



# Como Secondary College 10 Nov

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Newsletter

10 November 2019

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Welcome to our first Term 4 2019 eNewsletter.

Articles include:

- **Principal's Message**
- **Calendar**
- **Admin / Finance News**
- **Inaugural Teaching Fellows Forum**
- **Following Her Dreams!**
- **The Arts - Music**

- **Health & Physical Education**
- **Hockey Academy**
- **Golf Academy**
- **Year 10**
- **P&C News**
- **Community Connection**

## Principal's Message



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### *50th Anniversary Celebration*

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The 50th anniversary community celebration open day was a great success. It was very satisfying to see old friends catching up, young families with prams and little ones strolling through the grounds and people of all ages having a good time. As for our 40th anniversary the library was the hub of the event. Past students were eager to go through the old year books and memorabilia to find pictures of themselves or classmates, and often it was here that people were re-united after many, many years.

Leading into the open day the Arts and Technologies Showcase provided a great opportunity for students to display their talent. The dance and drama performances were very entertaining, and on display were outstanding examples of photography, art, woodwork and metalwork. To make sure that all the senses were engaged, the our Home Economics students and teachers expertly catered for the event. Many thanks to those Arts and the Technologies staff who contributed to make the Showcase a success and a great introduction to the main event two days later.

The 50th anniversary celebration was a genuine community event and there are many to thank. The support of the P&C was crucial. They provided \$5,000 of seed funding to get the project moving and then agreed to underwrite costs if our funding to Lotteries West and the City of South Perth were unsuccessful. Fortunately, and to our great relief, we were informed just before the event that our applications were successful. Our thanks go to Lotteries West for a grant of nearly \$10,000 to the P&C and to the City of South Perth for a grant of \$4,000 to the school.

Other sponsors were the Preston Street IGA, John McGrath MLA, the honourable Kate Doust MLC, Ian Hutchinson Real Estate and South Perth Travel. Special mention goes to Como Rotary who help the school in so many ways and on the day managed the event parking.

One of the highlights of the day was the unveiling of Maali. The sculpture is based on the school's emblem and symbolises the school's location at the junction of the Canning and Swan Rivers and incorporates the letters CSC. Maali is the Noongar word for swan. It was constructed from recycled stainless steel and was a hit with the crowd. Two of Como's original staff members, Barbara Mellor and Shirley Oxenham unveiled the statue. Maali should be around for our 100th celebration in 2069. The sculpture is was funded by a generous donation from the P&C and is the first of what I hope will be several sculptures to grace the school grounds.

We have received a large amount of positive feedback from former students and local families. There was something for everyone. Many thanks to Mrs Wendy Mobley, the event organizer, and to the organising committee for a job very well done.

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### *Mobile Phone Policy*

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The new policy, banning the use of mobile phones at school except for education purposes, comes into effect next year. I am in the process of rewriting our policy in light of these changes. In general, Como students have become increasingly responsible users of mobile phones over the past decade. Mobile phones are becoming more and more useful as an educational tool, therefore a blanket ban would be inappropriate. I am not envisaging significant changes to the school's existing policy although it is good to have the back-up from the Government when students do use their phones inappropriately. I will be presenting our new policy to the next School Board meeting.

*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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### **Monday 11 November**

- P&C Meeting

### **Friday 15 November**

- Final Day Year 11

### **Monday 18 November**

- School Board Meeting

### **Wednesday 20 November**

- Golf Academy Championships

### **Thursday 21 November**

- Golf Academy Championships

### **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), 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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### *Inaugural Teaching Fellows Forum*

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As a 2019 Teaching fellow, part of the Commonwealth Bank Teaching Award program, I was invited by Schools Plus, in partnership with Commonwealth Bank, to attend the inaugural Teaching Fellows Forum held in Sydney from 27 to 29 October 2019. The event brought the alumni from the first three years of the program together to learn from experts and each other. A rare opportunity for us as educators.

The Forum, focused around the theme of "Leaders of Today for Leaders of Tomorrow" was a unique professional learning opportunity to meet and work together with the other 35 Teaching Fellows from around Australia, including four outstanding practitioners and Teaching Fellows from Western Australia :

- Ashley Stewart, Newton Moore Senior High School
- John Townley, Cecil Andrew College

- Craig Skinner, Bayswater Primary School
- Wilbur (Charlie) Klein, Tjuntjuntjara Remote Community School

There was an exclusive gathering for us to learn from select leaders in education, academic, business, government and philanthropy who recognise that Australia's future education challenges are everyone's concern and who are committed to equipping young people, regardless of background to thrive in work and life.

