

WARNBRO COMMUNITY HIGH SCHOOL

BULLETIN

TERM 2 ISSUE 2 | JUNE 2023

DATES TO REMEMBER:

June

Fri 30th

Last Day for Term 2

July

Mon 17th

Pupil Free Day -

Staff Development Day

Tues 18th

First Day of Term 3

Wed 26th

Parent - Teacher Evening

August

Tues 8th

WCHS NAIDOC Day

Mon 14th - Fri 18th

Science Week



OUR STORY

Our Semester 1 Showcase theme was "Our Story". In each of our subjects students delved into stories, narrative and history. These stories were shown through Sculptures, Paintings, Collage, intricately painted eyes, Films, Devised Drama pieces and Dances. Over 2 nights students works were on display in the gallery and films/performances were presented in the Sanbrook Theatre.

PRINCIPAL'S MESSAGE



Well, this is a first for me at Warnbro CHS.

I am writing this as Acting Principal while Debra Bright enjoys some Long Service Leave and complains about it being too hot in Europe! She's not getting much sympathy from those of us freezing in Warnbro.

I'll start by addressing the elephant in the room, a lack of substantive teaching staff. We currently have staff missing in Maths, Science, HASS and LINC's. While we understand that this is not ideal, we are dealing with an Australia wide shortage of teachers and have been working hard in the background to find replacements. Unfortunately, all of the schools in this area are looking for staff. In the meantime, we have been able to fill classes with relief teachers that are delivering the work supplied by the Head of each Learning area and the specialist teachers in each subject and year level.

While we understand that students would prefer to have their own full-time teacher that they can build a relationship with, this is the only solution open to us until we fill these positions. For the majority of our students this solution works. We do have some students that will openly state the relief teachers are not 'real' teachers and this is far from the truth. Our students need to take charge of their own learning and be prepared to work with relief teachers, not against them, if they hope to achieve success.

At the start of next term, we will welcome a new teacher in Maths who is coming to us from Wagin District High school. We will also welcome a new teacher in LINC's.

We are currently advertising Australia wide to fill our other positions and will keep working on this over the holidays.

In addition to filling vacant positions, we are also continually working on improving the teaching and learning experience for our students. As a part of this journey, we applied for and were accepted in the AERO, Secondary Writing Instruction Framework (SWIF) Project.

The Australian Education Research Organisation (AERO) is Australia's independent education evidence body. AERO was incorporated in 2021, with the vision to achieve excellence and equity in educational outcomes for all children and young people through effective use of evidence.

This project will see AERO work with Year 8 teachers at the school to improve their understanding of effective writing instruction. The goals are to improve teacher confidence with respect to how to teach writing in the context of their subject and improve literacy outcomes for students. On Monday the 26th of June, representatives from AERO visited the school to meet with school leaders and share findings from a recent survey our staff completed about writing. We are very excited to be part of this body of work.

We look forward to the benefits of this program for our students.

Have a great break and we look forward to seeing you all in Semester 2.

Mr Chadwick
Acting Principal

YEAR 11 AND 12 NEWS

2024 Leavers Jackets are here!

The first shipment of the 2024 Leaver's jackets arrived recently and our Year 11 students were suitably excited. Leaver's jackets are an important symbol for senior students as their arrival heralds the students' progression into their final year of school. Given the recent cold snap of weather, the arrival of the jackets could not have been more fortuitous. Our students look nice and toasty in their new jackets.

Save the Date – 2024 School Ball

We have secured a date and a venue for the 2024 School Ball! Full details will be revealed next term including how to join the 2024 Ball Committee, but for now, make sure Friday the 1st of March is clear in the calendar.

2023 Semester One Exams

The Semester One ATAR exams were completed at the end of Week 7. Year 12s reported feeling relatively calm and well-prepared, having been through the process twice already. As is often the case, our Year 11 students were a little surprised by the intensity of the week, but overwhelmingly, they handled the pressure well and learned a lot from the experience.

Senior School Course Changes

I have had several students meet with me to discuss making changes to their courses in the last couple of weeks. Making course changes in Senior School is a much more complex process than when students are in years 7 through 10. This is because the School and Curriculum Standards Authority (SCSA) sets strict guidelines about enrolment dates and expectations for student achievement. In some instances, it is simply not in the best interests of the student to change part way through the year and this will be communicated to them when they meet with me. There are also fixed dates with respect to course enrolments that can not be changed.

We look forward to working with our students throughout Semester 2.

Ms Simpson



YEAR 9 AND 10 NEWS

Term 2 has been a busy term with assessments and reporting cycles, assemblies, CASP Showcases, Adventure Recreation camps, university excursions, guest speakers, university holiday camps, after school clubs and lunchtime activities.

Congratulations to all the students who received awards at our Formal assembly or were invited to the Advanced standing activity during Week 10. I love seeing students recognised for their commitment to their studies. At the assembly students received Academic Excellence, Academic Improvement awards and students were recognised who participated in Career tasters over Term 1 and 2.

