

BULLETIN

TERM 1 - ISSUE 2 | APRIL 2022



Kwinana Industry Council (KIC) Youth Art Awards
Congratulations to the years 7 - 10 students who represented Warnbro Community High School in the Kwinana Industry Council (KIC) Youth Art Awards Exhibition held at the Gary Holland Centre in Rockingham.

DATES TO REMEMBER:

April

Friday 8th

Last day of School

Saturday 11th April - 24th April

School Holidays

Monday 25th

ANZAC Day Public Holiday

May

Tuesday 10th - 20th

Yr 7 & 9 NAPLAN

Tuesday 17th - 4:30 - 6pm

School Board Meeting

Thursday 26th

Yr 11 & 12 Arts Gala Night

Monday 30th - 3rd June

Yr 12 Exams

June

Monday 6th

WA Day Public Holiday

Monday 13th - 17th

Yr 7 - 11 Exams

Tuesday 21st 4:30-6pm

School Board Meeting



Supporting your young person during the holidays



Holidays can take students away from friends and their school supports. Changes to routine can cause some young people to feel stressed, isolated and alone. Being a supportive parent is especially important when it comes to a time of change in a young person's routine or life structure.

Below are some signs that may alert you that things are not quite right and there may be a need to talk to someone about what's going on for your young person.

- Not enjoying, or not wanting to be involved in, things that they would normally enjoy
- Unusual sleeping and eating habits
- Being easily irritated, or being angry with friends and family for no reason
- Being involved in risky behaviour that they would usually avoid
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or 'down' for long periods of time
- Having trouble concentrating or remembering things
- Having lots of negative thoughts

Tips to help you support your young person.

1. Recognise their distress or concerning behaviour
2. Ask them about it
3. Acknowledge their feelings
4. Get appropriate support
5. Check in a short time afterwards



If you believe that a young person is at risk of harm, you should seek professional support from your local mental health service or emergency department and keep the young person safe until help arrives.

Support services:
www.eheadspace.org.au
www.reachout.com
LifeLine 13 11 14
Kiddshelpline: 1800 224 636
Parentline: 1300 301 300





PRINCIPAL'S MESSAGE

It is hard to believe that we are coming towards the end of Week 10 already. This term has been busy in its usual sense of transitioning a whole new cohort of students into Year 7 and running OLNA testing across Years 10-12. Then there has been the added complexity of the ever shifting sands of the COVID-19 pandemic.

At a recent School Board meeting I thanked the parents, carers and staff of Warnbro Community High School for their care and support throughout this term. I do not think that there is a single week where the playing field has stayed the same as the week prior and everyone has adapted and responded as needed to ensure that our students can continue their learning in a safe environment.

Recently the Kwinana Industry Council held their Arts Awards Night. We had representation, through a range of artworks, from 10 students from Warnbro Community High School. You can see their works featured throughout this Bulletin. Congratulations to all of the students. The alliance that WCHS has with the Kwinana Industries Councils gives our student opportunities to participate in leadership and development programs across the year with a particular focus on Year 10. Across the year all Year 10 students are offered the opportunity to apply for a range of KIC iProjects throughout the year including the iScience program, the iMen and iWomen programs. All of the iProject programs offered to our students include visits to local industry and are endorsed by the School Curriculum and standards Authority providing the equivalent of 1 unit and 1 C grade towards the WACE completion requirements. Interested students are encouraged to speak to Ms Wetton, Associate Principal.

We are looking forward to a few of the restrictions being adjusted in Term 2 so we can get a little bit closer to running our full suite of offerings across all of our courses. We are hoping that we will be able to run full cohort assemblies to celebrate our Semester 1 successes and I know Mr Stevens is hopeful that he will be able to kick off the Adventure Recreation camps for 2022. The Term 2 holidays are fast approaching. I hope that you enjoy the Easter break and find some time to relax with your families and friends. I hope you stay well and I look forward to welcoming our students back to school on Tuesday 26th April.

Regards

Ms Debra Bright
Principal

KIC Youth Art Awards

These two pieces of artwork, were a combined class mural entry.





CATCH UP WITH CASP

Term 1 in CASP is all about building a skill base and pushing students to demonstrate that knowledge creatively. As the term comes to an end, we are starting to see some incredible works come to life across all classes. Our Caspies are starting the year off with a bang.

Dance:

CASP Dance this term has had a heavy focus on developing choreographic skills. We workshoped the use of multiple stimulus before stepping into the student devised task that has just come to fruition. Both the year 8 and year 9/10 Students have taken on the challenge of imbedding a hidden meaning into their performance. The creativity is fantastic!



Year 8's choreographing

In 9/10 CASP Performance, we have been choreographing group dances for a task in dance. My group consists of five members, and we are performing to the song "Everybody Rise" by Amy Shark, in a commercial jazz genre. I have enjoyed this task as it has given us an opportunity to work with others and learn from them, while also allowing us to have fun during the process. This task will help me, along with the rest of my class for the upcoming CASP showcase next term!
– Jennifer



Year 7's working on their scripts



Drama:

Over the course of this term in Drama our CASP year 7s have been exploring ritual drama. They first did this through a devising task where they mimed a ritual they have experienced, such as a birthday or wedding. They then explored the ritualistic aspects of Greek Theatre and performed as a Greek Chorus at their very own festival of Dionysus. – Miss Armstrong



Year 7 Production Company Logos.

The Year 7's have also dipped their toes into the world of Charcoal drawing with observational drawing of a still life. This cohort are really beginning to show their skills.

Visual Arts

CATCH UP WITH CASP

The Year 7's have been fine tuning their drawing skills this term. Working on developing their understanding of the Elements of Art by creating a 2022 Production company logos. The logos are designed to follow them through to the end of their time in CASP and will serve as a reminder of where they started. One logo will be selected to represent the cohort through a voting system. Stay Tuned.



Media Arts:

In preparation for television episodes to be premiered at the CASP showcase, the Year 9 & 10 studio students spent time creating logos to be used in their filming production. Students firstly sketched ideas in pencil form and transitioned to creating vector-based logos in Adobe Illustrator using a variety of techniques and processes.



Years 9/10 are exploring colour through paint mixing or a landscape for their brief of 'Colour My World.'



Rayne Year 10

Chloe Year 9



Creative Arts Specialist Program

For more Information

Cassie McNeill - CASP Coordinator

Website - www.warnbro.wa.edu.au or

Email - cassie.mcneill@education.wa.edu.au

Come find us on Instagram

@caspwarnbroch.



Year 7 Charcoal drawings.

MEET PART OF THE TEAM!

