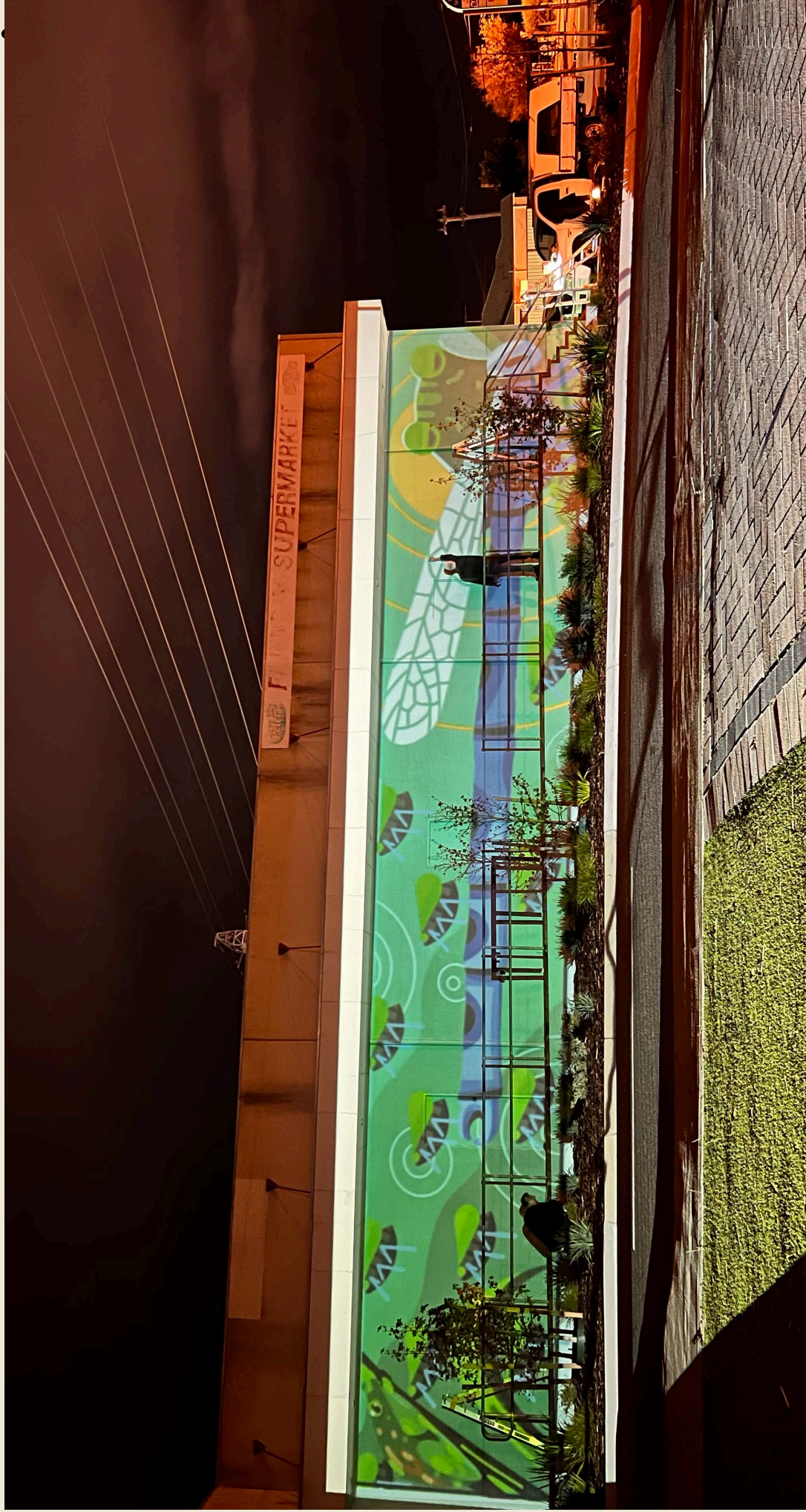


# PORT SCHOOL



NEWSLETTER TERM 2, 2024

# CONTENTS PAGE

---

## WHAT'S HAPPENING THIS TERM @ PORT SCHOOL?

Principal's Report.....	page 1-2
Dangers of Mobile Phone Use for Teens.....	page 3
Deputy Principal's Report .....	page 4
Can you help.....	page 5
?RTO update .....	page 6
Art room anecdotes.....	page 7- 11
CGEA.....	page 12
Cooking.....	page 13-14
HASS.....	page 15
PAAP.....	page 15
Maths and English.....	page 16
YPC.....	page 18
Port Early Learning Centre.....	page 19
Middle School Classroom 1.....	page 20-21
Middle School Classroom 2.....	page 22
Middle School Classroom 3.....	page 23
Kitchen Garden.....	page 24
POP news.....	page 25-26
Port Workshop.....	page 27
Port Construction.....	page 28
Port School Music.....	page 29
Swimming Lessons.....	page 30
Street Art.....	page 31-32
RAC bstreetsmart.....	page 33
Anzac Day.....	page 34
Port School Cadets.....	page 35
Outdoor Experiences.....	page 36
Fitness Centre.....	page 37
Training Room 2.....	page 38
Student Services.....	page 39-40
Fogarty Futures.....	page 41
Port School Notices.....	page 42

Cover Photo:

Artwork by Port School Art Department

Photo by Michael O'Donnell

# PRINCIPAL'S REPORT

## Term 2 2024

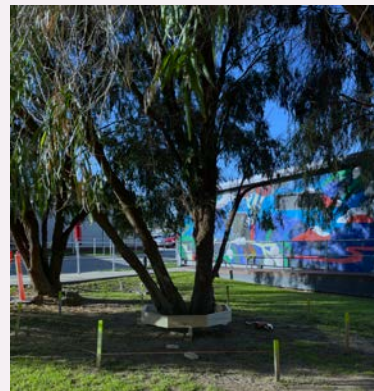
Another great term  
@Port School



As Term 2 comes to a close, I wish to compliment the majority of students who have adjusted well to new school guidelines including handing their phones in at the student reception each morning. Most students have also tried their best to be at school and importantly in class on time. Students' online interactions remain a great concern, with social media often stirring up trouble and creating division amongst students. This can be very hurtful for all involved and results in staff having to spend a disproportionate amount of time sorting it out.

Today's young people are the first generation to grow up with Smart devices, many having had a smartphone from the age of ten. Recent research has revealed the extent of adverse effects caused by unrestricted access to social media.

Phone addiction, anxiety, depression, cyber bullying, disrupted sleep patterns and most disturbingly increased youth suicide rates are some of the impacts of unrestricted, unsupervised online activity. Addressing these challenges with older students may feel daunting, but it's crucial to initiate conversations and monitor their social media use. For younger children, it's a chance to research and consider delaying their access to devices and to online content. Taking proactive steps now can mitigate the potential negative effects of digital technology on their well-being. See the article over the page for more details.



Don't forget to check out the outdoor classroom which is going in over the break!

# PRINCIPAL'S REPORT CONTINUED

## END THE PHONE-BASED CHILDHOOD NOW

### The environment in which kids grow up today is hostile to human development

By Jonathan Haidt

In the early 2010s, a troubling shift began to affect adolescents worldwide, marked by an alarming increase in rates of depression, anxiety, and suicide. These issues, previously stable or improving, surged dramatically among Generation Z, born in 1996 and later. In the United States alone, rates of depression and anxiety rose by over 50 percent in many studies, while the suicide rate among adolescents aged 10 to 19 increased by 48 percent. For girls aged 10 to 14, the rise in suicide rates was a staggering 131 percent. This trend wasn't isolated to the U.S.; similar patterns emerged in Canada, the U.K., Australia, New Zealand, Nordic countries, and beyond. Generation Z has been experiencing higher levels of anxiety, depression, self-harm, and related disorders compared to previous generations for which data is available. The decline in mental health is just one aspect of a broader societal shift. Loneliness and social isolation among American teens began to escalate around 2012. Concurrently, academic performance also showed signs of decline. National and international assessments, such as "The Nation's Report Card" in the U.S. and the PISA evaluations globally, noted decreases in reading, math, and science scores after 2012, reversing previous trends of improvement.

