



# Como Secondary College

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Newsletter

19 September 2019

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Welcome to our second Term 3 2019 eNewsletter.

Articles include:

- **Principal's Message**
- **Calendar**
- **Admin / Finance News**
- **The Arts - Dance & Drama**
- **The Arts - Music**
- **EMITS**
- **Technologies**
- **Science**
- **Futurelinks**

- **Cheerleading**
- **Year 9 Business**
- **Year 11 Business Management & Enterprise**
- **Health & Physical Education**
- **Hockey Academy**
- **Year 10**
- **Golf Academy**
- **P&C News**
- **Community Connection**

## Principal's Message



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### *50th Anniversary*

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The 50th anniversary celebrations are gathering pace with preparations being made for the open day community event on Saturday, October 26. The celebration will take place from 12 midday to 4pm. Food and refreshments will be available for purchase and there will be a diverse range of activities, exhibitions and performances to enjoy. The schools' archives will be opened and past students will have the opportunity to reminisce and hopefully catch up with old friends.

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## School Achievements

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Our students have been doing very well in a number of forums. The boys hockey team won the Bell Cup, defeating Narrogin 10– 0. The Bell Cup is a competition that includes all schools in all sectors in WA. Our girls will be playing Great Southern Grammar in the grand final of the all schools girls championship for the Buchanan Cup.

Last week our cheerleading group exceeded all expectations by coming second in the schools cheerleading competition. This includes beating two schools who specialize in this area.

Our students also gave excellent performances at the Yoh Fest Healthways competition held at Mandurah. They won several awards for staging, support crew and best overall health message. Well done to Mx Phan for the results that were achieved.

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## Specialist Programs in Year 7 and 8

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An issue I am currently working on is the impact of changes to curriculum requirements on our Contemporary Jazz and EMITS programs in Years 7 and 8. I believe that the combined effect of the changes is an unintended consequence and I am seeking to have the decisions reviewed. I would like to see a return to a situation where schools are given some flexibility on subject offerings and parents have a choice on subject selection.

The specific curriculum changes are:

1. A mandatory requirement for students in Years 7 and 8 to each year do a performing arts subject and a visual arts subject as well as a digital technology subject and a design and technology subject.
2. A mandatory requirement for students to do two hours of physical activity a week as part of a structured program.
3. A mandatory requirement for students to do two hours of a language per week starting in 2022.

The Arts and Technologies changes have been brought in to ensure that students in Years 7 and 8 have exposure to a range of different subjects so that they can make informed choices in Years 8 and 9. The physical activity requirement is in response to concerns that our children are not exercising enough. The language requirement recognizes the importance of understanding different languages and cultures in a globalized work environment and brings us into line with most other countries in the world.

Our Golf and Hockey programs are unaffected by any of the changes. However, the first two changes have an immediate effect next year on Music and EMITS and then an even more severe impact in 2022. Year 9 and 10 are unaffected because students have a free choice.

The EMITS and Contemporary Jazz programs have been very popular and the pairing of the two has been a rewarding combination for many of our past students over the past 20 years. I am working with the support of the P&C and the School Board to have these decision reviewed and some

flexibility returned to schools and parents regarding subject selection. This includes working with the WA Secondary Schools Executives Association and corresponding with the Schools' Curriculum and Standards Authority and the Department of Education.

I would appreciate hearing from parents who have a view on this matter or any other relevant feedback.

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### School Review

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The school went through a review in August. The process has now been completed. The Deputy Director General has endorsed the report and is satisfied that it will provide a basis for sustained school improvement. His letter states:

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Your school performance rating determined through your self-assessment submission and validated by the review team is "Effective". I acknowledge the efforts of you and your staff in creating the conditions for successful students.

The areas your school and the review team validated as being effective and those for which ongoing improvement is planned are noted.

The high level of respect engendered in the College is evident in the appreciation for the genuine care and commitment to positive relationships and partnerships. The vision articulated clearly and implemented authentically that a 'culture that promotes learning' is driven by the belief that every student is capable of learning and is the responsibility of every teacher to ensure student progress, augurs well for continued improvement.

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*Digby Mercer*

*Principal*

Calendar



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

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**Friday 27 September**

- Year 12 Assembly
- Last Day Term 3

**Monday 14 October**

- First Day Term 4

**Thursday 24 October**

- Arts & Technologies Showcase

**Saturday 26 October**

- Como's Community Celebration

**Monday 28 October**

- School Development Day

**Monday 14 October**

- P&C Meeting

**Monday 21 October**

- School Board Meeting

**Thursday 19 December**

- Last Day Term 4



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## Admin / Finance News

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### **Contributions and Charges**

Contributions and charges form a large part of the school's income for learning and teaching programs in the school. We have several families that have not yet paid contributions and subject charges for 2019 and it would be appreciated if these outstanding amounts could be finalised as soon as possible. Thank you to those who have completed payments for 2019 and for your cooperation in supporting the school in its focus to provide a quality education for all.

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

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

*You may like to consider starting a payment plan NOW to assist with completing payments.*

### **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](mailto:como.sc.admin@education.wa.edu.au)<sup>1</sup>, 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.

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### 2020 Course and Elective Preferences

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All Year 8, 9 and 10 students have now had the opportunity to express their preferences via Subject Selection Online for the courses and electives they would like to study in 2020. Year 7 and 8 students do not have a choice, except in the language they will study. This is because SCSA and the Department of Education has a set of rules they require schools to meet for this group of students.

Now that this information is in, we will work to accommodate as many requests as we can. Unfortunately, we always meet with the need to rationalise classes. We do not have resources to run classes that are too small. At the other end, the Department of Education sets maximum class sizes and we work to avoid exceeding these. This may mean your child misses out on a subject because it has too few takers to run, or because the class size limit has been reached. We try to work with students' pathways and interests, but cannot always accommodate these.

Grace Bradley

Deputy Principal

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### OfficeMax Winc Booklist Voucher Scholarship 2020

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OfficeMax Winc are offering scholarship vouchers to the value of \$250 each to be used towards the payment of 2020 Como Secondary College student booklist items. These vouchers may be used for the purchase of textbooks and / or stationery from OfficeMax Winc.

