

Port School

Term 2, 2021



Cover Artwork by: *Brendan-Jay Evenis*



PRINCIPAL'S REPORT

BARRY FINCH

Port School's Core Values

Over the next four Newsletters, I would like to talk about our school's core values; why they were chosen, and why they are so important to our community. Our core values are reflected in everything we do at Port.

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.*

The most meaningful of our values at this current time is Diversity. But what is Diversity? The Oxford University Press defines diversity as: "The practice or quality of including or involving people from a range of different social and ethnic backgrounds and of different genders, sexual orientations etc." Diversity is about what makes each of us unique and includes our backgrounds, personality, life experiences and beliefs; all the things that make us who we are. It is a combination of the differences that shape our view of the world, our perspective and our approach.

Diversity is also about recognising, respecting and valuing differences, based on ethnicity, gender, age, race, religion, disability and sexual orientation. Port's whole ethos is to offer young people, who have not thrived in a mainstream school, a safe environment. We therefore have a very diverse range of students, each with their own reasons for needing a place like Port. Everyone has their own challenges which should be recognised and respected by others.

Inclusion occurs when people feel, and are, valued and respected, regardless of their personal characteristic or circumstance. "Diversity is a fact, but inclusion is a choice we make every day. As leaders, we have to put out the message that we embrace and not just tolerate diversity." ~ Nellie Borrero.

It is important to emphasise that everyone has the right to their own opinion. Also, everyone has the right to be free of discrimination or 'hate speech', the right to feel and be safe, and to be at Port without fear of persecution. We cannot change the opinions of some, but people at Port should be able to go about their day without any form of discrimination.

To that end, Port has zero tolerance of conversations in the school which may impact negatively on any other member of the school community. In most workplaces, including Port School, comments of a derogatory nature would not be tolerated and would result in a written warning, or worse. We will take the same approach with students. Continuous use of such language will raise the question of whether that individual should continue to be enrolled at Port.

I must say however, that I am constantly amazed and proud at how accepting Port School students are of each other. Everyone has the right to their own opinion, but when it is controversial, hurtful, or can be described as 'hate speech', it has no place at Port School.

"Unity, not uniformity, must be our aim. We attain unity only through variety. Differences must be integrated, not annihilated, not absorbed." ~ Mary Parker Follett

Regards

Barry

TERM 3 STARTS BACK ON MONDAY 19th July 2021



Start Term 3	Mon 19 th July
Pupil Free Days*	Thurs 12 th & Fri 13 th August
Last Day Term 3	Fri 24 th September
Art Exhibition	Thurs 16 th September
Term 4	Mon 11 th Oct – Wed 15 th Dec

*Please note the new changed pupil free days, these are planned staff professional training days



DEPUTY PRINCIPAL'S REPORT

MIKE GILBERT

Term 2 has been a long and challenging one for all staff and despite an ever-growing team, there always seems to be lots going on, a busy team of staff and an awesome buzz about the place. I encourage all staff and students to look after their own mental health and self-care, especially in the winter months when colds, flu and sickness is prevalent and we all get tired, fractious and a little less tolerant!



Our new kitchen is finally complete, and we really do have an amazing hospitality facility for our students. There is a fantastic vibe coming out of the café-style dining area at recess and lunch. Both Barry and I have been proudly showing visitors through the new area throughout this term. The food coming from the kitchen has been restaurant-quality; and the equipment and set up would be the envy of some professional chefs! Our students have every opportunity to use the professional equipment and learn skills that are very transferable to the workplace, which in turn makes them extremely employable. Our thanks go to Cassidy, Geoffrey and Kota for some fabulous coffees this term.



I was recently thrilled to secure three places for students on the Leeuwin, under the Captain's Fund on a voyage from Monkey Mia to Exmouth. This is an awesome leadership and personal development experience for them. More to follow on this on our Facebook page and in next term's newsletter.

Sadly, two longstanding staff members are leaving us this term. Phil our RTO Manager, past board member and workshop teacher, is moving on to an overseas role in Papua New Guinea. Phil was responsible for implementing a range of vocational programs for our young people and enabling the school to continue as an RTO in its own right. For those of you who know the training and accreditation systems, will realise that this was no mean feat. The vocational pathways and opportunities that we now offer students are down to Phil and the RTO team and I would like to personally thank them for that.



Grayem has been in a counselling and student services support role for several years and has worked off campus with many of our students who needed additional one-on-one support and nurturing. His assistance with camps, hikes, walks, treks and outdoor education, as well as his constant 'yes' attitude has been fabulous to have around. Grayem will be moving over East to spend time and be closer to family.



They can both walk away, heads held high, knowing that they have made a difference. Thank you to you both for your time at Port, I am sure our paths will cross again at some point.

Have a great July break, look forward to seeing you all in term 3.

Mike



Port School

Young Parent Centre Extension

Young Parent Centre Manager, Michelle Forsyth, was delighted to finally host the delayed 2020 official opening of the Young Parent Centre extension. Senator Matt O'Sullivan, representing the Commonwealth Government, opened the new facilities which consist of a semi-commercial training kitchen, an enlarged classroom, meeting/counselling room, staff office and new ablutions. The extension, funded by the Commonwealth Capital Grants Program, is a welcomed addition and allows for up to 25 young mums at the purpose-built education centre whilst their babies are next door at Port's Early Learning Centre.



Senator Matt O' Sullivan, Deputy Principal Mike Gilbert, Principal Barry Finch & Young Parent Centre Manager Michelle Forsyth

Under COVID-19 restrictions, the new facility was celebrated by Federal Member for Fremantle, Josh Wilson MP, City of Cockburn's Mayor Logan Howlett and Deputy Mayor Lara Kirkwood, AISWA's Executive Director and Deputy, Valerie Gould and Ron Gorman as well as parents, carers, network agencies and members of the community. Past National Children's Commissioner Megan Mitchell also sent messages of congratulations via video.

Students from Port's hospitality program provided the delicious catering, making the event a showcase of not only the facilities and the students. It was a proud day for Principal Barry Finch and Deputy Mike Gilbert, who have been instrumental in the development and growth of the school over the last 11 years. Senator O' Sullivan, who has a youth work background, complimented staff both at the centre and the main school for the work they are doing. Josh Wilson stated "I always walk away feeling inspired after visiting Port School".



A proud Principal Barry Finch with young mums



The event celebrated the centre, the educational home to over 75 young mums since its inception in August 2015. Many students have gone on to university, further education, training and employment. They have all gained a variety of parenting and life skills from the YPC team and the myriad of support agencies that offer in-kind services to the centre.



Deputy Mayor Lara Kirkwood, AISWA's Valerie Gould & Ron Gorman

Mayor Logan Howlett

Federal MP Josh Wilson

YPC Manager Michelle



Port's hospitality students looked the part at the Young Parent Centre opening, offering very impressive food and a professional look.



Hospitality students: Gus, Danny, Blake & Dylan



My Thermomix Adventures...

With the kitchen now all finished and new equipment starting to be used, Felicity (aka Flic) and the team were thrilled to have a Thermomix demonstration following delivery of their new machine.



Students were keen to try out some of the suggested recipes. It will certainly add another fabulous training aspect to the school's new catering facility.





HEAL COUNTRY!

4-11 JULY 2021

The NAIDOC 2021 theme – Heal Country! – calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration and destruction. Country that is more than a place and inherent to our identity. Country that we speak about like a person, sustaining our lives in every aspect - spiritually, physically, emotionally, socially and culturally. NAIDOC 2021 invites the nation to embrace First Nations' cultural knowledge and understanding of Country as part of Australia's national heritage and equally respect the culture and values of Aboriginal peoples and Torres Strait Islanders as they do the cultures and values of all Australians. For generations we have been calling for stronger measures to recognise, protect and maintain all aspects of our culture and heritage. We are still waiting for those robust protections.



Gubbi Gubbi Artist Maggie-Jean Douglas has been announced as the winner of the prestigious NAIDOC poster competition for her work on the theme "Heal Country!". The beautiful design will be seen adorning city streets during NAIDOC week.

This year's theme also seeks substantive institutional, structural and collaborative reform – something generations of our Elders and communities have been advocating, marching and fighting for. Healing Country means finally resolving many of the outstanding injustices which impact on the lives of our people. It is about hearing and actioning the aspirations of Aboriginal and Torres Strait Islander peoples which are the culmination of generations of consultation and discussions among our nations on a range of issues and grievances. After 250 years, our children and our future generations deserve better.

We cannot afford to let pass the very real opportunity that now presents itself for reform, based on a fundamental change in the relationship Australia has with Aboriginal and Torres Strait Islander peoples. Heal Country, heal our nation. NAIDOC Week 2021 will be held from Sunday 4 July to Sunday 11 July. Each year NAIDOC week grows in stature and depth of celebrations at community, state and national level. It is an opportunity for all Australians to come together to celebrate the rich history, diverse cultures and achievements of Aboriginal and Torres Strait Islander peoples as the oldest continuing cultures on the planet. Source: <https://www.naidoc.org.au/news/2021-naidoc-week-theme-announced-heal-country>



Sadly, Port has had to postpone planned NAIDOC celebrations due to increased COVID-19 restrictions and the uncertainty of how things will continue to unfold. The decision has been taken to reschedule our NAIDOC Celebrations which were planned for Wednesday 30th June. The event will now take place early in Term 3 - DATE TBA. Thanks to everyone for their understanding.

JULY 2021	AUGUST 2021	SEPTEMBER 2021	OCTOBER 2021	NOVEMBER 2021	DECEMBER 2021
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65 Wheeler Road, Hamilton Hill WA 6163
Ph: (08) 9335 6323 • www.portschool.wa.edu.au

JANUARY 2022						
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JUNE 2022						
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As always, Port School will hold its own NAIDOC festivities with indigenous art, traditional dance, damper and kangaroo stew, fire pit as well as newly designed t-shirts and hoodies for students and staff, embracing our own, 'Heal Country!' theme. There will also be a variety of merchandise including calendar fridge magnets for you to put on your fridge, filing cabinet or work box (as seen above) and hats.



THE KITCHEN IS OPEN

Wow, it's been a journey, but the new canteen, kitchen and dining facilities are finally open and being used by students and staff. It has been a mammoth project, but an amazing outcome. It looks stunning and the hustle and bustle of this great hospitality, catering and cafe style facility is already happening.



There is some fabulous produce being used, and food is being delivered at recess and lunch as well as for official events. With vistas onto the ghost gum and amphitheatre, this really is quite the commercial cafe and beautiful space.



Felicity, Maree and Terri form an amazing new team, offering cooking and hospitality training as well as feeding the school staff and students daily. The new state-of-the-art facilities will also be used to cater for school functions throughout the year as well.



THE KITCHEN CREW

COOKING JUST GOT EASIER

We would love to introduce you to the very excited new team that will be not only providing meals to students and staff daily, but running the cooking classes, hospitality program and training, a new barista course, as well as catering for the school's functions and events.



The "A" Team

In their new kitchen, we have **Felicity Moore, Maree Harrison and Terri Bosco**. All come with a wealth of experience in the food and hospitality industry. As we have already seen from the amazing food being served up, there are going to be some fabulous tasty things to come.



