in the new term.



We are hoping to see significant progress on these panels next term and the vehicle begin to look more like it did when it was made 45 years ago.

FORM.

building a state of creativity

creative
schools

Over the last two terms Port Middle School students have been participating in a program designed to engage students in learning through creativity called 'Creative Schools'. It is an initiative lead by AISWA and FORM that not only encourages creativity but also explores innovative ways of assessing student progress through different means of creative expression.



The project aims to develop a collaborative partnership between a teacher or learning team, a creative practitioner and a group of students. The collaboration then leads to developing student-centred, collaboratively negotiated, creative learning projects that can be expressed creatively as an outcome (exhibition), which can be assessed in innovative ways.



The middle school project begun by exploring resources and the environment and looking at what makes places and the environment liveable (what allows them to survive and thrive). We explored these ideas in a range of ways, creatively including visiting local areas to understand environmental resources and then bring back ideas to engage with in the classroom.

We wanted students to tell us (or show us) what resources they need to survive and thrive; which ones are renewable and what will happen to us if they cannot be renewed. We wanted them to be able to reflect on processes and share their thinking. We were hoping that they would engage, collaborate, and manage some of their own learning.

The process has been up and down as the students learn to exist in an educational framework that is almost the opposite to what they are accustomed to. We have been very pleased however to see the students begin to settle into this new context and begin to better collaborate with us as educators and more importantly, with each other. As their stress of the unfamiliar decreased we were able to give students more choice within the sessions and allow them to manage their own learning journey. The students have produced some excellent creative pieces during this process and have been able to articulate what they need to survive and thrive.



The culmination of this process is an exhibition that is due to take place in term 4 at the Kidogo Gallery in Fremantle. The exhibition will be open to the public. We look forward to this exhibition and are excited to share our work with the public and our community.

We believe in THE POWER OF
QUESTIONS TO
CULTIVATE  **curiosity**



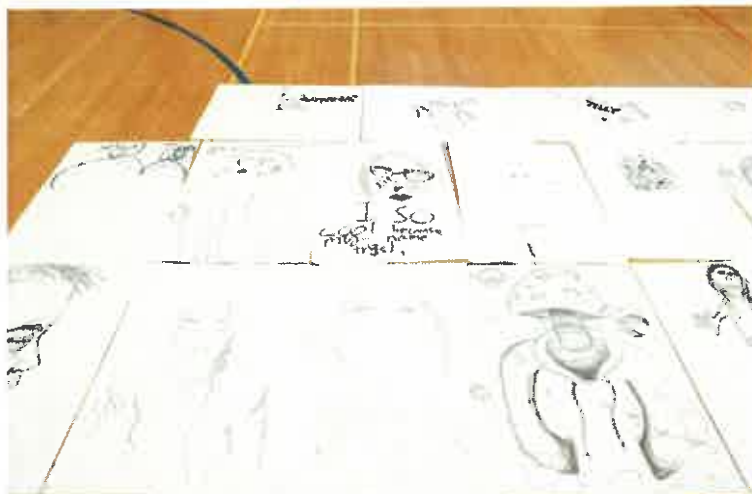


Through Creative Schools and FORM Port School had the exciting and inspirational opportunity over the past term to work with renowned street artist Stormie Mills. Stormie spoke to us about his journey into creativity and specifically his use of journaling.





All students were gifted a beautiful Moleskin journal, and with help and guidance from Stormie, began their creative journey through journaling. Stormie also gave the students some ideas around drawing characters and led a workshop on portraiture. We look forward to future collaborations with Stormie.





PHOTOGRAPHY CLASS

The most exciting and rewarding time for our Photography Design students has been the display and success of our images in the Port School Art Exhibition.



Our Port School photographers were given the opportunity to exhibit their work and excelled; with massive sales success and public admiration of their hard work.





PHOTOGRAPHY CLASS

The Photography exhibition was a fantastic time to reflect on all of our off-site excursions, including historical places around Fremantle.



Our Photography Design excursion to the Fremantle Prison being a highlight of cross curricular learning and a source of great inspiration for images.



Take Care and Stay Safe

Josh

Port School

End of Year Awards & Lunch

You are invited to attend this function
on
Wednesday 15th December

Arrive 10-15am

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

62 Wheeler Road, Hamilton Hill

R.S.V.P to admin@port.school.wa.edu.au
or

Call: 9335 6323

Facebook Message/ Messenger: Port Hamilton Hill

Students may bring family members, guardians or carer



Monday 13th December

(10am - 2pm)

\$20 per person

If you have a season pass please let us know

YOU MUST ORGANISE PARENT CONSENT TO STAY AFTER 2pm



Mums Squad



MAKING FITNESS FUN FOR MUMS

The Fitness Centre has continued to be a lively hub for students looking to improve not only their strength and fitness, but also their confidence, with many students opting to workout in their spare time before and after school, and during breaks. It has been great to see so many students choose to engage in an active lifestyle, and embark on their health and wellness journey.



During fitness classes, students from the Senior School have continued to work on improving their cardiovascular fitness, and their strength, as a class, whilst also being given the opportunity to develop and work towards achieving their own personal goals. As we move towards warmer weather, student engagement has improved, and as a result we are seeing great improvements in all areas of fitness. This term we have had the pleasure of welcoming Grant into the fitness team, who brings with him 5 years of experience within the industry. Grant has been working with Senior School students, as well as students from the Young Parents Centre (YPC).



Since beginning training with Grant this term, the YPC crew have kicked it up a gear with intense full body workouts, which they have taken to with enthusiasm. They have been able to push themselves past their fitness comfort zones, which is great for helping boost confidence. Overall, we have been really impressed with students within the Fitness Centre this term, and we look forward to coming up with some fun, but more challenging workouts in term 4.

Eileen and Grant

Supporting Malaysia

CORONAVIRUS COVID-19

Port School along with friends and supporters from Apex and the Perth community have been delighted to be able to support some of those less fortunate in Malaysia during these continued and ongoing Covid-19 times.



Philip Andrew
3 d · 🌐

...

Distribution of Groceries for JULY 2021

Phase 9 - 35 families

Phase 8- 45 Families
(Philippines, Nepalese, Bangladeshi)
Phase 7 - 8 Indonesian
Phase 6 - 28 families
Phase 5 - 9 Indonesian families
Phase 4- 35 families from Philippines
Phase 3 - 10 families
Phase 2- 29 families
Phase 1 - 13 families

13th July 2021, (Tuesday)

Time : 3 - 8pm

Location: Flat Jln Kem, Port Klang

35 families without jobs for past 2 months were provided with supply of Groceries

God bless all our Sponsors



Malaysia relies heavily on migrant workers from Bangladesh, Indonesia and India to work on plantations, shops and building sites. With many people unable to work, the small communities were literally starving. Phillip Andrew from Apex Malaysia, along with Klang Apex Club and other faith-based organisations have been continuing to help this year through the additional Delta strain of Covid-19 lockdowns. Port was delighted to send over \$1,700 = 5,000 Malaysia Ringitt to help in assisting with food packs.



