

Port School

Term 1, 2022



Cover Artwork by: Damo, Maya, Geoffrey, Josh D, Royce, Dylan P along with Scott & Joel

Message From The Principal



BARRY FINCH

One of Port School's major attributes is our sense of community. This can be seen in the faces of many of our new students. They now feel that they have a safe, supportive place and do not wake up with a dread of going to school. Most students at Port are very accepting of others and in many ways look after any new students.

SAFE SCHOOLS

Term 1 2022 has not been easy. Juggling staff due to Covid isolation has made it very difficult to get back into the swing of regular classes with regular teachers. I would like to thank all staff for their flexibility and willingness to re-arrange their day to help make the school run as smoothly as possible.



Compared to many, Port has fared very well. I would like to thank the school community for being responsible and diligent, particularly in respect to isolation protocols when a student has been identified as a close contact. Through good communication and action, we have been able to avoid the spread of Covid throughout the school.

I would also like to thank families for ensuring their students arrive at school before 9:30am. There was an initial concern that student attendance would decline but this has not been the case.

Prior to Covid kicking in we were regularly experiencing record-breaking attendance, and now, even with increased absences due to isolation protocols, attendance is still good. Well done to all.



It is hard to predict how long Covid will significantly affect the operation at Port. All we can do is to keep doing what we are doing, follow the rules, come when we can, be patient and accept that there will occasionally need to be changes to our routine.

My sincere thanks go to the entire Port School community for ensuring our school can continue to thrive in these trying times.

Have a happy and safe Easter break.

Barry



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.



Deputy Principal Report

MIKE GILBERT

The start of the year has been dominated by one topic – the arrival of Omicron in WA. With the ever-changing Covid landscape, term 1 has thrown a variety of additional challenges to staff, students, and families. With governmental health regulations and requirements altering almost weekly, our team has had to brace adversity, adapt daily and be flexible at every juncture.



With many staff off work due to close contact rules or being positive themselves, we have at times been stretched thinly. I would personally like to thank all our teams for being quite incredible during such a turbulent term 1. You have gone over and above your contracted roles and what is expected of you, covering for colleagues, adapting with whatever each day and week has thrown at us. Thank you for all that you do and continue to do, it is greatly appreciated and is indicative of such a strong culture we have at Port. I know many of you have had to dig deep to get through a tough term, so I really want you all to switch off, relax, take a break, and spend time with friends and family during the school holidays. Thank you for all that you do.

To our students and families, thank you as well. Families have at times had to endure our skeleton administration and teaching staff, subjects have had to change/ adapt, and students have had to embrace change at short notice as and when it happens. Again, we thank you all for your understanding through these times and working with us to 'make it work' for us all.

With staff changes in 2022, both Barry and I, dusted off our tool belts and have been back in the workshop for approximately a day a week. I for one have thoroughly enjoyed being back hands on with the students and it's been great to see middle school

and YPC students making some fabulous projects and walking away with something they have personally made for themselves. Thanks to Tim coming in as a highly skilled technician and EA, students were able to take on some more challenging projects involving complex setting out, cutting, and fabricating.

As we move to term 2, we are hoping that with W.A. opening up more, camps will be allowed again for schools. Malaysia 2022 is still highly doubtful, but we really hope 2023 will see this amazing leadership experience return. Watch this space for news on camps and excursions.

ANZAC DAY

ANZAC Day this year takes place on the last day of the school holidays, we must of course be mindful of the history behind this day. In previous years, I have encouraged you all to take part in a service local to the area in which you live. This year will depend on Covid rules and regulations at that time. We may have to have our own quiet reflections, thoughts, and tributes as we have done in previous years.



On the anniversary of the landing of the Australian and New Zealand Army Corps troops at Gallipoli, Australia commemorates the event with brevity because, for the first time, the men who made that fateful landing on the 25th of April 1915 are all but gone.

As Australians, we gather on that day, not to celebrate or glorify war, but rather to remember those who have served our country during conflict and crisis.



I wish you all a very happy and very safe break, relax, take time out and as always, look after each other and be safe

Mike



YOUNG PARENT CENTRE



The YPC is always a buzz of activity and Term 1 2022 has been exactly that. We have started the year with a bang, welcoming new students and our new teacher Lena. The students should be commended on starting the year with solid attendance and commitment to their studies.

Lena hails from Zurich, Switzerland and previously worked for 15 years in the performing arts industry before migrating to Australia with her family. Lena is a very creative woman who ran a small business at Fremantle markets producing and selling recycled products before becoming a teacher. Lena taught for 7 years in Montessori education which has given her lots of experience working in multi-aged classrooms which is ideal for our YPC setting. Lena is passionate about providing students with a holistic education that caters to students educational, social and emotional needs.



Term 1 this year started with Progressive Achievement Testing (PAT). These PAT assessments help to measure a student's knowledge and understanding, in the areas of literacy and numeracy and helps pinpoint where each student is in their learning journey. This is an invaluable tool that allows teachers to create lessons that suit each student's individual needs.

Lena has been teaching the students all about metamorphosis and food chains/webs, with the help of the fascinating David Attenborough. For IT we have been learning how to make Kahoot's which is an online quiz game. Students are also showing competency in using Microsoft office 365.

Our hospitality Teacher Nickie has been teaching us all about cooking nutritious food for families on a budget along with healthy snacks for young children. Michelle our YPC manager taught the girls how to make her special banana cake recipe, we have been very spoilt with delicious food this term.



- Zyla
- Tuhleesha
- Immogen
- Heidi
- Mike





YOUNG PARENT CENTRE



Our Community Engagement lessons provide students with the opportunity to get out in the community, learn new skills and participate in a variety of activities.

We started the term learning basic sewing skills by making heat packs. Now that the students are more confident around the sewing machine, we are looking forward to seeing what else they will create this year.

One Friday we took a beach walk at Port Coogee. The students stumbled upon the first Seabin in Western Australia. The Seabin is located at the Port Coogee Marina and is a floating rubbish bin with the ability to catch up to 1.5kg of rubbish per day, including coffee cups, plastic bottles, bait bags, even cigarette butts.



Students undertook a project to rescue plants from the property that is being demolished next door to the YPC. It was lovely to see the students take pride in saving and replanting these plants in our garden.

'Sculptures by the Sea' at Cottesloe beach was a highlight for our excursions this term. The girls resonated with the sculpture of a Mother carrying a child. They felt that the piece highlighted the sacrifices Mothers often make for their children to be whole and safe.

We hope our YPC students have a safe and relaxing Easter holiday break and come back next term ready to achieve new goals they have set.



WORKSHOP

With Mike Barry & Tim

With no design technology teacher in term 1, Mike and Barry came out of their workshop teaching retirement, dusted off the tool belt and headed to the workshop to undertake some great small projects with the students. It was fabulous to see a variety of projects heading home to be given to mums, nanna's and families.



Harley opted for a clock project, and worked extremely well using machines, hand tools and power tools, whilst other students opted for chopping boards, cheese boards and candle holders, all doing amazing work.



Rubin, Kosta and Lee all worked well producing some lovely boards to take home



WORKSHOP

With Mike & Barry & Tim



Keisha's chalkboard table for her daughter Zyla





The Australian Coffee Menu

Students have continued to undertake the Port barista course throughout the term. With so many café's and restaurants throughout Fremantle and Perth, it is another great way to be able to learn transferable skills that will get them a part time job.



Students can walk away with first Aid, barista as well as a Hospitality certificate II if they choose to go down that pathway.



The hospitality students undertook a real-life serving scenario earlier in the term when they served lunch to some of the lucky staff that were chosen. Great job and thoroughly enjoyed by all.



