



Como Secondary College



Newsletter

27 February 2020

Welcome to our first 2020 eNewsletter.

Articles include:

- **Principal's Message**
- **Calendar**
- **Admin / Finance News**

- **Como Secondary College Board Nominations**
- **School Photo Day**
- **Year 10 – Looking Forward To Year 11**
- **Create @ Como**
- **The Arts - Visual Art**
- **The Arts - Music**
- **EMITS**
- **FIRST®LEGO® League**
- **Health & Physical Education**
- **Golf Academy**
- **Hockey Academy**
- **P&C News**
- **Community Connection**

Principal's Message



Student Numbers

The school has grown to 887 students which is the highest number of students in the school's history. We were predicting about 900 students but there has been more movement than expected with students both coming and going. The school is full and there is little capacity to take additional students without the Department of Education providing more classrooms.

95 Club Assembly

We held our 95 Club Assembly in the second week of term. This was a celebratory assembly that recognized those students who achieved an ATAR of 95 or better. The three students who achieved this were inducted into the club. Several students got very, very close with ATAR scores of 94.9. We also recognized the effort of Jacqueline Hunh who achieved the highest score in the State of 97.5% in Applied Information Technology which contributed to Como, along with the scores of other students, being the top school in that subject. We also presented students with a number of scholarships and we were delighted that the new Mayor of South Perth, Greg Milner, was able to attend. The new inductees into the "95 Club" were as follows:

Quincy Kusnady – 97.75

Tae Young Ham – 97.25

Mary Grace Ginting – 97.2

Main Initiatives 2020

There will be two main initiatives this year. The first is our involvement with the Fogarty Foundation Edvance Program. We were invited into this innovative and exciting initiative through the work we have been doing to develop what we call "The Como Model of Teaching" and the success of the Intensive Learning Team. Edvance is a three-year program. We are in the seventh cohort of schools to be accepted into the program which has established a clear track record and substantial school improvement. Como is a good school but our aim is to become a great school.

The program offers an integrated leadership, management and support program, tailored to the needs of each school. The Foundation believes supporting school leaders is one of the most effective ways to improve educational outcomes for students. They believe it is essential to evaluate the impact of our program on student outcomes.

Fogarty asks all of the schools with which they work to make their decisions based on evidence. They continue to develop the improvement program based on the evidence of the program's impact and what is working. This fits in very nicely with what we are trying to do in this school. Their Report Cards provide a snapshot of the impact and success stories for the schools that have completed our program.

For the last two years we have been involved in the program in an advisory capacity through the work of our Intensive Learning Team. My goal in formally entering the program is to accelerate the development

of the Como Model of Teaching and link our teachers into the wealth of resources and expertise available through the program.

SEQTA

This year we are introducing SEQTA which is what is known as a learning management system. It is a software platform that integrates many aspects of the work of teachers and the school into the one application. It will take over from Connect and will greatly improve communication between classroom teachers, parents and students. Importantly, it will make the work of teachers a bit easier. Parents and students will be able to download the SEQTA app which will make it much easier to for keep track of assessment deadlines, marks, attendance etc.

The software will be rolled out over the year and will initially focus on attendance. SEQTA is a WA Company founded by West Australian teachers and is based in Perth.

Parent Night

Many thanks to the parents of our Year 7 students who turned up to our Year 7 Parent Evening. All the teaching staff were present and they found the conversations with parents following the introductions to be very rewarding. It is something that other schools have found to be successful and worthwhile and replaces one of the two after-school parent interview sessions that teachers have to do. In the past the second interview night has been poorly attended whenever it was held so we have tried to do something different and give parents an opportunity to put a face to a name and make connections.

Specialist Programs

The main issue for the school over the next two years is to ensure that the Contemporary Jazz and EMITS programs remain strong and viable in the face of the curriculum changes enforced by the Schools' Curriculum and Assessment Authority. The P&C are writing to the Minister to register their concerns.