Attendance

As you may have seen on Connect, Student Services have been measuring our attendance rate and checking to see which form group has had the highest average attendance rate and which students could make the strongest improvement to their overall attendance. When we attend school, we excel at our 3Bs: we are responsible and make sure we attend all of our classes; we are respectful to our peers and staff and this helps us to be our best. Well done to the following classes, individual students who showed significant improvement in attendance will also receive an invitation to a pizza lunch that will be held in Week 1 next term. Well done everyone!

	Year 9	Year 10
The form groups with the strongest average attendance	9.1	10.1
The form group with the strongest improvement to overall attendance	9.1	10.5

Going to school every day is vitally important so your child does not miss out on important ideas, concepts, knowledge and skills for future learning. At our school we want your child to do their very best. To get the best education, they need to go to school every day. The teenage years are a time for young people to develop independence and find their place in the world, including how they take part in their school life.

By working together, our school community can support your child's attendance. If you need assistance please call Student Services on 9528 9424 and they will put you in contact with the correct Student Services team member.

If your child misses...	that equals	or...	From Kindy to Year 12 that adds up to...	Which is equivalent of attending until:	Attendance Rate
1 day per fortnight	20 days per year	1 month per year	nearly 1 1/2 years	part-way through Year 11	90%
1 day per week	40 days per year	2 months per year	over 2 1/2 years	part-way through Year 10	80%
2 days per week	80 days per year	4 months per year	over 5 years	the end of Year 7	60%
3 days per week	120 days per year	6 months per year	nearly 8 years	the end of Year 4	40%

Year 10 Course Selection for Year 11 2024

Throughout the term Year 10s have been involved in the process of understanding and learning about course selection for their Year 11 pathways and courses. During Week 10 we had our course selection evenings, thanks to all the parents/ carers and students who came along to these sessions. There were some great pathway discussions going on with the Course Counsellors throughout the evening, we value supporting our students in making informed decisions. If you missed choosing your courses for 2024 please come and see me at the start of next term.



Year 9 Course Selection for Year 10 2024

During Term 3 during Careers Year 9s will start looking at their option courses for 2024. Make sure you are on Connect to ensure you are staying up to date with the process and course information and you can make informed decisions for your courses

Reports will be sent home at the end of Week 10, it's very important to reflect on your report, celebrate the positives and perhaps make some goals for grade improvements. There will be a parent-teacher evening Wednesday 26th July where you can make appointments to come and see the teachers to discuss reports.

I hope you all have a well deserved holiday and stay safe and warm.

Ms Wetton



YEAR 7 NEWS

Congratulations to all of our Year 7s who have successfully completed their first semester at Warnbro Community High School. It seemed like only yesterday that we were welcoming our brand new Year 7 students and it has been wonderful for all of us to watch you transition into the vibrant, outgoing and confident members of our school community.

Our door is always open in Student Services and we have been privileged to get to know our students and their families. Over terms 1 and 2, our Year 7s have worked with Armed for Life on resilience and respect and we have watched the skills you have learned being applied to your relationships in and out of the classroom.

We know that changing classes every session seemed like the biggest obstacle for everyone but we hope that you've all enjoyed the experience of trying new subjects. From the delightful aromas wafting from your Home Economics classes to the magic machinations of Model Making, it is clear that our Year 7s are thriving in a high school environment. We hope that you are looking forwards to the opportunities Semester 2 will bring.

Ms Mulhare



YEAR 10 - 12 NEWS

As we head into the Term 2 school holidays, it's always good to reflect on what has been a very busy term for our senior school cohorts. Our Year 10s have been exposed to all the different courses available to them next year through presentations delivered by our Head of Learning Areas during their careers lessons. This culminates in students selecting their courses during Week 10 course selection evenings where they were guided by staff through our course counselling process. There are some great courses on offer! Our Year 11 cohort look excellent in their recently arrived leavers jackets and the anticipation for the arrival of leavers shirts next term is garnering plenty of excitement. The shirts have an exclusive Indigenous design created by two senior school Aboriginal students with the support of Year Coordinator Mr Cicanese.

We recently welcomed the Alcoa Apprenticeship Recruitment team to talk to students from years 10-12 about the requirements of obtaining an apprenticeship with Alcoa. They covered a range of topics from resume writing, importance of attendance and general advice from the recruitment sector of the mining and processing industry. Our Year 10s recently celebrated academic achievement and improvement awards during their formal assembly, and the Year 11 and 12s will do so early next term. Advanced standing rewards for students who consistently exhibit the school 3B's and maintain excellent attendance are on this week!

Please enjoy a safe and restful holiday, we look forward to seeing you next term!

Regards,
Mr Tyrrell



ALUMNI

After graduating from Warnbro Community High School, have you completed any courses or what has been your experience since?

Before graduation, I received an entry pathway scholarship into Murdoch University for teaching, at the Rockingham Campus. Using this, I completed my 4-year Bachelor's degree in Primary Education and a minor degree in theatre and drama studies, graduating in 2010.

I worked at East Waikiki Primary School for two years teaching Year 6/7's and then transferred across to Port Kennedy Primary School. I have worked at Port Kennedy for 11 years, teaching Year 6, 7 and 4 (so some of you reading this may well have been taught by me at some point). I left the classroom in 2018 as I successfully won the Deputy Principal position at Port Kennedy and have been working in that role since.