To launch the Conference, ANZ Chairman David Gonski and Commonwealth Bank Chairman Catherine Livingston spoke on Sunday night to all fellows attending the two-day conference at a cocktail reception, moderated by James Thompson, The Australian Financial Review. One of the most interesting discussions during the evening was around what Livingston and Gonski believe the education system needs to instill in students to meet requirements of a modern place. Both advocated that in the modern workplace, less is more - less focus on filling students' head with as much knowledge as possible, and more focus on leaving space to open minds such that students are taught to think logically and analytically.

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" I wonder if we hadn't been too focused on helping students get all of this knowledge versus helping them to think." Livingston said.

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Livingstone added that the ability to manage complexity and prioritise in a rapidly changing world was also essential, and argued this emphasised the importance of developing continuity between education and employment.

Other guest speakers included Dr Peter Gross from Grattan Institute, Simon Kuestenmacher from the Demographic Group, Dr. Annie Gowing and Maxine McKew from the University of Melbourne, Rosemary Conn CEO of Schools Plus, Kylie MacFarlane, General Manager Corporate Responsibility Commonwealth Bank of Australia.

All Fellows across cohorts participated in conversations, panel discussion and workshops. This was truly a special professional development opportunity from which I have gained insights, learning and inspiration from meeting and working with experts and educators to positively impact education at all levels from individual, to school to system.

I left the conference and came back to Como feeling rejuvenated - armed with new knowledge and a handful of real connections.

Jessica Colleu Terradas

Teacher SAER

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### *Following Her Dreams!*

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Jay-Lah McKie, one of our star year 7 students and member of our Follow the Dream family, has been invited to represent Western Australia in the Indigenous Netball Championships. She will be heading to the Gold Coast from the 14th to the 19th of January, 2020 and playing for the Western Heat. This is a huge achievement. We are all really proud of you Jay-Lah!



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### *Arts and Technologies Showcase*

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On Thursday 24th of October Arts and Technologies opened our Showcase exhibit and performances.

Parents, students, staff and community members were treated to a wide range of artworks, sculptural pieces, photography, media, woodwork pieces, materials design and technology images, food, digital technologies, and media, throughout the grassed area, the Performing Arts Foyer and the exhibit corridor. There was also an extensive music display and a Rock Eisteddfod costume display, as well as a photo booth and lolly jar guessing games, along with an audio visual display of clips from media and digital technologies, including Applied Information Technology.

The event was extensively catered by Como's food students and Year 10 and Year 11 catering volunteers and our parent volunteer Mr DeClerk kept guests sufficiently caffeinated.

Following the exhibit and our exhibit opening, performing arts students from dance and drama performed a variety of excellent pieces.



The event was an outstanding success, with more guests that we could possibly fit into the hall, with students, staff and parents lining the walls and craning their necks from the foyer to see. We'd like to thank everybody that came along to support the staff and students involved.

The exhibit remained up for Como's 50th Community Celebration.















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## THE ARTS - MUSIC

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### Perth International Festival

Saturday 09 November, 10AM-11AM

Free Event

**PERTH INTERNATIONAL jazz FESTIVAL**  
FRIDAY 8 - SUNDAY 10 NOVEMBER 2019

Casey Jazz Band

The School of Contemporary Music offers the greatest opportunity for students to explore their love of jazz. The program was established to encourage young music talent and raise the profile of music in the community.

This well-rounded program offers each year level in the Contemporary program a customized jazz band that enables the students to perform together during class time. Music-making is a performance art and as such we have always believed that students learn musical concepts more effectively by performing in their instruments.

The ensemble can participate in a range of activities including:

- Workshops
- Masterclasses
- Guest Artists

PERH JAZZ BAND

## Junior Concert Band Festival



Late in September, Como Secondary had 65 students participate in the annual WA Schools' Junior Concert Band Festival. They performed three pieces for the festival; Siyahamba, Atlantic Crossing and Portrait of a Clown – receiving an Outstanding (the highest award available!). Miss Wild even dressed up as a clown for the last piece!

This was the first performance for the group this year. Everybody had lots of fun and are looking forward to performing at the Twilight Concert at Como Secondary later this month.

## Music Ottomans

Como's music program has recently invested in some fantastic, colourful ottomans for the performing arts centre. They create a much more vibrant atmosphere allowing students to relax, connect and share in comfort. Providing a space for students to wait for music lessons or escape the harsh weather. They came in 2 sizes; 4 large ones and 3 small, with the larger ones including charger ports.

This article was written on one of the larger ottomans, I rate 10/10 :)





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

Year 7 – Alesha Sarracini

Year 8 – Michelle Turner

Year 9 – Mon Lwin

Year 10 – Radya Aksa

Year 11 – Fred Johnston-Horstman

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

Congratulations! Keep up your awesome work!!

