

TERM 3 2023

PORT SCHOOL

GROWTH
COMMUNITY



DIVERSITY
EMPOWERMENT

A TERM OF ADVENTURES!

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Cover artwork by Sam Sullivan

PRINCIPAL'S REPORT

HIGHLIGHTS OF TERM 3

It's hard to believe that Term 3 is almost over. Although seasonal colds and flu did take a few of our community members out on occasion this term, student attendance was overall very pleasing. This year's Art Show was a huge success. We welcomed our largest crowd yet and showcased artwork donated by students and community members. Much appreciation goes to all staff and students who were involved in putting together this amazing event.

As I write, staff members Mike and Dionne along with nine students are departing on our 8th trip to Malaysia. After a four-year hiatus due to the COVID-19 pandemic, we are excited to once again be able to offer this life-changing experience to our senior students. This trip is huge for many of our young people, some of whom have never left the state before. It is an incredible adventure that also allows our students to engage in significant community service. 2024 is shaping up to be an exciting year, with a record number of 26 students applying for an enrolment in a TAFE course. Well done to our VET team who are doing a great job!

Spring is upon us and the weather is gradually warming up, just in time for the September term break.

I hope you all enjoy the holidays and I look forward to seeing all students again on Monday 9 October, for the final school term of the year.

Barry

An area of great concern that continues to cause conflict between staff and students is VAPING.

This habit is highly addictive, and many students are vaping 'under the radar'. A strong stance is required in respect to vaping, not only due to the laws, but also due to the yet unknown risks surrounding this habit. As such, students who are caught vaping are required to hand in the device, which will only be returned to the student's parent/guardian.

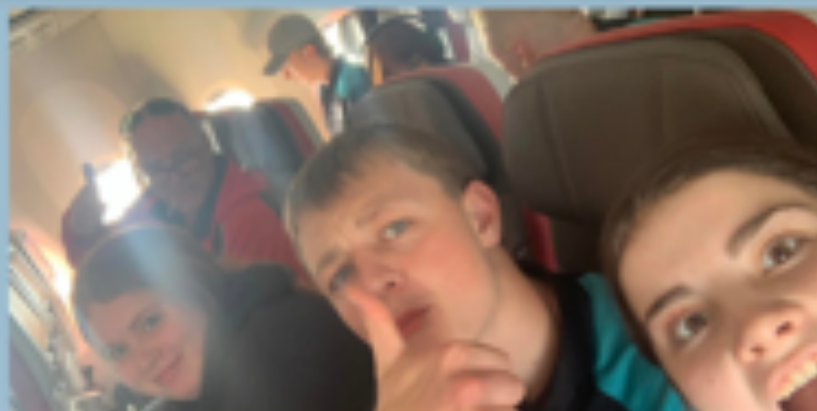
What Are the Health Effects of Vaping?

The health risks of vaping include:

- addiction: E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted.
- anxiety and depression: Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.
- becoming a smoker: People who vape are more likely to start smoking regular (tobacco) cigarettes and may be more likely to develop other addictions in the future.
- impotence: There is some evidence that vaping can cause sexual dysfunction in men.
- sleep problems
- exposure to cancer-causing chemicals
- chronic bronchitis
- lung damage that can be life-threatening

Other health effects are possible that we don't yet know about. Vaping hasn't been around that long, so its health risks aren't all known.

Extract from kidshealth.org



DEPUTY PRINCIPALS REPORT

MIKE GILBERT

Another Busy Term !

Term 3 has proven to be very busy for all staff once again with so much going on throughout the school. It is great to see new staff members Ali Walker and Adrian Boyling in their respective technology areas fitting in very well.

Last term ended on a high with NAIDOC Day, which was an amazing community event, however, there is very little respite and we are straight into Malaysia 2023 planning with full force.



The last Malaysia excursion happened in 2019 and I am delighted that 2023 is seeing us extend that international project and relationship once again with 9 Port students and 2 staff, heading over on September 10th.

Dionne's art exhibition has gone above and beyond again with nearly \$11,000 taken through sales and donations, taking the total fundraising to over \$15,000. This was an amazing effort for a small school and extended community. This year, Dionne will get to reap the rewards of her hard work, as she is the staff member heading to Malaysia with me and the students.

To all our families, have a fabulous break, stay safe and we will see you all in term 4

Mike

Local Business Helps Out

We are delighted to have the support and be working with Mark, Sai and the team at World of Eco and [ECO - Pay It Forward](https://www.eco-payitforward.com) to take supplies to orphan students at Klang Special School and Orang Asli settlement in Malaysia. Thank you guys, the space in your container is a fabulous gesture - love your work



E'Co Pay it Forward
.com



The container with over 30 boxes will be in Malaysia and be delivered to Klang School by the time Port students arrive. We look forward to sorting out all the kind donations of games, art supplies, toys and being able to donate those to an Orang Asli indigenous village as well as to Klang Special School students.



Malaysia

PORT SCHOOL LEADERSHIP EXCURSION

10 -23 SEPTEMBER 2023



By the time you are reading this, the Malaysia crew will either be in the middle of their 12 day international leadership excursion or just arrived back from it. We are all looking forward to some of their amazing stories and hearing about their experiences.



The schools fundraising events have allowed us to be able to donate the amazing amount of 35,000RM which is approx \$12,000. This will go directly to sponsoring orphan students from care homes to attend Klang School. We would like to thank you all for your support and generous donations



Malaysia 2023

Student Profile

Name: Chelsea Arnold
Age: 27
Hobbies/Interests: Gardening, hiking, reading and art, Trainers at Part school

Most looking forward to:
I am really excited about the culture and food and especially the nature. I am also looking forward to seeing the kids at Klang Special School and working with them there.