These troubling developments suggest a complex interplay of social, academic, and possibly technological factors shaping the experiences of adolescents in the early 2010s. Understanding and addressing these issues are crucial for supporting the mental health and well-being of current and future generations facing unprecedented challenges in an increasingly connected and fast-paced world.

#### Some Solutions

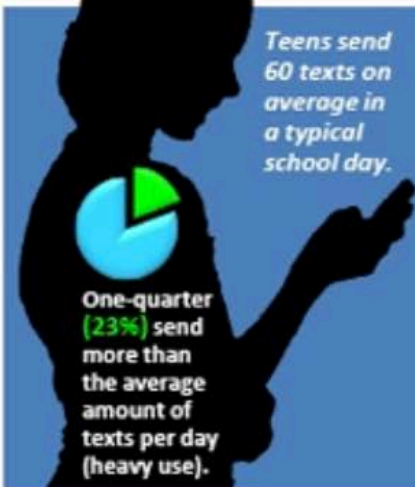
1. No smartphones before high school.
2. No social media until 16.

Social media platforms expose children to a wide variety of harms, including sextortion, feelings of inadequacy, and contact with ill-intentioned strangers; there is no way to make it appropriate for children. Link up with the parents of your child's friends to commit together to not allowing your children to open social media accounts until 16.

1. Advocate for phone-free schools.
4. Give more independence, free play, and responsibility in the real world kids develop social skills and overcome anxiety naturally through independence and unsupervised play.
5. Remember phones are not an essential part of life, they can and should be removed if you feel they are not being used appropriately.

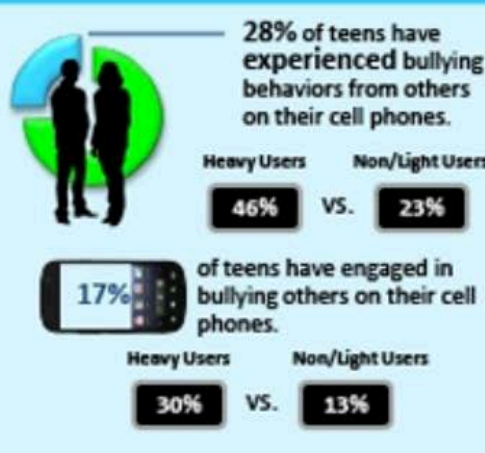
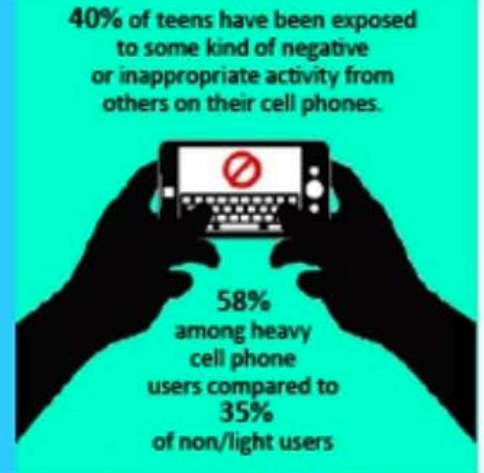
# The Dangers of Mobile Phone Use for Teens

The more teens use their cell phones, the greater their risk of exposure to both experiencing and engaging in inappropriate or "mis-use" cell phone activity.



75% of teens use their cell phone at night when they should be sleeping and 49% say the same for using it in school, during classes.

	Heavy Users	VS.	Non/Light Users
At night	94%		70%
In school	74%		41%



Teens who are cell phone "mis-users" are more likely than non-mis-users to hide their cell phone activity from their parents and agree that their parents only know some of what they do on their cell phones. Many teens have parental rules for their cell phone usage, but the enforcement of these rules occurs less frequently for mis-users.



Four in ten (42%) teens admit that in the past month, they have kept their parents from knowing what they do on their cell phones.

Seven in ten (68%) "mis-users" hide cell phone behavior from parents, compared to 35% of non-mis-users.

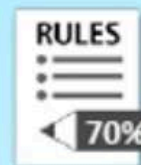


Mis-users are more likely to agree that their parents know some of what they do on their cell phones, but not everything (75% vs. 60% of non-mis-users).



Parents have rules for cell phone use

Parents don't keep track of cell phone use



VS



70% of teens say their parents have rules for cell phone usage, but 47% say that their parents don't keep track of their usage, and just 14% say their parents use parental control software.



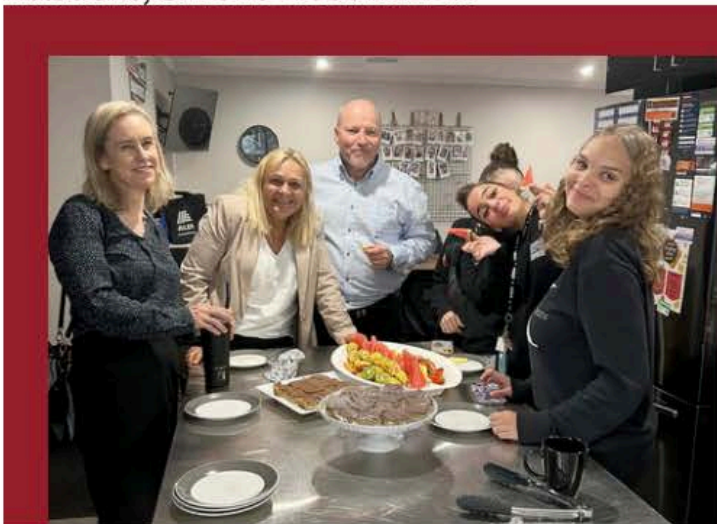
A total of 503 United States respondents ages 13-17 who own or regularly use a cell phone were surveyed online from October 13 - November 2, 2011. Data were weighted to be representative of 13-17 year olds in the United States. Figures for age, sex, race/ethnicity, region, urbanicity, and parents' highest level of education were weighted where necessary to bring them into line with their actual proportions in the population.

# DEPUTY PRINCIPALS REPORT

Mike Gilbert

Semester 1 is done. Wow, where is this year going? Once again, we have had an action-packed term 2. Having been asked to act up as Principal whilst Barry was on long service leave is always a privilege as well as a responsibility. With just over 150 students and 65 staff, it's always a juggle to manage. We have entered the cold and wettest season known as Makuru, and staff and students have been hit by COVID and Influenza. Our apologies to our young people, as this has not been good for their continuity of education and we have tried to provide relief teachers and trainers when possible.

We were excited to host a visit at our early Learning and Young Parent centres from the Minister for Early Childhood Education; Child Protection; Prevention of Family and Domestic Violence; Community Services; Sabine Winton MLA as well as the Minister for Training and Workforce Development; Water; Industrial Relations; Simone McGurk MLA.



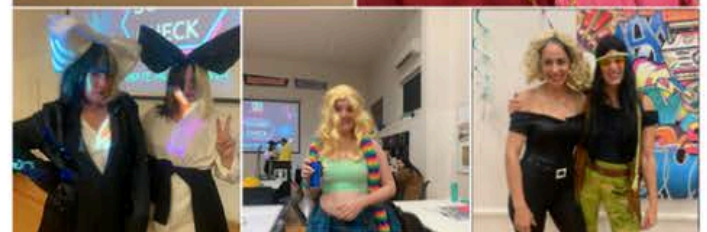
Both Ministers took time out to talk with our mums and babies about the challenges of teenage parenting and how they are managing their education whilst being a mum. Sabine took away comments about childcare rebates and some of the barriers to continuing education.