Since leaving Warnbro Community High School my learning journey has continued and always will, as there is always new research to remain up to date with and courses that help me to improve my skills in this job. More recently my courses have been focused on learning about Explicit Instruction and the Science of Learning.

On completion of your studies what have you been doing?

Since completing my studies, I have travelled to New Zealand, Europe, America, Singapore, Vietnam, Macau, Hong Kong and many many more. I got married in 2020 and welcomed my daughter in 2021, and now have another baby on the way due in September.

How did you decide on this path?

I was one of those people who you could have spoken to at any point of my childhood and asked me what I wanted to be when I grew up and my answer would always have been the same: 1. A teacher or 2. An actress. Because of this, I was very passionate about achieving these goals. Unfortunately, I have not been back on a stage in an acting capacity since University, but I would still love to pursue more acting in the future.

Any advice on your younger self or to current students?

My advice would be that good things take time and lots of hard work, you will not land the dream job, the dream lifestyle without the hard work to achieve this. As summed up in a quote "do the hard things in life, and life gets easier, do the easy things and life gets harder... choose your hard". But most importantly, time flies! Enjoy life and most importantly - go travel! The world is an expansive place and you can learn so much from it and learn to appreciate what you have when you see the reality of life outside of where we live.

Ms Karen Bowes
Deputy Principal
Port Kennedy Primary School



ENGLISH

Year 7

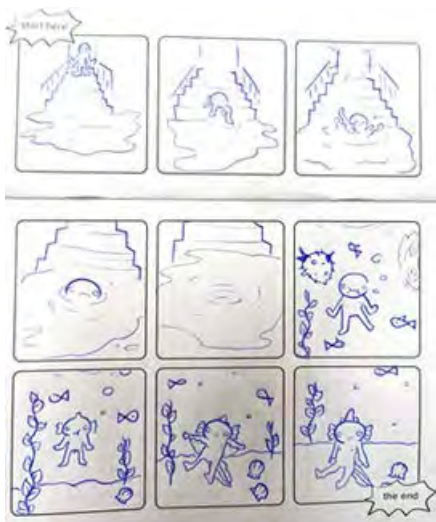
Semester 1 has seen a great start for our Year 7 students in English. We have explored narrative conventions through the use of the novel 'Red Dog' by Louis de Bernières and enjoyed the movie at the end of Term 1 to compare how the story was adapted to film. During Term 2 we developed our understanding of informational texts features while using Ancient Egypt as a topic to create interesting and vibrant infographics.

On Friday afternoons, the Year 7 LEAP class visits the Library, to work on their creative writing skills, using their imaginations and varying prompts to create interesting characters, short stories, and comic strips. Semester 1 work is now complete, and we are moving onto our next unit focusing on visual language which will run until Week 6, Term 3. In preparation for this unit, we have been looking at a variety of short films to support our understanding of how they are constructed to create meaning.

Ferrina: In our English class during Term 1, we learnt about narrative conventions and how characterisation is the creation of fictional characters. In Term 2, we learnt about informational texts and their features including title, subtitle, pictures, captions, bullet points and many more.

Jack: In English we have been learning about how to make infographics that have all the necessary features including a glossary, pictures, paragraphs, title, subtitles, and captions. We also learnt about narrative conventions by reading 'Red Dog' and watching the movie at the end of Term 1. It's always fun when we get to go to the library every Friday.

Lalah: At the start of the year, we made posters or booklets on the characters and relationships in the novel 'Red Dog'. We read the novel in class and watched the movie at the end of the term. We have also been focusing on informational text features and used Ancient Egypt as the subject to support studying them. It has been nice to go to the library and do creative writing on Friday afternoons.



Comic by Scarlett.



Year 7 English in the Library working on creative writing.

ENGLISH

Year 9

This Semester in Year 9 English we learnt about narratives, reading the dystopian novel, 'The Hunger Games', completing that unit with writing an essay on the themes of survival. The next unit we did was editorials, learning how to persuade readers with different techniques and structures. In this unit we focused on the thrombolites which have organisms dated back to be over 3.5 million years old. We focused on the environmental and cultural importance of them and wrote an editorial on the significance of the thrombolites. The thrombolites were such an interesting topic, learning about the cultural story of the Waugal and how these million-year-old organisms can be so important to the environment. I have really enjoyed the Year 9 LEAP English class, having my opinion changed in that I thought thrombolites were useless rocks, but now I know they're 3.5 million old organisms that hold a life story and Aboriginal significance.

- Written by Ella



Year 10

In Term One in Year 10 English, students read the graphic novel 'The Crossover' and examined how visual language and written language works together to create meaning. Students also closely analysed how 'voice' is constructed in the text to create a particular effect for the audience.

For the second task of Term Two, students created their own multimodal text, where they presented their own interpretation of the studied graphic novel. Their creations needed to adapt and adopt the stylistic features and voice that is used in 'The Crossover'.