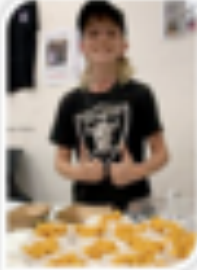


Malaysia 2023

Student Profile

Name: Jack Headland
Age: 25
Hobbies/Interests: DTF3 Cadet, I wonder riding, playing sport, hanging with friends

Most looking forward to:
Helping the kids at Klang School, giving them donations of books and toys. I am also looking forward to trying different foods and just having fun whilst there.



Malaysia 2023

Student Profile

Name: Maya Foster
Age: 27
Hobbies/Interests: Art, music, travelling

Most looking forward to:
Culture, food, meeting the kids there, new atmosphere, looking forward to getting some independence whilst in Malaysia.



Malaysia 2023

Student Profile

Name: Nathan Fisher-Bentley
Age: 28
Hobbies/Interests: cooking, hanging out with family and friends, Beach walks

Most looking forward to:
Most looking forward to: I'm really excited to meet the kids at Klang special school and trying the food. I also want to know what it's like over there.



Malaysia 2023

Student Profile

Name: David Jackson-Jones
Age: 26
Hobbies/Interests: Formula 1 and Formula 1 racing

Most looking forward to:
I am looking forward to visiting the country and experiencing a new culture. I really want to see the kids and the workers. I also can't wait to have the kids out at Klang Special School.

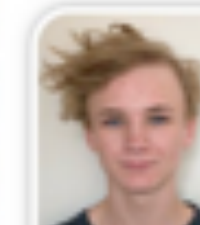


Malaysia 2023

Student Profile

Name: Brady Hearnth
Age: 27
Hobbies/Interests: Sports, riding dirt bikes and motorcycles, mechanics

Most looking forward to:
Looking forward to going to a new country and seeing their culture. Can wait to experience the wildlife and all the different animals. Also looking forward to getting a perspective of the Klang School and a different country.



Malaysia 2023

Student Profile

Name: Jordan Davies
Age: 28
Hobbies/Interests: Sports, hiking, fitness, outdoor adventure

Most looking forward to:
Looking forward to everything, excited to learn about a new culture and the food there, exploring a new country. I can't wait for the experience and looking forward to seeing the Klang School students.

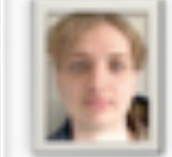
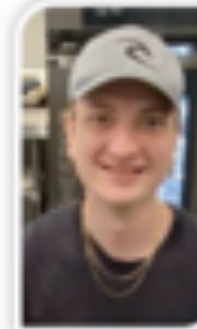


Malaysia 2023

Student Profile

Name: Gus Gombosi
Age: 28
Hobbies/Interests: Gaming, Reading, coin collecting

Most looking forward to:
Visiting Klang School, especially the restaurant and village as well as going to the top of the Petronas Towers. Can't wait to try the spicy food.

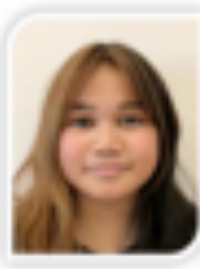


Malaysia 2023

Student Profile

Name: Shane Lomas-Pere
Age: 28
Hobbies/Interests: Art, gaming, playing guitar

Most looking forward to:
Helping out and getting to know the students at Klang School. Being from the Philippines, I am interested to see similarities and comparisons in countries. Can't wait to see some great scenery and landmarks.



SEE SOME PICS OF OUR ADVENTURES
SO FAR...



OUR FULL ADVENTURE WILL APPEAR IN
NEXT TERM'S NEWSLETTER...

Port School FILM Competition

Win Great
Prizes!

Get ready to participate in the film-making competition of a lifetime!

Get together with a group or fly solo to make the best anti-vaping short film you can. All genres accepted, including animation, music video, documentary, etc. Films should be a minimum of 30 seconds in length.



**TERM 4 - FINAL SUBMISSIONS DUE
WEEK 8**



FOR MORE INFORMATION
Talk to Kate (RTO) or Noah Branley





CHECK THIS OUT!

DRONE DAY @ PORT

Ever wanted to fly a drone? Join TAFE and Police Air wing on this great day where you can fly drones, see real-life stories of how Police use drones, and get a certificate for participating!

FRIDAY 27TH OCTOBER 9.15 TO 12.30

- ✓ Drone safety
- ✓ Videos of real life Police Drone action
- ✓ Fly Drones through an obstacle course
- ✓ Check out the Police drone

Register your interest
with Chelsea!

FREE WHITE CARD TRAINING

Are you 15 or older and want to work in construction and
mining?

You need a white card!