As you can see from the pictures, Phillip and the team have done an amazing job over 18 months and we are happy to be able to assist in some small way, again. Many thanks go out to the following for their donations: the Capelli family, the Gilbert family, the Peatling family, Gord Kenmir from Canada, John Jenkins and Julie & Jim Sumpter.



APEX CLUB OF KLANG

(Regn No. PPM/SEL: 469/69)

c/o Royal Klang Club, 7 Jalan Istana, 41000 Klang
Selangor Darul Ehsan, Malaysia

Date : 14th September, 2021

Dear Mike Gilbert,
Management of Port School,
Friends & Family
Perth, Australia

Re: Receipt of Donation Received

The Apex Club of Klang would like to thank you and record our utmost appreciation for the AUS\$1,600.00 donation that you recently made for poor and homeless people in Klang.

As per our email communications and commitment to you, this money will be used to donate cooked, packed food to these disadvantaged community who have lost all source of income during this Covid-19 pandemic.

We thank you once more for your continuous support towards Apex Klang and our community over the years.

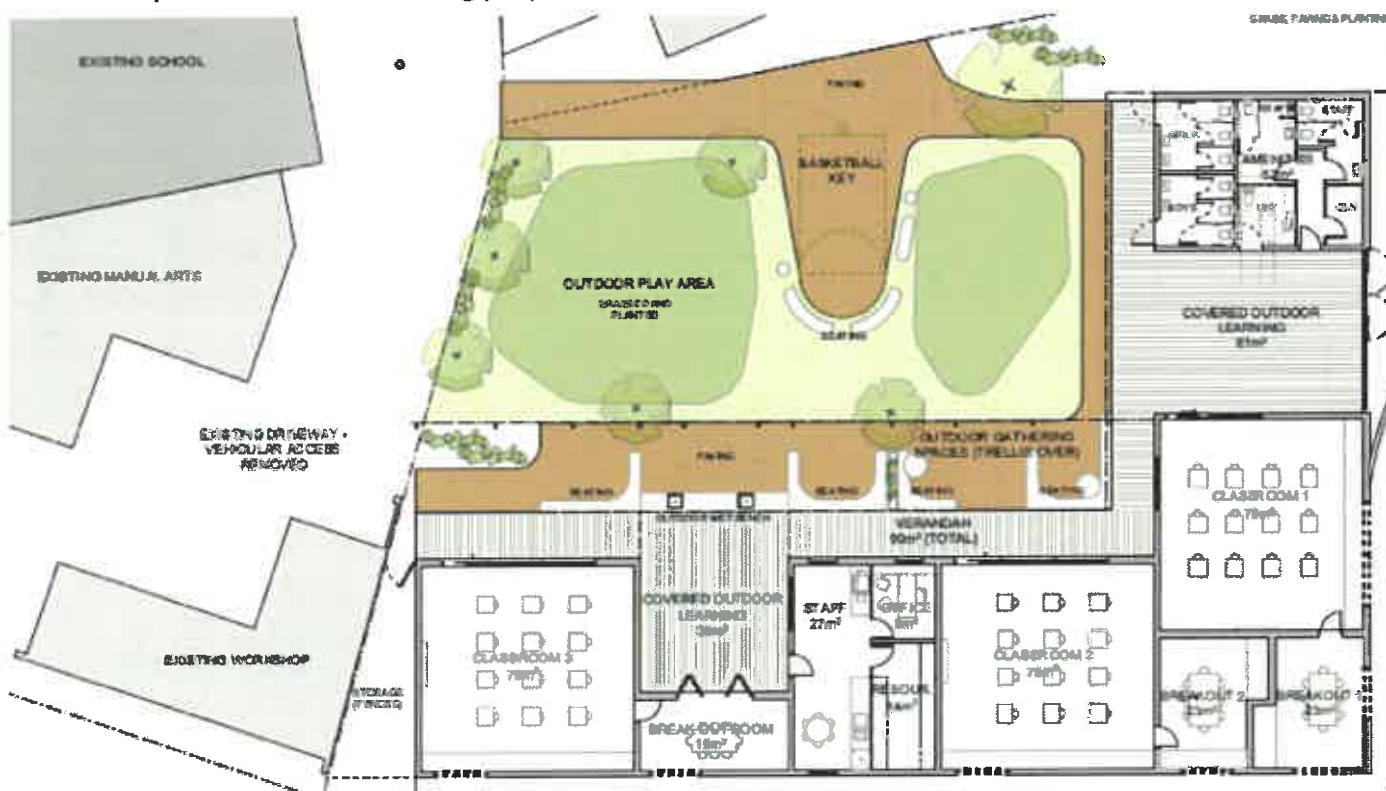
Yours in Apex,

Ravin Karunanidhi
Secretary – 2021/2022



NEW BUILDING UPDATE

Port is excited to announce the planned purchase of buildings and land adjacent to its existing facilities. With a mixture of approved low interest loans and proposed federally funded AISWA Capital Works Grants, the school plans to build an exciting purpose-built middle school for up to 45 students.

