



Como Secondary College 12 December

Newsletter

12 Decmeber 2019

Welcome to our final 2019 eNewsletter.

Articles include:

- **Principal's Message**
- **Calendar**
- **Admin / Finance News**
- **Interact**
- **Ready to start 2020**
- **Research To Classroom**

- **Primo Lux**
- **EMITS**
- **The Arts - Music**
- **The Arts - Visual Art**
- **Health & Physical Education**
- **Golf Academy**
- **P&C News**
- **Community Connection**

Principal's Message



In 2020 this school is likely to become the biggest it has ever been, with around 900 students. This is a good size for the school and I would not want to see our numbers get too much larger. In any case, there is no room. Any future growth will require additional classrooms from the Department of Education.

This year has yielded some great results, especially within our specialist programs, however the highlight of the year was the fiftieth anniversary celebrations. The first was a staff reunion in April and then the

highly successful open day in October. However, the year has been quite challenging due to shrinking finances and increasing numbers.

Music and EMITS Programs

The main challenge facing the school over the next two to three years will be maintaining the integrity and quality of the EMITS and Music programs. I have received replies from both the Schools' Curriculum and Standards Authority and the Department of Education which indicate that the restrictive curriculum requirements introduced by the Schools' Curriculum and Standards Authority for Year 7 and 8 will remain. Unfortunately, without the flexibility that we have had in the past, we will not be able to run the programs in any semblance of their current form beyond 2021. The P&C and the School Board now become the best avenue through which parents can have their voices heard on this issue

Farewells

One of Como's longest-serving teachers, Mrs Jo Mincham will be leaving us at the end of the year. The plan is to take some well-earned long service leave and then possibly retire at the end of the year providing the call to return to teaching is not too strong.

Mrs Mincham began teaching at Greenwood Senior High School in 1984, before spending many years at the School of Isolated and Distance Education. Following the birth of her two daughters she recommenced teaching at Melville Senior High School in 2002. The following year she was a part of an influx of new teachers at Como which included Mrs Lynda Hay and Ms Amanda Hammond. In 2008 Mrs Mincham became the EMITS Coordinator and has been in the role ever since. As the EMITS Coordinator Jo has done an outstanding job in organizing the program and ensuring that students are challenged and high standards are maintained. The success of the program can be seen in the number of students who have gone onto postgraduate studies and into the professions. A number have achieved PhDs at top universities such as Cambridge and Harvard and many more have gone onto rewarding careers in engineering, medicine, science, information technology and even the arts.

Also leaving us are Mr Brett Poole, Mrs Karen Hajigabriel, Elly Odermatt and Mrs Lea Vernon.

Mr Poole is retiring after six years at Como having come to us from Warnbro Community College. A former tradesman, Mr Poole put his knowledge and experience to great use in the Curtin Trade Training Centre that Como shares with Kent Street Senior High School.

Mrs Hajigabriel came to Como in 2011 and taught in the Physical Education Department. She specialised in Outdoor Education and introduced many students to her passion of mountain biking. Karen was an outstanding Year Coordinator and a much loved and respected teacher at this school. For the past two years she has continued her association with the school as a volunteer tutor. We are sad to see Karen go but her family business is growing and requiring more of her time.

I am very sad to be losing Mrs Vernon. She has made a great contribution to the Future Links program since starting in 2017. Unfortunately, the school's finances will not allow us to maintain the Future Links program at the current staffing levels.

Ms Odermatt is leaving to take up a position at Melville Senior High School. Elly came to us as a student teacher and is developing into a very capable and competent English teacher. We wish her well in her new school.

We are also farewelling Maria Armit, Marc Gardner, Celine Schnell, Katie Koch and Georgia Bullock. They have been relieving teachers who have been away on leave but will be returning next year.

Appointments

The new substantive English Head of Learning Area is Mrs Joan Armstrong. She has extensive teaching experience within Western Australia, Africa and England. Mrs Armstrong won the position from a very strong and experienced field of applicants. She will be filling the position created by Mrs Bradley's promotion to Deputy Principal. I would like to thank Ms Cattapan who filled the position in an acting capacity at various times over the past several years and did a great job of continuing to develop language and literacy in this school.