Applications for the OfficeMax Winc Booklist Voucher Scholarship 2020 are open to 2019 students Years 6-11. Further information and application forms can be found here <sup>2</sup>

Please note applications close 3.00 PM Friday 01 November 2019.

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<sup>1</sup><mailto:marilyn.thrower@education.wa.edu.au>

<sup>2</sup><http://como.wa.edu.au/>

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## THE ARTS - DANCE & DRAMA

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### Youth on Health Festival 2019

Big congratulations to everyone involved in YOHFEST 2019!

On Monday the 2nd of September, 40 Como students and teachers travelled to the Mandurah Performing Arts Centre to perform their pieces based on the theme of BELONGING. The students were involved in a long day of rehearsals and performances, both the Drama and Dance teams received positive feedback from the judges and supporters. Drama team were awarded a merit certificate for a *'Well Embedded Message and Excellent Stage Crew'* for their performance **"Somewhere to Belong"** and Dance team were awarded a merit certificate for *'Innovative Staging'* for their performance **"Tribe"**. The Drama team were also awarded *'The 2019 Peel Regional Award for The Highest Health Message Score Overall'*. A big thanks to all the students involved, the teachers Mx Phan and Ms Davis and helpers Robyn Lewis and Jane Windeyer for their support on the day. Good luck to everyone, and fingers crossed we progress to the grand -final.









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### *THE ARTS - MUSIC*

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#### **Jazz Festival 2019**

On the 25th August the WA Schools Jazz Festival and the Essentially Ellington Jazz Down Under was held at WAAPA (Western Australian Academy of Performing Arts) in Mount Lawley. Como had five bands participate; Year 8, 9, 10 class bands and both Junior and Senior Stage Band. The Year 8s and 9s along with the Junior Stage Band attended the Jazz Festival whereas the Year 10s and Senior Stage attended the Ellington Jazz where they were required to perform at least one Ellington

repertoire and were given the opportunity to attend a workshop with Vincent (trombone) and Jerome (drums) from New York City. All five bands were known for playing enthusiastically under the conducting of Miss Wild, Mrs Turner and Mr S (who name is too complicated to spell). Overall the thrill of performing and the helpful feedback from our visitors enlightened our weekend. It was also a great opportunity for those wanting to have a career in Music to see what type of environment they would be able to attend after leaving Como. We hope to be able to attend these festivals for many more years to come.

Matt Van Bueren & Emma Smith



**WAYJO – Afro-Cuban Explosion**

On September 6th, 40 students in years 7-10 set off to participate in the final WAYJO Schools' Concert. The WAYJO band was directed by Marty Pervan, an awesome trumpet player, who taught us about the way Latin music has an influence on Jazz. He asked a few students to play auxiliary percussion on stage and Jonah Lindsell (year 7) got to play the claves with the band! At the end, everyone got a free bag from Act, Belong, Commit, who sponsor the event. We can't wait for next year's WAYJO School concert events!





### **Como Secondary's Musicians of the Month!**

Year 7 – Thomas Greenway

Year 8 – Tai Dolberg

Year 9 – Bianca Vince

Year 10 – Liam Clement

Year 11 – Emma Smith

These five students have been nominated by Como's Specialist Music program as August's musicians of the month. Each student has shown dedication and a high level of musicianship.

Congratulations! Keep up your awesome work!!

Music Department



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*EMITS*

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### **Science café**

*"On Thursday during week 7 I had the pleasure of taking eight Year 10 EMITS students to Science Café at UWA."*



It was packed with enthusiastic Science, Technology, Engineering, and Mathematics professionals who would spend time at the tables with the kids talking to them about their job and letting them ask many questions.

I sat next to my High School Science teacher, on the teachers table, funnily enough! We were visited by some of the STEM professionals also. This made me remember why I love Science and teaching it to young students.

One lady had brought in a small telescope which helped her identify hundreds of super massive black holes within various galaxies! Whilst a geologist had brought in a 100 million year old bacteria fossil from WA!

Being surrounded by so many professionals was inspiring because it really showed what's possible for teachers if we stoke the fire within all of our students.

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"I really enjoyed this experience not only for the guests we were able to hear and speak too, but also being able to collaborate with other teachers across many different schools. Whoever gets to take the kids next year is a lucky duck!" Mr O'Connor

"I really enjoyed Science Café. For the first round of speakers we were sitting in our schools and we talked to a physicist, sports scientist, project manager from Chevron and a language evolution researcher." Mei

"We talked to lots of interesting people in lots of different fields of work. All of the people were friendly and I would definitely recommend others try it out." Oliver

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### **Western Australian Young Innovator of the Year Awards**

Congratulations to Year 10 EMITS JSI team, HomeBox for being a semi -finalist in this prestigious competition. The team consisting of Raiyah Bagley, Mei Proctor, Matilda Oakes, Tara Parker, Kobi Nguyen and Jack Harris are pitching to the evaluation panel on Friday 20 September and we wish them all the best.

Here's a picture of the team pitching in the JSI finals on 1 August.



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## TECHNOLOGIES

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### Food

Our Year 12s have been busily finishing their major projects before they finish at the end of term. They have been hard at work testing preserves, including a Capsicum Chilli Jam that was so popular more batches will be made as they make their appearance on canapés in the upcoming Arts and Technologies Showcase. They also produced a buffet for their peers, after testing out their skills on staff for the Cancer Morning Tea.

Our Year 11s took part in a bake off and are now trialling a menu of canapés for the Arts and Technologies Showcase, catering to different diets including vegan, Halal, gluten and lactose intolerances. All of their dishes are nut free.

In Year 7, students have been creating omelettes, Year 9s are working on pasta dishes and Year 10s are creating dishes with pastry.

We hope you will join us at the upcoming Arts and Technologies Showcase, where our canapés will be served. The students have been developing skills that will enable them to work in a variety of food and catering environments.