ENGLISH

Year 11

Throughout Unit 1 of Year 11 General English, we have completed a variety of tasks that assist to develop an understanding of visual language, interpretative text and autobiographical conventions. We have explored the use of social media and how it influences viewers using a variety of persuasive techniques, as well as creating our own social media influencers that embody these ideas. We have also read the graphic novel 'Hey Kiddo' by Jarrett Krosoczka and developed a deep understanding of autobiographical techniques used throughout the author's retelling of their own experiences. Using this knowledge, we wrote autobiographical experts using first person narration, attention to detail, exploration of identity, and more. We have now started work on Unit 2 and are exploring political propaganda and how it can manipulate readers into changing their values and beliefs.



Year 12 ATAR English Excursion

On Wednesday the Year 12 ATAR English students attended the English and Literature Conference at Curtin University. This year marked the much-anticipated return of the conference (which has been running since 1986), after a three-year hiatus due to COVID-19 restrictions.

Over the course of the event, specialist lectures presented on 16 different topics relevant to the Year 12 English and Literature syllabi. These lectures reinforce understanding of curriculum concepts and focus on exam tasks and questions. Our students attended a range of lectures including;

- Understanding perspective
- Short, short stories: imaginative writing and micro-fiction
- Transformation and adaptation: speculative fictions
- Understanding genre
- Composing: creative nonfiction.

The students enjoyed visiting the Curtin University campus and experiencing life of a university student. This included arriving at a lecture, only to find it had been moved to another building, discovering where the best hot chips were being served for lunch and exploring the many different relaxing spots on campus.



CASP NEWS

Year 7 CASP

In Year 7 CASP Visual Arts, students have embarked on an exciting endeavour to design and create unique logos for their Creative Arts Production Company, symbolizing their collective journey throughout their future four-year CASP experience. Additionally, the students have been immersing themselves in the world of art by exploring and experimenting with various elements of artistic expression. As a remarkable culmination of their exploration, they collaborated to produce a collective painting inspired by the annual roosting of Welcome Swallows on the school grounds, showcasing their newfound skills and creativity.



In Year 7 CASP Drama, students performed local Noongar dream time stories as mimed and narrated pieces. They also explored ritual theatre as a concept and devised their own witches spells incorporating ritual theatre aspects.

CASP NEWS

Year 8 CASP

The Year 8 CASP Studio Visual Arts students utilised mirrors and pastels to depict their individual identities in a vibrant and unique manner through self-portrait drawings. Inspired by artist Penny Bidwell, the students incorporated symbolic elements into their artwork to convey their personal narratives. This initial exploration with drawings then sparked the creation of self-portrait clay sculptures as a natural progression in their artistic journey.



CASP NEWS

In Year 8 CASP Dance students began to unpack the concept of Story Dance as part of their preparations for Showcase. To connect with the theme, students worked in small groups to devise dances that either had a clear narrative or was inspired by aspects of stories shared in class. The Year 8s also worked with set choreography to build a whole class dance piece with the stimulus based around 'The rise and fall of relationships'.



9/10 STUDIO

The Year 9/10 CASP Studio Visual Arts students have embarked on an inspiring journey guided by the theme "Our Story," delving into the creation of visual journals that reflect their individual identities and narratives. Drawing inspiration from artist Teesha Moore and her captivating collage work, the students have skilfully crafted their own pieces, incorporating layers to provide glimpses into their unique personalities, dreams, and aspirations. Building upon this foundation, the students have progressed to their final project, focusing on the observational study of self through intricately painted eyes. This culmination showcases their exploration of self-expression and introspection through the art form of painting.

With their task to create captivating short films based around the theme of 'Our Story' the Year 9/10 CASP Studio Media Arts students have been working collaboratively in small groups. Throughout this incredible journey, the students have not only gained knowledge about the film industry and the creative process of filmmaking, but they have also honed their skills using specialised equipment and editing software to refine their projects. The students' compelling advertisements successfully grabbed the audience's attention and left them eagerly anticipating the opportunity to watch their remarkable films. The culmination of their hard work and talent was evident at our recent CASP showcase, where the audience was thoroughly impressed by the students' achievements.

CASP NEWS

9/10 PERFORMANCE

Students in the CASP 9/10 Dance class were lucky enough to have Tom and Izzy from CO3 Dance Company work with them from weeks 1-7 of Term 2. Students were introduced to Contemporary dance in a hands-on way. They experienced numerous ways to create and build movement, explored different ways of using stimulus, were pushed outside their comfort zone in terms of movement and created a dance piece based on the themes of searching, pathways and journeys. Alongside their contemporary classes, students also threw themselves into a narrative dance using the story of Aladdin. Following the lead of their student choreographers, Gaby and Carolina in Year 10, students rehearsed consistently throughout the term.



In 9/10 CASP Drama students have spent their time devising short scenes in the WAYTCO workshops to support our CASP theme through the concept of truth and lies. Students have told a true story but weaved in lies. It is up to the audience to decide if the lies are believable or if they are obviously fake.