Congratulations to Ms Helen Hudson will be taking over from Mrs Mincham as the EMITS Coordinator. Ms Hudson's appointment will ensure a smooth transition. She brings a wealth of teaching and administrative experience to the role which will provide for a smooth transition.

Mr Shaun Middleton has been appointed Year 7 Coordinator for 2020. Mr Middleton is looking forward to the challenges of the role and developing his leadership skills.

The Year Coordinators for next year will be:

Year 7 Shaun Middleton

Year 8 Tyshana McEwen

Year 9 Emily Davis

Year 10 Josh Findlater

Year 11 Nicole Richardson

Year 12 Roy Dobson

Finally I take this opportunity to wish all students, staff and families a happy, safe and well-earned break.

Digby Mercer

Principal

Calendar



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

Monday 16 December

- Final Assembly

Thursday 19 December

- Last Day Term 4

Monday 03 February 2020

- Term 1 Commences



Admin / Finance News

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 however, 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.

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 SC INTERACT Club

Before the year closes the Como Interact Club is once again doing it's best to help our local community over the holiday season.

Students are encouraged to please help out 'FoodBank's' holiday appeal. We are seeking donations of non-perishable food items (e.g. tinned fruit, vegetables, puddings or cereal) to help those less fortunate these holidays.

Food can be dropped off to the Hub each day until the end of the school term.

Please help out your community, it will help so much.

Thank you

Renaë Grljusich



Ready to start 2020

Years 7 and 8

Students have all been timetabled. Remember that Years 7 and 8 students do not yet have choices. The Department of Education expects all Years 7 and 8 students to experience the Performing and Visual Arts, Design and Technology, and Digital subjects in these two years. They also require that all lower school students study Health and Physical Education.

Year 9 and 10 Electives for 2020

The process for expressing preferences has ended and students have been allocated to electives. In some cases, electives with too little interest have not run. Conversely, some classes filled up quickly. If we had resources including a room and a teacher, we put on an extra class. If not, the class was full and I resorted to the reserve selections students had made. Students may not have exactly their choices, but they should have similar where possible.

At the start of 2020, there may be some leeway for students to change in electives in Years 9 and 10. Students must change before the end of week 2 – Friday 14 February 2020. If students change later than this, it limits their opportunities to achieve success in the new elective.

Year 11 Courses for 2020

The process for selection is now ended. I have worked through the Request to Reassess Prerequisite forms following students being given grades in their Year 10 subjects. If your child has achieved the B grade or better and there is space in the course, I will move them into it. If there is no space, the current enrolment will remain. If there is space and your child did not achieve the hoped-for grades but still wants to study the course, I will ask you to complete a Disclaimer form in which you will describe the strategies you will put in place to help support your child's success.

If students find they don't wish to study a course after all, SCSA requires that Year 11 students must change before 28 February and Year 12 students must change before 2 April. Students can only change

if there is space in a new class and if you are all happy with the pathway that results. This is why it was so important to choose carefully in Year 10.

Parents and carers will have received invoices for courses. Mrs Jo May is always happy to help parents and carers set up payment plans. As noted in the Handbook for Year 11, students who have chosen high cost courses need to have paid at least 50% of the amount. If this has not happened and other amounts are outstanding, we will move the student to a low cost course.

On **Monday 3 February 2020**, students should arrive at school by 8:30am. When the bell goes, they should make their way to the gym.

Younger students sit at the front and Year 12s sit at the back. After students are welcomed back, they will go with their Year Coordinators who will split the year group up into forms. Form teachers will take their forms to their classes and hand out timetables. They will also complete some other tasks appropriate to their year group.

In form groups, students will all receive the Assessment Policy, Good Standing Policy and some other documents. These will also be uploaded to the Connect year group page. Please ensure you read these. If you have questions about the contents, please do ask us.

