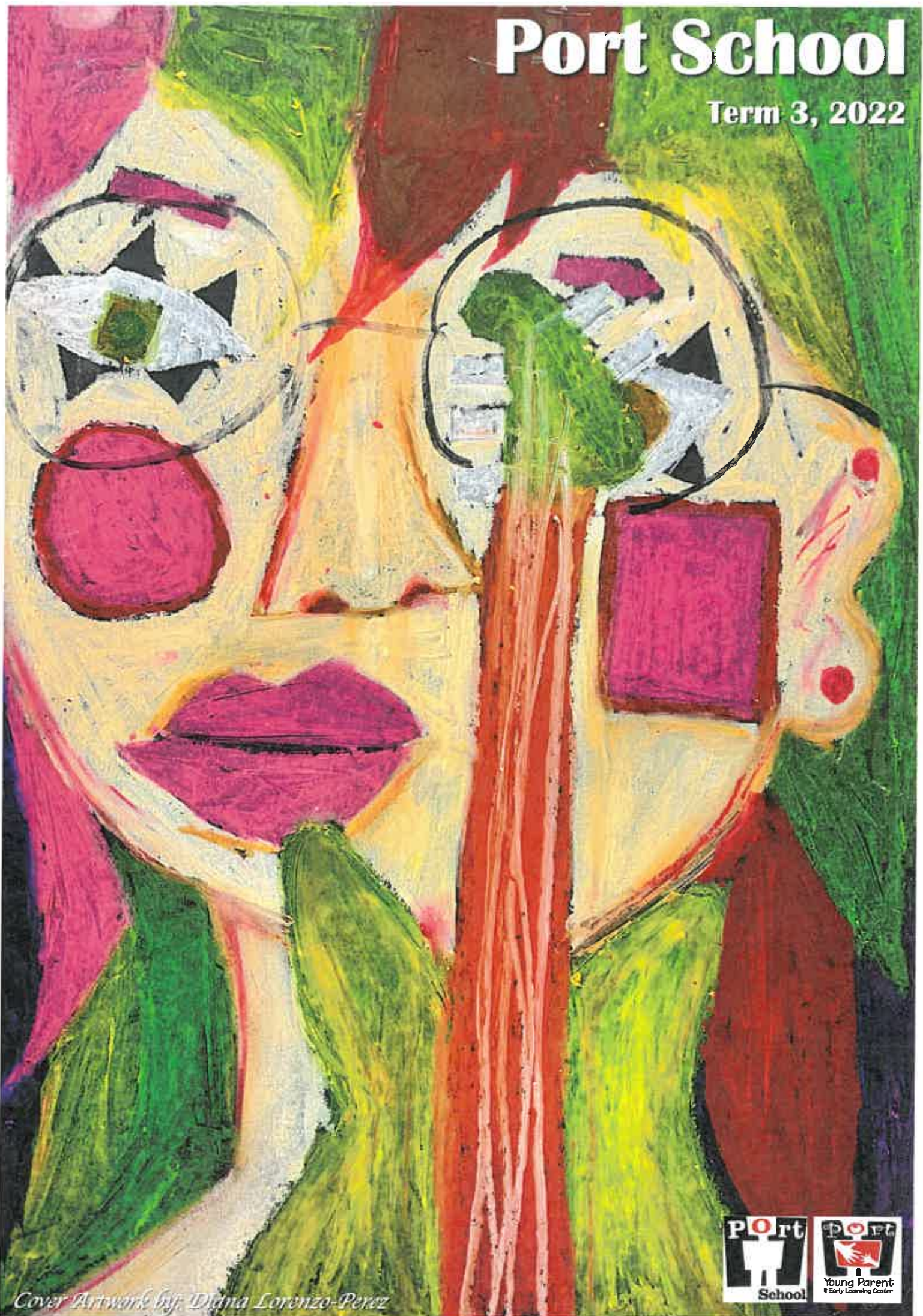


Port School

Term 3, 2022



Cover Artwork by: Digna Lorenzo-Perez



Message From The Principal



BARRY FINCH

As you may have noticed, our new Middle School is going up fast. We are now confident that it will be up and running by the start of next year. This new complex will allow us to have up to 30 students, equally distributed between Years 8 and 9. We intend to employ another teacher, and students will be divided into two classes. The long-term plan is to have three groups of around 12-15 students, which will give us greater flexibility in placing individuals in the appropriate class.



This plan will enable us to enrol around 20 students into the Middle School program each year, the majority being in Year 8. Over time, we would then reach a total of around 100 students between the Middle and Senior Schools, still leaving us with scope to enrol some students straight into Years 10, 11 and 12.

Eventually, we will have 8 different learning groups enabling us to better place students, based on their attendance, participation and ability.

CLASSROOM CHANGE

2023 will also see the art room move to the current Middle School building and the CGEA classroom, which is on the first floor in the main building, will relocate to the old art room.

This will enable the RTO office to move to the larger former CGEA classroom and will also free up the current RTO office to become a dedicated sickbay.

OLNAWA

ONLINE LITERACY & NUMERACY ASSESSMENT
WESTERN AUSTRALIA

It was amazing to see so many students sitting their NAPLAN and OLNA this year. It is the first time we have felt sufficiently confident to enrol our students in these assessments, and many have done very well!

NAPLAN

NATIONAL ASSESSMENT PROGRAM Literacy and Numeracy

As always, our biggest hurdle is getting students to come to school every day. As parents and carers, we ask that you do your utmost to get them to school. We will then make sure that they leave at the end of Year 12 with the skills needed to enter the workforce or to undertake further study.

I wish everyone a great break and look forward to seeing all students once again on Monday 10 October.

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.



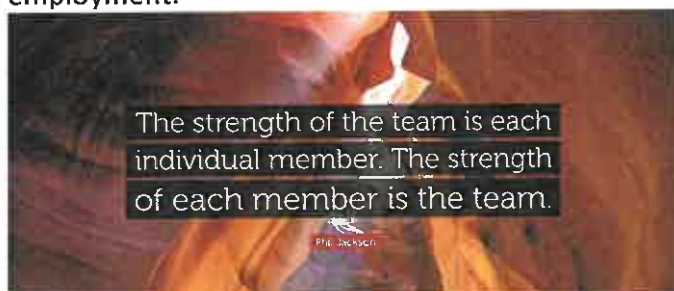
Deputy Principal Report

MIKE GILBERT

The year seems to be going very quickly once again, a sign of older age probably!! Term 4 approaches rapidly and with camps, end of year functions planned as well as a middle school project that's growing by the day, I am sure the year end will come around all too soon.

Once again, I was very pleased to be asked to step in as acting principal for just over two weeks whilst Barry took some much-needed long service leave. I often find myself desk bound and, on a computer these days, so to be more present around the school was good. The middle school invited me to sit in on their explicit direct instruction classes and as always, I am drawn to what's happening in the YPC, ELC, workshop, arts and kitchen areas.

I know I say it a lot, but once again I would like to thank our team for the work they do. When all the cogs align, Port really is an incredible place for our young people to succeed. The onus is clearly on them to selfishly take advantage of those opportunities and to leave Port armed with varied experiences, qualifications and skills that will help them transition in further education, training or employment.



I was very pleased with the two-day staff professional development program we had on those pupil free days earlier this term. It is highly important for us to drive best practice and to ensure our teams have the most up to date and useful information when working with our young people.

One of the highlights for me, was on topics around problematic gaming and cyber security for our young people. We were lucky to have senior AISWA psychologist Bas Schneider talking about problematic gaming and this year's Australian of the year Paul Litherland who is well known for his work in the cyber safety space. I would strongly suggest as

parents, carers and guardians, that you spend some time looking over information, so you can keep your young people safe. There were many new online platforms that are of concern to us as educators and certainly should be to you as well. Please check out the websites below to keep more up to date.

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

<https://www.esafety.gov.au/>

<https://beacon.telethonkids.org.au/>



As I write this, we are considering Malaysia options for 2023. I am hopeful that from discussions with the Department of Education, AISWA and our underwriting insurers that we can realistically look at reinvigorating the amazing Malaysia leadership excursion for 2023. We will of course be looking at all aspects of risks as we always have, but closely at the Covid aspect, should anything spark again in the future. We hope to make some decisions with regards to the feasibility by the end of this year, ready to start planning in T1, 2023.

That aside, the art exhibition that has always historically played a big role in our Malaysian fundraising is on and the countdown has begun to this awesome annual event which is being held on Thursday 27th October 2022. Dionne, Dan, Tim and the students have been very, very busy, making it even bigger and better once again.



If you know of an individual, business or organisation that would like to donate any artwork, we are still accepting creative pieces of any medium for this event. As always there will be a mix of student work and local Perth and Fremantle artists for sale.

Lastly, have a great break, be safe, be kind, have fun and enjoy time with family and friends.

Mike

The 2022 Child Protection Week Banner is themed:

Placing Children First – Every child in every community needs a fair go!

Port was delighted once again to be asked to design and make the banner for the Department of Communities National Child Protection Week. Our Young Parent Centre students designed and painted the awesome banner in conjunction with our talented and dedicated art teacher Dionne Garvey and help from Dennis Colbung. The students attended the event and had praise from Minister Simone McGurk MLA and Director General Mike Rowe for their efforts.



YPC students with Minister Simone McGurk and Director General of Communities; Mike Rowe

At the event the following was read out by YPC student Heidi Simmons, *"In the art classes we attend in the senior school, our teachers asked us all to individually respond to this theme, after an initial group brainstorming session. Some of us chose to work on paper and sketched our designs and others used the iPad technology in the Procreate app, to develop a banner image that reflected this message. This final artwork that you see before you, explores this year's theme with images that have important symbolism to us as young mums. The focal point is on the 2 children and the father embracing his daughter which shows the love and support that children need to thrive. We wanted to focus on cultural diversity by representing a family that isn't the Caucasian stereotype. Both children are laughing and happy, the young boy has colourful paint on his hands representing playfulness and fun."*



The tree house is an image that is synonymous with children and their backyards, and we also feel that it represents spending important time together. Building a tree house is an activity that children do with their parents, uncles or carers and it symbolises building something meaningful together. The doll house has a white picket fence and this to us represents a safe house. The dump truck is a metaphor for hard work and how we as parents will always try to guide and support our children with their chosen career paths. The dinosaur symbolises strength and bravery and the grass that frames the banner, represents the parks and ovals our children need to play in. The fresh air they breathe, blue skies and sunshine are also critically important to happy, healthy children.

The style we have used is a simple, modern approach with some cubistic elements in the background breaking up the vast sky. The simplistic representation of the clouds might even remind you of a wallpaper print in a child's bedroom. Child protection week means so much to us as mums because we would always want our children protected, healthy, happy and loved".