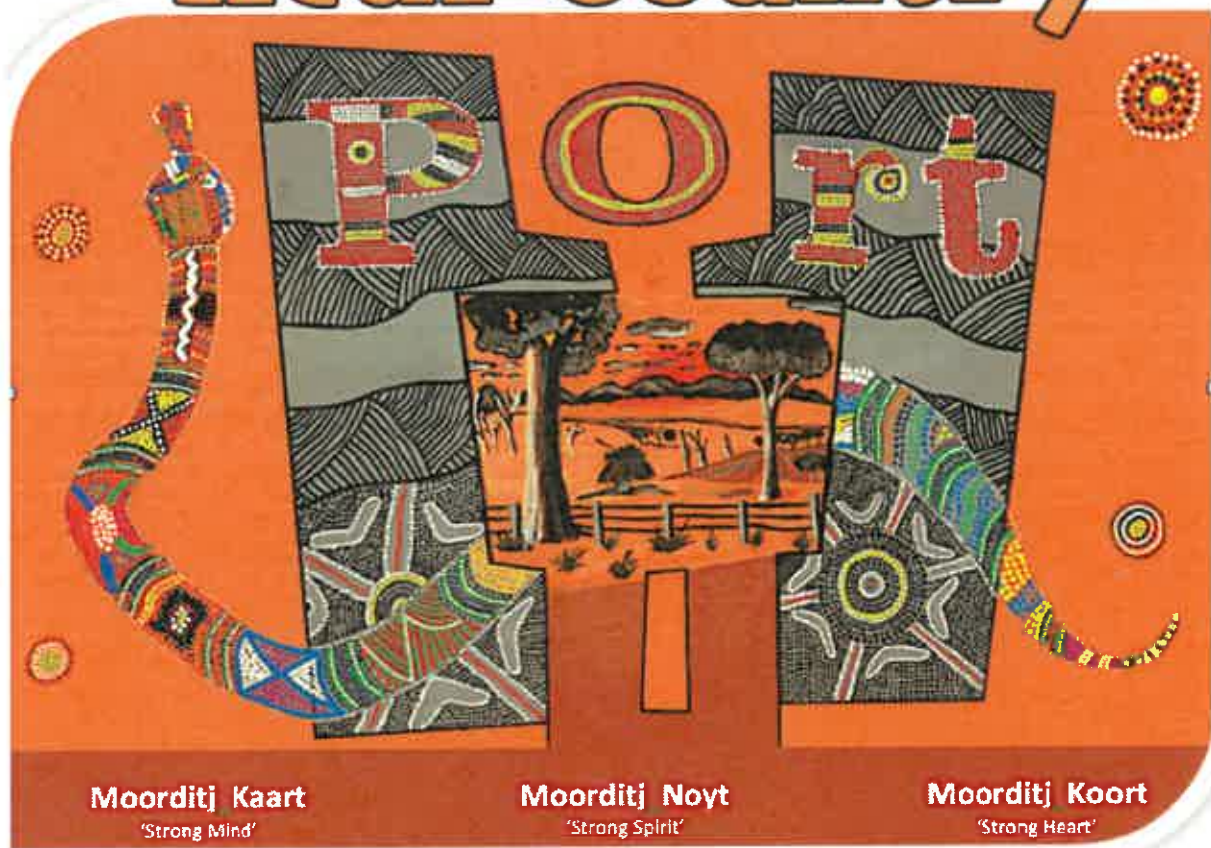


The new development will feature three classrooms, breakout areas and landscaped outdoor play and learning spaces, as well as an ablution block. This will, in turn, free up space in the existing middle school to create new learning areas that can be utilised by the main school campus students.



Watch this space in 2022 for the exciting changes ahead and for the demolition and build to start!!

Heal Country



NAIDOC 2021

KAYA,
Please feel free to come celebrate NAIDOC day with the staff and students at Port School. As celebrated in previous years we have lots of activities for the students to do. This year's theme is 'Heal Country'.

To continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction. Country that is more than a place and inherent to our identity.

TO: Parents/Carers and Family of Port School Students.
WHERE: Port School – 62, Wheeler Road, Hamilton Hill.
WHEN: Friday 22nd October 2021 – 10-15am – 1-30pm
COST: FREE.

This year's event will include Nyoongar artist Sharyn Egan who will be working with some of the young people as well as Dance Celebrations, Damper Making, Cooking, Face Painting, Fire Making and Bracelet Making.

Visitors, please sign in at main reception & use the SAFEWA app seen around the school



**HEAL
COUNTRY!**
4-11 JULY 2021





The Psychology of Colour: How colour impacts our mood!

Do you feel calm in a yellow room? Or relaxed in a blue room? Colour psychology has become a popular area of theory that assigns emotional and psychological associations between colours and feelings. Colour is a powerful communication tool and can be used to signal action, influence mood, and even influence physiological reactions. Certain colours have been associated with increased blood pressure, increased metabolism, and eyestrain. So how exactly does colour work? How is colour believed to impact mood and behaviour?

Red Excitement Strength Love Energy	Orange Confidence Success Bravery Sociability	Yellow Creativity Happiness Warmth Cheer	Green Nature Healing Freshness Quality	Blue Trust Peace Loyalty Competence
Pink Compassion Sincerity Sophistication Sweet	Purple Royalty Luxury Spirituality Ambition	Brown Dependable Rugged Trustworthy Simple	Black Formality Dramatic Sophistication Security	White Clean Simplicity Innocence Honest

Need to be creative? Want help getting those brain synapses firing? Try utilizing the colour purple. Purple utilizes both red and blue to provide a nice balance between stimulation and serenity that is supposed to encourage creativity. Light purple is said to result in a peaceful surrounding, thus relieving tension. These could be great colours for a home or business office.

Are you looking for a meditative and calming environment? You might consider using green. Cool colours are typically considered restful. There is a bit of scientific logic applied to this – because the eye focuses the colour green directly on the retina, it is said to be less of a strain on your eye muscles.

The colour blue is suggested for high-traffic rooms or rooms that you or other people will spend significant amounts of time. Another cool colour, blue is typically a calming and serene colour, said to decrease respiration and lower blood pressure. The bedroom is a great place to use these colours as they should help you relax.

While perceptions of colour is somewhat subjective, some effects have universal meaning. Colours in the red area of the spectrum can be yellow-based such as scarlet red and red-orange and are known as warm colours. These warm colours evoke emotions ranging from feelings of comfort and warmth to feelings of hostility and anger. Reds can also have an undertone of blue and are known as cool colours such as burgundy, ruby, raspberry, deep cherry. These colours are often described as calm but can also call to mind seriousness and dignity. The concepts of colour psychology can also be applied in everyday life. For example, maybe you're planning on re-painting your walls or redecorating a house or room with a new colour scheme. You might want to consider popping onto the art room to see Dionne if you're feeling a little stressed!

COLOR EMOTION GUIDE



While a particular hue can influence how we feel and act, these effects are subject to personal, cultural, and situational factors. More scientific research is needed to gain a better understanding of colour psychology, as the concept has become extremely popular in marketing, art, design, fashion, and other areas the seek to connect colours and emotions.

The Student Services department wishes you a bright and colourful school holidays!

Enjoy the Break!!!
The Student Services Team

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

Wood Design

Wood Design has been a fun energetic place of student directed learning this term while also creating many beautiful products for the Art Exhibition. It is impossible not to mention the massive success of our projects during the art exhibition this term. Wood Design sold almost everything we produced. Tables, chairs, chopping boards, grazing boards, spatulas candle holders, boxes...you name it, we made it, we sold it.



Thank you for all the hard work of our students and staff who contributed to this success! It was fantastic to see the work on display, the public loved it. The students understood the real value of their hard work. And the penny dropped for many of the students. It was truly a fantastic event and experience. We can start planning and producing for next year now. Feel free to place any commission requests.