Our students are certainly going to be well prepared for a career in this area if they so choose. If you have a business and want to consider taking on a Port hospitality student who is well trained, has their food handling, first aid and good skills, then give us a call on 9335 6323 or email us at admin@portschool.wa.edu.au.

It truly is a fabulous space and one that will set up Port School's hospitality and catering for years to come. Commercial chefs would love to have facilities like this, so we really do want to see it used at every opportunity.



With a very high spec fit out, students will gain experience using high-tech equipment. If cooking is not for them, they can just chill in the amazing café with tree-lined views through the stacking-windows.





BUILDING PROJECT UPDATES

During the kitchen and dining extension build, students were able to get some real-life construction opportunities and watch how it's done.



Geoffrey and Jack were very keen to see how the guys did the concreting, so after finding hard hats and hi-vis vests, they were allowed to observe the new undercroft slab going down, as well as having a chat with the tradies and truckdriver. We reckon they have site supervisor status already!!



PROJECT LAND ROVER



"FOR THE LOVE OF THE LAND ROVER"

We have come to the realisation, that this process is about the journey, rather than the destination (aka our new workshop moto). Students have worked methodically and diligently on what has been a very demanding stage of the restoration. Progress has been steady during term 2, with significant work on the gearbox. Surprisingly, many of the gears were in very good condition, except for the third and fourth gear synchro which needed replacing.



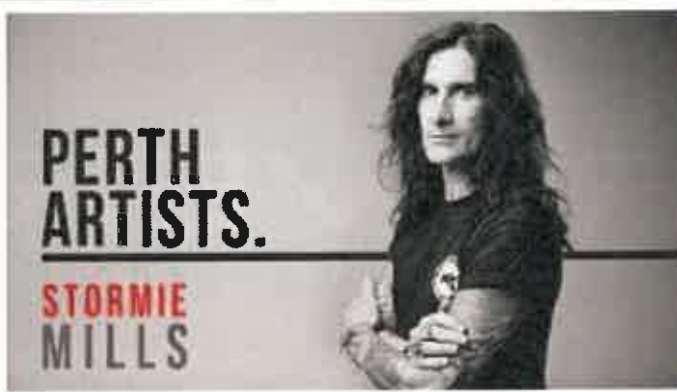
At significant cost, we have renewed all the bearings, seals and bushes to both the gearbox and transfer case. This has been a very technical process with valuable contribution from Tim and Andre, who have extensive mechanical experience. All students in the class have taken part in this rebuild, and some outstanding progress in students focus and work ethic has been observed.



A press has been added to the workshop to aid accuracy and care when installing the new bearings. Many thanks go to Jack C. and Jayden S. for putting it together. All going well, and with some more parts arriving on time, the gearbox should be completed by the end of term.

So, all in all, Tim and Paul would like to thank and congratulate all the students for their hard work.

Tim and Paul



We were very excited to have internationally renowned street artist Stormie Mills join us in term 2 and talk to students about his artistic practice and his journey through life. Stormie brought a selection of his journals for students to examine and answered questions about how he uses them and what they mean to him.



All students in our Middle School received their own journal and began to draw and paint, whilst Stormie circulated and helped people. He certainly inspired them to be creative and to think about their own stories and journeys.



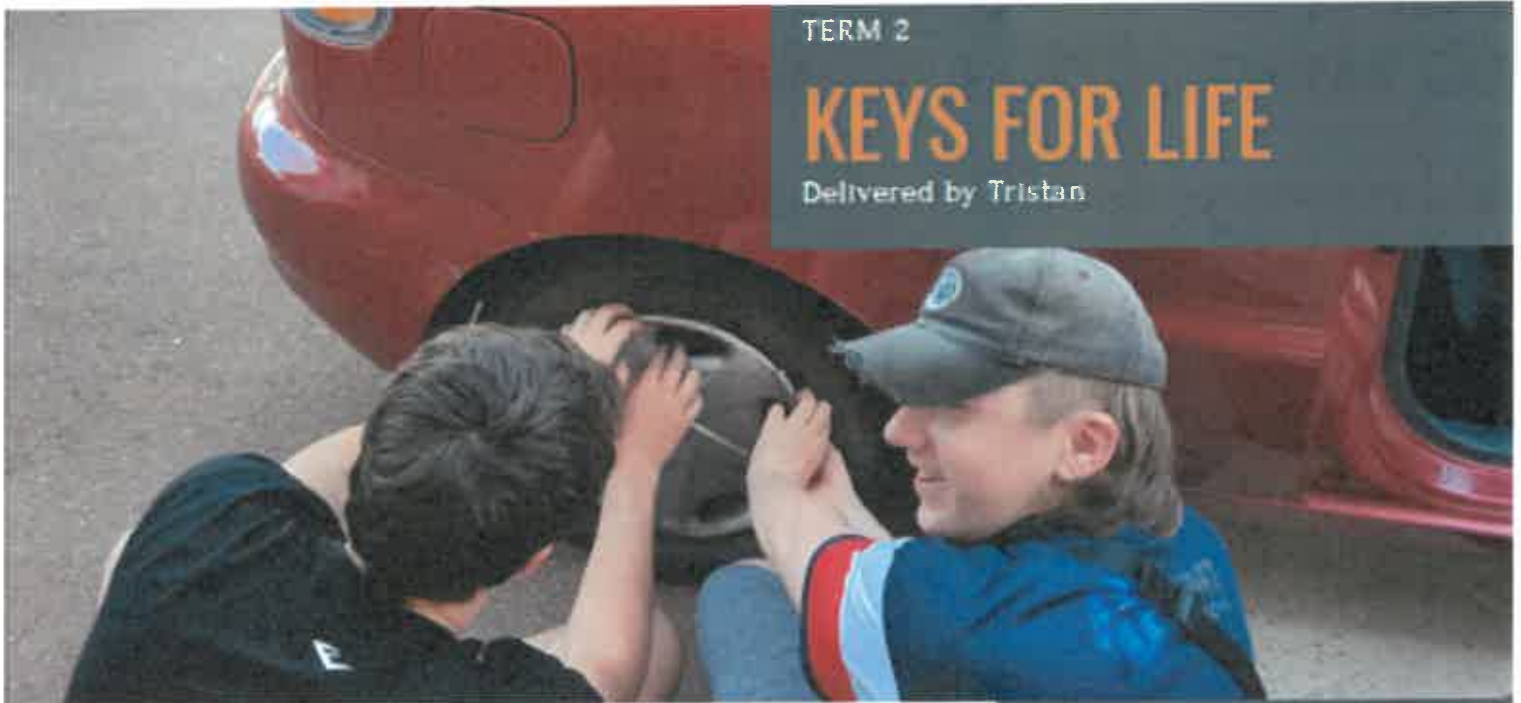
It was a fantastic experience for everyone present and we can't wait for his next visit when students can show him the ideas and concepts which they have developed.



TERM 2

KEYS FOR LIFE

Delivered by Tristan



HIGHLIGHTS

One of my highlights each term is teaching students how to maintain a vehicle and identify potential issues. Each student has the opportunity to have hands on experience with changing wheels, checking tread depths, inflating tyres to correct pressure and checking fluid levels.

Not only do students have these hands on learning experiences they also receive extensive education road rules and driver and passenger safety.

Keys for Life is available for Port School students aged 16 or older.



Handy tips

Incorrect tyre pressure can cause loss of traction, increased tyre wear and pull your car to the side while driving

Before winter comes check for cracked or damaged windscreen wipers, most auto stores will install them for you free of charge

Did you know?

In some states it is illegal to wear hot pink hot pants after midday on a Sunday.
HOW BAZZARE!

STUDENTS PICTURED:
Naomi, Asher & Mitchell



First Aid Training

Students and staff have been updating their First Aid and CPR skills this term. We aim to ensure that every staff member is trained and up to date in both areas; as well as putting through as many students as possible.



It is a great skill to have, looks good on your resume and is invaluable in the community, if any family members have an accident or injury. Well done to staff and students who have completed the course.





SUSTAINABLE SALONS
AUSTRALIA

After growing her hair for about a year, Maths teacher Eileen underwent the 'big chop' earlier this term, donating her hair to Sustainable Salons, to be made into a wig for children with illnesses. Donated ponytails are sent to wigmakers and to charitable organisations such as, *Variety and the Australia Alopecia Areata Foundation (AAAF)*, to be made into charitable wigs.



Thanks to Split Endz Hair Design in Kardinya

Sustainable Salons accept ponytail donations from people of any gender, age, hair type and colour; including chemically processed and coloured hair. To be eligible, ponytails need to be a minimum of 20cm, with premium wigs being a minimum of 36cm.



Since Eileen has donated her hair, several students have expressed an interest to follow suit, asking many questions about the process. For anyone interested, *Split Endz Hair Design* in Kardinya is a Sustainable Salon; or you could find a closer salon by going to <https://sustainableSalons.org/>

Salon directory

We are Australia & New Zealand's #1 salon directory, with over 1,000 listed salons, barbers, groomers and clinics.

Resource recovery

We recycle hair, metals, paper, plastics, chemicals, glass, cardboard, razors, tools and even more.

Ponytail donations

We are the largest charitable collector of ponytails, which go to make medical wigs for those with cancer or alopecia.



Another super busy term, with mostly outstanding attendance and engagement from the vast majority of students across the board – well done everyone, we have made it to the mid-year mark! Whew! This year has been a hectic, but fun one so far!



This term saw many of our students embark upon, and successfully complete, their Provide First Aid certificate. This is not only a compulsory component of the CGEA II qualification and an essential life-saving skill, (which empowers our students to maximise their personal efficacy and be of assistance in potentially life-threatening emergencies), it is also very highly regarded by all workplaces and potential employers. So, if you are contemplating on embarking on a school-based work placement, traineeship or part-time paid work, you are now much more favourably positioned to be a serious contender against other competitors/applicants!