One of the highlights was seeing past student Blake Della Bona graduate from his basic Navy training with HMS Cerberus at Crib Point in Victoria. This was a very proud moment for Blake and his family as well as all the Port staff who have worked with him over his Port journey.



The Malaysia fundraising trivia night had over 100 people attending, it was our biggest and best so far. We were delighted to announce that we raised over \$2,000. This would not have been possible without our wider group of parents, carers, students, and extended local community supporters. Thanks must go out to Eileen for organising, all our staff for their support, and to you all for a great community evening.



Have a great break and see you in term 4  
**Mike**



# CAN YOU HELP ?

Port Schools students, staff & friends would like to raise funds to sponsor as many orphan students as possible to attend Klang Special School in 2024.

This is a huge challenge that needs your help



Klang Special School

Port School

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

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

**By donating through Port we are able to offer Individuals and Businesses a tax receipt**

Donations can be made through Port School Incorporated who have worked with Klang Apex Club and Klang Special School for the last twelve years.

### **Port School Incorporated Bank Details**

**NAB - Port School Inc      BSB: 086-006      Account: 39 395 0495**

(No administration fee is taken out, all monies go directly to Klang Special School for student fees via Apex Club of Klang trust account)

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



# RTO UPDATE

## Guest Speaker- Local Author David Whish-Wilson

As part of the Certificate II in General Education for Adults (CGEA) program, various students had the opportunity to participate in a creative writing workshop led by local author David Whish-Wilson.

David's literary career took off with his first novel, "Line of Sight," part of the Frank Swann crime series, which earned a Ned Kelly Award nomination in 2012. He has since penned three more novels in the series, gaining recognition both locally and internationally.

Beyond writing, David is passionate about education and social impact. He teaches creative writing in the prison system, having initiated Fiji's first prisoner writing program. Currently residing in Fremantle, Western Australia, with his partner and three children, David also shares his expertise as a creative writing instructor at Curtin University.

During the workshop, students received valuable tips on writing analysis and construction, which aligned with the English units in their CGEA qualification. Additionally, David shared insights into his career as an author, offering inspiration and advice. This session also provided a valuable opportunity for professional development and networking for our CGEA trainers.



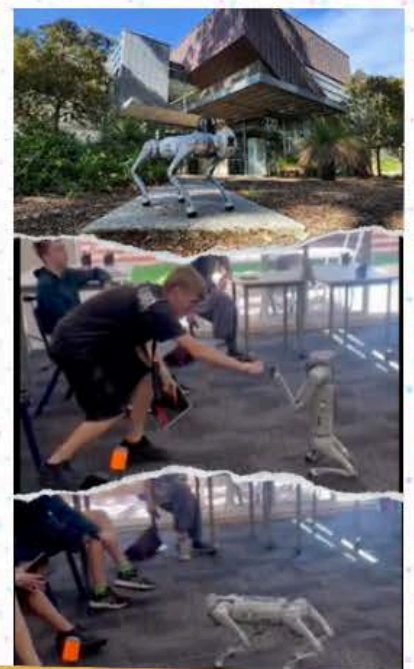
## Robotics and Problem Solving with Murdoch University- STEM Program

On May 8th, Murdoch University hosted an engaging incursion for our Certificate II GEA students in Years 10-12. The day featured two dynamic workshops, "Hyperspeed Hijinks" and "Let's Get Rolling." In "Hyperspeed Hijinks," students faced a series of engineering-themed logic puzzles, racing against time to escape a simulated train environment before their "oxygen" ran out.

The "Let's Get Rolling, Let's Get Coding" workshop offered a hands-on introduction to robotics programming. Students used Sphero robots to learn basic programming strategies, competing in tasks that honed their coding skills and ignited their interest in robotics.

This incursion provided professional development for our trainers and gave students valuable insights into the fields of engineering and programming.

A highlight of the day was meeting Murdoch's very own robo-dog, designed by PhD student Shiqi Peng in 2006. The robo-dog, featuring advanced control systems like Reinforced Learning and Subsumption Architecture, has been a key educational tool since 2013. It now serves to teach students essential concepts in debugging, electronics, and programming.



Robo-dog



# ART ROOM ANECDOTES

## Term-2: Printmaking

In term two, our students have explored various print mediums using our new heavy-duty press! Our project theme "Fight or Flight," has inspired a wide variety of meaningful and personal responses. Students tried their hand at printmaking techniques including lino cutting, laser engraved woodblock prints, Holbein etching, and photographic cyanotypes. Each student created a print plate based on their own interpretation of the theme, exploring every step of the creative process from design through to creating their own edition of prints. Many of these limited edition prints will be for sale at our upcoming art exhibition. Building on this foundation, students who completed their prints have now embarked on creating paintings or watercolour works of their favourite fairy tales, adding a twist to these classic stories. Drawing inspiration from the darker stylistic influences of artists like Stormie Mills and Shaun Tan, our students have crafted intriguing and thought-provoking pieces that reimagine these classic fables in a new and unexpected way.



Bella-Rose Gill ^



Charlie Alexleigh ^



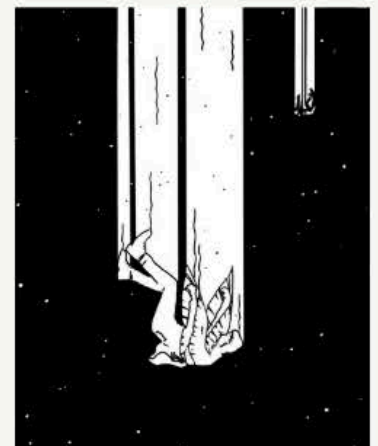
Melissa using the new print press ^



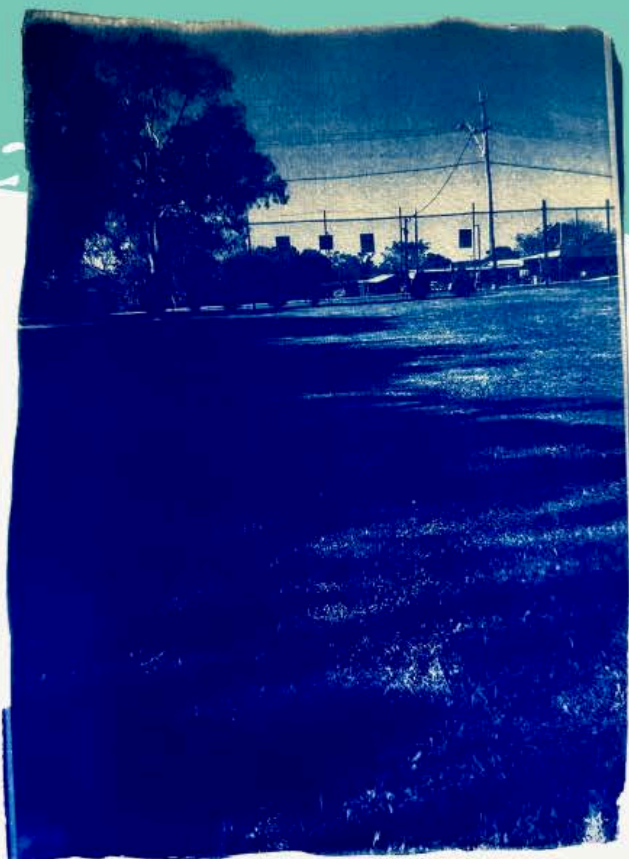
Darcy Goodlet



Poh Slater



Lauren Brown



Kayleigh Glover



Yael Robertson

## Middle School Cyanotype Prints



Jaemyn Daniel



Luke Bickley

# CITY OF COCKBURN MURAL

*Celebrating community*

## Term 2 Public Art Project

The highlight of term two has undoubtedly been the mural project at the local community shops on the corner of Wheeler and Forrest Roads. This project was made possible by a community grant from the City of Cockburn and has been our main focus during the final weeks of term two. Our students and staff have enjoyed working on this colossal project together, with lots of support and positive feedback coming from the local residents to bring this vibrant and large-scale artwork to life. The playful and stylised design features up-scaled animals from the Beeliam wetlands ecosystem that are often overlooked due to their tiny size. An army of marching midges serves as a favourite food source for damselflies and dragonflies, which in turn are predated upon by the local frogs. Congratulations to everyone involved in this incredible project!

