

Port School

Term 4, 2022



Cover Artwork by Chelsea Arnold



Message From The Principal



BARRY FINCH

2022 has been a good year, even though we seem to still be dealing with, what we hope to be, the tail-end of COVID infections.

Our Middle School development is tracking on time, and we are pleased to report that it will open for business at the start of the 2023 school year. Initially we will operate 2 classrooms, each with a teacher and one support worker and up to 15 students per room. Matt will offer support to both classes.



The Middle School program continues to thrive. The average attendance rate has been 80% and students have achieved a minimum academic growth of 1 year, with many having greatly exceeded this. This year was our first foray into NAPLAN, with seven of our Year 9 students engaging in the tests.

Our Senior School also kicked multiple goals this year, with our regular attenders making good academic gains and achieving well in our nationally accredited vocational training (VET).

Below are some very impressive achievements from our students.

Online Literacy and Numeracy Assessment (OLNA)

This is made up of three components - reading, writing and numeracy.

8 students passed all components of the OLNA.

18 students passed 2 components of the OLNA.

11 students passed 1 component of the OLNA

16 students completed their White Card training.

5 senior students completed RSA training.

6 school-based traineeships were offered.

17 work experience opportunities were undertaken.

74 students engaged in career tasters, worksite visits, try-a-trade events and career talks.

2 students were successful in gaining apprenticeships.

6 students secured school-based traineeships.

2022 Vocational Education and Training (VET) Achievements

37 students completed a Nationally Accredited Qualification provided by Port.

7 students completed a Nationally Accredited Qualification provided by an external RTO.

A total of 558 units of competency were completed.

59 students enrolled in a VET qualification provided by Port.

31 students enrolled a VET qualification provided by an external provider.

8 students achieved skills sets in Barista skills.

These results are truly remarkable. It should be noted that the majority were achieved by students who attended more than 70% of the time. I am extremely proud of them. They all made the effort to attend regularly and to engage in our programs and have made good gains in their numeracy and literacy, as well as having achieved many units of competency in our other courses.

I hope you have a nice break, and I look forward to seeing you all back at school on Wednesday the 1st of February.

Barry

CELEBRATING STUDENT SUCCESS

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

It is no surprise that I look around and see a team of educators that's exhausted and really in need of a break at the end of the year. They really do give it their all throughout the year. When you reflect on what has been achieved during 2022, you don't have to go much further than a review of the school's newsletters, Facebook sites and classrooms. The year has seen another major building project, new students, and an explicit direct instruction pedagogy starting to be implemented across the whole school. We have a kitchen and hospitality team that would be envied by the corporate and business worlds and art exhibition that truly is in a class of its own. Our principal Barry Finch received an OAM for his work with young people over the last three decades.

THANK YOU

It is no surprise that we have minimal staff attrition and on the counter to that, we are a sought-after school and education provider to work at and for. They say it take a village, well, we are a community that excels in offering our young people every opportunity to succeed if they choose. I would like to welcome the new additional staff we have starting in 2023, you really are joining an awesome crew of people. Brett at the YPC, Louise at the Middle school and Kate with the RTO team.

I was delighted to catch up with past students Carlie & Belle at the art exhibition, both came to Malaysia with Joy and I and they were the well-deserved recipients of the schools first Vocational Dux walking away having achieved five certificate II accolades.



They are both doing well in their chosen studies and careers and its lovely that they popped in to see us..

One of the highlights of my year is the Young Parent Centre's 'Mums N Bub's' camp that I attend annually. Of course being a positive male role model is a very important (see below!)



Joking aside, it is a delight to be part of this unique camp with an awesome group of young ladies. We get to see first-hand their parenting styles and challenges, offer some guidance, and experience and see them in a different setting and environment to the classroom.



I always comment how in awe of them I am, committing to parenting, continuing their education, and in many cases being a single parent and/or managing their own home. They are a fabulous group of young women and as an educator of over 25 years, I am so proud of them all.

MERRY CHRISTMAS AND HAPPY NEW YEAR

I would like to end the year by wishing all our students and their families a very happy holiday. Take care, be safe, be kind and if you can, help someone out who is less fortunate than you this year.

To our partners, networks and supporters, thank you for your support throughout the year once again. And to our staff, make sure you rest up, spend time with family and friends and enjoy a well-earned break

Mike

KITCHEN GARDEN

Growing Harvesting Preparing Sharing

Port School's growing good kids and good tucker! Our Port School Seed to Feed program is going from strength to strength. With the generous support of the City of Cockburn and Healthways, we have our wicking beds and microgreens already producing a bountiful harvest to be used in our school canteen. It was all hands-on deck the last Friday of term 3 to get our wicking beds built, filled and planted.



By the time we all got back for term 4, they were off and running! Followed by our yummy microgreens indoor set up which has not only added to the vibrancy of our hospitality areas but added delicious, nutrient packed additions to our salads and meals. The hospitality team are enjoying finding creative ways of using up the fresh produce and congratulations to the gardening students on such a successful first harvest! Now just how many recipes are there for Zucchini's?!



Gardening not only contributes fresh food for growing bodies but has well known benefits for mental health and wellbeing. As the garden expands, we hope to have a valuable addition to our outdoor activity areas where students can munch, relax and learn. Special thanks goes out to our Social Work Student Chloe for her outstanding gardening skills (that she never knew she had!) and Kat from Verte Tech microgreens.



KITCHEN GARDEN

Growing Harvesting Preparing Sharing

Green Goodies on the Menu!

Thanks to Kat from Verte Tech and funded by the City of Cockburn and Healthway, Port school students now have access to fresh microgreens every day. The perfect complement to our school vegetable garden, their vibrancy and delicateness make for an obvious choice in terms of visual appeal, giving dishes that necessary pop. But these pretty little things are also, though miniscule in size, concentrated in nutrients.



Studies have shown that microgreens are loaded with nutrients, such as vitamins, C, E, and K, lutein, and beta-carotene, much more so than the mature leaves of the same plants.



The Microgreens have already been a huge success with many students having a graze on them while in the canteen.

WORKSHOP

The focus of term 4 has been accuracy in marking out and cutting, having a go with new tools and equipment, and working towards working more independently. It has certainly been a busy one this year with the team supporting the Art expo. With lots of cool items up for sale and an amazing throne created from roadside junk.



The construction team has honed their skills in working from technical drawings to make their projects. Electronics has buzzed along with some cool skill testers being made and yet to be conquered. Items being pulled apart to see how they tick. Noah making a handy light from a broken discarded sensor light.



Sculpture. Jada has expanded her skills by using a power grinder for the first time. Scary but fun. Dylan made himself a cool glasses holder. The middle school has had a great term producing toy cars, spoon jewellery, chopping boards and an amazing micro bat hotel for the kitchen garden. Good work Harley, nice artwork.



WORKSHOP



Lastly, the YPC girls have excelled with their leather skills by producing amazing journal covers, with a variety of techniques and skills. Some great work there girls, not to mention some next level chopping boards, toy cars and some Jenga lights that are nearly completed.



Girls Outdoor Ed & Wellness

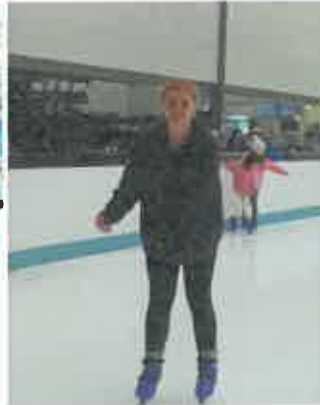
The girls have been introduced to food webs and have better understood the relationships links or connections, among species in an ecosystem. Different excursions to Lake Wetlands, Bushlands, Coastal, and the Swan River ecosystems have shown the girls the diversity and how the food webs have different connections within each place visited.



The Bibra lake reserve is a beautiful wetland habitat that is part of our local Cockburn community. It is surrounded by a diversity of bushland, wetlands and includes an amazing array of wildlife. In term 4, the girls visited the lake's wetland numerous times. They have had close encounters with Bandicoots, Turtles, and variety of different bird species.



Murdoch University is close by, and the girls had an excursion to the natural bush campus, giving them an opportunity to see what uni life is like and any considerations for their future pathways.



Learning how to ice skate builds strength, develops confidence and teaches the value of perseverance. As the girls began their journey of learning how to ice skate, they realized they were learning so much more than just skating skills. They were learning the joy of new life experiences.



Malaysia Excursion



2023

Proposed Dates – 11th September – 22nd September

Ever wanted to travel abroad?

Once again in Term 3, Port School is offering selected students 16+ the opportunity to do just that !

(special consideration may be given to younger years if deemed appropriate)

Port School is looking to take up to ten young people to an Apex school in Klang, Kuala Lumpur in Malaysia. That's 4186 km's away or a 5½ hour plane flight !!



The excursion will consist of:

- Flying from Perth to Kuala Lumpur airport
- Visiting a school for young people with learning difficulties in a town called Klang, taking part in sports, arts, workshop activities and showing off Australian culture.
- Learning & observing Malaysian cultural activities and going to Batu Cave Temple
- Staying at Puteri Garden Hotel, Klang, near the Apex school
- Visiting Pulau Ketam Fishing Island and tropical rainforests canopy walks
- Visiting Kuala Lumpur, Central Park Mall with roller coaster & Petronas Towers
- Visiting Cameron Highlands - great treks, adventure activities and canopy walks
- Visiting Sunway Lagoon -Malaysia's largest water park



There is a lot to plan

- We will need to fundraise as the trip will cost over \$15,000 for everyone to go
- We will help you get birth certificates and passports if needed
- Each student needs to contribute \$600, the school can help students to earn this
- We will need to look at insurances, health, vaccinations, emergency procedures
- wW will look at legalities, customs & Malaysian law & expected cultural behaviour

So, are you interested? If so speak to Mike or Dionne.



