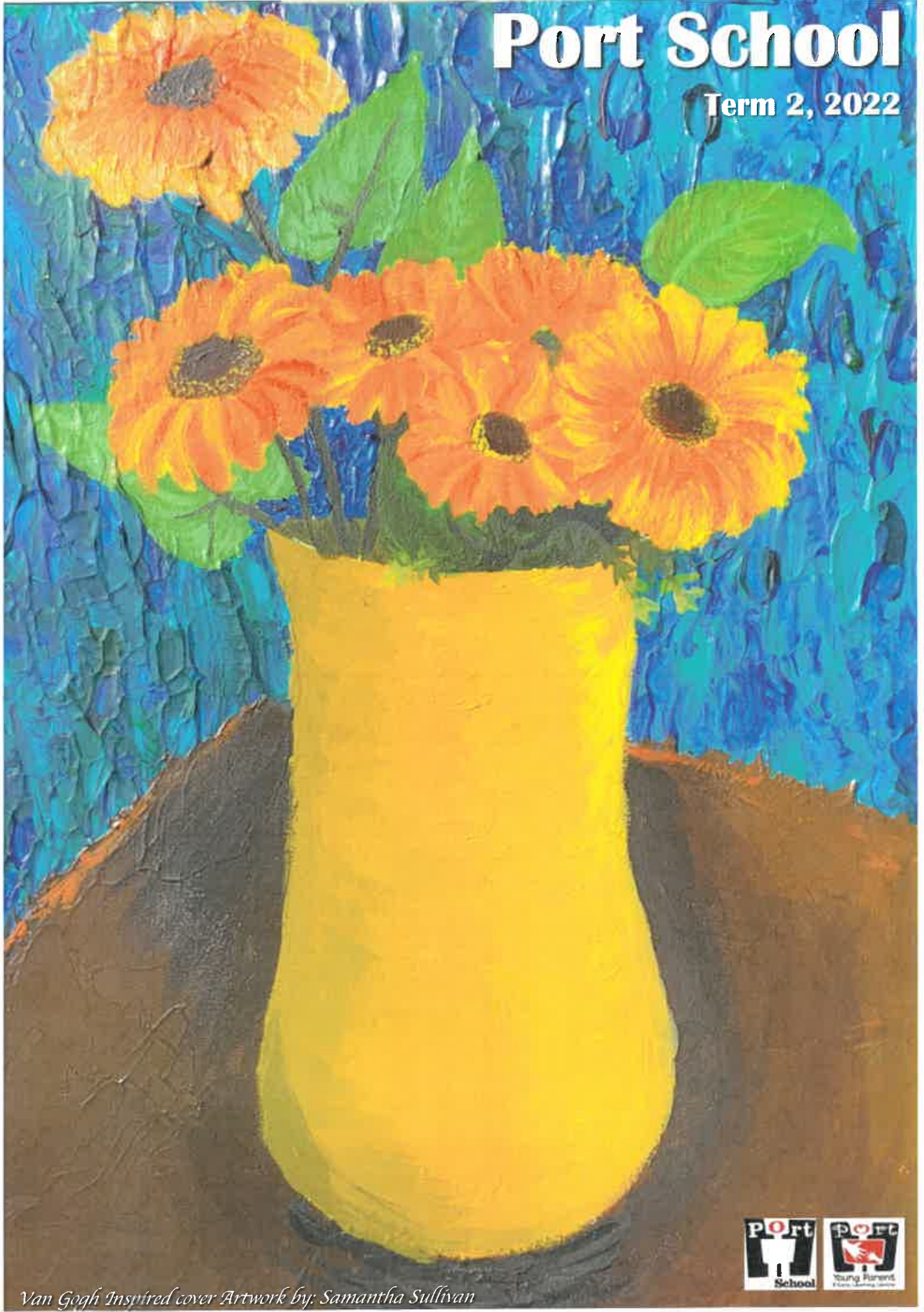


# Port School

Term 2, 2022



*Van Gogh Inspired cover Artwork by: Samantha Sullivan*





# Message From The Principal



**BARRY FINCH**

As I often do, I am going to open my conversation with attendance. First, let me say that attendance is on the rise with over 60% of students attending over 70% of the time. Considering the continued impact of covid on the school community these are good numbers.



Most of the high attending students are achieving excellent results with over 45 Certificate II in General Education (CGEA II) units being completed this term.

Most regular attenders are on track to complete their CGEA II by the end of year 11, which gives them the option of doing a CGEA III or focusing on the many industry-based certs and work placements that are on offer. Regular attendance also means that students will get the most advantage from our English, Maths and Health programmes which are essential for learning independent study skills, enabling them to be able to confidently move on to further study or do more complex tasks in the workplace.



Regular attenders also gain the most out of being part of a community and develop their social skills and the resilience needed to be with others. Let me add that successfully being around others who have different opinions is a learnt skill that cannot be learnt through social media. Being around others and turning up regardless of whether you feel like it or not is a skill that needs to be practised on a daily basis so that you can be successful post-school whether students are going on to further study or the world of work.

On the other hand, students who attend less than 50% will struggle to make any real academic headway and will not have any of the same opportunities with work placements or develop the social skills needed to exist in the world of being an adult. Of course, there are exceptions to this rule and regular attendance is not always the solution, if this is the case, we will endeavour to work out a different way forward.

Despite COVID, it has been a good term, construction of our new middle school has begun and for the first time, students have participated in NAPLAN and OLNA with some good results. Opportunities for traineeships, Tafe courses and work placements are at an all-time high.

**OLNAWA**  
ONLINE LITERACY & NUMERACY ASSESSMENT  
WESTERN AUSTRALIA

Students just need to get to school to take advantage of the many amazing opportunities Port has to offer. If there is anything I can do to help get your child to school, please do not hesitate in getting in touch.

*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.

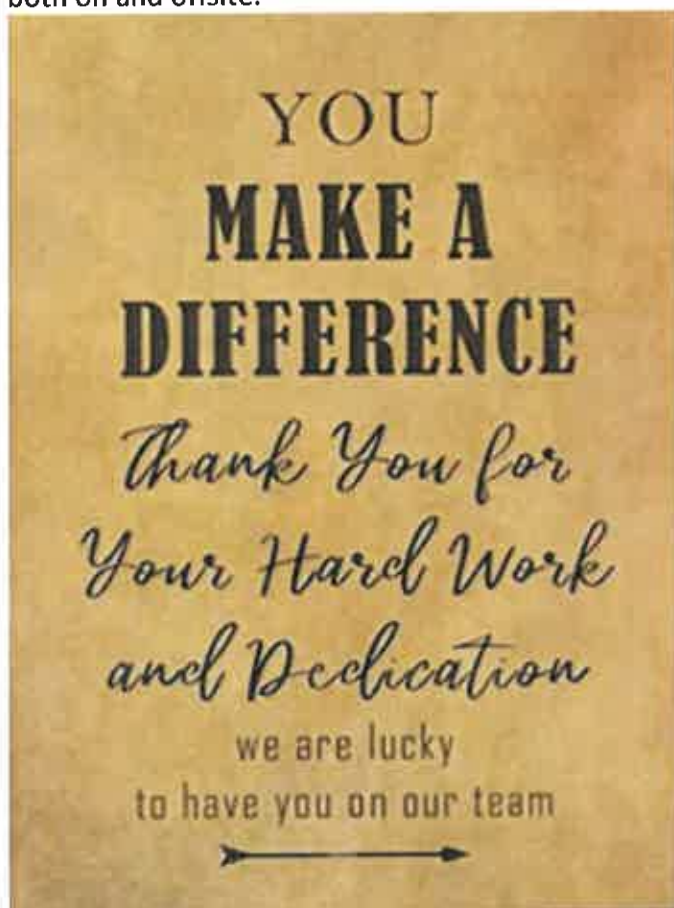


# Deputy Principal Report

MIKE GILBERT

Our teachers and educators often play many roles during the working day, and that's on top of teaching! With the pressure to be everything for our students, there's a risk that they don't have chance to look after their own mental health. The impacts of Covid-19 that have continued this term, has only exacerbated this for many people.

We all know it's that time of year, when everyone is tired, a little fractious and in need of a break. The dark mornings, cold weather and winter sickness are certainly not helping with all our wellbeing. Hence, I just wanted to remind all staff, how much they are appreciated, the awesome work they do and the difference they make to our students. We often get caught up in the day-to-day events, activities and drama's and often miss the good work that is going on in every department, in and around the school both on and offsite.



Hearing of a past YPC student earlier in the term who is now working for Peard as a property leasing agent, was another reminder of that great work and outcomes, that we often don't hear about. Congratulations to Destiny Le Cerf- Smart for being

an awesome young mum and moving on to a fabulous new challenge and role in the real estate world.



**Destiny Le Cerf-Smart** 📍

Leasing & Inspection Agent at [Peard Real Estate](#)

Being an educator can be one of the most rewarding jobs in the world, but that's not to say that it doesn't come with its stresses. I try to remind staff to try and remember at the end of a long day of juggling roles (teacher, education assistant, life coach, youth work, student support) that they are doing an amazing job at inspiring the next generation of young people and to remember why they became a teacher or educator in the first place.

As you all read this, students and staff will be on their well-deserved break. Be kind and supportive to each other, try to be as patient as you can with your friends and families, look after your own mental health and wellbeing and whether a parent, staff member or student, remind yourself and your team members and/ or colleagues, mentors what an awesome job you and they are doing. I would like to thank all our team for just being you and for all that you are doing to make a difference for our students.

Finally, I would like to congratulate Barry on his recent Order of Australia Medal. Barry has worked for over 30 years with at risk young people, initially in the Pilbarra and Kimberley's and for the last 23 years at Port. Barry's caring, kind and all-inclusive nature has without doubt played a part in the difference he has made to young people in Western Australia.



It has certainly been a pleasure working with Baz for 13 of those years & be a part of his and Port's journey.

Have a great break

*Mike*



# MEDICAL

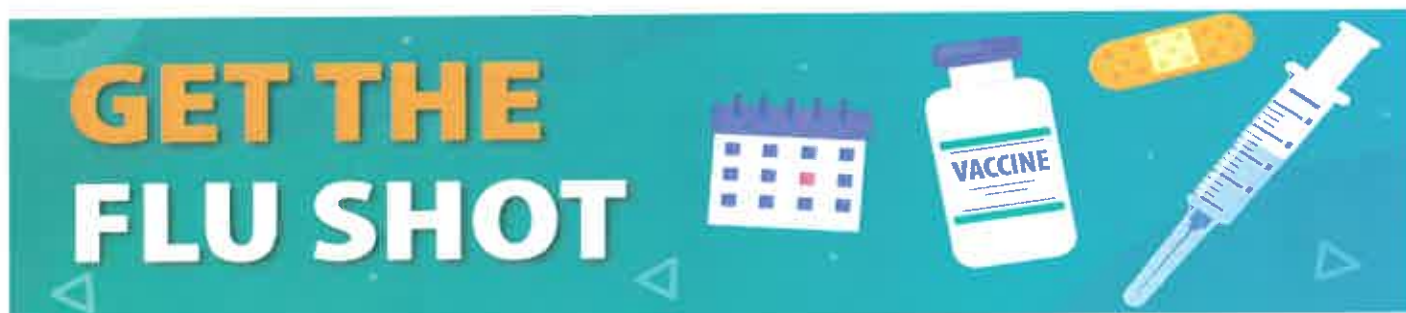


# MATTERS

We are well and truly into the cold and flu season brought about by the onset of autumnal weather. This has resulted in confusing times in managing people with symptoms associated with *both* Covid-19 and colds/flu. Consequently, more RAT's have been conducted this term to keep everyone safe, and to minimise risk we have sent both staff and students home if when displaying cold-like symptoms. Barry also sourced a small caravan where symptomatic staff could be tested, and students could isolate until being collected by family. Random temperature checks were carried out throughout the term and unearthed quite a few fevers above 37.5 which resulted in parents being contacted with the recommendation to have student tested for Covid-19.