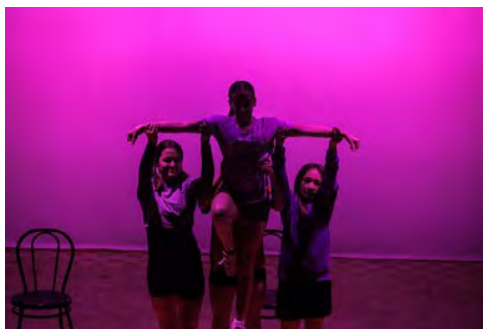
CASP NEWS

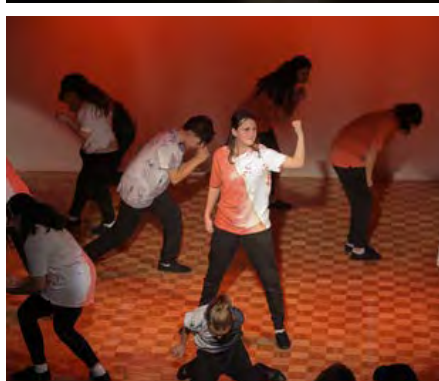
SHOWCASE - 'OUR STORY'

Each semester we host a Showcase to display all the works CASP students have been working on in their classes throughout the semester. It combines all CASP subjects, Dance, Drama, Visual Arts and Media. CASP students from years 7-10 are involved in the creation of works, the display of works, the performance of works, the side of stage, lighting, sound, gallery set up and front of house. It is a show for the students, created and run by the students. The CASP showcase gives students a look into how the Arts Industry works from all aspects.

The CASP students raised the bar with their Showcase this semester. While there were a few technical issues with lighting, the students were fabulous both on stage and backstage. A huge thankyou to those that were part of our audience, and a ginormous congratulations to our amazing CASPIes.







ADVENTURE RECREATION NEWS

Year 7 Adventure Recreation: Thriving in the Perth Hills Discovery Centre

The Year 7 Adventure Recreation students embarked on an unforgettable camp to the Perth Hills Discovery Centre this term. This inaugural camp provided them with the opportunity to consolidate their knowledge and put their skills to the test through a series of exhilarating challenges and educational experiences. From navigation and cooking challenges to reptile encounters and volunteer work, the students embraced the spirit of adventure while ensuring they followed the Leave No Trace Principles. It was an outstanding camp that left a lasting impression on all participants.

Throughout the camp, Year 7 Adventure Recreation students faced various challenges designed to foster their personal and team development. These challenges allowed them to showcase their knowledge, skills, and determination.

Navigation Challenge:

The students demonstrated their navigational prowess by participating in a challenging orienteering activity. Armed with compasses and maps, they worked together to navigate through the picturesque landscapes of the Perth Hills. This activity honed their map-reading skills, teamwork, and problem-solving abilities.

Cooking Challenge:

The cooking challenge tested the students' culinary skills as they prepared meals using limited resources. Collaborating in teams, they showcased their creativity and resourcefulness to create a delicious dessert. This activity not only fostered teamwork but also promoted the development of essential life skills.



ADVENTURE RECREATION NEWS

Fire Making Challenge:

The fire making challenge was a thrilling test of the students' survival skills. They learned how to build and maintain fires responsibly while considering safety precautions and the environment. This hands-on experience instilled a sense of self-reliance and resilience in the face of adversity.

Leave No Trace Principles:

Throughout the camp, the Year 7 Adventure Recreation students remained committed to the Leave No Trace Principles. They were educated about the importance of preserving the natural environment and minimizing their impact. By following these principles, the students learned to appreciate and respect the beautiful surroundings of the Perth Hills Discovery Centre, ensuring they left no trace behind for future visitors.

Exploring Reptiles and Wildlife:

In addition to the challenges, the students had the unique opportunity to encounter a range of reptiles during an interactive session. They learned about these fascinating creatures, including a water python named Skittles. This first-hand encounter sparked curiosity and deepened their understanding of the natural world, fostering a sense of appreciation and respect for the diverse wildlife found in the Perth Hills.

The Year 7 Adventure Recreation students truly had an exceptional first camp experience at the Perth Hills Discovery Centre. From conquering challenges to connecting with nature and giving back to the community, they embodied the spirit of adventure, teamwork, and environmental stewardship. This camp not only provided them with valuable skills and knowledge but also created memories that will last a lifetime. The students returned to school with a renewed sense of confidence, resilience, and a deeper appreciation for the natural world.

Miss Kennedy-Baxter



ADVENTURE RECREATION NEWS

Year 9 Survivor Camp 2023

I woke up at 7:00am and got ready for camp. I packed everything in the car and went to pick up Lillian. We got to school, hopped on the bus and left. It was an hour and a half drive before we could begin our first challenge.

In the first challenge we had to solve 10 riddles before we were allowed to begin our hike. When we did begin to walk, we had a rope connecting all our tribe members. As we began to feel comfortable on the hike we were met with another challenge. It was 'The Die-Hard' challenge which involved filling water containers to a certain level. Everyone found this challenge difficult.

The next challenge involved everyone in my tribe being blindfolded except me. I had to tell them how to set up a tent without them being able to see it. We WON! We then set up our camp sites and got a little bit of time to relax before dinner. Mr Snow cooked us dinner, this was followed by another challenge and finally our first Tribal Council, where we were able to cast our votes on who we thought would be the sole survivor.