Port School was invited to send a delegate to Parliament House in Canberra to meet with the Federal Minister for Education, the Hon. Jason Clare, to discuss a range of issues facing the education system and give him an understanding of the breadth and scope of the Independent Schools sector.



It was an honour for Port School to be selected as one of only two schools invited to send delegates among all independent schools in Western Australia. The minister was interested in hearing firsthand from teachers and school leaders about the significant contribution independent schooling makes to the education of young Australians. 17 teachers and school leaders from remote, regional, metropolitan, boarding and specialist schools participated in the round table discussion and provided Minister Clare with an understanding of the diversity, complexity and issues that impact independent schools. Key among the matters discussed were workforce shortages, mental health of students, teachers and school leaders and addressing disadvantage.



Port School was represented by Matt Hopkins who contributed to the discussion on education in a broad sense but who was also asked to talk to the minister specifically about Port School and how we address mental health and disadvantage within our community. Minister Clare was very interested in how Port School is a vital part of the educational landscape in Perth's southern suburbs and how we work with young people to achieve success. The round table was a great opportunity for Port School to connect with other independent schools within Australia and make clear to the Minister the important work we do to create a sustainable education system for all students.



On Monday 14th November, the hospitality students were invited to visit the awesome Nat at Cold Brew. Nat spoke to our students about the steps & process of finding the right beans, tea leaves, milks, fruits, temperature, storage and so much more that goes into their cold brew coffee & teas. He also spoke about the testing failures of trying to find the right ingredients and the success they have today with cold brew coffee & teas selling in over 100 stores across WA. We were also taken on tour of the premises and allowed to taste the cold brew teas & coffee which we all loved. A big thank you to Nat and all the team at Cold Brew for a great learning experience.



So, what is cold brew? It is a method of brewing tea & coffee without the use of heat as a catalyst for extraction. This is how it differs from iced tea & ice coffees; those products are made using hot water and it is later cooled down whereas "cold brew" is kept cold for the entire process. Cold brewing was popularised in Kyoto, Japan, as they believed the use of hot water was damaging to the tea leaves and resulted in unwanted bitter flavours.

Nathaniel from Kommunity Brew states "Kombucha and Water Kefir are stories of origins, including our own. Ancient brews 2000 years in the making; an internal culture fizzing with good health and vitality, wild organisms, fermentations and terroir. Times are changing, so is how we behave and what we drink. In a climate of craft and artisan practices, of wellness and conscious gatherings, or environmentalisms and abstinence, probiotic fermented drinks, drinks brewed for their life-giving properties are part of the future".



Students were excited to be able to taste various beverages and tour the production and packaging processes. Kommunity brew have a range of homebrew kits as well as a great range of Kombucha and sparkling probiotic and health shots. Check them out at <https://www.kommunitybrew.com/pages/about-us> or www.coldmatter.com.au

SENIOR SCHOOL CAMP 2022

On the 2nd of November, 12 excited Senior School boys (and some apprehensive staff!) made tracks down to Jarrahdene Campground which is located around 250km south of Port School for an outdoor education camp. Students showed keen interest for camp, up early and ready to take on the journey. With a short stop for fuel and snacks it was nice to get out for ten minutes to get some fresh air. After the short stopover it was non-stop to Jarrahdale to unpack and set up camp before having lunch and taking on part of the cape-to-cape track.



This was a very special walk and amazing to see the bushlands growing back after a recent fire that tore through the area. Port students were caught up on the views, caves, Balga trees, beautiful beaches and high cliff area in which students were closely monitored and guarded by the edge. In total we walked roughly 7 kms followed by a swim on the beach before we made our way back to camp for dinner and a competitive game of spotlight before the night ended.



SENIOR SCHOOL CAMP 2022

Day 2 was an early start after a cold night, we made an early fire while Barry (principal) cooked us bacon and eggs for breakfast. The activities we conducted for the day were Forest Adventures (Southwest) high ropes course and self-guided tour of Giants Cave. Everyone got through the day fine and it was a great opportunity for our boys to see the Boodja (Land) around the southwest.



After dinner the boys had another few games of spotlight and some yarning around the campsite before heading to bed, ready to be up early for our departure back to Perth the next day. All students who attended the camp were treated to a pie/sausage roll and sauce with a drink before we arrived back at Port School.



Staff were very pleased to see the students really engage and take part in a great camp. We look forward to more adventures next year.



MIDDLE SCHOOL

As always, term 4 is a non-stop, full-on, festival of fun and learning, with a little bit of crazy camping in the middle. All of our students have come a long way and most have enjoyed the journey and as we look way back to the beginning of the year it seems as though we have come a long way indeed. Our group of students has stayed the same all term which has brought a nice sense of stability within the classroom. Friendships have grown as the new students who started with us around the middle of the year have settled in and the students who started with us either last year or the beginning of 2022 have gotten to know each other and the staff even better.



Our work in both Maths and English remains the main focus in our classroom and term 4 is no exception, we continue to embrace a full participation, high impact model of teaching in these sessions and when our classroom is full this creates great energy and everyone comes along for the ride.



In English we have now finished our novel study of 'The Graveyard Book' by Neil Gaiman and are moving through a study of film conventions and techniques based around the movie 'The Maze Runner'. Students have really embraced this process and constantly impress with their insights into how the film makers are positioning us as viewers.



Maths has been more geometry based this term and we have learned all about patterns and transformations as well as grid referencing and giving directions. Our end of year testing has shown really strong growth in both Maths and English right across the whole class of students and we feel everyone should feel proud of their efforts in the classroom this year.



Out of the classroom it has been a very busy term, the highlight for most being the middle school camp which ran for three days down in Margaret River (see separate article for a full explanation), it was a great camp and everyone managed to complete all of the challenging activities which was a fantastic achievement.



As always we have been kept busy with a great range of options this term and we would like to thank Flic for leading Outdoor Ed. for girls, Brad and his team for the numerous sporting activities we get to try, the whole team in the kitchen for all their work in making such delicious food, the student services team for keeping us happy and healthy, Dionne and Dan in Art, Dan in the workshop and Chelsea, Maria and all the admin team for helping everything run so smoothly.



SCULPTURE WALK & ART

EXHIBITION PORT SCHOOL



The major art project featured this semester was the collaborative 'Sculptures at Port', a big vision, that became a reality because of the superb Arts team and other key staff in our fabulous school. Students worked individually or in teams to produce unique public artworks, in a variety of mediums and styles of their choice. These pieces formed a comprehensive sculpture park walk at the annual Art Exhibition, with guests voting for their favourite work in the Public Choice Award. I want to congratulate all the students and staff who got involved in this challenging project, your persistence and problem-solving skills were outstanding as was your original and creative ideas and media use.



We are pleased to announce that the winner of this award was 'Lifesavers -5 Flavours' constructed by Gus Sambrailo and Lela Gordon, a fun piece that grabbed the attention of the public with its large-scale approach to the recognisable iconic sweet.



SCULPTURE WALK & ART

EXHIBITION PORT SCHOOL



Second place was awarded to '*rose mourante*' conceived and created by Shelby, Lela and Zander, a large-scale dying, metal rose with a solar powered light emanating from inside the petals. Third place winner was '*Thee Dragon*' by Flynn Waddell- Rowe with his accomplished metal sculpture that was constructed with guidance from Tim Murphy.



Thank you to everyone who come along to the exhibition and voted, Congratulations to the winners of this prestigious artistic award! The exhibition was a fantastic community event with a total of \$8,027.80 being raised to support Klang Special School in Malaysia, some of this money was kindly donated, to assist with the purchase of some essentials for the new Arts Hub.



Plans are underway to vacate our current art room in the senior school building and we will be moving into the vacated middle school classrooms. Dan and I are very excited about the new space and look forward to setting it up as a purpose-built flexible art studio and workspace over time.



The vision is for more flexible creative learning to happen in the hub and in time, also incorporating an outdoor learning space. The final few weeks of term 4 has afforded the art students freedom to work on a personal project in a theme and medium of choice to wrap up a very busy and productive semester.



It's been another incredible year of artistic bravery and exploration and Dan, Poh and I could not be happier! We look forward to doing it all again in 2023. ☺

Merry Christmas and happy holidays to all.



OUTDOOR ED CAMP



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



DT/3

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



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

Thanks, Chez, Steve and Anna at APP WA

Coffee Mio

Espresso Beans – 1kg Bag \$27.00

Mio D'Oro Beans – 1kg Bag \$29.00

Hot Chocolate Powder – 2kg \$22.00

Sugar Sticks – Box of 2000 \$29.00

Raw Sugar Sticks – Box of 2000 \$29.00

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HUMANITIES & SOCIAL SCIENCES

Expanding your mind while having fun!

In closing what has been a very productive and fun year, Raf and Steph C. wish all Port students and their families a very **Merry ChristmHASS** (Get it?? Hahaha!) and a well-deserved summer break! And just to put you in that special festive mood, we have created this monster ChristmHASS crossword puzzle to complete! Any student presenting a fully completed and correct crossword puzzle to Raf or Steph, by the last day of Term 4 2022, may claim a prize from our "Lucky Dip Bag"!