Suzanna's Beauty Basics

We were all in need of a little bit of 'sparkle' on the inside and out this term, so we continued to work on our beauty and self-care knowledge - putting all those newly learnt skills to good use.



But it wasn't all facials and eyelashes, we also created some fun products that we could take home such as a coconut and peppermint body scrub and our own shampoo and conditioners. They all smelt amazing!!!



4 NON-TOXIC FACE MASKS

1 1/2 Ripe Mashed Avocado	1 Teaspoon Plain Yogurt	1 Teaspoon Honey
2 Tablespoons Honey	1 Freshly Squeezed Lemon Wedge	1 Teaspoon Cinnamon
2 Tablespoons Raw Oats	1 Teaspoon Honey	1/2 Of A Mashed Banana
1 Teaspoon Of Baking Soda	1 Teaspoon Apple Cider Vinegar	2 Teaspoons Honey

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BODY SCRUB DIY NATURAL RECIPES

Sugar Scrub	Coffee Scrub	Oats Scrub	Epsom Salt Scrub	Tamarind Scrub



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*



Lots of water-based activities this term. For some students it was their first time snorkelling, kayaking, swimming in deep water and riding on a pump track. Even when faced with anxiety and fear the students participated with no regrets.

Photos include: Jack, Jordan, Brody & Dylan



MIDDLE SCHOOL

2022 has started well in the middle school, thankfully the first part of the term was unaffected by Covid and we managed to get straight to work in what is always a busy term. With 12 existing students moving up into year 9 and 9 new year 8 students starting, it was a very full first few weeks as everyone got to know each other and remember what it is like to not be on holidays anymore.



Having our existing year 9's return to the classroom has been fantastic as they already know how we operate in the middle school and have been able to demonstrate this to the new students. Equally our new students have brought a whole new burst of energy into our classroom which has been awesome for everyone here. With all students quickly moving from probation into full days we have started our regular programs in the core learning areas of English and Maths. We are already seeing some fantastic results as the combination of regular attendance, full participation from everyone in the classroom and our direct instruction style of teaching helps our students begin to achieve their true academic potential.



We have also begun to explore other areas of learning, both in the classroom and through options run in combination with the senior school. In our Project lessons students have begun to independently research and present information on a topic of their choosing, some fantastic work has been done already and we look forward to seeing some of our students present their topic to the class towards the end of the term.



Team sport is always a highlight for the middle schoolers and the students this year have started very strongly, with full participation and a great team spirit. As always Brad and his team have provided us with some fantastic games and activities and some good opportunities to get to know each other and challenge ourselves at the same time.



In the workshop both Barry and Mike have been guiding our students and they are already beginning to produce some beautiful and useful items. Dione and Dan have set a cracking pace in Art and students have overcome initial fears about having a go and are creating some beautiful artworks, some of which we may well see in the exhibition later in the year.



The term has passed super quickly, and it feels like we have only just begun to get to know each other and get back into schoolwork and its almost time for holidays again. From what our students have shown so far it promises to be a fun and rewarding year.

ART ROOM ANECDOTES

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

Certificate II Visual Art Students

The Cert class has had a varied term, starting the year with an exciting 'Mystery Box' challenge. Students were all given a box of random items and a stimulus word or theme, they had to use this to inspire their sculptural piece.



Disco by Chelsea



Chelsea and Josh at work



Insect by Josh



Milly



Organic by Milly

They could use some, or all the items to create their artwork and even swap items with other class members. It was a very challenging task however in their usual style they all created unique and thoughtful responses.



Kota working on *Suspended*



Weave by Maya

ART ROOM ANECDOTES

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

FOOD GLORIOUS FOOD!

Food traditions are an important part of our personal story, as is learning about different cultures and families. This term, art students were tasked with making a ceramic display of food, either from a culture of interest; or from their own cultural background.



Tatum Ng (work in progress)



Samantha Sullivan



Chelsea Arnold



Royce Hall



Dylan Purcell



Diana Lorenzo-Perez



Amber Hansen

ART ROOM ANECDOTES

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



Kota Gordon



Rohan Anderson



Eve Schafferius



Alison Kubeckis



Amber



Geoffrey

ART ROOM ANECDOTES

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

Since completing the mystery box project, we began our designs for the *Develop Ceramic Skills* unit taking inspiration from Shaun Tan and his *Lost Thing* characters.



Chelsea and Maya



Sam



Josh

In the drawing task students worked on a large scale, focusing on combining animals with objects and creating tonal characters that explored form and fun. The students always rise to the challenge and produce work of a great standard and Dan and I thoroughly enjoy their energy and commitment!



Shelby



Sam



Maya



Chelsea



Amber



Milly

KEYS 4LIFE

During the Keys4Life classes we cover:

- Road rules
- Car maintenance and responsibilities
- Access to discounted supervised driving sessions through the RYDE program
- Budgeting & associated costs of owning a car



Photo: Jake & Jordan doing an oil and filter change



Photo: Students familiarising themselves with the local Licence Centre

Contact Tristan for more info 0478 493 534



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

Suppliers of Kitchen and Cleaning Products

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We are delighted to be working closely with APPWA who sponsor and support the school and our barista program



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 as well as supporting ongoing servicing and maintenance.



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, Steve and Anna at APP WA

Coffee Mio

Espresso Beans – 1kg Bag	\$27.00
Mio D'Oro Beans – 1kg Bag	\$29.00
Hot Chocolate Powder – 2kg	\$22.00
Sugar Sticks – Box of 2000	\$29.00
Raw Sugar Sticks – Box of 2000	\$29.00

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Health and Wellbeing.



As we welcome the Nyoongar season of *Djeran*, we look forward to the autumn break in April, which will allow both students and staff the opportunity to recharge their batteries after a very busy and industrious term.

Birak
Dec-Jan

Bunuru
Feb-March

Djeran
April-May

Makuru
June-July

Djilba
Aug-Sept

Kambarang
Oct-Nov



I have been super-impressed by most Port students' resolute commitment to attending school regularly, and to genuinely engaging with their scheduled classes to the best of their abilities. The increased 'bums on seats' phenomenon, recently visible in all lessons, bears testimony to a genuine, yet calm and orderly aspiration to learn new things - and there is now a palpable shared, common goal of striving for our personal best, across all learning spaces within the school. Port School Students should be congratulated for embracing the directive to arrive at school punctually, and much improvement has been noted in their general motivation.



In addition to engaging with health and wellbeing objectives in the Health & HASS classroom, students in PC3 have also been at the forefront of undertaking specific personal development challenges, which are all aimed at increasing the Keeping Safe learning outcomes. Students have been charged with personal and team challenges which seek to maximise their capacity for resilience-building; teamwork; proficiency in communication; leadership and resourcefulness. It has been both entertaining and gratifying to watch students navigate challenges such as the spaghetti tower-building contest; Port's Amazing Race; and the survival simulation. Students have also been reflecting on how to progress their own personal goals.



On Tuesday 15 March, the School was also fortunate enough to be able to send a small group of students with leadership potential to a Youth Leadership Convention at the Perth Conference and Exhibition Centre. Although staff and students in attendance agreed that the calibre of the presenters and event content were a little *'hit and miss'*, in the current climate of restrictions, it was still a treat to be able to get to take a day out of the regular timetable, to be exposed to alternative education models in a new environment, and alongside students from other schools. It was also extremely pleasing to note what powerful student ambassadors we currently have at Port School, and the following students all deserve an honourable mention for their exemplary behaviour on the day: Jack B, Jada, Rohan, Shelby, Kota, Naomi.