Ms Ferguson School Clinical Nurse - Well being Team

Hi I'm Lisa and I am a Clinical Nurse who is employed by the Child and Adolescent Health Service and works at Warnbro Community High School on Monday, Tuesday and Wednesday.

I provide a confidential service at school where students can come and see me to talk about any issues that may be affecting them, such as physical health concerns, stress, anxiety, mental health, issues at school/home to name a few.

I have been at WCHS since Term 3 in 2021. Prior to working as a School nurse I worked at Perth Children's Hospital both as a general and mental health nurse.

I am a fur mum to 2 gorgeous dogs (a Black Labrador and a Chihuahua), I love music (especially singing) and am often found in my office singing away to myself when I think I am alone!

I love working at Warnbro because the students are great! I love catching up with the students and having a laugh with them whenever I can.

I became a nurse because I love people and have a strong desire to help others. I am passionate about working with children and adolescents and making them feel safe, supported, valued and listened to.

A favourite quote of mine is "People will forget what you said, people will forget what you did, but people will never forget how you made them feel" (Maya Angelou), and this is something that I remind myself of each time I have an interaction with a student. I believe that a little bit of kindness goes a long way !



**Roll up
for WA**
COVID-19 Vaccination

What is a close contact?

A close contact is someone who has had close interaction with a person with COVID-19 during their infectious period.



Lives in the same house as you



Is an intimate partner



Is directed by WA Health that they are a close contact



You spent 2 hours+ in a small room where masks have been removed



15 mins+ interaction where you were both not wearing a mask

COVID-19 is in the community.

COVID-19 vaccination is safe and available for children aged 5 to 11. It's the best way to protect children from COVID-19.

Did you know?

- Vaccination offers all children strong protection against severe illness, hospitalisation and chronic symptoms.
- Most children who test positive to COVID-19 will experience mild symptoms, however there's strong [evidence to support vaccinating children](#).
- Children with pre-existing medical conditions are at greater risk from COVID-19.
- Vaccines give the immune system a helping hand to protect against serious illness and possible long-term effects from COVID-19.
- Reducing transmission in schools means education settings will be safer, can stay open, and children can spend time face-to-face learning, play time, sporting activities, and spending time with friends.
- Vaccination reduces the risk of children transmitting COVID-19 to other kids and family members.

[Find a vaccination location:](#)



[What the medical experts say:](#)



[Telethon Kids Institute fact sheets:](#)



[Decision aids for parents:](#)



MEET PART OF THE TEAM!

Mrs Earle-Sadler - English Teacher 2022 Year 11 & 12 Coordinator

I was asked to give a blurb about myself for this issue of the bulletin. It made me reflect on the reasons why I enjoy my job and why I teach.



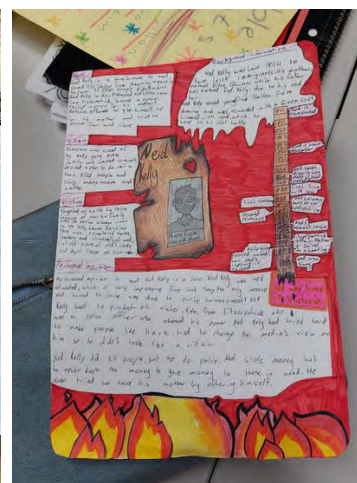
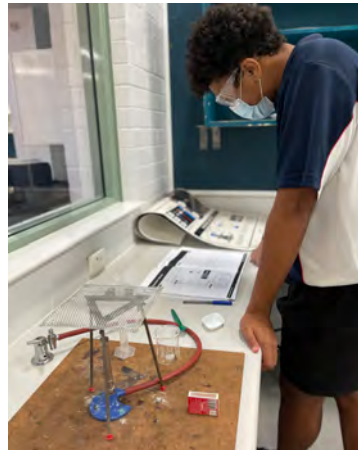
I did my teaching degree initially when I was 22 in Victoria and it was very intimidating. I was teaching students that were old enough to go out to the places I would go and were taller than me (although let's be honest, most students are taller than me) so I decided that although I liked the planning and the resourcing I wasn't sure I liked being in the classroom. Jump forward 13 years of working in private corporations and managing multimillion dollar contracts for the Department of Defence and my family and I move to WA where I can't get a job that challenges me the same way. So I call up Murdoch University and explain the situation and they say I need to do some units to be WA compliant – no problems. I worked fulltime, while the husband was away with the RAN and I looked after our two little ones and studied. The first time I walked into a classroom it just felt like coming home.

This October will be my 18th anniversary of being at Warnbro and I still enjoy coming to work every day. I started teaching here on a HASS cover for a staff member on LSL, then moved into English and have had the pleasure of being a Year Coordinator between the years of 2013 and 2018 and again in 2022.

The students are interesting, have a strong voice and are passionate about their interests. I really enjoy being part of their development from year 7 when they are a little timid and not so sure of who they are right through to the final stage of valedictory when they are able to celebrate their achievements. And while it may sound clichéd it really is the best job in the world.



IN OUR CLASSROOMS



FEEDBACK FROM YEAR 7 STUDENTS



Mia: "I have enjoyed Term 1 and feel that I have settled in well".

My first term at High School



Liliarna & Sonja: "We have found Year 7 really fun and enjoyed making new friends. We have loved working with Ms Bertschi and she has provided us with lot's of support".

Abigail: "I've enjoyed entering the LEAP program and I am finding my classes really enjoyable. I love being in the CASP program and making friends with people who have the same interests as me."



Annalise: "My Adventure Recreation classes have been really fun! Some of the teachers I've really enjoyed getting to know are Ms Pedri, Ms KB and Ms Bertschi."



Tristan - "Good teachers! They are so nice and I have met some new good friends. Year 11 and 12's are good".

Lachlan - "Pretty good actually because we do different things".

Issac - "Been nice, my fave classes are English, Woodwork, Science and Sport".



Maliki - "It's fun and we have nice teachers".

Liam - "Good".

Siobhan - "It's good! Because more opportunities to do things than there was at primary school".



Ryan - "It has been alright actually, My favourite session us PE, English and Digital STEM".

Samual - "Tiring".

SENIOR SCHOOL UPDATE

The start to 2022 for our senior students has been hectic indeed. We welcomed close to 200 Year 11 and 12 students back to school on the 31st of January and they promptly set themselves to work in their classes. The presence of Covid in WA saw us need to make changes to multiple events, such as the awards assembly, camps, excursions, incursions, parent night and the school ball. The students have been gracious and understanding about these changes and I thank them for their flexibility and resilience.