We welcomed the young mums into Wood Design this term, and they have been working well, taking home beautiful Jarrah grazing and chopping boards. Many young mums have also been working on their funky acrylic and Pine toddler chairs and matching table with the drawing chalk board top. This is a new prototype project and was a success at the Art Exhibition, selling almost straight away. It has been a very rewarding end to the term, renewing the student's energy and drive to produce a beautiful range of works.



Have a fabulous break

Josh

WOULD YOU LIKE A PORT HOODIE?



\$25.00 EACH

MEAS: XS, S, M, L, XL, XXL

PLEASE ORDER WITH CHELSEA or MARIA



The continued support from the Earbus Foundation of WA is another great example of the wrap around services from a multi-agency approach that supports the health and wellbeing of our students.



Thank you for your continued support to our students, babies and toddlers.

More information for parent, carers, guardians

<https://www.earbus.org.au/>

2021/22 Phoenix Park Little Athletics Club

Summer Registration



Run • Jump • Throw

Improve Strength, Balance, Fitness & Co-ordination
It's a fantastic base for other sports too!!

**ACCREDITED
COACHES**

**FUN
FAMILY
FITNESS**

**SPECIALIST
EVENT
COACHES**

CENTRE COMPETITIONS & STATE CHAMPIONSHIPS

CONGRAT! Summer Registration includes 2022 Winter Cross Country

Registration, Training & Trials: 5 to 16 years old boys & girls

(U6-U17 Age Groups who are born in between 2005 & 2016)

14th/16th/21st/23rd September 2021 - 5:00-6:15pm

Edwards Park, Lintott Way, Spearwood

(Please bring birth certificate / proof of birth / passport for identification)



For more information,
please contact:
Sally-Anne Smith &
Rebecca Scillipoti
Phoenix Park LAC Registrars
Email:
phoenixparkregistrars@gmail.com





**THRIVE
BY FIVE**

Port ELC & YPC were visited by the past South Australian Premier and now CEO of Minderoo's 'Thrive by Five' Initiative, Jay Weatherill. He came to discuss changes around childcare worker reform and their focus on an aggressive 0-5 years campaign to improve education in those years from a national perspective. The project is headed up by Jay but has Nicola Forest heavily involved also from Minderoo perspective also. Mike & Emily met with Jay at an AISWA breakfast and invited him and Nicola down to Port's ELC & YPC.



Thrive by Five is an initiative of Minderoo Foundation that is campaigning to make our early learning childcare system high quality and universally accessible. They believe this to be the most significant educational, social and economic reform of our era. Our early learning centres are of inconsistent quality. Too many do not meet National Quality Standard (NQS). According to National Quality Framework Snapshot Jun 2020, 17.7% of centres did not meet the NQS, rising to 18.4% for long day care (excluding preschools). There are over five systems that relate to early childhood development (childcare, preschool, child health, family support, child protection). These responsibilities are shared between Commonwealth and State/Territory governments, and between ministries and departments within governments. Early childhood development is disconnected and incoherent.

According to AEDC (2018), 21.7% of Australian children enter primary school developmentally vulnerable. This placed a large proportion of our children on a dangerous trajectory. The 2016 South Australian Royal Commission into child protection, for example, found that one in four South Australian children would come to the attention of child protection authorities before the age of 10 years. This isn't acceptable in a modern society. Early learning in Australia is some of the highest in the OECD. The Household, Income and Labour Dynamics in Australia (HILDA) Survey, around 27%, Australians spend around 27% of their income on early learning such as childcare. The current system is a disincentive to mothers who want to work more than part-time. KPMG's believes Workforce Disincentive Rates of between 75 percent and 120 percent are commonplace for mothers seeking to increase their days of work beyond three per week. Some mothers would actually lose money by working a fifth day. <https://thrivebyfive.org.au/about/>

Jay was very keen to hear about the challenges of the young mum's, spoke directly with several of them as well as a parent of a teen mum who is volunteering at the schools new kitchen. He was especially keen to hear about the barriers of the ACCS payment system and how the gap in childcare payments is a barrier to continuing their education, as well as other challenges such as transport. He is well connected at a ministerial level, as well as having the Forest name and Minderoo behind him and went as far as suggesting he lobbies government on our behalf to consider potential pilot initiatives for both centres. A good visit, and a very good connection to have.

TeamSport

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.

Children have bodies as well as brains.

This term our sports program focused on activities that help develop the students Fundamental Movement Skills of running, body movement, and object control. Activities that have been popular with students this term has been our flag rugby, soccer, volleyball and Brandy games.



The physical education option has given students the opportunity to participate in skill-based team activities, tennis; racketball, indoor cricket, handball and skill development activities to assist student's development. Our flag rugby games have continued to be played at a good level and it has been pleasing to see good sportsmanship demonstrated in these games. We also took our students to the Fremantle indoor Volleyball centre to play in a netted court with beach sand, which proved to be extremely popular with the students. This term we launched our first Monday night game of flag rugby, which was played in atrocious weather but was a lot of fun for those who braved the elements.



We also played our once-a-term game of Friday night flag at Beeliar Oval which was followed by a BBQ. The fitness centre has been well used by the student's afterschool this term with some of our students making outstanding progress, physically as well as improving their confidence and mental health. Next term we will be playing our all-day Phil Hughes cricket match as well as having a Port Olympics on the beach.

The school's fitness centre will be open during the school holidays, contact 0451 750424 for details.

EXCELLENCE IS NOT A SKILL,³⁷ IT IS AN ATTITUDE.

EARLY LEARNING CENTRE

Our centre manager Emily, her wife Jacinta and daughter Mollie welcomed a beautiful baby boy to their family on 2nd July 2021. Emily spent 6 weeks at home with her little family as they have settled into the routine of having 2 children and is now back in the ELC full time.

Manawa has now officially received her Certificate III in Early Childhood Education and Care, and we are super proud of her for this amazing achievement. We look forward to her continued learning journey and educating the children at Port Early Learning Centre.



PLAYGROUP

The focus at playgroup this term has been science, with a theme of food: Different by Design. Our mums and bubs have participated in a variety of activities to educate our them on the changes that occur in everyday foods and the science behind it. The highlight was making our own butter from cream and learning what the melting point of chocolate is.

