

Volume 12

Term 1 2023

Welcome Back for 2023!

Diversity

Growth

Community

Empowerment

# Port School



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# Message from the Principal



## Principal's Report- Barry Finch Term 1 2023

2023 is off to an excellent start at Port!

Attendance has been high for most students, with good participation in all classes. Our new purpose-built Middle School has taken our campus to a new level, with stunning grounds and classrooms which have exceeded our expectations. We have once again raised the bar on what is expected from students, and most have successfully risen to this challenge. A number of students have already engaged in Try-a-Trade short courses, whilst others have commenced school-based traineeships.

I would like to officially welcome our new staff who joined us for the start of 2023: Brett in the YPC, Louise in the Middle School and Kate in the RTO. They are great additions to the Port community and are all doing great work.

Unfortunately, we will be saying goodbye at the end of Term 1 to Dan from the Workshop and Nickie from Hospitality.

Both have been amazing and will be sorely missed by both staff and students. They will be replaced by Adrian, coming on board for the Workshop and Steve in Hospitality. Both new team members bring with them a wealth of experience and we look forward to them joining us at the start of Term 2.



I extend my thanks to those parents and carers who are getting their kids to school on time, ready to get on with a day of learning. Keep up the good work!

Have a great break and we look forward to seeing students and staff back on campus on Monday 24 April.

# Deputy Principal's Report



## Deputy Principal's report term 1 2023

Term 1 has flown by at an incredible rate of knots, Easter is upon us, and we will start back in term 2 with May just around the corner. For staff, this is a good sign, it means we're busy, we are enjoying, and we are providing the best educational opportunities for your young people.

The Middle School project was completed on schedule and opened in term 1 for those students to have new state of the art facilities. We were delighted to work with local architects, The Fulcrum Agency and WA builders Western Projects to achieve this amazing result. If you have managed to have a look around, I think you will agree, we have finished with a high-end educational establishment that is the envy of the CARE school world. Matt and the team are settling in with a new group of students and increased numbers in that area. There will be an official opening later in the year with variety of dignitaries, watch this space.

Overall, the school is a bustling hub of educational activities everywhere you look. With the middle school opening, Dionne and Dan will be moving to their old building, which will become an arts hub. The flooring is booked in, sinks and equipment ordered. We are hoping that space will become operational mid term 2. The old art room will become a new educational zone for core subjects, making that main corridor have a solid academic focus for our explicit direct instruction educational methodology moving forward.

## WELCOMES AND GOODBYES!

As Barry said in his article, sadly we are saying goodbye to two amazing staff members, however, the travel from Falcon and Baldivis is proving just too much. Nikki is sadly leaving hospitality and cooking role and Dan from workshop is moving on to travel Australia on motorbikes with his partner. The new Hospitality trainer, Steve Dalglish and our existing team of Terri and Maree are very excited for this new chapter, Steve has trained over twenty five apprentices and will be able to give our students first-hand real life experiences and expectations of what the hospitality industry is like and how they can become very employable for local cafes, restaurants and food industries.

Have a look at Steve's background below:  
<https://dalglishcatering.com.au/>



The new Middle School block



# Deputy Principal's Report (cont)



## THANK YOU, EDUCATORS!

YOUR SUPPORT AND  
ENCOURAGEMENT INSPIRES  
STUDENTS TO #DREAMBIG.

### Thankyou!

I would like to take this opportunity, to thank all our staff members for all that you do. As always, the term has given us all a few challenges, new staff, new students, new options and everyone finding their place in our small community. Your ongoing efforts are appreciated and despite the fact students don't always appreciate our best efforts, we can only keep offering that guidance, those educational experiences and opportunities with the knowledge that our teaching and learning expertise and input does make a difference.

### ANZAC

ANZAC Day this year takes place very early in term 2, and offers us a chance to reflect on the history of the day. During previous years we have had to do our own quiet reflections, thoughts and tributes on driveways. This year, I encourage you all to take part in a service local to the area in which you live.

On the anniversary of the landing of the Australian and New Zealand Army Corps troops at Gallipoli, Australia commemorates the event with brevity because, for the first time, the men who made that fateful landing on the 25th of April 1915 are all but gone. As Australians, we gather on that day, not to celebrate or glorify war, but rather to remember those who have served our country during conflict and crisis. Lastly, I would like to wish you all a safe and happy holiday. Have a great easter break, spend time with family, friends, relax, wind down and re charge.

Look forward to seeing you all in term 2  
Mike

### PAST STUDENT

I was thrilled to be able to welcome back Desley May Hooper, a past student who also was part of the Malaysia 2019 crew before Covid hit. Desley has been undertaking a Diploma in Tourism and has been working in Hamilton Island, Queensland for last few years. Desley commented on how she fondly remembers those experiences and can't wait to go back and visit Klang Special School and see our Apexian friends again there in the future. So good to see her doing so well.



### MALAYSIA

Talking of Malaysia, it is firmly back on this years calendar. The proposed dates planned this year are September 11th – 22nd . Dionne will be the new staff member attending this year with myself. Students and parents, carers, guardians; it is down to you to be engaged, interested and committed to your own heavily subsidised excursions costs of \$600 as well as raising funds for Klang Special School in Malaysia. You need to be talking to Dionne or myself now about passports, ID, birth certificates and all documents that might be needed for this international trip. See the poster later in the newsletter if you haven't already given in your expression of interest form.