Digby Mercer

Principal

Calendar



Here are the important dates and just some of the events happening at Como over the coming weeks

Monday 02 March

- Labour Day Public Holiday

Thursday 05 March

- Year 10 Parents - Keys for Life Information Night

Monday 09 March

- P&C Meeting

Thursday 12 March

- National Ride to School Day

Friday 13 March

- School Development Day - No Students Attend

Monday 16 March

- College Board AGM

Tuesday 24 March

- Interim Report Parent Night

Thursday 02 & Wednesday 08 April

- School Photo Day

Thursday 09 April

- Last Day of Term 1

Monday 27 April

- Anzac Day - Public Holiday

Tuesday 28 April

- First Day of Term 2 - All Students
-

Term 2

- Anzac Day - Public Holiday - No Students Attend
- Tuesday 28 April - Friday 03 July

Term 3

- Monday 20 July School Development Day - No Students Attend
- Tuesday 21 July - Friday 25 September

Term 4

- Monday 12 October School Development Day - No Students Attend
- Tuesday 13 October - Thursday 17 December



ADMIN / FINANCE NEWS

Contributions and Charges

It is government policy that parents should contribute towards the cost of educating their children . Given that all students benefit from the pool of collected fees, it is fair to expect that all parents should pay the balance of contributions and charges. Contributions and charges form a large part of the school's income for learning and teaching programs in the school and supports the school in its focus to provide a quality education for all. The College is currently accepting payments for the 2020 school year, all course costs should be completed by Thursday the 2nd April 2020.

Turn one big payment into easy instalments, you may like to consider starting a payment plan NOW to assist with completing all payments.

Payments are accepted by cheque, cash, Visa, Mastercard, direct deposit and Qkr:

BSB: 066 102 | A/C: 00903523 | Ref: student name

Attendance

- contact the Hub's 24 hour Attendance Hotline 9365 2011 or go to the Connect homepage to advise reason for student absence before 9.00am
- for early departure provide student with a written note to request permission to leave class
- write an explanation for absence and send it via your child as soon as they return to the College
- respond promptly to Absentee Letters

Contact Details

Please advise changes via email to como.sc.admin@education.wa.edu.au, or Change of Details form available at Administration. Many future communications may be sent by email – please ensure the College has your current email address.

COMO SECONDARY COLLEGE BOARD

Call for nominations for a parent representative on the Como Secondary College School Board 2020-2022 (2 year tenure). For further information

<http://como.wa.edu.au/como-secondary-c...t-representati>

Nominations close 9.00am Wednesday 11 March 2020

SCHOOL PHOTO DAY

Envelopes will be distributed to students prior to the day should you wish to order photographs.



YEAR 10 – LOOKING FORWARD TO YEAR 11

In the middle of the year, after Semester 1 reports, Year 10 students will be asked to express an interest in their preferred Courses for Years 11 and 12. Students work towards a Western Australian Certificate of Education (WACE) at the end of Year 12. To be awarded this, they must satisfy several criteria:

- General students (fewer than 4 ATAR Courses) must attain a Certificate 2.
- ATAR students must complete at least four ATAR Courses. They may study a Certificate 2.
- All students must achieve a minimum of 14 A, B and/or C grades over the two years, of which 6 must be in Year 12.
- Students must study at least one List A and at least one List B Course. At Como Secondary College, all students study Mathematics and English in Years 11 and 12 so this criterion is satisfied easily.

ATAR Courses are considerably more complex and difficult than General Courses. Our data shows that students who achieve a B grade in the related lower school subject have a significantly better success rate at ATAR level than do students who do not achieve as well. Often, success in the Course is supported by a B or better in English in lower school because ATAR Courses and exams require a high level of literacy. Our goal at Como Secondary College is for students to be successful in whichever pathway they choose.

We recognise that a lot of our students and their parents aspire to university study, but that the ATAR pathway is often counter-productive for students when they do not perform well. To address this, we are developing a selection of General courses that are more challenging and that will appeal to students who might be tempted to study the ATAR pathway but without the required results. Early in Term 2, both parents and students will be able to attend information sessions.