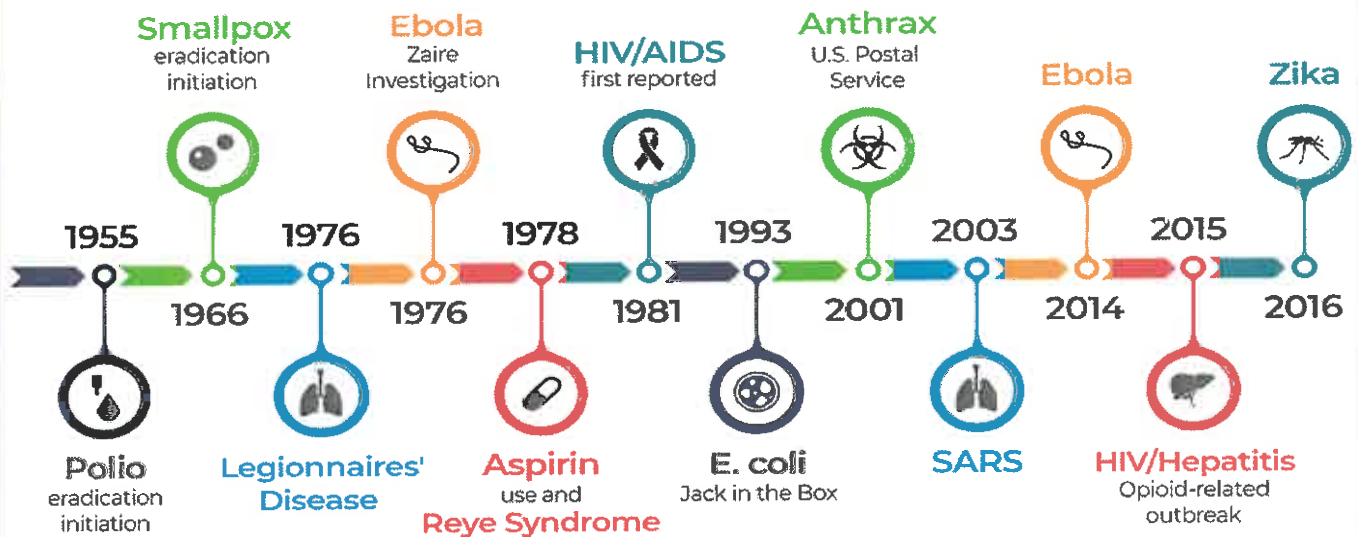
I was also fortunate enough to be invited to give a presentation at Curtin University, to a very large audience of delegates from the Departments of Health and Education, all of whom were participating in an industry standard Sexual Health Education Symposium. Nerves had to be overcome, long enough for me to take to the podium and share some of the innovative approaches Port School has adopted over the years, in the delivery of its creative sex ed programs. There were a great many accolades and positive

Health and Wellbeing.



comments about both the program and about our school, and especially about the progressive and accommodating way in which we approach the holistic education of our kids. Although I am not a big fan of public speaking, I took a leaf from the book of some of our Learning Group 5 students, who, earlier in the term, demonstrated awesome courage and tenacity in delivering their first formal debating speeches in the first bout of our comp. I just launched straight into the deep end and into the presentation (stage fright and all!!), appreciating that it was a great opportunity to showcase and celebrate some of the fantastic work done by both staff and students at our terrific school.

Currently, I am busy planning a program to commence in Semester 2, that will encompass health perspectives through the lens of specific historical events and periods. I know many of our students have expressed an interest/passion for history, and this presents a unique challenge and opportunity to cover a diversity of educational outcomes through some powerful cross-curricular scaffolding. I am excited to have the continual opportunity to re-invent and diversify both what we teach, and how we teach, here at Port, and have recently felt a very powerful and positive shift in the educational interest and engagement of our student community.



Although I must admit that I was a little sceptical of the Direct Instruction pedagogy to begin with, I am now enjoying adapting and personalising its modality, to suit both my personality and teaching style - and to the needs and interests of the students. The Mental Health unit completed this term, with its exciting final unit involving students in an FBI-like forensic investigation and profiling project - was a fun and fitting conclusion to an industrious term, with lots of powerful learning and laughter along the way!

Thank you to all students for embracing their Health studies in such a positive way and for working hard to upskill themselves in unfamiliar areas such as Direct Instruction and the internet skills required by the Office 365 suite!

Have a safe and enjoyable break everyone, and see you next term, for some Horrible History (and Health) tales!

Take Care and Stay Safe

Raf

ART ROOM ANECDOTES

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

Senior School

This term students have been designing and creating a sculptural art piece using *Recycled, Repurposed and Second-hand objects*. For those students who were interested, there was the opportunity to create a *Wearable Piece of Art/Costume*.



Taeya



Milly



Chelsea

Our amazing art students threw themselves into this project, with a free choice theme creating a diverse and unique array of personal responses. Some students decided on a theme and worked towards this, while others allowed the items from REMIDA and our school 'Boneyard' to inform the direction of their artwork.



Emily



Flynn



Tayla

The process of creating these artworks required problem solving skills and perseverance. The sculptures and wearable art pieces our students created are inspiring, thought provoking and technically very strong. It has been a challenging term but very rewarding. Congratulations to you all for your ingenuity and passion!

ART ROOM ANECDOTES



India



Amber



Eden



Maya



BJ



Nicole



Blake Della Bona



Flynn

ART ROOM ANECDOTES

CALLING ALL COMMUNITY ARTISTS

Requesting donations of beautiful saleable artwork to exhibit alongside our student work, to fundraise for our Annual Malaysia Art Exhibition 2021.

Opening Night

Thursday 16 September: 5.30 - 8.00pm

All money raised will go to support
Klang Special School, Malaysia.

If you would like to donate artwork, please contact:

Dionne Garvey (Art Teacher) or
Nolene Martin (Business Manager)
at Port School on 9335 6323

All donations will be gratefully received
(art, wood, acrylics, metal, sculpture, photography, leatherwork, pottery)

ART ROOM ANECDOTES

Young Parent Centre @ Art

The YPC girls have enjoyed collaboratively designing a banner for Child Protection Week 2021. The theme this year is:

“Every child, in every community, needs a fair go. To treat all of Australia’s children fairly, we need to make sure every family and community has what kids need to thrive and be healthy”.



We discussed the ‘bigger picture’ in addressing child abuse and neglect, that our children can thrive and be healthy when they have what they need to develop well. Unfortunately however, not every family has these resources, and therefore we need to support every child, family, and community according to their needs. If we can do this better, it will create a healthier, fairer Australia for all children.



The girls are very passionate about this issue and had some clear ideas about what elements/imagery was important to include in their design. After many planning and drawing sessions the banner design was decided upon and drawn up. The painting has started, and we can’t wait to see it evolve next term for display during National Protection Week 5 – 11 of September.

ART ROOM ANECDOTES

Certificate II Visual Arts - City of Melville Youth Trailer

The Certificate II class has embarked on a new unit of competency this semester, *Realise a Public Art Project*, which has been a huge learning curve for us all but a very rewarding one! This unit has given students the opportunity to create a public art project for a client -The City of Melville. The task was to paint the city's *Youth Events Trailer* with a vibrant design that represented the community and all its diversity. Felix Ross (Community Development Officer) gave the class a briefing for the project and students then went away and developed their individual designs for the four-sided 'tradie' trailer.



Several weeks later Felix returned, and the students presented him with their individual design proposals. They were taken back to the team at the City of Melville and Lily Slater's concept was chosen to decorate the trailer, as it was felt that it best explored all the ideas discussed. The class then collaborated to industriously draw up and cut required stencils, mask up the trailer, choose colours and order the paint. The next steps were to trial painting techniques (spray paint and enamel) and then spray paint the trailer, in teams of three or four. The process has been challenging due to the surface complexities (being metal), the choice we made to stencil the design and all the finishing details that have been painted with a brush and enamel paint. However, I must commend the students on their focus and commitment to the project and the artwork is looking fun, funky and very professional indeed! Felix and the City of Melville are thrilled with the end product, and we are so proud of the students. Keep your eyes out for the trailer cruising the streets in the coming weeks.

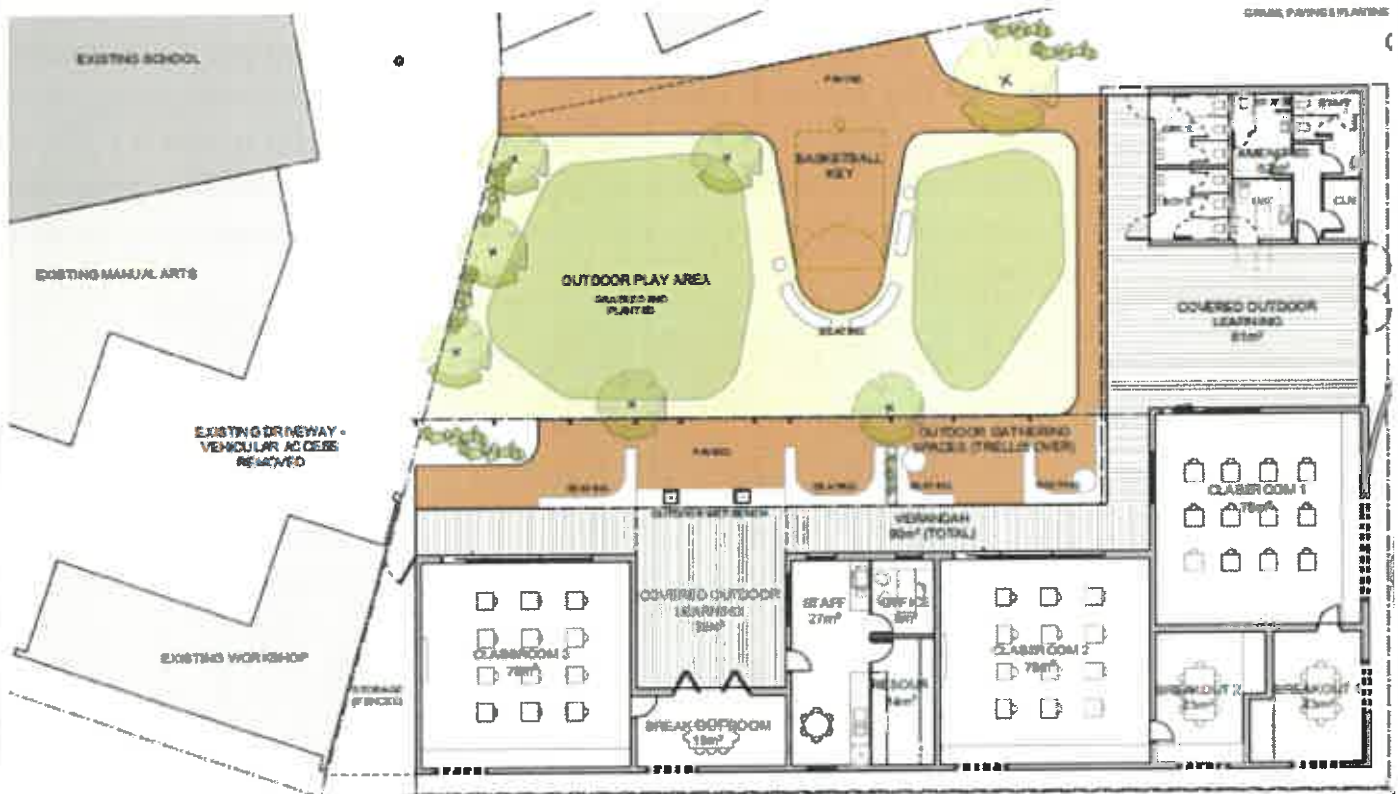


Have a great break

Dee

NEW BUILDING UPDATE

Port is excited to announce the planned purchase of buildings and land adjacent to its existing facilities. With a mixture of approved low interest loans and proposed federally funded Commonwealth Capital Works Grants, the school plans to build an exciting purpose-built Middle School for up to 45 students.



The new development will feature three classrooms, breakout areas and landscaped outdoor play and learning spaces, as well as an ablution block. This will in turn free up space in the existing Middle School to create new learning areas that can be utilised by main school campus students.



Watch this space in 2022 for the exciting changes ahead and for the demolition and build to start!!



The Importance of Emotional Intelligence

We've all heard of the term "IQ" when talking about intellect and how smart someone is. IQ stands for "intellectual quotient" and it can help to predict how well someone may do academically. But have you heard of the term "EQ"?

What is Emotional Intelligence?

Emotional intelligence or EQ is the ability to understand, use and manage our emotions. A high score in EQ can predict success in social and emotional situations. EQ helps us build strong relationships, make good decisions, and deal with difficult situations. One way to think about EQ is that it's part of being 'people smart'. Understanding and getting along with people helps us be successful in almost any area of life. In fact, some studies show that EQ is more important than IQ when it comes to doing well in school or being successful at work.