# MALAYSIA TRIP 2023

PROPOSED DATES – 11TH SEPTEMBER – 22ND SEPTEMBER



In Term 3, Port School is offering selected students 16+ the opportunity to explore Malaysia!

(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 kms away or a 5½hour plane flight !!

EVER WANTED TO TRAVEL ABROAD?

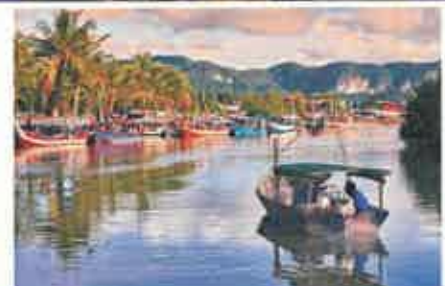


**ACTIVITIES INCLUDE: VISITING A SCHOOL FOR YOUNG PEOPLE, TAKING PART IN SPORTS, ARTS, WORKSHOP ACTIVITIES, LEARNING AND OBSERVING MALAYSIAN CULTURE, VISITING KETAM FISHING ISLAND AND TROPICAL RAINFORESTS. STUDENTS WILL ALSO SEE MALAYSIA'S CAPITAL, KUALA LUMPUR, THE CAMERON HIGHLANDS AND SUNWAY LAGOON!**

A ONCE IN A LIFETIME OPPORTUNITY!

To prepare for this trip:

- We need to fundraise over \$15,000 for everyone to go
- We will assist students to get birth certificates and passports if needed
- Participating students need to contribute \$600, the school can help students to earn this
- The school will provide information on insurance, health, vaccinations, emergency procedures as well as legalities, customs & Malaysian law & expected cultural behaviour



INTERESTED? CONTACT MIKE OR  
DIONNE FOR MORE INFORMATION!





# CAN YOU HELP ?

Port Schools students, staff & friends would like to raise funds to sponsor as many orphan students as possible to attend Klang Special School in 2023. This is a huge challenge that needs your help



For a student to be able to attend Klang Schools educational programs it costs RM4,800 (Malaysian Ringgits) per annum, which equates to approximately \$1,600. This gets the students 1 year's education, all their meals throughout the day and their uniform. You can make a difference to their lives through any of the following:

- **Business/ corporate sponsorship** – Make this an annual donation from your company or business
- **Individual sponsorship** – make yourself feel good knowing you are helping
- **Family sponsorship** – Allow your family to experience helping others by making an amazing family gesture
- **Club or group sponsorship**- get the team together and chip in for one or more students

By donating through Port we are able to offer Individuals and Businesses a tax receipt  
Donations can be made through Port School Incorporated who have worked with Klang Apex Club and Klang Special School for the last six years.  
(No administration fee is taken out, all monies go directly to Klang Special School for student fees via Apex Club of Klang trust account)

## Port School Incorporated Bank Details

NAB - Port School Inc

BSB: 086-006

Account: 39 395 0495

Please email Mike Gilbert - Deputy Principal on [mike@portschool.wa.edu.au](mailto:mike@portschool.wa.edu.au) to advise of donation.





# PORT PRESENTS A NIGHT AT THE MOVIES

## Movie Themed Trivia

Thursday,  
May 11

In the Port School Gym  
Doors open at: 06:00pm  
Game starts at: 06:30pm

**\$10**  
per person  
or

**\$50**  
for a table  
of 6



DRESS AS YOUR FAVOURITE MOVIE  
CHARACTER

**PRIZES FOR BEST DRESSED**

For tickets, call the school on  
9335 6323 or speak to Eileen





# PORT SCHOOL WOWS CROWN

PORT'S OWN STUDENTS PARTICIPATE IN A PROGRAM TO CELEBRATE INDIGENOUS TOURISM STEWARDSHIP AND CULTURE.



## AN AMAZING OPPORTUNITY!

Four Port students took part in the 2023 Djinda Ngardak culinary experience kitchens at the Crown last week. The students worked with Yoda & Liz from Fervor and Sean Marco and the Crown team preparing for the events gala dinner.

One hundred Indigenous students from WA were invited to this amazing learning opportunity at the 2023 World Indigenous Tourism Summit in Boorloo/Perth.

The 'Under The Stars- Djinda Ngardak' Culinary Experience brought together First Nations people to celebrate Indigenous tourism stewardship and culture.

Port's Indigenous students with a passion for the culinary arts were part of the summit with our Indigenous staff member Dennis Colbung.



The summit promoted strong cultural values and identity while developing high level skills and understanding of the hospitality industry.

Organisers said the World Indigenous Tourism Summit was an enriching experience where participants gained knowledge of the vital interdependence among tourism, community, and stewardship of Country.

Throughout the culinary experiences, students and teachers were involved in masterclasses working with industry professionals to develop dishes, whilst working with local produce and traditional ingredients from Western Australia to build up unique and tasty recipes. These include a non-alcoholic drinks masterclass, a chocolate making masterclass, and a culinary sculptures workshop.