Thus, when students are invited to express an interest in Courses for Years 11 and 12, if they have not achieved a B grade in the related lower school subject (and in some cases, English as well) they will not be recommended for the ATAR Course. In this case, students must express an interest in General Courses. This will be based on their mid-year performance in Year 10. Thus, students will still have until the end of the year to increase their grades. You should be aware, though, that Courses may fill up early with students who do qualify mid-year. If students have not achieved the required grade by the end of the year and still want to study ATAR Courses (and there is space), there is a further process including discussions with parents or carers. Students should meet with teachers and HoLAs now to maximise their achievements.

While we make every effort to accommodate as many student preferences as possible on the timetable, it may be that some students will not get exactly the Courses they want. We operate within a set of resources that means we sometimes have to make some difficult decisions. Class sizes, rooms and staffing resources are limited and we have to use them wisely. We cannot always accommodate the first preferences of every student.

Students aspiring to study at ATAR level in Years 11 and 12 need to be focussing on their achievement in Year 10 from the start of this year. They must develop good work and study habits this year as miracles do not happen between Years 10 and 11. Ms Carruthers and Mr Findlater will run meetings this year with the Year 10 cohort to explain requirements and processes and to start students thinking about Years 11 and 12. Mid-year, there will be a parent information evening.

I must also emphasise that ATAR is the 'front door' into university and there are many side doors; also that university, and entry directly after school, is not the be all and end all. Many people have very satisfying careers without ever attending university and there is a wealth of Certificates available through the TAFE system. A General pathway can be the best choice for a student. Working hard at this opens many doors.

Grace Bradley

Deputy Principal

CREATE@COMO

Inaugural Create @ Como Class!

The new school based enrichment course kicked off in 2020 with the newly minted Create @ Como class. These selected students demonstrated aptitude in English and the Arts, and have had a wonderful start at Como.

Currently, in English, the students are working on speeches to “change their world”. We have been inspired by young people throughout history who stood up for what they believed in. It can be difficult, particularly in this day and age of keyboard warriors and trolls, for young people to take the risk to hold true to their values and beliefs. We have been working on how to be leaders, passionate speakers, and innovators for change.

Later this semester, the Create class will have the opportunity to visit the Scribblers Festival, have a special workshop with local author Meg McKinley and participate in a range of competitions!

If you are interested in the Create program, year 6 expressions of interest will open soon – please call Gaye in the Front Office for more information.

Miss Emma Cattapan

English Teacher



THE ARTS - VISUAL ART

Paint the Port Information Poster Landscape

For those of you with a passion for painting, drawing or photography here's something which could be of interest.



THE ARTS - MUSIC

Como Secondary Junior Concert Band 2020

Como Secondary's Junior Concert Band have been working hard already this term learning to play in an ensemble, following a conductor and making new friends. Currently, the majority of the band is made up from Como Secondary Students in years 7-9, but there is also a growing number of primary students joining our rehearsals.

We rehearse every Tuesday afternoon from 3:05pm until 4:15pm in the Performing Arts Theatre and have the following instruments in the band; flute, clarinet, saxophone, trumpet, trombone, baritone, euphonium, electric bass, and percussion.

If you have a child in primary school or at the College who isn't currently in the ensemble, is learning one of the above instruments, and would like to join, please feel free to contact Kiara Wild (band director) at: kiara.wild@education.wa.edu.au or 93652031 during College hours.

And just to let you know we have a competition running in Music with designs required for a fundraising project later in the year.



EMITS

EMITS 2020

The start to the school year has seen our Year 7's arrive full of energy and enthusiasm. It is lovely to see them settle in to our EMITS family and we hope they enjoy their experience. I have created an EMITS Connect group for each year so I can keep you all updated with different the College events over the year. I will also upload information about other opportunities that students can access outside of the school. (e.g. UWA Academy for Young Mathematicians, Academicus)

We have registered teams and will be looking for students wanting to compete in the Friday night HAVE SUM FUN Competition and students who are participating will bring home permission forms in the next week. Lots more fun, entertaining and enriching events to come. Check out some of the EMITS students in the photos attached!