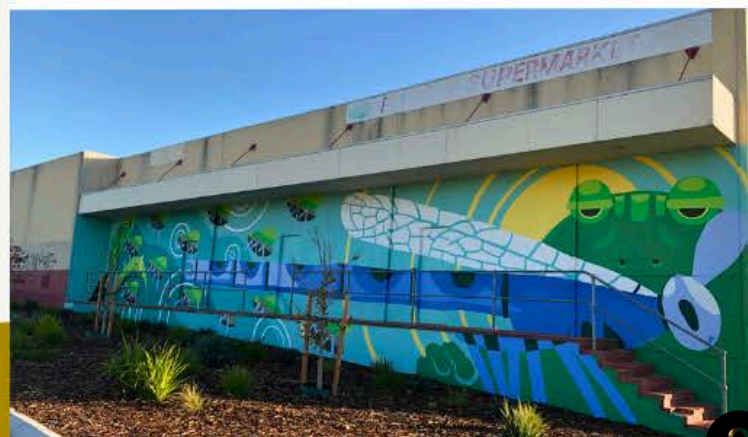
As we look to term 3, we eagerly anticipate the annual **Malaysia fundraising Art Exhibition**, which opens on the **29th of August at 5.00 pm**, we hope to see you there!

*Dee and Dan*



Diana Lorenzo - Perez

**A big thank you to Simone Sieber, Community Development Lead, Family & Community Development at City of Cockburn, for reaching out to the Port School art department and giving our students the opportunity to design and paint this mural for the community.**



# Mural progress shots...





**ARE YOU AN  
ARTIST OR DO  
YOU KNOW  
ONE?**

**YOU CAN MAKE A  
DIFFERENCE!**

---

With only 10-weeks to go until Port School's annual art exhibition, we are urgently seeking donations of original artwork from our creative community to help raise funds for Klang Special school in Malaysia. Our annual art exhibition fundraiser is opening on Thursday 29th of August (5-8pm). This is Port's primary fundraising event and the money raised makes a world of difference to these disadvantaged students.

We would love to hear from you if you can help!

Please drop artworks to the front office or contact us at:

Port School Office: 08 9335 6323

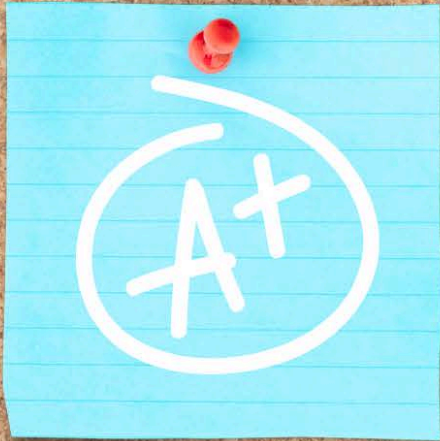
Mike Gilbert, Deputy Principal: [mike@portschool.wa.edu.au](mailto:mike@portschool.wa.edu.au)

Dionne Garvey, Art Teacher: [dionne@portschool.wa.edu.au](mailto:dionne@portschool.wa.edu.au)

Every little bit helps! 



# CGEA- CERTIFICATE IN GENERAL EDUCATION FOR ADULTS

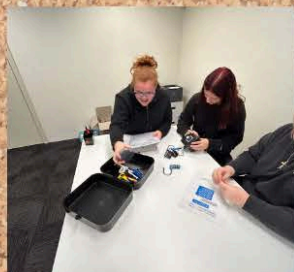


## Term 2

Term 2 has been a busy time in the CGEA classroom! We started 2 new units in the CGEA II course this term that focused on employment terminology, job research, writing cover letters, and creating informative brochures for workplaces. This unit has been by far the most applicable to our students' lives outside of school. It's been exciting seeing our students research the jobs and careers that they are interested in doing the future. We have also had several students finish their projects from last term. It's fantastic to see all their hard work in planning, preparing, and creating their projects finally come to fruition.

## Murdoch University Workshop

In week 4 we had an incursion run by Andy from Murdoch University. The workshop focused on STEM (Science, Technology, Engineering, and Mathematics) skills and required our students to think 'outside' of the box. The students in learning Group 3 were fortunate enough to be part of the "Hyperspeed Hijinks" Breakout Box workshop. Students were required to solve a series of engineering-themed logic puzzles to break into a series of locked boxes within a limited time frame. The engagement, teamwork, and problem-solving skills demonstrated by our students were exceptional. We look forward to doing more workshops with Murdoch University in the future.



## Final word

Congratulations on making it through the 11-week term! Despite being very busy, this term has been filled with some outstanding results. Enjoy the mid-year holidays, we look forward to doing it all again in term 3.

Aidan & Steph

# What's been cooking in term 2?

Welcome to Term 2 at Port School Kitchen. We've had a busy start to the year, with lots of exciting things happening.

We have welcomed lots of new students into our kitchen and we hope they are having as much fun as we are.

Our Certificate II Hospitality students continued with the unit 'Use Hospitality Skills Effectively' to produce and serve morning tea.

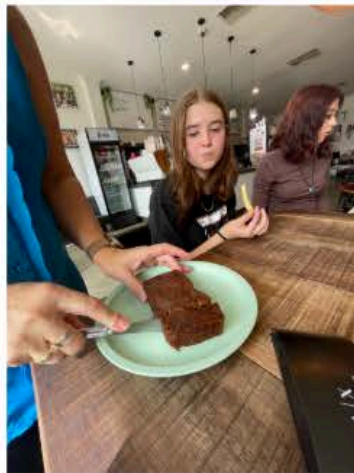
We have welcomed many new students into the kitchen and over term 1 we have seen their confidence grow and their skills improve.

Port School kitchen and our Macademey students have worked alongside each other to produce lunch for one of our local primary schools, this was a truly feel-good moment in our kitchen as we were able to help our local community.





Our Hospitality students have enjoyed a trip to one of our local cafes, Sasida where they got to taste a variety of homemade dishes and beautiful coffee. The owners, Brad and Tammie shared their stories and encouraged our students to pursue a career in the hospitality industry.



Sasida Cafe  
5 Greenslade St,  
Hamilton Hill



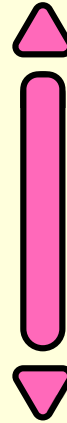
Thank you  
Brad &  
Tammie





# HASS news

## Celebrating the Spirit of Inquiry



### CONGRATS PORT STUDENTS!!!

We would like to give special recognition to the creators of the most successful models.

Congratulations to Brodie C, Jack F, and Charlie A, who each won a portable radio for their outstanding designs. A special mention goes to Siena W. and Giselle S, who took out the overall first prize with their innovative model, earning cinema tickets for their exceptional work.

Thank you to all our students for their hard work and creativity this term. Your efforts have made this term a resounding success. We wish everyone a well-deserved mid-year break and look forward to continuing our journey of discovery and learning in the next term. Enjoy your holidays!



### WIND TURBINES

This term our students have delved deep into the exploration of different resource sectors, gaining valuable knowledge and understanding of natural, capital, and human resources. This term has been marked by creativity, problem-solving, and innovation, which were particularly evident during our wind turbine model construction challenge.