Attendance overall has been down this term due to the Covid-19 landscape. In many instances, both staff and students have had to stay away for more than their 7-day isolation period because it has taken several weeks to go through the family. For many weeks classes were majorly impacted due to staff and student absences. Fortunately, though, the rules around asymptomatic close contacts changed mid-term so people no longer had to isolate if they met certain criteria. There is no doubt it has been a bumpy ride - but one which we seem to be recovering from these last few weeks of term. It's not to say it's over but Western Australia has fared comparatively well in the scheme of things.

Our immunisation team had planned to deliver Covid-19 vaccinations for staff and students this term but several members of their team contracted Covid-19 so their visit had to be postponed until a later date.



## \*\*\* Free influenza vaccination program June 2022 \*\*\*

As you would have seen in the press, it is anticipated the flu season will be particularly severe this year, so it is a good idea to consider having a flu shot, especially if you suffer respiratory issues, are immunocompromised, and for the very young and older population.

From 1 to 30 June 2022, the Government of Western Australia is offering a reimbursement for influenza vaccinations administered by GP clinics, community pharmacies and other immunisation providers interested in maximising their capacity to deliver influenza vaccines across WA.



earbus foundation of WA

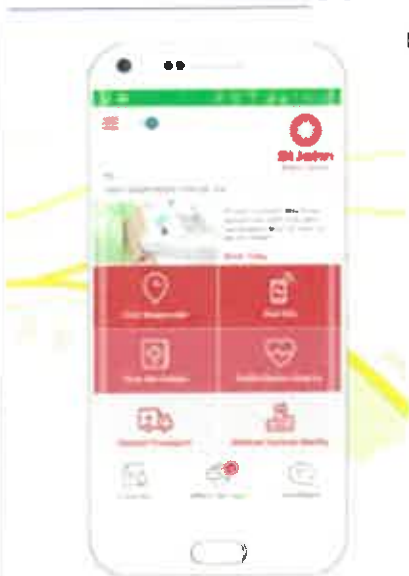
We would like to take this opportunity to thank the EarBus Foundation of WA for providing hearing assessments for students over the past couple of years. Unfortunately, their funding has been cut so they are no longer able to provide their service to Port School.

ANDREA STACEY

# FIRST AID TRAINING

A small group of students and staff participated in qualifying or renewing their First Aid Skills this week. Remaining staff will be undergoing training in Term 3 to upgrade their First Aid Qualifications. One of the new skills covered is administration of an Anapen, an alternative to the EpiPen which is used to treat anaphylaxis.

## CONGRATULATIONS TO ALL PARTICIPANTS



### St John First Responder App



### FREE DOWNLOAD

- **First aid instruction guides** – helping you to treat a range of injuries and illnesses.
- **Defibrillator (AED) locator** - showing all the defibrillator locations near you.
- **Locate nearest medical centres and emergency departments** - including live ED waiting time information.
- **Patient transport services information.**

The **St John First Responder App** sends your GPS coordinates to the operator when you call Triple 000 for an ambulance, speeding up the time it takes to confirm your location and dispatch an ambulance. The App gives users access to vital information, such as first aid instruction guides, proving to be an invaluable tool in an emergency situation.

Another great free resource is St John WA's free 30-minute **digital first aid course for new drivers**. Together, we are building resilience on WA roads with educated drivers who are ready to assist in the event of a road emergency.

## TEENAGE DRIVERS

**ARE EXPERIENCING THE HIGHEST INCREASE IN ROAD FATALITIES**

**17-19 YEAR OLD  
FATALITIES HAVE DOUBLED FROM 2019 TO 2020**

**15%**

**OF ROAD ACCIDENT DEATHS CAN BE PREVENTED  
BY ADMINISTERING BASIC FIRST AID**



# WORKSHOP

Term 2 has been an exciting mixture of the traditional wood working projects and some new skills and techniques for the students to try. Rubin completed some stylish cutting boards, Charlie made several pretty bowls and the YPC girls produced a variety of nice photo holders.



Leather work was introduced this term with everybody starting with a simple key ring and progressing through multiple projects to a card wallet. The Mobile Classroom boys made a range of nice wallets. Sculpture played a small part with Dylan making a cool little piece.



Well done to all in the workshop, next term bigger and better.

Dan



# WORKSHOP



Intro to construction was productive with the boys making some very cool raised garden beds and some step stools using recycled construction materials and only using tools found on a construction site. Well done. The teachers have multiple orders in for garden beds, so they must be good.





# Van Gogh *Alive* the experience



Students from Art, YPC and Community Services were treated to the amazing Van Gogh Alive exhibition at Perth's Supreme Court Gardens. They stepped into a world where Van Gogh came alive.



Students were transcended in time and space as they accompanied Van Gogh on a journey through the Netherlands, Arles, Saint Rémy and Auvers-sur-Oise, where he created many of his timeless masterpieces.

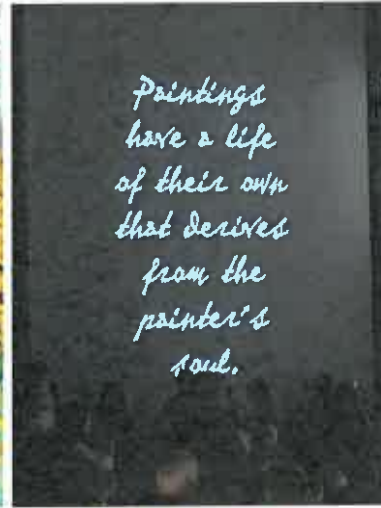


Set to an evocative classical score, a thrilling display of over 3,000 inspirational images transformed every surface that surrounded them.





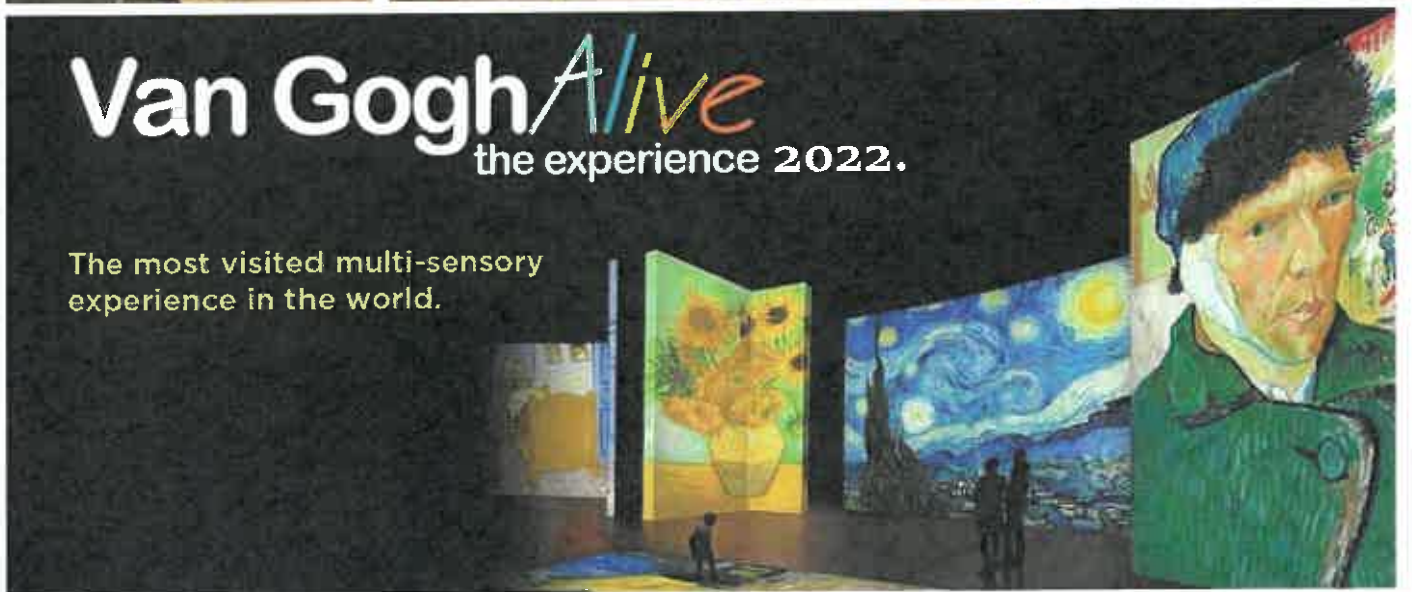
They didn't just look at his paintings, they stepped inside them and felt their power at every turn of their heads as they wandered through the amazing story and journey that was his life.



# Van Gogh *Alive*

the experience 2022.

The most visited multi-sensory experience in the world.







Students continue to work well in barista under Terri's guidance. They work towards completing the nationally recognised unit of competency required for Port Schools Barista Training Certificate **SITHFAB005 Prepare and Serve Espresso Coffee**. This unit forms part of the Port School Certificate II in Hospitality SIT20316.



Through a variety of theoretical and observed practical tasks, students have completed the following elements as part of this unit:

- Organising the coffee workstation
- Selecting and grinding coffee beans
- Advising customers and taking orders
- Extraction and monitoring of espresso
- Milk texturing and Latte' art
- Serving
- Cleaning equipment





# Suzanna's Beauty Basics

This term in Beauty class we focused on health and personal care. We looked at hair, skin and nails and how to get maximum results without having to splurge on expensive products. With the cold weather approaching we also discussed the effects of winter on our skin, how to avoid dry skin issues and to remind ourselves that even though the sun is behind the clouds, our skin is still susceptible to sun damage.



Thick cloud cover can still allow almost 80% of UV rays to filter through – so it is still important to apply sunscreen during winter months.

*Suzanna*

## Calming and Moisturising Mask

- 1 teaspoon honey
- 1 teaspoon coconut oil
- ¼ ripe avocado
- 2 drops of lavender oil

### Method

Mix ingredients together the ingredients and gently apply to face with a soft brush

### How it works

A face mask that delivers deep hydration from the coconut oil, gives your skin a hit of antioxidants with the honey and soothes redness with the lavender oil. Mix it up and paint it on with a face mask brush.



# YOUNG PARENT CENTRE

TERM  
TWO

Term 2 has been unlike any other in the YPC and ELC with Covid-19 doing the rounds of both centres, affecting staff and student attendance, as well as having to reschedule special guests visits.