An abstract painting with a central eye-like motif. The eye has a blue iris and a dark pupil, surrounded by concentric rings of blue and pink. The background is a mix of dark, textured colors like brown, black, and grey, with vibrant streaks of red, orange, and blue. The overall style is expressive and textured, with visible brushstrokes.

SCULPTURE WALK & ART

EXHIBITION

PORT SCHOOL

Opening event 5-8pm, Thursday 27 October 2022
Artworks for sale from students and local artists
Fundraising for Klang Special School in Malaysia
and Port School's new Arts Hub opening in 2023

Viewing times: Friday 28th 8.30am - 4pm
Saturday 29th 9am - 12pm

Please collect purchased artworks between 12-2pm Saturday 29th

Detail of painting by Port student Chelsea Arnold

WORKSHOP

Term 3 has been busy in the workshop with some great items being made. Besides the traditional favourites of chopping boards, platters and turned bowls some students have given these a modern twist using resin.



We've carried on and expanded our leatherworking skills by tackling more complex projects and finishing techniques. Including wet moulding bowls and leather carving.



WORKSHOP

Supporting the art dept has been a large part of term 3 with the construction class laying down the foundations for a fantastic sculpture. Constructed entirely from salvaged kerbside materials. Well-done Jack and Ayesha.



Dylan put in a great effort with the blow torch making some cute snail sculptures from forks. Electronics class has been interesting and informative with. Students and teachers learning alike.



Great effort from the YPC girls making some great projects using casting resin.



Well done guys and girls for another safe injury free term in the workshop. Not always easy. Harley leading the way in safety attire. Well done Harley, Looking forward to term 4.

Dan

Girls Outdoor Ed & Wellness

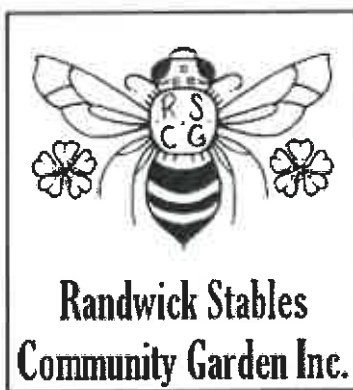


This term Port has introduced a new Outdoor Ed and Wellness group, which encourages the girls to explore and develop a better understanding of our relationships with the environment, others, and ourselves.



Kaleeya and Gypsy on a climb up Clontarf Hill

Where possible, the learning experiences have been conducted outdoors in local Parks, national parks, bushland and a local orchard and farm.



Kaleeya feeding Apples to Rosie

Alison and Ted at Randwick Stables have been kind enough, allowing the girls to have an up-close experience with their friendly farm animals.

The girls have loved the experience of interacting, feeding, and even cleaning out some pens for some of the horses.



Amber and Billy have a great friendship

Emily with Rosie and Ellie



Skip is definitely Emily's Favourite Annie doesn't play Favourites



Girls Outdoor Ed & Wellness

Towards the end of this term the Girls Outdoor Ed was given the opportunity to visit the S & R Orchid Blossom Festival in Walliston. While there we were able to catch a ride on the tractor train and spend time with the animals in the petting zoo. It was also the perfect place for the girls to put their posing skills to the test, with lots of spots to take photos in amongst beautiful backgrounds.



The Outdoor Ed girls

The girls represented Port School wonderfully and it was an incredible chance for all of them to come together and share a lovely experience.



Gypsy & Anahera



Emily & Anni



Flic & Anni

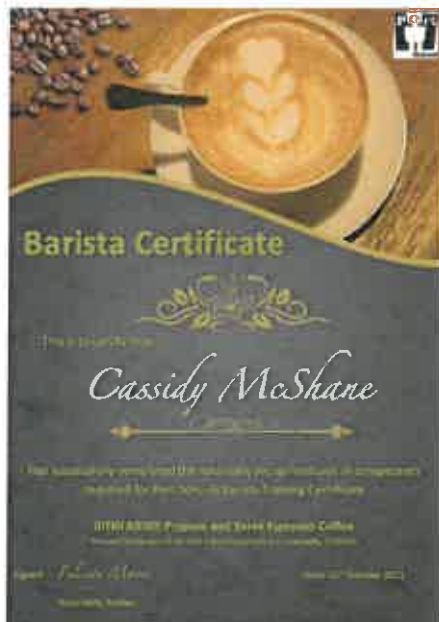


Below are some quotes from the girls on the day:
*"It was cool, we got to see some animals and ride on a tractor."
"It was fun and exciting, and my favorite thing was getting a toffee apple."
"I loved seeing the animals."*





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



Term 3 2022

Young Parent Centre

In the Young Parent Centre this term, students have been tapping into their creative side. Immogen launched her own business called Avaleigha & Co (named after her daughter) making scrunchies, hairbows and bandana bibs. The YPC staff and students helped Immogen make over 50 scrunchies for NAIDOC with the funds raised going back into the YPC. Well done Immy on making over \$200 on NAIDOC day. We wish you all the best with your thriving business.

In Cooking the students have been making the most delicious foods. Malaysian Curry was the clear winner for recipes this term. Students were excited to invite our Deputy Mike for some lunch with a side of UNO, although I'm sure Mike finds their UNO rules as questionable as the rest of the staff do! We have been focusing on 'entertaining' food, making all kinds of dips and rating our favourites. Students have now collated all the recipes we've tried this year and will make recipe cards on Canva, which links nicely to our IT class. Canva is a graphic design website students have been learning to use this year. Students have used the website to design posters, presentations and resume's. Even this newsletter article was made on canva!!

Did you know..... Canva CEO Melanie Perkins was born and raised in Perth and is worth an estimated 6.5 billion USD. Melanie conceptualised Canva at the age of 19



WELCOME
Mum's & Dad's
Camp
Nov 22nd-23rd

Term 3 2022

Young Parent Centre

The science topic covered this term has been the five main systems in the human body. The circulatory, excretory, digestive, nervous and respiratory systems. Each system works in conjunction with the other systems to give our bodies the best chance of survival by maintaining a stable internal body environment. Students made lap-books detailing each systems function. To finish off this topic students were offered the opportunity to dissect a sheep's heart to gain a deeper understanding on how blood pumps through the body.

Our senior YPC students have met with our manager Michelle to discuss how their transition from the YPC looks for the rest of this year and next. This created a great opportunity for students to look at the goals they set at the beginning of the year and see if they are still relevant, and to track progress towards achieving their goals. Tuhleesha and Immoegen have enrolled at Fremantle Education Centre (FEC) next year to complete a Certificate IV in Education Support one day a week while finishing their Cert III in General Education in the YPC four days a week. Caia will also be at FEC studying a Certificate IV in Community Services and Heidi will be finishing her Cert III CGEA with hopes to enrol in a Diploma in Nursing. Amelia will be transitioning into either employment or TAFE studies in the Community Sector.



MIDDLE SCHOOL

Term 3 has been a fantastic time in the middle school, with busy days both in the classroom and out and about with our many options and excursions. As always, we enrol some new students at the end of term 2 and beginning of term 3.



This year we have started 6 new students and they have brought new energy to our classroom and have all quickly settled into the way we operate in the middle school. It's great to see them forming strong bonds and learning one another's strengths and weaknesses. This will help them greatly as we move quickly towards our outdoor ed camp in term 4.



We have moved through some of the more tricky areas of Maths this term, looking at fractions, decimals and percentages. It has been fantastic to see everyone's hard work earlier in the year pay off as students start to put a lot of the basic mathematical skills they have been learning into practice as we encounter difficult areas.



In English, we have been reading the award-winning book, 'The Graveyard Book' by Neil Gaiman. Most students have been really enjoying exploring the incredible world which Gaiman creates and inspired by the book have been writing some very high-level answers in response to comprehension questions on the text.



As usual we have been spoilt this term by the amazing array of options available to the students, from Art to Workshop to Outdoor Education and much more. There is a wonderful team of workers at Port School who encourage and assist our middle school students as they explore new and interesting challenges and opportunities. These programs are pivotal in the development of our students and we in the middle school are super thankful that they get to enjoy such a diverse range of experiences outside of the classroom.



As the weather gets warmer and the days longer, we look forward to term 4 and all of the exciting adventures which we will share as we move towards the end of the year



MATHS DOES CREATIVE SCHOOLS

This term, students in Group 4 have had the opportunity to participate in the Creative Schools program with Ann Gee. The project, named "The Biz", involves students creating small businesses, which they will then launch at a Trade Fair during the Port School Art Exhibition in term 4.



They will use everyday Mathematics skills, such as measuring, budgeting and estimation, to plan, produce their products, and set up and run their business stalls. The students have shown great creativity with their businesses:

Healthy Bites – Provides delicious healthy protein bars and protein balls for those who value the healthy lifestyle.

Meeka Constellation – Offers Indigenous art pieces, as well as preloved clothing that have been transformed into wearable art pieces.

HomeFit – Produces stylish homemade kettle bells for those who are time poor, but still want to work on their fitness at home when they can.

Growing Up – Have repurposed old toys into terrariums, which have been filled with stunning succulents.



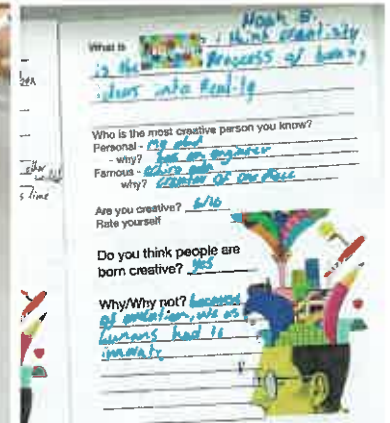
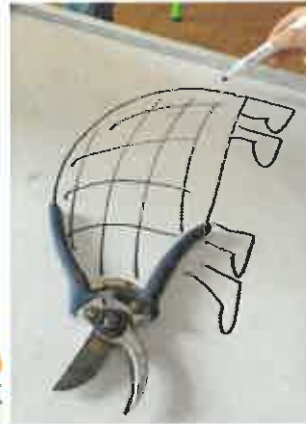
It has been amazing seeing the students get involved and show enthusiasm for their businesses. I look forward to seeing them continue to develop next term.