The next morning, we woke and made oats from our survival tubs. The first challenge was cryptic navigation which was physically exhausting, we then had some down time before our next challenge that involved setting up a z-pulley and saving an egg, called Eggbert from the middle of an Icy Creek. This challenge was super fun, however, we didn't win.

That night we had a musical challenge that was really fun as well, we also got a chance to talk to the other tribes in preparation for Tribal Council. We cast our votes and headed off to bed. It was really, really cold!

The next morning, we woke, it was only 2 degrees. We completed an individual immunity challenge and cast our votes for the final time. We packed up and headed off to Pinjarra for lunch. During our lunch Mr Snow announced the Sole Survivor. It was Ava!

We arrived back at school, packed away and then went home for a shower, food and a warm bed.

Written By Summer



ADVENTURE RECREATION NEWS

The Year 8 and 10 Adventure Recreation classes have been building and expanding on roping skills. The Year 8 class have been focussing on rock climbing, belaying and prusiking. Belaying is operating as roping system that maintains the safety of rock climber or abseiler. Prusiking involves using two friction hitches to climb vertically on a rope.

The Year 10s have been expanding on abseiling skills and rope mobility skills, including; abseiling, self belaying, and change-overs. Self-belaying involves a normal abseiling system with an added friction hitch that allows an individual to maintain their own safety without a belayer. Change-overs involve prusiking up a rope, changing over to abseiling and abseiling down.

Mr Stevens



CAREERS NEWS

Throughout Semester Two we have had a total of 150 individual students from years 9-12 attend career events. These events have included guest speaker presentations, workshops, KIC program, expos and career taster events.

A huge thank you to all the organisations, businesses and guest speakers who have provided our students with these fantastic opportunities to learn more about their possible future careers. Keep an eye out on Connect and the Careers Corner for more career opportunities coming in Semester Two.

ALCOA Apprenticeship Presentations

In Week 9, Craig Watts, the ALCOA Apprenticeship Supervisor presented to our Year 10 to 12 students on the processes and requirements for applying for an apprenticeship at ALCOA. Craig gave the students useful tips to consider when writing their applications and applying for different apprenticeships.

Students were given an insight into the different steps in the process and the importance of having an application that stands out.

Applications are now open for 2024 apprenticeships in the following areas:

- Electrical Instrumentation
- Fabrication
- Mechanical Fitting
- Heavy Diesel Mechanics

For more information visit – <https://www.alcoa.com/australia/en/careers>



Jobs and Skills Centre Pathways Advice Sessions

During Term 2, Year 10 to 12 students had the opportunity to sign up for a pathway advice sessions with the Jobs and Skills Centre. These sessions allowed students to ask specific advice on their chosen pathways into TAFE, University or full-time employment. Danielle from Jobs and Skills Centre will be back next term to assist students with pathway planning and TAFE application writing.

FRIENDLY SCHOOLS

Building Resilience: Empowering Year 7 and 8 Students through the Friendly Schools Program

The Friendly Schools Program, tailored for Year 7 and 8 students, has been instrumental in fostering resilience and empowering young minds. This term, the program placed a heavy emphasis on resilience, culminating in a compelling presentation by Adam Przytula from "Armed For Life", who shared his personal battle with bullying and the power of resilience during his teenage years. Adam's visit to our school brought an invaluable perspective on the importance of resilience. He courageously shared his own experiences with bullying, providing our students with an opportunity to connect and empathize. Through his engaging storytelling, Adam captivated our Year 7 and 8 students, offering them practical tips and advice on building resilience.

Resilience is a vital skill that enables individuals to bounce back from adversity, overcome challenges, and thrive in the face of adversity. By focusing on resilience within the Friendly Schools Program, our students have gained invaluable tools to navigate the complexities of teenage life. The term-long activities and discussions have helped them understand that setbacks are a natural part of life and that they possess the strength to overcome them.

Adam's generosity extended beyond his presentation. He gifted our school 150 copies of his book, "The Road To Resilience." These books serve as a lasting reminder of the importance of resilience and will be utilised throughout the year. The book provides further insights, practical strategies, and inspiration for students as they continue their journey toward building resilience.

In the final week of the term, students were encouraged to unleash their creativity by creating comic strips depicting situations where resilience is needed. This engaging activity allowed students to explore various scenarios and problem-solving strategies in a visually appealing manner. The comic strips fostered a sense of empowerment and encouraged students to view challenges as opportunities for growth.

Miss Kennedy-Baxter



the facts:
tips for a healthy headspace



tips for a healthy headspace

A healthy headspace allows us to live our lives in a productive and meaningful way.

We can work, study, feel connected to others, be involved in activities in our community and bounce back when life's changes and challenges come along.



How can I boost my mental health?

There are a number of things you can do to look after and maintain your mental health and wellbeing. These include:

Stay Active

Staying active can help you sleep better, manage stress and boost your mood.