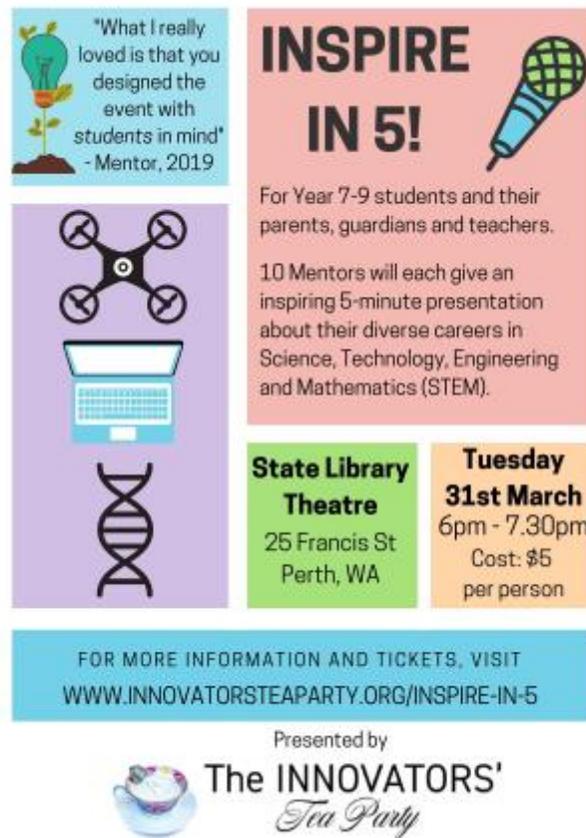
My contact details are below.

Helen.hudson2@education.wa.edu.au

Phone: 936552014



Also for any Como students Years 7-9 who have a passion for STEM there is a great opportunity to attend Inspire in 5!



"What I really loved is that you designed the event with students in mind"
- Mentor, 2019

**INSPIRE
IN 5!**

For Year 7-9 students and their parents, guardians and teachers.

10 Mentors will each give an inspiring 5-minute presentation about their diverse careers in Science, Technology, Engineering and Mathematics (STEM).

State Library Theatre
25 Francis St
Perth, WA

**Tuesday
31st March**
6pm - 7.30pm
Cost: \$5 per person

FOR MORE INFORMATION AND TICKETS, VISIT
WWW.INNOVATORSTEAPARTY.ORG/INSPIRE-IN-5

Presented by
The INNOVATORS'
Tea Party

Helen Hudson

EMITS Coordinator

FIRST®LEGO® League

Year 7 students Gabby Aguilar and Ella Valles are participating in an international robotics competition in July 2020 (FIRST®LEGO® League). Their team comprises of seven students all of whom attended Lathlain Primary School. The students did outstandingly well to receive the Championship award at the Regional Competition and 2nd place Champions at the National Competition late December 2019. They continue to meet fortnightly to improve their game and project.

To support the students in their endeavours two fundraising opportunities have been created.

Firstly at Belmont Bunnings, who have supported their progress throughout 2019, the team will host a BBQ Sunday April 26.

Secondly a Go Fund Me page has been created

<https://www.gofundme.com/f/supporting-little-legends>

It is a great achievement to represent WA and our public school system at an international level with funds raised making it easier to attend. Your support is greatly appreciated.

Mirela Ionascu

Digital Technologies Specialist

Lathlain Primary School

HEALTH & PHYSICAL EDUCATION

State Representatives

A huge congratulations to **Jaeda Ritchie (yr 9)** who has been selected in the WA Under 15 Girls Cricket team that will compete at the National Championships from the 24th of Feb to 5th March to be held in the ACT.

PE Fundamentals

As part of the Health and Physical Education departments commitment to the Department of Education's Aboriginal and Cultural Standards Framework and the School Curriculum and Standards Authority Cross Curriculum Priorities (Aboriginal and Torres Strait Islander histories and cultures), the school has included relevant Traditional Indigenous Games within the Physical Education curriculum, trying to incorporate the games where possible by matching the skills required with the relevant sports.

Year 7 Health and Physical Education classes during their Fundamental Movement Skills block recently participated in: kolap (ko-lap) a target game where participants in pairs attempt to land objects (bean bags) on a mat in competition against other pairs; and bowitgee (bow-it-gee), whereby participants in teams of four continually move within a square (four square) passing an object (tennis ball) between players in an attempt to have the highest number of passes.