**Last chance for
2023!**

**WED 11TH OF OCTOBER
8.45 AM TO 2.30 PM
VENUE T.B.A.**

THIS IS AN ALL DAY EVENT

Register with Kate and Denise

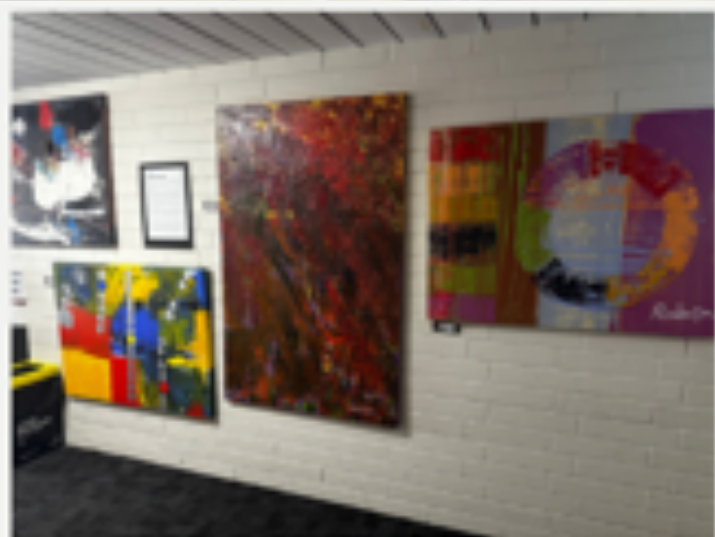
ART ROOM ANECDOTES

2023 Art Exhibition!

The 2023 Port Art Show is an annual fundraising exhibition that not only displays the incredible talent of our Port students and donating local artists, but it raises much-needed funds for the students at Klang Special School in Malaysia. This year, 9 Port students and 2 staff are embarking on the Malaysia excursion again after COVID halted it for 3 years. The art exhibition is a major fundraiser, helping us to sponsor a number of Klang students for a year of their education. This year's exhibition was a hugely successful night that raised an amazing total of \$10,000. The 'Frock the System' Fashion parade video was a fabulous addition to the format of the night, wowing the audience with the student's creativity and confidence on the catwalk. We would like to thank the Port community for supporting us again this year, we couldn't do it without you!



Exhibition pics...

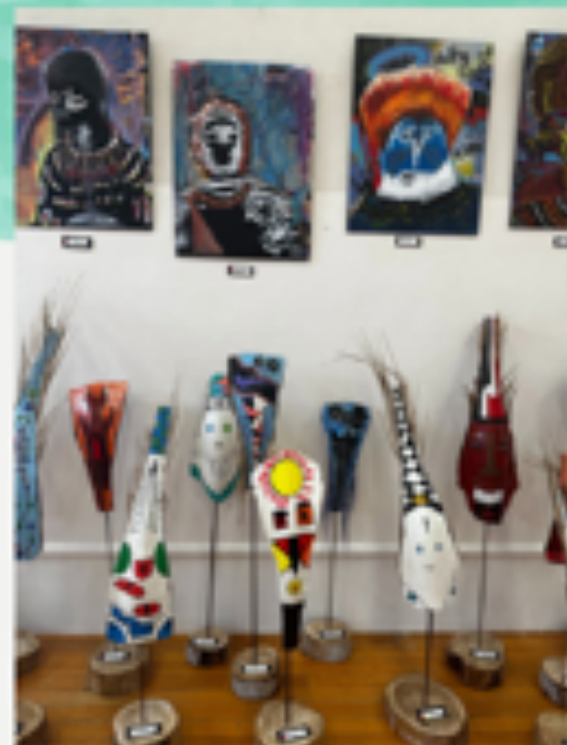


We would especially like to thank Taylor Finch for her exceptional work in filming and editing our "Frock the System" showcase video production.

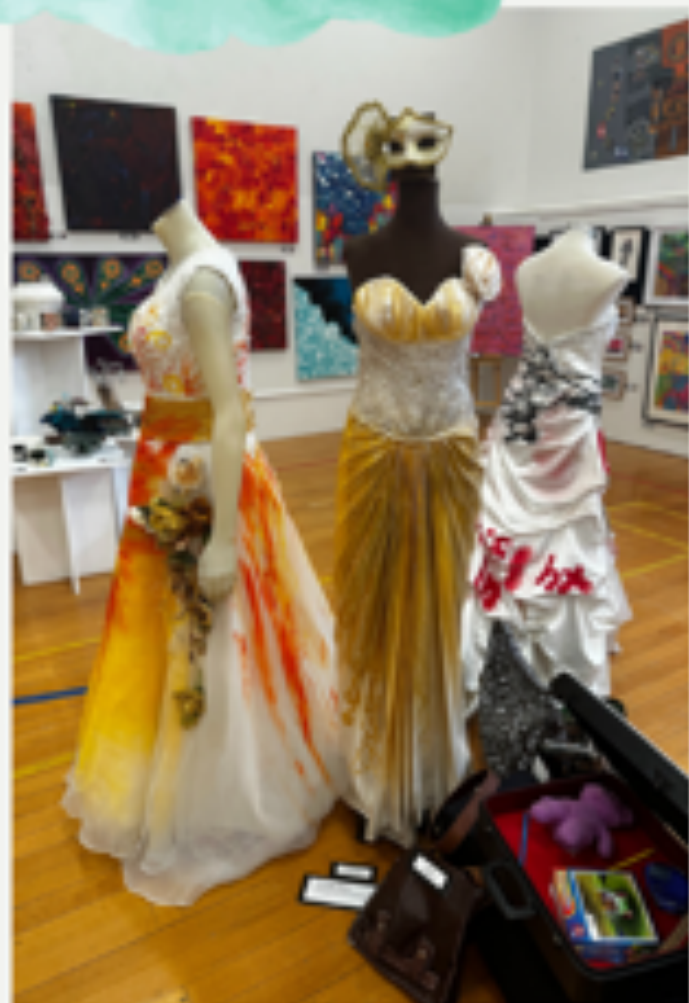
Also to the student designers and models, you absolutely rocked it! Congratulations to all involved, it was stunning.



press the button



More amazing
artwork...





RTO/VET NEWS

TRAINING EMPLOYMENT WORKSKILLS



39%

RECORD NUMBER OF PORT SCHOOL STUDENTS APPLYING FOR TAFE 2024!

What is VET Delivered to Secondary Students?

Vocational Education and Training (VET) Delivered to Secondary Students is a program delivered to Year 10, 11 and 12 school students.

We specifically choose courses that provide clear career pathways for your child after high school. They will gain practical skills and an understanding of what to expect from the workplace and, once completed, may provide credits towards other nationally recognised qualifications, or lead to employment. Students enrolled in a VET Delivered to Secondary Students course attend a TAFE campus one or two days per week. Courses are generally fee-free with some resourcing costs.