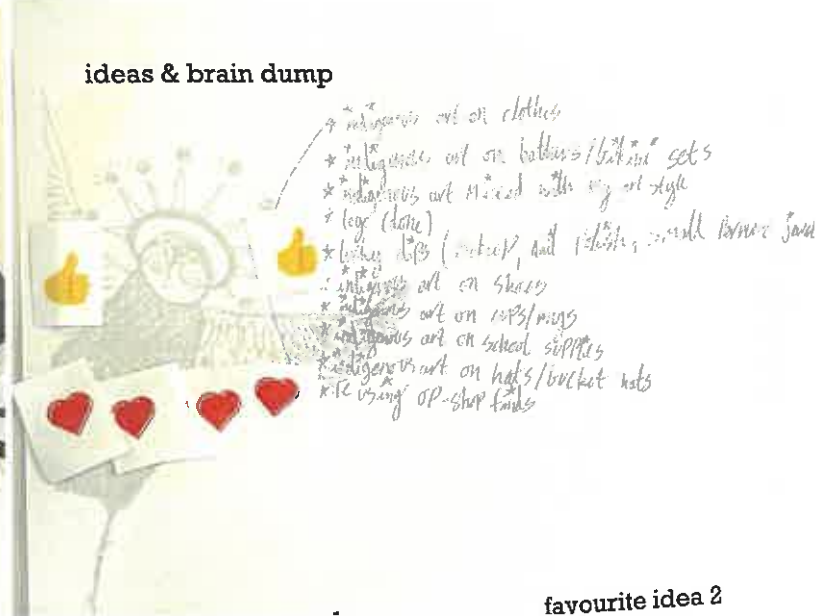
MATHS DOES CREATIVE SCHOOLS

Students were asked, "What is creativity?" They idea generated what they thought creativity was and were encouraged to feel safe with their answers. Students identified someone who they felt was creative - someone famous and someone they knew personally. They discussed these and looked for common qualities of these people. Students commented that:

- Creativity is using your brain to think outside of the box about certain situations
- Creativity is being able to think on the spot
- Creativity is thinking, experiences, views and stuff I know from things I don't know
- Creativity is problem solving
- Creativity is the use of problem solving and creativity is lots of things – hands-on, physical and mental creativity.



Students worked in pairs and were given 10 skewer sticks, 2 rubber bands, 20 skinny strips of masking tape and a at least 1 golf ball. The challenge is to build the tallest tower that will be free standing and hold at least 1 golf ball off the ground. There were bonus points for supporting more than one ball and the highest tower.



favourite idea 2

Teams working well in thinking outside the box were awarded extra bonus materials to assist - extra tape and some string. Teams had 20 minutes – but they were SO into it they took the whole first period with some working into recess!



ART ROOM ANECDOTES

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

The art department were pleased to be exhibiting their artwork at the Cockburn Memorial Hall in Hamilton Hill on the corner of Rockingham Road and Carrington Street earlier in the term.



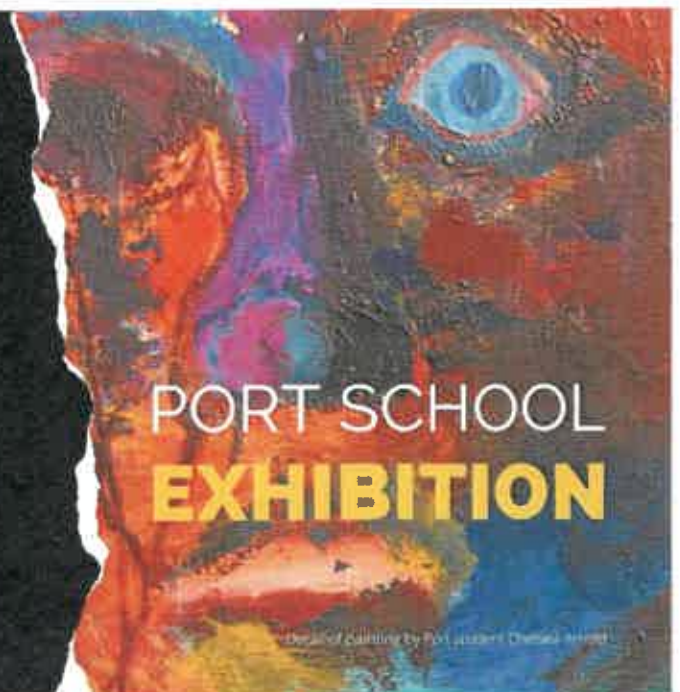
The exhibition was on for a week and displayed a variety of the students work as part of the City of Cockburn's Arts festival week. Special thanks to Bill Wallington for manning the exhibition for the week.



ARE YOU AN ARTIST? OR DO YOU KNOW SOMEONE WHO IS?

Port School is asking for donations of artwork for our 2022 fundraising exhibition. If you can help, please call Dionne on 0415 638 976 or email dionne@portschool.wa.edu.au

Submissions please by the 21st October
Thank you for your kind support!



CERTIFICATE IN GENERAL EDUCATION FOR ADULTS : CGEA

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 3

Term 3 in the CGEA classroom has been busy across learning groups 3, 4 & 5. Students in Group 4 & 5 work independently on the course, with support from teaching staff. This independent work model gives our students an opportunity to take ownership for their own learning and education. It also provides them with the opportunity to set learning goals and achieve them. Working independently in a group setting also gives our students a glimpse into life as a TAFE and/or University student, where it is fundamental for success.



In Group 3 we have focused on three units this term. All three of these units are based on key skills that can be used in the everyday life, the workforce and future study. The units have covered skills such as: researching educational pathways, job searching, goal setting, creating a portfolio, understanding employability skills and terms, analysing texts and professional email etiquette. We have had some fantastic results this term, thanks to the hard work and dedication of our students in class.

Well done to all students who have worked efficiently this term. We have had great success with students in Group 1 & 2 (Senior School), Outreach and the Young Parent Centre. A big thank you to all staff involved in working with these students (Joy, Suzanna, Eileen, Raf, Sam, Jane, Belinda, Jon, Esben, Lena & Chelsea).

Notable mentions- Completed Certificates

Noah Branley:	Completion of Certificate II in General Education for Adults
Clara Saull:	Completion of Certificate II in General Education for Adults
Mitchell Hoskin-Hantler:	Completion of Certificate II in General Education for Adults
Gus Sambrailo:	Completion of Certificate II in General Education for Adults

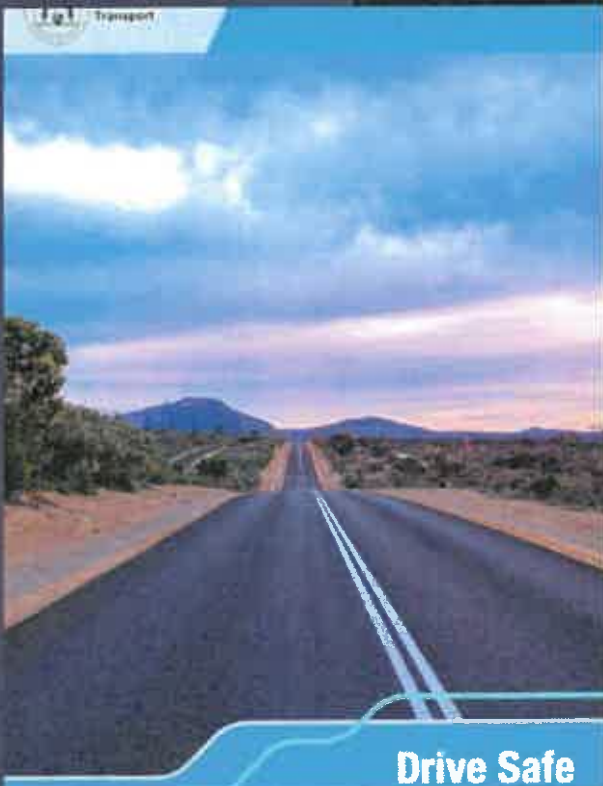
KEYS 4 LIFE



Tristan teaching Tayla how to do an oil change for under \$50

Keys for Life carries on as per normal. Each term the students spend time in the classroom and and out on the road (with Tristan driving of course!) learning the various road rules.

The students also learn the financial demands involved when owning and driving a car, as well as the responsibilities.



Drive Safe



ALL PURPOSE PRODUCTS

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

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

Suppliers of Kitchen and Cleaning Products

Suppliers of Warehouse and Office Consumables

Visit our website: www.appwa.com.au

Email us: sales@appwa.com.au

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 10Kg 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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AND SAFETY**

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- 100% Sweet and Manufactured in Australia.
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HUMANITIES & SOCIAL SCIENCES

Expanding your mind while having fun!

Welcome to the newly rebranded Humanities And Social Science (HASS) Department (formerly Health & Wellbeing)! And what a whirlwind of a term it has been! The move to transition the department to a faculty that would have scope for a broader coverage of topics, closer to the students' hearts has been underway since the beginning of the year, when the student voice was canvassed, and listened to. The study of Humanities broadly comprises subjects such as history, geography, psychology, sociology, and politics. But really it has no firm boundaries, and areas from criminology to archaeology and beyond can easily be visited along our journey in our quest for interesting new knowledge and understandings!



This term, students embarked in a hands-on reconnaissance mission of the Industrial Revolution, tracking the beginnings of technological progress from mechanisation (that is, the invention of machines that could easily do the work of several humans) to electrification (the arrival of electricity and the ability to power all those wonderful gadgets we have become so dependent on for our amusement).



HUMANITIES & SOCIAL SCIENCES

Expanding your mind while having fun!

As students learned about the Victorians' having to adapt from simple farming lifestyles to the more cut-throat environments of the factory floors, they had to undertake several real-life challenges which saw them having to draw on personal resourcefulness, problem-solving, teamwork, collaboration, and resilience! From town planning to weight-bearing bridge-building and floatation devices that would mimic the life vests on the Titanic! I think students' expressions in the photo collage speak to the genuine enthusiasm and positive engagement which was palpable in many of our lessons – and it was inspirational to see how much civil engineering talent is latent within the Port student community!



Term 4 will see a collaboration project with Dan and the workshop crew, including an electric car building incursion. 'Team Edge' will be challenging our youngsters to build cars that would be aerodynamically viable – with the adjudicated winners receiving podium place awards for their efforts!



Next term, we will continue our journey into the latter phases of automation and digitalization, which, among other things, will allow us to explore artificial intelligence and military and space technology... I bet your mobile is listening to you as we speak... Hahaha! Happy holidays everyone!

Ref



#bluepoopchallenge



The challenge, which was created by healthcare technology company ZOE, invites people to eat blue muffins, track how long it takes to see blue poop in the toilet, and then report the results. From there, you'll be given a "poop personality" and information on what your transit time—how long it takes for food to be pooped out after it's eaten—means for your gut health.



People are even sharing photos of their muffins and their poop personality on Instagram. (Yes, we're getting *really* comfortable with each other!) The challenge went off with fantastic enthusiasm, with the blue cupcakes being a sell-out! During the week, Flick and her team provided healthy gut options to all the participants, with those that took part recording their results online. Thank you Danesh for baking all the yummy blue cupcakes.