ATAR

This term, our Year 12 ATAR students have been working closely with me to track their progress against their WACE with a focus on their Predicted ATAR. Each student has set individual targets for their respective courses and we track their progress against those targets every few weeks. These smaller targets represent tangible changes in the students' overall ATAR Prediction yet the students report that they feel achievable and realistic. We will commence this process with our Year 11 ATAR students at the completion of Semester 1. Thirty-six students in Year 11 commenced an ATAR pathway this term, which is more than a three-fold increase in our previous few ATAR cohorts. Students have told me that they are feeling well prepared and supported in their classes, and have been working hard to complete assessments as the term comes to a close.

Students who are on an ATAR pathway at the school have a weekly ATAR Prep session on Fridays during Period 5. These sessions are used to check in with the students regarding their progress but we have also had a variety of presenters come to the sessions to work with the students. This term this has featured, Dr Jane Genovese who has run live and virtual sessions with the students about study habits, focus and organisation. The Curtin AHEAD team has also attended to run workshops with both groups around study skills and university life. Later this year, we hope to be able to take the Year 11 group to Curtin for the annual "Day in the Life of a University Student" event.

Industry Links

Our Industry Links students have hit the ground running with TAFE commencing and work placements being secured. We have students studying a variety of courses including certificates in:

- Integrated Technologies
- Plumbing
- Building and Construction
- Community Services
- Legal Services
- Engineering
- Hospitality
- Music



Dr Jane Genovese with our ATAR students.

We also have students undertaking work placements across multiple industries and employers, including below:

- Carpentry with M&K Roberts Carpentry
- Plumbing with Drip Hunters
- Hospitality with Hank's Bar and Bistro
- Horticulture and Landscaping with Southcity Landscaping
- Sales and Personal Services with Warnbro Pharmacy

SENIOR SCHOOL UPDATE

We are truly grateful for the support and opportunities provided by local businesses.

Placement in the Industry Links program is via application and a formal interview process and will commence for the 2023 school year next term. For more information about what to expect, please see the team in the Industry Links Office.

Externally Set Task (EST) – Term 2

All students in a General Year 12 course are required to complete the externally set task (EST) developed by the School Curriculum and Standards Authority for that course. The EST is compulsory and forms part of the school-based assessment for the year with a weighting of 15%. The ESTs are administered at the school during weeks 2, 3 and 4 of Term 2. Heads of Learning Areas have been working with Ms Simpson to establish a timetable for the assessments and that will be made available to the students next term.

Course Changes

It is common to see movement within courses early in the school year as students' needs, wants and expectations change. This year however, there have been a significant number of late requests for course changes, which can be challenging for multiple reasons. Firstly, students who seek late course changes place themselves at a disadvantage as they have missed learning about key concepts in the new course and therefore may not have requisite background knowledge to be successful in their assessments. Secondly, missed assessments need to be made up, placing additional pressure on the student and their teachers. Finally, changes to courses for Year 11 and 12 students are subject to cut off dates that are set by the School Curriculum and Standards Authority and may not be able to be made. Year 11 students seeking to make changes to their courses ahead of Semester 2, must speak with Ms Simpson by Week 3 of Term 2. Year 12 students are no longer able to make changes to their courses in 2022.

Leavers Jackets and Shirts

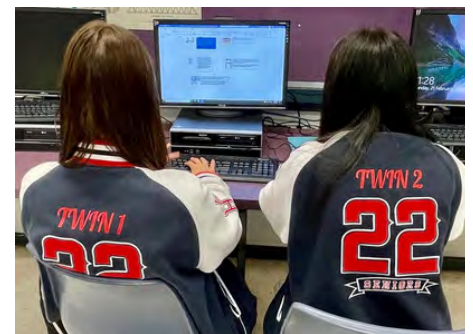
Mrs Earle-Sadler has been hard at work preparing multiple designs for the Year 12 2022 Leavers shirts and the 2023 Leavers jackets. Links to the designs were placed onto Connect and students were invited to vote on their favourites. Final selections have been made and we can't wait to see the final product. Students have been getting sized for their jackets and running their nicknames past Mrs Earle-Sadler for approval. Year 12 students can expect to receive their shirts next term. Year 11 students can expect to receive their jackets in Term 3.

I'd like to take this opportunity to thank the students for their excellent start to 2022. Have a wonderful Easter holidays.



Kind regards

Mrs Christie Simpson
Associate Principal



YEAR 10 CAREERS

Throughout Term 1 our Year 10 students have been exposed to presentations highlighting; Defence Jobs WA, Armed for Life (emotional awareness), Industry Training Advisors and gaining trade-based employment along with the prerequisites required to become a disability support worker.

During week 8, Year 10 students, had their last virtual presentation for the term, it was presented by South Metropolitan TAFE, providing information to students regarding TAFE enrolment and courses.

The current Covid-19 regulations presented new challenges but nothing WCHS couldn't handle. We pivoted and utilised the technology so that each of our presenters spoke remotely, tuning into 6 different classes across the school and creating new opportunities for our students to engage with external agencies via a digital device - webex.

Part of our ongoing commitment to increase our Year 10 students exposure to the workforce, in Term 2 we are going to continue to engage students with different pathways offered at WCHS in Year 11, career pathways and agencies.

Students will begin their Course Selection Process for Year 11 in 2023. Information will be sent out through the Year 10 Cohort Connect Page.



Mr Cicanese
Year 10 Co-ordinator
HaSS Teacher



HELP STOP THE SPREAD

Take care not to share



- Wash your hands often, with soap and water including before and after eating and after going to the toilet.
- Use hand sanitiser.



- Cover your coughs and sneezes with your arm or a tissue (not your hands).



- Put tissues straight into the bin and then wash your hands.
- Don't touch your mouth or face.



- Reduce face-to-face contact and handholding, or handshakes.
- Stay connected online.



- Try to keep more space than normal between yourself and others.
- Avoid queuing.



- Look after yourself and your mates.
- Try to keep a routine, particularly if self-isolating.
- Avoid fake news about the virus and refer to reliable information.
- Reach out to others if you are feeling anxious, or if you think they are.

Doing this will help keep you, your family, friends and the community safe.