The key to getting active is finding something you like to do. Whether it's going to the gym, kicking a ball around with a friend, or going for a walk – make sure it's something you enjoy, that way you're more likely to stick with it. Start with small, manageable goals. Asking a friend to join you can help with motivation.

Create connections

Spending time with family, friends (including pets), your mob and people in your community can help strengthen your mental health and wellbeing. You can try things like:

- volunteer work
- hobbies
- clubs or committees
- sports.

Finding a safe online community can also help you feel connected and meet new people.

Get in to life

Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of purpose, boost your confidence and help you connect with others.

Some of these things, such as skating, reading or playing the guitar, might just be for fun, but other things like work or study can give you other skills and can help to give your life meaning.

Eat well

Eating well can improve your mood, energy levels, and your health and wellbeing. Eat nutritious food (like veggies, fruit and whole grains) and drink plenty of water to give your body and brain all the power it needs to function well. Sometimes we turn to snacks that aren't nutritious when we're stressed, so it's a good idea to develop coping strategies that aren't related to food for these times (e.g., relaxation activities).

Get enough sleep

Getting good quality sleep can give you more energy, improve your concentration, and helps protect your mental health and wellbeing. But getting a good night's sleep isn't always easy – some tips:

- turn off screens at least an hour before bedtime
- try relaxation exercises
- have a bedtime routine
- avoid caffeine at least six hours before you go to bed.
- limit the use of alcohol and other drugs
- avoid napping during the day.

Cut back on alcohol and other drugs

Cutting down on the amount of alcohol and other drugs that you take, or avoiding alcohol and other drugs altogether, can help you sleep better, feel better, and keep a healthy headspace.

Even though alcohol and other drugs may make you feel good in the short term, they can impact your mental health and make you feel much worse in the long run.

Keep doing the stuff you love to do and the things that are important to you.

Getting support

There are lots of ways to look after your headspace.

Check out the headspace website for tips on how to look after your mental health.

If you've tried some of these strategies for some time without improving despite your efforts, it's time to reach out to a trusted friend, family member, teacher, Elder, counsellor or health service.

Learn skills for tough times

Taking time to think about how you handle tough times is really important. Sometimes the things we do naturally can help, and sometimes they don't.

Build your options for handling tough times, they'll come in handy now and into the future. Things like:

- using art, music or journaling to express yourself
- spending time in nature
- writing down your triggers/what you find difficult
- setting some small goals, and achieving them through
- practising being kind to yourself
- meditating or doing relaxation exercises.



If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE 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 489 467.



The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon the information. 03 October 2022

Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890
(9am to 1am daily)

For webchat, visit:
headspace.org.au/
ehheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

QLife

LGBTI peer support and referral

1800 184 527
(3pm to midnight daily)

qlife.org.au
(online chat 3pm to midnight local time, including over holidays.)

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

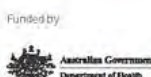
1300 78 99 78
mensline.org.au

13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

13 92 76
13yarn.org.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



July School Holidays at
Rockingham Youth Centre



Rockingham Youth Centre
A City of Rockingham Community Facility

f i t i n
rockingham.wa.gov.au

Thursday 6 July
School Holiday Hangout

2.30pm – 5.30pm | Ages 12 - 17

A safe space to chill out during the school holidays with comfy couches, consoles, table tennis, board games and more.



Monday 3 and Tuesday 4 July
Senior First Aid Course

9am – 4.30pm | Ages 15 - 24

Learn the vital life skills of Senior First Aid HLTAID011 in this free and accredited course. Attendance is required on both days.

Monday 30 June
GLOW

6pm – 8pm | Ages 14 - 21

Join us for a vibrant and all-inclusive late night event Glow as we come together to celebrate International Pride Month at RYC. This unforgettable evening promises a fantastic line-up of activities, dancing, music, food and prizes. Creating an atmosphere of joy, acceptance and unity.



Wednesday 5 July
Cosy Crafts

DIY Knot Blanket

1pm – 4pm | Ages 12 - 17

Warm up this winter with Cosy Crafts. Learn how to make your own DIY knot blanket, with a cosy hot drink on the side.



Friday 7 July
TCG Open day

1pm – 3pm | Ages 12 - 17

Trade, talk and learn how to play popular TCG games like Magic: The Gathering and Pokémon with your peers. Door prizes and food up for grabs.



Friday 7 July
Accidental Counsellor Training

9.30pm – 5.30pm
Ages 16 - 24

Delivered by **HelpingMinds**, learn the practical and conversational skills to support someone going through a difficult time.



Monday 10 July
All Abilities Bingo

5pm – 6pm | Ages 12 - 24


Join us for an afternoon of Bingo – an inclusive version for young people of all abilities. Many prizes on offer.



Monday 10 July
Bubble Tea Workshop

1pm – 3pm | Ages 12 - 18

Using fresh Boba pearls, fruit, mochi butterflies and blue lemonade; learn how to make your very own bubble tea.



Tuesday 11 July
Gaming Day

1pm – 4pm | Ages 12 - 17


Show off your gaming superiority in friendly competitions, or chill-out playing a variety of board and card games.