Have an awesome break everyone and see you next term!

Raf



DEMOLITION ART

When you are knocking down a building, why wouldn't you engage students with a pre- demolition art project.



Students had an open design brief to be inspired and be innovative on walls, fences, doors and windows. Following on from the Creative Schools program which saw students be inspired by local artist Stormie Mills, this was a great chance for them to release their inhibitions and produce some temporary art.



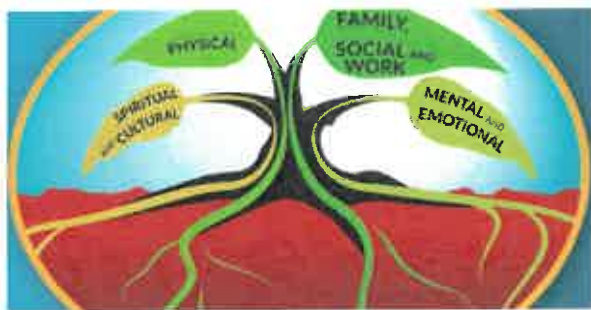
We would like to thank street artists and air brush artist Joel Podjursky and staff member Scott for working with the students on this amazing wall art mural.



DEMOLITION ART

It was fabulous to see the students so inspired and just letting the art flow throughout the day of demo art





Port School was privileged to host The Institute of Indigenous Wellbeing and Sports, CEO Barry Winmar and Deputy CEO Ethan Chad. Over an amazing lunch hosted by our awesome kitchen team, Barry and Ethan addressed our Aboriginal and Indigenous students about the importance of culture, planning for careers and making the best of opportunities offered.



Starting by setting a culturally appropriate and safe space, Barry called on the ancestors to guide our students in their journey of knowledge and as emerging leaders in their culture by using the didgeridoo, clapping sticks and singing in noongar language. Barry and Ethan then told the students of the stories of their varied careers as police officer, health care worker, banking, working in mines, being the youngest director on a board and working for themselves, amongst other things.



They both spoke of their passion to help the mob and looking after country and community as the underpinning value of everything they do. The powerful message of "Turn up every day, do the best that you can, and the rewards will come" resonated with our students. Thank you, Barry and Chad, for an inspiring afternoon and we hope that this is the start of many more powerful conversations with our students.

Next Indigenous career session will be with the Australian Defence Force on 6th of May.

Contact Denise for more info denise@portschool.wa.edu.au

ABSOLUTE TEAMSPORT

This term our Team Sport program focused on fun activities to develop our 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, contact rugby at the beach and indoor and outdoor Gaelic Football games.



Our Flag Rugby games have seen pleasing improvements, especially from our younger students. I am also pleased to say that in my 13 years of being involved in the Team Sport program, the attitude, effort and skill shown by our senior boys' students has been the best I have ever seen. This term we gave our male students the opportunity to participate in several water-based rugby games that involved tackling each other, this activity was played with fantastic sportsmanship, the students had a lot of fun and it is an activity that we will continue to play in the warmer months.



This term in PE students participated in activities to test their speed, strength, and skill. They also participated in Blindfold Dodgeball, this activity was introduced to the develop the students' proprioception skills. Feedback from those who participated was the blindfold activity took them out of their comfort zone and caused them to rely on their other motor skills of listening, balance, movement, and spatial awareness. From a spectator's perspective it was one of the funniest activities I have watched in PE.

The fitness centre has once again been well used by the student's afterschool this term, one of the most pleasing aspects of their training has been both the physical/fitness improvements and the students desire to research and find the best outcome through adaption in their training sessions. Our Port Fitness staff have also recently changed the layout of the fitness centre to allow for more floor space and room for students to participate in circuit training.

OUTDOOR ED



OUTDOOR ED

This term Eileen and Tristan have been focusing on water-based activities, predominantly snorkelling.

We have been visiting the Omeo wreck at Coogee beach and Pt Peron in Rockingham.

The students are learning about water safety, proper use and care of snorkelling equipment and positive environmental sustainability behaviours.

Some of the students have never snorkelled before, and at times the activities are challenging. Eileen and myself are incredibly proud of everyones efforts and progress. Well-done.



REGISTERED TRAINING ORGANISATION

First Aid 2022

A reminder to all students- you will be receiving links at various times this year to complete your First Aid Training. This year, we have a new blended model to complete this (pre-course work is done online first, with the practical 1/2 -day training done on campus at Port School.)

Please remember to check your Port emails as the relevant links for your booked session will be there. For any issues with accessing the pre-course work, please come and see Ellena in the RTO office on Monday or Tuesday.

Certificate II in Community Services

Well done to the current Certificate II in Community Services class, who are progressing through their course. The focus towards the end of this term is the unit of competency: Provide First Point of Contact. This unit requires simulations and role plays in responding in an appropriate way towards individuals that may be aggressive, distressed or have cognitive impairments.

Pathways to Certificate IV in Community Services

Congratulations to our previous Certificate II in Community Services students: Jake Powers and Jasmine Davis who were accepted into the Certificate IV In Community Services at Fremantle Education Centre. They are both attending one day per week to complete their Certificate IV. Completing a previous qualification at Port School can provide students with credits (depending on the course) towards other qualifications- making it quicker to complete! If you are interested in any possible course pathways please pop into the RTO office on a Tuesday to Louise.



School-Based Traineeships in Healthcare and Community Services

If you are the type of person who truly wants to make a difference, is empathetic, patient and wants to make a positive contribution then this is the industry for you! Healthcare is becoming one of the best industries to work in and is expected to double in size.

What is a School-based Traineeship?

SBT's allow students to complete a nationally recognised qualification while the student is completing secondary school- they are paid employment programs which usually go for 1-2 years.

If you are interested in a Traineeship in Healthcare and Community Services then come and see Louise on Tuesday in the RTO.

TRAINING & DEVELOPMENT



EARLY LEARNING CENTRE

During the term we have watched as our babies have learnt to crawl and walk, started to talk, become risk takers, grown new teeth, tried new foods, participated in new experiences and formed bonds and friendships with educators and peers. We look forward to what term 2 holds for them. The centre is looking lovely and fresh after it's new coat of paint during the Christmas holidays. Our educators and children are now working hard to decide what artwork we would like to display for everyone to see and what should go back up onto our walls, if you have any suggestions we would love to hear them.

PROFESSIONAL DEVELOPMENT

Our fabulous team of educators have participated in several different professional development courses or workshops throughout the term. Youngmi has attended 2 workshops through Little Green Steps WA & Australian Association for Environmental Education, these have included Cloth Nappies in Childcare and Cultural & Social Diversity in the Early Years with Multicultural Features. Emily completed a course in Grant Writing through Evolve WA. Kathy participated in an online presentation on Aboriginal Cultural Awareness and Understanding with auspire. Klaudz is currently undertaking a course through a local university on Noongar Language. All the knowledge gained from the various training is then brought back and shared with the team and implemented in the centre.



PLAYGROUP

Group time is a great way to kick off each playgroup session and means we can share new songs and information with the families. This term has been a mixed bag with the activities provided for the mums and bubs. A lot of the activities are ones that the children have enjoyed through the week that we have wanted to share with the mums. Some of the activities have included painting, water play, ice play, gardening and setting up our second compost bin.



Seven ways to support a young person's healthy headspace

Just like physical fitness, mental fitness requires regular effort. This can be challenging to maintain. Family and friends can support a young person by providing them with the tools to live their lives in a positive and meaningful way.