I look forward to seeing our students in the new year, rested and ready for a successful year.

Grace Bradley

Deputy Principal

Research To Classroom (RTC)

Last March, 23rd 2019, I was announced as one of the 12 recipients of the third annual Commonwealth Bank/Schools Plus Teaching Award. Part of the Fellowship program involved funding up to \$30,000 to roll out a new education project in Como Secondary College.

The project has been called Research To Classroom (RTC) and aimed at implementing and embedding effective learning review practices into every lesson to maximise students' retention, recall and integration of information, which builds upon the "Effective Teaching" priority of the school's business plan. It implements three evidence-based teaching strategies, including spaced and interleaved learning sessions, reinforcement of learning through retrieval practice and briskly paced lessons. To ensure changes in teaching practices, the project involves professional learning for teachers and instructional coaching sessions, including classroom observation, feedback and modelling. The two special education teachers in the Intensive Learning Team, Kate Reid and myself, will be the coaches working 'side-by-side' to support teachers to be reflective and achieve their goals. By providing in-service teacher training and supporting quality teaching, we expect to see an effective, consistent pedagogy across teachers in the school and sustainable improvements in all students' achievement, especially the most vulnerable and challenging students.

The RTC project was officially launched in Term 4 and includes a team of 9 volunteering teachers, who are Renae Grljusich, Annika Demosthenous, Michael Foster, Kate Reid, Lydia Richardson, Celine Schnell, Kirsten Romany, Emma Payne and myself.

These teachers have willingly committed to participate in 3 hours of professional learning per term, weekly meetings and in-house coaching sessions (either one-on-one or reflection group). This term, we have run three workshops where we explored:

1) The **Student Engagement Norms** which promote student active participation rather than passive engagement.

2) The **Daily Reviews** which include practice, consolidation and automaticity of knowledge, skills and strategies from short to long term memory.

3) The **use of classroom videos** for professional development

The four main objectives of this project are 1) improving student outcomes, 2) bridging the gap between research and classroom practice, 3) upskilling teachers so they understand the 'why' behind what they do, and 4) growing a professional network within school and beyond.

Finally, I wish to thank the RTC team members mentioned above for their participation, commitment and professionalism which contributed to an upbeat and positive team culture.