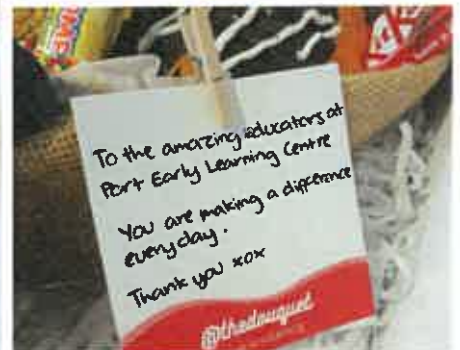
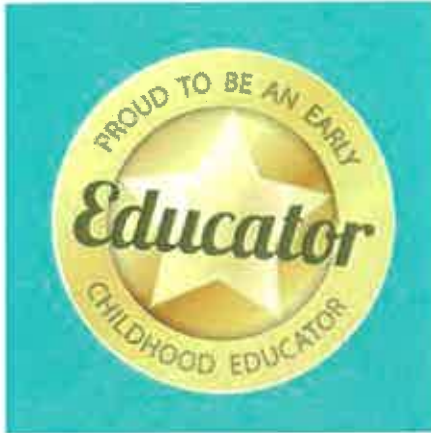


PROFESSIONAL DEVELOPMENT

Kathy and Emily have recently joined the EYL Network group and have been attending meetings with other Early Childhood Centres from around Perth. There have been discussions about Psychological Safety & Professional Identity in Early Childhood Education and Care as well as a presentation on how a service embedded their RAP (Reconciliation Action Plan). We are looking forward to beginning our own journey on creating a RAP for Port ELC and will soon be joining a working group to get the ball rolling. Kathy, Klauz, Youngmi and Manawa took part in the Professional Development at the main school on the 12th & 13th August. They had the pleasure of hearing from several speakers on subjects such as Personality Profiling, Cultural Awareness, Mental Health and Wellbeing, Sexual Exploitation and Human Trafficking in Children, as well as participating in Fire Response Training. The team were provided with new tools and concepts to take away and use.

EARLY LEARNING CENTRE

Early Childhood Educators' Day recognises & celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care. It's our chance to say a huge **thank you** to Australia's early childhood educators on a very personal level by service operators, families and their children, as well as collectively at the national level.



This year Early Childhood Educators' Day took place on Wednesday 1st September. Our fabulous team were spoilt with lollies, their very own keep cup (which is super handy for getting coffee or hot chocolate from the school café) and an amazing gourmet donut boutique from The Douquet. The sweet treats were amazing and well received.

MUSIC Vibes

We've had several productive afternoon sessions with these guys in Music Appreciation at Port Hamilton Hill #portschool #originalcomposition #lyrics #vocaltechnique #coversongs #talentedyouth





Jobs Fair

On Tuesday the 7th September, various students from the work readiness program were invited to the Perth Jobs Fair. This fair provides local businesses with the opportunity to showcase and promote current and expected job vacancies in their workplace.



The Jobs Fair is a great opportunity for students and the school VET Coordinators to meet face to face with prospective employers to talk to them about apprenticeship and traineeship opportunities. Students had the opportunity to meet with these businesses and find out what specific jobs and courses entails- they were also lucky enough to visit Optus Stadium and see the beautiful surroundings on a lovely spring day!

Responsible Services of Alcohol- Online Course

Congratulations Jasmine and Hannah on completing the online RSA course! This course was completed online and involved a combination of questions, case studies and online recording to gain the Responsible Services of Alcohol unit of competency. This allows students to work in the hospitality industry- serving alcoholic beverages. We look forward to both of you assisting with serving at the upcoming Art Exhibition!



RSA

Responsible Service of Alcohol



WE ARE SEEKING VOLUNTEERS!

Kitchen Help Wanted!

As many of you may know Port School now has a fantastic new kitchen which enables us up the ante with our hospitality training as well as the meals that we make available for the students. As is always the case in hospitality there are a couple of busy periods, morning tea and lunch where all the kitchen staff get rushed off their feet.



Kitchen Volunteers Needed

We are looking for volunteers/ retired members within our Port School community to assist in the kitchen, a couple of hours on a set day or days, no experience necessary, just a desire to help feed our kids with some healthy food. First Aid and Basic Food Handling would be a bonus, but training can also be offered in house.

If you think you could help for a few hours, please contact the school and ask to talk to Deputy Principal Mike Gilbert in the first instance - mike@portschool.wa.edu.au or call 9335 6323



Happy 17th Birthday to Blake Della Bonna, when your mum owns a cake business, Blake is everyone's favourite. Thanks for sharing the awesome cake with students and staff





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 teamwork, communication, resilience and leadership.



Previous Weekend Leadership voyages were a huge success. We now have two students per year on the schedule, plus other schools doing private charters, this is especially for the Bronze Adventurous Journey as this can be achieved over one weekend voyage for both practice and qualifying components.



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

Education Manager - (08) 9430 4105

education@sailleeuwin.com

www.sailleeuwin.com

App wa

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

The new Port coffee machine is now well and truly being used, with barista students now serving staff and visitor's at recess and lunch.



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 with our students.



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

Thanks, Chez and APP WA

MOBILE CLASSROOM

The Mobile Classroom has made some slight changes to the way the program is run this term. To best benefit the fellas on the bus we have changed the program to have an AM and a PM group. With the reduced numbers it has given more time for one-on-one work and the opportunity for some of the students to experience some options offered within the school that they have not had the chance to do so. It has been great to see some of the students involved in tasters of the Barista course, mechanic workshop, fitness centre and to continue with woodwork and team sport.



It has been great with all the wet weather to be able to use the upgraded shed as a classroom this winter. Having an interactive whiteboard and a mini classroom setup has really given the program a boost in options for learning and interactive sessions. The group have been gaining some traction with their numeracy and literacy program.



MOBILE CLASSROOM

The mobile classroom will be looking to hold a camp in term 4 and encourage the fellas onboard to get involved with this and challenge themselves beyond what they might usually be comfortable with.



All of us working on the program enjoy what we do and see huge potential in all the fellas. We hope they enjoy the break and come back committed and keen for the final term of the year.



Have a great break

The PMC Team



MIDDLE SCHOOL

Term 3 is always an interesting term – challenging in many ways due to new enrolments but ultimately rewarding as the students settle and the end of the term brings the promise of summer. At the beginning of the term we enrolled 5 new students. They have settled in very nicely now, but as always bringing new students into a settled group initially, causes some upheaval amongst the cohort. It's great to see them forming strong bonds and learning one another's strengths and weaknesses. They'll need this understanding for our outdoor ed camp in term 4.



Educationally, the students have been terrific and have been getting a mountain of work completed in Maths and English. Teenagers often don't like being read to but all seem to be loving our novel study. The fact that John does great voices of the characters, particularly Timothy, who has a Jamaican accent, is an added bonus during the sessions.