ONE

It can indicate how long food takes to move through digestive system.

TWO

It can correlate with your poop type and pooping frequency.

WHAT CAN
A BLUE POO
say about you



THREE

It can correlate with gut microbiome composition and diversity.

FOUR

It could be predictive of how your body responds to the fat and carbs in your meal.

WHAT CAN
A BLUE POO
say about you



By the end of the week, those that took part were able to have a better understanding of their gut health and well-being and were able to say that for that week, they made healthy choices and had more awareness and discovered the right way to eat for their, based on their unique gut microbes.



Jordan received first prize for his outstanding dedication and commitment to the challenge. Jordan took on the challenge wholeheartedly and tried all the healthy food options presented to him throughout the week. Well done, Jordan. Aiden received the second prize for his dedication to the challenge. Well done, Aiden!!

<https://joinzoe.com/bluepoop>

<https://www.cleaneatingmag.com/recipes/test-your-digestive-health-with-the-bluepoopchallenge/>

OUTDOOR EDUCATION

Eileen & Esben

Due to poor weather, Outdoor Education had to move inside several times this term, though it didn't stop us from having fun and getting active.



Along with hiking at Whistlepipe Gully, and bike rides in Fremantle and Kings Park, students were able to try bouldering and rock climbing at Urban Jungle in Jandakot; test out their ninja skills and flipping at Bounce in Cannington; visit an orchid and animal farm; and spot Koalas and cave in Yanchep National Park.



It has been amazing seeing the students explore new activities and areas of Perth that they have not yet had the opportunity to.



Next term we look forward to the sunny weather returning, so we can head back outside and into the water.



EARLY LEARNING CENTRE

Three quarters of the year has already passed us by and before we know it we will be getting ready for Christmas. Our little super stars have reached various developmental milestones this term; from crawling, to walking, to navigating the stairs on the fort and sliding down the slide, learning to ride the trike using the pedals and recognising their colours. We love to see all the children developing a newfound confidence with each milestone they reach. We would like to welcome Shiloh & Tatum the Port ELC family and we look forward to watching your baby grow and learn.

BOOK WEEK 2022

Early literacy is the foundation of education. Instilling a love of reading in children is the key to their success in the future. Reading to a child helps develop their brain. The brain forms meaningful connections very early in life, and a child's brain grows at a much faster pace during their first five years than any other period. When you teach a child early literacy skill, the learning process influences the entire functioning and development of the brain. Talking, singing, and reading to the children strengthens the existing links among brain cells as well as forms new connections. When a child learns a love of reading at an early age, they will have greater general knowledge and expanded vocabulary. In addition, reading builds improved attention spans and better concentration skills.



During Book Week we used this opportunity to provide even more experiences to the children. Educators shared their favourite books with the children, used props to act out many different stories and encouraged the children to read more. Some of the books shared were 'The Very Hungry Caterpillar', 'Brown Bear, Brown Bear What Do You See', 'Thelma the Unicorn' and 'Possum Magic'. To wrap a Book Week we had a dress up day and shared a 'Possum Magic' themed lunch.

EARLY LEARNING CENTRE

It's beautiful to see the mums interacting with not only their own children during playgroup but other families' children too. Playgroup also provides us with the opportunity to chat with the mums and offer advice and support where needed.



There have been a lot of sensory experiences during our playgroup sessions this term. It has been a pleasure to watch our mums step out of their comfort zone and get messy for the sake of their children's learning and development.



EARLY LEARNING CENTRE

World Turtle Day was celebrated on Monday 23rd May 2022. Youngmi and the older children talked about what we can do to keep turtles and tortoises safe, especially our local Western Swamp Tortoise or Yaakan.



The children then added their artistic flare to some pictures of a Yaakan. Youngmi entered their artwork into a competition being held by Little Green Steps WA and we were lucky enough to win a prize. On Wednesday 3rd August Belinda from Little Green Steps WA came to visit the centre to deliver our prize – a book called 'Wally's Way Home', which is a story about the journey a Western Swamp Tortoise takes. Belinda spent some time reading and acting out the story with her props²⁸

EARLY LEARNING CENTRE

Youngmi, with a little help from Emily applied for a \$1000 Woolworths Land Care Grant and we are super excited to say we received it back in June. The aim of our project was to create an edible/native garden for the children, families and community of Port Early Learning Centre. We hoped that by developing the garden everyone would gain knowledge about food production and sustainability as well as enhance their sensory abilities and positive social skills through participation in developing and maintaining the garden.



The children have been involved in preparing the soil, planting, watering, harvesting and consuming produce. We have continued to embed sustainable practices by using food scraps to feed the worms and create compost. The environmental and educational outcomes of the project have included: the benefits of growing produce, plant life cycles & plant care and motivation to eat healthy. The worm castings from our established worm farm have been used to fertilise the garden to help produce a healthier crop. We are looking forward to taste testing more of the fruit and vegetables as our blueberries, snow peas and carrots continue to flourish.



How to Change a Habit

Changing a habit you've had for years can be hard — but not impossible. We all have those habits we wish we didn't, but just can't seem to break. You might think you spend too much time on social media or playing games, or that your time streaming videos might be better spent reading that book you've always been interested in.



Though you've tried numerous times to break these habits, it might seem like nothing works. Even when you think you've finally beat it, you might find yourself back to doing the same habit weeks, or even hours, later. So, how can we stop? How long does it take to break a habit? It can be a challenge, but with some time and effort, habits can be changed.

Make a list

Every year, New Year's Eve rolls around and we make a list of our resolutions — or rather, habits we want to change or get rid of for the year. Spend less time on social media. Eat better. Exercise more. Quit smoking. Stop biting your nails. Making a list of your habits is not meant to make you feel bad about yourself, but to make you more aware of the things you want to change. This list can seem overwhelming, especially if it keeps growing and growing each year. You're not alone. We all have habits — old and new — that we want to change. Instead of trying to change them all, just pick one or two.

Identify the cause.

Now that you've made a list of your habits, try to find what prompts them. Maybe you reach for that carton of ice cream or bar of chocolate when you're stressed or are having a bad day. Maybe you spend so much time scrolling on social media because you're bored.

- Nervousness or anxiety in stressful situations might drive you to bite your nails.
- Learning what puts your habit in motion might help you come up with ideas to stop or change the behaviour.
- Remove the cause, if possible

Once you know the cause, removing it or finding ways to ease those feelings in the moment might help you break that habit. If you tend to reach for foods you don't want to be eating, consider throwing them away (or donating them). If the first thing you do when you wake up is check your phone, try leaving your phone outside your room or in another area not as close to your bed. This doesn't have to be forever — just until you're confident that you've broken the habit.

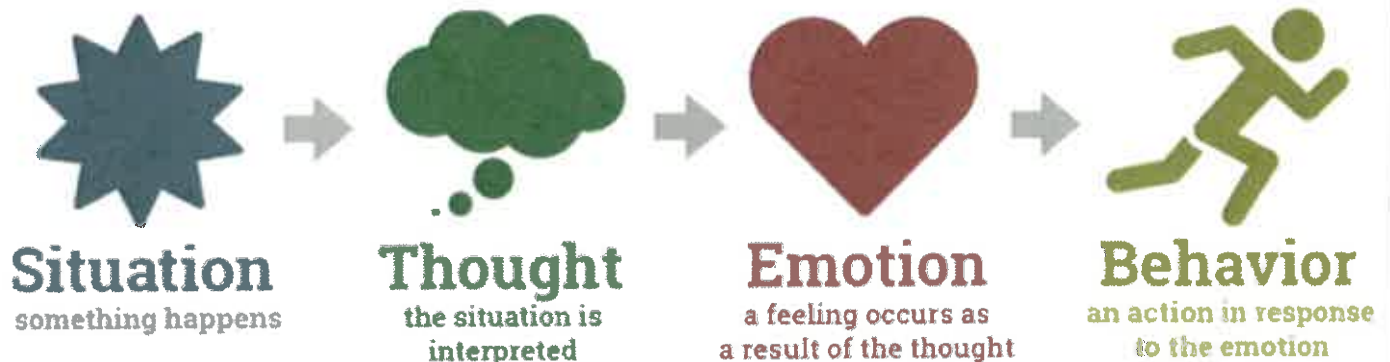
Replace the habit

Just knowing the habit and cause behind it isn't enough to make it go away. Research suggests that replacing a habit with an alternate behaviour is a good way to change or break a habit. Instead of reaching for a cigarette when you're stressed, try stress management techniques — such as taking a walk or meditation — to find relief. When anxiety has you chewing on your nails again, some deep breathing exercises might help ease your feelings.

- Try *not* to replace your new behaviour with something that's similar to the old one. For example, if you want to stop scrolling through social media so much, try not to use another streaming app as a replacement.
- Try these replacement ideas:
 - journaling when you're stressed or anxious
 - reading a book when you're bored
 - chewing a piece of gum when you want a cigarette

Make simple changes

Experts believe that habits are hard to break because they've become an automatic part of our day-to-day routines and patterns. In fact, our habit-forming behaviours have been historically linked to the basal ganglia — the "autopilot" part of our brain. Making simple changes — such as moving your phone from your nightstand before bed — can make it easier for the new behaviours to become part of your autopilot routine.



Allow slip ups

It's natural to have slips ups. Rather than beat yourself up about it, remind yourself that you're only human and it's OK. If you fall back into the habit, remember that it might take more than one trial to change it.

- Reward yourself
- Motivate yourself to change your habits by using incentives or rewards.

It doesn't have to be anything expensive or elaborate. It can be something as simple as a bubble bath or a favourite meal. Consider setting a goal for the week, and if you reach it, treat yourself. Knowing there's a reward in the future might motivate you to stick with your plan to break that habit. Don't give up. Habits are hard to break. Habits aren't formed overnight, so they won't change overnight, either. It takes time and patience for new behaviours to become routine. Habits can take several weeks to change. But don't give up! If you keep at it, you can turn those new behaviours into habits, too.

Let's recap

It's not easy breaking or changing a habit that you've had for a long time. It might take some trial and error and a bit of time to make that change. But with a plan and a lot of patience, your new behaviours can soon become second nature. If you need help ending a habit, consider reaching out to a mental health professional. A trained mental health professional can offer guidance and support if you want to address a deeper issue — such as substance use, compulsions, or addiction.