Our team's motto is *"Don't let the good get in the way of the better."*

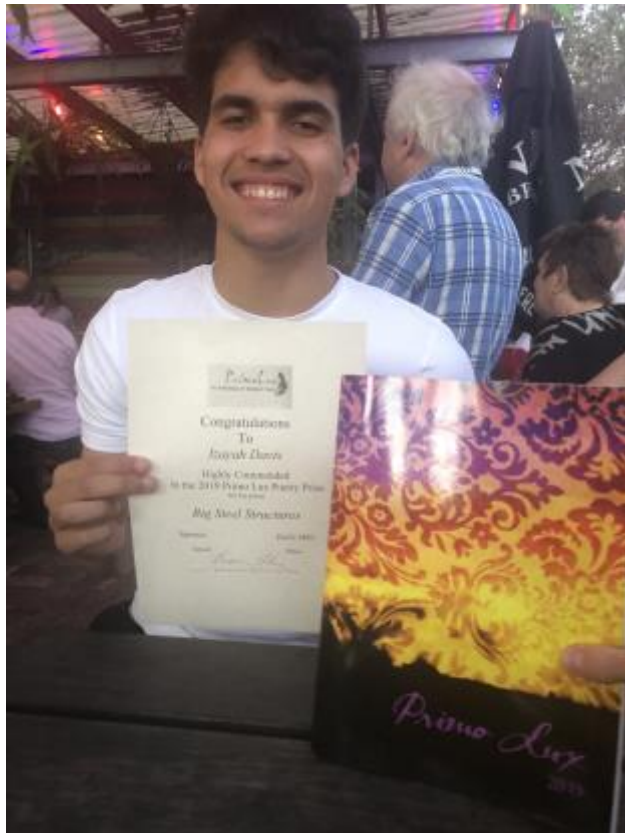
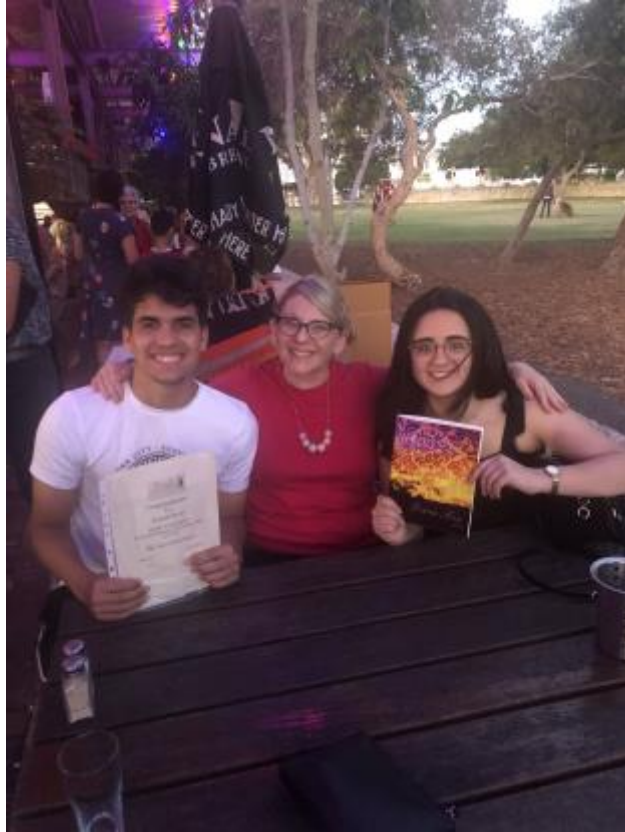
Jessica Colleu Terradas

ILT Teacher

Primo Lux

Monday, December 2nd, was the launch of Primo Lux - an anthology of handpicked poems from 40 senior school students from across the entire state. The competition is in its 15th year and is open for students in Year 10 – 12; this year we had two year 12 students' poetry selected - Aava Habibi and Izayah Davis. Izayah was also honoured by taking out 1 of only 4 highly commended certificates awarded across the 40 students. Students were invited to read their poem in front of a large crowd who gathered at Clancy's Fish Bar in Fremantle, and received their copy of the anthology - both Izayah and Aava read beautifully.

Their poems were written as part of their Literature coursework. While Aava is hoping to study Law and Izayah is forging a path in medicine, they can both add published poets to their name!



EMITS full day excursion to the Swan Valley Adventure Centre

Tuesday 26th November saw 120 eager EMITS students travel to the Swan Valley for a full day of adventurous activities such as archery, mountain biking, crate stack, flying fox, commando course and Jacob's ladder. The students were in split into eight groups and each of the groups contained students from all year groups. One of the aims of the excursion was to further develop the relationships within the cohort, as well as to challenge the students to try something physical that they have never attempted before. This was certainly the case for those students who climbed the 11m high Jacob 's ladder!

I was so proud of everyone for their good temper in the heat and for 'having a go'. Thanks also to Mrs Reid, Ms Russell, Mr Hussein, Mr O'Connor, Mr Middleton, Mr Skufca and Ryan for accompanying the students.









Awards Night

On Tuesday 10th December we held our 13th Annual EMITS Awards Night with over 250 staff, students, family and friends attending. Our guest speaker was 2009 graduate Michael

Massen-Hane, who spoke passionately about his study at Curtin University, and abroad at MIT, Boston.

Thank you to everyone who helped make it such an enjoyable night, and congratulations to Jacob Brancato who was named the EMITS Dux for 2019. All of his teachers wish him all the best in his upper school studies. Perhaps he will follow in the 'EMITS tradition' and be named the Como SC Dux in 2021 – no pressure Jacob!