Some people have naturally good EQ skills. Others need to work on them. The good news is that everyone can get better. Unlike IQ, people can improve their emotional intelligence — if they know what to do.

How to improve your EQ

Emotional intelligence is a combination of several different skills:

1. Being Aware of Your Emotions

Most people feel many different emotions throughout the day. Some feelings (like surprise) last just a few seconds. Others may stay longer, creating a mood like happiness or sadness. Being able to notice and accurately label these everyday feelings is the most basic of all the EQ skills. By simply noticing them as we feel them, helps us manage our own emotions. It also helps us understand how other people feel. But some people might go through the entire day without really noticing their emotions. Practice recognising emotions as you feel them. Label them in your mind (for example, by saying to yourself "I feel grateful," "I feel frustrated," etc.). Make it a daily habit to be aware of your emotions.

2. Understanding How Others Feel and Why

People are naturally designed to try to understand others. Part of EQ is being able to imagine how other people might feel in certain situations. It is also about understanding why they feel the way they do. Being able to imagine what emotions a person is likely to be feeling (even when you don't actually know) is called **empathy**. Empathy helps us care about others and build good friendships and relationships. It guides us on what to say and how to behave around someone who is feeling strong emotions.

3. Managing Emotional Reactions

We all get angry. We all have disappointments. Often, it's important to express how you feel. But managing your reaction means knowing *when, where, and how* to express yourself. When you understand your emotions and know how to manage them, you can use self-control to hold a reaction (if now is not the right time or place to express it). Someone who has good EQ knows it can damage relationships to react to emotions in a way that's disrespectful, too intense, too impulsive, or harmful.

4. Choosing Your Mood

Part of managing emotions is choosing our moods. Moods are emotional states that last a bit. We have the power to decide what mood is right for a situation, and then to get into that mood. Choosing the right mood can help someone get motivated, concentrate on a task, or try again instead of giving up. People with good EQ know that moods aren't just things that happen to us. We can control them by knowing which mood is best for a particular situation and how to get into that mood.

EQ: Under Construction

Emotional intelligence is something that develops as we get older. If it didn't, all adults would act like little kids, expressing their emotions physically through stomping, crying, hitting, yelling, and losing control! Some of the skills that make up emotional intelligence develop earlier. They may seem easier: For example, recognising emotions seems easy once we know what to pay attention to. But the EQ skill of managing emotional reactions and choosing a mood might seem harder to master. That's because the part of the brain that's responsible for self-management continues to mature beyond our teen years. But practice helps those brain pathways develop. We can all work to build even stronger emotional intelligence skills just by recognizing what we feel, understanding how we got there, understanding how others feel and why, and putting our emotions into heartfelt words when we need to.

Goleman, D. (2006). Emotional Intelligence: Why it Can Matter More Than IQ. Random House.

Student Support Services (SSS) update

- Tessa Batt, Clinical Psychologist from AISWA, recently joined the SSS team. Tessa's role is to support the SSS team, and she will be working once a week on a Thursday.
- Craig Harris is currently on work experience with the SSS team as part of requirements for Diploma in Community Services at TAFE. He has an interest in completing further counselling studies.
- It is time to say farewell to our colleague and friend, **Grayem White**. It has been great working with Grayem & we wish him much joy and happiness as he begins a new chapter in his life. He will be missed ❤️!

Enjoy the Break!!!

The Student Services Team



Molly, Dave, Michelle Z, Andrea, Tristan & Grayem
Tel: 08 9335 6323 Email: admin@portschool.wa.edu.au

Workshop

Woodwork, Metalwork, Mechanics, Leathercraft, Jewellery, Plastics and much more

It's been a busy and creative term 2 for those in Wood Design. We have been working on so many student focused projects it's difficult to keep up. Senior School has been working away on bowls, tables and candle holders. Two students of merit are Jackson, who has designed his own unique and exquisitely finished table, and Danny J who has led the jewellery revolution in the Senior School, researching, designing and creating his own uniquely beautiful timber rings, Great work guys!



The Middle School has been developing their Design and Technology skills and understandings with mosaic tiling and hanging. Building jewellery stations and then designing and creating their own jewellery to wear and take home. Finally, we have the bus boys, always coming in with energy to help in the workshop and creating beautiful timber chopping boards, bowls and candle holders to take home. Great work and lots of fun! That's been Wood Design in Term 2!



Have a fabulous break!

Josh

WOULD YOU LIKE A PORT HOODIE ?



\$25-00 EACH

REG. \$30.00, \$25.00, \$20.00

PLEASE ORDER WITH CHELSEA or MARIA



Thanks to Scarvaci IGA in Hamilton Hill for their kind donations of sausage packs for a Friday sausage sizzle at the school. Always generous supporters of the school and our events.



Kitchen Musings

Surprise, surprise, with the new kitchen now being used, what better way than to celebrate with a few words from some celebrity chefs.



Deputy Principal Mike Gilbert wrote to their PR teams telling the story of the new facilities and chef Matt Moran sent the team some fabulous gifts and a congratulations on the new kitchen, and Curtis Stone a signed photo.



The team are very keen to try out some of the recipes in Matt's book. Thanks to them both.

Little does Flic know, but there is still more to come!
31

ANZAC EXCURSION

YOUTH ANZAC PARADE AND WEST
AUSTRALIAN ARMY MUSEUM



Port students participated in the annual ANZAC March from the Council Building to the ANZAC memorial on Spearwood AVE. We were led by Members of the City of Cockburn Pipe Band, Scotch College Pipe Band and Seton Catholic College choir, along with two veteran military vehicles and marching veterans.

The day concluded with a guided tour of the West Australian Army Museum



TeamSport

This term the Team Sport program has focused on League Tag. League Tag is similar to Rugby League, there is no tackling, yet it can be a fast game that involves quick thinking, agility and good “hand-eye coordination”. The teams of students are led by two student captains who have the responsibility to organise the team and set a series of plays throughout the game.



The captain is also responsible for identifying players strengths and placing them strategically on the field to help score tries. Many of the students have not played any form of team sport outside of school, regardless of this, most have developed an increased level of skill, endurance and athleticism.



The term ended with the 21st Friday Night Flag (FNF) game played at Beeliar Oval. With over 30 students, everyone was divided into 3 teams, rotating at every try scored. The Team Sport staff were extremely pleased with the positive culture and attitude amongst the students. Can't wait for the next FNF game!



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.



student account

IMPORTANT CHANGES IN PORT'S CANTEEN

A new cashless 'Tap & Go' payment system will be introduced in Port's Canteen from Term 3.

- **What's in it for Port students?**

Cashless and quicker service with less waiting time in the canteen!

- **How does it work?**

Student's Smartrider Cards, which are also Port School ID cards, will allow students to make cash-free purchases in the canteen.

- Students should remember to always have their Smartrider with them, regardless of whether they come to school by bus or train.
- Lost or missing Smartrider/ID cards should be reported to Maria at the main reception, and a replacement card will be ordered free of charge.
- Parents/carers should register the card online at <https://secure.mystudentaccount.com.au>
- Funds can then be transferred onto the card from a personal device or laptop and will be available to the student within 30 minutes of the transaction.



- There will be no further need to:
 - Give your student cash for the canteen.
 - Transfer money to the school account, which may take up to 3 days to appear.
 - Pay canteen money personally at the school reception (although this will still be possible).
- Parents/carers can easily check card balances online and top-up funds as required.
- Daily spending limits and restrictions can also be managed online.
- Any remaining canteen balances at the end of Term 2 will be transferred to the student card.

Follow the easy instructions on how to register your student's card which have been sent out by post or visit our website at <https://portschool.wa.edu.au/canteen-tap&go> for further information.

Alternatively, call Nolene or Maria on 9335 6323 for further information and assistance.

Pictured: Jamie, India, Jasper & Jack conducting an oil and filter change plus a 25 point safety inspection



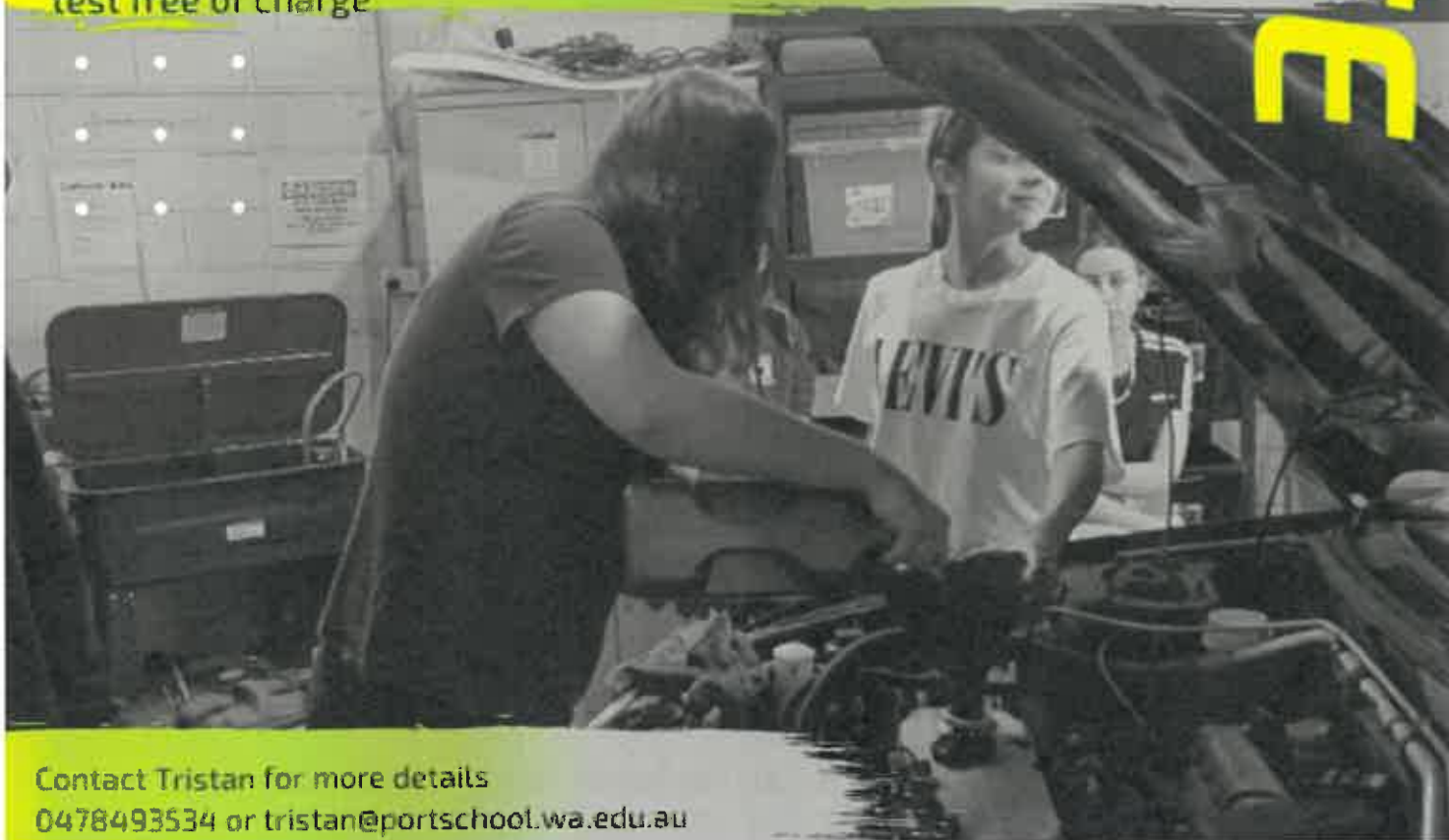
DID YOU KNOW?...