At the close of applications, 26 Port Students have applied for TAFE. Offers will be out at the end of October.

VET Delivered to Secondary Students courses allow your child to :

- Develop industry-specific skills
- Gain nationally recognised VET qualifications and units of competency while completing your Western Australian Certificate of Education
- Develop employability skills
- Gain an understanding of the world of work, providing you with valuable experience to assist with planning and pursuing your career pathways.

**39 % of eligible
Port Students are
engaged in TAFE
training!**

Including skills sets, traineeships and
certificate courses



TAFE while at high school, gives students a competitive edge in the job market. Parents and caregivers play an important role in supporting their child's success. Please read our tips and don't hesitate to call us if we can help!

Understand how TAFE works

TAFE is ADULT CENTRED LEARNING that prepares your child for the real world of work.

Your child will be treated as an adult and expected to conduct themselves as adults.

This means being responsible for their own learning journey, maintaining good attendance, submitting assessments on time, and requesting help when required.

Reach out to the RTO office at Port if you or your child requires additional support.

Caregiver tips for TAFE success!

Start with a strong foundation

- Read and discuss with your child the TAFE Code of Conduct.
- Be very clear around expectations of no smoking/vaping, dress code, swearing, behavior, and attendance.
- Show interest in your child's course and check in with them regularly about their progress.
- Minimise course disruptions - avoid appointments, holidays, and other activities on TAFE days. Poor attendance is the top reason why students fail TAFE.
- Parents and caregivers of under 18's will be notified directly by TAFE of absenteeism.
- If your child cannot make TAFE you should notify TAFE directly, then the school.
- Ensure good sleep, organise transport and lunch /money for TAFE days
- If a problem occurs, please notify us ASAP so we can offer support

RTO UPDATES



First Aid

Each year, staff and students complete First Aid Training- a Nationally Accredited certificate which includes CPR, basic first aid and emergency life support components. This certificate provides three units of competency for students, one of which is included in all Port School qualifications, and various external qualifications.

This year, Sam Kerridge has successfully facilitated the training through ABC First Aid. Well done to those that have completed this certificate this year!

White Card

A White Card is evidence of completing a General Construction Induction course or White Card course. This course is mandatory for anyone who works or wants to work in the construction industry. The course is delivered and accessed via an online platform through Blue Dog Training- with assistance from Port School staff.

Well done to the students who have obtained their White Card this year!



iVet Courses

Through an online provider, iVet, students can complete various qualifications at Port School. Depending on the qualification, students will participate in various activities such as snorkelling, kayaking, bike riding, team sport, fitness, and computing skills- to name a few.

Qualifications currently on offer to year 10-12 students include:

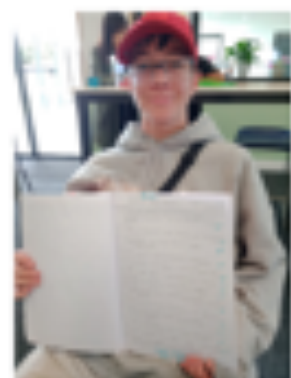
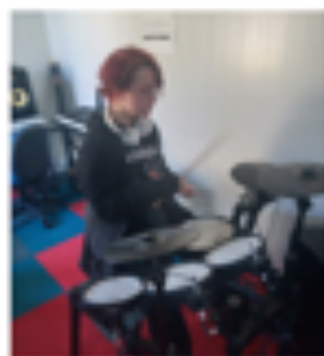
- SIS20321 Certificate II in Sport Coaching (job opportunities include: assistant coach and or possible job roles specific to a particular sport)
- BSB20120 Certificate II in Workplace Skills (job opportunities include: administration roles, customer service and various business support roles)
- SIS20115 Certificate II in Sport and Recreation (job opportunities include: leisure, recreation, retail or facility assistant)
- SIS20419 Certificate II in Outdoor Recreation (job opportunities include: jobs that require assistance of delivering activities in the outdoor recreation industry such as camps and outdoor adventure experiences)

These qualifications provide a flexible option to gain a Certificate II on-site at Port School!

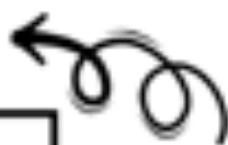
PORT MIDDLE SCHOOL - TERM 3

Middle School 1

It's been a jam packed Term 3. The Year 8's completed the 'Goals Ahead' Program that culminated in a trip to Dockers HQ! Year 8's settled well into Term 3 and have produced fantastic work in their core subjects. Middle School have enjoyed Monday morning briefings with Matt as well as MS Team Sport with Brad on Monday afternoons.



Stay in touch :

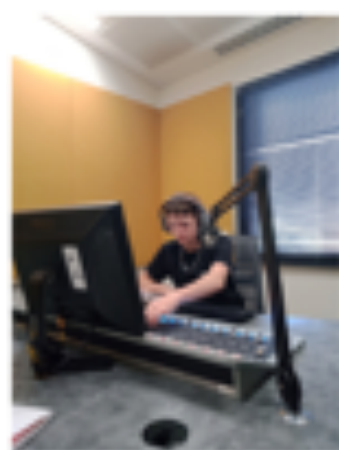


Matt: Matt@portschool.wa.edu.au
John: John@portschool.wa.edu.au
Louise: Louise@portschool.wa.edu.au



Middle School 2

The Year 9's have been involved in the Creative Schools project with Anne Gee. They've been exploring different areas of the curriculum through creative means, including learning how to podcast!



Looking ahead:



We are looking forward to better weather and heading to the beach on Monday afternoons. Middle School are also looking forward to camp in Week 6 of Term 4 (15th, 16th and 17th of November)

English

THE PEN IS MIGHTIER THAN THE KEYBOARD!