Congratulations also go to the following subject award winners:

Year 7

Mathematics - Pranay Mathur

Science - Ben Brancato

Information Technology - Jack Cremin

Information Technology - Josie Smith

Year 8

Mathematics - Vivien Tamayo

Mathematics - Lily Parker

Science - Angelic Sumilang

Information Technology - Vivien Tamayo

Information Technology - Althea Perez

Year 9

Mathematics - Amberly Lynch

Science - Falih Al-Dulimi

Information Technology - Falih Al-Dulimi

Information Technology - Amberly Lynch

Year 10

Mathematics - Jacob Brancato

Mathematics - Oliver Singor

Science - Tara Parker

Information Technology - Jacob Brancato

Information Technology - Kobi Nguyen



As you may know, this is my last year as EMITS Coordinator so I'd like to wish Ms Helen Hudson all the best in the role. Thank you to Vivien, Althea, Angelic, Raiyah and Mei for your kind words. To everyone, I really appreciated the flowers and I especially enjoyed reading all of little messages on my giant card!

Mrs Mincham

EMITS Coordinator

THE ARTS - MUSIC

Twilight Concert

On Thursday 28th November, Como Music had their annual Twilight Concert. All the ensembles played and everyone had a lot of fun because they could enjoy the music in a well-decorated and relaxed environment. There was lots of cool stuff like second hand books, raffles, silent auctions, bake stall, and for the first time – a PIMMS tent! This was the last concert for the music department in 2019, and what a way to end the year! Well done to everyone that played on the night, it sounded awesome!

Combined Music Students





Como Secondary's Musicians of the Month!

Year 7 – Azalea Trinh

Year 8 – Ben Dickson

Year 9 – Amberly Lynch

Year 10 – Josh Newland

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

Congratulations! Keep up your awesome work!!