### **Year 7 Digital Technologies**

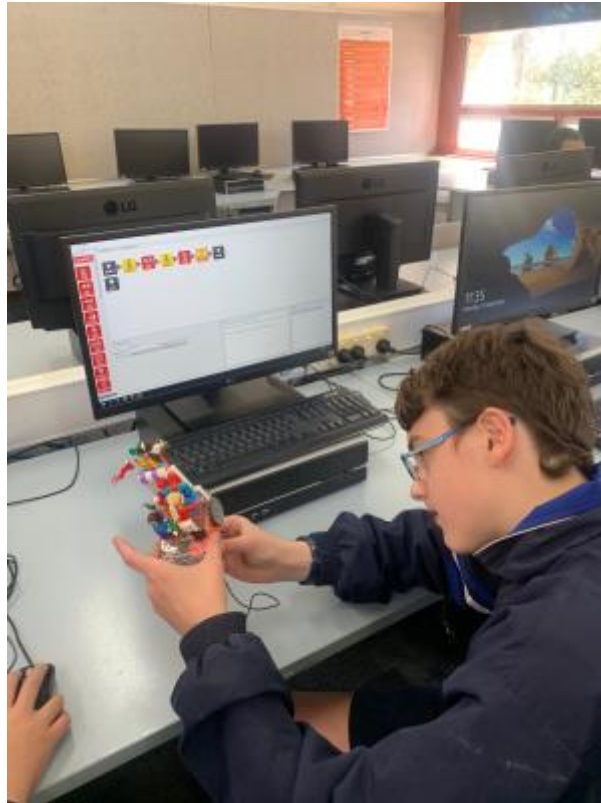
The Year 7 group have been learning about algorithms, competing in an algorithm treasure hunt and learning how to use the Edison robots.











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## SCIENCE

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### **Aurecon Bridge building competition**

On Thursday the 5th of September a group of year 9 students took part in the Aurecon Bridge building competition, held at SCITECH.

The competition is open to students in year 8 and 9 across Australia and New Zealand. They were required to design and build their bridges given a set of specifications. The bridges were load tested and assessed for visual appeal, workmanship, creativity and functionality on the competition day.

The students developed their skills working in teams and had to engage in planning, construction and evaluation of their design. The students had a lot of fun and hopefully inspired them to pursue a career in STEM.

Lydia Richardson







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## *FUTURELINKS*

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### **Futurelinks Camp to Perth Hills Discovery Centre and Perth Observatory**

Futurelinks staff and Year 11 and 12 students visited the Mundaring State Forest during the 2019 class camp at Perth Hills Discovery Centre, located 45km's East of Perth within the greater Beelu National Park. Staff and students would like to thank Kerry Grogan (parent helper) and Youth on a Mission for their time and energy as valued volunteers.

Students participated in interactive, nature based activities, including the Department of Biodiversity, Conservation and Attractions 'Nearer to Nature Schools' educational programs fostering awareness and appreciation of traditional Aboriginal culture, surrounding Jarrah Marri forest and local native animals.

The group discovered new skills working in groups and independently, including camping, the environment, volunteer projects, assisting with meal preparation and putting up tents and potential hazard identification and reporting.

Students also visited the Perth Observatory located in Bickley for a Night Sky Tour using a collection of telescopes viewing star clusters, nebulae and galaxies, and the occasional meteor. The Observatory offers public education services and has been active in our state over the last 120 years, becoming listed on the state Heritage register since 2005 in recognition of the centres scientific and historical significance.

All campers agreed the range of activities and challenges were a great experience enjoyed by all, and benefited by learning new skills which they could draw upon in the future. Well done to our students for making the 2019 Futurelinks camp one to be proud of.