Music Department





## **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.

Hockey:

- Lachie Gawel (Yr 7) was a member of the WA under 13 Storm boys hockey team that finished 6th and Zed Kearnan (Yr 7) & Jackson Harmsen (Yr 8) were members of the WA under 13 Lightning boys hockey team that finished 9th at the Hockey Australia Under 13 Carnival held in Hobart, from 2nd to 8th October.

## **Interschool Track & Field Results**

Over 100 students attended the School Sport WA 'C' Division Track & Field Carnival as part of the School Athletics team. 2019 was a disappointing result, despite the best effort of the students on the day, the team finishing in 8th position and being relegated to 'D' division for 2020. Disappointing yes, but the competitors did their best and that is all we can ask for. We will look to win 'D' division or the Meritorious Shield in 2020.

Those students that put in the time and effort in the five weeks of training in the lead up to the carnival, produced some excellent results. Across all year groups there were some strong performances, with Andy Petzke and Lucy Taylor winning both divisions of the Yr 7 Girls 800m, Jade Wright and Melvin Nwankwko in year 9, Kaela Usher and Sophie Wainwright in year 10, Daniel Cope's 3rd place in the Year 11 & Over 400m, to Saysha Pillay who won the Year 10 & Over 1500m and finished 3rd in the 800m, and the many other athletes who performed to their best for their school.

Our relays performed much better than in previous years, with 6 of the 10 teams earning a placing. While we are disappointed with 8th place and being relegated to 'D' division, when taking into account school population we can be proud of our efforts with only three schools scoring more points per student than Como.

1st Byford SC	1517	Points per student	1.15
2nd Canning Vale College	1385		0.93
3rd Lesmurdie SHS	1364		1.37
4th John Forrest SHS	1346		1.20
5th Hampton SHS	1329		1.67
6th Governor Stirling SHS	1197		1.37

7th Belride SC	1064	1.07
8th Como SC	<b>1052</b>	<b>1.26</b>
9th Ashdale SC	987	0.59

Standout performers on the day were:

**Amos Ndakirutimana (Year 9) who was year 9 boys runner-up**, winning the Discus, was 2nd in the Shot Put and Triple Jump, finished 3rd in the 100m and Long Jump,

**Rosalie Frichot (Year 12) finished in 3rd place in the year 11 & over girls**, winning the 100m, finishing 2nd in the 200m and Long Jump

**Joshua Thornton (Year 7) finished in equal 3rd place in the year 7 boys**, winning the Discus.

We had 10 new school (Includes Interhouse and Interschool carnivals) records: Andy Petzke (Yr 7 girls 800m); Saysha Pillay (Yr 10 girls 1500m); Amos Ndakirutimana (Yr 9 Boys Discus); Matthew Laidler (Yr 7 boys High Jump); Georgia Hiskins (Yr 7 girls 200m); Freya Wilson (Yr 7 girls Long Jump); and 4 relay teams (yr 7 girls, yr 7 boys, yr 8 boys and yr 9 boys).

A special thank you needs to go to year 12 students Caitlin Bentley, Pheobe Collard, Izayah Davis and Rosalie Frichot who turned up to lead and support the team, without their efforts we would have finished last.

Thanks needs to go to our outstanding helpers, in particular Ali Pizzirani, Val Logvinenko for their efforts as student officials and to Lilly Mann for her role as equipment manager.

Finally, a big thank you to the staff, Mr. Josh Findlater, Mrs. Anne Stingemore, and Ms. Robyn Lewis for their time and effort on the day and in particular to Mr. Findlater for his dedication to training for the five weeks prior. Time to replicate that dedication students!

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## **Year 11 Seatrek**

Seatrek marked the culmination of the Year 11 Outdoor Education course. It involved a 3 day sailing and powerboating camp where students further developed their sailing skills after successful completion of their Recreational Skippers Ticket (RST) earlier in the year.

After briefing, packing and rigging the boats on Wednesday 30th October the students set off in convoy down the Swan River. Using the knowledge of navigation, charts, markers and marine protocols they had developed throughout terms 2 and 3 this year the students made it to Pelican Point by late afternoon.

Camp was set up – with difficulty – in the gale force gusts and horizontal rain! The students all worked together to help each other out and get set up for the evening. A character building experience was one way to describe it!

Day 2 saw the group motor up-river to Maylands area for some sailing in what became very tough conditions. Sails were up, down, up again and down again multiple times over the course of the day! It is fair to say that the Como SC students are most definitely experts at rigging and setting the sails! A cold and wet afternoon resulted in some sorry looking faces come nightfall, but there was not 1 complaint to be heard! The students dried off and enjoyed some more campsite games which lifted spirits and created a few laughs.