Good mental health encourages young people to positively engage in work, study and social activities, following that health stance can help them:

- think flexibly
- problem-solve
- manage day-to-day stress
- feel connected to others
- be resilient when things go wrong.

Get into life

Doing things that are enjoyable and provide a sense of purpose is essential to good mental health. This includes fun activities, work or study. Encourage your young person to get involved in activities that give them a sense of accomplishment. This can boost their confidence and provide opportunities to connect with others. As a support person, modelling 'getting into life' yourself can help make it feel more achievable for your young person.



**eat,
well
stay
healthy.**

Eat well

Eating well fuels the body and energy levels and can improve a person's mood, general health and wellbeing. Together with your young person, create a list of favourite nutritious meals and snacks, or invite your young person to join you at the supermarket, choose food and help cook meals. We also need to drink plenty of water, and good hydration supports clear thinking and concentration. A good quality drink bottle might encourage your young person to keep their hydration up.

Learn skills for a tough time

It is important to take the time to think and talk about how to handle tough times. Encourage your young person to build a range of strategies for handling tough times and let them know these will come in handy now and in the future. Different strategies work for different people. You can model going through a tough time by talking openly about how you are handling it.

Stay active

Staying active is critical to physical health, mental agility and mood regulation. If your young person isn't into sport or exercise then activities like dancing, yoga, walking the dog, cycling or walking to a friend's house are other ways of integrating physical activity into everyday life. As a support person, you can encourage an active lifestyle in your young person by also staying active yourself.



Create connections

Relationships with friends, family (pets included) and others are essential to young peoples' mental health and wellbeing and offer a sense of belonging. Young people will naturally focus on friends, but still need family. Encourage your young person to have meaningful connections with friends while also finding ways to spend time together. If 'one-on-one' activities feel too intense, then joint activities with other friends or family members can be an enjoyable way to reconnect. One of the most effective ways family and friends can support young people to look after their mental health is to model healthy habits. It's a good idea to practise some of these tips yourself.

Cut back on alcohol and other drugs

Family and friends play an important role in supporting healthy decision making when it comes to alcohol and other drugs. Talk openly with your young person about alcohol and other drugs, including ways they can minimise risks. It's better to delay the age a young person starts drinking for as long as possible. Be prepared to talk about alcohol-use early and throughout adolescence and early adulthood. The best way to send a message about alcohol is for family members to model responsible drinking behaviour.

Have a safe break

Molly, Dave, Michelle Z, Andrea and Tristan

Tel: 08 9335 6323

Email: admin@portschool.wa.edu.au

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Port School would like to thank the office of the Hon. Simone McGurk MLA for helping keep our staff and students Covid safe, through the provision of extra RAT tests. Thanks Simone and staff for keeping Port School and the community COVID safe!

Simone McGurk

Minister for Child Protection; Women's Interests; Prevention of Family and Domestic Violence; Community Services

State Labor Member for Fremantle



WOULD YOU LIKE A PORT HOODIE?



\$25-00 EACH

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

PLEASE ORDER WITH CHELSEA or MARIA

To ALL Students Returning to School

If you see any of the following:

- *another student struggling to make friends
- *another student being picked on
- *a student who is new, shy, or not with the "in crowd"
- *a student who is eating lunch alone

Be a Leader! Be a Warrior!

Say hi. Smile at them. Ask if you can sit with them.
Include them. You never know what that person is
facing inside or outside of school.

**YOUR KINDNESS WILL
MAKE A DIFFERENCE IN
SOMEONE'S LIFE**

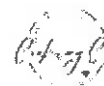


DATES FOR YOUR DIARY

**TERM 2, 2022 STARTS BACK
ON
Tuesday 26th April 2022**

Term 2
Good Friday
Easter Monday
ANZAC Day

Tues 26th April – Fri 1st July
Friday 15th April
Monday 18th April
Monday 25th April



COOKING.CO_

<https://www.cookingco.online/>

How cool is this, one of our students, Tasha Redgrave, has started her own online business.



Giant Red Velvet Cookies



Ferrero Rocher Chocolate



Chocolate Cupcakes



Chocolate Chip Cookies

Please try and support Tasha by purchasing some of the delicious looking items for sale.

ABSOLUTE TEAMSPORT

With the term 1 weather being amazing, it was of course the best option to head to the beach for some swimming, jetty jumping and a new hybrid game of tackle rugby, half in the water and half out !!



Woodman Point and Coogee are local favourites for staff and students. All students must either provide swim proficiency certificates or undertake Ports basic swim test training to ensure they have the skills to swim back to shore, tread water and recognise rips, currents and unsafe conditions.

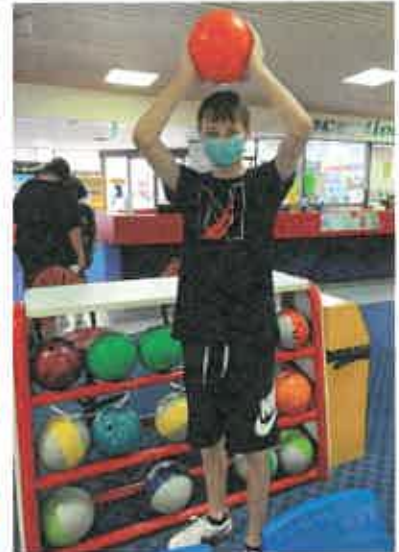


On top of the above students learn basic safety hand signals should they get in trouble in the surf. Port are fortunate to have over 15 staff qualified in Surf Rescue and all staff First aid trained

ABSOLUTE TEAMSPORT

Recently students had a day at the Melville Bowling, a close battle at the top end ensued with Jordan pipping Deputy Mike in the last round. Great competition with Mitch coming in a close 3rd. Fun times and good sportpersonship from everyone.

	8	9	10	
GAE	8 - 7 - 9 / 7			89
MITCH	X 1 / 3 / 8			121
JJ	7 / 8 - 8 1			132
MG	5 3 3 4 8 -			128
STEPH	7 - 3 - 1 5			73
AIDEN	5 4 X			91



And finally with the fabulous weather we have been having, why not have a game of beach rugby, a bit physical, but a lot of fun and even more testosterone!!



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.

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

EXCELLENCE IS NOT A SKILL, IT IS AN ATTITUDE.