## SPECIAL VISITORS

**KATRINA**

FOUNDATION FOR INDIGENOUS SUSTAINABLE HEALTH (FISH)

The Young Parent Centre greatly appreciates the partnerships we make that benefit the students and their babies. This term we were lucky enough to receive \$1000 worth of Indigenous books from the Foundation for Indigenous Sustainable Health (FISH). These books have been distributed to the YPC, the Early Learning Centre and over in the main school for all our students to further learn about Aboriginal and Torre Strait Island culture.

**EMMA**

PHYSIOTHERAPY LECTURER / CURTIN UNIVERSITY

We were delighted to welcome Emma Wise to the YPC this term. Emma is a Physiotherapy Lecturer at Curtin University. Emma provided our students with pelvic floor education and post natal exercise programs. Emma talked to the students in such a fun and engaging way, it really made talking about these sensitive topics a breeze. Emma attended the students fitness session with Grant to discuss appropriate exercise during pregnancy and post partum.

**DENTAL STUDENTS**

UNIVERSITY OF WESTERN AUSTRALIA

During the term the YPC hosted two groups of dental students from UWA. As part of their course the dental students need to participate in community engagement by educating people about dental hygiene. A powerpoint was presented to the YPC students on the dental health of children, providing guidance and tips in caring for your child's teeth.

**DI TANIAN**

CHILD HEALTH NURSE

We are very fortunate to continue our partnership with the wonderful Di who is a Child Health Nurse. Di provides information and support on a range of childhood needs including immunisations, development, behaviour, feeding and settling.





# YOUNG PARENT CENTRE

TERM  
TWO

## IN COOKING THIS TERM...

Cooking is a very important part of our program in the YPC. Now that the weather is getting a little chillier we have been making fresh pasta, soup, pizza and fresh baked bread. Its not all savoury though, with a large donation of lemons and limes we also made Key Lime pie and Lemon Meringue Pie.

Next term we are having a 'Great Bake Off' in the YPC.

Inspired by the amazing birthday cakes the students have been buying for their children's birthday's we decided to assign this challenge with the hopes to show the students that they could make a beautiful birthday cake themselves without being out of pocket hundreds of dollars.

## IN THE CLASSROOM

In English we have started a novel study on the book Jasper Jones, written by Craig Silvey. In HASS students have been learning about the civil rights movement, next term we will be looking specifically into Indigenous civil rights. In our parenting program students have been researching childhood illnesses. The girls then took that knowledge and created posters on Canva that can be used as a tool to refer to when their children are unwell.



## TRANSITION...

A large focus this term has been working with those students who have reached an age where they need to start thinking about transitioning from the YPC to further study or work. In collaboration with the staff in the RTO we have been meeting with students to discuss their options for semester 2 and beyond. Students have been updating resumes, speaking with representatives from Universities and TAFE's, researching career options, completing short courses and increasing their employability skills.

## CONGRATULATIONS

We want to take this opportunity to congratulate Keisha on getting her driver's licence.



# MIDDLE SCHOOL

Term 2 has been a great term in the Middle School. By the end of term 1 everyone had got to know each other, and all were getting used to how we do things in our classroom, this itself was an exhausting process for all of us so the two-week break came just in time. It was wonderful to see everyone come back from the holidays refreshed and ready to take on a whole new load of learning. Even though we have had various Covid related challenges this term (culminating in Celeste taking over the class for week 6!!) we have still managed to get loads done and have some fun at the same time.



In English we have delved into the world of myths, legends and fairytales, a subject which has brought lots of fantastic student knowledge to the fore. We have also explored biographies and autobiographies and students have created a biograph of a person of their choice. A large focus this semester has been on our individual research projects, students chose a topic, researched, organised their information and created PowerPoint presentations, which they then presented to the class. It was amazing to see such a diverse range of subjects researched, and to see some very brave presentations in front of other students.



Maths is always interesting, but term 2 really extends everyone as we move into more complex material. We have now covered the four main algorithms ( $+$ ,  $-$ ,  $\times$ ,  $\div$ ) and learnt how to apply them to more complex, real-life, word based problems which has led to some head scratching but also some really good results as students have learnt to slow down and navigate their way to an answer without being too frightened.



As we progress towards the middle of the year, it is wonderful to see lots of kids who have previously had bad experiences with Maths manage to overcome some of their fears and begin to have the confidence to trust themselves and tackle some more complex problems.

This term we have been lucky to have the team from Goals Ahead come in once a week and talk us through some excellent tactics on staying happy and healthy and active. We have been impressed with how well our students have embraced these lessons, most of which have been followed by some fun AFL training sessions run by past and present Dockers stars.



As always, we continue with our hectic program of extra-curricular activities and would like to send a shout out to Brad and his team for keeping us moving, the student services team for keeping us happy and healthy, Dan in the workshop for helping us get crafty, Flic, Nickie, Terry and Maree for keeping us well fed and Dionne and Dan for helping us explore the many wonders of Art.





# ART ROOM ANECDOTES

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

This term we have been exploring artists responses to war - **for and against** over the centuries and how they interpret their ideas visually through different mediums. Some artists develop works that record the event of war, with others challenging the harsh reality of the damage that war inflicts on people and the natural and built-up environment. Others are more political in their focus, making social comments on figure heads and decision makers such as Prime Ministers, Chairman's (or dictators) and in addition to this, the desire that many artists have to express that peace and love is the answer to the violence (particularly prevalent in the 60's). Artists such as: Goya, Picasso, Dali, Lichtenstein, Banksy, Bell are some of the artists that students looked at to inform their work.



Ash Higgins



Destiny Butcher



Eve Schafferius

After learning about a variety of inspirational artists students were asked to choose a position that they wanted to take with their artwork, whether it be about **war**, or **love and peace**. Then they were asked to choose a medium in which to work – **digital artwork** or **painting**. Finally, an artist's style to influence their technical approach will need to be incorporated into their artwork.



Emily Bruce



Layla Teede Inns



Jada Arrowsmith



## ART ROOM ANECDOTES

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

Port art students have worked hard to express strong and meaningful ideas around the theme of War or Peace in both mediums, with very successful and powerful artworks resulting. Have a look at their diverse ideas here...



Destiny Butcher



Royce Hall





# ART ROOM ANECDOTES

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

## Van Gogh inspired works



Diana Lorenzo-Perez



Maya Fowler



Samantha Sullivan



Chelsea Arnold



Amber Hansen



Shelby Driver



Royce Hall



Amber Hansen



Poh Slater



# ART ROOM ANECDOTES

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

We have been planning and workshopping in the Art Department in preparation for NAIDOC Day Celebrations. Paige Prior from NgalangMoort Art came in and facilitated a workshop with our art students, young mums and bus boys to develop a design that will be painted by the school community on Wednesday the 29<sup>th</sup> - our celebration day.



The design will reflect the theme 'Get up, Stand up, Show up'. The students and staff explored a variety of ideas with the idea of sustainability being a big topic of discussion and the animals taking centre stage. Speaking up about injustice and taking a stand also resonated with the group. Paige has taken the designs we drew away and will develop a final image that will be painted on NAIDOC Day by the community. We look forward to painting the artwork on the day together and displaying it in the school to remember this important event.



Dee and Dan



# 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





## 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

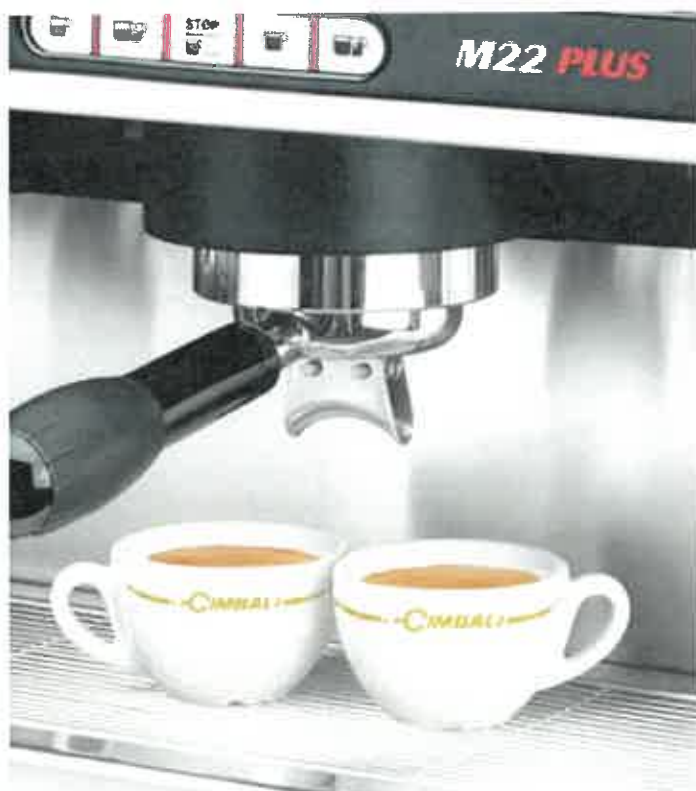
Visit our website: [www.appwa.com.au](http://www.appwa.com.au)

Email us: [sales@appwa.com.au](mailto:sales@appwa.com.au)

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

### "Special Offer"

BUY 1kg of Coffee Mio Beans and get "ONE" 2kg Box of Hot Chocolate Powder

**FREE!**

Free delivery will apply to orders over \$100.00 in the Perth Metro area.  
All deliveries outside the Perth Metro are plus freight.



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Hydration for your health and safety

**HYDRAPOLE ICY POLE**

**HYDRATION FOR YOUR HEALTH AND SAFETY**

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- ✓ No preservatives
- ✓ No artificial colours
- ✓ No artificial flavours
- ✓ Gluten free
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**LOW CARB**  
1.0 Litre and 2.5 Litre Servings

Fast-acting Hydrasafe® is an all-natural (hypotonic) electrolyte replacement drink scientifically formulated to replenish fluids and necessary minerals and salts which are lost through dehydration or through physical exertion.

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- Low Carb and Sugar Free 99.91% in 600ml serving.
- The Osmolality (measure of solutes) of Hydrasafe® which is 258 mOsmol/kg is 20% to 50% lower than other Hydration and Sport Drinks on the market.
- 100% Owned and Manufactured in Australia.
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# Health and Wellbeing.



Term 2 certainly seems to have flown by, with it seeming like just yesterday that I was compiling the newsletter item for term 1! Our in-class focus this term has been on a comprehensive examination of cannabis through the lens of different Humanities contexts.



So, we have been learning about its origins and history, the colourful anthropology of the hemp industry, medicinal and recreational contexts and of course its legal implications and health risks and benefits. Students have generally participated in a positive and animated way, and I thank them for their engagement and contributions.



## Marijuana's Effects on the Brain

**HYPOTHALAMUS**  
Controls appetite, hormonal levels and sexual behavior

**BASAL GANGLIA**  
Involved in motor control and planning, as well as the initiation and termination of action

**VENTRAL STRIATUM**  
Involved in the prediction and feeling of reward

**AMYGDALA**  
Responsible for anxiety, emotion and fear

**BRAIN STEM AND SPINAL CORD**  
Important in the vomiting reflex and the sensation of pain

**NEOCORTEX**  
Responsible for higher cognitive functions and the integration of sensory information

**HIPPOCAMPUS**  
Important for memory and the learning of facts, sequences and places

**CEREBELLUM**  
Center for motor control and coordination

© Alice Y. Chen, 2004. Adapted from Scientific American.