'We are so proud of all the participants of the program. They showed they were awesome stewards of Port School's indigenous community. Thanks must also go to the amazing hospitality crew who have helped develop their love for hospitality and new skills' Deputy Principal Mike Gilbert

**DON'T FORGET TO LIKE AND FOLLOW THE PORT SCHOOL PAGE ON FACEBOOK FOR ALL THE LATEST NEWS**

# EVENTS @ PORT SCHOOL



## A MARINE COMES TO VISIT

We were delighted to have Chris Cleghorn visit the school this afternoon with his boat that will be used to row from Western Australia to Mauritius in May this year. The 4 man team will take around 70 days to row approximately 3800 nautical miles whilst raising funds for Parkinson's disease.

The 29ft boat will be their home for the duration of the Indian Ocean crossing. They are equipped with desalination equipment for water, satellite comms and emergency equipment. Port School has been asked to come up with a design and paint the boat before their departure date- no mean feat but our incredible arts team and students are up for the challenge- watch this space and look out for more updates. Check out their website and Facebook page, ([www.ior23.com.au](http://www.ior23.com.au))

## JEWELLERY CLASS

This term saw the return of jewellery classes to Port School. Jewellery students have had the chance to learn a variety of new skills, through a broad range of projects. They have made friendship bracelets, chainmail and resin jewellery. You can see some of their amazing works at the art exhibition later in the year.





# EVENTS @ PORT SCHOOL



Having a Fire drill is no mean feat these days, with around 150 students, 60 staff and multiple education areas it needs a well planned team.

Tristan Eastwood and Stephanie Clift, our chief fire wardens have a smooth process in place with multiple staff taking on key roles. There are always a few improvements that can be made, but great responsible and sensible effort from all our students today Thanks everyone!



## FIRE DRILL

## JANE TURNS THE BIG 6-0!

Port School was so excited to help Jane celebrate her 60th birthday this week. Jane was fundamental to the early success of Port School and we continue to benefit from her wisdom and experience. Jane has a way of making work with at risk students look easy, and her achievements are inspirational. Thanks for all your work Jane, and we hope you have a Happy Birthday!





# ART @ PORT SCHOOL



## JOURNALLING FOR GOOD MENTAL HEALTH



## STORMIE MILLS

FORM/AISWA AND CREATIVE SCHOOLS

Last year the Art department was offered the opportunity to work with Stormie Mills on a personal journaling project, to explore with our Certificate II VA students and our YPC's young mums; how reflective journaling can be a positive way to explore and process our individual ideas and life's journey. In late 2022 Stormie facilitated two workshops where these students explored portraiture, drawing each other using mixed media. In these workshops Stormie generously shared his vast array of personal journals with us to peruse, and this helped students gain insight into his practise, speaking about his process and inspiration.

Both the YPC and Cert II VA students have been working in their journals during the Christmas break and through term one with most students really embracing the opportunity, creating some exciting pages and also some deeply personal one in their books. This term Stormie returned for a final workshop and we spent several hours exploring self-portraiture on a large scale. Some of the work created throughout this whole experience will be on display in a collaborative exhibition with several other CARE schools who have also participated in this programme. The exhibition will be in Stormies' personal gallery during term two (date to be advised). It was a transformative experience for many of our students to be involved with this programme and we would like to thank Stormie Mills, AISWA and FORM for the opportunity to be involved.



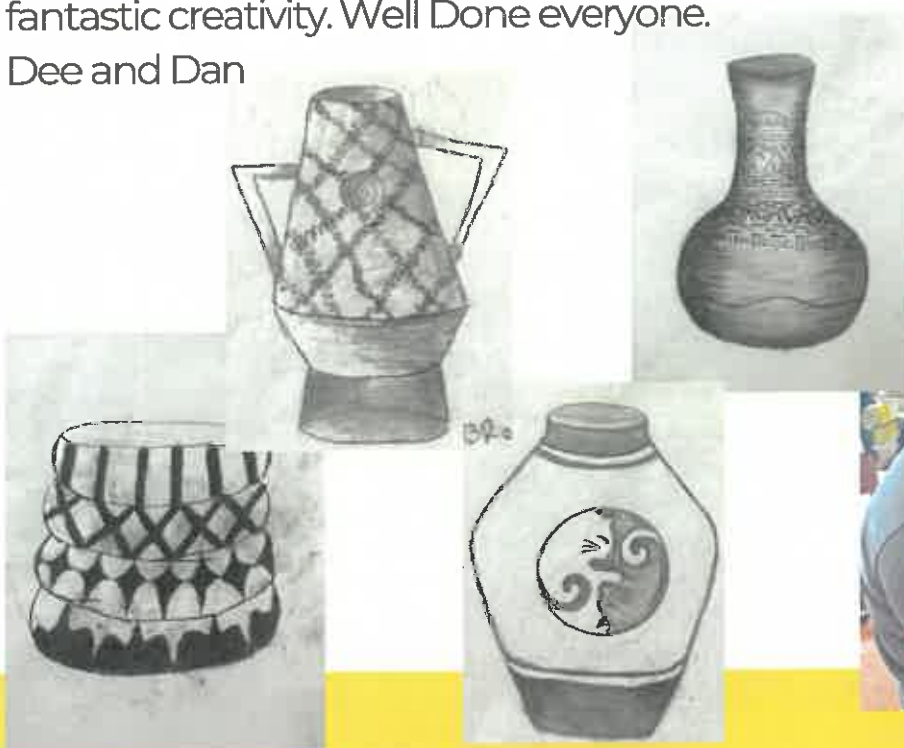


# ART @ PORT SCHOOL CONTINUED

## THE MAGIC OF CLAY

This term our senior school art classes and middle school options classes have delved into clay, creating functional vessels that explore yin and yang – a mix of black and white finishes. Using a variety of construction techniques such as draping in moulds, coil, slab, and pinch pots students have shown real commitment to their chosen method of hand building and produced some very beautiful forms. Shape, texture, pattern, and contrast have been the elements and principles we have focused on with our surface decoration and glaze effects. Using only black and white has been a challenge, however this limited palette has made us think differently about the variety of techniques we can use to embellish our ceramic pieces. Students have shown perseverance and fantastic creativity. Well Done everyone.