ACROSS

3. The Holy book that contains the stories of Jesus' birth
4. An ornament used to decorate trees or houses at Christmas
6. Bird that is featured 'in a pear tree' in a famous Christmas song
9. Period leading up to Jesus' birth during which calendars with windows may be opened
10. One of the sleigh-pulling reindeers that delivers presents worldwide
12. Good families recycle this after present opening
13. The religion which celebrates Christmas and which started because of Jesus' life
14. Christians have a late night church service to welcome in Christmas day
16. Birth town of Jesus
18. The currency of Israel
20. A precious strong-smelling perfume brought to Jesus as a gift
23. Old fashioned alcoholic drink, traditionally left out for Santa, to warm him up
24. This is stuffed and hung at Christmas
27. A very bright and large star, only occasionally visible to humans on earth
28. A family favourite Christmas sweet treat containing sponge, jelly and custard
29. A survey everyone had to take for tax purposes and which is still taken in the modern day
30. Traditionally placed in Christmas puddings for good luck
31. Heavenly beings reported to have appeared to praise Jesus at his birth
34. Songs sung to celebrate Jesus' birth

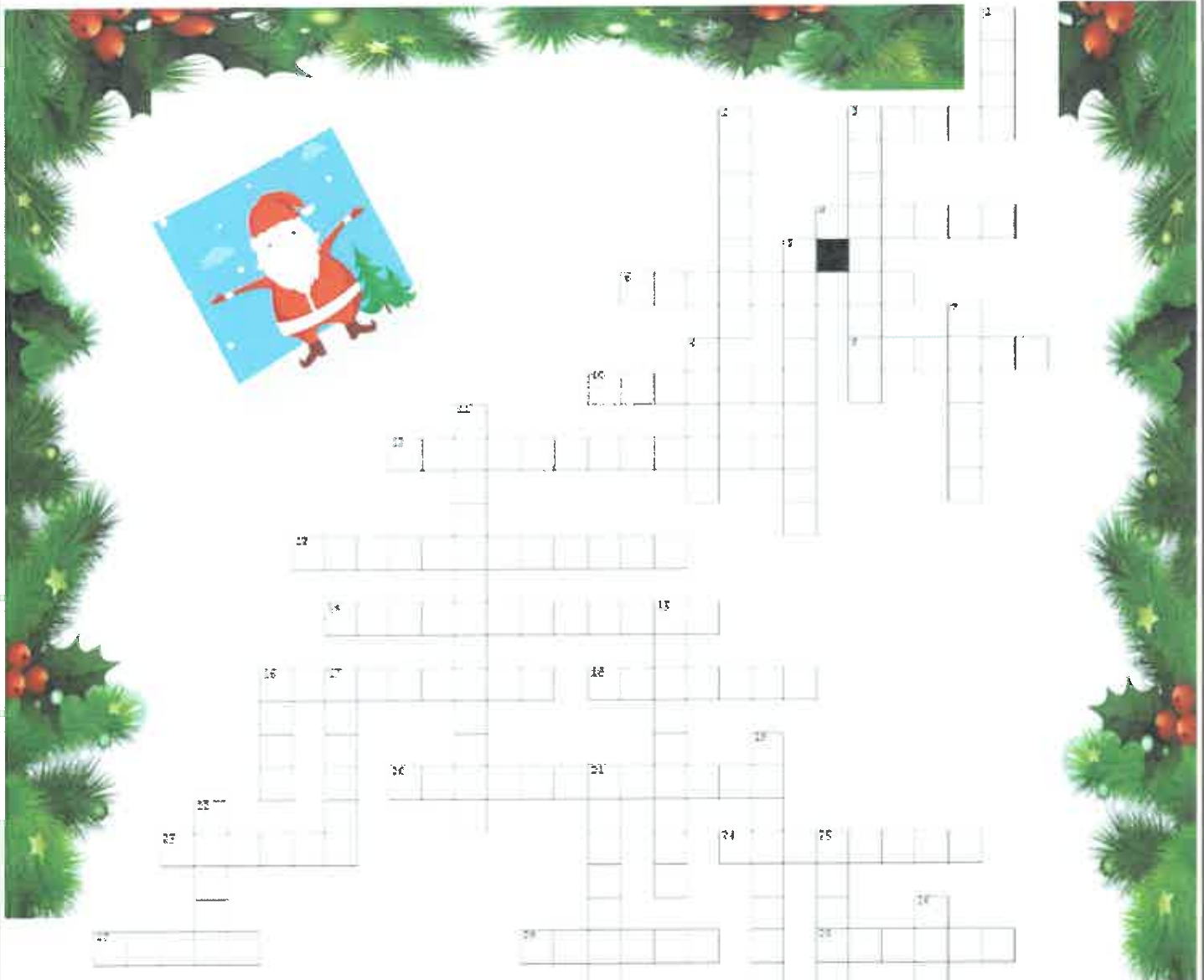
DOWN

1. Number of gold rings depicted in the 'Twelve Days of Christmas' song
2. The act of giving to others less fortunate than ourselves
3. This falls on 26 December each year
5. Local king who heard of Jesus' birth and ordered the massacre of all newborn males
7. Religion of Israel which was the religion of Jesus and his family
8. The empire which controlled Israel during the life of Jesus
11. The original figure associated with gift-giving at Christmas
15. These people were with their flocks when they saw a giant star appear in the sky over the exact location
16. Where Jesus had to be born as all the hotels were full
17. Poultry meat traditionally eaten at Christmas
19. What you will be eating for a long time once Christmas is over!
21. A re-enactment of the birth of Jesus
22. Number of respected community elders who visited the newborn Jesus
25. Can be eaten with cheese or pulled to reveal paper party hats, prizes and bad dad jokes
26. Modern country where Bethlehem can be found
30. Type of tree most commonly decorated at Christmas
32. Precious metal bought as one of the baby shower presents for Jesus
33. Jesus' mother

HUMANITIES & SOCIAL SCIENCES

Expanding your mind while having fun!

Put the answers in the crossword below, the clues are on the previous page and go into the correctly numbered spots on the crossword grid. Words can go across or down, and letters are shared, when words intersect. Please check your spelling carefully, before entering your final answers.



Have a great break
Ref



OUTDOOR ED

ASK TRISTAN FOR
MORE INFO



Our Outdoor ed and WILDE program offer a huge variety of experiences and adventures. The students are constantly challenged by various activities and situations outside of their comfort zone.

Outdoor adventure and healthy risk taking is an important part of a young persons development. By providing these opportunities we hope to build a strong sense of camaraderie, confidence, self awareness and resilience - as well as all the other practical skills that come with active participation.





Christmas Party

The 2022 Christmas Party was immense fun. We had Barnyard Buddies Farm attend once again and the children were so excited to pet and hold rabbits, Guinea pigs, ducks, chickens, 2 lambs and a dog. Mollie and Kai were also lucky enough to have the opportunity to feed the lambs a bottle each.



We had a Christmas fairy doing face and body painting and sharing stories about Fairy Land, most of the children went back multiple times and had art all over their bodies. The bouncy castle was a hit and the children had a ball jumping all their energy out. Everyone shared in a glorious spread for lunch and then we had a visit from Santa who had gifts for everyone.

L & L Christmas Party



EARLY LEARNING CENTRE

2022 is coming to an end and we will be enjoying a well-earned break. Port Early Learning Centre will be closed from 22nd December 2022 and re-opens on 18th January 2023 to prepare for another year of learning. We would like to wish you all a very Merry Christmas and a safe and happy New Year.

Our little treasures learnt so much this term; from sitting, to attempting to roll, to sliding down the slide sitting up, recognising their shapes, learning to use scissors safely, learning how to keep themselves safe from the sun and lots of new songs. We love to see all the children developing a newfound confidence with each milestone they reach.

We would like to welcome Ruby & Alex and Taylen & Ella to the Port ELC family, we look forward to watching your little ones grow and learn. Port ELC also welcomed 2 new casual educators – Clair and Caroline. Our Food Coordinator, Steph will be finishing up at the end of the term as she prepares to welcome her second baby. Steph will be back preparing yummy food for us all mid next year.

TEDDY BEARS PICNIC 2022

We are always looking for ways to be active in our local community. An excursion was arranged to the Teddy Bears Picnic at Manning Park. The objective of this excursion was for the children to recognise that they have the right to belong to many communities.



We enjoyed a picnic lunch under the shady trees before heading off to explore. The children had the opportunity to participate in arts & crafts, visit farm animals and native Australian animals, see a performance by Jazzie Shazzie, visit the Hello Baby Corner, see what the inside of an ambulance looks like and ride on the side show ally amusements.

EARLY LEARNING CENTRE

WOOLWORTHS LAND CARE GRANT – FINAL REPORT

The gardens have flourished over the last couple of months as the children continue to do a great job in taking care of them. Most recently they have been involved in watering, harvesting, and consuming freshly picked produce as well as sharing it with the Port School community and centre families. We also did some basic cooking with different herbs and vegetables from the garden to enhance their life skills and picked lovely fresh lettuce for the mums and educators to eat if their salad rolls on a recent excursion.



The plants that were planted have been attracting different living creatures in the centre yard such as ladybugs, butterflies and we recently had some special visitors; blue banded bees and a blue tongue lizard. The children demonstrated a lot of curiosity about the lizard, observing it closely and feeding it with strawberries from the garden.



Keeping a Healthy Mindset over the Holidays!!

Good mental health is a state of wellbeing where you feel able to socialise, study or work, feel connected to others and be involved in activities with peers in the community. It's a state where you can bounce back when faced with life's challenges and changes. So how can we improve our mental health? Below are some useful suggestions which are easy to incorporate into everyday life:

Get enough sleep – Sleeping well is good for physical and mental health helping the brain and body, bringing energy and focus to the day.

Healthy eating – Eating healthy can improve mood, energy levels and general physical health and wellbeing. Fill up on good nutritious food like fruit, veggies and whole grains and drink plenty of water to give your body and brain the nutrients it needs to function well. Good gut health is increasingly being linked in research to positive mental health.

Stepping into life – Keep doing the activities that are enjoyed and important to you. It can help keep the fun in your life, give you a sense of accomplishment and purpose, boost your confidence and help you connect with others. Things such as skating, playing basketball, reading or playing the guitar might just be for fun whilst other things like work or study or new pursuits can offer new skills which then might contribute to finding deeper meaning and purpose.

Staying active – Staying active can help with better sleep, stress management and improved mood. Find time to take breaks from work or study, whether it be going to a gym, playing some sports activities or even just going for a walk.

Connecting – Spending time with family, friends and people in the community can help you strengthen your mental health and wellbeing for example: Volunteering, hobbies, clubs, or sporting groups.