safeSISTAS

Term 1

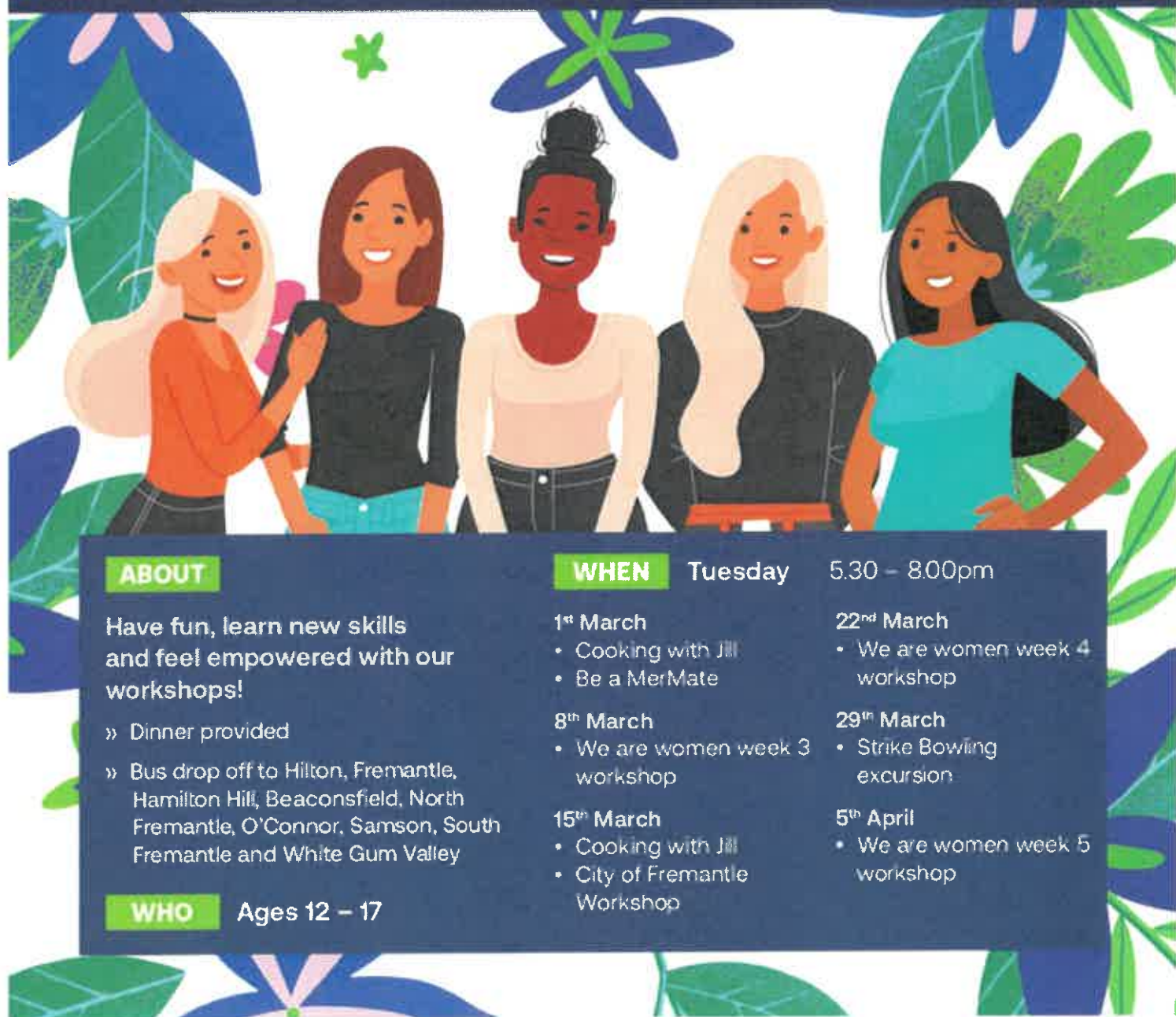


🏠 2/34 Paget St, Hilton WA 6163

☎ 9314 3157

✉ fremantlepcyc@wpcyc.com.au

FREE ACTIVITIES



ABOUT

Have fun, learn new skills and feel empowered with our workshops!

- » Dinner provided
- » Bus drop off to Hilton, Fremantle, Hamilton Hill, Beaconsfield, North Fremantle, O'Connor, Samson, South Fremantle and White Gum Valley

WHO

Ages 12 – 17

WHEN

Tuesday

5.30 – 8.00pm

1st March

- Cooking with Jill
- Be a MerMate

8th March

- We are women week 3 workshop

15th March

- Cooking with Jill
- City of Fremantle Workshop

22nd March

- We are women week 4 workshop

29th March

- Strike Bowling excursion

5th April

- We are women week 5 workshop

Supported by



Australian Government
Department of Social Services



fremantle
foundation



Impact100

Planner Term 1



2/34 Paget St, Hilton 6163



9314 3157



fremantlepcyc@wapcyc.com.au

**safe
SPACE™**

ABOUT

A home away from home – safeSPACE™ is a place where you can relax and take part in fun activities!

Monday and Tuesday, 3.00 – 5.00pm » Snacks provided

WHO

Ages 8 – 17

EVERY TUESDAY

- Board games and chill out
- Sport games on court!
Stephen Michael Foundation

MONDAY 14TH FEBRUARY

- Workshop
City of Fremantle



MONDAY 21ST FEBRUARY

- Let's get quizzical!
3.45pm



MONDAY 28TH FEBRUARY

- Minute to win it!
3.30pm



MONDAY 7TH MARCH

- Public Holiday



MONDAY 14TH MARCH

- Workshop
City of Fremantle



MONDAY 21ST FEBRUARY

- Escape Room
Challenge



MONDAY 28TH MARCH

- Laser tag



MONDAY 4TH APRIL

- End of Term party!
Carnival theme



Supported by



Australian Government
Department of Social Services



fremantle
foundation



Impact100

MOBILE CLASSROOM

Kaya, from the PMC crew,

It has been an interesting start for all in 2022. Many families from the bus program have been in isolation due to the current Covid situation. It has been a challenging time for families and staff at the school. We are constantly looking at adapting and changing to the new restrictions and way of life. In the chaos, we have been able to make some positive traction with some of the PMC new recruits. It has been awesome to see some new faces on the bus and really putting in a top effort with their schoolwork and commitment to the program.



This Term we have been focusing on getting the fellas back into the routine of school and working hard on their numeracy and literacy levels. The students are all at different levels, and it is important for them to continue to challenge themselves and work on these areas outside of school also. Most students on the bus have been able to complete the online ACER testing at the start of the Term. This gives staff a better picture of their current levels and areas that we need to focus on to help improve.



PMC students have been up in the kitchen every Monday afternoon with Chef Nikki. The fellas have been cooking up a storm with meals such as chicken kebabs, pastas, and chocolate desserts. Learning these skills are important to have for life and a bonus being able to take home a meal at the end of the day.



First Aid Training

Students and staff have been updating their First Aid and CPR skills this term. We are thrilled to announce that we are aiming to ensure every single staff member is trained and up to date in both areas, as well as putting through as many students as possible.



D **DANGER**

Make sure area is safe for yourself, bystanders and the patient

R **RESPONSE**

Check for a response -
Talk: Can you hear me?
Touch: Squeeze shoulders firmly

Call an ambulance on 000
Shout for help or ask a bystander to call 000.

SEND FOR HELP

A **AIRWAY**

Open mouth and clear airway
Infant - neutral head position
Child/Adult - full tilt






B **BREATHING**

Look, listen and feel for normal breathing
If not breathing normally commence CPR

CPR

Give 30 compressions
followed by 2 rescue breaths

Attach automatic external defibrillator (AED)
as soon as possible and follow its prompts

DEFIBRILLATION






COMMUNITY SERVICES

Jake Powers and Jaz Davies have been attending Fremantle Education Centre to complete a Certificate IV in Community Services. This certificate will allow Jaz to go on to further study at TAFE to complete a certificate in youth work.



A qualification in youth work means you have what it takes to help young people in need. Work opportunities and pathways includes: schools, government (such as youth engagement, City of Cockburn), welfare agencies such as Key Assets and taking children in care on outings such a sporting games, adventure world etc to name a few.



This course will also enable you to learn how to create programs designed to address social, behavioural, health, welfare, developmental and protection needs of young people. A supervised work placement forms part of this course.