Dee and Dan





# ART @ PORT SCHOOL CONTINUED



Chelsea installing the 'Whisper Tree' at SBTs 2023



## SCULPTURE BY THE SEA

On Friday the 10th of March the Cert II VA students went to the annual Sculpture by the Sea at Cottesloe. As soon as we arrived at the beach, we were lucky enough to bump into Sculptures tour guide Andrea Tenger (who was guest speaker/artist several years ago at our art exhibition). She took us to view several key sculptures in the exhibition and explained to the students the meaning and message of these artworks. It really was great to get her perspective on artworks that were difficult to understand at first glance, this enriched the classes experience. Chelsea Arnold (trainee art technician) also spoke to the class about her experience installing the complex 'Whisper Tree' with artist Anton Lord. The work is an interactive audio / optical sculpture which invites the public to make their own vocal offering at the tree to share with all participants. You can also freely walk amongst its tendrils or sit beneath and listen to the Whisper Tree.





# CORE SUBJECTS @ PORT SCHOOL

## HASS

What a whirlwind term this has been! Literally, students and teaching staff alike have been heard expressing disbelief down Port School corridors across campus, about how fast this term seems to have gone! And not surprisingly either, as the campus-wide adoption of the Direct Instruction teaching pedagogy has made busy work for teachers and students!

On the whole HASS staff have been very impressed and proud of how positively students have tried to embrace changes to their daily classroom experience. This has been an encouraging indication of a 'growth mindset' among most of our young people, and it auspices very well for their ability to adapt to change and to be able to have the internal resources to be flexible, proactive and cooperative when the situation calls for it – all attributes that will serve our students very well, as they prepare to transition to the post-school world of work or further study.

In HASS classes, Senior School students have been engaged in a unit of work on Civics and Citizenship, where they have begun to explore key concepts that dominate Australian society. We have unpacked ideas like freedom, rights and responsibilities, social contract theory, rule of law, civic duties and basic political principles of democracy and the free economy. A very timely curriculum opportunity ahead of the historic Indigenous Voice to Parliament referendum scheduled for later this year in October and December. This referendum is designed to make changes to the constitution of Australia to better represent the country's First Nations peoples, and it is exciting to think of our own young people at Port, as potentially being among the very first to be directly empowered by this change and to be among those who will hopefully benefit from a prospective positive accommodation to the inclusion of an indigenous voice at parliament. With any luck, this will be something else we can all celebrate together at our annual community NAIDOC celebrations in going forward!

Raf



### **A voice is not a radical left reform — it's just a fair go**

A constitutional change that obliges us to consult Indigenous Australians when making laws about their welfare would unite the nation rather than divide it.



# SPORT @ PORT

## TEAM SPORTS AND PHYS ED

### THE BENEFITS OF PHYSICAL EDUCATION

Physical education plays an important role in the physical, mental, spiritual and social development of our students. Students deserve to be physically educated as well as academically educated. Children have bodies as well as brains.

This term, our Team Sports program focused on activities that develop the student's Fundamental Movement Skills of running, body movement, and object control. The Team Sports program provides students with the opportunity to participate in a variety of sporting activities.

Activities that we have arranged for the students this term have been Flag Rugby, Brandy, Cricket, and Beach activities, and our annual iron man challenge.

EXCELLENCE IS NOT A SKILL, IT IS AN ATTITUDE.





# Hospitality



Maree, Terri, Chelsea & Nickie ready for Harmony Day





# EVENTS IN THE KITCHEN

Along with the school menu ideas the hospitality crew decide to make, there has been a few 'themed' days, the first being St David's day Mike came into the kitchen to make Welsh Rarebit and Welsh Cakes. St Patricks day students made 'green smoothies' green pancakes, International Womens day & Harmony Day students iced a large vanilla sponge for the school to share. It has been a fabulous term with lots of creative cooking and hard work completing theory.

## CAKES to share



## Welsh Rarebit & Hot Cakes



## St Patricks Day





## KITCHEN NEWS

*A productive start to the year, students are keen to learn with lots of energy and ideas. We have catered for various theme days along with Hospitality, creating dishes for school recess & lunch.*

*Shrove Tuesday- St Davids Day- Harmony Day- International Womens Day- St Patricks Day - Easter Baking*



*Piping and cake making skills have been amazing*



*International Womens day*



*International Womens Day Students celebrated with a slice of cake and chance to write a motivational note for others.*



# EVENTS IN THE KITCHEN CONTINUED

## Shrove Tuesday – Mastering the technique of pancake flipping.



## EVERY day is different in Port Kitchen:





# NICKIE'S GOODBYE

## THANK YOU WILD BAKERY FOR DONATING BREAD



### NIC'S QUICK YOGHURT CAKE

1 yoghurt pot  
(flavour or natural)

Use yoghurt pot to measure the rest of ingredients:

1 pot of sugar

1 pot of oil

3 pots of SR flour

3 Eggs

1tsp Vanilla

Mix all ingredients together  
add any fruit to match yoghurt  
if desired. (ie banana yoghurt  
add a mashed banana)

Line and grease tin and bake  
160c for 1 – 1 ½ hrs.