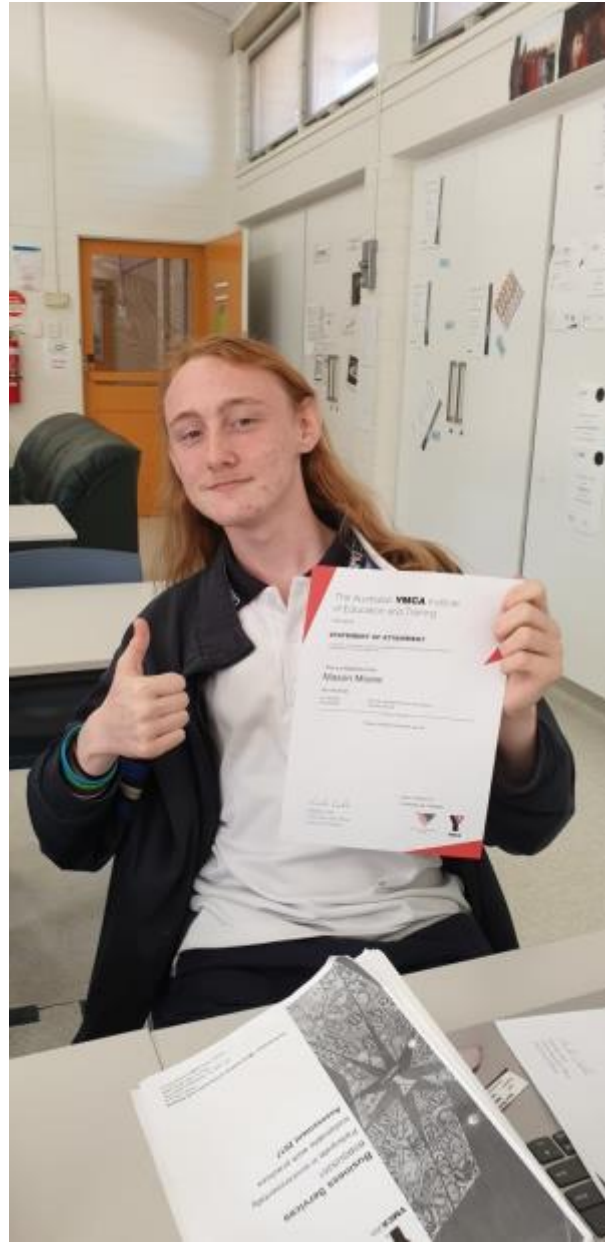


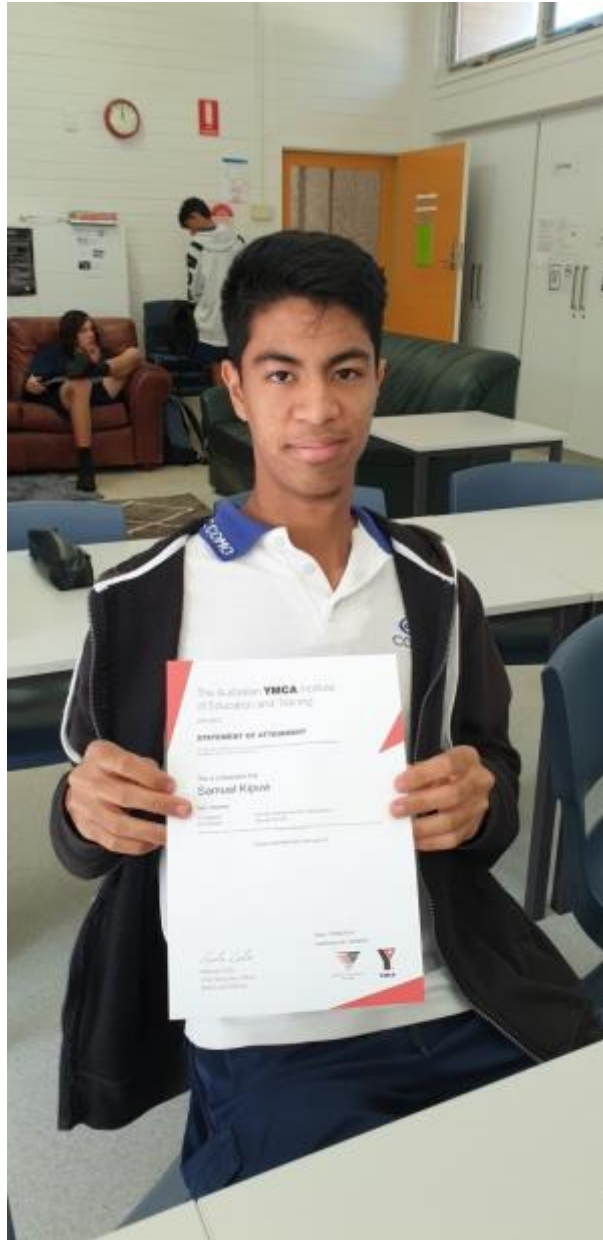


**St John First Aid**

This year, 6 students successfully completed their HLTAID001 (Provide cardiopulmonary resuscitation), HLTAID003 (Provide first aid). Congratulations to Connor, Mason, Sam, Tiah, Cobey and Abi.



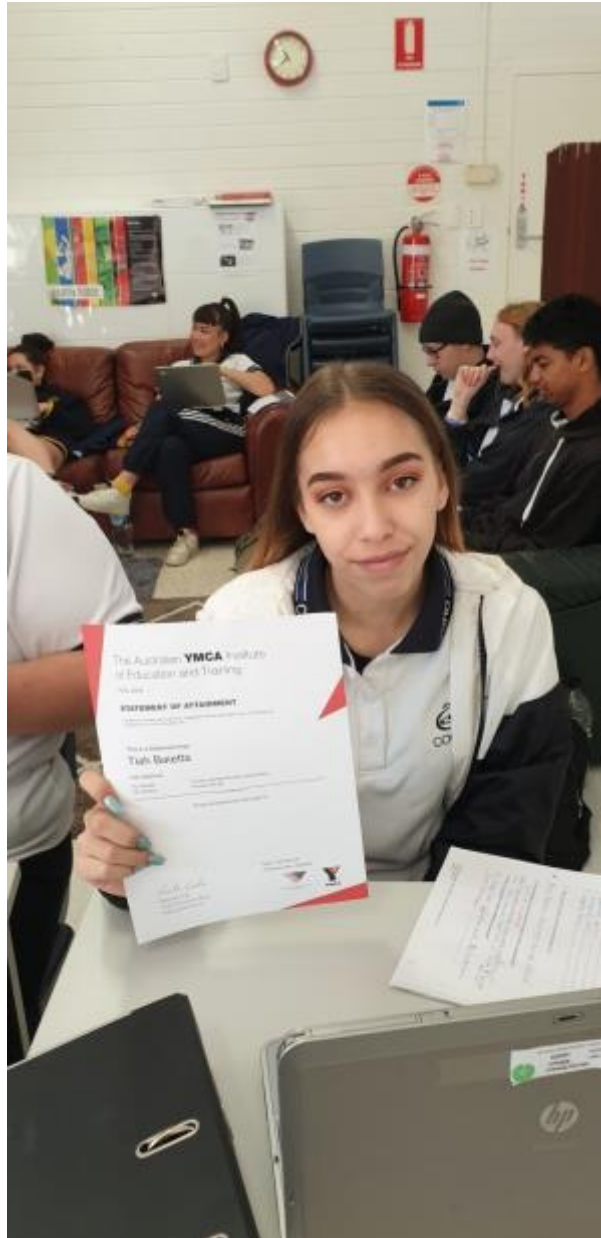












### **Future Links Older Sibling Support (FLOSS)**

A group of young adults from Youth With a Mission visited us once a week to assist students catch up with their work and to assist with challenges facing young adults. This helped to develop confidence in our students as they navigate through their emotional and uncertain teenage years. Thanks to Sydney and Gabriel for your ongoing support.