**Just like physical fitness, mental fitness takes regular effort. However, sometimes life can get in the way of mental health improvement.*

Learn new ways to handle tough times – taking time to reflect on how you're handling tough times is important. Sometimes our routines and practices help, but other times they feel like they do not. It is best to increase your array of options for handling difficulties and tough times for example:

- Using art, music and journaling to express yourself
- Spending time in nature (known as vitamin N)
- Setting some small achievable goals and getting some help meeting them
- Talking kindly to yourself and practising self-gratitude
- Searching for websites and free apps that can help

A Guide to Meeting Your Personal Goals Using Self-Compassion and Awareness

Evidence suggests that self-compassion reduces feelings of guilt which usually trigger unhealthy habits. People with a self-compassionate mindset realise that everyone makes mistakes, and there's no reason to feel shame or be self-critical when we fall back into our unhelpful habits or give in to temptations.

KEY POINTS TO CONSIDER:

- The biggest obstacles to, and best solutions for reaching personal goals are within you
- Success in meeting personal goals requires persistence and resilience
- Compassionate self-awareness can help you to be both persistent and resilient

There is a lot of advice out there to help you meet your personal growth goals—exercise, lose weight, become more assertive...the list goes on. But it's no secret that people often fail to achieve these goals, even when they follow solid advice. There are no miracles. Still, you increase your chances of success when you learn to apply that good advice with compassionate self-awareness—a combination of self-awareness and self-compassion.

WHAT CAN I DO?

While there are many plans to help you change, the real obstacles and solutions are just as frequently within you. You may think you lack discipline or for some unknown reason want to self-sabotage. You may think that you just don't have what it takes. Whatever you think, the way you relate to yourself can either increase your chances of making positive change or alternatively send you back to your old ways.

For example, just before your planned exercise, consider the difference between responding to yourself with: *I don't feel like exercising now. I'm just so lazy. I'll do it another day*

Compared to: *I don't feel like exercising now. It's OK to feel like this, but it's important that I put in at least a little effort. Maybe I can do just 5 minutes? If I don't have the energy then, I can stop and at least know that I tried*

If you failed to exercise, consider the difference between responding to yourself with: *I'm just lazy and have no discipline. Maybe I'll try again another day*

Compared to: *I know I didn't exercise because I was really low in energy, which makes sense. It's hard to exercise when low in energy. But maybe I can find a way to build a routine. Maybe I can find a friend to exercise regularly with which will help motivate me.*

Understanding & adopting a compassionate self-awareness approach that works for you!

In both scenarios, the second way of relating to yourself recognises your unique struggles and offers a caring, supportive response.

From that compassionate self-awareness approach, you will be more likely to follow through with actions for change, such as finding an exercise buddy and scheduling regular times to exercise.



From the student service team, we would like to wish you a
happy healthy holidays and New Year!

Molly, Dave, Michelle Z, Andrea and Tristan

Tel: 08 9335 6323

Email: admin@portschool.wa.edu.au



This year Port School hosted a Pink Ribbon Brunch event because we wanted to make a real difference to Australians affected by breast cancer. Donations made on the day help to do exactly that. Nickie and the canteen crew went above and beyond with themed food and an awesome fun tombola stall.

THANK YOU - OVER \$320 RAISED



BREAST Cancer

GO PINK at PORT

Monday 7th November

Students are encouraged to wear pink / pyjamas / pink hair.

Small donation for instant win raffle prizes for best dressed

Help us reach our \$200 goal by donating at
<https://fundraise.nbcf.org.au/fundraisers/PortSchool/pink-ribbon-breakfast>



The National Breast Cancer Foundation (NBCF) is Australia's leading national body funding game-changing breast cancer research with money raised entirely by the Australian public.



We really believe research is the best way to prevent deaths, and improve how breast cancer is diagnosed, managed and treated. NBCF is working towards one goal: zero deaths from breast cancer. Together we can help them get there.

WOULD YOU LIKE A PORT HOODIE ?



\$25-00 EACH

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

PLEASE ORDER WITH CHELSEA or MARIA



-WANTED-

WORKING OR BROKEN

**UNUSED
COMPUTERS
AND PARTS**

CONTACT TRISTAN OR DROP
OFF AT SCHOOL

0478 493 534



**TERM 1, 2023 STARTS BACK
ON
Wednesday 1st February**

Term 1	- Weds 1 st Feb - Thurs 6 th Apr
River Cruise	- Wednesday 5 th April
Public Holiday	- Monday 6 th March
Easter Holidays	- Fri 7 th Apr - Sun 23 rd Apr
ANZAC Day	- Tuesday 25 th April

Forward Planning

Quiz Night	- Thursday 11 th May (Term 2)
Art Exhibition	- Thurs 31 st August (Term 3)
Malaysia	- 11 th – 22 nd September (T3)



Department of
Education

Shaping the future

**VacSwim enrolments
now open**

Help keep your child safe in the water.
Enrol now for the summer 2023 school holidays.

education.wa.edu.au/vacswim



BUILDING PROJECT UPDATES

It has certainly been a pleasure working with our architects, The Fulcrum Agency and builders Western Projects. In a turbulent and challenging building climate, they have both certainly delivered with great trades, suppliers that have not missed a beat.

**THE
FULCRUM
AGENCY**



The new middle school project has certainly emerged from the ashes of the demolition and an imposing new educational facility has risen. With three classrooms, breakout rooms, undercover areas, play spaces, seating and a new ablution block, this really is a state-of-the-art facility for our year 8 & 9 students and the middle school staffing team.



With the main external structure now completed, works have started on the tiling, internal and external painting and the decking and verandah walkways.



Landscaping is well and truly underway with the wall between the two campuses now down, carefully selected native Australian planting will occur with new deciduous trees, low shrubs, shaded seating areas and a quarter basketball court for some recess and lunch fun.

By the time you are reading this, the project will be well on its way towards the practical completion date of mid-January. There are still a few complexities and hurdles to overcome, but we are certainly on track for a February 1st opening for our students

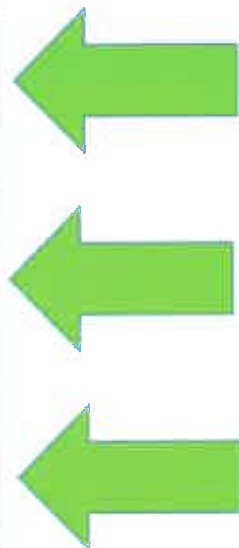
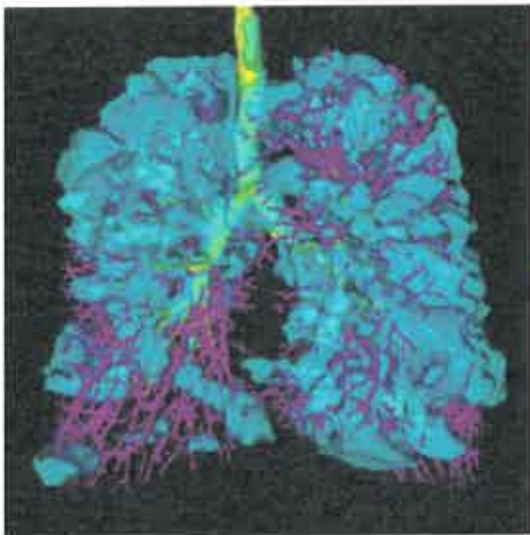


Going... Going... Gone



'Too cool for school' fruity e-cigarettes lure kids as young as 10 - with up to 500 flavours on offer!

- A rising number of teenagers and children as young as 10 are vaping.
- Students are being lured into taking 'hits' from the colourful, fruity flavoured devices such as kiwi ice, cherry, pina colada, and chocolate mint.
- Sneaky social media tactics are used to market e-cigarettes to teens.
- Vaping challenges promoted on TikTok and YouTube are sponsored by tobacco and e-cigarette companies.
- In Australia, it is illegal to sell e-cigarettes to anyone under 18 however companies are using every trick in the book to hook a new generation of Australians on toxic nicotine products.
- The nicotine in one vape can equal 50 cigarettes and kids who vape are three times more likely to take up smoking.
- Our lungs rely on us breathing in clean, fresh air that powers our bodies and brains. The lungs are not fully developed in teenagers, so inhaling toxic chemicals causes irreparable damage.
- Manufacturers of e-cigarettes even call them 'vapes' so teens believe they're just breathing in vapour.
- 'Vapes' work by heating a sticky liquid until it becomes an aerosol.
- This aerosol delivers a potent mix of toxic chemicals and these particles become lodged in lung tissue.
- This causes inflammation and increasing the severity of respiratory conditions like asthma.
- Recently, doctors have discovered the oily substance not only in the lung tissue – but also in the blood cells and airways of patients with vaping-associated lung toxicity.



LUNG DAMAGE FROM VAPING

VAPE 'JUICE' CONTAINS TOXIC CHEMICALS LIKENED TO WEED KILLER, FLY SPRAY, NAIL POLISH REMOVER, TOILET CLEANER AND DISINFECTANT.

**DO YOU KNOW
WHAT YOU'RE VAPING?**



There are no quality or safety standards for e-cigarettes, meaning the vaping industry is manufacturing these products without any regulations on their contents and labelling.

FOR PARENTS AND CARERS

Government of Western Australia
Department of Education

THE FACTS ABOUT VAPING

There are many different types of devices to cigarette or 'vape' liquids. The biggest misconception about vapes is that they are harmless compared to cigarettes. **This is not true. Vapes are not safe.** Vaping continues to attract attention because they often resemble common household items that are not seen as harmful and US\$100s, compared to the \$10s for cigarettes. This has led to a rise in the use of vapes to help protect young people from the risks of smoking.

COMMON VAPES



Disposable vapes are the most common vapes used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number of 'puffs' the device contains. Many of these vapes contain nicotine, despite often not being labelled as containing nicotine.

Vapes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular with young people.