Music Department



THE ARTS - VISUALART

Top Shots Year 10 Photography









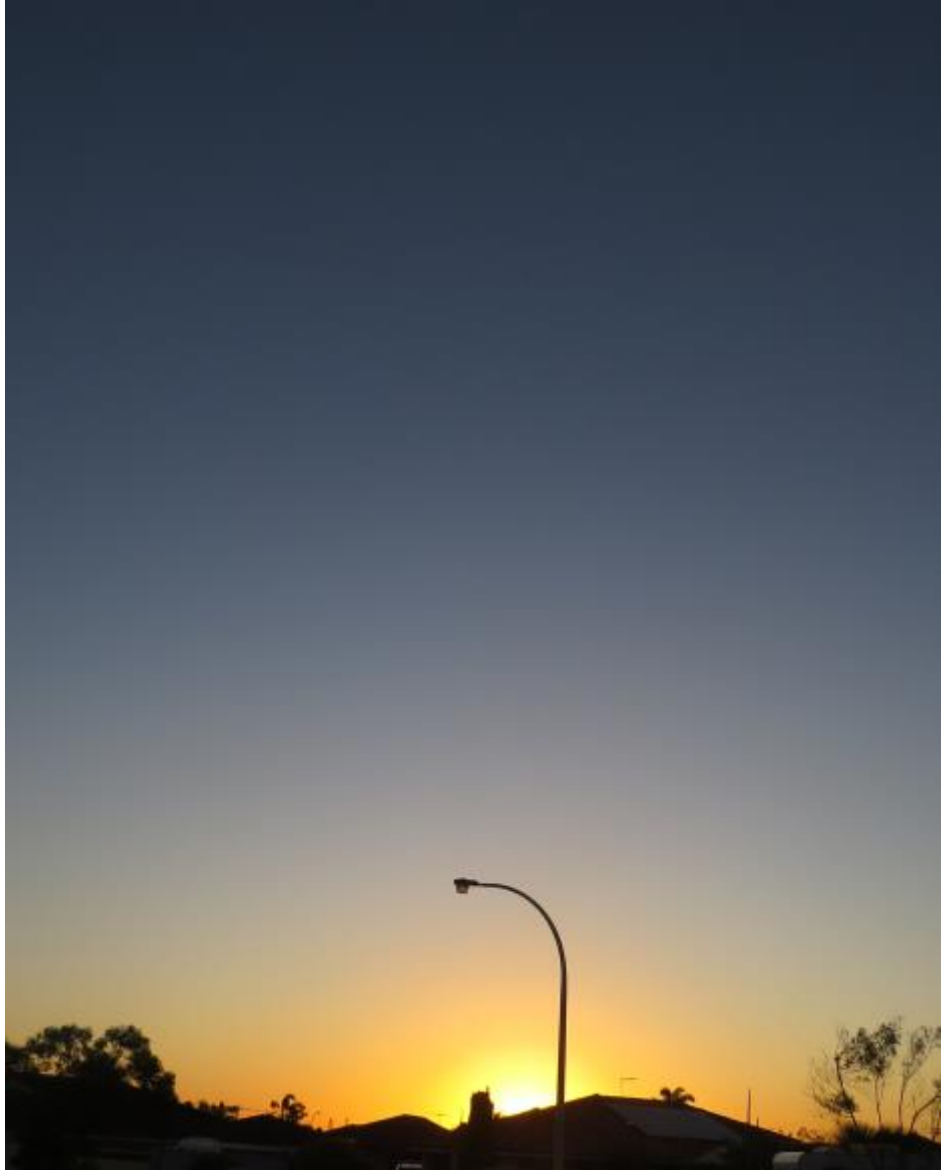




















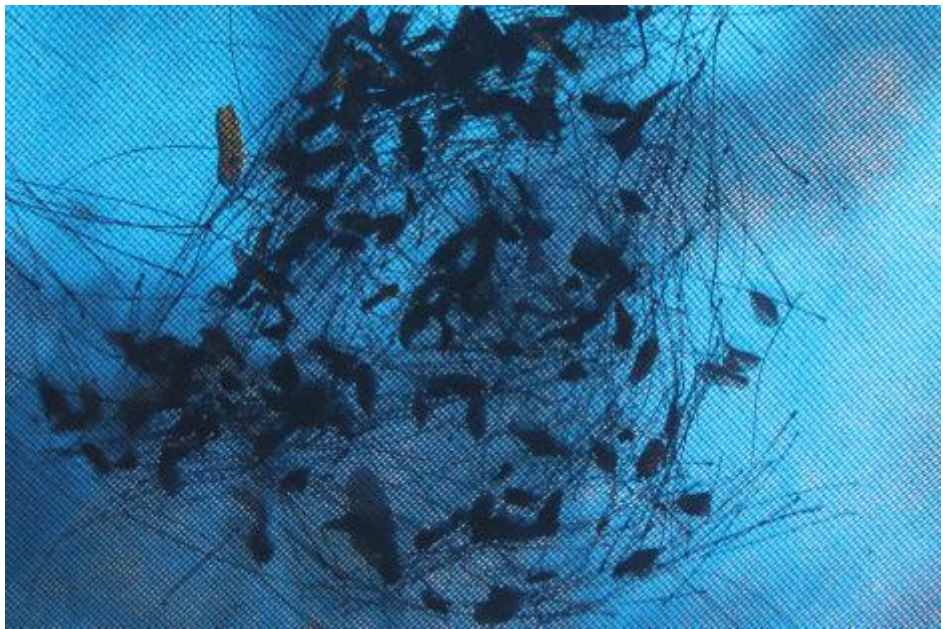


























HEALTH & PHYSICAL EDUCATION

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 been selected in State Teams and will be heading off to their events later in the year.