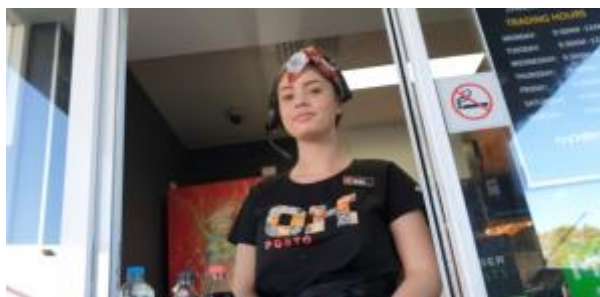




### **Apprenticeships; ASBT; SBT; ADWPL and work experience**

Congratulations to the following students on their achievements:

1. **Lewis Thom** for completing his ADWPL at MERCEDES and starting with Genesis Craft Boat-Buliders.
2. **Thomas Grogan** for starting his ADWPL at City of South Perth and then at Bike Force.
3. **Cobey Fardoe-Edwards** for starting his SBT and working at SALSAS.
4. **Stephanie Khosa** for starting her ASBT with Smyl and working at Best and Less.
5. **Anthony Whitehead** for starting his ASBT with SMYL and working at Rebel Sports .
6. **Tiana Hornby** for completing her ADWPL at BUNNINGS.
7. **Abi Suiter** for starting her SBT with OPORTO.
8. **Mason Moore Welling Heathcoat** for commencing his ADWPL at Australia Post.
9. **Alexina Wambui** for obtaining employment at Betts.
10. **Connor Johnson** for his employment with KFC. Good luck also with your interviews with Hungry Jacks and Dusk.
11. **Ali Omar** for his employment at KFC.





### **CTF EXCURSION**

On Friday, March 8, 2019 the Futurelinks group travelled to the CTF (Construction Training Fund) facility in Belmont.

This venue is funded by the Building Industry and houses inactive displays for the trades, professional and para-professional vocations involved in the Building Industry, from Commercial, Infrastructure to Domestic building.

The students carried an electronic device on a lanyard upon which they were able to scan and record jobs that interested them the most. On return to school, the students received their results via email where they were able to research their vocations of interest for further education and training required.

CTF is a most valuable and effective resource for students who are researching the world of work and their roles in it.













### **Year 12 Certification Results**

Six students completed their Cert 11 in Business. Fantastic effort Thomas, Erika, Lewis, Tiana, Alexina and Stephanie.

Two students completed their Cert 11 in Retail. Well done Cobey and Abi.

Cobey is also on track to complete his Cert111. Keep going Cobey- you are almost there.

A further two students are on track to complete their Cert 11 in retail. Stay focussed Stephanie and Anthony - you are almost there.

### **White Card**

On 5 August 2019 a group of 10 Futurelinks students and 10 mainstream students accompanied 3 adult staff members to complete their White Card - CPCWHS1001 at South Metro TAFE, Thornlie Campus.

“The White Card - CPCWHS1001 - Prepare to work safely in the construction industry

This is a 6 hour / 1 day course. The White Card is a mandatory requirement for anyone seeking to undertake construction work. The unit requires the person to demonstrate personal awareness and

knowledge of health and safety legislative requirements in order to work safely and prevent injury or harm to self and others. It covers identifying and orally reporting common construction hazards, understanding basic risk control measures, and identifying procedures for responding to potential incidents and emergencies. It also covers correctly selecting and fitting common personal protective equipment (PPE) used for construction work. This unit meets the general construction induction training requirements of: Part 1.1 Definitions and Part 6.5 of the Model Work Health and Safety Regulations; Division 11 of Part 3 of the Occupational Safety and Health Regulations 1996 for Western Australia; and Division 3 of Part 5.1 of the Occupational Health and Safety Regulations 2007 for Victoria. It is expected that site-specific induction training will be conducted prior to conducting construction work. Licensing, legislative, regulatory or certification requirements apply to this unit. Relevant work health and safety state and territory regulatory authorities should be consulted to confirm jurisdictional requirements.”

Congratulations to the students on achieving 100% for their WHITE CARDS and for their outstanding behaviour while at Thornlie TAFE:



1 - Samuel Kipuw, Connor Johnson, Mason Moore, Thomas Grogan, Tiana Hornby, Steph Khosa, Lewis Thom, Erika Vary, Alex Wambui, Jacinta Wozencroft, Trinity Van Der Linden, David Campbell, Samantha Pope, Halimah Rennie, Rhen Kocken, Yerusaw Gebreselassie, Murat Korkmaz, Godwill Kara, Noah Thom and Cody Taylor.

### **Communicate in the Workplace**

Twenty five Como Secondary College students have been invited to complete their Conduct Workplace Communication - CPCCCM1014A at South Metro TAFE, Thornlie Campus on Thursday 19th and Friday 20th September 2019, starting at 8:30 am and finishing at 3:00 pm on both days.

“Conduct Workplace Communication - CPCCCM1014A” – This is a 12 hour / 2 day course. This unit of competency specifies the outcomes required to communicate effectively with other workers in a construction workplace environment. It includes gathering, conveying and receiving information through verbal and written forms of communication. This unit of competency supports achievement of communication skills carried out as an integral part of routine work.

### **Future Links Contribution to the Health Expo**

On the 23rd of September, the Futurelinks group was fortunate enough to be invited to cater for lunch for the presenters of the Health Expo.

Over several week, the students prepared sweet and savoury foods that were served for lunch during their foods classes. The foods were cooked and frozen and then thawed and reheated on the day of the expo. Everyone agreed that the food was amazing and many compliments were received.



Futurelinks Staff: Ronny Naidoo, Lea Vernon and Elizabeth McFerran

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*CHEERLEADING*

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This month the after-school cheerleading team competed and placed second at the Australian All Star Cheerleading Federation State Championships. Well done to the team, and keep an eye out for some of them at Como's 50th Anniversary Celebrations.

Ms Russell.