The wind turbine challenge was a highlight of the term, encouraging students to apply their learning in a hands-on project. The objective was to construct a wind turbine model capable of lifting weight using the mechanical energy harnessed from the air. The ingenuity and dedication displayed by all participants were truly impressive.



# PAAP - PORT AGENCY & ADVOCACY PROGRAM

## Port Students Launch Successful Volunteering Program at Southwell Primary

### SOUTHWELL PROGRAM

We're thrilled to announce the successful launch of our student volunteering program at Southwell Primary! Every Tuesday, our enthusiastic Port students prepare nutritious meals, and every Wednesday, they serve these meals to Southwell students.

The dedication and skills of our volunteers are inspiring, and their healthy meals are appreciated by students, teachers, and families. This program has quickly become a weekly highlight, fostering community and shared purpose.

### JOIN US!

Looking ahead, we're excited to continue this program in Semester 2 and invite more students to join. Whether you're into cooking, want to learn new skills, or wish to give back to the community, this program is perfect for you.

Sign up now to be part of this rewarding experience and help make a difference at Southwell Primary. For more information, please contact RAF. Let's keep up the great work and make a real impact!



### PARTY!

To mark the end of a great term, Port school organised a party at Southwell Primary on Wednesday of Week 10. It was a big success, and everyone had fun. We thanked our volunteers, PAAP program coordinators, and Hospitality students and staff for their hard work and tasty food. The party was the perfect end to a term of hard work and community spirit.

### WHY VOLUNTEER?

Participating in this program offers numerous personal advantages for our volunteers. They gain valuable life skills, such as teamwork, time management, and cooking, which are essential for personal development. Socially, the program encourages interaction and cooperation between students of different ages and backgrounds, fostering a sense of camaraderie and mutual respect.

# Port School Maths and English

## NEWSLETTER

### English

Showing up to class on time and ready to learn offers numerous benefits that can significantly enhance a student's educational experience. Being present at the beginning of class ensures that students do not miss important instructions, announcements, or the introduction to the day's lesson, which are usually critical for understanding and keeping up with the material. Additionally, arriving on time allows students to engage fully from the start, fostering better concentration and participation, which can lead to improved academic performance. Consistently being prepared and attentive also helps to develop effective study habits and time management skills that are invaluable not only in school but also in future professional endeavours. The commitment to attending class punctually and with a readiness to learn sets a strong foundation for academic success and personal growth. See you all bright and early next term!



### Mathematics

What a fantastic second term it's been! Despite the longer term, our students have handled the extra week with grace and determination.

In maths, we've focused on enhancing both mental and written methods for solving equations. One of the techniques we've explored is the lattice method. In the picture on the left, you can see Rubin successfully solving a 7-digit by 6-digit equation without a calculator! Well done Rubin!

We've also delved deeply into fractions. Our classes have covered everything from recognising and stating fractions to simplifying and converting them, and even solving fraction problems involving all four operations. Wishing everyone a warm and safe holiday, and looking forward to seeing you all in Term 3!



# YPC

## YOUNG PARENT CENTRE



TERM 2  
2024

### IN THE CLASSROOM

English - We have been reading 'The Perks of Being a Wallflower' for our novel study

Maths- consolidating our knowledge on angles and long division

HASS- Economics

Science - Physics- light and sound

IT- Tech support

Cert - CGEA II & III

The Young Parent Centre has had a lot of visitors and special guests throughout the term. The YPC and ELC welcomed Sabine Winton MLA and Simone McGurk MLA to visit our centres and showcase all the wonderful things that happen at Port School. Sabine is the Minister for Early Childhood Education; Child Protection; Prevention of Family and Domestic Violence; and Community Services. The visit provided an opportunity for our young mums to highlight any key issues and challenges they face.

Belynda from Meerilinga spent some time with us facilitating a parenting workshop which allowed our mums the space to talk about the highs and lows of parenting. These sessions are appreciated by all our mums as they value being able to share without fear of judgement.

Period Pain and Endometriosis Program (PPEP) visited the YPC this term to discuss all things period related. PPEP Talk® is a fun, medically accurate and age-appropriate information session that is of benefit to all students, particularly the 1 in 4 girls with severe period pain.

We love when past students come to visit us and this term we had one of our ex YPC students Aroha visit us. Aroha was a student of the young parent centre back in 2015 when we first opened. Aroha shared some advice with our students to make the most of the opportunities Port School offers. It was so heartwarming to hear how her growing family is doing. Next year marks the 10-year anniversary of the YPC and we will be celebrating with an event for past and present staff and students.

Michelle and Aroha



Simone McGurk MLA and Jackson



# PORT EARLY LEARNING HIGHLIGHTS

## TERM 2

### BUSH SCHOOL

This term, our leader in Sustainability Youngmi, has introduced the Bush School program into our early learning centre. This is a thrilling step toward enriching children's education through nature-based learning. Youngmi and Klaudz will consult with the Indigenous community to gain valuable insights into integrating Noongar culture and Indigenous perspectives on sustainability into our approach to nature. This collaboration will not only enrich the program but also foster a deeper understanding and appreciation of the land and its traditional custodians among our children. This month, the children will go on an excursion to Manning Park or Dixon Reserve. This program fosters a deep connection with the environment, encouraging exploration, curiosity, and hands-on experiences.



### MOTHER'S DAY

We enjoyed a wonderful celebration for Mother's Day at our Early Learning Centre with the YPC mums! It was a special time for the mums to be pampered by their children with soothing eye masks and relaxing hand massages. The day was made even more delightful as we all shared a delicious lunch together. It was a heartwarming experience filled with love, care and community spirit. Thank you to everyone who helped make this day memorable!



### RECONCILIATION DAY EVENT

This term, some of our older children attended a Reconciliation Week event in Kwinana, themed 'Now More Than Ever'. This event offered a valuable opportunity to deepen our understanding of reconciliation between Aboriginal and Torres Strait Islander peoples and the broader community. We participated in a smoking ceremony, listened to the Welcome to Country and Didgeridoo performance, and honoured Aboriginal culture, land, history, and heritage. The day concluded with entertainment from the Camp Fire Band and a delicious lunch, enriching our appreciation for Aboriginal traditions.



# MIDDLE SCHOOL 1 - TERM 2

# NEWSLETTER

**Middle School 1 had a great Term 2. We powered ahead with the academic program and have seen development in Maths and English. Spelling results improved significantly over the term. Students enjoyed the combined MS park visits and Theatre Sports sessions. In Art, we completed our 'Dragon Eye' project and started our tool caddy in Workshop. It's good to see all MS students interacting at recess and lunchtimes and forging positive friendships and relationships. Well done MS1 on another great term!**





# Middle school classroom 2



This term in MS2 we have been blossoming! It is all because of the rain and also due to the creative schools program that has commenced this term. We have been learning about and understanding what creativity means to us and how we can use it every day. As part of the program, we visited an art exhibition in Claremont and did team-building exercises which included a marble challenge where students had to see how far they could send a marble down a long path. It sounded easy but most definitely was not!



In art class we made beautiful dragon eyes which showed off everyone's personality well and in the workshop, we have been making jewellery boxes and serving boards which will make wonderful items to add to their ever-growing collections.

All in all, considering it's an 11-week term the students have been working remarkably well and have settled in quite nicely.





# MS Class 3

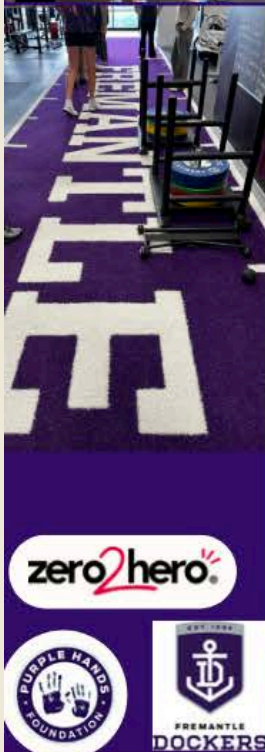


## Goals aHead

This term, Middle School Class 3 participated in the Goals aHead program run by the Fremantle Dockers, Purple Hands Foundation, and Zero to Hero.