The physical act of handwriting enhances cognitive engagement, memory, and retention, ultimately contributing to effective communication and literacy skills. It engages different parts of the brain, including those responsible for memory and comprehension and the cognitive engagement can enhance the learning process and aid in reading and writing development.

Handwriting requires the development of fine motor skills, which are essential for controlling the small muscles in the hand and fingers. Writing words by hand can improve spelling and expand vocabulary and as students write words repeatedly, they reinforce correct spelling and a better understanding of word meanings and usage. The act of handwriting has also been shown to enhance memory and retention which can be especially beneficial when learning new words, concepts, or reading comprehension.

When students opt for manual note-taking, it fosters a deeper grasp of concepts compared to typing. Because handwriting is a slower and more laborious process, it becomes challenging to transcribe notes word-for-word. Consequently, students are required to engage with the material actively, distilling and summarising it in a manner that aligns with their comprehension.

Have a safe and fun break.



TERM 4 OLNA DATES: 23 OCTOBER - 3 NOVEMBER

HASS

newsletter

TERM 3

WHAT WE LEARNT

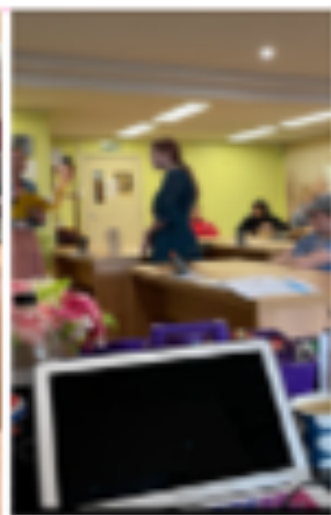
HASS CONTENT, CONCEPTS & SKILLS THIS TERM...

HASS CONTENT & CONCEPTS: **ECONOMICS:** MASLOW'S PYRAMID OF NEEDS; HUMAN DEVELOPMENT MEASURES; ECONOMIC MARKERS OF HUMAN DEVELOPMENT e. g. inflation, recessions & booms, tax systems, GNI and GDP; THE GREAT DEPRESSION

HASS SKILLS: **READING & INTERPRETING A RANGE OF DATA** DRAWN FROM INFOGRAPHIC SOURCES; **MAKING INFORMED EVALUATIONS BASED ON DATA ANALYSIS.**

We have been looking at how society measures human development both on an individual and national scale, applying frameworks such as Maslow's pyramid - which aims to rank human needs - in order to help humans to realize their full personal potential. (See diagram). We also considered a variety of economic scales to gain a better insight into the global financial wellbeing of parts of our planet.

MASLOW'S PYRAMID OF NEEDS



INCURSION: HEALTHY RELATIONSHIPS: 'IT ONLY TAKES ONE'

GUEST SPEAKER: TAMARA ARTEMIS (ANGLICARE)

Students from all classes were able to participate in an interactive workshop analysing the factors that help us to identify healthy, and, potentially unhealthy relationships, and they were invited to consider strategies to build solid new relationships or to improve on existing ones.

Mathematics

This term, all groups have really stepped up in Mathematics lessons, tackling some challenging topics.

Group 1 have continued to work through their Certificate in General Education for adults course work, with some pleasing results.

Group 2 have been looking at measurement conversions.

Groups 3 and 4 have been introduced to algebra, and how to translate algebraic skills to using formulas.

Group 5 has moved through algebra and onto trigonometry.

All students have also had the opportunity to sit the OLNAs this term, with their final attempt of the year next term.

Well done on a great term, all! Enjoy your break :)



What's been cooking in term 3?

We started off our term welcoming Ali into our kitchen family.

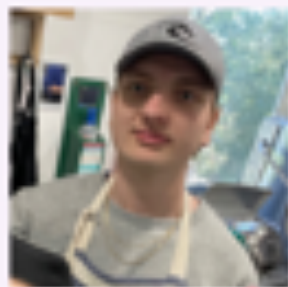


Ali is our new hospitality trainer and cooking teacher and she comes into the kitchen with a wealth of knowledge, experience & a lot of fun.

Our kitchen has been a hive of activity this term, our kitchen team along with our students have been working hard to prepare, cook & and serve a variety of delicious dishes. Our main event this term was 'The Art Exhibition'..... and what a fantastic evening it was! As guests enjoyed fabulous finger food and mocktails.



Our certificate II Hospitality students started a new unit 'Prepare & serve non-alcoholic beverages'. Students researched a variety of non-alcoholic beverages before deciding on the most suitable mocktails for our art exhibition. Students should be very proud of themselves not only for their efforts in the weeks leading up to the exhibition but also for the incredible amount of hard work on the night providing a high level of service.



Week 8 Port kitchen went PINK for Pink stumps day to raise money for Breast Cancer



Donations can be made at <https://www.pinkisthecolour.com.au/fundraisers/eileenlahovich/pink-stumps-day23>

THANK YOU

WILD BAKERY for your generous contribution

WILD

CGEA

This term in CGEA

Term 3 has seen a focus on financial literacy. This term we have focused on creating a budget and managing the costs of moving out of home. It has been great seeing our students engage in the process of finding jobs, creating meal plans, and researching all costs associated with moving out of home (utilities, insurance, etc.). This process has allowed our students to understand the cost of living and the importance of being wise with their finances. Students have also learned about key financial terms such as income tax, gross pay, net pay, and superannuation.

For more information on money management tips and tricks, head to <https://moneysmart.gov.au/>



"Develop a passion for learning. If you do, you will never cease to grow."

Anthony J. D'Angelo

Special mentions:

Congratulations to the following students on finishing their CGEA Certificates!