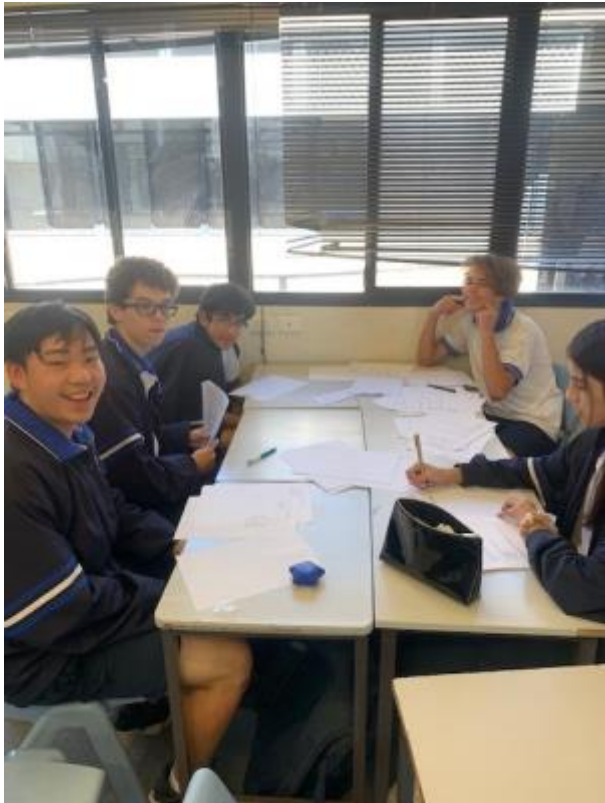
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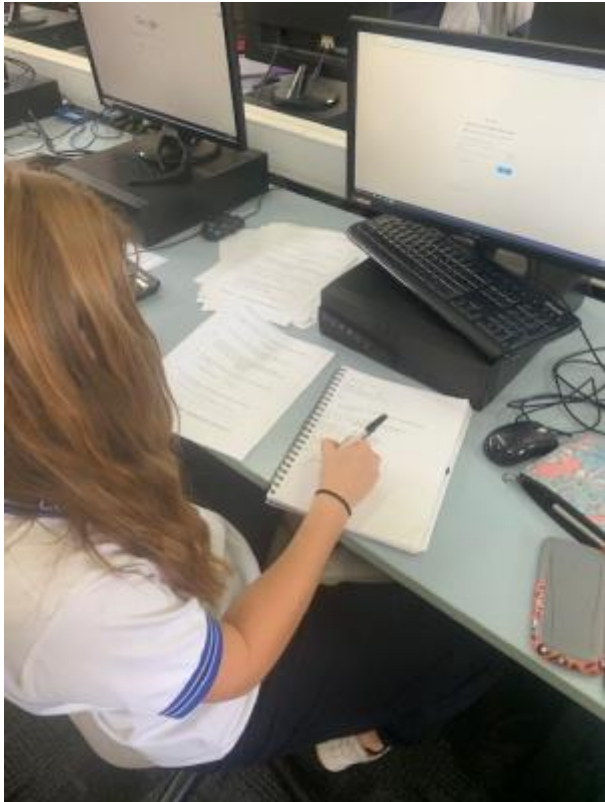
### *YEAR 9 BUSINESS*

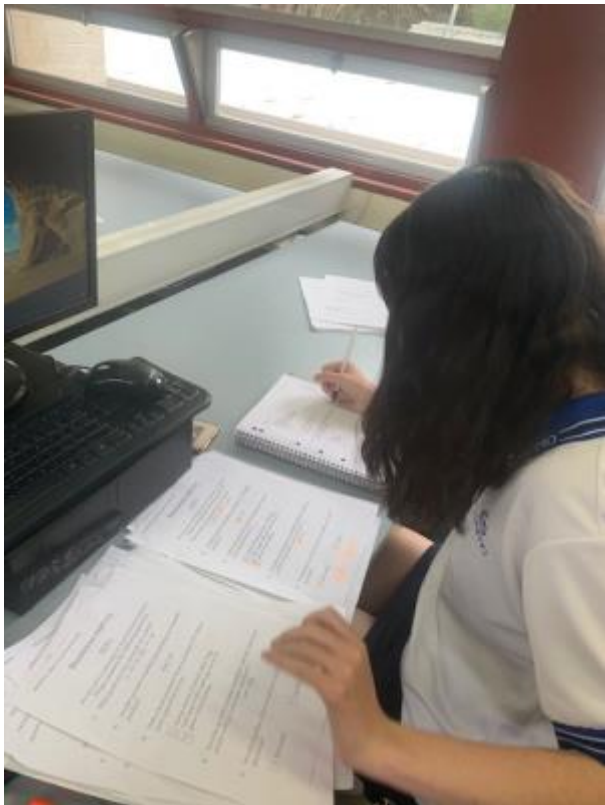
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The Year 9 Business group have been working on developing a business idea, creating a survey, completing market research and presenting their business idea. They have been working collaboratively in their business groups and learning all about what it means to be enterprising. The Year 9 business groups will be launching their businesses in Term 4.