HELP STOP THE SPREAD AND STAY HEALTHY

COVID-19



Protect yourself and others



WASH HANDS
often with soap and water, or hand sanitiser



COVER COUGHS
and sneezes with a tissue or inner elbow



STAY HOME IF SICK & GET TESTED
even with mild cold or flu-like symptoms



PHYSICAL DISTANCE
keep at least 1.5 metres away from others where possible



USE THE SAFEWA APP
to help keep patrons and businesses safe

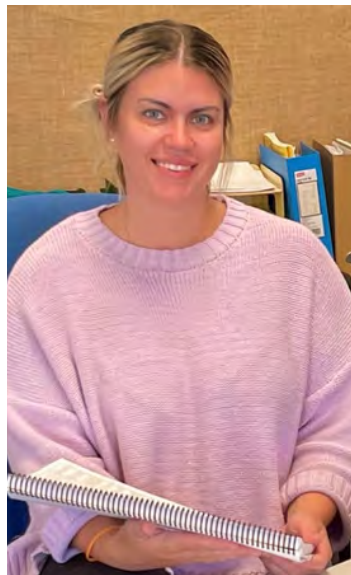


GET VACCINATED
with two doses to be fully protected

WARNBRO ALUMNI

We talk to Macy Grover -

Warnbro Education Support Education Assistant



After graduating from WCHS in 2012 I was fortunate enough to be offered a position in a Combination Bridging course at Murdoch University. This course would see me complete my Cert 3 and 4 in Education Support, all whilst gaining an entryway into my Bachelor of Teaching.

On completion, I decided to make contact with Warnbro CHS ESC in hope of volunteering my time to further progress my experience within a school setting. Never did I think the same gates I left as a student just 12 months prior would be the same gates I'd walk back into as an employee.

I have been here at Warnbro CHS ESC for 8 years now. I've seen student faces come and go, just as I did all those years ago. It's quite bittersweet. This job has been the backbone of my growth into adolescence and given me experiences that I am very fortunate for. I love that I get to come to work each day and help students who are also on their journey here at Warnbro.

In 2018, and 2020 I took a brief break after welcoming my 2 sons. Working here at Warnbro has allowed me the perfect work-life balance whilst raising my children and needless to say given me enormous knowledge to fulfil my role as a Mother too.

I often laugh about how I just 'wasn't ready to leave high school, or give up my school holidays'. So I decided to stay here a little while longer...

My advice to my younger self? Everything is going to be okay! Go easy on yourself. What you are stressing about now won't matter in 5 years time.

How do I become an Education Assistant

A teacher's assistant is a wonderful opportunity if you love working with kids and would like to have the experience of helping to assist in teaching in schools, without having all of the responsibility that comes along with being hired as a teacher.

To gain employment as a teacher's assistant, ideally you would love children and want to work in education. You can get a job as an education assistant by doing a training course, completing a work placement, where you gain experience and then an opportunity for employment.

An Education Assistant supports the education department's main objective of teaching and learning of students through assisting the teacher in delivering planned education programs and encouraging a supportive and inclusive learning environment.

TAFE offer certificate courses to help secure roles as Education Assistant, such as Certificate III in School Based Education Support & Certificate IV in School Based Education Support.



AIEO ATTENDANCE CERTIFICATES



Attendance is an important contributor to a student's academic achievement. When students improve their attendance rates, they improve their academic prospects and chances for graduating. This week AIEO Kirsten Mulholland celebrated her Indigenous student's success with certificates for over 85% attendance.



April- May

Djeran season sees a break in the very hot weather, and the change in the season is evident in the wind with seeds, dust and leaves blown across the landscape. Flying ants can be seen cruising around in the light southerly winds of Djeran. You'll also notice this season brings cooler nights with a dewy presence for us to discover in the early mornings.

This season sees red wildflowers take bloom, especially the Red Flowering Gum (*Corimbia ficifolia*) and the petite Summer Flame (*Beaufortia aestivalis*). The male and female Sheoaks (*Allocasuarina fraseriana*) form cones, and Banksia start to display their flowers ensuring there are nectar food sources for the many small mammals and birds that rely upon them.

Noongar people would traditionally eat *Zamia* seeds that had been collected a season earlier, as well as root bulbs of the Yanget (Bullrushes), freshwater fish, frogs and turtles.

As the season progresses, nights become cool and damp and the days can become cooler too with some rain. Noongar people would at this time start preparing and position their mia mias (homes and shelter) for heavier rains in the coming winter months.





Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background. Moorditj Yorga's celebrated by making some traditional damper and a modern damper with a twist (Cheese, bacon and chives).



Harmony Day activities in HaSS with Mrs Loo



Collaborative Harmony Day display by Mr Snow's Year 7.1 Muster class.





Warnbro Community High School
Adventure Recreation



What's New in Adventure Recreation ?

Smoothstars, that's what's new. What's a Smoothstar I hear you say?

It's a skateboard that has a different turning system to a normal skateboard, which allows for turning that is similar to surfing. The rider generates speed through carving and turning rather than pushing with their feet. This is not only a great activity by itself but will allow students to develop skills that will directly transfer to surfing which is one of the most popular activities in the Adventure Recreation program.

Adventure Recreation Captains

Students in each class have had the opportunity to apply for one of 2 captains positions for each class. I would like to congratulate the following students on their successful applications and thank all of those who applied.

Year 7: Lara and Ewan

Year 9 Leah and Mishka

Year 8: Hunter and Ameilia

Year 10 Leila and Bridget

One Year 10 Student was selected as the Head of Program, Congratulations to Ryleigh.

The Captains and the Head of Program will provide a student voice for the program and help represent the school in future Adrec events.

Adventure Recreation has started with a flying start for 2022. The Year 7's have been building foundation skills in teamwork, navigation, knots and roping skills. Three Year 9 adventure recreation students, Leah, Abbey and Rogan planned and ran a navigation activity for the Year 7's.

The Year 8's have been focussing on snorkelling, marine environments and planning camp craft activities. They had an excursion to the Omeo shipwreck to explore the wreck and the dive trail.

Year 9's conducted leadership activities in preparation for their end of year leadership camp. They have also been developing weather interpretation and forecasting skills while practically implementing them in surfing. They have also been making the most of the new surf-skateboards, to train for surfing.

The Year 10 students have been focussing on Maslow's Hierarchy of Needs, the Risk Adventure Paradigm and leadership theories, and applying them to a practical kayaking, the surfing program and planning for other outdoor experiences.



Year 7 Adventure Recreation
Topics: Teamwork, navigation
Practical: Navigation and knots



ADVENTURE RECREATION PROGRAM

8 Adventure Recreation

Topics: Skills for working with others, conservation of marine environments both historical indigenous conservation and contemporary laws and practices.

Practical: Snorkeling, marine safety and rescue skills.



9 Adventure Recreation

Topics: Leadership, safe surfing, and weather interpretation/forecasting

Practical: Surfing

10 Adventure Recreation

Topics: Maslow's Hierarchy of Needs, The Risk Adventure Paradigm and Leadership Theories.