Test with skewer.



It is with great sadness I will also be saying goodbye to Port this term. This is a very difficult decision I have had to make for my family. I feel very honoured to have been part of this wonderful school community this past year and can honestly say the students & staff here have all made such an impact I will never forget my amazing time.

I would like to think I have made a difference at Port, with the Kitchen Garden program now offered as a subject, excursion to Crown, Indigenous Summit students with Prepare, Produce, Provide program, being Chief Coffee taster (that was a hard job!) I will greatly miss you all.

For the inspiring Hospitality and Cooking students, remember the skills you are learning now you will take with you forever.

Cook with love and you can never go wrong. Thanks Nickie (Chef)

THANK YOU ALL PORT STAFF – SPECIAL MENTION TO MAREE & TERRI xx

# OUTDOOR EDUCATION

## TRIP TO MOSMAN AND MURDOCH



The girls visited one of five major remnant bushland areas within the Town of Mosman Park. Minim Cove and Russell Browne Adventure Park, which was a fun nature scape playground allowing the girls to get back into nature and explore. This strip along the Swan River is connected by its microclimate, which is an invaluable ecological link offering connectivity in flora and fauna, which is unique to its location. Another of our favourites is Manning park which offers a wonderful wetland and coastal bush with a variety of animals, flora, and fauna unique to this area. We thrive on visualising the landscape prior to colonisation in the early 19th century and will continue learning about this archaeological site on future excursions.

Girls Outdoor Ed experienced all the buzz at Murdoch University with the campus showcasing the student life and all that it has offer. The experience has sparked an interest for some of our girls, creating an exciting prospect for their future. The new Boola Katitjin building which lives up to all its hype, is not only superbly designed, it also will be transformational in its collaborative learning spaces and an inspiration to students and their learning.

## BEACH VISIT

Perth has had some excellent beach weather this term and the girls have had plenty of fun in the sun. The course focus was on beach safety and surf awareness skills. We covered beach signals, how to spot and navigate rips if they found themselves in trouble. The girls now have better understanding of assessing the beach for several risks and what steps to take in an emergency. The girls discovered the wonders of the underwater world, by having a go at snorkelling which was an experience they loved. We enjoyed our lessons at Coogee beach and visited the Sculptures by the sea while at Cottesloe Beach.





# MUSIC @ PORT SCHOOL

## ARE YOU A MUSIC LOVER?

Have you ever wanted to learn an instrument? Are you wanting to produce music, DJ, or compose original sounds? If this is of interest, Port School's new Music Department provides an opportunity for students to learn to express themselves musically, achieving transferrable skills that can provide opportunities to engage in the Music industry

### LEARN NEW SKILLS



### BE CREATIVE



There are two Music programs on offer at Port School. Firstly, there is Digital Music; This course focuses on digital technology within Music. Skills include DJing/Podcasting, Electronic Music composition, and mixing/mastering. In Term One, Digital Music students already are developing confidence with Electronic composition and mixing songs using the CDJs. This will be on display during the River Cruise when students join their teacher Brett with providing the musical entertainment for the night. The second Music program, Live Music, caters to the instrumentalists at Port School. Instrumental skills on the piano, guitar(s), drums, ukulele, and percussion are nurtured. While not expected, many Live Music students are also encouraged to compose their own music. At the very least, students are learning how to play their favourite songs from all genres. Recording and live mixing skills are developing, with the aim that student's confidence will continue to develop and result in some outstanding audio recordings and small performances.

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.

With the new Middle School building up and running, we had the opportunity to move into one of the brand-new classrooms. This space has made a tremendous difference to the teaching and learning of the CGEA course. We have access to an interactive whiteboard, which has made demonstrations of concepts and skills far easier to explain and teach. The large classroom has also allowed all students to better engage and participate in classroom lessons.

In group 3, we have focused on the VU22422 mathematics unit. We have looked at area, perimeter, volume, angles and ratios. It's been great seeing our students show improvements over the term through our daily reviews and skill specific lessons. Students in groups 4 & 5 have continued with their respective CGEA II and CGEA III certificates. We have also started every lesson in group 4 & 5 with a daily review of previously learnt content to ensure their skills and understanding continually grow and improve.

Well done to all students this term on their individual efforts in the CGEA II and CGEA III courses. We look forward to seeing you again next term.

Aidan & Steph





# IN THE WORKSHOP

## ANOTHER AMAZING TERM'S WORK!

2023 has started well with the introduction of two middle school classes to the workshop. It has been a busy time with the students trying their hands at a lot of new projects with everything from Robots to leather dog leads to parachutes being made by all.