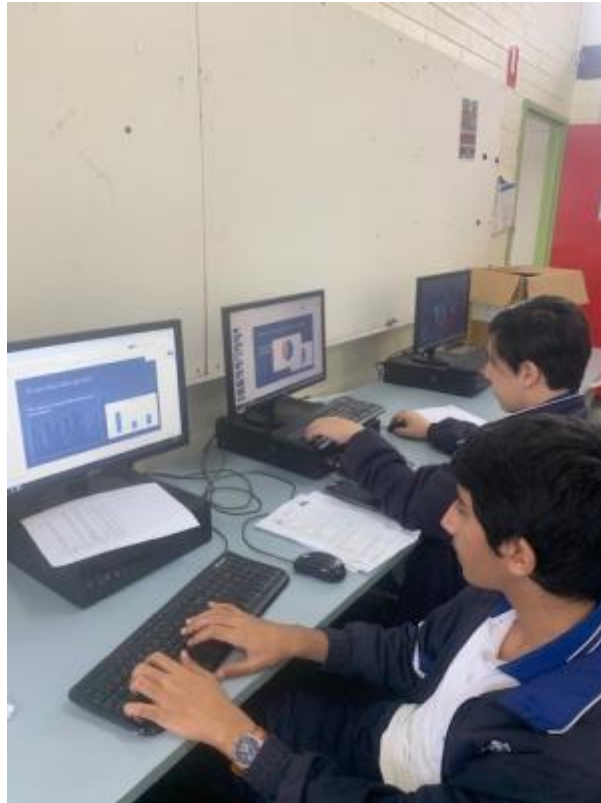










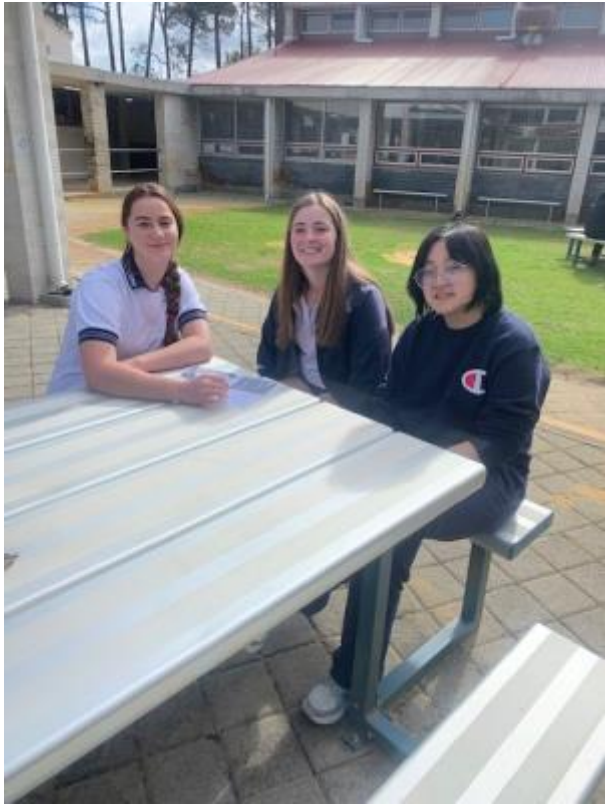


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### *YEAR 11 BUSINESS MANAGEMENT & ENTERPRISE*

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The Year 11 Business Management & Enterprise class had visitors from Japan and China join our class for a week. We learnt a lot about their culture and we taught them about the Equal Employment Opportunity Act 1984 (WA) and the Fair Work Act 2009.





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*HEALTH & PHYSICAL EDUCATION*

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**State Representatives**

Como has a tradition of students excelling in different sports but in particular Golf and Hockey but also many other sports. The following students have recently participated at National Championships.

Golf:

- Mai Julius (yr 10) was a member of the School Sport WA 18yrs & under Girls Team that finished 5th at the School Sport Australia National Championships held in Mandurah from the 25th-30th August.
- Jordan Jung (yr 11) was a member of the School Sport WA 18yrs & under Boys Team that won gold in the Match play at the School Sport Australia National Championships held in Mandurah from the 25th-30th August. It is WA's first win since 1999. Our Teacher-In-Charge of Golf, Mr Adam Smith was the Team Manager for the Boys. Congratulations!

Hockey:

- Georgia Hiskins (yr 7) was as member of the School Sport WA 12yrs & under Schoolgirls Hockey team that won a Bronze Medal at the School Sport Australia National Championships in Bendigo from the 17th-24th August.

Cross Country:

- Saysha Pillay (yr 10) was a member of the Sport WA Cross Country team in the 14/15 years girls age group that competed at the School Sport Australia National Championships in Wollongong from the 22nd-26th August. Saysha unfortunately did not finish the race withdrawing with injury. The WA team finished 4th in the 14/15 age group.

The following students have recently been selected in State Teams and will be heading off to their events later in the year.

Hockey:

- Lachie Gawel, Zed Kearnan (both yr 7) & Jackson Harmsen (yr 8) have been selected in the WA under 13 boys hockey teams to compete at the Hockey Australia Under 13 Carnival to be held in Hobart, from 2nd to 8th October.

### **Year 10 Lightning Carnival Results**

On Thursday 15th August over 45 students represented Como Secondary College in the Year 10 Lightning Carnival against eighteen other high schools within the South East Metropolitan area of Perth.

It was an enjoyable day for all involved and the students benefited from putting into practice many of the Movement for physical activity skills that they have been learning in Health & Physical Education classes.

## Results

Team	Result
Boys Basketball	=13 <sup>th</sup>
Netball	
Boys Soccer	8 <sup>th</sup>
Girls Soccer	Runners-Up

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A big thank you to our coaching and managerial staff, Ms Robyn Lewis, Mr Roy Dobson, Mr Shaun Middleton & Mr John De Bes: to Mrs Anne Stingemore for running the Basketball competitions: and to our student officials: John Augustin, Joel Bambi, Indiana Devonshire, Oumar Diagne, Lincoln Keenan, Chhavon Kong, Emma Ormond, Dakota Phillips Chambers, Alessandra Pizzirani, Godwill Kara, and Chelsea Wilerubun.

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*2 - Year 10 Boys Basketball Team*



3 - Year 10 Boys Basketball team in defence



4 - Year 10 Boys Basketballers on the Bench



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### **Outdoor Education Highlights**

Year 12 Outdoor Education students embarked on a 3 day camp down to Dwellingup from August 14th- 16th. The camp was a culmination of their course and formed part of their assessment for units of competency for the Certificate II in Outdoor Recreation. The Year 12's participated in the Tree Top Adventure high ropes course, canoeing on the Murray River and mountain biking sections of the Munda Biddi and Marrinup trails. Students made the most of the opportunity to apply their recreation skills, develop their understanding of leave no trace principles and enjoy the tranquil outdoor environment of the Murray River within the Lane Poole Reserve.

The Year 11 Outdoor Education class is closing in on their SeaTrek expedition, 30th October to 1st November. Students have finished their Recreational Skippers Ticket and Power Boating course and have begun to learn the sailing component of their course.



*6 - Year 12 Outdoor Education Class in Dwellingup*



*7 - On the Marrinup Trail*



*8 - Year 11 Sailing*





*9 - Year 11 Sailing*

### **Upcoming Sports Events**

- Monday 21st October – School Sport WA ‘C’ Division Athletics Carnival
- Thursday 24th October – Family Day (Golf Academy)
- Wednesday 20th & Friday 21st November – Golf Academy Championships
- Wednesday 11th December – Golf Awards Night
- Thursday 12th December – Hockey Awards Night

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### ***HOCKEY ACADEMY***

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Thursday 5th September saw defending David Bell Cup Champions Como Secondary College take on Narrogin Senior High School in the final.