Practical: Kayaking, Surfing and Abseil Rigging



KIC iSCIENCE PROJECT



During Term 1 we continued our Community Partnership with Kwinana Industries Council. We had 3 Year 10 students selected and who graduated from the KIC iSCIENCE PROJECT - Celia, Nylla and Declan. They joined with students from other local schools to attend sessions that ran for 6 days.

The KIC iSCIENCE Project is an Endorsed Program and is targeted towards Year 10 students from our partnering schools in the region. Students will have the opportunity to explore and understand the breadth of industry in the Kwinana Industrial Area (KIA) and the broad range of science based career options available.

The program includes; visits to a range of industries in the KIA for site tours; an incursion with staff from Murdoch University and an Excursion to Murdoch University South Street Campus. In addition, students will participate in a series of workshops including: resume writing, social media, health & wellbeing, personal development and presentation skills.

The program highlights the commitment Kwinana industry has to engaging students in the workforce and see what industry looks like from the inside;

- provide an opportunity to meet current employees in a range of roles;
- provide students with valuable information and awareness of Science, Math and Technology courses at Murdoch University and the opportunity to meet lecturers and students.
- provide workshops on teambuilding, personal and presentation skills, preparing a professional resume, interview techniques, social media, Health and Wellbeing.

Next Term we have 2 students selected to attend the KIC iWOMAN PROJECT.



2021 STUDENT SUCCESSES INDUSTRY LINKS PROGRAM

Industry Links is a school based program combining WACE subjects, vocational training and on the job work experience. The program in 2021 was so successful, that we had eight Year 11 students gain apprenticeships in their chosen field. We are all very proud of these students.

Billy Mitchell - was accepted into the CTF scholarship program & was completing a Certificate II in Building & Construction. He completed nearly 200 hours of work placement with Atomic Carpentry. Billy was keen to start an apprenticeship & after a work trial over the school holidays, was successful.



Piri Poharama - was part of the CTF scholarship program & was completing a Certificate II in Building & Construction. Piri completed nearly 180 hours of work placement with GRT Carpentry. Over the school holidays he took on a bricklaying apprenticeship with MEC Bricklaying.

Jesse Muscara - was completing a Certificate II in Engineering (Mechanical Fitter & Machinist) through the KIC Pre-apprenticeship program. Jesse completed over 280 hours of work placement with Coogee Chemicals. As the school year ended, Jesse had already found an apprenticeship with BGC.



Corey Russell - completed a pre-apprenticeship in Plumbing through MPA Skills. He completed over 150 hours of work placement with Frank Barnes Plumbing. After completing a work trial he has started his apprenticeship with the Plumbing Bros.

All the staff in Industry Links are extremely proud of these young adults as they move into the next phase of their lives. We wish them all the very best.

There are 3 stages to complete if you are interested in the Industry Links program.
Please contact Lesley Bolton on 08 9528 9434 or
Email lesley.bolton@education.wa.edu.au

WARNBRO
COMMUNITY HIGH SCHOOL

Industry Links

Year 7 Student Leaders

1.

Are you interested in being a Student Leader

Have you been a leader before?
Would like to represent the students?
Do you have the skills to support the school community?

Collect a nomination form from Student Services

See Ms Wetton in Administration if you have any questions

2.

Hand your form back to Student Services

Hand your completed form back in by 13th May 2022
Make sure you have a staff member sign off on your sheet

Selection Process

You will be invited for a meeting with 2 staff members where you need to answer questions related to your nomination

4.



For good mental health



How to keep mentally healthy:

Act

Do something.

Keep active – mentally, physically, socially, spiritually, culturally... Go for a walk, say hello to someone, read a book, meditate or pray.

Belong

Do something with someone.

Keep connected – to friends, family, community and your culture. Join a book club, join a sports team, cook with family and friends, go to community events.

Commit

Do something meaningful.

Do something meaningful, important and valuable to you. Volunteer, learn something new, take on a challenge, take up a cause, help a neighbour.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705



Mentally Healthy WA

LEAP PROGRAM NEWS

LEAP Update Term 1

Warnbro Community High School values excellence and is committed to providing academic enrichment opportunities for aspiring and talented students through our Learning Enrichment Achievement Program (LEAP). The LEAP program sees selected students in Year 7 through to Year 10 working with specialist teachers in the subject areas of Maths, English, Science and HaSS to develop deeper understandings and ways of thinking about grade level curriculum content.

We are in the process of finalising our Term 1 LEAP applications and successful students will be notified shortly and begin in the LEAP program in Term 2.

LEAP diary – all LEAP students were issued a special LEAP diary at the beginning of the year. The LEAP diary has been designed to support the learning in the LEAP program and it is important that students are using their diaries every session.

In 2022 a LEAP scholarship was offered to one Year 6 student at each of Warnbro Community High School's feeder primary schools;

- Warnbro Primary School
- Koorana Primary School
- Endeavour Primary School
- Rockingham Lakes Primary School
- Port Kennedy Primary School

Unfortunately, COVID restrictions have delayed these scholarships being awarded, but a ceremony will be held next term to celebrate and acknowledge our scholarship recipients.

LEAP is currently running expressions of interest for students to join the year 7, 8, 9 and 10 LEAP classes for 2022.



FOR FURTHER INFORMATION

Contact Fiona Powley

Fiona.Coventry@education.wa.edu.au

Phone 08 9528 9400

WCHS BULLYING POLICY

At Warnbro CHS, our moral purpose is to make a positive difference to the lives of young people. We have a vision that our school community will work together to create a vibrant and nurturing environment where students have a strong self-belief in achieving success now and in the future.

Warnbro CHS students are encouraged to be respectful, be responsible and be their best. Our expectations are that students manage conflict responsibly, are kind and considerate of others, and report bullying to staff in a timely manner so that it may be dealt with effectively.

Warnbro CHS does not tolerate bullying, violence, harassment or discrimination. Everyone in our school community has a responsibility to prevent bullying behaviours and uphold others' rights to feel safe and be treated with respect at all times.

The information within this document supports the Guidelines for Prevention and Managing Bullying and the Behaviour Management in Schools Policy from the Western Australian Department of Education.

What is bullying?

Bullying is defined as “repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm”. Bullying can involve an individual or a group misusing their power over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online and can be obvious (overt) or hidden (covert).

What is NOT Bullying?

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying, however these conflicts still do need to be addressed and resolved.

Other behaviours that do not constitute bullying include:

- Not liking someone or a single act of social rejection.
- One-off acts of meanness or spite.
- Isolated incidents of aggression, intimidation or violence.

These issues may mean that a person lacks appropriate inter-personal skills.

Additional support may be required for these matters by the Year Coordinator and Student Services team.

What to do if you become aware that your child or another student is being bullied?