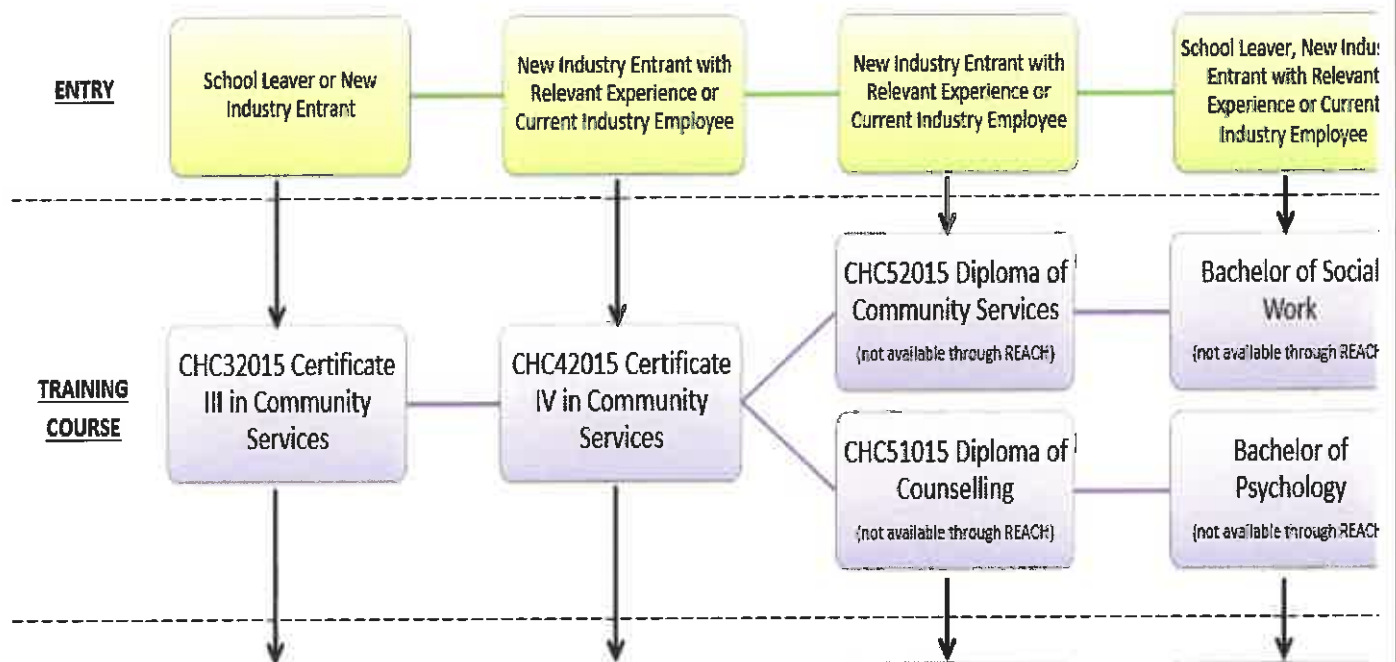
COMMUNITY SERVICES

One of our responsibilities in community services is to look after the vulnerable and this includes getting a Covid 19 vaccination and depending on work site will also require a booster. If working in age care you will need covid vaccine as well flu vaccine. These are mandatory requirements for WA.



Work experience and traineeships will require proof of vaccination before signed up or entering the work site. For the time being, Tafe doesn't require Covid vaccines but to do the required work placement, it will be needed.

COMMUNITY SERVICES – Career Pathways



The Professional Values of Community Services are familiar to our students because they are the values that we embrace at Port school.

- Diversity
- Growth
- Empowerment
- Community

These values are what we find in age care settings, social justice, youth work , mental health and any of the services that support and empower vulnerable people. When considering a role in any of these areas, you must think about the role, the job description and what it entails, once you have done that, ask the question, Is this for me?

Have a great break

Louise

MATHEMATICS

What a crazy start to the year! Despite staff disruptions and sporadic isolations, students' attendance has been very impressive, and has allowed great improvements across all learning groups in Mathematics.

Groups have been working hard to not only continue to strengthen their basic mental Mathematics skills, but to apply them to more complex problems, which have some real-world applications, including ratios and percentages. It has been great to see students return this year with new focus and determination, and I look forward to continuing to see them progress throughout the remainder of the year.



In other news, the Mathematics room has recently added a "calm corner" where students are able to take a time out if feeling overwhelmed, or relax when they have completed their work.

The students seem extremely fond of the Elephant!



THE HUB Port School

Transition – Pathway – Work Readiness



Port School would like to thank our local businesses who have stepped up to offer our students work placement opportunities.



For many of our students, work placement can provide a real-life experience of the working world and help them define what industries they would like to work in.



<https://sidiconstruction.com.au/>

Based in Hilton, Sidi Construction have extensive local knowledge and experience within the Fremantle region and have delivered a range of projects Statewide. We specialise in Residential, Multi-Residential, Renovation and Restoration (including heritage restoration), Commercial, Industrial construction/fit outs and Maintenance contracts.



Sidi constructions, Thumpstar motorcycles, Retro Motorcycles and Hyspeed Mechanical have been this terms supporters and we extend our appreciation and thanks!



<https://www.thumpstar.com.au/>

<https://retromoto.co/>

Thumpstar was established in 2004 and now trades in most western countries. We are one of the largest off-road dirt bike factories in the world and are becoming a renowned name for producing premium pit bikes, dirt bikes and trail motorbikes.

Thumpstar focus on the market of off-road motorbikes and dirt bikes. We also manufacture 4 wheel all terrain vehicles. All our products are covered by excellent customer support with warehouses and offices in many western countries.



What are employers looking at?



ART ROOM ANECDOTES

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

Middle School Art

This term our focus has been on learning the fundamental skills of art, the *Elements and Principles of Design*. We have explored line, shape, form, texture, pattern, repetition, balance, and focal point.



Kosta



Alison



Claire

With a range of fun and creative activities explored such as: Mark making, taking a line for a walk, creating a landscape in a shape, linocut designs and creating clay platters as well as Afro Futurist masks; it is fair to say that the students have achieved a lot in a short amount of time.



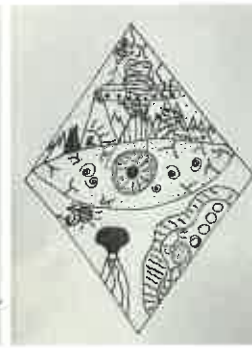
Lee



Brodie



Alektra



Harley



Annabelle

It has been great to see both classes challenge themselves and persevere through each skillset. One of our favourite projects was the *Landscape in a Shape* due to the creative and totally original artwork each student produced; we absolutely love them! Take a look...

Have a spectacular holiday, see you all in term two.

Dee, Dan and Po

nani

Port School's new Middle School development is proud to be working with Kevin Wilson from Nani Creative. Any new development in the City of Cockburn must have an arts contingency built in to the project costs. Hence why not involved a local artist and Port students to assist create themes for privacy screens that are required for the project.



Nani Creative is proud to deliver design and marketing services, that are relatable and meaningful to both Aboriginal and non-Aboriginal Australians. Their authentic translation of traditional styles into designed-for-purpose communications, brings an opportunity to share knowledge, stories and to learn about culture. We also facilitate creative collaboration, working in consultation with artists to ensure artistic expression retains meaning and cultural integrity.



Nani's Creative Director, **Kevin Wilson**, is a Wongi man with a natural talent for art and design. Kevin specialises in design for projects promoting Aboriginal tourism, business and community initiatives and consults on the design of Reconciliation Action Plans for organisations from all industries. As well as being a founding partner of Nani Creative, Kevin facilitates youth art workshops, establishing a link to young talent and exposure to the possibilities of creative career options.

POP

Port Outreach Program

For Sam's first session with Cooper Pashby as a new Outreach Worker, Sam was mentored by Scott Roycroft. As Sam has his Bronze medallion, it meant that they were able to head to Coogee Beach and do some Jetty jumping. Scott was moderately afraid and jumped in once or twice, Sam had a few goes at pin drops and tried a dive (and got a sore head), but Cooper outdid them both, tactically using Scott's head to support standing on the highest rail, doing flips and bommies and psyching himself up to leap over the rail without touching it, which landed in an epic back slap!! After that, the guys went for a swim and snorkel around the Omeo wreck. It was a great getting to know you session for Sam and Cooper who now work regularly after beach swims and jetty jumps.