DO YOU KNOW WHAT THEY'RE VAPING?
education.wa.edu.au

So, how are our kids getting their hands on vapes?

Dodgy retailers are selling e-cigarettes containing nicotine to people aged under 18 years. Students are also able to buy 'vapes' cheaply from reckless individuals who purchase online in bulk.

So, how do you know if your child or teenager is 'choofing'?

Signs to look out for if you suspect your child may be vaping, include coughing, nausea and vomiting, thirst caused by a dry mouth and craving salty food such as chips, cheese and crackers. The most obvious is a sweet or fruity aroma in your kids' room or on their clothing.

THE TAKE HOME MESSAGE.....

Most e-cigarettes contain this highly addictive drug, even if they have been labelled 'nicotine free'.



Vaping continues to be an issue at PORT SCHOOL. Based on adverse health outcomes for young people and its addictive nature, we have a no-tolerance policy towards vapes and vaping. Fact sheets offering further information and advice can be found at

<https://www.education.wa.edu.au/>

Middle School Art

This semester has been explosive with the Middle school art students 'busting out' their unique and rad skate deck designs. With expert guidance from Dan with his graphic design and spray-painting skills, students have enjoyed the freedom of creating their own custom deck that expresses something about their personality.



Ana



Jordan



Barbie



Alyssa

As we all know these guys have personality plus and they have really embraced this project again with great results, to finish off a very successful years' work in the Art room. Well done guys and a big thankyou to Matt, John, and the middle school EA's for their support in the classroom. Looking forward to the new faces heading our way in 2023!



Kosta



Jack



Anni



Brodie



Harley



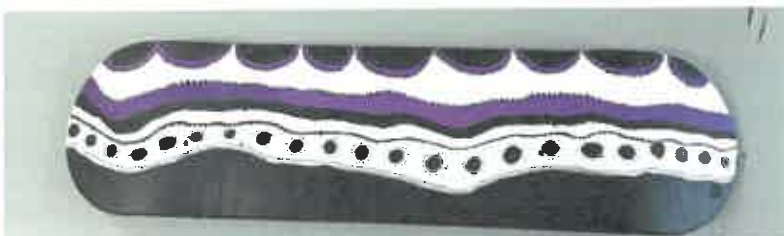
Brodie



Harley



Alison



Claire



Emily

ARMED FOR LIFE

Equipping you for a healthy and resilient life

It was great to have Adam Przytula from Armed For Life present to the school earlier in the term. The Resilience Program is flexible in nature but ultimately is designed to develop the participants capacity to deal with problems – their resilience.



The length and structure of the program was adapted to the schools' requirements – so the program took place over the course of one day. The program focused on many key issues that are all related to being resilient, including:

- Self-Awareness – The capacity to recognise emotions and deal with the in a healthy way
- Self Esteem – Thinking and feeling positively about ourselves has an impact on our capacity to get back to who we were before we encountered the problems we face
- Decision Making – Both WHY and HOW we make decisions will make a difference in how resilient we are so we need to learn to make positive choices
- Healthy Relationships – Being surrounded by healthy relationships (family, friendships and dating relationships) has a very strong impact on how we deal with problems a healthy way
- Positive Anger – We all get angry (it is an emotion) but this emotion more than any can sabotage our capacity to be resilient
- Responding to Problems – Rather than reacting to the problems we face out of the emotion we feel, we need the capacity to respond thoughtfully to the problem and many more





2022 has been a big year for the RTO/VET department. Since coming on board earlier this year and building on the excellent groundwork of Compliance officer Ellena and Coordinator Louise, who have held the fort since the last manager left, we have achieved some outstanding results for our students. Congratulations to students in year 10, 11, 12 and 13 who have completed a qualification at Port School and/or with an external provider this year. What an amazing effort this year with 37 qualifications completed and issued, plus 8 Barista certificates! You can read all about our impressive stats in the Principals report and this newsletter is full of stories of career exposure events and student achievements in Vocational Education and Training.

I would like to send a big congratulations to student Blake Della Bona, who has wholeheartedly embraced every opportunity that we have offered him. Blake has put himself out there and been on about every career excursion, excelled at work experience and most impressively has committed himself to working towards his dream of becoming a member of the Australian Defence Force. Blake has been inspirational in his dedication to his physical fitness training and preparation for his entry interview. We look forward to seeing Blake visit us in his ADF uniform soon!

Ashton sets sail on a School Based Traineeship! Congratulations to Year 9 student Ashton on being offered a School Based Traineeship with Cordina Marine.



Ashton pictured with Port School mentor Jon, Sheree from CCIWA, Sean from Cordina and proud mum Sandra will be gaining a Cert II in Engineering while getting hands on experience in the work force.

Cordina Marine is a family owned and operated boat building business located in Henderson Western Australia. They specialise in the building of commercial and recreational aluminium vessels as well as providing onsite maintenance and repairs.



Cordina Marine have a real passion for building high quality aluminium commercial and recreation boats. From our precise fabrication to DNV welding standards, only the best materials are used. Thanks Joe and the team at Cordina, we know Ashton will be learning from the best in the industry!



Sadly, this year we say goodbye to the amazing Louise Brown. Louise has been a mainstay of the team and a favourite amongst the students who have benefited immensely from Louise's career and VET training mentoring. We wish Louise well in her future endeavours and will miss her sense of humour and knowledge of the VET sector. 2023 will see Kate Dunn join us as a trainer/teacher and VET specialist. Kate has an impressive resume with qualifications in education, arts and leadership and experience in other CARE schools and Correctional facilities.

With this increased capacity and skills sets on the team, 2023 looks like surpassing the successes of 2022 with exciting new programs coming online including Emergency Services Training (think firefighting, radio coms, search and rescue!), Uni pathways programs and every year 10, 11 and 12 student having training and career plan. In keeping with our compliance requirements, our team of trainers will also be in for some lovely activities that keep them up to date with industry trends and sharpen their relevancy and skills set in their training areas. So add all this to a full calendar of career tasters, excursions and events, 2023 is going to be a very busy year at Port School!

Chelsea Gets Creative!

Congratulations to Chelsea on securing a School Based Traineeship at Port School in Cert III Arts and Cultural Administration. Chelsea's natural artistic flair and outgoing cheery personality makes her a perfect fit for our art room where she is working alongside Dan and Dionne to help students find their creative strengths.

The Cert III in Arts and Cultural Administration will open the door to many careers for Chelsea including in galleries, museums, studios, tourism bureaus, theatres or art and design retail outlets. Well done, Chelsea!



Diana scores a School Based Traineeship!

Well done to rising star Diana, who aced her job interview at Salsa so well that they offered her a school-based traineeship on the spot! Diana will be getting hands on experience while undertaking a Cert II in Retail, which will compliment her Cert II in Hospitality.



Diana said, "Brendan and the team at Salsa are really lovely. I love that Salsa uses fresh ingredients and produce most of their menu from scratch. I'm learning all about the business side of the restaurant trade as well as trying my hand at making Burritos and other Mexican delights!"

Well done, Diana and we look forward to eating out at Diana's food fusion restaurants in the near future!

COMMUNITY SERVICES

Fremantle Education Centre is a fee for service Registered Training Organisation (RTO) in Fremantle. The Vet in schools program allows students to complete a certificate II, III or IV in a variety of different areas such as Community Services, Business, Education Support and Early childhood education and care. We have had two successful completions this year of certificate IV Community Services from Jaz Davies and Jake Powers. Jake is using his certificate as a direct university entry pathway. This year in term 4, four of our YPC girls started their certificate IV in Community services and Education support.



Some of the units that they cover will be: Identify and respond to young people at risk, comply with legislative policy and industrial requirements, use educational strategies to support ATSI students, work legally and ethically and maintain work health and safety.



These courses will start in term 4 each year and will continue for a year. Murdoch university have a partnership with FEC and a certificate IV will enable direct entry to university which equals to a 70 ATAR. In week 3 Community Services students and students interested in a university pathway attended a tour with the learning experience coordinator at Ahead In-schools program Curtin University. The guides took students on a tour of the university and look at different pathways for community services, art and engineering students. We sat in the lecture theatre and received a tutorial on how lectures work, walked through the amazing art and design areas, saw the engineering students building a rally car and we were treated to lunch in the cafeteria. The Ahead staff discussed all the different pathway options for entry including a certificate IV, bridging course, and ATAR.

Each year in August- students can apply for free courses through VETIS TAFE- There is community services and childcare along with a range of other certificates II and III. Students will need to write a paragraph on why they want to do the course and future outcomes they hope to achieve by completing this course. They will need a resume and any letters from employees, teachers etc to support their application.

COMMUNITY SERVICES

Health Science hub visit- students had a tour of Health Science Hub campus in Perth and viewed the facilities for the animal care, nursing courses and community services courses. Animal care has amazing units including basic animal first aid, identify behaviours of animals and assess welfare status of animals. They have many incursions with an array of different animals such as reptiles, birds and freshwater fish and excursions to Native Arc, Caversham wildlife park and Rottnest Island.



The nursing pathways start with a Certificate III in Health Services Assistance (this qualification will enable you to seek employment as an assistant in nursing, helping with activities of daily living, feeding, hygiene, and movement). A few of these units will include complying with infection prevention, apply medical terminology, assist with movement, and work with people with mental health issues. A Certificate III in Population Health (the study of chronic diseases like heart disease, stroke, cancer, and depression as well as natural disasters like flood, fire and drought).



Take a close look at situations and events to understand how these events impact people around them. These certificates lead on to the certificate IV in preparation for health and nursing studies. This course is designed to give you a foundational knowledge of first-year university subjects like chemistry, human biology, and physics. This course will add to skill levels by teaching you about communicating at the university level in skills such as referencing, improving study habits and creating a university schedule.

Louise



POP

Port Outreach Program

Here we are suddenly at the end of another school year, the last ten weeks of school have flown by. The end of term 4 is always so busy supporting students to complete and sign off on their CGEA Certificate II completion and other courses before the end of the year. I'm very proud to say the current cohort of Port Outreach students have completed more certificated courses than any other POP year group to date. A big thank you to the POP team who have supported these students to reach their goals this term.