The older students have also been busy with the traditional cutting boards, bowls and lathe projects. The young mums have even created some macrame plant hangers being completed by the Young Mums. I would also like to extend a great big thank-you to the Port School students and staff for making me feel so welcome this last year and it is with some sadness that I will be moving on to new adventures and travels. Port School really is an amazing place and I feel very privileged to have been part of such an amazing organisation. I will miss you all.

Dan Dan the workshop man



# MIDDLE SCHOOL

## TERM 1 UPDATE

2023 Middle School got off to a cracking start! Barry and Matt had a slight delay with the building works needing one more day for practical completion, but it was well worth it in the end. Year 8's came to school nervous about what lay ahead. They spent their first few weeks getting use to the Middle School structure and lessons. Everyone was excited to experience options such as PE, Art, Team sport, Cooking, Gardening, Workshop and Girls Outdoor Education. Students enjoyed Monday afternoons at the beach, and the bommie competition off the jetty has been fiercely contested!

Recess and lunch times have had competitive Uno battles, table tennis matches and chilled lounging on the new outdoor furniture. Year 9's were so excited to be able to use the gym at lunchtime and as the term progressed, Year 8 and 9 students started mingling and making lots of new friends. Even the local wildlife wanted to get in on the friendship action. Both Middle School classrooms had baby dugites visit in Week 6. Our little visitors were scooped up and taken somewhere safe, out of the way of the excited Middle Schoolers! Thanks to John and Andre for their wrangling skills!

Students are keen to come to the river cruise and celebrate a successful first term!





# YOUNG PARENT CENTRE



Term 1 has been an amazing start to 2023! The YPC has seen solid attendance and commitment to studies by our students. We have four students continuing their TAFE courses at Fremantle Education Centre. Two students have embarked on Murdoch's Flexi Track High, a University enabling course that is held on our Port School site. Five students are enrolled in the Cert III CGEA, and six on the Cert II CGEA.

We have welcomed Brett Kelly to the YPC as our new teacher. Brett is a specialist teacher and trainer that has worked in both mainstream and alternative education facilities. Brett is teaching MESH subjects, as well as delivering the Cert II & III CGEA to the YPC students. With Brett's vast experience in the creative arts, we are very fortunate to have Brett also teaching music and digital media to the Port students in the main school.

In Cooking students created their own menu for the term, focusing on hearty meals to feed a family on a budget.

Continuing with our community partnerships we have welcomed Child Health Nurse Di back to the YPC to visit our students and their babies.

## YPC MENU

- Tuna bake
- Butter chicken
- Pasta bake
- Pizza
- Stirfry
- Carbonara
- Nachos
- Chicken Curry
- Cinnamon scrolls

## BIRTHDAYS

AMELIA (20), TULLY (18)  
IMMOGEN(20)



## FAB FEAT WINNERS

WEEK 2: HEIDI  
WEEK 3: IMMOGEN  
WEEK 4: CRISTINA  
WEEK 5: TATUM  
WEEK 6: SENAYA  
WEEK 7: USHA  
WEEK 8: CHLOE  
WEEK 9: TUHLEESHA





## EARLY LEARNING CENTRE

During the term we have watched as our babies have learnt to crawl and walk, started to talk, become risk takers, grown new teeth, tried new foods, participated in new experiences and formed bonds and friendships with educators and peers. We look forward to what term 2 holds for them.

The centre is looking lovely and fresh after it's new coat of paint during the Christmas holidays. Our educators and children are now working hard to decide what artwork we would like to display for everyone to see and what should go back up onto our walls, if you have any suggestions we would love to hear them.

## PROFESSIONAL DEVELOPMENT

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

## PLAYGROUP

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





## HARMONY DAY

Harmony Day is celebrated annually on March 21<sup>st</sup>. The celebration recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone. We encouraged our families to participate in this event by wearing orange. Traditionally the colour orange relates to social communication, stimulating two-way conversations. It aids in the development of new ideas and frees the spirit of its limitations, giving us the freedom to be ourselves.

During our playgroup session we celebrated Holi, which is an Indian festival focusing on love and joy by having a colour fight. We looked at different traditional clothes and the children had the opportunity to dress up. There was an art experience set up which gave the children and mums the opportunity to get creative with scratch art on boomerangs and we shared some delicious foods from the cultures of our amazing team (South African, Maori, Italian, Australian and English).





# DINOSAURS!!!!

The children have been learning all about dinosaurs during term 1. This is a topic of interest for so many of our children and Youngmi has scaffolded their learning using the theme. The children have learnt the names of dinosaurs, all about fossils, created dinosaur eggs and used chemical reactions to hatch them, practiced counting and number recognition, worked on their fine motor skills using scissors and created dinosaur masks.





# MOBILE CLASSROOM



Kaya,

Term 1 has flown by on the bus. With the addition of a few new students and a camp early on, the bus has been a busy place. The fellas enjoyed the camp down at Lake Brockman. Lots of Marrons, blue swimmer crabs and hikes. We have been enjoying the time up in the kitchen with the students whipping up smoothies, pastas, burgers and more. A couple of our students attended the Crown culinary experience for a weeklong experience. We completed the ACER numeracy and Literacy testing early on to see benchmark levels of our students. We hope to continue to build on the positive start to the year and have a great Term 2. Enjoy the break.

Josh and Dennis



# PORT SCHOOL CAREERS



## ADF VISIT

Port School and Australian Defence Force Recruiting continue to work together to offer our students a range of entry and careers options through Navy, Army and Airforce.