When marijuana is smoked, its active ingredient, THC, travels throughout the body, including the brain, to produce its many effects. THC attaches to sites called cannabinoid receptors on nerve cells in the brain, affecting the way those cells work. Cannabinoid receptors are abundant in parts of the brain that regulate movement, coordination, learning and memory, higher cognitive functions such as judgment, and pleasure.

MEDICAL NEWS TODAY

## Effects on the Brain Marijuana





# WOMEN'S WELLNESS DAY

A highlight of term 2, and initiative of the Health and Humanities department, was the Port Girls' Pamper Day, which saw the bringing together of all our girls, (from right across campus – including our Young mums; Senior School; Middle School and Outreach students) for an awesome immersive day of holistic self-care practices.



The day started with a magnificent spread of healthy breakfast foods prepared by the wonderfully creative Nicky in our canteen. Nidia, our Flower Essence Therapist – in – residence, then introduced us to the basic properties of essential oils made with different flowers to suit different physical and emotional needs and moods and we were each treated to a foot or hand spa with our chosen product.





# WOMEN'S WELLNESS DAY

Girls then participated in a healthy bliss ball making workshop (raspberry and Milo flavours) before trying out the ancient relaxation techniques of qui gong (like tai chi) and meditation.



We were also shown acupuncture points on the body to help us to naturally manage episodes of pain. Girls were then given the opportunity to conclude the morning's events with a ritual bonfire ceremony which allowed them all to symbolically let go of all the stuff that is not helpful to our personal growth (that which holds us back).



This beautifully sunny day was finished off perfectly, with an awesome communal lunch at Sandrino's Restaurant in central Freo, where the girls and staff got to give and receive some lovely positive affirmations, and to enjoy some good food in each other's company.

Thanks again to all the beautiful ladies who made this day so special!

*Raf*

# TAKE CARE OF YOURSELF



# OUTDOOR EDUCATION

## WILDE = What If Limitations Didn't Exist

Dave, Tristan & Esben

WILDE is an outdoor adventure program designed for teenage boys. Through adventure-based activities, students are given an opportunity to explore and develop characteristics of confident, respectful and healthy young men.



Over term two we engaged in a variety of nature-based activities (walking, fishing, mountain bike riding and exploration) to develop nature appreciation, presence and sense of self-awareness. It has been great going for nature walks and having reflective discussions about our surroundings and the impacts of nature on our wellbeing. The Friday timeslot has been great for wrapping up the week and transitioning to the weekend.





# THEATRE SPORTS CAMP

The mandatory Department of Education ban on school camps finally lifted this term and we took immediate advantage of it and spent 3 days at Fairbridge Village in Pinjarra. School camps have many benefits in providing new educational experience and opportunities such as making new friends outside of their usual social groups, fostering independence, build confidence and although there were some feelings of anxiety at the prospect of new situations, Mike and I were very proud of how they overcame this and threw themselves in to the experience.



Dress ups, games, delicious food, night-time Spotto and a toasty fire made the camp enjoyable, and of course the prospect of our house being haunted put the final touch on what was three very fun days. Mike and I were impressed by the student's behaviour.





# THEATRE SPORTS CAMP

They were inclusive, happy and threw themselves in to the experience with gusto. The weather was kind to us apart from getting rained in at the bakery, but the delicious food made it bearable! We kayaked at Drakesbrook Weir and again each student had a go and embraced tranquillity, which quickly turned to mirth, and it was fantastic to see how happy and enthusiastic they all were. We headed down to Busselton jetty and every student enjoyed a bracing Autumn swim! Mike and I decided against a dip and enjoyed the swim vicariously. We stopped off at Gnomesville in the Ferguson Valley and it was quite the experience, the huge number of gnomes seemed endless! The creativity and love put into each gnome was hugely impressive; we spent time exploring, reading, laughing, and embracing the passion put into Gnomesville.



We saw students build their confidence, kindle creativity, and problem solve. They embraced the new social interactions, team building experiences and encouragement of a sense of independence. It's always good to have new, positive experiences and it is important for everyone to try new things, learn new skills in a new environment; with new foods friends all the while getting to know their teachers outside of the usual contexts. We had a lot of fun!



**You have reached Gnomesville  
"City Limits"!**

Thank you for visiting

Please:

- 1. Respect our neighbours and leave gnomes with their friends within the 'City' boundary.
- 2. Take your litter home with you.

This site is managed by the  
Shire of Gardenup

Shire of Gardenup





# EARLY LEARNING CENTRE

We love watching all the awesome things the children learn over the course of a term and participating in all the awesome experiences with them. We provide so many activities on a daily basis that see the children develop in many ways, some of these include hand-eye coordination, sensory skills, math and science concepts, creativity, social skills and gross motor skills.

We would like to welcome Liv & Amarni and Shakia & Myah to the Port ELC family and we look forward to watching your children grow and learn.



## PROFESSIONAL DEVELOPMENT

Klaudz has finished her course through a local university on Noongar Language and we have now started to introduce some simple words to the children. We are learning the Noongar words to a favourite nursery rhyme – Twinkle, Twinkle Little Star and the names of Australian animals. It is taking some educators longer than others to learn the new language, but we are all getting there. Youngmi, Kathy and Klaudz participated in a PD with Little Green Steps on Loose Parts Play and are now excited to offer more of this type of play to the children. If you have any 'loose parts' laying around at home, feel free to drop them into the ELC.

## PLAYGROUP

Playgroup is a wonderful opportunity for the mums to interact with their children in the day care environment. The children are always excited to have mum visit for a little while and show off all the cool activities they do and equipment they enjoy playing with.



# EARLY LEARNING CENTRE

## LOOSE PARTS PLAY IN THE EARLY LEARNING CENTRE

Loose parts are open-ended materials such as boxes, crates, sheets, pipes, log rounds, buckets, blocks and rocks that children can adapt, move, design and transform in many different ways. They can be moved, combined, redesigned, lined up, taken apart and put back together in multiple ways. The more flexibility a material or space has, the more opportunities these variables have for children's creative experimentation!

Loose parts can be natural or synthetic and might be considered 'junk' to some people. They are often inexpensive and can be found in nature, in a home recycling bin, or in charity or craft stores. While the list is endless, examples of loose parts include:

- Natural resources – rocks, sticks, seedpods, shells and leaves
- Materials – ribbon, fabric, cushions, chalk, pom-poms
- Objects – boxes, blocks, buckets, balls, hula-hoop, washing basket, trays, milk crates, PVC pipe

The natural world provides a diverse variety of loose parts that display patterns and sequences that can't be manufactured. Everything in nature has a different and unique texture, smell, temperature, taste, weight and design. Their play possibilities and affordances are endless. Their uniqueness encourages children to problem solve, and to be creative in how they use these items.

**We are looking for donations of loose parts, so if you are having a clean out and find anything that you think may be useful, please drop them into the ELC**







## The Winter Blues or Seasonal Affective Disorder?

The winter blues are very common, with many of us experiencing a mood shift during the colder, darker days of winter. You may find yourself feeling more tired and down overall. Although you may feel more unhappy than usual, the winter blues typically do not affect your ability to enjoy life. But if your winter blues start interfering on all aspects of your life — from schoolwork to personal relationships — you may be experiencing seasonal affective disorder (SAD).

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons especially during winter months when there is less natural light. If you're like most people with SAD, your symptoms start in autumn and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal change that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

### Symptoms

In most cases, seasonal affective disorder symptoms appear during late autumn or early winter and go away during the sunnier days of spring and summer. Symptoms may start out mild and become more severe as the season progresses. Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Experiencing carbohydrate cravings, overeating and weight gain
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live





## Causes

The specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

- **Your biological clock (circadian rhythm).** The reduced level of sunlight in autumn and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.
- **Serotonin levels.** A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.
- **Melatonin levels.** The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.
- **Vitamin D deficiency.** This might be a risk factor for depressive symptoms and is caused by low dietary intake of this vitamin or not enough sunlight exposure.

## How do you treat SAD?

To help manage SAD, here are a few options you might want to consider:

- Making your environment sunnier and brighter
- Spending more time outside
- Exercising regularly
- Talk to your GP about testing your vitamin D levels
- If you have concerns about your mental health, reach out and talk to a professional about it. Remember that Student Services is a great place to do this.



Have a safe break

Molly, Dave, Michelle Z, Andrea and Tristan

Tel: 08 9335 6323

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



# BUILDING HEALTHY ENVIRONMENTS FOR MEN AND BOYS

Men's Health Week | 13-19 June 2022 | Coordinated by the Centre for Male Health | Western Sydney University

International Men's Health Week is celebrated every year around the world in the middle of June. It is an important opportunity to highlight the importance of men's health, and to promote and support the health and wellbeing of men and boys in our communities.

Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing. During the week, we highlight the health challenges faced by men in Australia and worldwide and run events that can be replicated year-round to improve the physical, emotional and mental health of men and boys.

## WHAT SOCIETY NORMALISES MEN FOR:



Being "Strong" and emotionless

## WHAT SOCIETY SHOULD NORMALISE MEN FOR:



Speaking up  
Showing emotions  
Going to therapy  
Asking for help  
Mental health issues

#MENSHEALTHWEEK

• FIGHT THROUGH MENTAL HEALTH

## MEN CAN...

GET ABUSED

CRY

HAVE PANIC ATTACKS

FEEL SUICIDAL

HAVE INSECURITIES

STRUGGLE MENTALLY

GO TO THERAPY

HAVE TRAUMA

HAVE BODY IMAGE ISSUES



#MENS HEALTH WEEK

• FIGHT THROUGH MENTAL HEALTH

Through a series of promotions, events and publicity around the country, Men's Health Week is designed to provoke thought and discussion about what needs to be done to improve male health. The theme of Men's Health Week 2022 is **Building Healthy Environments for Men and Boys** - focusing on creating physically, mentally and emotionally healthy environments in the home, workplace and in social settings.

### Why Men's Health?

**All this emphasis on the health of boys and men - what's that about? They're alright, aren't they?**

In many cases, the answer is no. A boy born in Australia in 2010 has a life expectancy of 78.0 years while a baby girl born at the same time could expect to live to 82.3 years old. Right from the start, boys suffer more illness, more accidents and die earlier than their female counterparts. Men take their own lives at four times the rate of women (that's five men a day, on average). Accidents, cancer and heart disease all account for the majority of male deaths.



**WOULD YOU LIKE A PORT HOODIE?**



**\$25-00 EACH**

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

**PLEASE ORDER WITH CHELSEA or MARIA**



**TERM 3, 2022 STARTS BACK  
ON  
Monday 18<sup>th</sup> July**

Term 3  
Pupil Free Days  
Next Holidays  
Art Exhibition

Mon 18<sup>th</sup> July – Fri 23<sup>rd</sup> Sept  
Thurs 18<sup>th</sup> & Fri 19<sup>th</sup> August  
Sat 24<sup>th</sup> Sept – Sun 9<sup>th</sup> Oct  
Thursday 27<sup>th</sup> October

## Message from the Chair

### Barry Finch OAM

Port School is delighted that our Principal Barry Finch has been appointed to the Order of Australia for his outstanding achievements in the education sector. Barry has been awarded of the Medal of the Order of Australia (OAM) (General Division) for his services to reengagement education for at risk youth.