A big congratulations to the following students who have all completed one of more nationally accredited training certificates and workplace compliance licences.

Finn Renfrey	CGEA Certificate II
Natalee Fisher Strettles	CGEA Certificate II, Certificate II Hospitality, Learners permit
Landen Watterston	CGEA certificate II, Certificate I Automotive, Learners Permit, completing Certificate III Construction
Ashton Klivington	CGEA Certificate II
Taeya Jordans Russell	CGEA Certificate II
Tyisha Cannon	Completing Certificate II Hospitality
Tynana Hawkins	CGEA Certificate II, Working with Heights
Cooper Pashby	CGEA Certificate II, Learners permit
Brendan Jones	White Card



A special congratulations to Natalee Fisher Strettles who has secured employment with Clancy's Fish Bar and is currently seeking an apprenticeship. Congratulations to Sebana Nagomarra who will be transitioning from POP to the Middle School next year along with Maya Malay who joined POP in term four. It is always the goal of the POP team to have students join the onsite school programs and their peers. A big welcome to EJ Beard who also joined POP in term four, we are looking forward to working with you next year. We bid farewell to our departing seniors and we wish them well on their life journey. We hope they valued their time at Port and they continue to be lifelong learners. Vale to:

Natalee Fisher Strettles	Mitchell Davies- Horne
Tyler Bishop	Landen Watterston

POP

Port Outreach Program

It has been a challenging semester as the POP team as two key personnel, Belinda Carcione and Scott Roycroft have been absent. The students and the team have missed your contributions greatly. We are thrilled to have Belinda back on the job at the end of term four. Sadly, Scott will be leaving the team and will not be returning in 2023. Scott's contribution to Port Outreach Team has been immense and leaves very big shoes to fill. Scott, your professional excellence, diligence and patience with our POP students has been greatly appreciated and we will miss your dry wit and welcoming smile. All the very best for your new life adventures, Scott. A big shout out to Esben who has taken up Scott's position in his absence. Thank you for the care and support you have given our students this semester.



Next year there will be some changes to the POP structure, Jon will become a fully registered teacher and have the opportunity to put his skills into practice in the Middle School one day a week. Belinda will be splitting her role on the POP team between POP, following up students who are not engaging in the on-site school program. She will also be managing the interagency support for the POP team. Students who are not attending school will be receiving a visit from the POP team, because we all know all the research says students' engagement is intrinsically linked to learning outcomes.



As the Port Outreach Program grows, we continuously reflect and review our practice and our program delivery. We strive to be the leaders in educational outreach, Australia wide. Your feedback is always welcome and valued. Thank you to the parents who participated in the survey this year. A Merry Christmas and Happy Holidays to one and all. Please be safe and we welcome you all back in the new year. Jane Hawdon and the POP Team.

Jane, Belinda, Jon, Esben & Sam

The Port Outreach Team

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



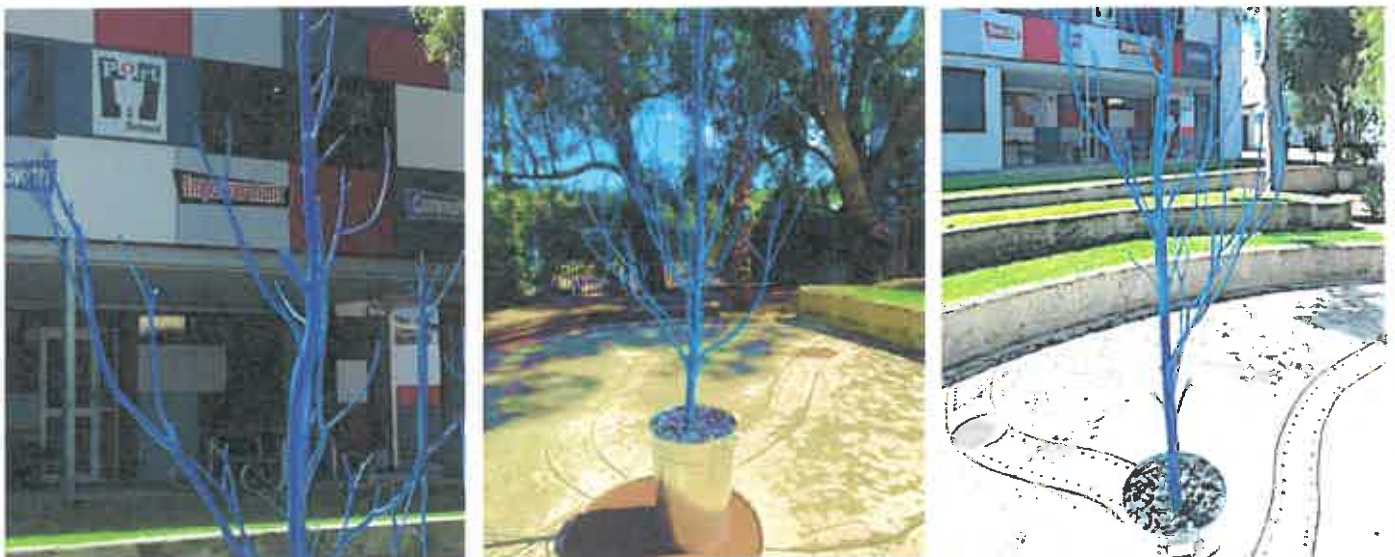
What is The BLUE TREE PROJECT?

- Our mission is to help spark difficult conversations and encourage people to speak up when battling mental health concerns.
- By spreading the paint and spreading the message that "it's OK to not be OK", we can help break down the stigma that's still largely attached to mental health.



Our story - kicking the stigma one blue tree at a time

Sadly, our story is not unique, but the legacy of Jayden Whyte is. The Blue Tree Project has flourished into a charity helping change the way we talk about mental health after Jayden Whyte took his own life in 2018. The blue trees now dotted across Australia and other parts of the world, act as beacons of hope & conversation starters.



One of this year's art exhibition sculptures was our blue tree, which now is a permanent feature in our amphitheatre space. It's a constant reminder to our young people to talk, open up and look after their own mental health. A message we strive to get across through all our staff at Port School. We are delighted to be joining the blue tree family and having heard Kendall speak several times, would love to get her to the school at some point in 2023.



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



On 4th November we celebrated WA canteen Day. We all know that we have an amazing catering, canteen and hospitality training team, but we would like to acknowledge the awesome work our cooks, chefs, trainers all do across all aspects of the Port School and Port ELC.



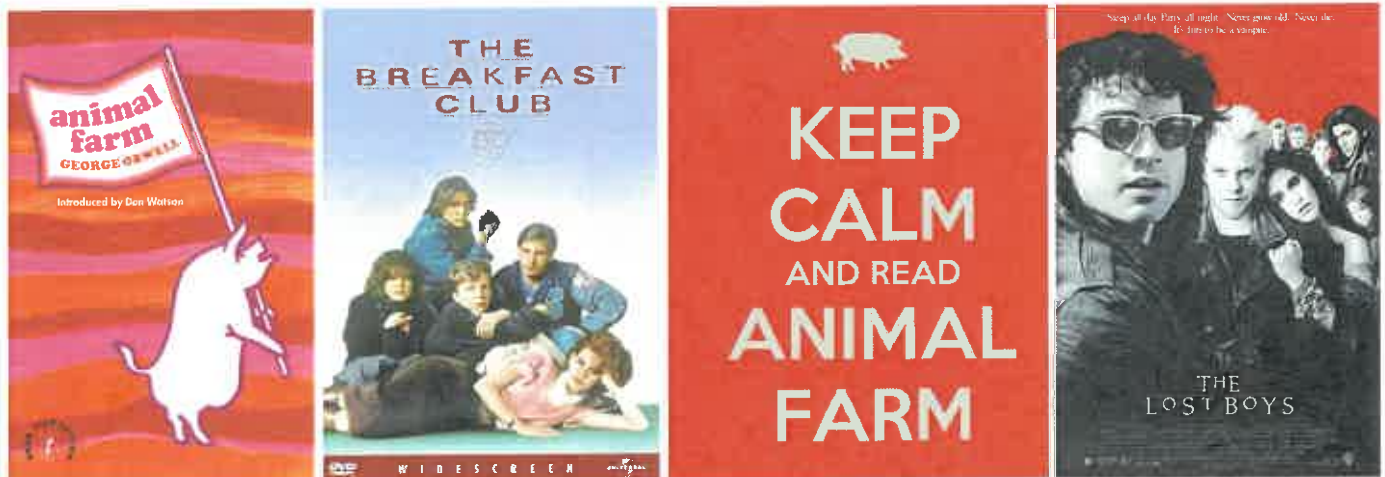
A huge thank you to Nickie, Terri, Flic, Maree, Steph and Ana for all the amazing work you do and for always going above and beyond in everything you do.



#CanteenDayWA



The English room has been its usual hive of hustle and bustle. As term 3 came to a close, the notoriously tough term saw us dig deep and band together to push through and we looked forward to term 4, to warming up and planning our summer. September came around quickly and our year 11 and 12 students sat the OLNA and then the waiting began. Results finally came back and I was very proud of each student, they really put in a solid effort and showed tenacity. It was indeed very heartening to see how keen they were to get their results back and how proud of themselves they were for giving it their best shot. Their results have been sent out with their semester report and students who achieved a 1 or 2 have the opportunity to re-sit the test in March and if necessary, again in September. Those who passed with 3 in writing, reading and mathematics could breathe a sigh of relief. I was especially impressed with the quality and quantity of their writing. Well-done one and all.