- Samantha Sullivan- Cert II
- Rohan Anderson- Cert II
- Jordan Davies- Cert II
- Maya Fowler- Cert II
- Gemma Roser- Cert II
- Diana Lorenzo-Perez- Cert II
- Blake Joshua- Cert II
- Brendan-Jay Evenis- Cert II

See you in Term 4



Rabbit-Proof Fence Poster
by Charlie Abernigh

PORT MOBILE CLASSROOM



TERM 3 2023

In Term 3 we welcomed a couple of new students on board the bus program. Seeing them actively engage and bring positive energy within the group has been great. In Term 3 we have been focusing on our Literacy and Numeracy booklets and the students progressing through them. A group of our year 10 students have been working on the Keys 4 Life program and are close to finishing this course. The fellas have still been enjoying the team sport, cooking, and art on offer at school. Keep up the good work and see you in Term 4 for the warmer weather and expect to be out and about.





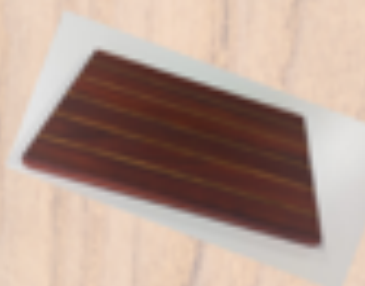
THE WORKSHOP



This term has seen students create some exciting projects in the workshop. The new laser cutter has been extensively used for student creations, the art exhibition, and for gifts for the upcoming Malaysia Trip.



It has been hectic in the workshop, creating cutting boards and platters for our annual art exhibition. These were a great success, selling out early on the opening evening.





THE WORKSHOP



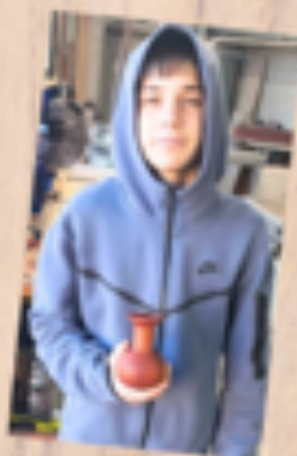
Electronics have proven popular this term with middle school students experimenting with circuits, current, and wind energy creation.



Wood turning has been very popular with some terrific items produced



Students have designed and created a wide range of projects and demonstrated exceptional skill to produce some very nice projects.



EARLY LEARNING CENTRE NEWS



Welcome Back

This term we welcome back Steph our food coordinator and her new addition Isabella, who participated in her first book week. This year was themed on the book 'The Very Hungry Caterpillar'. Steph prepared a menu to delight even the smallest of book fans eating their way through the book's adventure alongside the very hungry caterpillar. The mums of the YPC came and participated in making The hungry caterpillar headbands, and were able to take home some DIY hungry caterpillar picnic ideas.

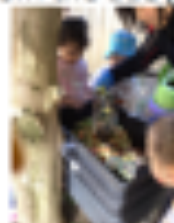


HAPPY BIRTHDAYS !!



SUSTAINABILITY

Youngmi, our sustainability officer has been running our sustainability program at the ELC and during Naidoc week raised \$43.00 by selling strawberry plants and dried herbs sourced from the ELC garden.



EARLY LEARNING CENTRE NAIDOC DAY.



The children of the ELC participated in a whole school event for Naidoc Week which included watching and partaking in some traditional Indigenous dancing. In addition, they got to learn the Noongar names for the kangaroo and emu.



YOUNG PARENT CENTRE

Student Spotlight

This term we thought we'd shine the spotlight on students who are transitioning out of Port School at the end of the year.

Chats with TUHLEESHA

Tuhleesha what are your plans for next year?
I've actually already started University this semester at the Kulbardi Centre at Murdoch University

Tell us more about Kulbardi Aboriginal Centre
Kulbardi is a centre at Murdoch University that supports and assists Aboriginal and Torres Strait Islander individuals that would like to undertake a University pathway. Kulbardi provides the opportunity to do a University enabling course, which prepares you for Uni and gives you a small peak into the lifestyle that you could have when completing your degree.

What does your schedule look like?

I attend University 4 days a week, each day is a different unit but every week is the same structure. The focus points within this course are English, Math, Science and learning skills that will be needed when completing University eg. writing, reading, taking notes etc.

What is the best thing about Kulbardi?

The best thing about Kulbardi is that everyone is family and you will never be judged. They also provide support to every individual but also as a whole group.



Tuhleesha



Maley

Chats with TATUM

Tatum tell us about what you've been studying this year?

I have been working through my Certificate III in General Education for Adults since the beginning of last year, as well as Murdoch University's Flexi-Track High program since the start of this year.

What will you be doing next year when you leave Port School?

I am hoping to be starting a Bachelor of Nursing at Murdoch University next year! I have applied for early offers and I am still waiting for an email, but fingers crossed!

Any parting words for the students and staff at Port School?

I am just so appreciative of Port School for giving me the support and environment in which I could succeed and reach goals that I never knew I could. I used to believe that having a baby at a young age would restrict me from studying, but without having my daughter I wouldn't have come to Port School and wouldn't have been going down the University pathway.



Tatum & Shiloh



Tatum & Shiloh

For more information on Kulbardi or Flexi-Track High please visit the Murdoch University website

OUTDOORED



Torsten - John Forrest National Park

This term we have explored various skills such as map and compass reading, interpreting maps and their various styles, local railroad history, and mountain biking.



Jordan Davies



Aiden

Outdoor Ed



IN OUR MORNING SESSIONS, THE GROUP ENGAGED IN THE PROCESS OF ESTABLISHING CONNECTIONS AND FORMING RELATIONSHIPS THAT SHATTERED THE BARRIERS OF SOCIAL BOUNDARIES. BY DOING SO, WE ACHIEVED THE OPPORTUNITY TO FOSTER EVEN DEEPER CONNECTIONS WITHIN OUR GROUP.