We welcome the addition of Warrant Officer Dean from the Specialist Indigenous Recruiting team, who will be a regular visitor to Port with our favourite women in uniform, Petty Officer Ericka and Corporal Petrea.

Keep an eye out for our HMAS Stirling visit, Army Reserves and Defence Trades events coming soon!

## PORT PARTNERS WITH MURDOCH UNIVERSITY

This year Port School students have had the opportunity to participate in the Murdoch University Flexitrack High program which allows our students to complete a university enabling course. Students who complete the course successfully are awarded an ATAR result of 70 and given priority university entry for 2024. As part of the course, students were invited for a visit to Murdoch's brand new state of the art facility, Boola Kartidijin and received one on one career counselling from Murdoch University staff.





# PORT SCHOOL CADETS



GOVERNMENT OF  
WESTERN AUSTRALIA



Term 2 will see the start of a partnership between Port School and the Department of Fire and Emergency Services (DFES) cadets. Students who are lucky enough to be a part of the program will get the opportunity to participate in a broad range of skill building activities and excursions. Some of the planned excursions include trips to Marine rescue, the Cockburn Fire Station and the SES headquarters. Expression of Interest forms have already gone out to selected students, please complete and get them back to us as soon as possible. We can't wait to roll out this amazing program at Port School.

# STUDENT SERVICES

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## Sleep Tips for Teens



- 1. Be active during the day. You've probably noticed how much running around little kids do and how soundly they sleep. Take a tip from a toddler and get at least 60 minutes of exercise a day. Physical activity can help improve your mood and ease stress. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.*
- 2. Avoid caffeine near bedtime. Caffeine is in coffee, tea, energy drinks and more. It's a stimulant, which means it can help keep you awake and alert. That's something you might want in the morning. But at night, it can leave you tossing and turning in bed. To help you sleep, limit how much caffeine you have during the day, and switch to decaf or caffeine-free beverages in the evening.*
- 3. Say goodnight to electronics. Make your bedroom a tech-free zone. The light from electronic devices tricks the brain into thinking it's still daytime, so shut everything down an hour before lights out. And by turning off your phone, late night texts won't wake you up.*
- 4. Keep a sleep routine. Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So, unwind every night by reading, listening to music, spending time with a pet, writing in a journal, meditating, or doing anything else that relaxes you*
- 5. Expect a good night's sleep. Stress can trigger insomnia, so the more you agonize about not sleeping, the more likely you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.*



# KEYS 4LIFE

During the Keys4Life classes we cover:

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



Photo: Jake & Jordan doing an oil and filter change



Photo: Students familiarising themselves with the local Licence Centre



# FITNESS WITH TRISTAN

## The Throw & Bounce Challenge



### Rules:

1. Slam balls (8kg, 12kg, 14kg) must be thrown & land on the full on their specific target. (heaviest ball to closest target, lightest to furthest target)
  2. Med balls (4kg, 6kg, 8kg) must first bounce on the floor, step up & then hit the target on the full.
  3. If any balls miss their target, that ball must be collected for another attempt.
- Fastest time wins



## Score Board

Name	Time (seconds)
------	----------------

Brody M	10:36
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Tristo	11:58
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Kyle	13:70
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Torsten	15:79
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You	.....
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# DOCKERS AND PORT AT ARC

## Purple Hands Intercept with Jordan Clark



The Intercept program is a joint initiative between The Purple Hands Foundation, Fremantle Football Club, Cockburn Police and the City of Cockburn.

Intercept sees young people identified for the program by local police, take part in an 8 week AFL program that aims to develop footie skills and personal development skill. Participant's are encourage to try new drills and game play in the program while building positive relationships with the Local police that join in the sessions. Once the football session has finished all participants stay together to eat and chat with each other, the coaches and the local police. It is in these moments while eating together that the coaches and local police are able to build on the positive relationship cemented on the football oval, and start to engage about making positive choices for themselves and their peers.

CHECK OUT MORE OF OUR PHOTOS ON  
THE BACK PAGE!



**NAB AFL Auskick is the best way to introduce kids to the great game of Aussie Rules Football! It's all about fun, getting hands on the ball and constantly being involved in exciting activities.**

**No AFL experience? No worries! Auskick offers an inclusive environment for everyone aged 5 – 8 at any skill level to play.**

- Super fun game-based activities that kids absolutely love
- Non-contact activities in a welcoming and inclusive environment so all kids can play safely
- Games are tailored to different ages and skill levels, which means less lining up and more playing footy
- Come along and play footy, have fun and make friends, sign up today



**Cockburn JFC**

**THIS IS *US* THIS IS *FOOTY***





# GENERAL NOTICES

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## Repair Hub

Repair Hub is Sunday 16th April, 10am -12pm at the Hub, 1 Starling Street, Hamilton Hill

Free Entry, donations appreciated.

Bring along your broken household items and our volunteer repairs will have a go at fixing them.

Clothes, toys, bikes, low voltage electrical items and furniture repairs as well as technical advice available.

Reduce waste – Repair and Recycle

## Containers for Change

Port School has a profile at Containers for Change which enables staff, students and community members to donate any refunds on returned cans, bottles etc to the School. See the link below for further info, if you are unfamiliar with the scheme.