- Listen to the young person, offer support and contact the Year Coordinator immediately. This ensures the situation is addressed quickly and appropriately.
- Refrain from encouraging retaliation, as this can lead to an escalation towards violence.
- Research shows that students who become emotionally distressed and aggressive in response to bullying can be further targeted as “provocative victims”.
- Parents/guardians who want to support their young person are encouraged to access: <http://bullyingnoway.gov.au> and for parents/guardians who are concerned about online safety are encouraged to access: <https://www.esafety.gov.au>.

Encourage your child to uphold the expectations of Warnbro CHS and be a supportive and respectful member of the school community.



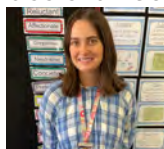
NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE (NDA)

In weeks 8 and 9 the Year 7 Cohort has been working through a series of bullying lessons. This ties in with the National Day of Action against Bullying and Violence (NDA), which falls on the 18th March. Students began by reviewing and having a closer look at the WCHS Bullying Prevention Policy and the different types of bullying. We then had a closer look at Cyberbullying and the effect of Bystander behaviour.



I have had the privilege of running some of these sessions with my own classes and observing other sessions and was pleased to see the enthusiastic responses and purposeful engagement from the Year 7 students. Teachers have shown me the insightful responses that students have made and commented on how receptive students have been. For some students a lot of this has been a refresher, but many commented about these lessons that have made them reflect on some of their own behaviours in Term 1.

Students will continue to have access to these resources and some other helpful links through the Wellbeing folder in their cohort page on Connect. We would like to encourage the Year 7 students to continue to Be Respectful, Be Responsible and Be their Best and seek staff assistance if they are being bullied or see somebody else being bullied.



Ms Bertschi
Year 7 Co-ordinator
English Teacher

Bullying. No Way! Information for students
www.bullyingnoway.gov.au



Tips for secondary school students who experience bullying

Bullying is deliberate verbal, physical and/or social behaviour intended to cause ongoing physical, social and/or psychological harm. Bullying can make you feel anxious, depressed and lonely. It can happen anywhere — in person, or online using various digital platforms and devices (this is called cyberbullying). It might be obvious to others or hidden.

Bullying in person or online might look or feel like being:

- repeatedly hurt physically, or verbally through abusive texts, emails, images, videos, or nasty gossip and chat
- excluded or ignored
- tricked or humiliated by fake accounts.

No one deserves to be bullied or hurt. You can choose to:

- treat others how you would like to be treated — with kindness and respect
- include others in games and chats
- only share information about others with their consent.

You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- Talk to someone you trust about it. Try to stay positive. Focus on things you do well.
- Act unimpressed or pretend you don't care what they say or do to you.
- Use strong, assertive statements if you are talking to them face to face, starting with the word 'I'; tell the other person 'I want you to stop that' in a confident voice. Practise this with your friends.
- Don't respond to online bullying, it usually just makes it worse.
- Protect yourself online by unfriending them or using privacy settings to block them.

It's okay to ask for help if you experience or see bullying. You can speak to:

- **a trusted person** — this could be a parent or carer, aunty, uncle or friend who will listen and be supportive
- **your teacher or principal** — they can give you support and advice about how to make it stop
- **eHeadspace** — they provide free online and telephone support and counselling to young people 12–25 and their families and friends
- **Kids Helpline** — they have counsellors available at any time who will listen and support you
- **the police** — call the police if you are in immediate danger
- **the eSafety team** — you can report serious cyberbullying (see the steps below).

Reporting cyberbullying

1. Keep a record

Take screenshots or photos of the cyberbullying content. You should also save or record evidence of the webpage addresses (URLs) or social media services where the content has been shared. Always record the time and date you collected the evidence. Read more about collecting evidence.

2. Report and block

Report the cyberbullying to the platform where it took place. The eSafety Guide has reporting links for social media services, apps, games and websites. You can also use the platform or device settings to block the person who is cyberbullying you.

3. Make a complaint to the eSafety Commissioner

If you are under 18 (or helping someone under 18) and the social media service doesn't respond to your complaint within 48 hours, you can report seriously threatening, intimidating, harassing or humiliating online behaviour to the eSafety Commissioner. The team there can help you have the cyberbullying content taken down and get you further support.

Important links

Bullying. No Way! bullyingnoway.gov.au
eSafety young people esafety.gov.au/young-people
eSafety Guide esafety.gov.au/esafety-guide
eSafety Report esafety.gov.au/report

Kids Helpline kidshelpline.com.au
eHeadspace headspace.org.au/eheadspace
Youth Law Australia yla.org.au

Term 2 Program

The Rockingham Youth Centre is open from
Monday - Friday | 10am - 5.30pm

If you need support, information, referral to a service or access to a PC or WIFI, you are welcome to drop in anytime during these hours to speak to one of our team members.

Please note: young people who are of compulsory school age are not permitted access during school hours, unless in need of immediate assistance.

Rockingham Youth Centre Operating Hours

Monday - Friday | 10am - 5.30pm
20 Mackinnon St, Rockingham

9591 0836
youthcentre@rockingham.wa.gov.au
rockingham.wa.gov.au/youth



Mondays

Services Australia Appointments

1.30pm - 3pm

Aged 15 - 24 and need help with Services Australia (Centrelink)? The community outreach team are available at the Rockingham Youth Centre. Please contact us to book an appointment to get your finances sorted.

Appointments are essential.
Free | 15 - 24 years

She / Her

3.30pm - 5.30pm

A six week young women's program created for all Cis Women and those that identify with the She/Her pronouns. Designed to empower, engage, inspire and connect.

Free | 12 - 16 years
Commences Monday 9 May - 6 week program

Tuesdays

Intro to Mixed Martial Arts (MMA)

3.45pm - 4.30pm

Curious about Mixed Martial Arts (MMA)? Whether you want to do it for fitness, fun or self-defense, the opportunities with MMA are endless.

Spaces are limited so bookings are essential. Please bring gym clothes, water bottle, sneakers and a towel.

Free | 12 - 17 years
Commences Tuesday 3 May - 9 week program

Proof of vaccination is required for anyone over the age of 16.

Important Information

Ages

The Youth Centre is for young people aged 12 - 24 years (the month they turn 12) to drop in and get involved. Programs held during school term and holidays are targeted at a variety of age ranges, these are specified next to each of the activities.

Memberships

Membership is free and is required for anyone using the Centre and its programs.

Program Bookings

Bookings can be made by phone, email or in person. Spaces for programs are limited, so please book in advance.