Goals aHead is an 8-week physical and mental health program designed to encourage mental well-being and resilience and includes activities such as; goal setting, smoothie blender bikes, gameplay, and a trip to the Dockers Club Rooms.

Students engaged well, enjoyed getting to know Harry and Von, and set some great goals to work towards achieving.



zero2hero



# Kitchen Garden

Term-2, 2024

## What's New in our Patch

Term 2 has been a great time for the garden.

Firstly we have settled into our new shed, kindly built for us by André and Tim - thanks guys, it's perfect! This term has also shown some exciting results for our in-ground worm farms. Now that we have learned how to optimise growing conditions (pH and moisture levels), the worms are thriving, reproducing, and feeding our veggies. Our worms are Red Tigers and they are a very hungry species of composting worm that can eat twice their weight in scraps each day. They allow us to utilise far more food scraps from the kitchen

Prevention is better than cure, so we have purchased materials to construct support frames and pest netting as a physical barrier to keep pests out as this remains our biggest challenge. We will begin construction on these next term. The structures will also be able to support shade cloth during the hotter summer months, to prevent crops from getting burnt. We will provide an update next term, but meanwhile, enjoy the rain and the change of seasons!

Regards, Dan and the Kitchen Garden Team



# POP NEWS!

It has been an extra long Term 2 and students and teachers have been challenged by extreme weather and shorter days. This semester we have been working hard with our year 12 students to complete their courses and attain as many industry-based certificates as possible. The aim is to give students qualifications to make them competitive in the workplace and when applying for post-compulsory courses at TAFE and university. We are very fortunate to have Sam on the team who is a qualified First Aid Examiner. Most POP students have completed their First Aid Certificate in the last six months. Well done to all the POP students and thank you to Sam, you are such an asset to the POP team!



## What We Are Learning

Not all of our students were available to complete the group First Aid session so Sam has been busy catching up with students and offering them one-on-one sessions off campus. There are just two more students who need to complete their First Aid and we will make sure to get that finished next term. The White card has become a significantly more important asset for our students and has become mandatory for staff in some fast food outlets. We expect this trend will become a standard in the hospitality industry. For this reason, we are encouraging all POP students to attain their White Card. Our year 12 students who have finished their courses are also being encouraged to complete the RSA which allows them to work in licensed premises and offers more employment opportunities. Students will also have the opportunity this term, to participate in a short course in Power and Handheld Tools.

Left: Tyisha, working on her CPR skills  
Above: Jordan who completed his First Aid and White card this term, well done!!





For the first time, a group of six girls in the Port Outreach Program got together to complete the First Aid certificate. It was great to see the girls have the opportunity to collaborate. Above: Lorraine and Sam are demonstrating CPR to the girls.

## New Learner Drivers

Congratulations to Royce Hall who successfully passed his Learner Certificate. Tynan is on the cusp of sitting his drivers test and we wish him all the very best

## Year 12s your time is now!

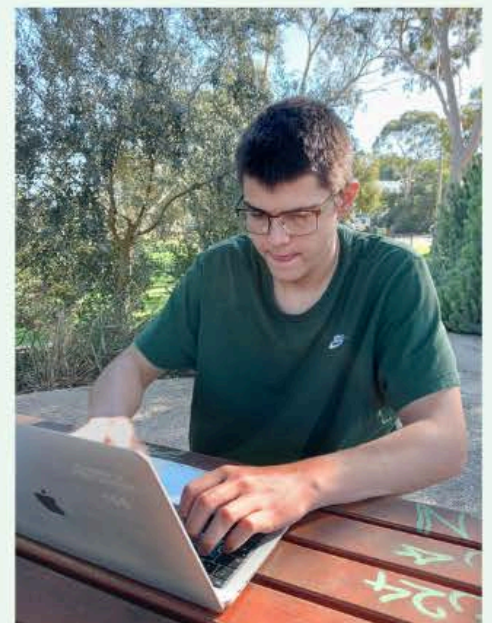
Term 3 is a very important time for our years 12, 13s, and 14s. This is your time to start preparing for your transition from school. You need to meet with your mentors and begin your transition planning from school to your next step in life. This means finishing your courses so you have the prerequisites to access future courses of study. Complete as many relevant industry tickets as you can. Attendance this term is essential if you are going to reach your goals, so make sure you are there for all your sessions ready to work!

Right: Leigh working hard to complete his Certificate II by the end of the year.



## A blast from the past!

We always love to catch up with students who have left Outreach and see how they are getting on with their lives. We were thrilled to bump into Erich Jurgensen who has his drivers license and a full-time job working for a road maintenance company. Well done Erich we are so proud of your achievements!



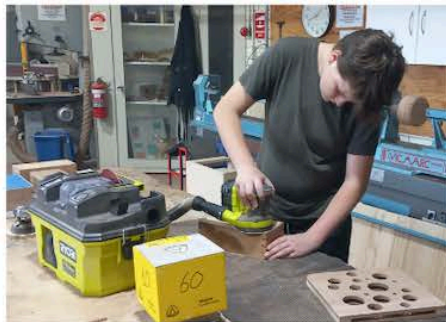


# PORT WORKSHOP

THE PORT ENTERPRISE CLASS HAS EXCELLED IN CREATING SOME AMAZING PIECES OF WORK THIS SEMESTER INCLUDING KNIFE BLOCKS, TRINKET BOXES AND CUTTING BOARDS



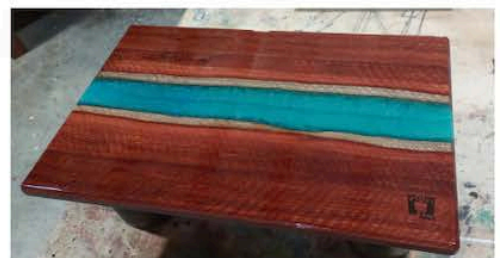
THE WORKSHOP CLASSES HAVE BEEN BUSY IN PREPARING ITEMS FOR FUNDRAISING TOWARD THE SCHOOL MALAYSIA TRIP LATER THIS YEAR



STUDENTS HAVE EXPERIMENTED WITH RESINING, FELTING AND BURNISHING TECHNIQUES



THE MIDDLE SCHOOL CLASSES HAVE LEARNED SKILLS SUCH AS USING BASIC WOODWORKING MACHINERY, TIMBER WIDENING AND SAFELY USING A VARIETY OF POWER TOOLS



## PORT CONSTRUCTION CLASS

The construction classes have commenced work on 2 x mini houses and are up to the roof stage.



Students have learned skills, including:

- Compound mitre cutting
- Framing and flooring construction
- Window framing
- Lining and cladding
- Construction materials



### Features of this class:



#### Trade skills

Transferable skills for future employment



#### Using machinery

Learning how to safely operate woodworking equipment



#### Safety

Understanding and preparing for working safely in the construction industry



#### Construction materials

Learning to use construction materials such as graded pine, reeded decking, form ply and construction fixings



# PORT SCHOOL MUSIC

TERM TWO  
EDITION

## INSTRUMENTAL SKILLS, RECORDING & FREOCAST

### INSTRUMENTAL SKILLS

AS WE PROGRESS THROUGH THE HALFWAY MARK OF THE YEAR, OUR STUDENTS HAVE BEEN WORKING HARD TO REHEARSE NEW SKILLS AND DEVELOP MORE CONFIDENCE IN PERFORMANCE. ALL MUSIC STUDENTS HAVE COMMITTED TO LEARNING AT LEAST ONE INSTRUMENT, AND ARE DEMONSTRATING CONSISTENT DEVELOPMENT.