The Traditional Indigenous Games included in our Physical Education curriculum are sourced from "Yulunga" provided by the Australian government through the Sporting Schools website.

<https://www.sportingschools.gov.au/resources-and-pd/schools/yulunga>

Swimming Training

Under the watchful eye of Mr Joshua Findlater, students have begun swimming training in preparation for the Interhouse Swimming Carnival, to be held @ Kent Street SHS on Friday 28th February and the School Sport WA 'B' Division Swimming Carnival to be held at Challenge Stadium on Thursday 19th March. Details of our Swimming Carnival will be provided in the next version of The VIBE! Training is held Tuesday and Thursday morning at Kent St SHS pool. Our Interschool Team will be picked from the results in our school carnival and training time trials and that carnival will be the SSWA "B Division" Swimming Carnival to be held on Thursday 19th March at HBF Stadium in Mt. Claremont.

Rottnest Channel Swim 2020

Mr Joshua Findlater took to the water on Saturday 22nd February for the fifth consecutive year to successfully complete the 19.7km swim from Cottesloe to Thompson Bay (Rottnest). It was the third consecutive year that Mr Findlater completed the Solo swim, having completed a team in 2016 with our own Ms Renae Grljusich, Ms Tate Napier and Mr Andrew Mellor and a duo in 2017. In tough conditions Mr Findlater managed to get the job done in 8hrs 14mins 09.28 secs placing him in 30th position in the Male 30-34 category. Congratulations on your successful completion of the Channel Swim!

Upcoming Sporting Events

Term 1

- Friday 28th February – Interhouse Swimming Carnival @ Kent Street SHS
- Thursday 12th March - National Ride to School Day
- Friday 19th March – School Sport WA 'B' Division Swimming Carnival
- Monday 23rd March – Interhouse Cross Country Carnival
- Thursday 26th March - Bridging the Gap (Golf Academy)
- Friday 27th March – Quadrathon (Hockey Academy)
- Tuesday 7th April – Year 9 Lightning Carnival
- 3rd April- 10th April – Golf Academy Tour to Melbourne

Term 2

- Thursday 30th April – Golf Corporate Day
- Friday 8th May – Interhouse Athletics Carnival
- Tuesday 19th May – Upper School Golf Championships Day 1
- Thursday 21st May – Year 8 Lightning Carnival
- Monday 15th June – Upper School Golf Championship Day 2
- Friday 26th June – Yr 7-9 School Sport WA Hockey Ross Meadows Cup

- Tuesday 30th June – Yr 7 Lightning Carnival

Term 3

- Wednesday 22nd July – School Sport WA Girls Hockey 1 Day Competition
- Thursday 23rd July – School Sport WA Boys Hockey 1 Day Competition
- Thursday 6th August – Year 10 Lightning Carnival
- Monday 17th August – School Sport WA Golf Teams Championship
- Monday 24th August – School Sport WA David Bell Cup (Open Boys Hockey) Semi-Final Day
- Thursday 27th August – School Sport WA Buchanan Cup (Open Girls Hockey) Semi-Final Day
- Thursday 3rd September – School Sport WA Ross Meadows Shield, Buchanan Cup & D. Bell Cup Final Day
- Thursday 17th September – Como Shield (Golf Academy)
- Monday 21st September – Country Week Hockey Coaching
- Tuesday 22nd – Friday 25th September Yr 7-9 South West Hockey Tour

Term 4

- Friday 16th October – School Sport WA 'D' Division Athletics Carnival
- Thursday 22nd October – Family Day (Golf Academy)
- Thursday 18th & Friday 19th November – Golf Academy Championships
- Wednesday 9th December – Golf Awards Night
- Thursday 10th December – Hockey Awards Night

GOLF ACADEMY

Jordan makes the 'Aussie' Team

Congratulations to our Golf Academy Captain Jordan Jung who was selected to represent Australia, as part of team Adam Scott, at the Major Champions Invitational in Arizona at the end of January. An outstanding achievement! Well done Jordan on a great start to the year.



jordanjung101
Lookout Mountain, Arizona





Green Awarded with State and National Honours

The Golf Academy Ambassador, Hannah Green, continues to receive prestigious awards both at state and national level. Hannah's outstanding performances over the last 18 months are matched by her willingness to give back to golf and support the growth of the game. The 2013 Como Golf Academy graduate was awarded the prestigious Greg Norman medal (left) at the end of 2019, which was followed up with 'The West Australian RAC Sports Star 2019 (right), in February of this year alongside the Fremantle Dockers two time Brownlow winner Nat Fyfe. Congratulations Hannah!