<https://www.containersforchange.com.au/wa/>

Those returning suitable receptacles to a Containers for Change recycling centre will need to quote our Membership number or have our barcode or QR code scanned (pictured), and the refund will be donated to the School. All funds raised will go towards fundraising efforts for Malaysia and our new Arts Hub.



Port School

Here's your organisation's member number. Keep it handy - share it with your supporters to raise funds and to track your fundraising efforts.

C10951099



# Port School's Medical Equipment Liquidation - 2023










## CRAZY NEVER TO BE REPEATED PRICES!!!

Stock kindly donated by Solari Medical; Item details can be viewed at

<https://staging.solarimedical.com.au/product-category/patient-care-and-equipment/>

Image	Item Description & Code	Price
	Child Contour Memory Pillow	\$30 (RRP \$150)
	Small Contour Memory Pillow	\$30 (RRP \$150)
	Large Contour Memory Pillow	\$30 (RRP \$150)
	Seating Cushion - High Resilience Foam, [Navy Blue]	\$15
	Pregnancy Belt (Elastic) in XS, S, M, XL & Breathable in S	\$10
	Pregnancy Belt (Narrow) in S, M, L, XL	\$10
	ABS Affinity Pregnancy Belt (Narrow) in XS, S, M, L, XL	\$10
	ABS Affinity Elastic & Velcro Support Belt (for Back) in S, M, L, XL	\$20
	Standard Back Support Belt - S	\$20
	Standard Back Support Belt - M	\$20
	Standard Back Support Belt - L	\$20
	Standard or Industrial Back Support in M, XL	\$20
	Shower Chairs (Light Grey & Aluminium)	\$25
	Tub Transfer Bench (Longer version of above chairs)	\$30 (RRP \$100)
	Portable Toilet Chair (Grey)	\$30
	Alternating Pressure Mattress with Electric Pump - Anti-bedsore (Navy Blue QDC-5080)	\$50 (RRP \$200)
	Tennis Elbow Strap with EVA pad, Beige	\$10 (RRP \$50)



	Tennis/Golf Elbow Strap (TE Black)	\$10
	Ankle Wrap - S (Dark Grey)	\$10
	Ankle Wrap - M (Dark Grey)	\$10
	Ankle Wrap - L (Dark Grey)	\$10
	Ankle Wrap - XL (Dark Grey)	\$10
	Ankle Strap w/Pressure Point in (Beige) in S, M, L, XL	\$10
	Velcro knee strap (Black)	\$20
	Tennis/Golf Elbow with EVA (Black with Bright Blue)	\$15
	Adjustable Wrist Wrap with thumb hole (Beige)	\$15
	Walking Frames (Grey & Aluminium RB-1404)	\$30 (RRP \$100)
	Waterproof Zip-on Cover for Mattress (1980mm x 850mm x 150mm fitted on Duraflex Pressure Reducing Mattress)	\$30
	Shower chair - Light Weight, Height Adjustable (White)	\$15
	Height adjustable utility chair (low back w/arms, pale peach), (picture as guide only, same colour, same type chair, just slightly different frame design)	\$50
	Single Electric Patient-Care Lift Bed w/pressure relief mattress - fully adjustable w/ electric controller and waterproof cover.	\$1000 (RRP \$3000)



## **Girls Get Up Get Active**

### **6 Week Coogee Beach Gym Program**

*A **free** and fun 6 week program for young women aged 15 - 20 years. Girls of all fitness and skill levels are encouraged to attend. A qualified Exercise Physiologist will help you to learn and improve skills every week.*

#### **Girls Get Up Get Active: Term 2 Program**

**Days:** Mondays & Wednesdays

**Dates:** April 24th - May 31st

**Times:** 4:15pm - 5:15pm

**Location:** Coogee Beach Fitness Club: 20 Poore Grove Coogee

**Duration:** Twice a week for 6 weeks

**What to bring:** Water bottle, comfortable clothing and a gym towel.

**Limited spaces, bookings are essential.**

To register follow the QR code below or contact us at [healthylife@cihealth.com.au](mailto:healthylife@cihealth.com.au)



**40 Receive a \$100 voucher when you complete the program**



# PERTH GOJU KARATE

## LEARN KARATE TODAY!

Perth Goju Karate teaches karate classes in your local area.

A special offer for the school's students - 4 WEEKS FREE beginners karate lessons!

Classes are held after school and are a great way for children of all ages to learn self-defense in a fun and safe environment.

We also teach classes for teens and adults and they are fantastic for fitness, wellbeing and of course, self-defense.

Classes continue over the school holidays (with a short break over the Christmas period) which makes it perfect for the kids who are looking to try something on the holidays.

Karate has many benefits which include confidence, respect, discipline and fitness.



**PERTH GOJU KARATE**

## 4 WEEK TRIAL

GCall now to take advantage of this 4 week trial.

Sensei Johnny Moran - 0402 830 402

Facebook pages – perth goju karate

Instagram – perthgojukarate

Google  
[www.perthgojukarate.wordpress.com](http://www.perthgojukarate.wordpress.com)

# PORT SCHOOL HALL OF FAME

OUR STUDENTS OUT AND ABOUT



**DON'T FORGET! STAY CONNECTED  
WITH OUR FACEBOOK PAGES!**