### FREOCAST EXCURSION

AT THE END OF MAY, BOTH MUSIC CLASSES EXPLORED A LOCAL RADIO AND PODCAST SERVICE IN SOUTH FREMANTLE. A NEW STATION BY THE NAME OF FREOCAST OPERATES 24/7 ON SOUTH TERRACE. CREATING A PLATFORM FOR DIVERSE VOICES AND STYLES, OUR STUDENTS WERE OFFERED A TIME SLOT TO RETURN AND PRACTICE BROADCASTING IN A PROFESSIONAL SETTING. WE HOPE TO SEE FUTURE RADIO PRESENTERS EVOLVE AS A RESULT.



### RECORDING

WE'VE COMMENCED RECORDING FOR THE SCHOOL ALBUM! STUDENTS ARE LEARNING HOW TO USE LOGIC TO MULTI-TRACK, IMPLEMENT EFFECTS AND ARE COMPOSING ORIGINAL MUSIC AND/OR COVER SONGS.



# SWIMMING LESSONS

During semester one, a group of students were selected to receive free private swimming lessons. The 10 lesson program was delivered by Mark Brown at the Fremantle Leisure centre.

The customised program saw each students swimming ability and confidence develop and grow.

Well done to all who attended.

## EXPRESSIONS OF INTEREST FOR TERM 3!

If you have a student who would benefit from swimming lessons and will commit to the 10 week program, please contact tristan via [tristan@portschool.wa.edu.au](mailto:tristan@portschool.wa.edu.au)

## **BRODIE RECEIVING HIS TOP EFFORT AND ATTENDANCE AWARD**





# STREET ART WITH SCOTTIE...



The Street Art program has had a great Term 2. It's been wonderful to see the looks of concentration, the smiling faces, and the skill development as they create their works of art. Individual personalities have been captured throughout the artwork process, showing unique designs and talents.

Students have progressed from designing on paper, through to canvases and finally large boards using aerosol paints and building their skills on a much larger scale.

It has been rewarding to see the senior school students working alongside middle school students to assist them with their artwork, share their own skills and knowledge whilst still allowing the younger students the freedom to create their own individual pieces of artwork.

Term 3 will see us using different mediums for further skill development. Stay tuned guys for more amazing artwork to come next term!!



# STREET ART WITH SCOTTIE...



# RAC bstreetsmart



For the first time, Port School students attended the annual RAC Bstreetsmart event. This is an interactive event for year 11 & 12 students which features a crash scene re-enactment attended by the emergency services, just as it would occur at a real crash site. The students also have the opportunity to listen to speakers who have been directly impacted by road trauma and talk with emergency services personnel.

The re-enactment demonstrates the consequences of distracted driving, speeding, drink and drug driving and informs students on how to reduce risk taking behaviours

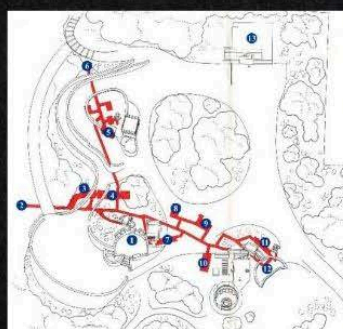


# ANZAC

Lest we Forget



This year we attended the annual Cockburn Youth ANZAC Parade and Service followed by a tour of the World War 2 Tunnels at the Leighton Battery, in Mosman Park.



- LEGEND**
- 1 Trench Entrance No. 1
  - 2 Escape Trench
  - 3 First Aid room
  - 4 Stair Easy No. 1
  - 5 Observation Post
  - 6 Rubble filled trench
  - 7 Magazine No. 1
  - 8 Projectile Store
  - 9 Ammunition Store
  - 10 Stair Easy No. 2
  - 11 Magazine No. 2
  - 12 Tunnel Entrance No. 1
  - 13 Command Post



# RESILIENT AND READY

Since  
2023

# PORT SCHOOL CADETS



Port School Cadets welcomes EJ to the team. EJ recently joined us during term 2.

Cadets still have a few spots available for the right student. If interested, come and see Esben in the RTO office.



With the Nyoongar season of Makuru getting colder and wetter, we have spent the term focusing our attention on;

- Before, during, and after storm damage
- "WOW Day" acknowledging our community SES volunteers
- Community surveys on Fire safety and storm damage in the home
- DRSABCD in First Aid
- Orienteering with maps and compass
- Excursions to STORM and the Aviation museum.....and much much more!



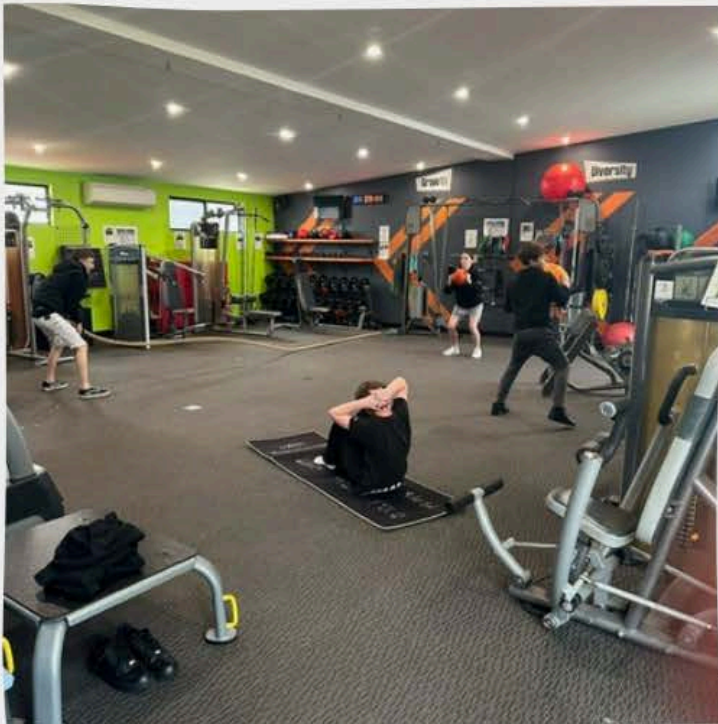
# Outdoor Experiences



**This semester, we have had a variety of outdoor adventures. We enjoyed exploring Fremantle's local art spaces, including various sculptures and artworks around the historic town. One of our excursions took us to Freshwater Bay, one of Perth's most spectacular areas of the Swan River, with its open water, beaches, steep vegetated slopes, and cliffs. We also tried lawn bowls for the first time, and the students really enjoyed it. Throughout our adventures, we focused on developing our interpersonal skills and understanding the benefits of interacting with nature for our health.**



# FITNESS CENTRE/PE/TEAM SPORT



The Fitness Centre is home to many programs which cater to the whole school including Young Parents, Girls, General and Boxing.

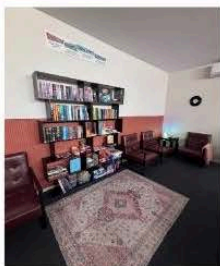
The students learn a variety of ways to train which gives them the best opportunity to improve their overall fitness. No matter what their training ability or fitness level they all improve in a very short time.

PE and Team Sports has had a focus on improving individual student skill and their ability to incorporate these skills as part of a team this Semester.

During Term Two in particular Team Sports had a focus on playing Flag Rugby while during PE we had more of a focus on playing modified games such as Port School Tennis, Capture the Flag and Ultimate Frisbee.