Como Golf Academy Corporate Fundraising Day

The Como Golf Academy Corporate Fundraising Day takes place on Thursday 30th April 2020.

Players will have a great day and enjoy contributing to our amazing golf students' development. All proceeds raised from this event go back into the golf program. If you cannot enter this year, please share with friends, family and colleagues who may be able to support a very worthy cause.

If you are interested in this fantastic event, please contact Adam Smith at adam.smith3@education.wa.edu.au or Hope Chaplyn at hope.chaplyn@education.wa.edu.au or on 9365 2009.

Early bird offer of \$350/team - returned form and payment by Friday 20th March.

Sponsorship packages of Gold - \$500, Silver - \$350 and Bronze - \$200.



HOCKEY ACADEMY

Welcome back to the students and families of the Como Hockey Program. The term is now well and truly in full swing and our students are working hard to develop their fitness and conditioning in preparation for the season ahead. The fitness block will wrap up at the end of Week 8, with all students in the Academy due to compete in the annual Quadrathon on Friday 27th March 2020 at Point Walter.

State Hockey Representatives

Congratulations to the following students who have been selected to represent WA in the upcoming Junior National Championships. The State U15 Girls and Boys teams will travel to Bathurst, NSW from 17th – 23rd April, while the State U18 Boys and Girls will head to Launceston, TAS from the 16th – 23rd April 2020.

State U15 Boys – Gold Team

Shaun Shackley, Year 10

State U15 Boys – Black Team

Zed Kearnan, Year 8

State U18 Men's Team

Luke Anderson, Year 12

Daniel Cope, Year 12

Charlie Norman (Hockey Graduate 2019)

State U18 Women's Team

Saysha Pillay, Year 11

Amberley Abbott, Year 11 (Train On)

Year 7 Fitness Class



YEAR 11

The Year 11 group has made a pleasing start to their 2020 school year. The students have been working hard in class and most students have now completed their first assessment. There are many chances for the year group to show leadership this year with a number of committees being established such as the 'Leaver Jumper Committee', '2021 Ball Committee' and the 'Media Committee'. The students are also looking forward to the Year 11/12 ball at Optus Stadium on March 13 and there have been many discussions about dress choices! I have been receiving many positive comments about the Year 11 group and I am sure that they will continue to excel throughout the year.

Mrs Nicole Richardson

Year 11 Coordinator









P&C NEWS

P&C Meeting

The P&C meet once a month during term time on the 2nd Monday of each month at 7.30pm at the College in the Elicos Room. Attendance at these meetings is a great way to find out more about what is happening in the College, its future plans and how these will affect your child and your family. It is also a venue for parents to voice concerns, raise issues and discuss ideas both with the Principal and with other parents.

The next meeting is to be held Monday 09 March 2020

Second-hand uniforms

There is a second hand uniform shop located at the school. It is run by the P&C and all funds raised go towards projects to benefit all students. Non-students need to sign in at the front office and staff can assist as to where to find the shop.

Open every Friday 8.15am – 9am

Location: B Block

Enquiries: comoseconds@outlook.com

Payments: Cash only

The shop is run on donations only. Please consider donating any school uniforms that you no longer need, including any specialist program uniforms, e.g. black pants, white collared long sleeve shirts for music performances.

Donations: can be placed in the marked boxes in the Canteen or the front office during school hours or given to the shop when open.

Have more you want to cover? You can use this space to add any other information you'd like to share. For example, include a list of upcoming events.