Have a safe break

Molly, Dave, Michelle Z, Andrea and Tristan

Tel: 08 9335 6323

Email: admin@portschool.wa.edu.au

KITCHEN GARDEN

Growing Harvesting Preparing Sharing

Kitchen Garden Excursion to Hilton Harvest

The new kitchen garden project is underway! Port school is working on creating a fantastic garden where we will grow some amazing fruit and vegetables. This project is an exciting opportunity for students to learn about their health and wellbeing and how a kitchen garden can positively contribute to the school.



A few of the kitchen garden students were lucky enough to go on an excursion to Hilton Harvest, where they were able to experience what a community garden is and the benefits a garden has on the whole community.



KITCHEN GARDEN

Kitchen or home gardening is growing of vegetable crops in residential houses to meet our day to day requirement of vegetables of a family all the year around.

The advantages of kitchen garden:

- Efficient and effective use of land for growing essential vegetables for the use of a family.
- Saves some money as fresh vegetables are quite costly in the market
- Kitchen gardening ensures a continuous supply of vegetables throughout the year.
- We get pesticide residue free vegetables
- Constitute a very healthy hobby as the spare time of the family is utilized well.
- It develops a sense of co-operation amongst the family members and also good training/education to the children

They learnt about seasonal vegetables, worm farms and composting and they really enjoyed hanging out with the chickens!!

WOULD YOU LIKE A PORT HOODIE?



\$25-00 EACH

AGES 10, 12, 14, 16, 18

PLEASE ORDER WITH CHELSEA or MARIA



**TERM 4, 2022 STARTS BACK
ON
Monday 10th October**

Term 4	Mon 10 th Oct - Weds 14 th Dec
Art Exhibition	Thursday 27 th October
Senior Camp	Weds 2 nd - Friday 4 th Nov
Middle School Camp	Weds 16 th – Fri 18 th Nov
YPC Camp	Tues 22 nd – Fri 25 th Nov
Adventure World	Monday 12 th December
End of Year Awards	Wednesday 14 th December
Last day of Term	Wednesday 14 th December



BUILDING PROJECT UPDATES

After appointing local W.A. builders, Western Projects, work has rapidly taken place since they started back in May. Groundworks were completed and concrete poured.



Despite the inclement weather, the bricklaying team chose their times well and had a very large team working on site to get back on schedule.



Over fourteen concrete trucks and two pump feeds were needed for the footings and foundations of this middle school build.

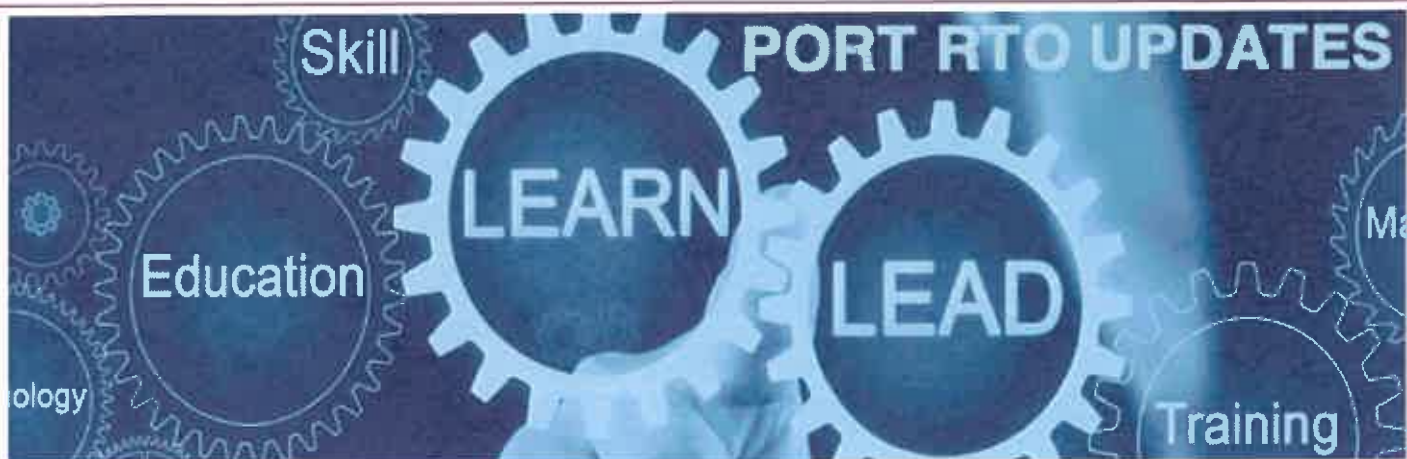


The face brick will have a bagged wash effect finish and will be painted. Bagging is the application of a mixture that smooths an external or internal brick wall, without concealing the irregularity and texture of the bricks. Bagging can be done to protect the brick of a home while providing an aesthetic layer that is having a resurgence and proving popular in Fremantle once again.



The project is on track and at this stage is aimed to be completed and ready for opening in term 1, 2023.





PORT GOES TO THE PORT!!

On a beautiful sunny morning, students enjoyed a tour of the historic Fremantle Port. Our expert tour guides took us up the Port administration tower where we enjoyed the panoramic views. You can check them out on live harbour cam here:

<https://www.fremantleports.com.au/the-port/harbourcams/victoria-quay-harbourcam>

From there we got to meet the inspiring statue of CY O'Connor and took a moment to reflect on how for many of us, our great grandparents arrived by ship at this very spot.



We then went for a walk along dockside and learn about the various roles and freight that moves in and out of this amazing 185 year old harbour, including how good the fishing is! It was interesting hearing how the modern ships are getting bigger and bigger and have to reverse into our port now, because they can't turn around once they are in.

Dave our awesome guide arranged another surprise for us by getting the WA Maritime Museum guide show us around the outside of the submarine HMAS Ovens. Big thanks to our guides and a big shout out to our students who represented the school perfectly. So perfectly that one of our tour guides, Dave has put his hand up to volunteer with us!

We learnt so much about our amazing neighbour and namesake and highly recommend the public tours on offer. Thanks Fremantle Ports!

Did you know Freo ports :

- Moved 100,907 new cars in 20-21
- \$3.6 m worth of trade handled every hour 24/7
- Was built in 1897
- Last year handled 807,061 20 foot containers

Denise

RTO Training & Development Manager



We would very much like to thank Bolloré Transport & Logistics in O'Connor, Fremantle. Branch Manager Ryan and Warehouse Manager Paul took time out to show students around their warehouse operations and the roles their staff do.



They talked about their global company and discussed work experience and casual staffing opportunities.



BOLLORE
LOGISTICS



Deputy Principal, Mike Gilbert and RTO Manager Denise Hardie took 10 students and said, "We were delighted with the support from Bolloré and it was fabulous to see a local company investing and encouraging our young people". Thanks Bolloré and your awesome managers





WELCOME BIZLINK and WELCOME BACK TENILLE!

Port School is pleased to announce that our Disability Employment expert Tenille Douglas is now working for BIZLINK. Many of our students have already worked with Tenille to on career planning and finding employment and we are thrilled to continue this relationship through BIZLINK.



Over the next couple of weeks, Tenille will be contacting students who were previously with EDGE to see how she can assist them with their career goals and finding employment. If you would like to find out if you are eligible for BIZLINK services, please contact Tenille on 0430 151 482 or <https://www.bizlink.asn.au/>

TRAINING & DEVELOPMENT



CERTIFICATE COMPLETIONS

Well done to the following students for completing their chosen qualification recently! A Certificate II qualification provides vast opportunities for employment, as well as an entry-level pathway to various TAFE courses. With one more term to go, we look forward to celebrating remaining completions for 2022!

Certificate II in General Education

- Mitchell Hoskin-Hantler
- Natalee Fisher Strettles
- Clara Saul
- Noah Branley
- Lela Gordon
- Blake Della Bona
- Tynan Hawkins
- Flynn Waddell Rowe
- Landen Watterston



Certificate II in Hospitality

- Blake Della Bona

Certificate II in Community Services

- Caia Preedy
- Imogen Rybak



VETIS REGISTRATIONS AT AN ALL TIME HIGH!

It's been great to see the level of student interest in our Vocational Education and Training in Schools (VETiS) for 2023. VETiS is a program that enables students to gain nationally recognised qualifications while at school. Students learn skills and knowledge required for specific industries. There has been a great selection of courses on offer from both North and South Metro TAFE's and our private training organisation providers.



The VETiS notice board really attracted some attention and our students have registered in a wide range of study paths from construction pre apprenticeship pathways to drone pilots, cooking and animal care. After a marathon effort from the RTO/VET team, support from Rachel in admin and roping in Chloe the student placement, over 34 applications were lodged before the closing date. Well done team!

By the time we go to print, most students will have been advised of whether they have been successful, and we start work on preparing those students for the Adult Learning world of TAFE. Parents and caregivers can help our students with this by ensuring good sleep habits, organising transport options and filling the equipment needs list.

TAFE placements are very highly contested. Your child has been accepted while many other may have missed out, so please help your child maintain good attendance and participation. Please contact the school if there are any issues with this.

For those who were not successful, don't panic – Denise and Louise will work on your plan B with you.





THANK YOU - JTW AUTOPARTS!

Port school students with an interest in automotive skills enjoyed a tour around JTW Autoparts in O'Connor. Established in 1990 as a result of industry demands for quality recycled parts. Students and staff were amazed at the many different makes and models of vehicles that were on site and how the dismantling, inventory and distribution of parts happen.



General Manager David Smith was generous with his time and knowledge of engine components, answering lots of questions about turbos, cars and car bits.



Of special interest was the Porsche engine and collection of hotted up but smashed up four-wheel drives. Thanks to the students who came along and we look forward to exploring more career options in Automotive!



Why you should consider
a career in
**Automotive
Engineering ?**



Talk to Denise or the RTO team for more information on career options



STUDENT Success

Andrew was a former student several years ago, schooling wasn't working that well for him, so Steph managed to organise work experience with AHG Hyundai as well as some offsite work on a boat with one of our volunteers Steve Garvey. Steph recently had an update from his very proud mum saying;



"We are so proud of his achievements and are very grateful to you for giving him this chance to succeed by having the work experience at Hyundai. It was his amazing opportunity to get not only a great job but to be able to pass his Tafe course. Please pass on our thanks to boat Steve and his wife for all their encouragement as working on the boats helped him learn some of the things he needed for working on cars and also to Barry and the other teachers for all there help with giving Andrew a go so he could achieve in something that he is really good at".

"The most amazing thing is He gets himself up very early every morning to head off to work come rain hail or shine, even when he is sick, he goes in not like back in the school days ha ha when I would have to drag him out of his bed kicking and screaming. He just turned 21 Saturday but sadly he wouldn't let us give him a party or I would have like to have invited a few of you as it would have been a good opportunity. He is a very quiet young man who stays to himself, so not keen on being the centre of attention and parties are definitely not his thing".