Congratulations Barry from everyone at Port School! "On behalf of all Australians, I congratulate the Australians recognised in today's Honours List," the Governor-General said "Recipients share some common traits – including selflessness, excellence and a commitment to service.

They're from different backgrounds, their stories are each unique, and each has served in different ways. This diversity is a strength, and each has impacted their community and made it better. "For that, we thank them and, today, we celebrate them.

Anne Marie Gee  
Chair of Port School Board



**-WANTED-**

WORKING OR BROKEN

**UNUSED  
COMPUTERS  
AND PARTS**

CONTACT TRISTAN OR DROP  
OFF AT SCHOOL  
0478 493 534



# BUILDING PROJECT UPDATES

Principal Barry Finch is pleased to announce, "After a competitive tender process, local WA owned company 'Western Projects' have been awarded the contract to complete the new middle school development.



With ambitious timelines in place, they aim to be finished by the end of the year ready for students to occupy the space in January 2023."



Port Middle School  
Courtyard



THE  
FULCRUM  
AGENCY

Port Middle School  
Veranda

THE  
FULCRUM  
AGENCY

Deputy Principal, Mike Gilbert commented, "We are excited to be working with Fremantle architects, The Fulcrum Agency and Western Projects on this exciting build.



Acquiring the land and units was a missing piece of the jigsaw and school's footprint. This development will see significant additional educational spaces and facilities for our younger students."



City of  
Cockburn



Supporting the community



GET UP!  
STAND UP!  
SHOW UP!

3-10 JULY 2022

**Free**  
Event

# Celebrate NAIDOC Week

## Community Fun Day

As part of our NAIDOC celebrations we're hosting a fun day and everyone is welcome.

- Art and crafts
- Froggys Fun on the Green outdoor play
- Face painting
- Yummy food, entertainment and more!



Tuesday 5 July



11am-2pm



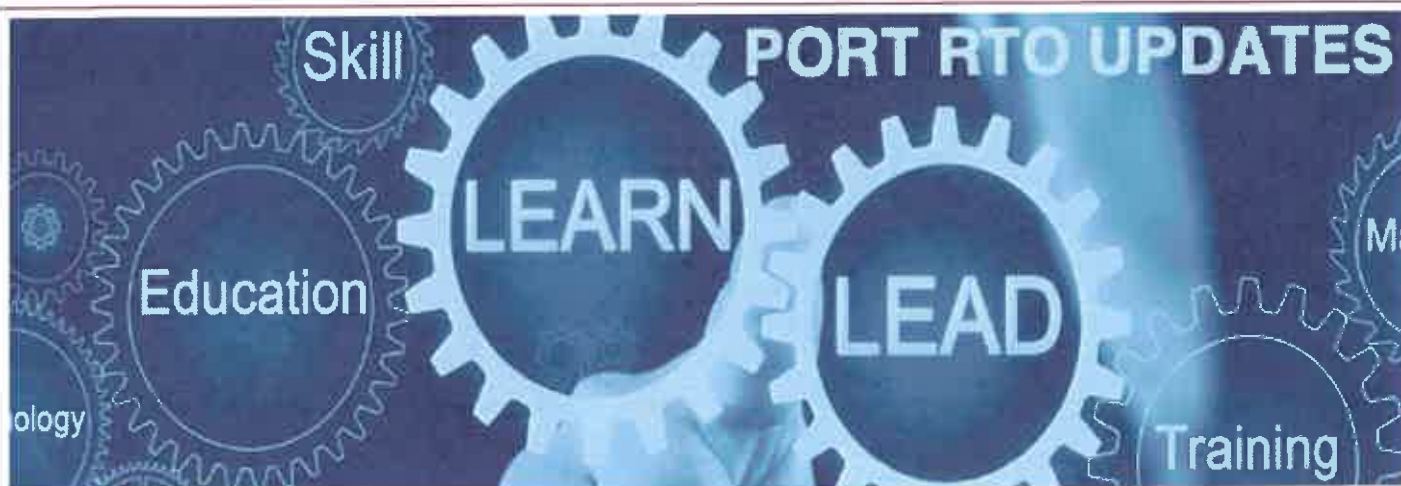
Len Packham Hall  
90 Cordelia Avenue,  
Coolbellup

*Everyone is welcome to attend.*

[www.cockburn.wa.gov.au/events](http://www.cockburn.wa.gov.au/events)







We've really ramped up exposures to careers this semester and have been well supported with our many Industry partners coming out to Port and discussing careers with our students. Our approach is a bit different from mainstream schools, where career nights and events are the norm. We believe in a more student-centred approach where students can meet in a more intimate environment with Industry /Employment and talk one to one about career pathways.



When our students can hear the personal and individual stories of our guests about their career paths, then our students can identify and dare to dream that that could be them too! So far, our students have enjoyed a cuppa and cake with Western Australian Police, Australian Defence Force, Rio Tinto, Curtin University and South Metro TAFE, just to name a few. All of our special guest have been very impressed with our students and school. As a result, we have had an ongoing commitment for regular visits and priority entry for our students into courses and employment.



Over the next couple of weeks, we are meeting with as many year 10 and 11 students as we can to get career paths and employment goals identified for 2023, organising some great Year 9 career tasters and our star event – SMTAFE Drone pilots taster on the 26<sup>th</sup> of July. I'd like to thank our amazing students for being a great example of what Port School students are about and to thank the staff and teachers for their patience with the sometimes-never-ending visitors interrupting their classes.





### Australian Defence Careers

Port is delighted to welcome Denise Hardie to the team as new Training & Development Manager, Denise who started at the beginning of the year has impressed us with her work ethic, networks and stakeholder relationships. Denise brings a great dynamic and enthusiasm to the role and the school. She will now lead this area and work closely with Louise and Ellena in that team as well as Port's senior leadership team. Congratulations Denise

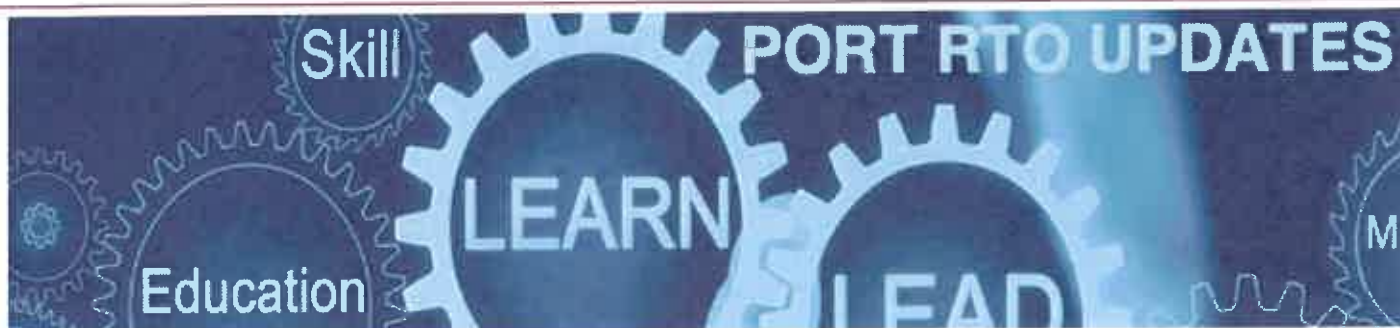


Petrea Saunders & Leading Seaman Erika McKay from Australian Defence Careers visited recently. Port School is very appreciative of the special interest shown to our students by ADF careers. Following on from a very successful visit from Petty Officer Case and the Navy Chefs, Saunders and McKay have offered their time to mentor and support our students in their academic and career goals on a regular basis.



The ladies enjoyed morning tea and volleyball in the main campus and then joined in with the YPC girls in cooking and card games. Make sure you say G'day to our newest members of the Port community when you see them around.





## Rio Tinto

Port School welcomed Shona, Troy and Kaisha from the Indigenous careers team at Rio Tinto. Addressing both Indigenous and non-Indigenous students, we got an in-depth and personal insight to working in the resources sector. We were excited to hear that along with great pay, Rio provide cultural mentoring, lifestyle benefits and many different pathways into working FIFO.



Rio have committed to supporting all our students with career mentoring and recruiting advice. We are really pleased that they will also be regular visitors at Port, so say G'day when you see them around.



Paragraph below sourced: <https://www.riotinto.com/en/careers>

"We are curious and creative, ingenious and hard-working. We are pioneers – exploring the boundaries of everything we do. The materials we produce are essential to human progress, and we see that progress driven by our people. Working at Rio Tinto means touching people's lives: from exploring new materials to finding ways to tackle climate change.

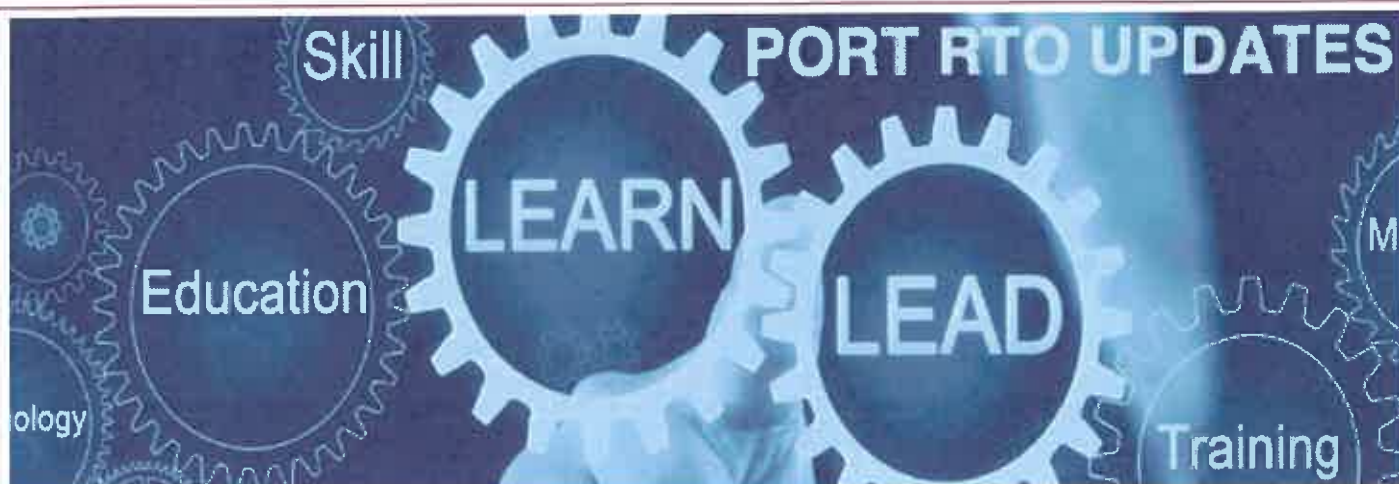
We are committed to an inclusive environment where people feel comfortable to be themselves. And we want our people to feel that all voices are heard, all cultures respected and that a variety of perspectives are not only welcome – they are essential to our success".