Drop In

If you need support, information, referral to a service, or access to a PC or WIFI, you are welcome to drop in anytime during our operating hours and speak to one of our team members. Please note: young people who are of compulsory school age are not encouraged to drop in during school hours, unless in need of immediate assistance.

COVID-19 Requirements

Please visit [Rockingham.wa.gov.au/covid19](https://rockingham.wa.gov.au/covid19) for the most up to date COVID-19 restrictions and directions. At the time of publication the following measures were in place to protect our community. Check-in via QR code or manual registration is required for patrons aged 16 and over. Masks required for all indoor activities. Physical distance. Event details are subject of change in line with the current COVID-19 directions at the time of the event. Some capacity limits may apply.

DnD (Dungeons and Dragons)

4pm - 7pm

DnD is a social club for young people wanting to play Dungeons and Dragons 5e. All levels of experience welcome.

Limited spaces, be sure to book your spot.

Free | 16 - 24 years
Commences Tuesday 3 May - 9 week program

Wednesdays

Song Lab

3.30pm - 6pm

Chop Street Music is facilitating this music program for young people who want to explore their interest in the music industry. Limited spaces, be sure to book your spot.

Free | 13 - 22 years
Commences 27 April - 10 week program

Pridespace

3.30pm - 5.30pm

Fourth Wednesday of every month. A social support group for young people with diverse sexualities and genders.

Free | 12 - 17 years
Commences 25 May

Young MasterChef

4pm - 5.30pm

If you love food and want to cook, come and learn some fun and easy recipes in the Yonka Kitchen at Rockingham Youth Centre.

Every Wednesday excluding the fourth Wednesday of the month.

Free | 12 - 17 years
Program dates - 4, 11, 18 May, 1, 8, 15, 29 June



Term 2 Program



rockingham.wa.gov.au



Level Up Job Ready

4pm - 6pm

Our professional resume writer and career coach is available every week to chat with you one-on-one about your career goals and help you make your resume shine.

Bookings are essential, be sure to call or email to make an appointment.

Free | 15 - 24 years

Thursdays

Hangout

2.30pm - 5.30pm

Looking for somewhere safe to hang out? Drop in and enjoy the chill out zone, comfy couches, beanbags, PlayStation, Xbox, table tennis, board games and more.

Free | 12 - 17 years
Commences Thursday 28 April - 10 week program

RYC Art Club

4pm - 5.30pm

Interested in painting, drawing and visual arts? Want to network and meet other young art-fans? The RYC Art Club gives you a chance to learn new skills from local artists.

Free | 12 - 17 years
Commences Thursday 5 May - 9 week program

Fridays

Hangout

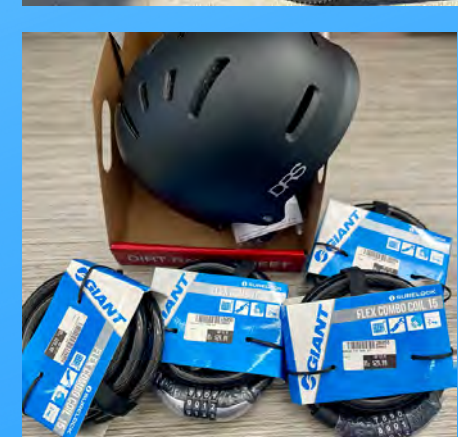
2.30pm - 5.30pm

Looking for somewhere safe to hang out? Drop in and enjoy the chill out zone, comfy couches, beanbags, PlayStation, Xbox, table tennis, board games and more.

Free | 12 - 17 years
Commences Friday 29 April - 10 week program



Lets keep up the good work of being active!
Ride, Skate, Scoot or Walk to school.
Let's help the environment by making small sustainable changes to how we get around.



ideas for the term 1 school holidays

We know school holidays are a time to relax, sleep in, do things you enjoy doing and catching up with friends. We thought it would be a good idea to see what there is to do in the Rockingham, Kwinana and Mandurah areas that are cheap or even FREE and will help you boost your mental health. That way you know what programs and events are on offer. Maybe you can go with your friends, or maybe you can try something different and meet some new and interesting people? See the flyers attached for more information.

"Whenever I'm going through a difficult time, I know that doing things I enjoy – such as reading, listening to music, going out in nature – helps to lift my mood. It is a distraction from issues that may be weighing me down. It gives me a chance to get out of my own head for a while."

Alessandra, hY NRG member
(headspace Youth National Reference Group)

Achieving small tasks and doing things you enjoy can boost your confidence and lift your mood – helping you keep a healthy headspace.

The things you do and your mood

The activities you make time for have a big impact on your headspace. When you spend time doing things you enjoy (or used to enjoy), it can give you relief from hard times, and build some fun in your life. Likewise, when you set and achieve small tasks that are important to you (such as completing homework or giving back to your community) it can help to create a sense of accomplishment and meaning. **In a nutshell, doing 'stuff' matters. Yet, if you're going through a difficult time, doing anything can seem like a lot of effort. And if you're feeling low you may lose interest in things you once enjoyed. So, what should you do? The key is to focus on doing – even if you don't want to or feel like it. As you set and achieve even small tasks you will learn more about yourself, build confidence and improve your wellbeing.**

Here's how 'doing stuff' can help your headspace:

- give you a sense of achievement and purpose
- build your confidence
- lift your energy
- improve your motivation
- it can help get you out of a rut if you're not feeling energised.

Ask an expert: how can I do more stuff?

Here's how our headspace experts suggest you get started:

- **Set small goals.** Setting and achieving goals builds confidence and self-worth. Think of a small task you want to do every day (maybe it's making your bed, going for a 15 minute walk or calling a friend for a chat). It can be anything, the important thing is to set the goal and follow through.
- **Find activities you enjoy.** If you're going through a hard time, you may not feel excited about doing anything. But think back – what did you used to enjoy? This can be a good place to start.
- **Make a schedule.** When you think of an activity, make time for it. Look ahead at your week and block out some time for the things that you enjoy.
- **Persist.** Find ways to follow through with your scheduled activity, even when you don't feel like it. You may not feel like doing anything, so it might help to learn new ways to handle this.
- **Reflect.** Once you begin achieving your goals, take some time to reflect on how it makes you feel. Did you enjoy it? Did you feel a sense of accomplishment? If you did, that's great. If not, that's OK. You could try something else.
- **Be kind to yourself.** Maybe you try a new hobby that you're not great at, but think of it as making time with yourself to learn and grow. Keep persisting and enjoy the journey of learning. When you're feeling low or stressed it's important to put healthy habits in place – to give yourself a better chance of coping with life's challenges.

Doing stuff and achieving little things every day is an important healthy habit, but it's not the only one. Things like exercise, eating well, and spending time on your relationships are also important for good mental health.