# TRAINING ROOM 2 QUIET ROOM

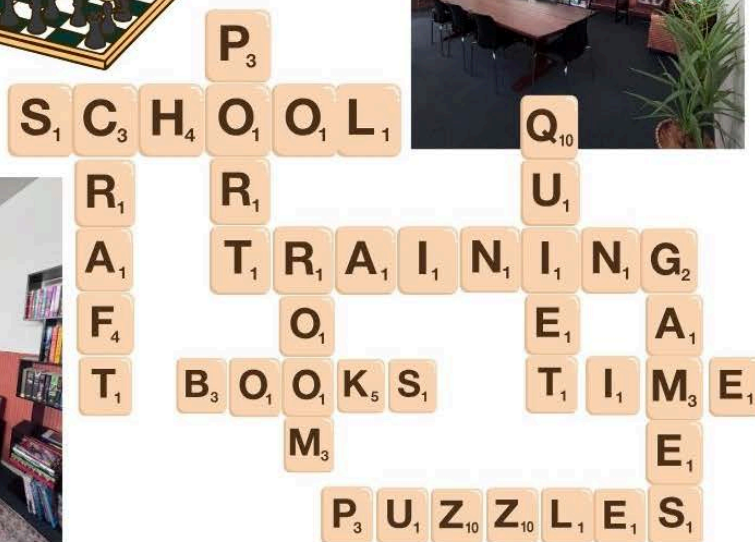
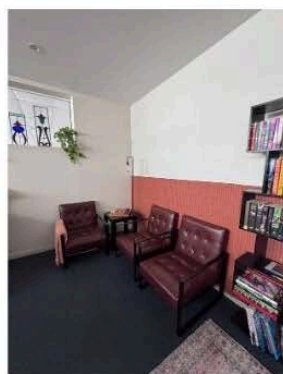
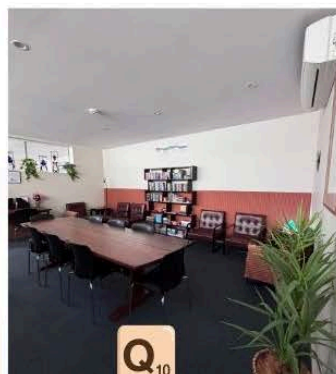


The old Student Services room has been transformed into a flexible space that provides an additional learning area, a calm environment for the quieter students to hang out, and a room to accommodate multi-agency meetings.

Subjects and options that operate in the new learning space include, Independent Study, FlexiTrack, Games and Puzzles, and Craft.

Inspiration for the *Cluedo* board game decor came from the students who regularly use the room to hang out during recess and lunchtime. The room houses a multitude of games, puzzles, books, and mindful activities for students to enjoy.

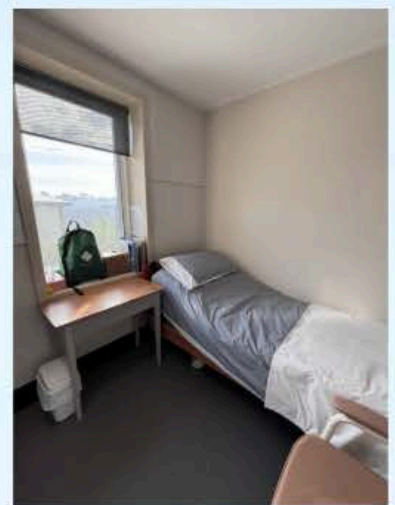
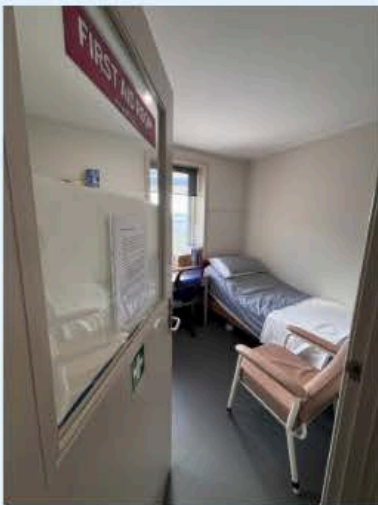
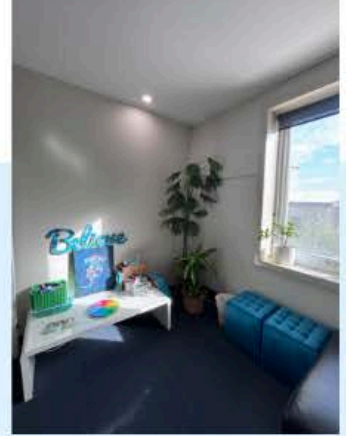
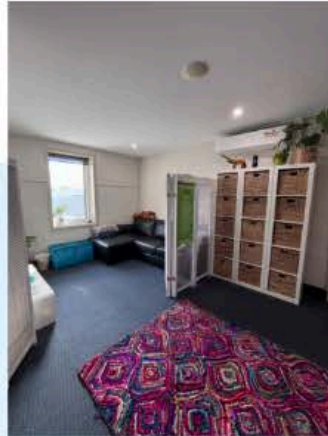
The room can be booked through reception. There is a timetable posted on the door that shows availability.





# Student Services

The new Student Services area was completed during the January holidays. It is located in the old CGEA room and comes complete with a sick bay that can be used to isolate contagious students until they are collected.



## Student Services offers assistance with:

- Mental health assessment and referral
- Trauma-informed counselling
- Drug and Alcohol counselling and referral
- Peer support through group sessions
- Therapeutic activities and interventions
- Referral to and liaison with external services (eg. Centrelink)
- Hardship assistance including food, clothing, medical.

# THE IMPACT OF CONSTANT DIGITAL CONNECTIVITY ON RELATIONSHIPS



CEO - OLIVIA WILSON

## Managing Digital Overload

In an era of constant digital connectivity, issues can arise from constant social media and communication platform notifications. The pressure to attain the elusive 'inbox zero' across personal and professional channels can escalate to mental fatigue and a sense of being swamped. This relentless online presence can detrimentally affect real-life relationships by diluting the capacity for significant in-person engagement.

## The Strain of Social Burnout

The surge in communication apps amplifies the pressure to participate online. This can steer individuals towards social burnout and distancing as mechanisms to cope with this stress. Frequent social media detoxes and setting communication boundaries with others can reduce this strain.

## Strategies to Avoid Digital Overload

In the battle against digital overload, notifications can be disabled to avert burnout. However, this strategy can result in unopened messages building and a subsequent sense of guilt for delayed responses. Planning social activities with minimal phone use and designating specific times for social media can be a good personal boundary.

## The Persistent Pressure of Online Responsiveness

Despite these measures, the strain to be immediately responsive persists, especially given features that reveal online activity to others. This can potentially damage relationships and foster resentment. Holgate concludes that the urgency of online communication might be causing harm to relationships from both ends - those feeling overwhelmed and those feeling ignored.

# FOGARTY FUTURES CONFERENCE

2024 APPLICATIONS  
OPEN!

## EMPOWERING WA'S YOUNG LEADERS



Fogarty  
Scholars  
Association

### Who can apply?

Students in Years 10 and 11, who are looking to expand their leadership skills!

### Conference Dates

3rd October - 6th October 2024

### Location

Ern Halliday Recreation Camp,  
Hillarys

Apply Now!

<https://fogartyfutures.org/apply/>

APPLICATIONS CLOSE 31ST

JULY 2024!

# Port School

## NOTICES

### Perth Goju Karate!

Perth Goju Karate teaches karate classes in your local area.

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

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

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

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

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

Call now to take advantage of this 4 week trial.

Sensei Johnny Moran - 0402 830 402

Facebook pages – perth goju karate

Instagram – perthgojugarate

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

剛柔空手道

PERTH GOJU KARATE

### Term 3 Events Calendar

Term 3 starts July 15th

Staff PD days August 15th and 16th (student-free days)

Art Exhibition August 29th

Malaysia Excursion TBA

Term 3 Finishes September 20th