**Our values – care, courage and curiosity – guide how we work and how we treat each other.**

## TRAINING & DEVELOPMENT

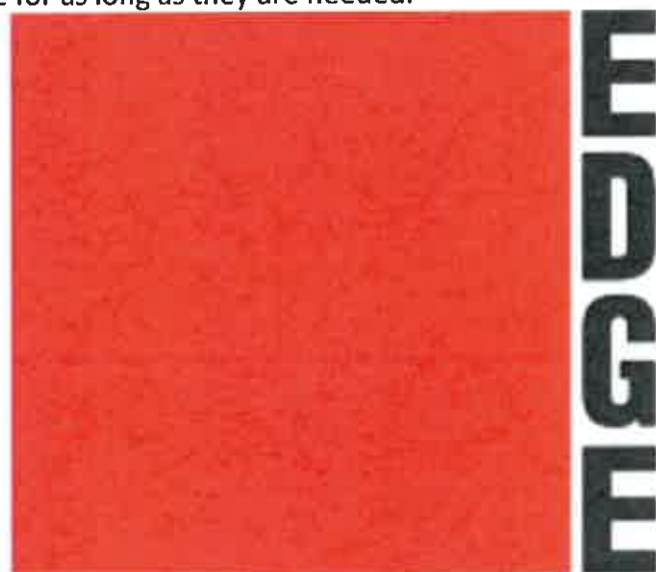






## Edge Employment Solutions

We were pleased to welcome from Edge Employment Solutions, Dan Doble; Business Development Manager, Shirley Teow; Account Manager and Tenille Douglas; Disability Employment Services marketer to our school community. Edge is committed to not only sourcing the best employment opportunities for our students, giving them the ongoing tools and support systems to make their new job their own. This dedicated support doesn't finish when a contract is signed but can continue for as long as they are needed.



## Employment Solutions

As a Disability Employment Services (DES) provider, Edge is proud to be more than a recruitment advisor. Instead, they work as an active partner for both job seekers and employers alike. The Edge team have already helped many of our students obtain employment and Tenille is a regular visitor to Port, so be sure to say hi when you see her around. We thank Edge for taking the time to meet our students and share our vision for helping every student reach their fullest potential. If you would like to know more about how Edge can help you contact Tenille 0449 883 140 or Denise and Louise at Port.

## Institute of Indigenous Health and Wellbeing

Port School and The Institute known as Noongar Wellbeing and Sports are pleased to sign a Memorandum of Understanding that will see the two organisations working closely together to achieve great outcomes for Indigenous and At Risk students.





# MOBILE CLASSROOM

Hello, the mobile classroom students have been really working hard at building up their attendance and making it a priority to be on the program. We would like to welcome a new student Jaleal this term. He has fit in well into our program and really seems to be getting the most out of what we have to offer. We have had a student transition into the main school, and we congratulate Stan on this and the real positive impact he is having around the school.



The fellas have been engaged with the workshop program run by Dan and have produced some amazing pieces, including leather wallets, coin holders and leather key chains. The students would start with a treated bit of hide and then must design, stamp, stitch and dye the product until they have a finished product. This Term we have had one of our students Keanu sit his NAPLAN tests. This is a great achievement by Keanu with short notice for the tests and really showed his maturity and eagerness to have a go.



Another big highlight of the Term has been the cooking classes on Monday afternoon with Nikki and the team in the kitchen. The group really enjoy this class and it has been awesome to see some of the finished meals at the end of the sessions. They have whipped up stir fry's, churros, chicken parmigiana, pastas and many more delicious take home meals. We hope the group enjoy the holidays, stay safe and back ready for a big Term 3.

Josh and Dennis



# Thank You Eric Sankey

It's always a sad day when a valued and long-standing staff member retires. Eric our finance officer and book keeper is certainly that with 20 years and three Principals under his belt. Eric is known as the kind, unassuming gentleman whilst being a modest, talented, caring, amazing and supportive individual: Highlights of his time at Port School include: Balancer of Books, Accrue-r of Finances, Reconciliator of Grants Trivia Night Master, Malaysia Receipts Collector Extraordinaire, Preparer of Reports, Master of spreadsheets!



Eric's tenure at Port goes beyond being a book keeper and financial manager of Port's accounts. He has seen that business growth firsthand and been part of a small cottage industry with just a handful of staff and students to becoming the large scale educational entity with multiple facets and large annual turnover, that it is today.



Although Eric will be missed by us all at Port, he is remaining on the school board as treasurer, so will never be that far away. All the best for your retirement Eric

*From all The Port team and our wider community that know you*



# COMMUNITY SERVICES

## Lunatics, artists and submariners

Community services class had a visit to the Fremantle arts centre to view the Revealed exhibition of New and Emerging WA Aboriginal Artists. This provided students with an insight about artists (over 100) with stories of community and culture. The arts centre itself holds a fascinating history with the students learning the history of it starting out as a lunatic asylum for convicts, submarine depot, a women's home, technical college and then museum. The building was built in 1865 by convicts- mental illness back then was any form of criminal activity, poverty, depression or mental illness- this was all labelled as 'lunacy'. The asylum also housed women who were interned or abandoned by their husbands for behaviour that would not normally be considered a mental illness today.



## Domestic violence advocate guest speaker

We had a fantastic visit from Leah who works at a women's shelter in Perth. Leah started her work placement at a domestic violence women's shelter while completing her cert III and IV in community services. Leah is very passionate about her role and was very generous in sharing her day to day work routine. The shelter creates a safe space for women and their children, supporting and empowering them to create positive changes toward their future. The students were very engaged and asked many questions especially as covid has created many issues moving families forward into alternate accommodation.





# COMMUNITY SERVICES

## Van Gogh

Our certificate classes on Monday were very lucky to attend the Van Gogh Alive Exhibition which was an unforgettable sensory experience. Vincent experienced severe mental health issues from when he was young with many suggesting he had an acquired brain injury from birth. The exhibition went through the various stages of his life and the paintings he produced in the eras. Van Gogh had nearly 30 different diagnosis ranging from lead poisoning to psychiatric disorders.



## Ashlee

You may have seen me around the halls or in your classroom. My name is Ashlee and I came to Port School to complete my 80 hours work experience for my certificate IV in Community Services, in hope of completing my Youth Work certificate next semester.

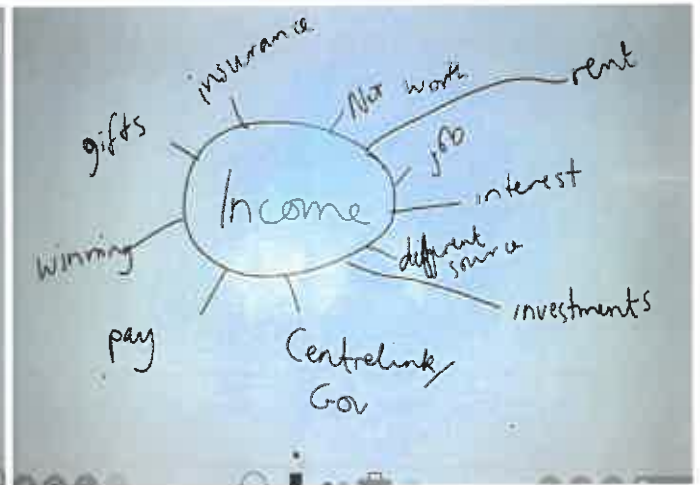
My time here has been such an incredible experience learning the fundamentals of how a care school functions and the opportunities and support are offered to students, ranging from middle school, to the art room, to the kitchen, to the RTO, each room shows tailored support with hands on skills and creative minds, being part of this community and observing the teachers, youth workers and the students I have gained a better understanding of the theory I have learnt throughout my course and I will be taking many treasured memories home ready for my next journey in youth work.

*Louise*





This term, Groups 3, 4 and 5 have had the opportunity to learn about tax and income 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 had a chance to use simulators to fil a tax return and see how tax refunds and debts are calculated.



The latter part of the semester 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 shown how to use Excel to create spreadsheets and use input formulas to make budgeting easier. It has been great to see students engage in these topics and learn crucial life skills.

Eileen



# ART ROOM ANECDOTES

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

## Middle School Art

The Middle School students have been working feverishly on their **Steampunk** robot sculptures made from recycled materials. Steampunk is a genre of science fiction that has a historical setting and typically features steam-powered machinery rather than advanced technology.



Temeley (Youth worker)



Kosta I



Jordan P

We asked the students to imagine they are living 200 years in the future, thinking about sustainability and therefore using recycled materials to make their robot steam punk character, placing emphasis on Texture. The Steampunk assemblages were made from found materials that were fashioned to look like mechanical parts. The final artwork was painted to look like old metal in silver, brass, copper and gold.



Paul W



Kyle BM



Alison K



Anni D



Barbie U



Brody M



Jarrah S

Well Done Middle school your creativity continues to <sup>45</sup>astound us!





## Port Outreach Program

Due to unforeseen circumstances the POP newsletter article was omitted from the Term One print run, it contained some important introductions so here they are albeit a term late. The POP team has become leaner and meaner this year with a crew of 4.9 FTE dropping from 5.3 FTE last year. The program has not enrolled student directly into the POP program this year; the team is focussing on supporting students from the general school cohort. POP is maintaining the number of students enrolled in the program by offering some group sessions in fitness which have proven to be a favourite amongst the girls despite the sore muscles every Tuesday.



To meet the individual needs of students, this year some students are enrolled in three programs; Port Outreach Program, Senior School, Mobile Classroom and the Middle School. This hybrid program allows the student to engage on and off campus in the best educational environment for their leaning needs. The long-term goal for all POP students is to transition into a fulltime school program or to post school options. This year we have two new teachers who have been working hard to support and engage our young Port people.

### Welcome Sam Kerridge.

Sam comes with many feathers in his bow and a solid history and passion for working with disengaged youth. Sam has a background in psychology and is a SCUBA Diving Instructor. Sam's qualifications are an asset to the POP team and students are already benefitting from his expertise. Water sports and First Aid are on the POP curriculum. Sam is putting POP students through their First Aid Certificate, students will be doing their theory online and their practical component at the school or in a special POP group off campus.

### Welcome Jon Kroeck

Jon joined us from Fairbridge College where he has been working for the past three years as a Youth Support Worker. Before that, Jon worked as an experiential educator taking students around Australia, teaching about the variety of cultures and customs, and expanding on their familiarity with themselves and the world around them. Jon is enjoying the extra hours in his day without the long commute to Pinjarra. Jon has just been granted his provisional teacher registration by the TRBWA and is now qualified as a Youth Worker and a teacher. Jon has a passion for bouldering and has been encouraging some of Port students to join him at some of the popular climbing walls around Perth. We now have a few potential bouldering experts in the school thanks to Jon's leadership.





## Port Outreach Program

Congratulations to Ashanti Bell who celebrated her 18<sup>th</sup> Birthday in December 2021. Ashanti is on track to complete her Certificate II in General Education. Several students are on the cusp of completing their Certificate II in General Education, keep up the good work Natalee. At the time of print Landen has completed his White Card training, his CGEA Certificate II and his has his Learners Permit!! Landen is looking forward to signing up for an apprenticeship as a Mechanic when he graduates at the end of the year. In the interim Landen is looking for some work experience in an auto repair shop.