On Wednesday 16th February Sam had an outreach student cancel so he went into Port to support and found himself on the bus program with Jonah, who he had taught previously at a school we won't mention! As a reward for Jonah's amazing engagement with Miss Steph and all round good behaviour, Sam took Jonah to Challenger beach, Jonah's favourite spot.



After a few minutes of snorkelling, two tradies told us to get out of the water as they had seen a sea snake. Sam went and grabbed his camera while Jonah kept an eye on it. After taking some pictures of the snake, Sam told Jonah it was safe to go back in and Jonah looked around at sea stars, baitfish, blow fish and mullet until it was time to go...and tell everyone about the snake!! Sam researched and found it was an Elegant Sea Snake which is usually found up north and must have come down with the Leeuwin current. It is a highly venomous snake that only usually eats eels, squid and catfish, but not Jonahs!!

POP

Port Outreach Program

Sam has been working with Landen to complete his HLTAID011 Provide First Aid to complete his Cert II. Landen has done his CPR component and is shown here giving CPR to an adult manikin in between administering shocks with an AED.



Sebana is new to outreach and staff have been working with her both on and offsite this term, some photos whilst out in Manning Park.



Wishing you all a safe and happy holiday
Jane & The POP crew

Jane, Belinda, Scott, Jon, Tristan & Sam

The Port Outreach Team

For more information contact the school on 4335 6323 or admin@portschool.wa.edu.au



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

Port staff are thrilled to be able to recognise students that have undertaken the Leeuwin leadership sail experience over the year by creating the fabulous honour board below



LEEWIN
Ocean Adventure Foundation

Honour Board

2009	Keelan Berghuis
2016	Jay Samuels
2018	Luke Roer
2019	Michelle Stoddard
2019	Hunter Wilson-Smith
2019	Brandon Pincelli
2021	Royce Hall
2021	Tasya Jordana-Rusceli
2021	Matilda Holmes

The board was made in house by Mike Gilbert, Paul Holland and lazer engraved by our chairperson Anne Gee. It will be mounted proudly in the student corridor next to the RYPEN and Malaysia honour boards.



WHAT'S COOKING?

The kitchen team, hospitality and cooking crew have really excelled this term providing students and staff with daily culinary feasts. The food, tastes and smells amazing and it's great to see the team embracing different cultures each week.



Friday 4th February

Recess

- Ham + cheese pockets
- Zucchini slice
- Fruit salad pots
- Granola + Berry layer
- Fritolles

Lunch

- Cheeseburger + Chips
- Sausage Roll + chips
- Arancini Balls + Salad
- Crumbed Moroccan chicken + Salad

Have a great weekend
Maft, Terri, Tina



Sarina and Sebastian from Karragullen Fruit Company have been providing fresh WA grown fruit and vegetables for our students and staff. Hand selecting and picking direct from their orchards, we have been enjoying juicy peaches, plums, nectarines and apples.





Karragullen
FRUIT COMPANY

S & C FIOLO

Opening Hours
Monday - Friday: 8am - 5pm
Saturday: 8am - 4pm

(08) 9397 5958

1311 Brookton Hwy, Karragullen WA 6111



Our hospitality students and catering staff have been busy making smoothies, crumbles and pies with the delicious produce. Next time you are up in the hills, call in and say hi to Sarina and her family at their open to the public orchard and enjoy the just off the tree freshness of locally grown fruit.



Earlier in the term, "Nic The Greek" aka Nickie !!!, organised a fabulous Greek themed lunch with the hospitality students.



Fun Facts About Ancient Greek Food

Ancient Greeks had a simple diet that made use of fresh ingredients in the summer and then dried ingredients that were kept in storage jars over the winter.

- Ancient Greeks ate three or four meals each day
- Bread was eaten with most meals
- Fruit and vegetables were eaten more often than meat
- Popular fruits included figs, apples, pears and pomegranates
- Popular vegetables included onions, beans, lentils and radishes
- Meat came from farm animals and from hunting wild animals
- Food was stored in huge clay jars over the winter months



Most Ancient Greeks ate three meals a day, but sometimes an additional light meal was eaten between lunch and dinner. A typical breakfast would be barley bread. The bread was dipped in wine and might be eaten with olives or figs. Pancakes made with wheat flour, honey, curdled milk, and olive oil were also popular at breakfast. Lunch was a light meal eaten in the middle of the day, and then dinner was served at nightfall. Dinner was the most important meal of the day and slaves would serve the food. Men and women ate their meals in separate rooms or at different times. Men always ate first.

Happy Easter to you all

Maree, Nickie, Terri & Anna





This term year 11 and 12 Port Students sat the OLNA for the first time. OLNA is an online literacy and numeracy assessment. It is an assessment that students need to pass to successfully demonstrate a year 10 standard in literacy and numeracy. Students who did not achieve band 8 in the NAPLAN test should attempt the test until they achieve a pass, and this can be attempted up until year 12 as it will boost their study and career portfolio.



There are three different components of the OLNA test: Reading, Writing and Numeracy. If students do not meet the minimum standard required after their first test, they are required to sit the test again in the next round. To complete the OLNA requirements, students must achieve the standard in all three tests but not necessarily at the same time. Once a student has met the minimum standard in one area, they do not have to complete that test again but they will have to complete the other components, for example; a student may achieve the minimum standard in Reading and Writing but they may have to repeat the Numeracy test until they meet the standard. <https://olnawa.com.au/>

Testing dates:

Round 1

- Writing- Monday 28 February
- Reading- Monday 14 March
- Numeracy- Monday 21 March (Extended to March 31)

Round 2

- Writing- Monday 29 August
- Reading- Monday 5 Sept
- Numeracy- Monday 12 Sept

Due to the number of students affected by COVID-related absences (and other events outside a school's control) during the recent March OLNA round, the Authority is providing an additional test window, which will still be considered as part of Round 1, to allow these students the opportunity to sit the OLNA tests. The additional test window will be:

Writing: Monday, 13 June 2022

Reading and Numeracy: Monday, 13 June 2022 to Friday, 17 June 2022

Results will be available to the school approximately 4 weeks after the end of the testing period. Well-done to the Port Students who participated.

Joy

BOXING *fitness*

2022 has brought a newfound energy to the Box-Fit program. Introducing lots of new students, welcoming back some of the originals and of course the ones who never want to give it up.



To start the new year off, students have been taking their time to work on their technique step by step. It's great to see the more experienced students help out the beginners.



I hope this level of participation, enthusiasm and maturity in the Box-Fit program continues for the rest of the year.



Can't wait to see what skills term 2 brings us. Keep up the good vibes ☺

Celeste

This year we have made it a lot easier for parents to register by using a more user-friendly registration system as well as a QR code taking them straight to the club's website.



COCKBURN JFC
REGISTER NOW



SCAN ME

If there are any questions, please let me know.