Indoor Hockey:

- Georgia Hiskins (Yr 7), Sophia Stiles (Yr 9), Imogen Dawson, Lilly Mann, Portia Miller, Saysha Pillay and Sophie Wainwright (all Yr 10) have been selected in the Under 15 Girls team to compete at the Hockey Australia National Under 15 Indoor Championships to be held in Wollongong from Wednesday 22nd – Sunday 26th January 2020.
- Brodie Hiskins & Liam Mudd (both Yr 10) have been selected in the Under 15 Boys team to compete at the Hockey Australia National Under 15 Indoor Championships to be held in Wollongong from Wednesday 22nd – Sunday 26th January 2020. The team is coached by former Como SC student Jay Testar.
- Amberley Abbott, Portia Miller & Saysha Pillay (all Yr 10) have been selected in the Under 18 Womens team to compete at the Hockey Australia National Under 18 Indoor Championships to be held in Wollongong from Monday 13th – Thursday 16th January 2020. The team is coached by former Como SC student David Ogden.
- Amberley Abbott, (Yr 10) has been selected in the Under 21 Womens team to compete at the Hockey Australia National Under 21 Indoor Championships to be held in Wollongong from Thursday 9th – Sunday 12th January 2020.

Hannah Green enters School Sport WA “Wall of Fame



School Sport WA Golf Team – 2010, 2011 & 2012

Hannah represented SSWA at the 2010, 2011 and 2012 School Sport Australia Golf Championships while a student at Como Secondary College in the Golf Academy. She also represented WA in the State Women's Golf Team and in 2018 she turned professional. In June this year, Hannah won her first major (and first LPGA Tour event), the Women's PGA Championship, and became only the third Australian woman to win a major. In September she won her second LPGA Tour event at the Cambia Portland Classic. When she returns to Perth, Hannah always has time to help teach the juniors at her home club at Mount Lawley.



A special congratulations to 2013 Leaver Hannah Green who was added to the School Sport WA “Wall of Fame” at the SSWA Annual Awards Night on Monday 2nd December 2019.

The wall recognises athletes that have represented SSWA at National Championships and have gone on to play their sport at the highest level.

Hannah is the 91st person to be added to the wall and is Como's second representative after Craig Davies (1974 Leaver), hockey.

Hannah represented School Sport WA at the School Sport Australia Golf Championships from 2010-12, earning selection in the School Sport Australia Australian Schoolgirls team in 2012.

What a year it has been for Hannah!

School Sport WA

Jordan Jung represented Western Australia in the 2019 Golf Championship at the School Sport National Championship in Mandurah, in August 2019.

Jordan won a School Sport Australia Team Gold Medal in the Match Play event and a Team Bronze Medal in the Stroke Play event.

Giovana Paiva Nunes represented Western Australia in the 2019 Volleyball 15s Championship at the School Sport Australia National Championship in Adelaide, in August.

Giovana won a School Sport Australia Team Gold Medal at these Championships.

Mai Julius represented Western Australia in the 2019 Golf Championship at the School Sport National Championship in Mandurah, in August 2019.

Mai was an integral part of the School Sport WA team which demonstrated impressive competitive skill, spirit and sportsmanship.

Many congratulations to these students for their accomplishment, commitment and hard work.

Award Winners

Sportsperson of the Year

Was awarded to Caitlyn Bentley.

Caitlyn represented WA in the under 18 women's indoor hockey team, coming away with a silver medal. She was Captain of the Hockey Academy and Captained our winning 1st XI Girls Buchanan Cup Hockey team. She was also Captain of the Athletics team.

Congratulations Caitlyn!



Anne Stingemore Trophy

This award is awarded to the most outstanding individual athlete from our Interschool Track & Field team, considering performances at the Interschool Track & Field Carnival. Rosalie Frichot is the recipient of the award for 2019. Rosalie finished as year 11 & over girls runner-up, but put in some outstanding performances, winning the 100m and finishing second in the 200m and Long Jump. Well done Rosalie.