WHEN THE WINTERY WEATHER SET IN, THE GROUP EXPERIENCED THE GOLF DRIVING RANGE. FOR FIRST-TIMERS, IT WAS A SUCCESS AND HOPEFULLY, WE HAVE SOME BUDDING CAMERON SMITHS!

WITH SPRING IN THE AIR, THE GROUP HAD THE OPPORTUNITY TO EXPLORE DIVERSE LANDSCAPES, INCLUDING COASTAL AREAS, THE SWAN RIVER SYSTEM, AND PARKLANDS. WE VISITED NUMEROUS LOCAL PARKS TO DELVE INTO INDIGENOUS CULTURE AND OBSERVE LOCAL FLORA AND FAUNA. THE TERM CULMINATED IN A TRIP TO PERTH ZOO, WHICH HELPED TO PROMOTE AN APPRECIATION FOR VARIOUS ANIMAL SPECIES AND ENGAGE WITH THE DIVERSE FLORA AND FAUNA SHOWCASED THERE.

OUR SHARED EXPERIENCES HAVE BEEN AMAZING, AND WE LOOK FORWARD TO SHARING NEW ADVENTURES IN TERM FOUR.





FITNESS CENTRE

BOXING



In boxing class, the group has been focusing on improving their stamina and overall boxing skills by completing numerous rounds of skipping, pad work and heavy bag work.

FITNESS

In fitness, the crew is experimenting with different kinds of fitness, such as acrobatics, to improve their agility, and to understand that there are many different types of training to try.



SPORT AT PORT



6 Benefits of getting involved in team sports for kids

(Bruce Robinson, The Fathering Project)

1. Kids learn about fitness
2. They learn teamwork
3. Can make lifelong friends
4. Opportunity to learn values
5. Create great memories
6. Gain access to mentors

To learn more about this, click on the link below:

<https://www.youtube.com/watch?v=CY08Tya0JpQ>

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TERM 3

This term our Team Sport 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. This term we have mostly played Indoor Volleyball and Flag Rugby, with the occasional trip to the beach and Ten Pin Bowling. We also had our annual Phil Hughes Tribute Match, which was a hit for all staff, students and parents/carers involved. This year we also decided to participate in the Pink Stumps Day Fundraiser by the McGrath Foundation. The McGrath Foundation funds breast care nurses to support individuals and families experiencing breast cancer.

PHIL HUGHES X PINK STUMPS DAY CRICKET MATCH 8TH SEPTEMBER 2023



PHIL HUGHES X PINK STUMPS DAY CRICKET MATCH 8TH SEPTEMBER 2023



PORT MUSIC

LIVE MUSIC, DIGITAL MUSIC, AFTER HOURS MUSIC



PORT SCHOOL ALBUM

As we progress through Semester Two at Port School, the Music students find themselves nearing completion of original music compositions, cover songs and aural experiments. Many of which will be showcased on the first Port School Music compilation album.

THE MUSIC ROOM IS OPEN EVERY TUESDAY AT LUNCH FOR ANY STUDENTS WHO WANT TO JAM, RECORD OR LEARN INSTRUMENTAL SKILLS!

CERT III MUSIC PATHWAY

Are you in Year 11 or 12 next year? You could be eligible to enrol in a Certificate III in Music (Creation and Composition) at Leederville TAFE on Fridays. Work in a studio environment to record and produce music using industry standard software and equipment. Perfect for those that want to pursue Music as a hobby or potential career. Chat to Brett for more information!



DIVERSITY, GROWTH, EMPOWERMENT, COMMUNITY

RESILIENT AND READY

PORT SCHOOL CADETS

CADETS VISIT TO MARINE RESCUE

On August 28 the Port School cadets visited Marine Rescue in Cockburn to 'learn the ropes'. Students got to tour the facilities, have a go on the radios and meet the crew!



PORT SCHOOL CADETS TO THE RESCUE!

The Port School cadets completed their first aid certificates this term, and worked with our SES instructor Cathie to learn how to complete a rescue. The students had to 'rescue' a dummy, perform first aid and carry them all the way upstairs to be airlifted to safety!



Students practised filling and stacking sandbags to prepare for a flood related disaster. The cadets also practised hose drills with our amazing DFES instructors, Aaron and Randall.

POP NEWS

Check out what our Port Outreach Program is doing!



POP Horse Power Peel

Jayesha on work experience at Horse Power Peel, Grooming, cleaning paddocks, taking care of tack, and walking clients around the enclosed arena. All in a day's work for our talented students!

POP in the Library

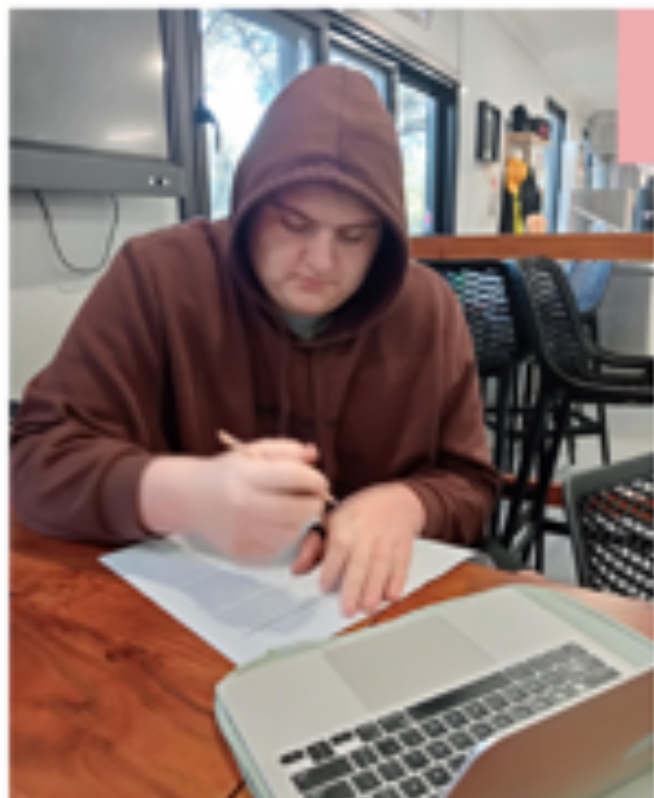
Jordan busy at work at Spearwood Library playing Beat the Kangaroo. The Kangaroo usually wins but Jordan beat her three times that morning!