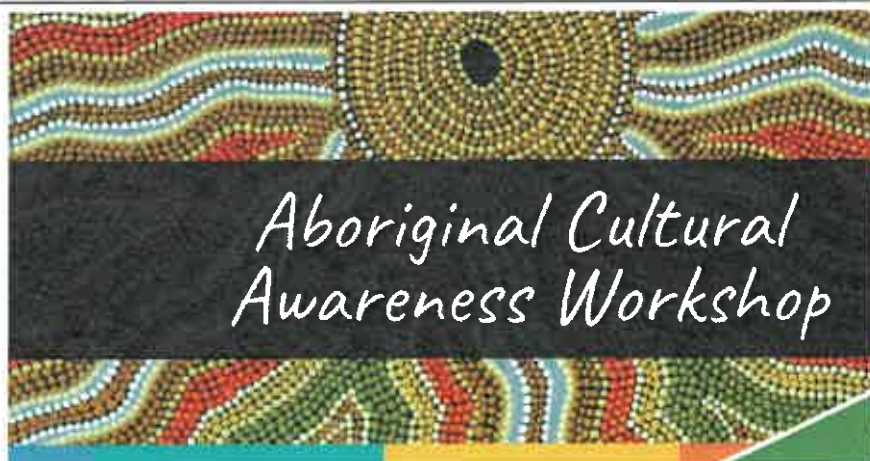
Thanks

Pierce Dawson

South Fremantle Development Officer

Fabulous artwork by Royce





Timeline of Recovery

Navajo People blocked from access to traditional economy and the capitalist economy and forced to give up their culture

Immigrants subject to discrimination but accepted into the capitalist economy and have to maintain their culture

Navajo People

1864 Navajo People blocked from access to traditional economy and the capitalist economy and forced to give up their culture

1886 American Act 1102

- set virtually aside Navajo land
- 37 years of erasing of Navajo identity of Navajo people, loss of land & geography

1948 United Navajo to be treated as a political nation, economic and social development

2017

Healing recovery re empowerment culture, language

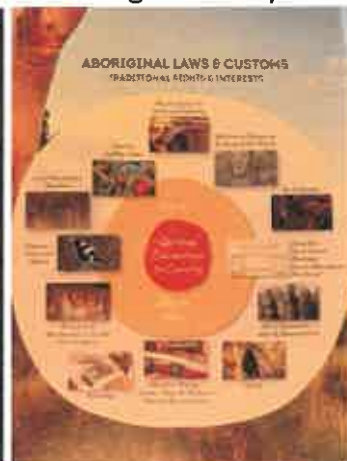
Holding back

- GAPS
- Employment programs
- Education programs
- Business opportunities
- Self determination
- Self management
- Stolen Generation
- Organizations like Clontarf foundation
- Polly Farmer Foundation
- Wingstening
- and many others

Navajo People

Navajo People

Estimated recovery time based on current trajectory of recovery estimates that it will take 100 years to fully recover from the effects of the 1864 Navajo Act 1102



The session covered the following material:

- Exploring barriers between Aboriginal peoples and non-Indigenous Australians
- Significant moments in history that have shaped the way Aboriginal Australians are today.
- Cultural beliefs, customs and values and their role in Australian society.
- Contemporary vs traditional lifestyles, connection to country, community and kinship systems.
- The importance of self-determination and identity.
- Increase positive engagement
- Minimise miscommunication
- Improved confidence with awareness of cultural differences
- Improved stakeholder relationships



City of
Cockburn

where it starts

HOOPS

AT THE YOUTH CENTRE

WANT TO LEARN THE BASICS,
TAKE YOUR GAME TO THE NEXT
LEVEL OR JUST HAVE SOME FUN?

JOIN OUR WEEKLY BASKETBALL
CLINICS. FOR ALL SKILL LEVELS.

MONDAY EVENING
4.30-6.30PM
COCKBURN YOUTH CENTRE

COMPETITIONS
3 ON 3

HORSE

**3-POINT
SHOOTOUTS**



@cockburnyouth



@cockburnyouthservices

T 08 9411 3888

E youth@cockburn.wa.gov.au



This information is available in
alternative formats upon request

www.cockburn.wa.gov.au/youth

Phone and Online Support

Non-Crisis

Q Life - LGBTQ+ Service

Telephone and online peer support and referral.
P: 1800 184 527 | W: [www.qlife.org.au](http://www qlife.org.au)

MindSpot

Online support service for anxiety and depression.
P: 1800 61 44 34 | W: www.mindspot.org.au

Act Belong Commit

Information, resources, and local activity finder.
W: www.actbelongcommit.org.au

eheadspace

Telephone and online support for 12 to 25-year olds and their parents/carers or friends.
W: www.headspace.org.au/eheadspace/

Perinatal Anxiety & Depression

Support for women, men, and families.
P: 1300 726 306

Beyond Blue

Information, phone, and online support.
P: 1300 224 636 | W: www.beyondblue.org.au

Suicide Prevention Peer CARE Connect

A non-crisis call-back service for individuals, people affected by suicide, or people caring for others.
P: 1800 77 7337

Family GPs can provide assessment and referral to mental health support services.

Mental Health Support App Resource

This resource can be downloaded to your phone via the Access My Community App. To access the resource link and App, text the word **Wellbeing4Me** to 0488 884 151 or scan the QR code.



For more information on resources visit <https://imaginedfutures.org.au/mental-health/alliance/>



**MENTAL
HEALTH
SUPPORT**
COCKBURN, FREMANTLE,
& MELVILLE

Free and low cost services accessible without referral

Crisis Support

If you or another person is in immediate risk of harm or in an emergency, dial 000 or visit the nearest hospital emergency department.

Lifeline

24/7 support for all ages living in Australia.
P: 13 11 14

Suicide Call Back Service

24/7 support for people at risk of suicide, bereaved by suicide, and for people concerned about others.
P: 1300 659 457

Mental Health Emergency Response Line

24/7 support for individuals, family, or health professionals.
P: 1300 555 788

Kids Help Line

24/7 support for ages 5 to 25 years and their parents/carers.
P: 1800 551 800

Children & Adolescent Mental Health Service

Crisis Connect
24/7 support for young people aged 17 years and under and their families/carers, health professionals, and teachers.
P: 1800 048 636

Face-to-Face Support

Non-Crisis

headspace Fremantle

Support and counselling for ages 12 to 25 years.
P: 08 9431 7453

Cockburn Support Service

Counselling and support for families and adults.
P: 08 9411 3859

St Pats Counselling Service - Fremantle

An adult service. Health Care Card required.
P: 08 6372 4800

ALIVE Program - Cockburn

Counselling for suicidal thoughts and self harm for ages 17+ years.
P: 1300 706 922

Fremantle Hospital Mental Health Service

Mental health services for ages 18 to 65 years.
P: 08 9431 3333

Fremantle Older Adult Mental Health Service

Assessment and treatment for ages 65+ years.
P: 08 9431 3600

Fremantle Women's Health Centre

Health and counselling services for women.
P: 08 9431 0500

Multicultural Futures

Mental health services for migrants and refugees.
P: 08 9336 8282 - Fremantle
P: 0408 899 712 - Fremantle and Cockburn

Community Navigators

Non-Crisis

Fremantle and Rockingham Family Support Network

Links families into a range of support services.
P: 1300 951 190

ConnectGroups

Links individuals and families into community peer support groups.
P: 08 9364 6909

Library Connect - City of Fremantle

A walk-in service at Fremantle Library for advice, referrals, and support.
Available: Tuesday & Thursday 1pm to 7pm,
Wednesday 9am to 6pm, Saturday 9am to 2pm.

Peer Pathways

A peer help line connecting people to local supports, information, and resources.
P: 08 9477 2809



**Depression has
many faces.**

Do you or someone you know need support?

We can connect you to many free support
services and resources in Cockburn,
Fremantle, and Melville.

Text the word **“Wellbeing4Me”**
to **0488 884 151**

To access the My Community Directory App
and mental health support tile.