Semester 2 is, by far, my preferred semester to teach as studying film and literature is something I look forward to each year. Our seniors read *Animal Farm* by George Orwell (1945) and I chose this novel because it mirrored a lot of what we discussed in class beforehand. Particularly in group 5 – they are impassioned and knowledgeable about the world they live in and have a healthy sceptical view of politics and politicians; *Animal Farm* felt very much like a good fit and I'm glad to say it was. Although it was written by Orwell to criticise communist Russia in the early 19th century and was written at the tail end of WWII our students could relate to a great deal of what Orwell thought about those who have too much power, abuse of power and how power corrupts. Universal and timeless themes that show us the more things change the more they stay the same.

Each Thursday group 4 debated before lunch. The topics ranged from *dogs make better pets than cats* to more the challenging it is easier to control *ignorant people rather than educated ones*. Students were allocated the point of view they had to debate, sides were not self-appointed and this posed a challenge throughout the semester but they carried themselves well, followed the rules of debate and respected each other's voices. Groups 2 and 3 studied films in term 4, *The Breakfast Club* and *The Lost Boys* were the popular vote. Using film as learning tool and provides a context for teaching students about human nature, cultures that may differ from ours and our world in general and for the most part studying film is enjoyable and motivating. *The Breakfast Club* is a great way to learn about the power of stereotypes and how they constrict us. *The Lost Boys* provides teachers with a great tool to teach symbolism and technical codes and who doesn't love B grade cult films? Group 1 also achieved significant personal and academic goals.

As the holidays approach I wish you all a safe and happy break and look forward to 2023.

Joy



The kitchen team and hospitality students have excelled themselves once again with an incredible array of festive food for our school Christmas Lunch.



Roast and glazed ham, Turducken, roast veggies, stuffing, gravy and a variety of pavlova's and fruits to finish off an amazing meal. We have an awesome kitchen team who make every day, every week and every occasion special. Thank you Nickie, Maree, Terri, Flic & Anna for all that you do.



For those of you that don't know, students were treated to Turducken, which is a dish consisting of a deboned chicken stuffed into a deboned duck, further stuffed into a deboned turkey. Outside of the United States and Canada, it is also known as a three-bird roast. Wow, did it taste awesome. We would very much like to thank Isobel Sinclair and Mahogany Free Range Poultry for their support.



WHAT'S COOKING?

The start of this term we focused on preparations for the Arts Exhibition, baking hundreds of mini donut rings, or making kilos of mince into delicious burgers. As a sculpture walk was involved this year, Hospitality decided to be a bit different and make mini dishes inspired by each sculpture. Students worked hard in the days leading up to the event and tirelessly on the day.



Dylan smashing out the Enchilada's



Dewar & Riieshard harvesting micro crops



Eve smashing out a family recipe

In the non-alcoholic beverages unit this term, students started with the fun of making mocktails. They researched recipes and practiced shaking, muddling, mixing cocktails. The top 3 cocktails were served at the art evening.



Alongside this unit we have completed Use Hospitality Skills effectively, which combines 12 functions from across the year. It has been amazing to see the confidence and standard of students improve over the year.

One of our excursions was at the Crown, we were lucky enough to have a 3-hour tour, visiting each Kitchen and restaurant operation, including the largest restaurant in southern hemisphere, which was the staff area! The whole catering operation is so vast and each kitchen is very specific.



Geoffrey and Diana got to try their hand at making pizza dough and making several awesome pizzas



Students had fun making Christmas themed food, with some amazing Christmas tree shortbread, gingerbread trains and ornately decorated gingerbread houses.



Have a great break

Maree, Nickie, Felicity, Terri & Ana





HOSPITALITY



The hospitality crew excelled at the recent art exhibition, creating some amazing hot and cold food and canapes. Like the art and sculpture exhibition, some of the food was indeed 'art in itself'.



Thanks must go out to Nickie, Maree, Terri, Felicity, Anna, Josh and all the staff and students that helped cook, prep, serve and be part of an amazing team that created culinary masterpieces

SCULPTURE WALK & ART

EXHIBITION PORT SCHOOL





HOSPITALITY



The Port Kitchen would like to thank our local suppliers Continental Meat Supply 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



SCULPTURE WALK & ART

EXHIBITION

PORT SCHOOL



THEATRESPORTS

Although our theatre troupe was rather small this semester it was, as always, good to see the same faces enrolled and ready to follow my sometimes zany lead and throw themselves into the mix. And as always one of the loudest voices in the class is the sound of my laughter. I am so proud to work with this group as they really do love to act. One of the favoured games introduced this semester is called "What are you doing". Essentially: we stand in a circle and one student goes into the centre of the circle and starts an action (such as brushing her teeth).



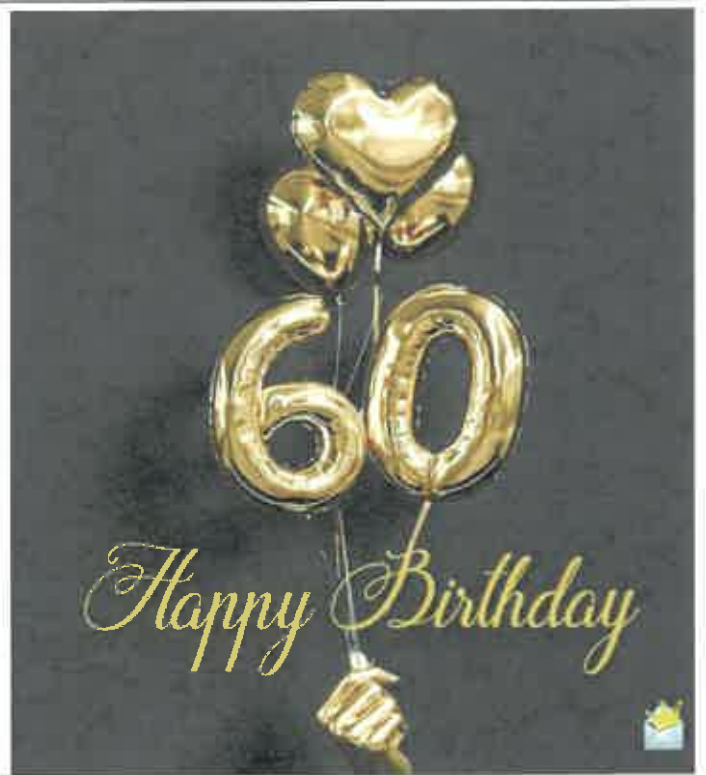
The next student goes into the centre, and asks, "What are you doing?" The person brushing her teeth answers by saying something other than what she is doing such as, and one of my favourites, jumping out of an aeroplane sans parachute or dismantling a bomb. We played this game a great deal as it is a great way to warm up, laugh, think quickly and make each other act in fun and zany ways, basically being at each other's mercy! As I've said many times it also allows us to leave our stresses and school responsibilities at the door and enjoy the benefits of play-acting. We also had many visitors over the course of the semester and encouraged by the class they too joined in and had some fun. As term 4 comes to a close it looks like we have new members, I look forward to working with the student's next term.



A big thank you to my students, for their trust in me, willingness to participate and patience for the far too many times I arrived 10 minutes late on Thursday's (for which I profusely apologise!) as well as their laughter they are greatly appreciated and I wish you and a safe and happy break just as I wish you all a happy Christmas and Happy New Year.

Joy

55



Happy Birthday to Andrea, Port celebrated her special day in style with a fabulous cake made by Nickie and the kitchen team and an array of awesome nibbles



Staff and the school put in to get Andrea an amazing piece of artwork by local artist Thelma Cluning, which she was delighted with.

BOXING *fitness*

Although it's been another smashing term in the Box-Fit program, we had to say goodbye to our beloved "Mambas Boxing Academy". Unfortunately, the gym closed but will forever be in our hearts.



Thank you to the owner Jerry, for allowing Port School to use your space, by doing so, you installed confidence and comfort within our students in the Box-Fit program.



On the brighter side of things. This term, the crew and I broadened our workouts by focusing on "circuit" and "strength" training before hitting the bags and sweating up with pad work.

It was great to see everyone contributing on what should be added into our workouts and voice planning for the following weeks.



The Box-Fit crew have shown growth in many ways this term. Agility, strength, perseverance, the list goes on with these guys, I'm so proud of how hard they've worked and the environment they've created amongst each other.



Well done everyone, keep sweating it out and working hard.

Enjoy the well-deserved break ☺

Celeste

MOBILE CLASSROOM

It has been a very positive year for some of our students with high attendance and excellent participation in our program. Port Mobile Classroom has had the privilege of seeing over 18 students on our list over 2022. Most days we have been seeing a consistent 4 to 6 students at a time. Throughout the year, PMC have attended multiple camps throughout our southwest region. Our most recent camp being the Senior School Camp down at Jarrahdene which is located south of Margaret River. The students completed a 7km hike, cave tour, high ropes course and other challenging activities. PMC Staff and students were also given a tour of the Naval Base in the city of Rockingham. This was an amazing experience to see a day in the life of a Naval person. Our Students were treated to a very special tour of the facilities and treated to a buffet lunch and finished off with Rock Climbing.



A major highlight of the year was our NAIDOC Day at Port School. The bus boys got involved in the preparation for the day and enjoyed the events that included the dance performances, art and engaging with elders of our community. PMC also attended a NAIDOC event at Champion Centre in Seville Grove. While we maintain a good education balance with our fellas, we also enjoy the engagement-based activities which include, Mountain Bike riding, swimming, cooking and Team Sport.



Other highlights for the year include Murdoch and Curtin University tour, helping prepare the catering for the event at the Art exhibition held at Port School and our weekly cooking class in the kitchen. Some of our students joined the school for the Try a trade Bricklaying course down at Rockingham TAFE. All these different excursions and events help the fellas realise the different opportunities that are out there if they are willing to push themselves further.

We hope the fellas have enjoyed the year and we will see them in 2023. Stay safe!

Josh and Dennis

ABSOLUTE TEAMSPORT

Port School's Team Sport Program provides opportunities for student to improve their fundamental movement skills of running, body movement, and object control. This term, we have participated in flag rugby, touch rugby, volleyball and cricket.