We have created a resource, filled with activities over the school holidays. Have a look and see what is on in your or nearby communities. You can also see what your local sporting clubs, community centres or services might have on offer!

@zoneyouthspace | 9236 4550 | zone@kwinana.wa.gov.au

@RockinghamYouthCentre | 9591 0836 | youthcentre@rockingham.wa.gov.au.

@BillyDowerYouthCentre | 9550 3670 | youth@mandurah.wa.gov.au

Other useful websites (nationally and local)

- headspace Rockingham: 6595 8888
- headspace Mandurah: 9544 5900
- headspace Armadale: 9393 0300
- headspace Fremantle: 9431 7453
- Helping Minds: 9427 7100
- Rockingham Youth Centre: 9591 0836
- Kwinana Zone Youth Space: 9236 4550
- Mandurah Billy Dower Youth Centre: 9550 3670
- Beyond Blue: 1300 224 636
- Lifeline: 13 11 14 or lifeline.org.au
- Kids Helpline: 1800 55 1800

**have an amazing
school holiday
break!**

follow us on IG



If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit headspace.org.au

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Youth Week WA 2022 at Rockingham Youth Centre



Youth Week WA (YWWA) 2022 runs from 8-16 April and is the biggest celebration of young people on the Western Australian youth calendar.

The theme for 2022 is 'Courage to Change' which is a call to action, empowering young people to form their own opinions, shape decision-making and enact change.

School Holiday Week One

All programs are FREE

Date	Program / Workshop	When	Age Group	Description
Monday 11 April	Gaming Day	1pm - 4pm	12 - 17 yrs	Show off your gaming superiority in friendly competitions, or chill-out playing a variety of board and card games.
Tuesday 12 April	Music Business Workshop	1pm - 4pm	15 - 24 yrs	This workshop is suited to anyone that would like to become an independent musician or is already playing gigs and would like to learn how to further their reach.
Wednesday 13 April Thursday 14 April	Senior First Aid	9am - 4.30pm	14 - 25 yrs	Learn the vital life skills of Senior First Aid in this free and accredited course. Both days are required.
Wednesday 13 April	Chocolate Easter Egg Making	10am - 12pm	12 - 17 yrs	Come and make some treats for you and your family, just in time for Easter.
Thursday 14 April	Stephen Michael Foundation Sports Program	10am - 12pm	12 - 17 yrs	Come along and have some fun out in the fresh air while you learn some new outdoor games.
Thursday 14 April	Up Late Hang Out	7pm - 9pm	18 - 24 yrs	Our older crew are invited to come check out the Youth Centre. Hang Out is a safe space to meet new people and get involved with craft, gaming and free pizza.

Registrations essential. For further details, please head to rockingham.wa.gov.au/whatson

To learn more about our programs, please contact the Rockingham Youth Centre on 9591 0836, email youthcentre@rockingham.wa.gov.au or drop in to speak to us at 20 Mackinnon St, Rockingham. We are open between 10am - 5.30pm Monday - Friday.

Masks required indoors | Check-in | Physical distance | Event details subject to change

April School Holidays at Rockingham Youth Centre



School Holiday Week Two

All programs are FREE

Date	Program / Workshop	When	Age Group	Description
Tuesday 19 April	Bicycle Maintenance Workshop	2.30pm - 4.20pm	12 - 18 yrs	From punctures to brake repair, learn all the tricks and tips to look after your bike. BYO Bike.
Tuesday 19 April	Introduction to DnD	11am - 2pm	15 - 25 yrs	Want to finally start playing Dungeons and Dragons but have no clue where to start? Come join us for an intro to DnD and we'll teach you the basics.
Wednesday 20 April	Macramé Workshop	10am - 1pm	12 - 25 yrs	Want to learn a new craft or potential hobby? Join us for a relaxing afternoon with the art of Macramé.
Wednesday 20 April	Ping Pong Comp	3pm - 4.30pm	12 - 17 yrs	Have you got mad ping pong skills? Show them off in this casual comp with prizes to be won.
Thursday 21 April	Barista Training	10am - 12.30pm and 1pm - 3.30pm	14 - 25 yrs	Learn the basics of making the perfect cup of coffee to help you land a job.
Friday 22 April	Improv Jam	11.30am - 2.30pm	12 - 17 yrs	Improv Jam will be centred on playing games designed to tap into different aspects of joyful creativity. This could mean letting go of self-consciousness, trusting your intuition, or becoming comfortable with failure.
Friday 22 April	School Holiday Hangout	2.30pm - 5.30pm	12 - 17 yrs	A safe space to chill out in during the school holidays: comfy couches, consoles, table tennis, board games and more.

Registrations essential. For further details, please head to rockingham.wa.gov.au/whatson

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rockingham.wa.gov.au



rockingham.wa.gov.au



Tech Talk



COVID-19 scams

Cyber-criminals look to exploit any vulnerability to generate income, and COVID-19 is no exception. There is a wide range of different COVID-19 themed scams, online frauds and phishing campaigns.

For the current COVID-19 (coronavirus) scams please visit scamwatch.gov.au. Scamwatch has received over 6415 scam reports mentioning coronavirus with more than \$9,800,000 in reported losses since the outbreak of COVID-19.

Scamwatch urges everyone to be cautious and remain alert to coronavirus-related scams. Do not provide your personal, banking or superannuation details to strangers who have approached you. Scammers may pretend to have a connection with you, so it's important to stop and check, even when you are approached by what you think is a trusted organisation. Read more about vaccination scams, phishing, superannuation scams, and tips on how to protect yourself by visiting scamwatch.gov.au

With the ever increasing online shopping scam statistics check out the warning signs and how to protect yourself Online shopping scams scamwatch.gov.au

the studio

tech | gaming | creating

Monday	Tuesday	Wednesday
2 x 3 hour 3D printing sessions starting at 9.30am and 1.30pm	3D printing session 9.30am - 12.30pm	2 x 3 hour 3D printing sessions starting at 11am and 3pm
Pick up and Play 2pm - 6pm	Making Movies 11am - 1pm	Pick up and Play 2pm - 6pm
Music Studio 2pm - 6pm (The Pod)	Pick up and Play 2pm - 6pm	
Thursday	Friday	Weekends
3D Printing session 9.30am - 12.30pm	2 x 3 hour 3D printing sessions starting at 9.30am and 1.30pm	Family Gaming 10am - 11.30am (Drop in - bookings not required)
VR Discovery 2pm - 6pm	Pick up and Play 2pm - 5pm	
	Music Studio 2pm - 5pm (The Pod)	