Up until 1980 it was illegal for taxis to not carry a bale of hay in their boot they had to supply feed to hungry livestock.



Keys 4 Life is a 10 week course that provides an opportunity for students to learn how to be a safe and responsible driver and car owner with the added bonus of sitting their Learners Permit test free of charge

KEYS 4 LIFE



Contact Tristan for more details
0478493534 or tristan@portschool.wa.edu.au



Support our community Create an opportunity



OUR NEW EMPLOYEES ARE:

Port School

Sport & Fitness Trainee

India proudly wears her Port school-based trainee shirt as she commences employment in our Sport and Fitness Department.



She will assist staff with session preparation and delivery as well as maintaining equipment and fitness spaces.



Medina
PRIMARY SCHOOL

Felix is enjoying his work with the students at **Medina Primary School** 3 days per week. Felix is a valued member of the busy education team as a classroom assistant.



He is loving his time spent there as much as they are loving having him 👍

Secondary school students who undertake school-based apprenticeships and traineeships are among the most likely to be in full-time permanent employment five years later.

National Centre for Vocational Education Research (NCVER) 2020

<https://www.ncver.edu.au/news-and-events/media-releases/vet-in-schools-prepares-students-for-the-future>

EARLY LEARNING CENTRE

Welcome to the Port family – Keisha & Zyla, Dahlia & Antonio, Kiana & Jordan and Larissa & Zeppelin, we can't wait to see where your education journey will take you. Manawa has completed her Certificate III in Early Childhood Education and Care and we are eagerly awaiting the magic piece of paper that confirms what an amazing educator she is.

PROFESSIONAL DEVELOPMENT

In our continued quest to be a more sustainably service, Kathy & Youngmi have attended some workshops that have been presented by Little Green Steps WA with the support of the City of Cockburn. The standout workshop this term was 'Cultural Conversations in the Early Years'. They had the opportunity to explore aspects of Noongar culture with guest speaker Belinda Cox while learning:

- Noongar language that we can use with the children,
- how to develop relationships with Aboriginal children and families and provide a rich learning experience for all children and
- Fun practical activities for children (and educators!)



Our educators are looking forward to putting all this knowledge into practice as we continue our journey in embedding Aboriginal and Torres Strait Islander cultures into the centre.

EARLY LEARNING CENTRE

MOTHER'S DAY HIGH TEA AND PAMPER PLAYGROUP

On Thursday 6th May we held a High Tea and Mother's Day Pampering Playgroup. It was wonderful to see all our mums relaxing and chilling. Our mums all deserved to be pampered because they do such a great job as being our children's first teachers in life. It was a pleasure providing everyone with a bit of time out for themselves and we hope they enjoyed all the attention.



The theme for this term has been 'Sustainability' and has seen the mums and bubs participate in a variety of activities that were planned to educate our families on the sustainable practices we have in the centre and things they can make at home with recycled materials.

Port School

Registered Training Organisation



Port School Registered Training Organisation provides some great opportunities for our students, not only can we deliver Hospitality, Furniture Making, Community Services, Visual Art and Sports Fitness qualifications in house, we also assist in connecting students to whatever vocational training they wish to pursue via external providers. The advantages of undertaking training at Port School is that it provides an inroad into employment and “softens” the demands of an adult workplace. We ease students as gently as possible into their vocational lives.



Coffee! Our Barista training is now underway, with Kota and Cassidy being the Port Baristas under the tutelage of Terri. They are gaining huge amounts of confidence on the machine, and we hope that in the very near future they will work with Steph and Louise in the search for a part-time position. With Terri at Port we now offer a qualification in coffee making that is nationally recognised. If you would like to put your name down to commence training with Terri, simply let her know. It’s well worth it and there is a wait list, so jump in quick!



Diversity, Growth, Community, Empowerment



Students have been keen to take on real life construction experiences, with work on the under-croft area being an option.

On a personal note, by the time you are reading this I will have left my position as the RTO Manager at Port School, having taken a job in the Pacific Islands. When I first started at Port the RTO had just commenced and was delivering CGEA only. We now deliver 6 qualifications, with great support staff who can help students transition into the adult working world. Port School has one of the best vocational training platforms of any school and as I stay in touch in future years, I hope it goes from strength to strength. I have enjoyed my time at Port and will miss many staff and students. I will be sending pics!!

Contact the RTO Team for more information:

Steph, Ellena, Louise or Trysh

08 9336 6323 or admin@portschool.wa.edu.au

Kitchen Help Wanted!

As many of you may know, Port School now has a fantastic new kitchen which enables us to up the ante with our hospitality training as well as the meals that we make available to our staff and students. As is always the case in hospitality, there are a couple of busy periods - morning tea and lunch - where the kitchen staff are rushed off their feet.



Kitchen Volunteers Needed

We are looking for volunteers/retired members within our Port School community to assist in the kitchen for a couple of hours, on a set day or days. No experience is required, just a desire to help feed our kids some healthy food. First Aid and Basic Food Handling would be a bonus, but training can also be offered in house.

If you think you could help for a few hours, please contact the school on 08 9335 6323 and speak to Deputy Principal Mike Gilbert or send an email to mike@portschool.wa.edu.au.

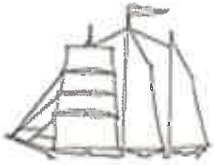
MOUNTAIN BIKING

Port School staff have recently been on a 3 hour Development Mountain Biking Coaching session in the Perth Hills. This course is to supplement last year's purchase of 5 new hardtail bikes. The coaching was conducted by Rock and Roll MTB located in Kalamunda. The instructor was Mark Wardle who is a Level 2 UCI MTB coach and has worked in the cycling industry for over 20 years.



Port school staff were taken through a comprehensive practical session that included fundamental skills including braking, cornering, climbing and neutral body position. The staff will be incorporating the skills learnt with Port students when they are taken out for rides locally and when out on mountain bike tracks around the Perth Region.





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, 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 me to discuss any questions and thank you for supporting the Youth Development Programs with Leeuwin Ocean Adventure Foundation.

Kind Regards

Michelle

Michelle Reidy- Crofts
Education Manager - (08) 9430 4105
education@sailleeuwin.com



ALL PURPOSE PRODUCTS

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

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

Suppliers of Kitchen and Cleaning Products

Suppliers of Warehouse and Office Consumables

Visit our website: www.appwa.com.au

Email us: sales@appwa.com.au

The new Port coffee machine is now well and truly in use, with barista trainees now serving staff and visitors at recess and lunch.



Chez Cecchi, husband of Maria works in the main school office has, via his company APP WA, kindly supplied us with a free coffee machine to be used for barista training with our students.



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

Many thanks to Chez and APP WA

MOBILE CLASSROOM

This semester has been a busy one on the Mobile Classroom. We have seen multiple new enrolments and a couple of new staff on the program. We welcome back Yiannis to the bus. Yiannis brings an extensive knowledge and passion for boxing and fitness.



Grant and Dave have joined in with the PMC and both bring some unique skills to help with the fella's engagement and mental health awareness. Our semester has included a 3-day camp down to Roelands Mission where we learnt about the history and importance of the area.



MOBILE CLASSROOM

There was even time for some coastal swims, marron hunting and bush hikes. Back in Perth, we have continued with our Numeracy and Literacy focus in our onsite classroom at school and in Term 2 looked at a Film review of Red Dog. The students have completed multiple woodwork projects with Josh, the new workshop teacher.



We have had one of our students Samuel start an 8-week Maritime Youth Program where he will complete a Certificate in Fishing, obtain his boat license and his First Aid certificate.



We hope to see all the PMC fellas back for a bigger and better Semester 2.

Thanks

PMC Team



MIDDLE SCHOOL

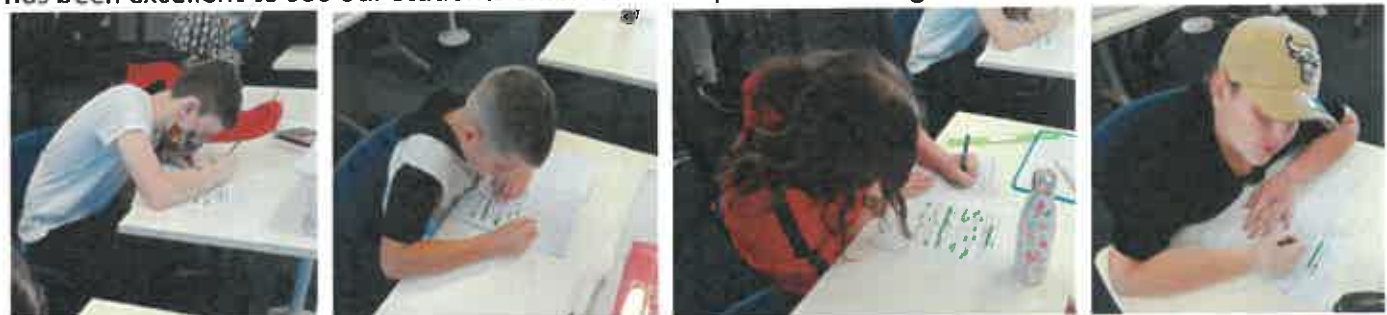
Term 2 has been a fantastic term in the Middle School. By the end of term 1 everyone had got to know each other, and all were getting used to how we do things in our classroom. This itself was an exhausting process for all of us, so the two-week break came just in time. It was wonderful to see everyone come back from the holidays refreshed and ready to take on a whole new load of learning. The photos on this page show just how hard everyone has been working in class this term.



In English we have wrapped up our work on climate change, which has led to a much fuller understanding of the challenges we all face as global citizens. It was great to see our students being able to put themselves into the big picture of our planet. Since then, we have been exploring short stories and looking at how they are used and what they can teach us, plus they are great fun to read and listen to and have given us insights into everything from Noongar culture to traditional south-east Asian lifestyles.



Guest teacher Aidan has also continued with his Talk for Writing program, which has guided students in the process of creating persuasive texts. This is a program which is now widely used around the world, and it has been excellent to see our students embrace it and produce some great work.



Maths has also been packed full of learning this term. We have now covered the four main algorithms (+, -, x, ÷) and learnt how to apply them to more complex, real-life, word-based problem. This has led to some head scratching, but also some really good results as students have learnt to slow down and navigate their way to an answer, without being too frightened. As we move towards the second half of the year, it is wonderful to see lots of kids who have previously had bad experiences with Maths manage to overcome some of their fears and begin to have the confidence to trust themselves and tackle some more complex problems.