Talina Brown Memorial Trophy

Was awarded to Saysha Pillay (Year 10). This award is “To the Outstanding Sportswoman in year 10”, who epitomises the qualities of Talina, being: “Academically talented and conscientious; an outstanding sportswoman; popular; considerate of others; and proud to be a student of Como”. Saysha was the

standout in a very strong cohort of young year 10 ladies. Nationally she represented WA in the Under 15 Girls Indoor Hockey team, the School Sport WA 16 years & under girls hockey team and the School Sport WA Interstate Cross Country team. At interschool level she placed 7th at the School Sport WA All Schools Cross Country championships in the 15 years girls age group as well as being a member of the Interschool Athletics team and a member of the 1st XI Girls hockey team that won the Buchanan Cup, winning the Ashleigh Nelson Medal as best player in the final. At school level Saysha won the year 10 girls cross country in a new record time and finished third in the year 10 girls at the Interhouse Athletics carnival. Hockey Saysha is an outstanding student, achieving A's across the board. She is compassionate and well respected by her peers. Saysha is a valued member of Como Secondary College.



Australian Olympic Change-Maker

The Australian Olympic Change-Maker program recognises and rewards students who are demonstrating the Olympic spirit through leadership and driving positive change in their communities.

This can take on many forms – from minor to major, and from the ordinary to the amazing. Whether leading teams, coaching juniors, supporting seniors, making a difference at a sports club, a national cause or effecting change on the world stage.

Congratulations to Izayah Davis, who received recognition as an Australian Olympic Change -Maker program recipient in 2019.

Izayah was nominated based on his involvement in school and community programs. Izayah is an Indigenous student from the Bardi Tribe, from Pender Bay near Broome. Izayah is currently Captain of Como Secondary College and Captain of our Interschool Athletics team, including assisting with running training sessions.

Izayah is currently undertaking a Certificate II in Outdoor Recreation where he has provided leadership and navigation, in addition he performed an Acknowledgment of Country and asked for the safety of himself, peers and teachers on the year 12 camp, providing education to others.

Izayah currently coaches under 9's for fitness and agility at Beats Rugby Academy.

He has participated in the Raise the Bar Academy (2018) hosted by the University of Melbourne.

Congratulations Izayah!

[#BeTheChange2019](https://www.olympic.org/australia/#BeTheChange2019)





Outdoor Education

While our upper school classes are done for the year, our year 9 and 10 Outdoor Extension classes have been enjoying the warm weather.

The year 10 class has been undertaking sailing on the Swan River, between the South Perth Foreshore and the Esplanade.

The year 9 class has been lucky enough to do some fishing and some canoeing on the Swan and Canning rivers.





Upcoming Sports Events

- Thursday 12th December – Hockey Awards Night

GOLF ACADEMY

Como Golf Academy Championships

Congratulations to Mai Julius (right centre) and Jordan Jung (left centre) on claiming the title of 2019 Champion Girl and Champion Boy at Collier Park Golf Course. Both are now two - time winners of this championship.

Tewi Webb (far left) and Sufiyah Ashaari (far right) also played some fantastic golf to take second place in their respective categories.

It was a fantastic two days play with some very impressive scoring. Thanks to all who supported the event and well done to our awesome students for showcasing the very best of the Golf Academy and school!



Melbourne Tour Fundraising

Thank you to everyone who supported our recent Golf Academy Bunnings Sausage Sizzle at East Vic Park. Students, parents and siblings all contributed to a great day who all worked hard in raising over \$960 for our 2020 Melbourne Tour. Thank you to The Corner Butcher and Coles Supermarkets for their generous donations. A great team effort! Well done to you all.

Golf Academy Movie Fundraiser

Grand cinemas have very kindly donated their time, venue and resources to hold our second movie fundraising event. Please support this wonderful gesture by coming along to this exciting family movie.

The event details are as follows:

- Date/Time: Sunday 15th December 2019. Movie commences promptly at 10.30am.
- Cost: \$10 per person.
- Payment options:
 - to school either via attached order form,
 - Online - EFT
 - over the phone
 - in person at school.
- Location - Grand Cinemas Cygnet, 16 Preston Street, Como 6152.
- Ticket Collection: Either take the form or receipt of payment to the school admin desk.

Thank you to Grand Cinemas for providing us with this opportunity and their continued support of the Como Golf Academy.



P&C News

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 Term 1 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
- RuralLink Rural 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

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| 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@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 or call us on 9431 7453. We are always looking at ways to support the fantastic schools and students in the local area.

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