Creative Schools continues along with all students close to or finished their final piece on what they need to 'survive and thrive'.



These will be exhibited in a display at the Kidogo gallery in Fremantle in term 4 along with exhibits from other schools. We look forward to seeing what the students can produce and will let you know those dates next term.



It has been a great term in the middle school, but we now turn our attention to the busiest term of all – term 4.

COMMUNITY SERVICES

On Monday the 2nd of August, the Community Services students were privileged to have Friday Zico visit Port School to discuss his inspirational life and career experiences. Friday is an Australian South Sudanese professional footballer who left Sudan at an early age as a refugee. Friday was born in South Sudan and spent his early life in a refugee camp near Uganda after his parents fled the Sudanese Civil War. In 2004, he and his family were accepted as refugees by Australia, and settled in the city of Perth, where he attended Melville Senior high School.



Friday started playing football age 12 for Fremantle United SC in 2006 spending 3 years in the club youth system before moving to club Cockburn City Soccer club to further his education in the game in 2009. In 2010 Zico made another move to Melville City FC playing for their Men's Reserve Team in which he collected Player Of The Year and club Top goal Scorer in the Reserve League. In 2011 Zico signed with Fremantle City State League Division One. In 2012 Zico performance attracted the attention of Football West National Training Centre coach Kenny Lowe who offered Zico a scholarship in the National Development Squad.

On 8 June 2015 Zico made his debut as second-half substitute for South Sudan National team in an International friendly match against Kenya which ended in a 2–0 defeat. 5 days later on 13 June 2015 Zico made his full international appearance against Mali in South Sudan first ever 2017 Africa Cup of Nations qualification match which Mali won 2–0. On 1 September 2015 Zico was called up to the South Sudan national football team training camp to prepare for their 2017 African cup of Nation qualification match against Equatorial Guinea, however Zico sustained a serious knee injury during training damaging his anterior cruciate ligament, posterior cruciate ligament, medial cruciate ligament, and lateral cruciate ligament which kept him out of action for three years, there was a possibility doctor said he may never play again. On 16 October 2018, Zico made his return on the international stage playing against Gabon in the 2019 African Cup of Nation Qualifier group Stage, playing 90 minutes of the match, Gabon went on to win the game 1–0 in South Sudan. On 16 November 2018 Friday Zico started in South Sudan second last game of the African cup of nations 2019 qualifiers against Burundi in a very disappointing match resulting in a 5–2 loss in Juba, South Sudan. **Source: Wikipedia 2021**

Friday now works as an Education Assistant at Melville Senior High School, and continues to play local football and give inspirational talks to others.

COMMUNITY SERVICES



WHS Check

On Monday 6th of Sept, the Community Services class conducted a WHS check at the Dome' Fremantle and surrounding area. Putting hazard identification into practice in an external environment provided a great opportunity to recognise various risks that may exist in the workplace!

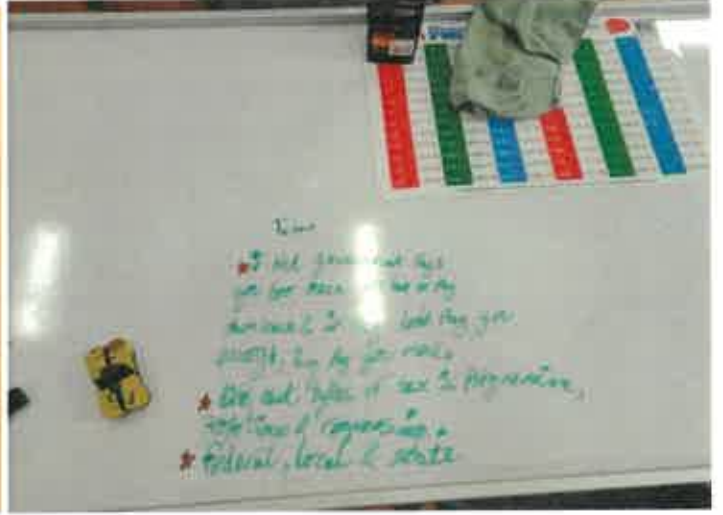
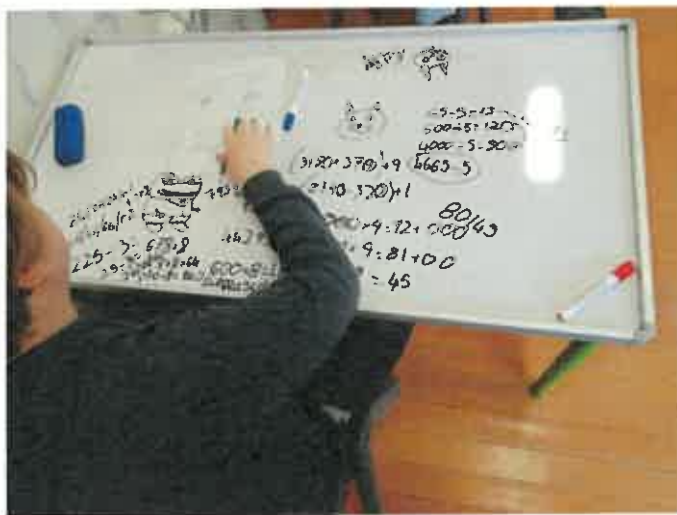


MATHEMATICS

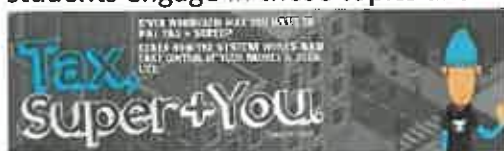
This term has seen big changes in the Mathematics room, specifically with the addition of new furniture; whiteboard tables have been added to help students complete their working-out more easily.



Groups 3, 4 and 5 have had the opportunity to learn about tax and superannuation this term through the *Tax, Super and You* government program. This program focuses on what tax is, what the government uses tax revenue for, and how tax is calculated. Students have also been shown how a tax return is filed, and how tax refunds and debts are calculated.



The latter part of the term saw students introduced to budgeting. They have learnt about different budgeting styles, why budgets are important, and how starting to save now will help set them up for their future. Students were given mock occupations and lifestyle circumstances to practice creating a monthly budget. The unit culminated in an assessment where students needed to plan a holiday with a fixed budget. Group 4's interest in these topics also led them to learning about investing and Bitcoin. It has been great to see students engage in these topics and learn crucial life skills.