# Happy 18th Birthday Ashanti

Congratulations also to Natalee Fisher Strettles who passed Learners Permit this term, Natalee is joining the Ryde Program in collaboration with Cockburn City Council. Natalee Fisher Strettles is beginning a School Based Traineeship with Culley's Bakery and Tyler Bishop is attending work Experience at Thumpstar Bikes and Hyspeed Mechanics. Congratulations also to Tynan Hawkins who has completed his CGEA Certificate II and has commenced his CGEA Certificate III.



Natalee Fisher Strettles has used NAIDOC Day at Port to demonstrate her competency in Certificate II - "Implement and review a project" by making and decorating cupcakes and selling them to raise money for Klang Special School in Malaysia. Thank you to all who supported Natalee in this endeavour.

Semester One has been challenging and Covid has had an impact on staff and students throughout the semester. As the days grow colder, we urge students to take care of their health, keep warm, get plenty of exercise, and eat plenty of nutritious food to keep healthy and fit for school. Attendance is always important, students who attend regularly are rewarded by gaining an education and have more vocational and educational opportunities. Term three is the hard work term and the transition time for students leaving the school so let's get on with the job!!

Have a safe break and we will see you in Term Three!!

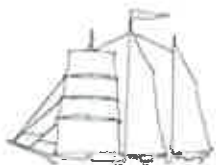
*Jane & The POP crew*

*Jane, Belinda, Scott, Jon & Sam*

*The Port Outreach Team*

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





**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](mailto:education@sailleeuwin.com)

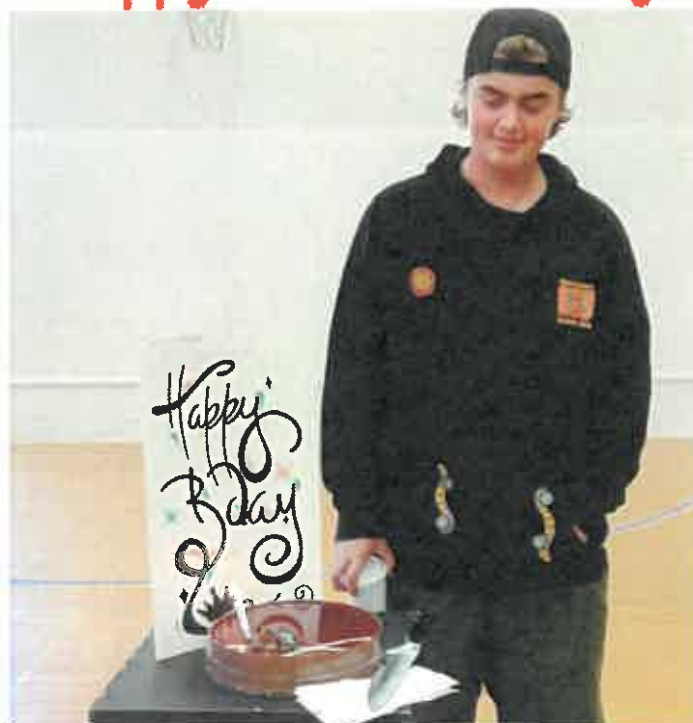
[www.sailleeuwin.com](http://www.sailleeuwin.com)

# Congratulations!

Congratulations to Kyle who has played 200 games for the Cougars, great commitment and achievement.



## Happy 18<sup>th</sup> Geoffrey







As always, our English room is a fantastic mix of personalities and perspectives that make each day an experience that never fails to motivate and enthuse me as their teacher. Term one has been a hive of work. What we aim to do is innovate and motivate both in theory and practise, encouraging questioning and wondering in our students and tap into a vital part of the brain: the critical thinker.



Critical thinking is an important and very teachable skill and underlines a great deal of what we do in the English room. The process involves analysing information and facts to break down and understand a problem or topic thoroughly; allowing us to understand and address issues and ideas based on all available evidence and information. It involves processing and organizing facts, data, and a range of material and break it down. It also means developing processes to analyse any problem without allowing personal bias, emotions, or assumptions to influence how we think about it. There have also been all the usual practises ensued and term 1 has been settling in the new students, ensuring they feel a valued part of our classroom and school community in general.



Establishing a balanced academic work and non-academic ratio, is important and finding that balance is key. Academically successful students have higher self-esteem and a greater sense of self. Positive self-esteem and self-confidence are critical factors in commitment to academic success. Finding that work-life balance is integral in shaping positive adolescent identity. This is just some of what we have been working on this term and I want to take this opportunity to thank our students for their hard work, perseverance, and resolve. A balanced focus on core academic subjects and non-academic such as team sport, physical education and art promotes confidence in one's capabilities, the ability to manage stress effectively, and the capacity to focus and make real progress.

Skills such as critical thinking, decision-making, and conflict resolution are essential for success in any walk of life. All of which are embraced here at Port School. Be kind to yourself, be kind to others and enjoy this well-earned break.

Joy



# WHAT'S COOKING?

It's been good to see the enthusiasm in the kitchen this term, suggestions of some amazing dishes and noticeable presentation improvements. The school held 'empowering women pamper day' and cooking students helped with the planning, preparation, set up and service of morning tea. Food looked amazing and students worked hard with understanding placement and how food should be set out.



From left to right: YPC student Heidi, Catalano's Mark Lupica, ex Eagles player Andrew Embley and students Geoffrey & Royce

We were fortunate enough to have Catalanos Seafood donate a Barramundi, Rankin cod, Whitebait & garlic prawns, Mark Lupica and Andrew Embley came along to show us how they like to cook these fish. It was a really busy morning, students worked well and served beautiful dishes to the school for lunch.



Crispy battered Calamari has been a hot favourite this term, cutting the squid tubes into rings and making fluffy batter ready to deep fry, served with Aioli and freshly made Tartare sauce. Closely followed by Chocolate brownies. These tasty gooey brownies are easy to make and enjoyed by everyone.



The hospitality staff and students put together an awesome platter for Eric Sankey's leaving party, that was thoroughly enjoyed by all. How fabulous does that look?



Quail eggs were donated to the school and we had a great time making 'Egg 3 ways' boiled, poached & cloud eggs. Students had a try at cooking eggs using various methods and discussing variations of appropriate service. There really has been an amazing variety of food experiences this term.



Have a great break  
Maree, Nickie, Felicity, Terri & Ana







# HOSPITALITY



What an amazing term 2 we have had, firstly our funding application for 'Seed to Feed' kitchen garden has been approved thanks to the City of Cockburn. We can now focus on planning and installing a fabulous new garden with home grown produce to turn into delightful dishes. Watch this space as we start this project.



Our most recent excursion was at Van Gogh Live exhibition, not only we are able to look around the exhibition we were shown behind the scenes and look at the catering operation. This consisted of 1 sea container which had been modified into a kitchen and 2 chefs. Another 2 containers we modified in a fridge and freezer. The exhibition has 2 bars and cafes, one providing High Tea each day. The food options were vast for a small operation yet simple and delicious looking. It was a real contrast from the catering operation at Coogee Common. Students were given a talk from the Operations manager about the set up and transport of catering. Some foods are flown in from France to ensure high quality and authentic dishes.



Every Monday, we have been continuing with 'Hospitality Take Over', each week we discuss and decide dishes, preparing and cooking these for lunch. This has been a great way to understand time constraints and pressures involved in a kitchen. As well as this we have catered morning teas for visitors and speakers at the school, taking time to appreciate the attention to detail and share ideas for presentation.





# HOSPITALITY



Some of the culinary delights can be seen below. Students really have embraced the ethos of hospitality, considering taste, product placement and layout as well as preparing and cooking with food safety in mind. Great work this term.



We have also been lucky enough to have had two excursions, our first trip was to Coogee Common, an amazing restaurant, with extensive gardens and sustainable practices. No food is wasted and very little is brought in from suppliers. Ingredients are grown and made on site, with a variety of processes. We were shown around the gardens, with chickens running around, noticing beehives, composts and the various stages, discussing the produce in season and what is popular. Followed by a tour of the restaurant and kitchen, with a look at the fermenting, pickling, olive oil production rooms. The menu changes daily depending on available produce. Staff have extensive training, and a traditional restaurant is encouraged, waiting staff take orders, have good understanding of the menu and wine paring, customer focus is priority. We tasted fresh herbs and rocket leaves and after this visit we had lunch in Fremantle, observing the differences between café style and restaurant service. You can read more about that on the next few pages.





Cooking and Hospitality students were thrilled to head down to the local Coogee Common for an excursion and to have a look around their facilities, sustainable produce, gardens, kitchen and menu.



Built in 1894, the Coogee Hotel, or 'Four-Mile Well', was a meeting place for local market gardeners, quarry and shipping workers, four miles from Fremantle. Overlooking Coogee beach, whose name derives from the Noongar boodja word for 'body of water', the hotel hosted picnics, horse races, community gatherings, and holidaymakers and travellers in their tea rooms, until the 1920s. During the 1930s and 40s, the hotel was used as an orphanage by the Anglican Church, and remained so until the 70s, when it was taken over by Main Roads. Since then, it has stood sentinel over Coogee Beach, empty and waiting for a new life.



In 2018, they saw the potential of the old Coogee Hotel site, the heritage buildings, and their grounds. They devoted countless hours to reviving the abandoned site, building new gardens and kitchens, while preserving the character of this landmark location for generations to come.





Their team of gardeners have tirelessly rehabilitated the land, cultivating our terraced gardens. They rescued olive trees from Gingin, fig trees from Scarborough and Shiraz vines from Margaret River.



They've added a new chapter to a story that started long before they did, and gardens that they hope will grow on after them.





# BOXING *fitness*

As we wrap up term 2, the Box-Fit crew is looking forward to their well-deserved break after all the focus and determination everyone has put in. This term's motivation was inspired by students requesting to do more advanced one on one pad-work to challenge themselves. It has been amazing to see the group come together and chat about what new skills they have learnt or what they are working on.



Each individual student has made a great impact in creating a safe and fun environment for everyone to comfortably flex their skills.



A big thank you to Port School's fitness gym and Mambas Boxing Academy for allowing us the freedom to use their space throughout the program.