Another highlight of this term has been the Creative Schools program. Our classroom has been lucky enough to be a part of this innovative new program which aims to help students learn in a more collaborative and creative way than in traditional classrooms. We have been partnered with creative practitioner Andrea Tenger, who is helping us to explore Science in a totally different way. It has been a great balance between fun and learning. The highlight so far was the visit of internationally renowned street artist Stormie Mills, who brought in some of his beautiful journals for students to look at and then gave them each their own, hopefully starting them on their own journal journey.



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

COMMUNITY SERVICES

Noongar Language Visit

Sharon Gregory is a Noongar language teacher and consultant in the Perth Fremantle area. Sharon has extensive knowledge as a Drug and Alcohol counsellor and discussed her position working at Hakea Prison, teaching Noongar.

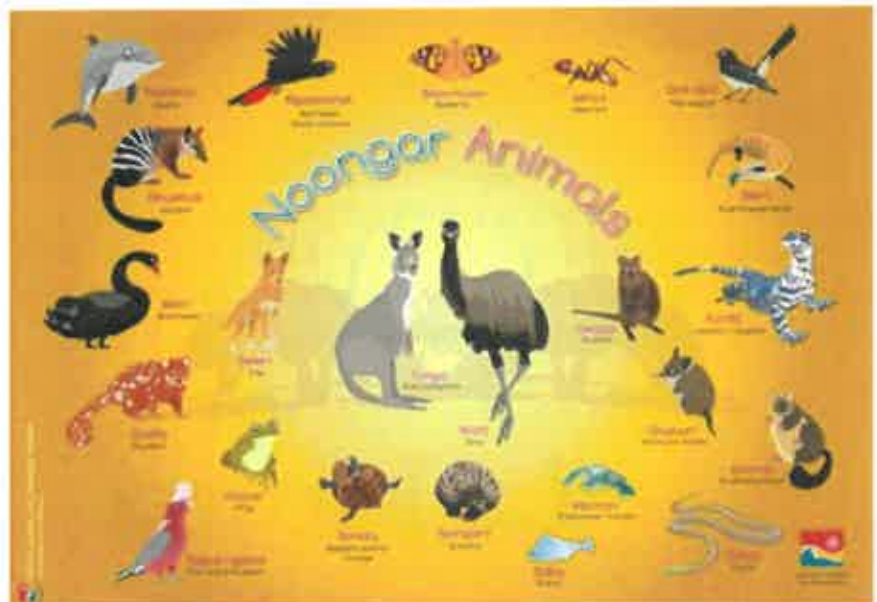


Sharon teaches the Noongar language and provides translation services to schools, councils and businesses. Sharon bought along her Noongar dictionary (which she has published) so we could create stories in Noongar. Sharon's aim is to pass Noongar knowledge, culture, spirit and Dreaming through Noongar language. Noongar is made up of about 14 different dialects, with spelling varying depending on area. As it's an oral language, it has been adapted due to colonisation and stolen generation where people were forbidden from speaking it.

Words are ordered differently in Noongar i.e. to explain men are hunting kangaroo – the words would be Maam, yonga, ngardanginy – in English this translates to men, kangaroo, hunting.

Noongar words and meanings:

- Kaya - hello
- Wanju - welcome
- Nidja - here
- Djurapin - happy
- Nyin- sit
- Ni - listen
- Kaartdijin- know, learn
- Balai- look out, beware
- Beeliar/Bilya – river
- Boodja - country
- Djiti Djiti - willy wag tail



COMMUNITY SERVICES

Fremantle Visit

Our visit to the Port city links to the unit of competency that the Community Services students are currently undertaking- CHCCOM005 - Communicate and Work in Health and Community Services. A visit to the site of tent city at Pioneer Park prompted some very heated discussions about homelessness, ideas to help overcome it and what could have been done as an alternative. Fremantle has a huge variety of services on offer, especially for mental health. Students had the opportunity to walk around the area and discuss the services and what they offer.



054 Coda Corpe, 1801
Windsor, 1801, oil on paper, 19 x 19 cm
1,100,000

Pierpaolo
Lista



053 Puntalino, 2019
Lombardy, oil on canvas, 100 x 100 cm
1,100,000



023 Fioravanti, 1764
Tuscany, oil on canvas, 100 x 100 cm
1,100,000



081 Fioravanti, 1764
Tuscany, oil on canvas, 100 x 100 cm
1,100,000

We visited The Blue Buddha (a wellness shop), where staff members discussed meditation, calming techniques for stress and anxiety and how certain smells can trigger memories. *FUN FACT: smells go straight to the brain's smell centre (olfactory bulbs), where it's processed into a form that's readable by the brain. Brain cells carry that information to a tiny area called the amygdala, which is where emotions are processed. Scents are the only sensations that travel directly to emotional and memory centres of the brain.



On our way back to school we stumbled across the Arte Arechi – La Mostra exhibition at the Whitespace Studio Gallery. Contemporary Artwork from Italy's top artists were flown to Perth for 5 days. Many evoked different emotions and a personalised tour discussed the COVID-19 effect and the many struggles that people and artists in Italy are currently facing.

arte arechi

La Mostra

An exhibition of Italian Contemporary Art



MATHEMATICS

$6 \times 7 = ?$ $+ = + \sqrt{4}$ $A + B =$ APC $2 \cdot 2 = 4$ πR^2 34 21 55 $9^2 = 81$ $S = ?$ 123 ABC $4 \cdot 8 = ?$ $\pi = 3,14$ $6 \cdot \sqrt{6}$ $P = \dots$ 3 7 1 5



This term, groups have been learning to apply their basic Mathematics skills to solving problems involving fractions. As we move into next term, we will take this understanding and apply it to working with decimals and percentages, which will help the students understand financial Mathematics more thoroughly.

All groups have also been consistently practising their mental computation skills, particularly addition and subtraction, in order to help these become second nature, which will help them in many everyday situations. Multiplication facts have also been practised regularly, as these are needed in order to use more complex Mathematics formulas.

To help consolidate their learning, Learning Group 2 have been engaging in Mathematics games based on the specified weekly topic. All groups have also used game play to revise topics, with Mathematics Jeopardy being a particular favourite.

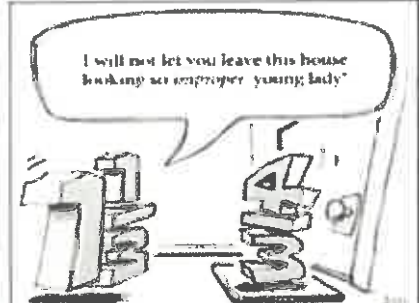
I hope you all have a wonderful break; see you next semester.

Eileen ☺



Math Humor

www.juniatahighschoolhouse.com





I am writing as Volunteer Coordinator of the Repair Hub held monthly at 'The Hub 6163' in Hamilton Hill. The Repair Hub is held on the third Sunday of each month at 1, Starling Street (next to the Wally Hagan Basketball Courts) from 10am – 12pm. The next one will be on 20th June. Members of the community can bring along household items that need repairing, there are a selection of volunteer repairers (sewing, jewellery, bikes, furniture, and some electrical) who help to fix the broken items if possible. The service is provided by donation, and there is also coffee available to buy.

theHub⁶¹⁶³

Our ethos is that fixing or upgrading objects rather than throwing them into landfill is much better for the environment. We also value traditional repair skills and their need to be shared with others to support an ongoing culture of repair.

Thank you for your time, and I hope you are able to help us promote this event. If you have any further queries, please contact me by email or my phone number included below.

Kind regards

Julie Bertola
Volunteer Coordinator
Repair Hub, Hamilton Hill
0437 619 891

Congratulations on
your new



Congratulations to staff member Dennis & his partner Loren on the birth of Onyx James Colbung.

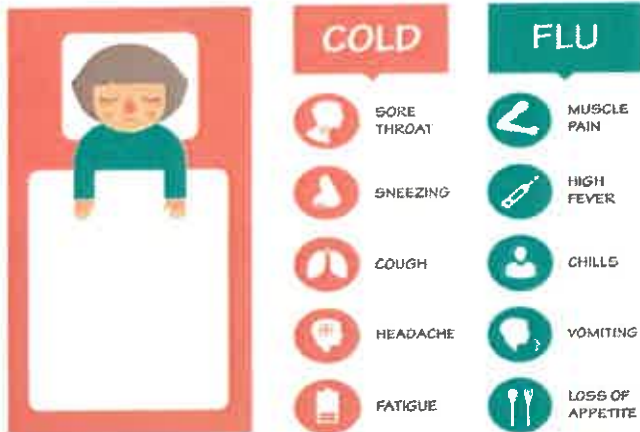


Onyx was born on Thursday 13th May at 10.04am weighing in at 8lbs and 52cm long.



Medical Matters

IS IT A COLD OR THE FLU ?



The cooler weather and rain have finally set in, and as is usual in the winter months, we are seeing our school community affected by colds and flu. I am often asked the difference between cold and flu symptoms, so I have provided a simple infographic to avoid confusion.

It is worth noting that the *Western Australia Department of Health* guidelines for schools, recommends that due to easy contagion by airborne/droplet transmission, both staff and students should stay home if they have the flu.



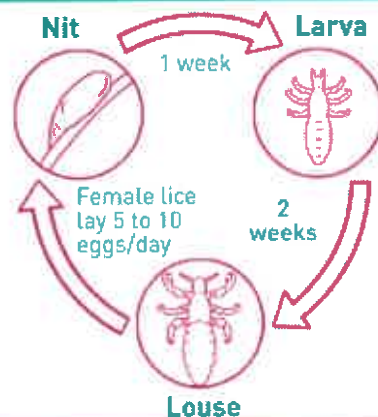
Diabetes
in Schools

On the back of all staff successfully completing Diabetes Level 1 and 2 Training earlier this year, 3 staff members also completed Level 3 Individualised Skills Training. Level 3 focuses on Type 1 Diabetes management, covering *individual student needs* and the training is provided face-to-face by specialist nurse educators from Perth Children's Hospital.

We recommend that anyone with longer hair keep it tied back - *male or female*. **NITS** are tiny little critters who love to holiday on our heads. They are known for their amazing acrobatic ability to jump ship to other heads for a change of scenery – and on and on and on it goes.

FACT – adult nits can survive for up to 30 days in hair.

FICTION – nits live on unclean heads, in **FACT** - they thrive in squeaky clean hair.



A big **SHOUT OUT** to the 64 staff and students who updated their First Aid qualifications in Providing Basic First Aid, Basic Emergency Life Support and Cardiopulmonary Resuscitation.

It is a mammoth effort to have all staff and majority of the year 10 - 13's proficient in lifesaving skills.



BREAKING NEWS

The **EARBUS** visited last week. They reviewed a lot of students on the day including the young mums and bubs, the bus boys, outreach students, as well as those onsite. They will return in Term 3.

Many staff took up the offer to receive **flu vaccinations** in the past week.

We recently purchased 3 backpack **First Aid kits** for use during offsite activities such as cycling, canoeing, nature walks, visits to the beach, camping etc.

Thanks for Donating!



Phone: (08) 6500 1281 |

Email: admin@ogroffshore.com.au

It's always fabulous when you get a phone call from one of the schools' major supporters and sponsors. Ian Cantley, Managing Director of OGR, offered to donate \$5,000 in 2020 that would go towards students' scholarships and leadership initiatives like Malaysia, RYPEN and Leeuwin sailing experiences, as well as supporting individuals who need it the most.