Wednesday 12 July
Beginners Brazilian Jiu Jitsu

1pm – 3pm | Ages 12 - 18

This beginner's Brazilian Jiu Jitsu class will help to improve your strength, fitness and confidence through self-defence.



Thursday 13 and Friday 14 July
Hip Hop Program

1pm – 3pm
Ages 12 - 18

Learn the basics of writing and creating your own Hip Hop tracks with renowned artist Rush Wepiha. Explore your creative self-expression through this unique art form. Attendance is required on both days – limited spaces available.





Term 3 Program

2023



Rockin' Jams

Wednesdays
3.30pm - 5.45pm | 14 - 22 years
Commences 26 July
9 week program

Rockin' Jams is a hangout for musicians of all levels. Each week you'll get tips to write your own songs or you can join in on the jam sessions. Feel free to bring in your own instruments or try something new in the jam room.

Pridespace

Wednesdays
3.30pm - 5.30pm | 12 - 17 years
Commences 20 July
and 13 September

A social support group for young people with diverse sexualities and genders. No registration required.

Young Masterchef

Wednesdays
4pm - 5.30pm | 12 - 17 years
Commences 26 July,
9 and 26 August,
6 and 20 September

A fortnightly program for food lovers. Come along to the Yongka Kitchen at the Rockingham Youth Centre and learn how to make some fun and easy recipes. Limited spaces, be sure to book your spot.

Level Up Job Ready

Wednesdays
4pm - 6pm | 14 - 24 years
By appointment

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.

Hangout

Thursdays
2.30pm - 7pm | 12 - 17 years
Commences 20 July
10 week program

Looking for somewhere safe and fun to hang out? Drop in and enjoy the chill out zone, comfy couches, beanbags, PlayStation, Xbox, table tennis, board games and more. Thursday Hangout runs every week during school term.

Game Club

Thursdays
3pm - 5pm | 12 - 14 years
5pm - 7pm | 15 - 17 years
Commences 20 July
10 week program

Meet and compete with other gamers at RYC's Game Club. Play on our brand new gaming PCs or use one of our latest consoles. Play your favourites like Minecraft, Fall Guys, Halo or Fortnite, and Roblox. Bookings essential, please contact us to book your spot.

Term Three Program

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.

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

☎ 9591 0836
✉ youthcentre@rockingham.wa.gov.au
📍 rockingham.wa.gov.au/youth
📱 @rockinghamyouthcentre

Services Australia Appointments

Mondays (by appointment)
1.30pm - 3.30pm | 15 - 24 years

Aged 15 - 24 years and need help with Services Australia (Centrelink)? The community outreach team is available at the Rockingham Youth Centre. Appointments essential, please contact us to book your spot.

17+ Hangout

Mondays
4pm - 7pm | 17 - 24 years
Commences 17 July
10 week program

This older Hangout session is for 17+ crew to meet each other, chill out, use quality arts and crafts equipment, tech and gaming consoles. Sessions may also include Adulting 101 workshops throughout the term. Drop into the 17+ upstairs area and enjoy a variety of activities on offer each week.

D&D

Mondays
4pm - 7pm | 16 - 24 years
Commences 17 July
10 week program

D&D 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.

Adulting 101

Mondays
5.30pm - 7pm
17 - 24 years

Adulting 101 is a workshop based program for young people who are currently or soon to be living independently. Designed to inform, connect and increase independent living skills. Sessions will be informed by young people when there is demand and will be incorporated into 17+ Hangout.

She/Her

Tuesdays
3.30pm - 5.30pm | 12 - 16 years
Commences 25 July
8 week program

She/Her is an eight-week program designed for young women who want to form new friendships, gain self-confidence, and enjoy crafts, cooking and team building activities.

Mooriboordap Djoowak

Tuesdays
4pm - 5.30pm | 12 - 18 years
25 July, 8 and 22 August,
5 and 19 September

A fortnightly program designed specifically for the next generation of Aboriginal and Torres Strait Islander young people. A safe place to engage with local Aboriginal culture alongside other Aboriginal and Torres Strait Islander young people and presenters.

Hangout

Fridays
2.30pm - 5.30pm | 12 - 17 years
Commences 21 July
10 week program

Looking for somewhere safe and fun to hang out? Drop in and enjoy the chill-out zone, comfy couches, beanbags, PlayStation, Xbox, table tennis, board games and more. Friday Hangout runs every week during school term.

Trading Card Club

Fridays
2.30pm - 5.30pm | 12 - 17 years
Commences 21 July
10 week program

Join the RYC team for regular Friday night sessions of popular trading card games. Currently focusing on Magic: the Gathering - Commander, have a chance to learn the ropes, share your skills with others or try out your latest deck.



Memberships

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

Youth Work Support

At the Rockingham Youth Centre we have Youth Workers available to provide one-on-one intensive support for young people aged 12 - 24 years.

Our Youth Workers provide information, support, referral and advocacy to reduce the barriers young people experience in achieving their goals and in turn, assist them to address their needs at that point in time. Please contact us to make a referral.

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.

Program Bookings

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



Get the latest RYC news on the Rockingham Youth Centre by checking out our Instagram