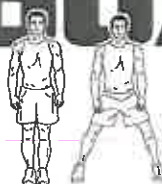


We are looking forward to punching out next terms sweat sessions. Well done to all champions 😊

*Celeste*

## CARDIO BOX

DAREBEE WORKOUT  
@ darebee.com  
5 sets | 2 minutes rest



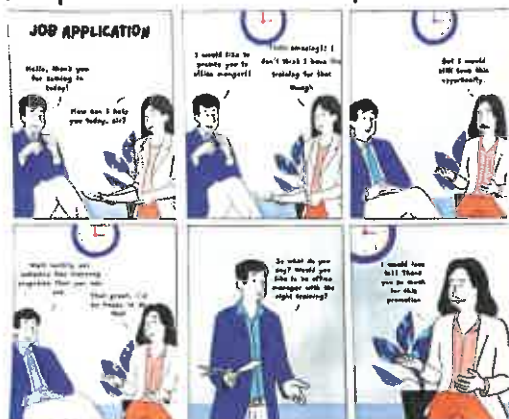
- 10 half jacks
- 4 punches ( jab + cross )
- 4 uppercuts
- 10 half jacks
- 4 punches ( jab + cross )
- 4 uppercuts
- 10 half jacks
- 4 punches ( jab + cross )
- 4 uppercuts
- 10 half jacks
- 4 punches ( jab + cross )
- 4 uppercuts
- done



# CERTIFICATE IN GENERAL EDUCATION FOR ADULTS : CGEA

## What is the certificate?

At Port School, we facilitate a Certificate II and Certificate III in General Education for Adults. The Certificate II in General Education for Adults is a self-paced course focused on students' literacy and numeracy. There are 11 units of competency that need to be completed to successfully complete the qualification. Successful completion of the course opens doors for a wider range of TAFE courses and career pathways.



Like the Certificate II, the Certificate III in General Education for Adults develops core literacy and numeracy skills for our students. The course curriculum also includes themed projects, career and transition workshops and pathways planning. As it is a Certificate III, the content and assessment tasks are more difficult than the Certificate II. There are 8 units of competency that need to be completed to successfully complete the qualification. Successful completion of the course opens doors for a wider range of TAFE courses and career pathways.

## CGEA Term 2

This term has yielded some outstanding results for our students in the CGEA classroom. We currently have over 60 students working on a Certificate II in General Education for Adults and 5 students working on a Certificate III in General Education for Adults. We have students in the Senior School, Outreach Program and Young Parent Centre who are currently working on a Certificate II or Certificate III.



As CGEA classes are run for students in Groups 3, 4 & 5 in the Senior School, we have a wide variety of units that students are working on during class sessions. Students in Group 4 & 5 work independently on the course, with support from teaching staff. Group 3 students have focused on creating a project (artwork, fundraiser, events etc.) and documenting the processes involved in creating it. We have had students create candles, body scrubs, artwork, games, drinks, and promote school events.

## Notable mentions- Completed Certificates

Blake Della Bona- Completion of Certificate II in General Education for Adults

Lela (Kota) Gordon- Completion of Certificate II in General Education for Adults



# ABSOLUTE TEAMSPORT

The school's sports program provides opportunities to improve the Fundamental Movement Skills of running, body movement, and object control. Activities that have been popular with students this term have been our Flag Rugby, Gaelic footy games, Volleyball, and Netball.



Our Flag Rugby games have been outstanding, and the students have improved the quality of the games by working hard and working as a team. The participation, positive attitudes, focus on working as a team, and acceptance of refereeing calls without complaining is the attitude we have asked of them. The students have set the expectations this year, as they hold each other accountable if their efforts are below expectation.



We have constantly challenged the student's skills and attitudes with ongoing modifications to the rules and equipment.



## 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.**



# ABSOLUTE TEAMSPORT

The students have shown an ability to quickly and successfully embrace those changes and adapt effectively to our sports programs.



This term, the afterschool fitness program has averaged six students a day for the last eight weeks, which has been fantastic to be involved in. The training sessions are well supervised, with circuit and individual strength training available.



The students who did train made improvements to their muscular strength/endurance, mobility, and knowledge. The students will have the opportunity to train the trainers in the last week of school, and this opportunity is open to any staff brave enough to let them.

Brad, Eileen, Aidan & Mike





## PICK UP AND DROP OFF LOCATIONS

### Pick up & drop off locations

- S | Cockburn Youth Centre, 25 Wentworth Parade, Success** Bus departs: 9am
- B | Beeliar Community Hall, Lakefront Ave, Beeliar** Bus departs: 9.15am
- H | Café Mint & Chilli near Memorial Hall, Corner of Rockingham Rd & Carrington St, Hamilton Hill** Bus departs: 9.30am

Drop-off times differ each day and are estimates. Please allow up to 15 minutes for traffic conditions.

## FREQUENTLY ASKED QUESTIONS

**My child is not quite 12, can they still enrol?**

**Yes** The target age for Outrage is 12-16 but we do accept attendees who are turning 12 this year.

**Why do you need my Medicare number?**

In the unlikely event that your child needs urgent medical attention, the provision of their Medicare number will assist in their prompt treatment.

**Is lunch included?**

Depending on the day and the program, lunch may or may not be provided. For days where lunch is not provided, they will need to bring or buy their own. We recommend bringing \$10-\$15 for lunch.

## CHECK LIST

- ☐ Pick up and drop-off times
- ☐ Appropriate clothing / shoes for weather & activity

Register online



## Participant Contract

It is important that everyone is aware of what is acceptable behaviour to ensure the enjoyment and wellbeing of all participants.

## Program Rules

All participants must comply with the program rules that are stated online when booking. Please read the rules to your young person as they cover language, behaviour and general program expectations. Our rules ensure that the program runs safely and that all participants enjoy themselves.

## Coronavirus (COVID-19)

With the outbreak of COVID-19, the City's greatest priority is the health and safety of its community. For all Outrage events:

- If your child feels ill prior to the event, please cancel their attendance at [youth@cockburn.wa.gov.au](mailto:youth@cockburn.wa.gov.au) or call 08 9411 3888
- Hand sanitiser and/or wipes will be available if in stock (please bring your own if possible)
- Numbers per event will be a maximum of 30 attendees
- Lunches and snacks are preferred to be brought from home. There will be limited food provided. These should not be shared between participants
- Inform your child of the need for social distancing.

We encourage all attendees to practice good hygiene and to follow the guidelines released from the various government authorities. For more information on the coronavirus visit the WA Department of Health website.

Registrations online: <https://bit.ly/3IEvH5s>

Cockburn Youth Centre, 25 Wentworth Pde, Success  
[www.cockburn.wa.gov.au/youthservices](http://www.cockburn.wa.gov.au/youthservices) | 08 9411 3888

The information is available in alternative formats upon request.



Cockburn

Cockburn Youth Centre



[www.cockburn.wa.gov.au/youthservices](http://www.cockburn.wa.gov.au/youthservices)

## OUTRAGE July 2022 holiday program

### MONDAY 4 JULY

**Superbowl & Movies** ..... \$35

Join Outrage for two hours of ten pin bowling at Super Bowl! We'll grab lunch at Garden City afterwards and then we're off to the movies! Could you get a better start to the winter holidays?

- **Bring** Appropriate clothing, money, or lunch
- **Lunch** Bring or buy your own
- **Drop Offs** H 4.30pm | B 4.45pm | S 5pm

### TUESDAY 5 JULY

**Adventure Caving &**

**Tree Top Adventures Yanchep** ..... \$35

Yanchep National Park has some great caves to explore. We have lined up some adventure caving in the more inaccessible and hidden caves. Top that off with a high ropes course at Tree Top Adventures

- **Bring** Warm clothes, socks, shoes, and sportswear
- **Lunch** Sandwiches supplied, tuck shop onsite
- **Drop Offs** H 4.45pm | B 5pm | S 5.15pm

### WEDNESDAY 6 JULY

**Optus Stadium Tours & Bounce** ..... \$35

Get a backstage tour of Optus stadium. See the players' change rooms, check out the corporate areas, and even walk onto the oval at Perth's finest stadium. All restricted areas are accessible for this tour. After lunch we head to Bounce for two hours of trampoline fun.

- **Bring** Enclosed shoes, appropriate clothing
- **Lunch** Sandwiches supplied, tuck shop on site
- **Drop Offs** H 3.45pm | B 4pm | S 4.15pm

### THURSDAY 7 JULY

**Female Only Day - Dance** ..... \$35

Live out your video clip dreams. Spend a day on set in a production house with one of Perth's top choreographers. You will learn a simple hip hop routine, develop makeup and hair styling skills, and build confidence in front of the camera. The final product will be a dance video. Bring a group of friends or come by yourself and make new ones. The day will be one to remember.

- **Bring** Appropriate clothing, shoes
- **Lunch** Supplied, advised to bring snacks
- **Drop Offs** H 4pm | B 4.15pm | S 4.30pm

### FRIDAY 8 JULY

**Skateboard Tuition & Monsterball Amusements** .. \$35

Start the day at Beyond Skate in their private undercover skatepark. Coaching, boards, and helmets are all included. In the afternoon try the blow-up ninja and all-star amusement course and hang out at the Youth Centre

- **Bring** Shoes, appropriate clothing
- **Lunch** Supplied at Youth Centre or BYO
- **Drop Offs** S 3pm | B 3.15pm | H 3.30pm

### SATURDAY 9 JULY

**Laser Corps Swan Valley** ..... \$35

Laser Corps has a huge range of laser tag pistols, small SMGs, and sniper rifles. Their battlefields are filled with bunkers, huts, creeks, and bridges, which set the scene for the ultimate laser tag skirmish.

- **Bring** Appropriate clothing, shoes
- **Lunch** BBQ supplied or money for the tuck shop
- **Drop Offs** H 3.30pm | B 3.45pm | S 4pm

### SUNDAY 10 JULY

**Urban Jungle & Movies** ..... \$35

We head to Urban Jungle for two hours of indoor rock climbing. After a lunch stop at Garden City, we're off to the movies.

- **Bring** Shoes, appropriate clothing
- **Lunch** Buy or bring your own
- **Drop Offs** H 4.30pm | B 4.45pm | S 5pm

### WEDNESDAY 13 JULY

**Fremantle Prison Tours & Escape Hunt Game** ..... \$35

See the prison, hear the stories, and explore all the eerie spaces within. Then have a go at escaping yourself, using your detective skills at the Escape Hunt interactive game. You'll be locked in a room and asked to solve puzzles with your team to get out. Can you and your team escape the room in time?

- **Bring** Enclosed shoes, appropriate clothing
- **Lunch** Sandwiches supplied, tuck shop on site
- **Drop Offs** H 3.30pm | B 3.45pm | S 4pm

### THURSDAY 14 JULY

**Rock n Roll MTB Kalamunda** ..... \$35

Outrage heads to the mountain bike trails of Kalamunda for an exciting day out. Tuition, first grade MTBs and helmets supplied by Rock and Roll Mountain Biking. This is an awesome adventure for those who want to learn or improve their bike skills.

- **Bring** Shoes, sports clothes, water bottle, and helmet if you have one
- **Lunch** Sandwiches supplied, tuck shop on site
- **Drop Offs** H 3.45pm | B 4pm | S 4.15pm

### FRIDAY 15 JULY

**Go Karting & Game Vault** ..... \$35

One of the most requested days at Outrage so get in quick! We explore the latest in karting action at TKC. This centre has all the latest in safety features and fast karts. In the afternoon get fired up for the Game Vault truck!

- **Bring** Appropriate clothing, shoes, water bottle
- **Lunch** Provided at the Youth Centre or buy or bring your own
- **Drop Offs** S 3.30pm | B 3.45pm | H 4pm

Registrations online: <https://bit.ly/3IEvH5s>  
Steve Atherton, Youth Development Officer  
T 08 9411 3888  
E [s.atherton@cockburn.wa.gov.au](mailto:s.atherton@cockburn.wa.gov.au)

Bookings and more info