I am writing as Volunteer Coordinator of the Repair Hub held monthly at 'The Hub 6163' in Hamilton Hill. The Repair Hub is held on the third Sunday of each month at 1, Starling Street (next to the Wally Hagan Basketball Courts) from 10am – 12pm. The next one will be on 20th June. Members of the community can bring along household items that need repairing, there are a selection of volunteer repairers (sewing, jewellery, bikes, furniture, and some electrical) who help to fix the broken items if possible. The service is provided by donation, and there is also coffee available to buy.

theHub⁶¹⁶³

Our ethos is that fixing or upgrading objects rather than throwing them into landfill is much better for the environment. We also value traditional repair skills and their need to be shared with others to support an ongoing culture of repair.

Thank you for your time, and I hope you are able to help us promote this event. If you have any further queries please contact me by email or my phone number included below.

Kind regards

Julie Bertola
Volunteer Coordinator
Repair Hub, Hamilton Hill
0437 619 891

VacSwim enrolments now open!



PRIMARY SCHOOL

Enrolments are now open for VacSwim swimming lessons during the October and summer school holidays. VacSwim offers fun lessons at beach or pool locations. They are a great school holiday activity and they teach valuable safety skills to help keep your child safe in the water.

Enrol at education.wa.edu.au/vacswim

SECONDARY SCHOOL

If your child is over 13 years old, you can enrol them in VacSwim so they can get their Bronze Medallion during the October and summer school holidays. They'll learn advanced survival, rescue and resuscitation skills to help keep them and others safe in the water.

Enrol now at education.wa.edu.au/vacswim



Medical Matters

Students can access a variety of resources through Student Services that include Counselling, Pastoral Care, Health and Wellbeing information, assistance with first aid and medical matters as well as Centrelink, student housing/poverty/hardship. We have up-to-date printed resources that cover a wide variety of topics. Some of these include mindfulness/grounding techniques, mental health topics, sleep, diet and exercise, drug and /or alcohol use, gaming/screen time concerns, cybersafety, sex/sexuality, LGBTQIA , bullying, safe relationships, contraception, pregnancy, STI's (Sexually Transmitted Infections). We can also link students with community services that provide more tailored support such as Headspace, DAYS (Drug and Alcohol Youth Service), Women's Health Services, LGBTIQ services in the wider community and Indigenous Australian specific services and support as well as sight, hearing and dental services.

From time to time we see students arrive at school with store bought drinks; including some that are pictured below. As students are aware, these drinks are not to be consumed at school and will be appropriately stored until the end of the day. Given the growing popularity of this habit, I thought it was worth sharing an infographic that shows how many teaspoons of sugar are contained in these drinks.



Just a reminder to those who suffer from allergies, due to the very wet winter this year it's likely the pollen count will be higher than usual. We are already seeing students present to Student Services on a regular basis to use Ventolin after the few fine and warm Spring days, late this term. If your child requires Ventolin for allergies, could you please remind them to pack their inhalers. Whilst we have a few back-ups at school, students need to carry their own, especially if they take public transport to and from school. It's good practice for the students to take some responsibility for their health as they enter their teenage years.

Vitamin D: Why do I need it?

Your body needs vitamin D to absorb calcium and to promote bone growth. Your body makes its own Vitamin D but only after skin exposure to sufficient sunlight. Ninety per cent of vitamin D is made after your skin is exposed to direct sunlight (not through glass).

	Summer	Spring/Autumn	Winter
Fair skin	10 minutes	20 minutes	30 minutes
Dark skin	20 minutes	60 minutes	90 minutes

Government of WA – HEALTHY WA

The table above gives an estimate of how much sun exposure is required for your face, arms and hands each day to make enough vitamin D. The darker your skin, the more sun exposure you need. But remember to stay out of direct sunlight in the middle of the day and don't stay in the sun long enough for your skin to become reddened.

Thanks for Donating!



Phone: (08) 6500 1281 |

Email: admin@ogroffshore.com.au

It's always fabulous when you get a phone call from one of the school's major supporters and sponsors. Ian Cantley, the managing director of OGR offered to donate \$5,000 in 2020 that would go towards students' scholarships and leadership initiatives such as Malaysia, RYPEN and Leeuwin sailing experiences, as well as supporting individuals that need it the most.

Ian called again in June to say that he wanted to do the same again for 2021. What an incredible gesture and donation. Thank you, so much to Ian and OGR from all of us here at Port. We very much look forward to inviting him again to some of our annual events and our end of year award and scholarships ceremony.

OGR is a West Australian company providing professional labour hire and recruitment services to a range of clients within the oil and gas, maritime and construction industry. Their experienced and dedicated professionals draw on a depth of technical expertise and a demonstrated ability to execute projects and maintenance work to meet each individual client needs. With a solid understanding of the day-to-day operations in these industries, they believe that their clients can benefit from their skills in management, engineering and logistics.



ONSHORE
PRODUCTION

OFFSHORE
PRODUCTION

MARINE

CONSTRUCTION

PROFESSIONAL
SERVICES

POP

Port Outreach Program

The Port Outreach Program has been busy working with a cohort of nineteen students this term as well as reaching out to students who are not attending school as often as they should. The long-term aim of the POP is to

- re-engage students in school and increase their level of attendance.
- support students through this transition, the Port *In-reach program* is available for students who are transitioning from POP to the Senior School as well as POP staff providing support through shadowing students in the school
- define their vocational and personal aspirations through goal setting
- assist students to access their vocational pathway through Vetis, work experience placements and traineeships



Term 3 has been focused on working to support our students in completing their Certificate II and III in General Education, before the end of the year. A reminder to all year 12 and 13 students, you should be working on your transition plans for life after Port. Students who need extra time to complete their Certificates need to negotiate their year 13 contract with POP manager Jane Hawdon. If you are not sure of your enrolment status next year, please speak to your mentor.



POP

Port Outreach Program

This term POP welcomes two new staff to the team:

Welcome **Craig Harris**. Craig is originally from Birmingham in the UK. In 2008 he hopped on a plane and landed in Moscow, Russia and then proceeded to make his way down through the world before finally finding a home in Perth. In the past 13 years he has worked across all areas of hospitality including managing and running bars. He has successfully run his own wall and floor tiling business for the past ten years. Other than that, one of his greatest achievements was gaining his Australian citizenship. After completing his diploma, he started his new journey in community services and was offered the chance to become part of the amazing Port School team. Craig is currently finishing up a qualification in counselling and looking forward to new challenges.