Ian called again in June to say that he wanted to do the same again for 2021. What an incredible gesture and donation. Thank you so much to Ian and OGR from us all at Port. We very much look forward to inviting him down again to some of our annual events and to our end of year award and scholarships ceremony.

OGR is a West Australian company providing professional labour hire and recruitment services to a range of clients within the oil and gas, maritime and construction industry. Their experienced and dedicated professionals draw on a depth of technical expertise and a demonstrated ability to execute projects and maintenance work to meet each individual client needs. With a solid understanding of the day-to-day operations in these industries, they believe that their clients can benefit from their skills in management, engineering and logistics.



ONSHORE
PRODUCTION

OFFSHORE
PRODUCTION

MARINE

CONSTRUCTION

PROFESSIONAL
SERVICES

POP

Port Outreach Program

Term 2 got off to a great start, with the opening of the new school kitchen. Several of our POP students were eagerly awaiting this big event and were very keen to join the Hospitality Course. The new kitchen has been a definite drawcard. The increase in POP students' attendance and participation in on-site programs can be directly attributed to the new kitchen. The POP program seems to generate a passion for cooking and culinary arts. This term Natalee Fisher-Strettles won a place in the *Cooking with Chef Kel Program*, organised by Cockburn Youth Centre. The program offered three positions and Natalee won a place in a competitive field of applicants. Natalee attends the Cockburn Youth Centre every Monday afternoon after school to participate in the program. POP teachers take her to the program every week and get to enjoy the fare. The Portuguese Tarts or 'Pasteis de Nata' were a big favourite. Students in the program receive onsite training, the opportunity to work in a commercial kitchen with Chef Kel and the potential for employment through the program. A very big thank you to Chef Kel, Cockburn Youth Centre and Hugo Jorje; Cockburn Youth Development Officer for this great initiative and the opportunity for Natalee to participate in such a valued program.



This term several students are accessing School Based Traineeships through ASBT, and we hope their experience will be valuable and lead to a vocational pathway. Branden Purcell has begun work experience at Bob Jane T Mart in Armadale, and we congratulate Branden for his excellent attitude to work and his enthusiasm for the position. A big thank you to Bob Jane T Mart for offering Branden this vocational opportunity.

The lifting of COVID-19 restrictions has allowed the POP to access community centres and libraries again. This semester there are two students completing a Certificate III in General Education and nine students completing their Certificate II in General Education. Students are also accessing sport and recreation facilities and three students are currently completing their Keys 4 Life. Two POP students will be taking their driving test in the coming month, and we wish them all the very best. This year POP will be supporting students in need to access the NDIS program as part of their school transition. Navigating the path to access this program is challenging, and parents are encouraged to reach out to the POP Manager for guidance and support. As the days grow shorter and colder, we urge students to take care of their health, keep warm, get plenty of exercise and eat plenty of nutritious food to keep healthy and fit for school. Attendance is always important. Students who attend regularly are rewarded by gaining an education and have more vocational and educational opportunities. Term two and three are the hard work terms, so let's get on with the job!! See you on the POP!!

Jane, Scott, Sarah, Tristan & Grayem

The Port Outreach Team

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

WHAT'S COOKING?

The term has seen some amazing culinary delights and the student's food just seems to get better and better. More and more students are opting to choose this exciting and of course tasty educational option.



With breakfast club, take home foods, cooking classes and a Certificate II in Hospitality as options, there are certainly a lot of opportunities to learn new skills if this is an area our students enjoy. You can see Gus, Gemma, Jordan, Brody & Jack C all having a go at making custard horns. Yummy !!!



It has been fantastic to see students from all areas enjoying the food and gaining many additional new kitchen and catering skills.



Young Parent Centre students have been fully embracing the new facilities and have been doing a great job in the kitchen with Maree, Flic and Terri.



The Chinese noodle soup was a big hit with staff and students. If you would like the recipe for this yummy dish, just visit the following website below:

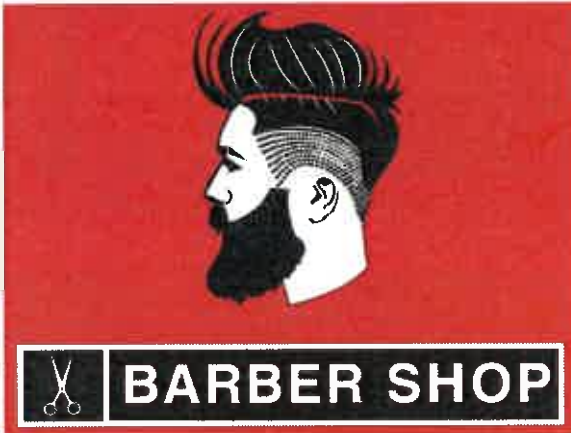
<https://www.recipetineats.com/chinese-noodle-soup/#wprm-recipe-container-25274>



PORT SCHOOL BARBERS

PORT SCHOOL'S 'CUTTING EDGE' NEW PROGRAM !!

Armed for Life's Adam Przytula launched another new BARBER SHOP program at Port School with a brand new barber Jake from Riseley Square Barber Shop. It was a great start to the program, introducing the gear and getting into it straight up first week.



Thanks for joining the team Jake, good to have you along brother! The Barber Shop Program just keeps on growing. Four schools to date - let's see how many more jump on next term and how many more barbers come on board. If your keen to get your school on board send Adam a DM or an email through their website www.armedforlife.com.au



A big thank you to the Riseley Square Barbers for their 10-week program, equipping our students with the skills for the perfect cut!!

RISELEY  **SQUARE**
BARBER SHOP

📞 9316 3030
📍 SHOP 8/9 RISELEY ST, ARDROSS
FOLLOW US  

SPORTS NEWSUPDATE

As an educator, Deputy Principal Mike Gilbert was delighted to be able to support Lillie Lewis playing her first official game of rugby for the women's South Perth Lions against top of the ladder Ellenbrook Rabbitohs. A late Friday night match under floodlights being played at the Joondalup Giants ground.



Some crunching tackles and fabulous match to watch along with his son Lestyn and avid rugby mate and coach Chad Capelli. Awesome job Lillie Lewis, great to watch you. Enjoy, have fun, play hard, you have some great teammates and fab camaraderie.



A 10-4 loss for a new side against a top of the ladder team was a great result, keep it up girls, women's rugby league is alive and strong.

Why are Young Men:

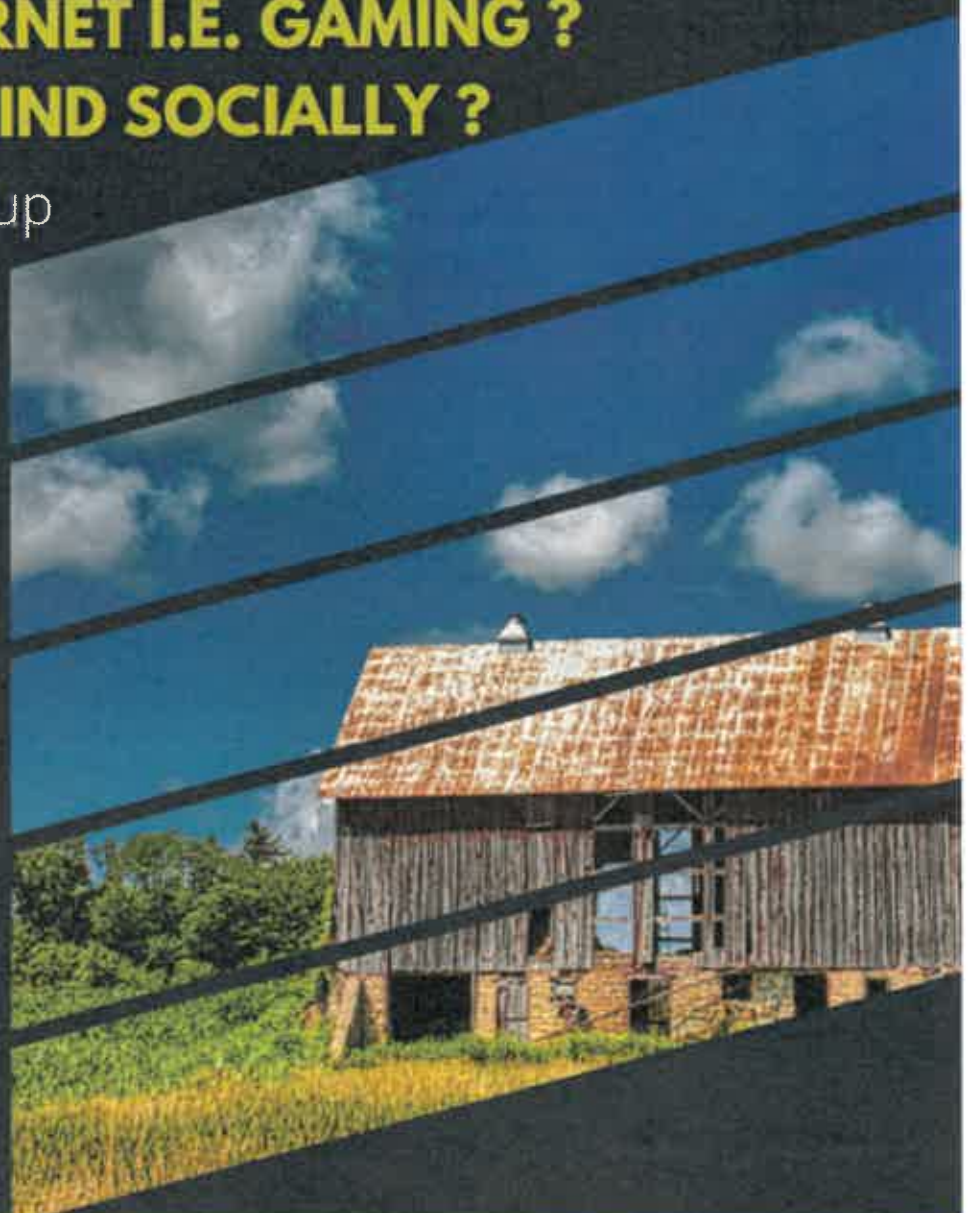
**FALLING BEHIND IN EDUCATIONAL
OUTCOMES ?**

**DROPPING OUT OF SCHOOL AT
HIGHER RATES ?**

**HAVING INCREASED/PROBLEMATIC
USE OF INTERNET I.E. GAMING ?**

FALLING BEHIND SOCIALLY ?

The Shed Talk group facilitates open expression of thoughts and feelings, providing a sense of belonging and encouragement towards healthy relationships



Please contact Port School Student Services to find out more
<https://www.portschool.wa.edu.au> 93556323

WHY GROUPS ?

Grouping behaviour is viewed as natural for adolescents whom gravitate towards groups in order to meet their needs for belonging and connection. Group work can help counteract alienation and feelings of isolation for adolescents, whom can benefit greatly from listening to other peers as they discuss similar problems, feelings and life difficulties.

"But that meaningful respect needs to come from doing pro-social things that make life better in some way for others. It should not derive from out-drinking their buddies or doing some stupid shit better than them."