COMMUNITY CONNECTION

Emergency services and help lines:

Call 000 in an emergency if you feel someone is at risk of harm OR for mental health emergency assessment, support and referral contact:

- Mental Health Emergency Response Line (MERL)

Metro callers 1300 555 788

Peel 1800 676 822

- Urgent Mental Health Telephone Support for Children and Families(0800 to 2200) 1800 048 636(2200 to 0800) 9340 8222 and ask for Psychiatric Liaison Nurse
- RuralLinkRural and remote areas 1800 552 002
- Find your nearest public hospital emergency department
- Find your GP after-hours clinic
- Call after hours GP Helpline on

1800 022 222

If you need someone to talk to:

Beyondblue 1300 224 636

Crisis Care Helpline 9223 1111

Or Country Toll Free 1800 199 008

Headspace 1800 650 890

Kids Helpline 1800 551 800

Lifeline 13 11 14
Men's Line Australia 1300 789 978

Suicide Call Back Service 1300 659 467

The Samaritans 9381 5555

Crisis Line

Youth Line 9388 2500 Or Country Toll Free
1800 198 313

Youthbeyondblue 1300 224 636

Online support can be accessed through Mentalhealth.wa.gov.au

"Getting Help"

The school website now has a Community Connection information section under Communities, which will include news of upcoming courses or events that you or your family may be interested in. This will be updated regularly as events become know.

From the School Psychologists office:

To continue to provide parents and students with ongoing information to promote health and wellbeing, we have a new section on the Como school website located under the "Quick Links" section.

1. Information for Parents includes:

- Information about agencies that can assist parents with the tough job of parenting
- Information and parenting tips to support teen health and wellbeing
- A list of agencies that provide counselling for young people in the local area

2. Information for students and/or parents includes:

- Helplines and Phone line support

- Online counselling
- Websites for information, online support, apps and contacts

3. Mental Health Crisis Numbers – support services available 24 hours a day, 7 days a week, to get help if you are concerned about your son or daughter’s mental health reaching a crisis point or becoming life threatening

Group Programs

headspace Freo have a number of **group programs** available to help students stay mentally healthy as they transition into 2019. All are **free**, please register by calling 9431 7453 or emailing info@headspacefreo.com.au. Classes/groups are fully inclusive of all young people (although some age restrictions do apply – please see each group for more information).

FREE Art Workshop

Unleash your awesome creativity in this hands on workshop where you can explore a range of expressive painting techniques. You will get to make bold moves and make individual and group artworks.

All materials are supplied free of cost by headspace Fremantle.

Where: Headspace Fremantle, 60-62 Pakenham St, Fremantle

Contact: 9431 7453

FREE Yoga at headspace Fremantle

headspace Fremantle in partnership with The Yoga Space offer free yoga classes every Thursday from 4pm-5pm!

The classes are open to anyone aged 12-25. A fully qualified teacher from The Yoga Space leads each session, and yoga mats are supplied, all you need to do is show up in clothes you can comfortably move in.

To register your interest call 9431 7453 or email info@headspacefreo.com.au with the subject 'Yoga'.

Sex Talk at headspace Fremantle

Sex Talk is one-on-one counselling offered by our sexologist Scott.

You can meet with Scott to discuss ANY issue, including (but not limited to!); sexual health and safer sex practices, diverse sexualities, gender identities and transition pathways, relationship education, pornography, sexual behaviours and difficulties, intersex status and information.

Scott can also provide information and support for families and friends of young people who are struggling with any of the above.

Sex Talk is safe, non-judgemental and LGBTQQIA+ friendly and inclusive.

To make an appointment call headspace on 9431 7453 or email info@headspacefrem.com.au with the subject 'Sex Talk'

School Presentations, Workshops and Events

If you are interested in a **school presentation** or **workshop**, please contact the Community Awareness Worker on 9431 7453. Please note that whilst we currently have a number of availabilities for presentations during the year, we do get very busy. We advise you to get touch at your earliest convenience to secure the dates/times you require.

If you are interested in discussing ways that we can work together, or if you would like **headspace** Fremantle to have a stall at your event please email info@headspacefrem.com.au or call us on 9431 7453. We are always looking at ways to support the fantastic schools and students in the local area.

Como Secondary College

20 Bruce Street

Como, WA 6152

9365 2000

Como.SC.AdminSupport@education.wa.edu.au

Visit us on the web at [www.http://como.wa.edu.au/](http://como.wa.edu.au/)