Our flag rugby games have given the students an opportunity to work in a team environment and develop their fitness and communication skills. We have seen a great deal of improvement in the passing skills of our students during our rugby games. We introduced touch rugby at the end of Term 4 to mix up our flag rugby sessions.



The speed of the games increased significantly, resulting in students needing to communicate more effectively and work as a team. The most pleasing thing about our experience with touch rugby was the honesty of all our students during the games. It's an easy sport for people to lie in as the players have a large amount of responsibility in acknowledging that they have been tagged.

ABSOLUTE TEAMSPORT

We continued our volleyball games throughout the term, with a noticeable improvement in our rallies. The biggest focus for our students this term was to communicate in games. As a volleyball court is quite small, communication is necessary when playing with 6+ players on a team. Our students have been practicing calling for the ball every time that the ball comes to them.



By doing this regularly, we know that our students will play better as a team and experience more exciting games of volleyball. A highlight for the term was our annual Phil Hughes Memorial Cricket Match. Our students played with great sportsmanship and demonstrated some excellent batting, bowling and fielding skills. Team Eileen took out the win this year, taking back the trophy from Team Mike.

Once again the Port Fitness Centre has been popular afterschool with many students using the facility to improve their strength and fitness levels. The gym is open from 2:10-3:00pm on Mondays-Thursdays throughout the school term. Any students interested in training in the gym next year can speak to Brad, Grant or Aidan for more information



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.

Brad, Eileen, Aidan & Mike



Young Parent Centre

2022 marks the 5th Annual YPC/ELC Mum's and Bub's camp for Port School. This year we had six Mums and seven babies attend a four day camp at Fairbridge Village in Pinjarra. Day one was a visit to Red's Zoo. We saw rope ropes (snakes), llamas, ferrets, lizards, wombats and lots of birds. We had the opportunity to feed the Llamas, lambs and deer.



With a beautiful forecast of 32 degrees, unpacking could wait because the pool was calling us all. Little did we know a thunderstorm was getting ready to roll through Pinjarra. Sleep was fleeting on night one with lightning, booms of thunder and children out of their sleep routine.

Day two we had the ELC run day care for the little ones so the Mums could go on typical school camp adventures. Although everyone was very tired, canoeing was their activity of choice for the day, so a picnic was packed and off to Drakesbrook Weir in Waroona we went. Some daring students took a long paddle to the paddock on the other side of the weir to visit the cows. The afternoon was a spot of shopping in Pinjarra and some Mini Golf back at Fairbridge.



My camp highlight was...

'Watching the Mums work together to care for their children is always a camp highlight for me'
Chelsea - YPC EA

'Camp helped me bond with Tatum and Chloe and their babies, and seeing Khloe almost get head butted by cows was so funny'
Cristina - student

'My highlight was the amazing race and getting closer with friends'
Khloe - student





Day three was a visit to see a few of Thomas Dambo's 'Giants of Mandurah'. Wow what a magnificent feat to behold! On return from the giants it was time for Chelsea's challenge, an amazing race style game pitting students against teachers. There were time penalties, short cuts, puzzles, mazes and codes, which all lead to the final deciding challenge of making bridal gowns made from newspaper. Even though the students were clear winners of the dress challenge it all came down to a count back of points at each station and the teachers came out with the win. Congratulations Mike, Michelle and Lena. Look out though, the students are already talking about taking you down next year!



Thank you to the staff who gave up a week with their own families to attend camp, without your hard work and dedication camps like this wouldn't exist. A huge thank you to Michelle for being team leader and organising all the behind the scenes details that come with school based camps. Lastly thank you to our amazing students and their babies. Your smiles and laughs and conquering of fears make the sleepless nights so worthwhile. We wish everyone a fantastic summer break and look forward to the awesome things to come in 2023!

My camp highlight was...

'Sitting on the verandah during 'golden hour' watching the kids chasing Mike over the paddock and the kangaroos hopping towards the valley was magic'

Lena - YPC Teacher

'My highlight was the glow stick dance party on the last night'

Michelle - YPC Manager



Certificate in General Education for Adults

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 4

Term 4 has been our busiest term of the year with the bulk of our camps, incursions, and excursions taking place. There have been some great achievements by our students across the board in the senior school, Young Parent Centre and Outreach program. Our CGEA classes are targeted at students in Groups 3, 4 & 5 in the senior school.



WorkSafe
Western Australia

Students in Group 3 & 4 have been working on the Work Health and Safety workbook this term, which focuses on understanding and identifying hazardous situations in the workplace. Students have had to complete the following tasks: identify safety signs, complete hazard report forms, WHS module quizzes and identify the evacuation procedure for emergencies at Port School. We have had some great discussions about WHS, with many students drawing on their own personal experiences in workplaces.



Certificate in General Education for Adults

In Group 5, students have been working independently on their CGEA II or CGEA III. We have a large group of students in Group 5 who are leaving Port School next year as they are graduating or pursuing other educational goals. These students will be greatly missed, I wish them all the best for 2023 and beyond!



Once again, I would like to acknowledge all staff in the senior school, Young Parent Centre and Outreach team who have assisted students with the CGEA II and CGEA III course. It's great to see our students getting the academic and educational support they need to achieve successful educational outcomes.

Notable mentions- Completed Certificates

Jada Arrowsmith	- Completion of Certificate II in General Education for Adults
Hamish Black	- Completion of Certificate II in General Education for Adults
Taeya Jordans-Russell	- Completion of Certificate II in General Education for Adults
Aiden Mendolia	- Completion of Certificate II in General Education for Adults
Cooper Pashby	- Completion of Certificate II in General Education for Adults
Tasha Redgrave	- Completion of Certificate II in General Education for Adults
Finn Renfrey	- Completion of Certificate II in General Education for Adults
Chloe Vernon	- Completion of Certificate II in General Education for Adults
Josie Walley	- Completion of Certificate II in General Education for Adults
Naomi Wellings	- Completion of Certificate II in General Education for Adults

MIDDLE SCHOOL CAMP

During term 4, the Middle School was given the opportunity to go camping down south in Jarrahdale. The experience was incredible for everyone that came. We departed from school Wednesday morning to start the journey with a 3-hour drive, the kids bubbling with excitement. We arrived at camp, set up tents then drove to the beach for a 7 km walk (a great effort by all the kids) taking in the scenery along the seaside, watching kangaroos and emus frolic through the bush.



Thursday started with a wonderful breakfast prepared by Barry, (the Gordon Ramsey of camp cooking) we were lucky enough to have Barry prepare every meal while we were there. After our delicious breakfast we made our way to Giants' cave, spending time looking at the stalagmites growing from the floor of the cave and stalactites hanging down from the top.



The kids showed great teamwork, encouraging each other through the self-guided cave and eventually reaching the light at the end of the tunnel. That afternoon we enjoyed swinging from the trees like monkeys in our high ropes experience, sliding through the trees on zip lines, terrified but excited at the same time.



MIDDLE SCHOOL CAMP

Both nights consisted of Matt's incredible ghost stories scaring the pants off of everyone, night two included a night-time walk in the bush to visit the hangout of some witches (SPOOOKY!)



On the Friday we woke early to the sound of pitter patters on our tents/swags as the rain began to fall which started our journey home early, beds and showers were calling our names as we made one stop at a bakery where we were able to get some beautiful treats to help us survive on the way home.



Finally, around 1 in the afternoon we arrived back to the school grounds ready to go home, never taking for granted the luxury of a shower or our beds again.



This term, the hard work from the student in Group 4 culminated in two exhibitions, the Port School Art Exhibition, and the Creative Schools Now I Own exhibition at Art Source in Fremantle. Students set up stalls at both exhibition where they sold their products to the public. All businesses made profit, after paying for any materials and donating \$50 to the Malaysia fundraiser through the Port School Art Exhibition.

The Biz

Port School's project was designed to explore the real world of business and financial literacy with students in their final years of schooling. Focusing on Key Curriculum Areas of Mathematics, Technology and Literacy, The Biz aimed to equip 11 Year 9–13 students with real-world skills in organising and managing finances and budgets; and to design, fund and produce a product or service for launch at the school's annual in-house Trade Fair, and for NOW I OWN. Dumbbells and gym equipment? Check. Protein balls? Check. Upcycled fashion, making use of jeans saved from landfill? Check. Meet the entrepreneurs of today and tomorrow.



The Biz was co-designed and delivered by multidisciplinary artist and sculptor Anne Gee and teacher Eileen Vlahovich, with the support of Brad Rowden, Chelsea Eastwood, Dan Craggs, Dan Duggan, Dennis Colbung, Felicity Moore, Grant Snowdon, and Tristan Eastwood.





A huge congratulations to:

- **Growing Up:** Chelsea Arnold and Jack Breen with support from Milly Hulme and Noah Branley
- **Healthy Bites:** Hamish Blake, Jordan Davies and Blake Joshua
- **HomeFit:** Blayke Payne and Naomi Wellings
- **Meeka Bardan:** Brooke Hart with support from Jemma Roser
- **Truly Garbage:** Maya Fowler

These students all worked hard to ensure their products were eco-friendly, appealing, and profitable.



A Special Mention To....

Chelsea Arnold, who stepped up to make a speech which outlined the highlights of the Creative Schools program. She spoke clearly and confidently, addressing a large crowd, and did Port School proud.



Watch videos of four Port School students reflecting on their experience, and hear an audio of students reading the didactic for *The Biz*

BREAKING NEWS - NEW DATE

Port School Presents



Rage ON THE River

**END OF SUMMER
BOAT PARTY**

2023



HOSTED BY
PORT MASSIVE

Join us on board the Crystal Swan again

on

Thursday 5th April 2023

from 6pm to 11pm



Students	- \$25 per person
Guests	- \$50 per person



Price Includes: Transport, Disco, Buffet style meal and unlimited soft drinks