POP in the Great Outdoors

Dylan out and about getting fit and enjoying some of the local mountain bike trails Cockburn has to offer.





POP Hospitality

EJ began his Hospitality Certificate II this year and is making excellent progress. EJ is finding his way around the kitchen and has begun his culinary adventure. The next master chef is on his way!

POP in the Park

Amber out and about on POP at the park, sitting on a giant turtle's egg. The Bibea Lake park is a favourite amongst Outreach students as it provides a combination of great walks and parks as well as a beautiful place to study.



POP Craft

Lorraine has been teaching Amber how to crochet. This is the finished product, a three dimensional rat.

EJ DOES HOSPITALITY

AUGUST
EDITION

WHAT'S
NEW?

Catering
for the
art
exhibition

EJ's program this term has had both Keys 4 Life and Hospitality added to it. EJ has always enjoyed working in the kitchen and is completing the workbooks on a school laptop and prepares food for both staff and students for recess and lunch; and he helps serve too.

EJ has had a chopping board handmade for him by Adrian in the workshop as he is so tall, and it enables EJ to help chop and prepare food all day long. Here EJ is preparing food for the Art Exhibition!! Yum :)



STRIKING A BALANCE: SLEEP AND GAMING IN TEENS - A GUIDE FOR PARENTS



The Impact of Gaming on Sleep:

Extended gaming sessions, especially during late hours, can significantly disrupt sleep patterns in teens. The stimulating nature of video games can make it challenging for teenagers to wind down and fall asleep. Moreover, exposure to the blue light emitted by screens can interfere with the production of the sleep hormone melatonin, making it harder for teens to get quality sleep.

Tips for Managing Sleep and Gaming in Teens:

1. **Set Clear Boundaries:** Establish clear guidelines on gaming time and ensure your teen understands the importance of a healthy sleep routine. Encourage them to finish gaming at least an hour before bedtime to allow their minds to relax.

In today's digital age, video gaming has become an integral part of many teenagers' lives. While gaming can be an enjoyable and even educational activity, its increasing popularity has raised concerns about its potential impact on teenagers' sleep patterns. In this article, we'll provide valuable information and practical tips to help parents navigate the delicate balance between sleep and gaming for their teenagers.



Understanding the Importance of Sleep:

Sleep plays a crucial role in the overall health and well-being of teenagers. Adequate sleep is vital for cognitive function, emotional regulation, physical development, and immune system support. The National Sleep Foundation recommends that teenagers aged 14-17 get 8-10 hours of sleep each night for optimal health.

1. **Create a Sleep-Friendly Environment:** Ensure your teen's bedroom is conducive to sleep. Keep it dark, quiet, and at a comfortable temperature to help them fall asleep faster and sleep more soundly.
2. **Encourage Physical Activity:** Encourage your teen to engage in physical activities during the day. Regular exercise can help improve sleep quality and overall well-being.
3. **Limit Screen Time Before Bed:** Aside from gaming, reduce overall screen time before bedtime. Encourage relaxation activities like reading a book, listening to calming music, or meditating to promote better sleep.
4. **Discuss the Impact of Gaming:** Have open conversations with your teen about the impact of excessive gaming on their health and academic performance. Encourage them to share their gaming experiences and thoughts with you.

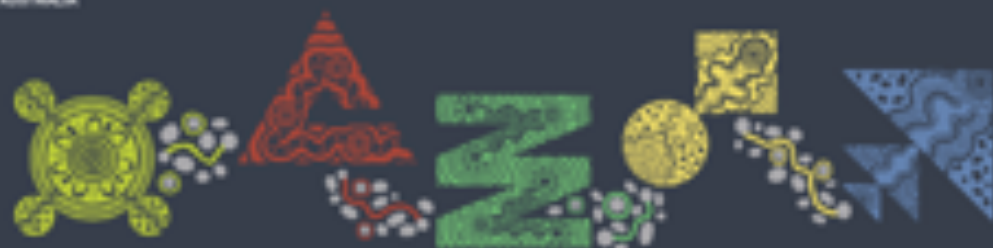
REMEMBER:

Balancing sleep and gaming in teenagers is an ongoing challenge for many parents. By understanding the importance of sleep and the potential impact of gaming on sleep patterns, parents can take proactive steps to create a healthy gaming environment for their teens. With proper guidance and support, your teen can enjoy gaming while still maintaining a healthy and well-rested lifestyle.





Public Sector
Commission



SOLID FUTURES

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We have an **awesome opportunity** for Aboriginal and Torres Strait Islander people aged **16 years and older**.

Get paid a fortnightly salary while working towards a Certificate III in Government – **this can help you get your next job.**

Join a supportive workforce that has **opportunities for everyone.**

Develop your skills and get the right tools **to become a future leader.**

Applications close
2 October 2023

Head to **WA.gov.au** and search for **Solid Futures**





PORT SCHOOL ART EXHIBITION

2024 CALENDARS AVAILABLE

Calendars are only \$10!

**HURRY! ONLY AVAILABLE WHILE
STOCKS LAST!**

Enjoy Port School Student's artwork
year-round!