"He is a kind gentle caring young man who puts his all into his work and can you believe it he finished top in his class at TAFE and at his private training centre in Malaga too. The instructor John told him he is one of the best he has ever trained, so that was a lovely compliment for Andrew to get. I would love to catch up with you Steve and his family if I can get Andrew to agree to it but will have to work on him as he doesn't like to go out of his comfort zone".

"Thank you all again from the bottom of our hearts you helped save Andrew and our family from despair there and would be many young adults that feel like they have failed in life and their families despair as many would turn to other means".

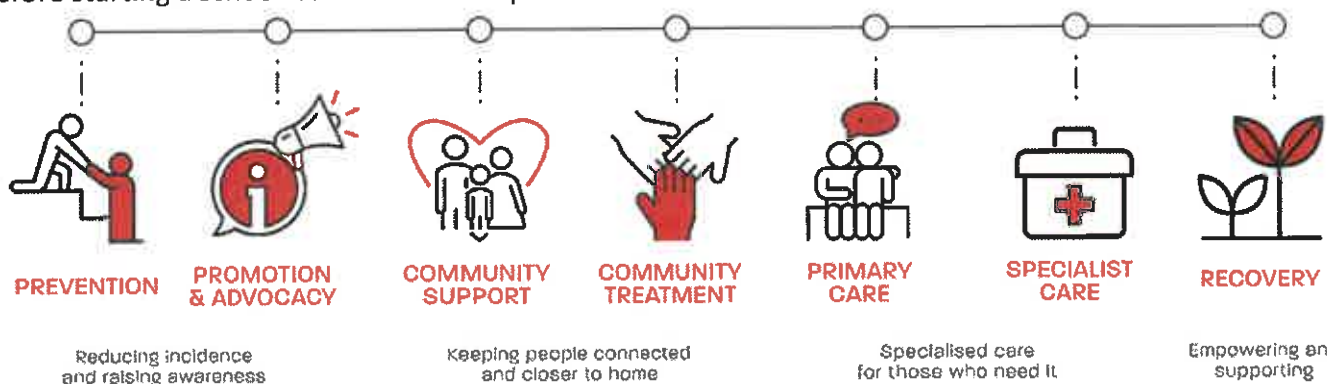
Kind regards Sandi & family".

COMMUNITY SERVICES

Damien Harvey from **Australian Medical Association** presented different pathways for traineeships while in school and pathways out of school for age care and nursing. AMA is the largest independent professional organisation for medical practitioners and medical students in the state.



Students can study a **pre traineeship** in Community Health and Wellbeing – this will include 9 units of competency completed over 3 terms – face to face 1 day per week and 110 hours of practical work placement arranged by AM. This provides students with foundation skills, knowledge and confidence to be able to work in a health care environment. This gives students an excellent foundation of work ready skills before starting a school-based traineeship.



School based traineeships allow students to study a Certificate III in Health Service Assistance (a minimum requirement to work in WA health), whilst being a paid employee. Both certificates can be used to study further in **Enrolled Nursing** through Ama at their new campus.

Maxima

Sam Corpus from Maxima work force Australia came in to discuss her role as an Indigenous Employment consultant and discuss the different pathways students can access through school-based traineeships in community services and business as well as after school pathways.

Workforce Australia

Employment Services

Delivered by Maxima Training Group (Australia)



Indigenous School Based Traineeships

Be given your future and accelerate your career. Get paid while learning new skills and build a solid start in the job market with a nationally recognised qualification. Applications open now!



Get to work with Maxima

When have you been looking for work for a while to have recently found yourself unemployed as a result of the current COVID-19 crisis. Maxima is here to help you navigate the system and find what is job.



Road2Work

Have your teachers permit but experiencing difficulty finding someone to help you drive or unable finding access to a motor vehicle? Maxima can help.

Some of these are with companies such as ANZ, Australia Post, Scentre Group, Commonwealth Bank and Bupa. This will help students looking to learn new skills and build rewarding careers while working toward a certificate and getting paid. Maxima offers exciting opportunities for students to complete cadetships working with Westpac- they are provided with mentors and paid work experience.

COMMUNITY SERVICES

The Big Issue

The Big issue is an independent not for profit organisation that is dedicated to supporting and creating work opportunities for people experiencing being disadvantaged homelessness and marginalised. The motto is 'we help people help themselves'. People who sell the magazines make \$4.50 per magazine so if you see any one selling them grab one...or two.



Since this magazine started more than 13 million magazines have been sold. They cover all topics such as celebrity profiles, culture, commentary and social justice investigations.

Magic Coat foundation Ball

I was very lucky to be invited to attend The Magic Coat Foundation Annual Ball at the Perth Convention Centre by AIWT (Australian Institute of Workplace Training). The Magic Coat foundation is a not-for-profit organisation that gives families and children tools and strategies to feel safe and empowered to deal with challenges that life throws their way. The main aim is to assist in the support of children's mental health and provide services to women's refuges, prisons, foster care homes, schools, hospitals and other organisations that support children in dealing with fear and anxiety.



The Magic Coat is an analogy of a bright yellow coat that children put on using their imagination. Inside this coat are pockets and each pocket contains a different character. Each character represents different strategies that children can use to feel safe, build confidence, problem solve and have positive friendships /relationships.

This year, Magic Coat wrote and translated over 15,000 books to give to children in the Ukraine and surround areas to deal with the issues of war. Magic coat has also released its first Indigenous Magic Coat book aimed at Aboriginal and Torres Strait islander children. Being a circus theme event, we had Zap circus performers with acrobatics and fire twirling, popcorn stand, fairy floss, silent auctions and a massive dessert buffet.

Louise

HALLOWEEN PARTY FOODS

Below are some awesome but gruesome Halloween party food ideas for you to try, look out in the kitchen at the end of October for some ghoulish food in the kitchen



Halloween Bat Donuts



Method Steps

Step 1

Combine icing sugar and milk in a bowl. Tint with food colouring to make dark grey. Dip one-half of each donut into the icing, spreading to coat evenly. Place on a wire rack.

Step 2

Decorate donuts with eyes. Cut 24 small triangles from strawberry sour strap and arrange on donuts to make fangs. Cut 24 small triangles from 1 liquorice strap and arrange on the donuts to make ears.

Step 3

Cut 24 wing shapes from liquorice straps. Use a small knife to make a small slit on either side of each donut. Insert a toothpick in each cut. Arrange wings over toothpicks, pressing into the donuts to secure. Arrange on a serving plate and remove toothpicks before eating.

7 Ingredients

- 2 cups (300g) pure icing sugar, sifted
- 1/4 cup (60ml) milk, warmed
- Black gel food colouring
- 12 Coles Bakery Cinnamon Donuts
- 24 Coles Funny Face Icing Figurines Eyes
- 2 strawberry sour straps
- 300g pkt liquorice straps





Port Outreach Program

Term three has flown by with lots of rain and wild weather dished up to the intrepid POP team out on the road every day. Despite the winter weather it has been a busy time for our students, especially those who will be graduating in year twelve this year. They are racing to complete their Certificates and credentials for work and post school options.



There is always a strong correlation between academic success and attendance and those students who engage weekly on POP get to the finish line and reach their goals. There is a high expectation of students on POP to attend all their allocated sessions. The program provides one on one tuition that is tailor made to suit the individual student. Students who are committed to the program quickly realise they can specialise in areas of interest and rapidly advance along their chosen academic or career pathway. Students who choose not to take advantage of the benefits of the program have the on-site school option to fall back on. Parent and students who have been approved by Barry to join the POP program will need to meet with the POP Manager and the team for a transition meeting before they can join the program.

Port Outreach Program this term is celebrating some of the outstanding success of the students on the program.

Finn has been a shining star this year on the Port Outreach Program Finn is close to completing a Certificate II in General Education with the intention to complete his Certificate III GCEA and enrol in a Certificate III Pre Apprenticeship in Electrotechnology in 2023. Congratulations on completing your First Aid Finn

Ashton is making excellent progress with his Certificate II in General Education and has been thriving at his work experience placement. Ashton attends Cordina Marine on Tuesdays and says he is loving the opportunity to learn something useful, especially how to weld. Ashton enjoys the hands-on learning environment in the workplace and sees lots of opportunities for a career in this placement

Landen has completed his First Aid, His Certificate II in General Education, his Learners Permit and has been offered a position attending Certificate III in Civil Construction Plant Operations 12 week Course. We hope Landen takes this opportunity to expend his skill set and knowledge the course has a rolling intake every two weeks and we look forward to Landen commencing in the very near future. Landen will be graduating as a year 12 from Port this year.

Natalee has completed her CGEA Certificate II in General Education and her Hospitality Cert II and is seeking a position as an Apprentice Chef. Natalee commenced her Certificate II in Hospitality at Port and then won a School Based Traineeship, training at the Dome Café in East Fremantle and Culley's Tea Rooms in Fremantle. Natalee attended her Graduation Ceremony with Smyl at South Fremantle Football Club on Friday 9th September 2022.



On the 2nd of September 2022 Natalee was one of the privileged few who attended the Crown Job Seekers Recruitment Day. Held in the main ballroom in the Crown Towers this event showcased the job opportunities available at Crown. Natalee had the opportunity to meet the Indigenous support team, Chefs from all the restaurants in the Crown and the Head of Apprentice Recruitment. The event offered students the opportunity to demonstrate their skills as a barista and cake decorator, and Natalee participated in all the demonstration stations, piping cupcakes and biscuits as well as demonstrating her expertise on the coffee machine. Natalee was also interviewed by the recruitment team for a position as Apprentice Chef in the Atrium. Natalee observed the Chef from Silks making shumai and got to sample some of the finished product. Thank you to the Crown for putting on such a lavish careers day and we hope to attend their next one soon.



Well done to Natalee for completing her certificates and we hope to hear you have secured an apprenticeship soon. In the meantime, Natalee will be seeking some part time work in a kitchen the Fremantle area to add to her ever-growing resume. Natalee as a year 12 will be graduating as from Port this year.



POP

Port Outreach Program

Tynan has commenced his Certificate III in CEA General Education and is paving the way for an academic or vocational pathway. Tynan completed his First Aid this term. Tynan has also been work sampling to give him greater scope of choice when he is ready to select his career path. Congratulations Tynan you have made excellent progress this year on POP

A big shout out to **Cooper** who has finished his Certificate II CGEA and will be starting his Certificate III next term. Cooper will be commencing a certificate II in Outdoor Recreation next semester to expand Coopers career choices in the future. Cooper will also be completing his Keys For Life through Port next term. Cooper also completed his First Aid training this term, congratulations.