— Philip G. Zimbardo, *Man Disconnected: How technology has sabotaged what it means to be male*

Group work can help adolescents to find better ways of dealing with life problems, helping them to develop metacognitive skills (self-reflection & perspective-taking) which can be helpful for addressing interpersonal problems. The groups facilitate open expression of thoughts and feelings in order to encourage healthier processing of distress and more adaptive skills in managing difficult emotions. Groups also can help with developing problem-solving skills, consolidating positive experiences and character strengths, developing increased personal coping resources and learning new interpersonal and relationship skills (Loose, Graaf, Zarbock & Holt, 2020).



The English room has been a hustle-and-bustle of studying, working and, of course, having some fun. We started off with some testing of the students reading, and overall, we are very pleased with the results. Well done and what a way to start the term. This brought us to our main reading of the term: 'The Boy from The Mish', by Gary Lonesborouh, a story of courage and living one's truth set in rural Australia. Jackson, the novel's main character, faces questions about his sexuality, ongoing issues of racism as an Indigenous Australian, and being a seventeen-year-old trying to find his strength of self-belief.

'The Boy from the Mish' gave students the opportunity to see the world through the lens of someone they don't often get the chance to hear from, with Indigenous Australian characters written by Indigenous Australian authors being scarce in publications. It is texts like these that further prove the need for diversity in texts and creators, as it allows readers to hear about perspectives they might not have read about before.



In order to explore the text's themes, students were tasked with exercises that encouraged them to put themselves in other people's shoes, in order to understand their different views and experience of the world.

Whilst exploring somewhat controversial themes in the text, the students were introduced to the idea of a safe space for discussion, encouraging maturity and compassion for others in the classroom. This space helps create an environment in the classroom that allows safety and respect for those speaking, and for those listening. In order to create such a space, the classroom was given a list of ground rules:

1. Respect others: take in new information without judgment and keep an open mind.
2. Speak from the 'I': Speak from your own personal experiences and try not to judge the experiences of others.
3. Ask questions, making sure to phrase all questions in respectful and nonjudgmental ways.
4. Respect confidentiality.
5. Share airtime.

The goal from these rules was to work together to establish a safe learning environment for the students.

Whilst the conversations were tough, and the text's themes were hard-hitting for some, the students gained important life skills on empathy and respect that will help them for a lifetime. Well done Year 10 and 11's.



THEATRESPORTS

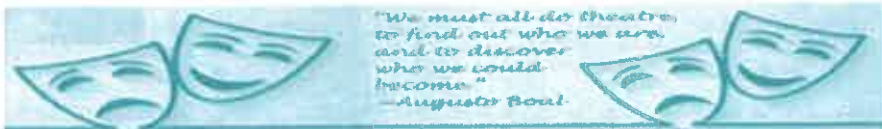
Term 2 in Theatre Sports has further proven how much fun stepping out of your shell can be. This term was focused mostly on learning about and participating in improvisation. Improv has been the starting point for many successful comedian writers and actors, such as Tina Fey, Amy Poehler, Wayne Brady, Steve Carrell and Will Farrell. Although I think we have a lot of rising stars coming from our very own Port School Theatre Sports class very soon.



Improv exercises must follow one simple rule: you must say yes. If someone comes in saying they're robbing a bank, you are suddenly now a teller trying their best to remember the vault's code, but now Darth Vader has arrived looking for his son and suddenly you are Luke Skywalker ready to battle it out with Princess Leia wringing her hands in the background. Students must stay on their toes and think on their feet, coming up with hilarious scenarios and ready to jump into a scene with gusto and confidence.

We are finishing the semester by going to see the international musical production Westside Story, hailed as the greatest Broadway musical of all time. Westside Story is a modern take of William Shakespeare's Romeo and Juliet, a tragic love story caught between two enemy camps in New York City. With unforgettable dance numbers and catchy songs, the excursion is set to be mountains of fun. Look out for the pictures and footage to be released in next term's newsletter and have a safe and happy holiday!

Joy



Suzanna's

Beauty Basics

This term in Beauty we focused on a variety of facial and body treatments, learning new health and safety practices to keep us informed at home and in the workplace as well as some well-deserved pampering!



Treatments included skin analysis and facials, mini manicures and making body scrubs.



YOUNG PARENT CENTRE

The latest news and updates from the YPC



PHOTO BY CHELSEA EASTWOOD

YPC Grand Opening

The YPC was able to finally have their grand opening for the new extensions, albeit almost a year and half later, due to the COVID pandemic. The event showcased the newly built facilities, as well as allowing dignitaries, distinguished guests, key agencies and families the opportunity to see what has been happening at Port School. The opening was attended by Senator Matt O'Sullivan, Josh Wilson MP - (Member for Fremantle), Cockburn Mayor Logan Howlett, Valerie Gould Executive Director AISWA and Ron Gorman Deputy Director of AISWA.

Thank you so much to Felicity, Marie, Terry and staff and students from Port School's hospitality for catering for the event. The food was absolutely delicious!

In the Classroom

In English and HASS this term, students have been learning about refugee camps. It has been amazing to see the girls so engaged in this topic offering up rigorous discussions. The students have continued to work hard on their cert work with some students on track to complete their Cert II CGEA by the end of semester one. In Maths this term, we have been focussing on fractions, decimals and percentages.

TERM 2 BIRTHDAYS

HEIDI (18), AYTIERA, CASEY, SIMBA, AVALEIGHA, TYRIQUE, MALEY

CONGRATULATIONS!!!!

TO HEIDI SIMMONS ON COMPLETING HER CERT II CGEA



Mother's Day

To celebrate Mother's Day, the students and staff in the YPC each received chocolates and a card filled with encouraging messages from each other. As Mothers we all understand the importance of building each other up and supporting one another. The ELC organised a high tea, pampering and gifts to celebrate our wonderful mothers.



When you look into your mother's eyes, you know that is the purest love you can find on this earth.

—Mae West



Cooking with Maree

Cooking in Term two saw our students working in the new shiny fabulous Port School Kitchen. To begin working in this new space, students needed to complete an induction with Flic. They were taught how to use the deep fryer, dish washer, grill, coffee machine and the really cool self cleaning oven. So far this term, the girls have made lasagna, honey soy stir-fry, curried sausages, spaghetti. Learning these recipes, the students can then take home to try out on their families and friends.



PHOTOS BY CHELSEA EASTWOOD



COMMUNITY ENGAGEMENT & IMMERSION

The YPC is very fortunate to have a myriad of organisations and services that help support the young mums and their bubs with parenting advice and with specialist services.

Through community engagement and partnership, YPC staff can further support the young mums and implement strategies and facilitate programs to enhance their parenting skills.

Meerilinga - Promoting Positive Childhoods

Meerilinga is one of the students most cherished support agencies. Belynda in particular has established a great rapport with our students and supports them in a holistic way that strengthens their parenting abilities. Belynda facilitated a group called 'Parenting by Connection' with our students. This provides each student with the opportunity to share anything to do with parenting in a safe, non judgemental environment. As a group, students gain new understanding about their child's feelings and behaviour and learn how to help them when they have big emotional moments.

Child Health Nurse

Another partnership that our manager Michelle has secured, is with a Child Health Nurse and Lactation Consultant. Di Tanian has many years of professional experience with supporting mums and bubs with child development, immunisations, lactation issues and parenting support. Di has been a very welcome addition in the YPC, with all the mums and bubs having the opportunity to talk about any concerns they are having being a young parent and with any health and development issues.



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**



Specialist Paediatric Dentist

In week four, we had a visit from Dr Jilen Patel, a Specialist Paediatric Dentist. He is the Senior Lecturer in Clinical Dentistry at the UWA dental school. Jilen and his students visited the YPC to do dental checks on our mums and their babies. Jilen taught us how and when to brush our teeth and gave us some tips and tricks to keep our wriggly toddlers still during brushing. Each student and child received a bag with new tooth brushes, toothpaste and a timer to ensure everyone is brushing for the adequate time.

BOXING *fitness*

It has been another successful semester in the Box-Fit program and has been great to see older students return, as well as new students join our focus this term.



The box-fit program has been looking at skill development, engagement and working together as a class.



It has been super impressive to see everybody get involved, give it a go, and most importantly enjoy themselves. Well done to all students for pushing themselves this semester in the boxing program. I look forward to seeing you all next term.

Have a safe break, thanks

Yiannis



Just a quick note to all staff and students who belong to the Port School community. I just wanted to say goodbye, but more importantly, I really felt I just wanted to say a thank you to you all. It takes little reflection to realise that being a part of the community is a particularly special place to find yourself. I think this could be said for both students and staff. The collegiality, the friendships and the nature of the relationships between staff and students, all appear to act as a catalyst for growth, education, healing self-discovery. It is the kind of place that brings up the "I will miss this place" stronger than any place I have found myself "working". Having said this, I find myself genuinely reluctant or resistant, to saying I work here. This is because it is not just a job, it's bigger than that and calling it a job feels diminishing in some way. The uniqueness of the staff cannot be understated. What an unbelievable collection of human beings!

I have been humbled in many ways and at many times, I have grown to appreciate the talents that each and every individual carries and shares within the community. It is this that makes Port a rather rich tapestry and a melting pot of goodness and wellbeing.

I have been involved in many projects, workplaces and several differing career paths, and to date, never could I personally rate the quality of staff as high as I do within the Port community. As I reflect on what these qualities are, my mind immediately congers up humorous, fun, open, honest, supportive, intelligent, good-willed, energetic, creative compassionate, passionate and patient. The list could go on, but I would be running the risk of becoming carried away.

So other than that, it's over and out for myself for the time being, though, with a bit of luck I will get the honour of popping my head in from time to time, to make sure things are running smoothly.

What a great place Port School is to find oneself. Even for the students who have yet to fully appreciate this and what they have at their fingertips. I believe time will be kind to Port and likely to bring with it an understanding of just how special their time at Port is/was and indeed, what a great place and opportunity to discover who they could choose to be.

Good luck, good travels, safe happy and prosperous times to you all...

66 **Grayem**

OUTDOOR ED

Outdoor Education is a new program facilitated by Dave and Tristan.

The program aims to encourage students to increase their exposure to outdoor recreational activities. During the term students are taught various skills as well as educated on identifying healthy and unhealthy risk taking behaviours.

The program content is sometimes challenging but with plenty of support and group camaraderie we hope to increase personal resilience, wellbeing, confidence and of course enjoy ourselves along the way.



Blake P, Harley, Dylan S, Aiden & Dave carving it up





Support our community Create an opportunity



Are you an employer that's interested in supporting Western Australia's young people?

Hire a trainee!

We are always looking for local companies to take on work experience students as well as considering school-based trainees and apprentices

OUR NEW EMPLOYERS ARE:



MARCO'S PUSSY MEATS

After impressing them with his attitude and work ethic, Chris and the team are delighted to have Port student Ryles join them as their first School Based Apprentice Butcher in Cockburn.



We think he looks the part already!



Great to see Branden working hard with the team down at Bob Jane in Armadale. Thanks to them, Branden is out in industry learning the skills required to be a top Tyre Fitter.



Athlete X (Bibra Lake) - Hamish is our second student enjoying the opportunity to combine his love of sport/ fitness with a work placement 1 day per week. Our continued thanks go to Mel and the team who have welcomed him into their training space. They are keen to share their industry skills and support Hamish to learn and progress.