Due to the adverse weather on days 1 and 2 there was still a lot of work to be done on Day 3. All the groups were up early to pack up camp and get on the water. The first group were on the water and finishing their final VET sailing units at 6:30am! Needless to say the hard work and lack of sleep paid off and Jeff (our Boatshed instructor) was able to pass each student as they showed off their sailing skills.

With everyone relieved to get through Jeff's testing it was back to the Boatshed to pack everything away. The dolphins even came out to say hi to everyone as we rounded Point Walter on the way back!

Although subjected to very poor weather conditions, the students all behaved exceptionally well throughout the camp and were a credit to both themselves and the school. A superb group which made for a very enjoyable and entertaining camp!

Congratulations to the students on a very busy year. They have achieved their Certificate I in Sport and Recreation (Outdoor Focus), Bronze Medallion with Resuscitation Qualification, RST, Senior First Aid and Powerboating and Sailing competencies as part of their Certificate I. Well done team!





### 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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### **Buchanan Cup Final**

On Monday 14th October, our 18-strong Buchanan Cup squad road-tripped their way to Narrogin to defend their 2018 title from Great Southern Grammar. Having lost to Grammar in the Semi-Final round match of this competition, this was just as much a chance for redemption as it was an opportunity to retain the title of Champion School for 2019.

Perhaps affected by the early start and the challenges of road travel, the first half saw a reasonably tight affair. Como opened the scoring reasonably early, before Great Southern Grammar equalised. Como found the net a second time and the scores remained 2-1 for much of the first half. Although it looked like we would enter half time with a 1-goal difference, Como scored again very late and went into the break with a confident 3– 1 lead.

As it turns out, this was a game of two halves. Como significantly raised the intensity early in the second term, netting twice within the first five minutes of the second term. They were able to stretch the capacity of Great Southern Grammar's defensive unit, and indeed the score line reflected this additional effort and quality of play.

The 8-1 final score line was convincing, and reflected the outstanding level of play our First XI girls were able to produce on the day. Not only did we walk away proud champions, we celebrated the success of Saysha Pillay's return to the squad as she was awarded the Ashleigh Nelson Player of the Match honorary medal.



### **Past vs. Present Student Indoor Hockey Match**

The Como Hockey Academy hosted a Past vs. Present Student Indoor Hockey Match to celebrate with the school during Como's Community Celebration on Saturday 26 October 2019.



Our current student contingent was fronted by Captains Ben Scott and Caitlin Bentley, and supported proudly by Madeline West, Shanti Artha, Amberley Abbott, Liam Mudd, Lilly Mann, Jordan Hahn, Kirby Hobbs and Isaac Hahn.

The oldies were a tight outfit, and undoubtedly had our current students for size and smarts. Thank you to Rhys Brnich, Kimberley Hocking, Jay Testar, David Ogden, Zoey Clifford and Taleisha Power for returning to the state's smallest indoor hockey centre, the Como secondary College Gymnasium, and putting on a show. It was wonderful to see you all and we thank you for your support of the Program and the School.



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## *GOLF ACADEMY*

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### **Golf Academy Shines at Community Celebration**

The Como Golf Academy students did an awesome job at the school's community celebration event, which was held in recognition of the school's 50th anniversary. The students put on a range of activities which the local community thoroughly enjoyed. Thank you to Golf WA for their continued support of the Golf Academy and a huge thanks to parents, Bread Espresso Bar and Curtin Stadium for their generous hamper donations. Our students raised an impressive \$355.00 in just over 4 hours, which is a fantastic effort.









### **Christmas came early for Hayden at Family Day**

The Golf Academy had another fantastic Family Golf Day at Collier Park GC. This event continues to be one of the highlights of the year with parents, siblings and cousins all teeing up alongside their family members who are part of the Golf Academy. Congratulations to our winner Hayden Faulkner, who flew back from Christmas Island a few days before, and his partner Stuart who had a net score of 62.5.

A fantastic score of 65 (-6) by Tommy and Tony McSkimming claimed the best gross prize. Well done to all other prize winners and a big thank you for the support from competitors and the staff at Collier.



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## YEAR 10

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The Year 10s have been working hard in class this term to set themselves up for success in Year 11.

We had a guest speaker from Armed for Life talk to the Year 10 group about consent in relationships and in the eyes of the law. This talk provided the students with some common sense strategies for keeping them and their friends safe.

Some of our Year 10 students trialled our Future Links class for the day, this gave them the opportunity to see how the class runs prior to them enrolling for Year 11. The staff spoke very highly about the students who participated in this trial day.

Our Arts & Technologies showcase had some fantastic pieces from our Year 10 students. We also had a group who volunteered two hours of their time to plate and serve food platters to the guests.



























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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 11 November 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.

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

Location: B Block

Enquiries: [comoseconds@outlook.com](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). 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) 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) 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@headspacefreo.com.au](mailto:info@headspacefreo.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**

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