Welcome **Esben Kass Sorensen**. Esben is a local Danish man living in White Gum Valley and he has spent the last twenty years supporting homeless young people in Perth CBD, championing the rights of the child and the implementation of the West Australian Youth Work Code of Ethics. Esben worked for Anglicare WA for 19 years from 2001 – 2020 as a youth worker and coordinator of Street Connect, (Anglicare's mobile outreach service for young people in the CBD). During this time, he demonstrated and developed advanced knowledge and skills in working alongside young people with complex lives', leading the Street Connect Team and sustaining collaborative relationships with colleagues from various disciplines both internally and externally. He has received official recognition from his employer and the broader community sector for his accomplishments and long-term contribution.

Esben connected with Port, seeking a sea change after two decades of working with youth in the city. Port School's values, work and belief in young people were very aligned with his own ethos. Port is looking forward to working with Esben in an educational setting.

The POP team wishes everyone a safe and happy holiday and we look forward to working with you to meet your goals before the school 2021 year ends.

Jane, Belinda, Scott, Sarah, Tristan & Craig

The Port Outreach Team

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



The Port school Kitchen has been a-buzz this term. We have had a few new students start at Port, and we feel fortunate to have them as part of our crew. The hospitality students have been working hard, and most have achieved competency with some units within the course. Terri has begun her Barista training with the students, and they are learning with such enthusiasm.

Some of the tasty dishes our cooking students prepared are dumplings (Tyson), Sushi muesli cups (Jake), Ricotta gnocchi, passionfruit cake, Vietnamese rolls, koftas, burgers, self-saucing puddings, Massaman curries, risottos, to name a few.



The hospitality students did an amazing job both front and back of house at this year's art exhibition and as you will see from the photos below, they certainly look the part.



We look forward to term four with its sunshine and we can't wait to create summer style dishes.

Great to see the under-croft kitchen and serving area being used whilst the sun was sort of out!! Awesome for the canteen and hospitality teams to have so many catering options. Free sausage sizzle days always go down well with staff and students alike.



Having been in our new & amazing kitchen for two terms now, we as a team of staff, students and volunteers have found our feet and explored the fantastic things we can achieve. To name a few, homemade Pork Dumplings steamed in our Turbo Ovens, tender chicken stir-fry on our flat grill, Sweet n Sour Pork using our deep fryer, breaky wraps - 60 portions all made on one bench top and they were a HIT!



It has been such a pleasure to see Port School enjoy, not only eating our food but also eating together with sit down meals in our dining area. The atmosphere is dynamic and has really added to the school's family feeling in such a positive way. We are excited about using the new downstairs BBQ kitchen, which is now finished. This area has two BBQ's, three service areas and overlooks the amphitheatre and our beautiful gum trees. It's the perfect place to take advantage of the nature around us on a sunny summer's day. There is FUN to come! A special thanks to our valued and much appreciated volunteer team member Anna. Thank you for all your hard work and laughter!





Term 3's program focused on Visual Literacy. Visual literacy can be defined as a "set of abilities that enables an individual to effectively find, interpret, evaluate, use, and create images and visual media. Visual literacy skills equip a learner to understand and analyse the contextual, cultural, ethical, aesthetic and the intellectual. A visually literate individual is both a critical consumer of visual media and a competent contributor to a body of shared knowledge and culture."

- The Association of College & Research Libraries (ACRL) Visual Literacy Competency Standards for Higher Education



The visual texts we've studied include the feature films *Slumdog Millionaire*, *The Breakfast Club* and *The Peanut Butter Falcon*, as well as the documentary film *Blackfish*. We have also spent considerable time analysing a variety of images. As I plan each term's body of work, key questions are asked: Am I teaching students to think critically? Am I encouraging an understanding of perspectives different from their own personal context? Am I teaching my students to challenge the norms of society - such as stereotypes and accepted practices that marginalise and alienate many subcultures?

Teaching our students to think critically and challenge traditional concepts- teaching them to *think about thinking*- is something I feel very passionate about. Thought-provoking texts, ideally, act as conduits for critical thinking, promote self-reflection and creativity, improve language, listening and speaking skills, encourage better decision making and forming well informed opinions, promote curiosity and independent thinking, and enhance problem solving skills. The list goes on, and your young adults more than rose to the challenge! Their level of knowledge and curiosity never ceases to amaze me. Well-done one and all.

Joy



As always, I try to create an energetic and happy theatre group, and although at times this has been tough, especially during our long and bleak winter, I must commend my theatre troupe for digging deep and (eventually) joining in and participating in the many games, improvisation, and team and pair games, that make up our program each term.



When we are low on energy one thing we can depend on to buck us up is laughter! The therapeutic effects of laughter have been extolled since time eternal and fake laughter can be just as effective as real laughter. Figuring out what makes you happy, as well as cultivating the ability to find humour and laughter in everyday situations, can relieve the stress and tension that comes with life's challenges. And in our hectic and competitive world knowing some techniques that help us cope, I feel, is integral. Laughter truly is the best medicine.

Have a great break, see you all in term 4.

Joy

BOXING *fitness*

Once again, this term's box fit program has been a success. It has been great to see new faces in the program and old faces return.



This term the students have been working on their hand coordination and fitness.



All participants in the program have put great effort into achieving this goal.



Major standout in the program this term has been the older students taking on a leadership role amongst their younger peers.



Great effort by all students, well done!

Yiannis





Family and friends Information Sessions



**Weekly sessions running on a
Wednesday afternoon from 5:30-6:30**



headspace Fremantle



**For more information or to register:
PH: 9431 7453
Email: info@headspacefreo.com.au**



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



Family and Friends Reference Group

**headspace Fremantle is starting a Family
and Friends reference group!**

Our Family and Friends Reference Group is a group made up of people of all ages who have experience in supporting a young person with a mental health difficulty. The aim of this group is to provide feedback on how we talk to the community, informing how best to talk to young people around Freo about what we're doing so we can encourage them to ask for help if they ever need it and attending/helping plan events and presentations.

This will give us the opportunity to ensure our service is holistic and all for all types of people to feel welcomed.

As a Family and Friends Reference Group member you will be expected to attend a meeting once every 6 weeks

**If you are interested in joining please contact us either by
phone or email on 94317453 or info@headspacefreo.com.au**



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



LGBTQIA+ hangout!

When: Every 2nd Tuesday
3:30-5pm starting the 24th of
August

Where: headspace Fremantle

What: Nintendo switch, board
games, arts and crafts, food
and much more!



**Ages
12-25!
Everyone
welcome!**



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Peer Support Sessions

**Peer support workers are individuals who have
been where you are right now.
They can guide you towards your goals, help you
to feel welcomed, and provide support from a
non-clinical approach.**



**FREE!!
Weekly sessions
available at
headspace
Fremantle**



**For more information or to register:
PH: 9431 7453
Email: info@headspacefreo.com.au**



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