The first quarter proved to be a tight affair, both sides keen to play possession and be secure at the back. Como broke the deadlock inside the first two minutes of the second quarter with a penalty corner goal to 2019 All-Australian goalkeeper, Hunter Banyard, who is very hand on the field as well. Como doubled their lead again through Banyard in the 21st minute. Narrogin had plenty of chances of their own but failed to convert and when Como scored two goals in the last three minutes of the first half, a penalty corner goal to Daniel Cope and a field goal to Charlie Norman, they had broken the game open.

Two more field goals in the third quarter one each to Cope and a superb team build-up goal to Banyard put Como 6-0 in front at three-quarter time.

As the fourth quarter began Narrogin searched for goals and some respectability to the scoreline. Como were able to open their play up even further, this resulted in further scoring opportunities, with four field goals all inside the last 9 minutes, two to Charlie Norman and one apiece to Kirby Hobbs and Brodie Hiskins. While the 10-0 scoreline may have flattered Como in this year's final, their dominance in this competition is staggering, 2019 was number 6 in succession and the eighteenth in the twenty years of the David Bell Cup.

Charlie Norman, a member of the School Sport WA 16 years & under schoolboys hockey team from 2018 was awarded the DIBS medal as player of the final.

In other results this season, our junior teams took on a strong field in the SSWA Ross Meadows Shield South Division. The Como Ducks won 3 of 4 in the Pool B round matches, successfully defeating both John Curtin outfits, and Bunbury CGS Girls. With a crossover match the only thing standing in the way of a finals birth against the top of the Northern Division, Bunbury CBS Boys were too strong for our young, future champions.

The Como Swans had a tougher day at the office. A team comprised mostly of our youngest Hockey Academy Members, a draw with Melville SHS was the best result of the day. Hopefully the experience was rich with hockey "life-lessons", we are excited to see what the future holds for our junior Academy superstars.

At the time of writing, the Buchanan Cup Final is yet to be played. The semi-final day saw what was arguably one of the most exciting crossover finals in recent history. Como secured second spot in Pool B after suffering just one loss to Albany's Great Southern Grammar. One win from a finals chance, Bunbury SHS and a three-round penalty shootout was the only thing standing in their way. Scores were locked at 1-1 at the end of normal time, sending the two teams into a shootout battle.

Scores were tied at 4-4 after the first round of shootouts, sending the 5 strikers and goal keeper Imogen Dawson into round two, where the rules turned to sudden-death. At the end of round two, scores remained tied, with every decision becoming crucial to the final outcome. Round three saw Bunbury SHS score first, placing pressure on Pheobe Collard to equalise. After the keeper made an initial save, Pheobe seemingly squeezed every last breath out of the clock and scored with a well-struck hit on the turn from the top of the circle. Imogen Dawson stepped up to defend Bunbury's second attempt, moving effortlessly to defend her right post. Closing the strikers angle, she was able to make the save, sending Rosalie Frichot in to secure a place in the final. Calm under pressure, Rosalie was up to the challenge. With a textbook drag to the keepers left, she sent the ball into the back of the net. In doing so, Como have a chance at redemption against Great Southern Grammar, in a final that will likely take place early next term.







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## GOLF ACADEMY

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### Gold, Gold, Gold for WA Boys at Mandurah

Congratulations to the School Sport WA 18 and Under Boys Golf Team for winning the Gold Medal at the School Sport Australia Golf Championships. This prestigious event, which has previously been major winners such as Jason Day and, our own Ambassador, Hannah Green, provides an opportunity for the best school state players in the country to play against each other in both stroke and match play formats. The WA boys, alongside New South Wales, secured the title by winning four of their five matches against the other states at some of Mandurah's best golf courses – Mandurah Country Club, Meadow Springs and The Cut.

The boys team was Captained by our very own Golf Academy Captain Jordan Jung (second from the left – holding the trophy) who made his third appearance in this event. The boys also won bronze in the team stroke play event. Congratulations to year 10 Golf Academy Captain, Mai Julius, who also made her second appearance for the girls team. Adam Smith (far right), the Teacher in Charge of Golf at Como was the Boys Team Manager and was extremely proud of both Jordan's and Mai's performances. An enjoyable week by all in which many positive memories were made.



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## YEAR 10

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We have had a busy term in Year 10. Our subject selections have been completed and we are all trying to work hard to maintain our grades, ready for Year 11. We had had Year 10 students represent us at the Music Tour, Hockey and Golf competitions and the Just Start It Competition. Keep working hard and making good choices Year 10s!











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### *P&C News*

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#### **Our next 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 on Monday 14 October 2019**

#### **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.

**CHANGE TO OPENING HOURS:** Now open every Friday 8.15am – 9am

Location: B Block

Enquiries: [comoseconds@outlook.com](mailto:comoseconds@outlook.com)<sup>3</sup>

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<sup>3</sup><mailto: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.

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## *COMMUNITY CONNECTION*

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### **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](http://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 known.

### **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](mailto:info@headspacefreo.com.au)<sup>4</sup>. 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](mailto:info@headspacefreo.com.au)<sup>5</sup> 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@headspacefreo.com.au](mailto:info@headspacefreo.com.au)<sup>6</sup> with the subject 'Sex Talk'

## **School Presentations, Workshops and Events**

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<sup>4</sup><mailto:info@headspacefreo.com.au>

<sup>5</sup><mailto:info@headspacefreo.com.au>

<sup>6</sup><mailto:info@headspacefreo.com.au>

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@headspacefreo.com.au](mailto:info@headspacefreo.com.au)<sup>7</sup> 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](mailto:Como.SC.AdminSupport@education.wa.edu.au)<sup>8</sup>

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

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<sup>7</sup><mailto:info@headspacefreo.com.au>

<sup>8</sup><mailto:Como.SC.AdminSupport@education.wa.edu.au>