Congratulations to **Sebana** for her excellent attendance through the year and we are anticipating she will take the next step and transition to the new Port Middle School early next year.

We would like to say goodbye to **Talia** who has been on POP for nearly two years. Talia has won a place at St Francis and we wish her all the very best from the Pop and Port family.

We would like to welcome Esben to the POP Team, Esben has stepped into Scott's shoes while he is convalescing. We wish Scott a speedy recovery and hope to see him back on deck soon.



Outreach Bike repair

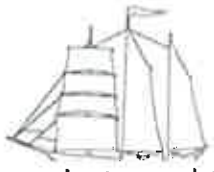
The POP team are looking forward to seeing you all back at the beginning of Term Four. Its time to set those intentions and keep focused on reaching those goals so we can include them in the end of year reports. POP would love to see a strong presence of POP students lining up to receive their certificated at this year end of year celebration. Have a happy spring break and we will see you back day one term four.

Jane & The POP crew

Jane, Belinda, Jon, Esben & Sam

The Port Outreach Team

For more information contact the school on 9335 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

LOCAL EVENTS



FREE EVENT

TEDDY BEARS Picnic

Featuring
PETER RABBIT
Animated Series

**WEDNESDAY
19 OCTOBER 2022
10AM-1PM**

**Azella Ley Museum grounds
Manning Park, Azella Road,
Hamilton Hill**

Ages: 0-5 years



UNRAVEL THE MYSTERY
of the World War II era

Parking+Toilets

Rent station

Accessible event,
contact us for details

Smoke-free event

Activities include:

- Help Peter Rabbit find his bounce in this interactive children's stage show
- Have fun with Jazzie Shazie's musical fitness program
- Join Elder Olman for Storytelling with the didgeridoo
- Parenting info stalls
- Hello Baby corner
- Arts and crafts and so much more!

Bring a packed lunch or buy a lunch pack for \$4 and there are \$1 ice-creams.

Road closures in place, check website for details.

www.cockburn.wa.gov.au/events | 08 9411 3444



FREE
EVENT

bibra lake FUNRUN

11 September 2022

8.00am

6km or 12km course

The Bibra Lake Fun Run is all about fitness, fun and community. So come along and enjoy a run, walk, jog or skip around our beautiful lake.

There are prizes for:

- 5 - 11 years
- 12 - 16 years
- 17 - 30 years
- 31 - 54 years
- 55+ years

Register today

Runners wishing to be timed and be in with a chance to win a prize must register online. Registrations are limited and close Friday 9 September.

Register here: www.cockburn.wa.gov.au/bibralakelakefunrun

Race starts corner CWilliam and Progress Drives

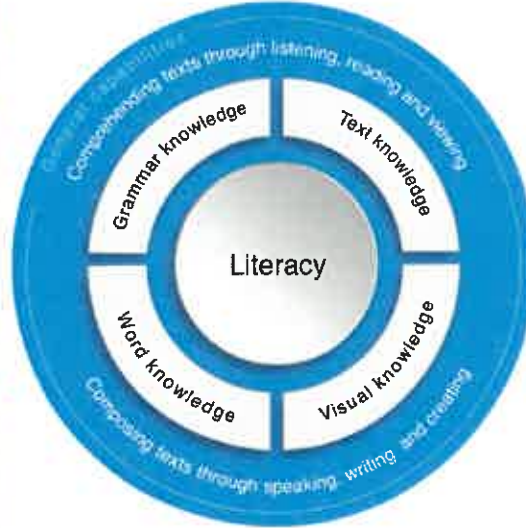
cockburn.wa.gov.au/bibralakelakefunrun 08 9411 3444



Accessibility
Information
in a large font



Term 3 is almost at an end and as usual it has been a busy and relatively productive time. Many of our students are making the necessary progress, demonstrating determination and perseverance in making headway in literacy, literature and language. We are also seeing students moving over from the middle school and studies show that the transition is one of the most stressful events in a young person's life and has significant impact on their psychological and academic well achievement (Zeedyk, 2003)



Ensuring we provide all of our students with a comprehensive and age-appropriate education is highly important and empowers them to be active citizens and to that end we are constantly adjusting our programs and teaching styles, it is not one size fits all. The foundations we build become significantly advantageous when it comes time to decide which pathway/s to follow – and if we are doing our jobs properly, we are preparing each student to make the right life choices that extend to the *real* world.

Providing students with the confidence to speak their minds, to share their opinions, to learn the values and beliefs they hold true, to be kind, to be subjective in some ways and objective in others and have the intelligence to know the difference. To teach them that we all have a story and that these stories shape us, but we can hold the power to decide how much so. The world is a big, big place and it is theirs for the taking. Students in year 11 and 12 sat the OLNA this term, well done to one and all, we should have the results early next term. Have a happy and safe holiday.

Theatre Sports

In theatre this term we have been exploring the idea of how satire can be used (in a highly entertaining way) to tell a story well. It is a genre in which exaggeration, irony and humour steer the plot and characters, and it's used to critique issues pertaining to topical issues. Satire allows us to raise awareness about current issues and to challenge people's beliefs and ideas by incorporating humour and irony and a healthy dash of sarcasm, and let's face it teenagers are denizen in the house of sarcasm. In this regard satire is very valuable in taking some of the sting when hard hitting issues need to be explored, in other words you can soften the blow with humour and creativity. We have been recreating videos no longer than 3 minutes and can be found on social platforms such as TikTok, Reddit and the like, we then put our own twist on them, either adjusting language to cater to our Aussie audience or changing up the plot events, adding scenes that we think work better and eliminating those we think drag the story down. So far it has not failed in entertain us greatly.

We seem to have unknowingly moved toward commentaries on day to day life issues: has political correctness gotten out of control, and in what ways has capitalism and consumerism taken over our lives? We are also exploring the conventions of scriptwriting in preparation for developing our own original short play and film. Collaboration and cooperation are needed to ensure this next unit succeeds and that we see it through to its completion, to wit, producing and filming a series of 3 acts, no mean feat. However, now that we have had the same troupe enrolling throughout the year there is a strong sense of comradery, familiarity and safety of which are conducive to building foundations that last. Watch this space. Have a great break.

Joy



The Blue poop challenge focused on eating 30 plus vegetable fruits nuts herbs and seeds week. The students prepared fermented Kombucha and Kefir, a new experience for most of the team.



Ash Busy Baking



Kota R U Ok day cupcakes



Sharlett Making mango smoothies

There was a lot of focus on Baking, including, Cupcakes, muffins, slices, and cookies. Students created a secret recipe for fried chicken and Gnocchi & Bolognese basics for sharing at home. The crew made some cupcakes for sharing on R U Ok Day.



Rohan and Claire Ricotta Gnocchi rolling





Both Dylan's make delicious Bolognese forever and ever



Danesh and his secret recipe fried chicken



Layla lending a hand



Natalee Rohan and Diana serving up lunch for the school

The weekly menus that the canteen and hospitality team create are impressive and certainly give the cooking students a variety of learning opportunities as well as the staff and students a varied and tasty menu each week. With over 70 covers for recess and lunch each day, it really is awesome to see the facility in action.

PORT SCHOOL LUNCH	
MENU WEEK 3 TERM 3	
MON	HOSPITALITY ITALIAN FESTA - Homemade Pizza Selection - Creamy Chicken Alfredo Pasta - Fettuccini Seafood Marinara
TUE	MEXICAN FIESTA - Beef, Chicken & Pulled Pork Sides - Bean Salads, Rice, Salad, Cheese, Tomato Salsa & Sour Cream
WED	ROLL UP WEDNESDAY - Crusty Continental - Chicken Schnitzel & Salad - Corned Beef, Cheese & Salad
THU	IKKA AT PORT - Swedish Meat Balls & Mash - Quiche & Salad - Salmon, Mash & Veggies
FRI	AMPHITHEATRE BBQ - Sausage Sizzle & Hamburgers Salads - Potato, Pesto Pasta & Garden

PORT SCHOOL LUNCH	
MENU WEEK 3 TERM 3	
MON	HOSPITALITY SPANISH TAPAS <i>Served from the Zulueta's Alqueria</i> - Spanish Shavers, Mass Balls, Chorizo & Chickpeas, Potato Bravas, Potato Tortilla, Patisa, Marinated Mushrooms and Chorizo & Helium
TUE	CHICKEN TUESDAY - Cumin and Stuffed Mexican Chicken - French Onion Chicken Cutlets & Rice - Lemon & Herb Pan Fried Chicken & Rice
WED	SKEWERS, RICE & SALAD - Butter Chicken - Mongolian Beef - Honey & Soy Chicken - Mixed Veggie
THU	AUSSIE DAY with LAMINGTONS - Lamb Shepherd's Pie - BBQ Steak Sandwich & Chips - Roadhouse Cheese Sausages & Chips
FRI	BEEF UP FRIDAY - American Beef Sloppy Joe's - Classic Spaghetti Bolognese

PORT SCHOOL LUNCH	
MENU WEEK 7 TERM 3	
MON	HOSPITALITY SAUSAGE SHOW DOWN - Burgers & Mash with Onion Gravy - Café Style Chorizo Carbonara - Classic Sausage Casserole
TUE	AWESOME ASIAN - Pork Ramen Noodle Soup - Satay Chicken Noodle Salad - Pork Bao Buns
WED	HUMP DAY, ROAST DAY - Roast Beef & Chicken - Sides: Cauliflower Cheese, Roast Veggies, Potato Bake, Steamed Veggies & Gravy
THU	KONKICHUWA, JAPAN - Sushi Selection - Teriyaki Chicken, Rice & Veg - Teriyaki Fish, Rice & Veg
FRI	TURKISH BREAD TOASTIES - Pick n Mix Different Flavours

PORT SCHOOL LUNCH	
MENU FOR WEEK 8 TERM 3	
MON	HOSPITALITY SOUVLAKI - Lamb Kofta - Moroccan Beef - Marinated Chicken
TUE	ITALIAN TUESDAY - Chicken Schnitzel & Pasta - Creamy Italian Chicken & Pasta - Vegetarian Arancini Balls & Salad
WED	BURGERS AND CHIPS - Beef, Cheese & Bacon - Garlic Chicken & Salad - Fries, Tartar & Salad
THU	RICE INSPIRATION - Beef Rice Hot Pot - Fried Rice & Egg - Cambodian Chicken Curry & Rice
FRI	LOADED SAUSAGE SIZZLE FRIDAY



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





HOSPITALITY



This term Hospitality students have been focussing on coffees, they have been learning about the coffee machine from set up, to service and how to clean. It is complex with a lot of information. Terri has been working alongside the students showing them how to extract the perfect coffee. Practical assessments for this unit will go on into next term, the theory is nearly completed.



Along with the coffee unit we have been completing practicals for Use Hospitality Skills effectively unit. Following the success of cooking for the school, Hospitality have been continuing to plan, prepare and serve the staff and students at Port school every Monday.



It is a great way to understand a work environment and the time constraints expected. Many of the days we have themes, such as American corn dogs, Italian, stuffed chicken breasts, Spanish (which was the most successful) It is rewarding to see students discussing the food they would like to cook and putting this into place for the school. Each we are able to sign for a practical assessment. Which means next term a small theory assessment will see the completion of this unit.



Flic undertook a Blue Poop challenge to look at the gut health, making blue cupcakes and eating various extra healthy gut dishes then recording results. With this students also made Kombucha, Keifa, although not many liked the finished taste!



HOSPITALITY



In the Canteen last week we acknowledged R U OK day in the kitchen making some cupcakes to give away to students and raising awareness to ask the question and listen to people every day. Some fun was had by students helping with the school R U OK video too.



This term Line 5 mastered the art of Chocolate roulade, cooked and rolled to perfection; I am sure they tasted yummy too. We have made profiteroles and practiced various food in preparation for the arts exhibition next term. Bus boys have showed up every Monday making sweet and savory dishes to take home, we have seen some excellent skills learnt and being used in the kitchen, very rewarding to see.

The Canteen has signed up to WA School Canteen Association, so next term we will be adhering to the traffic light system in schools. Watch this space for new menus and healthy options. Remember 'you are what you eat'



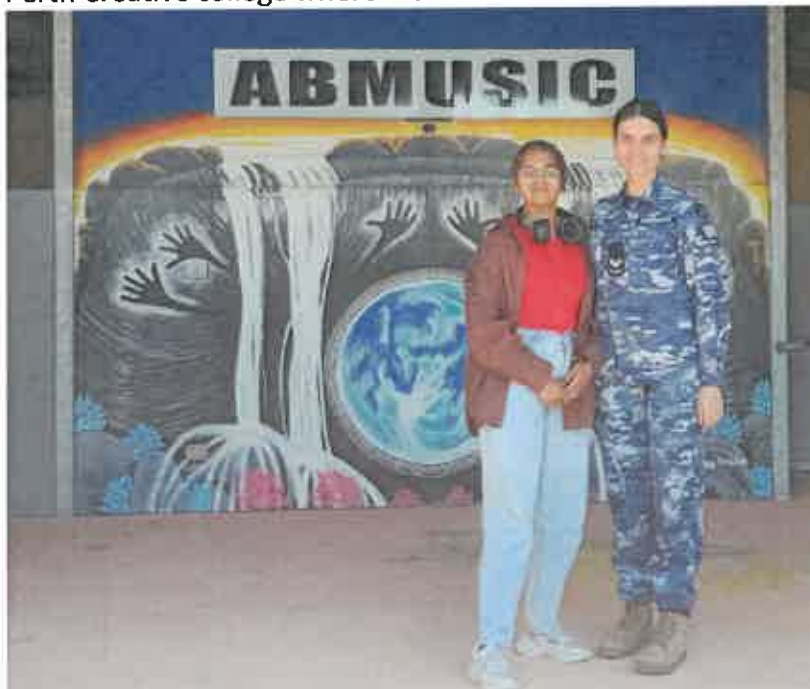
Last week of term saw the hospitality students head to Ikea and see how their global kitchen operations and canteen works. Ikea have a standardised approach and the same is offered in all their stores throughout the world.



The Port Kitchen would like to thank our local suppliers Continental Butchers and Scarvaci's IGA. Each week they deliver fresh produce with a smile to our kitchen. We couldn't do it without you both, Thank you, from the Kitchen Team



Towards the end of term 3, Port students checked out ABMUSIC and PERTH CREATIVE COLLEGE at Clontarf. Our Indigenous students joined by ADF Mentor Corporal Petrea Saunders then were warmly welcomed at Perth Creative college where we were taken on a tour of the Abmusic studios and recording facilities.



They learned that some of the teachers are quite well renown rappers and Indigenous musicians. They then inspected the Creative course offerings and checked out some artwork and the beauty and fashion classrooms.



Set in the beautiful gardens of Clontarf College, they enjoyed a quick bite to eat in the sunshine before heading back to Port.



Port says goodbye to our very own Constable Care

Our dynamic duo of Senior Constable Rob Huntington and First Class Constable Husky Steyn are regular visitors to Port School and our canteen and coffee machine.



As part of our Youth policing team, Rob and Husky were always on the lookout for great activities and opportunities for our students to keep them busy and off the streets.

Building great relationships with our students, offering advice and encouraging careers in the WA Police Force, they provided many laughs and the true spirit of Community Policing.

Rob is moving on to the Department of Housing and all of us at Port wish him the best with his new career.

We look forward to meeting Husky's new side kick and welcoming them to the Port school baristas and hospitality. Please make them welcome when you see them on site.



Hello, for those that haven't met me yet, I'm Chloe, a social work student from Edith Cowan University doing my placement here at Port School.



I am enjoying the time I have spent getting to know everyone at Port and all the fun activities I have been able to be included in.

Edith Cowan University
www.ecu.edu.au



I have especially loved working with the kitchen garden team and look forward to seeing where the project goes in term four when we get to watch the baby fruit and vegetables grow.

Thanks to all the students and staff for being so welcoming and including me in your incredible community. I am looking forward to returning next term to complete my placement.

**Interested in university pathways?
Have a chat with Denise
& The RTO team**

BOXING *fitness*

We started the year all guns blazing in the Box-Fit program. This terms classes have chilled out with fewer students. Although being quieter, we've made the most out of every session, mixing it up by including some lightweight training to build on our overall strength.



Students have adapted well to the change and shown lots of enthusiasm towards trying something new. We've continued to remain focused on pad work training and pushed through to upskill ourselves by working more on movement.



It's always great to hear feedback from students about how they notice the difference in their skill level after partaking each session.



The Box-Fit program is looking forward to next term, as it will bring us more students, warmer weather and the opportunity to switch up the environment where the sessions will be held ☺

Keep sweating hard crew.
Leesssgggoooo!!!

Celeste

GUT BUSTER

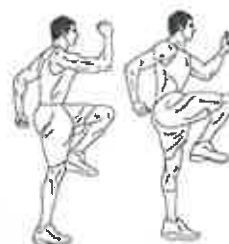
DAREBEE WORKOUT

@ darebee.com

5 sets | 2 minutes rest between sets



- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- done



MOBILE CLASSROOM

Term three has been a wet and wild one on the weather front. The wet weather does make it difficult for some of the fellas to get up and get going. We have utilised the schools' facilities a great deal this Term. Yet again they have shown excellence up in the kitchen where they cook up a storm every Monday afternoon. Massive thanks to Nikki and the team who help with the fellas. We were lucky enough to be invited out to the Navy base for a tour and experience possible job opportunities.



The group were taken on tours throughout one of the Navy ships, fitness facility, kitchen and the training grounds. Several students have shown great interest in a future with the defence force after the excursion. Towards the end of the Term, we have had Javon join the bus program.



We have started to develop a strong core group of students who are not only attending regularly but also striving to uphold our principles of respect, honesty, participation and safe and legal behaviour. With the warmer weather kicking off in Term 4, Port Mobile Classroom will be making use of the great weather. We will be starting our beach awareness and surfing program.

We just want to say a massive thank you and well done to our fellas that commit and engage with our program. Stay safe and see you next Term.

Josh and Dennis

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, Cricket, and Volleyball.



Our Flag Rugby games have given the students an opportunity to work in a team environment and develop their fitness and communication skills. This term, the focus has been on developing the students passing skills which improved the speed of our games due to fewer mistakes.



As a result, the students have had to develop their focus and teamwork by constantly encouraging and directing one another when defending the opposition.



The afterschool fitness program has continued to be well supported by the students. Several students have developed their own personal training programs, based on strength and mobility exercises to gain weight and improve their functional movement. We are preparing for our yearly term 4 Phillip Hughes memorial cricket match with batting, bowling, and fielding practice in both PE and Team Sport this term. We also had an all-day team sport activity which we opened up for the whole school at the Floreat beach volleyball courts, culminating in a BBQ and a swim for those who were keen.

ABSOLUTE TEAMSPORT

An article that I would encourage you to read is by Micah Kurtz; [The Most Important Class a High School Student Can Take](#). **An extract from the article:** *A properly structured weight training class teaches students to set goals and overcome obstacles and instils them with the self-confidence to know they can conquer challenges in every aspect of their life, now and in the future. It improves mental health, reduces anxiety, improves cognitive abilities, strengthens immune systems and prepares students to be leaders in their school and community*



To end the term, the team sport group had a day out at Floreat Beach, playing beach volleyball and having some fun in the surf.



MEDICAL MATTERS

Welcome to the end of term 3. Many staff and students completed or updated their First Aid qualifications this term. Staff also underwent further online training and practical assessment in anaphylaxis management to include the Anapen. This new form of adrenaline injector has recently been approved for use in Australia. Relevant staff also upskilled in Diabetes 2 online training and assessment. Congratulations to all involved, staying up to date with these qualifications goes a long way to keeping our school population safe.

DO YOU KNOW WHAT YOU'RE VAPING?



Vaping and young people.....E-cigarettes can serve as a “gateway” to nicotine addiction and tobacco cigarette smoking. There have been many studies which found experimentation with e-cigarettes encouraged the use of tobacco cigarettes, particularly among young people. According to the Australian Bureau of Statistics, more than 1 in 5 (21.7%) young Australians aged 18-24 and 7.6% of 15-17 year olds have used an e-cigarette or vaping device at least. It's likely that these figures are under-reported because responses were provided by an adult living in the same household.

THE FACTS ABOUT VAPING

FOR YOUNG PEOPLE

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavourings and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

DO YOU KNOW WHAT YOU'RE VAPING?

NICOTINE

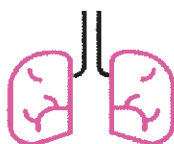
Many vapes contain nicotine making them **very addictive**

FRUITY

The nicotine in 1 vape can **= 50 cigarettes**



If you vape you are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not water vapour**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



Do you know what you're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping



Although vaping has been around for a few years now it is a relatively 'unknown' entity in terms of long-term side effects. However, evidence is mounting that indicates vaping should be viewed with a good dose of caution. One of the biggest issues buyers are currently facing, is mislabelling. In fact, a study on more than 50 vape juices available in Australia found none of them had accurate ingredient lists.

