

## Important dates:

**Friday 14-22 August**  
National Science Week

**Friday 20 August**  
Healthy Choices Expo

**Monday 22-27 August**  
Book Week

**Thursday 09 September**  
R U OK Day

**Friday 24 September**  
Last Day Term 3

**Monday 11 October**  
School Development Day  
(No Students Attend)

**Tuesday 12 October**  
Term 4 Commences

[View the  
College Events Calendar](#)

Follow us on Facebook  
and keep up to date with  
all the news [here](#)



## PRINCIPAL'S MESSAGE

### Digby Mercer

#### School Improvements

Despite the bad weather, the project to create a multi-functional indoor eating area is proceeding according to schedule. Students and staff have adapted to the disruption and discomfort created by the works. The end result will be worth the inconvenience. The space will be equipped so that we can have art exhibitions, student assemblies and large parent meetings as well as been suitable as a large classroom.



A recently completed project has been the new school bus parking areas provided courtesy of Transperth and with the assistance of the City of South Perth. This has made exiting the entrance of the school much safer. I will be requesting that the Bruce Street in the area opposite the bus stops become no standing zones to further improve traffic flow and safety. Associated with this project will be the creation of additional parking off Bruce Street by extending the existing parking area. This project is being funded through a \$300,000 election commitment and should be completed in time for the start of the 2022 school year.

## Jo May - Corporate Services Manager

### Contributions and Charges

It is government policy that parents should contribute towards the cost of educating their children. Given that all students benefit from the pool of collected fees, it is fair to expect that all parents should pay the balance of contributions and charges.

Contributions and charges form a large part of the school's income for learning and teaching programs in the school and supports the school in its focus to provide a quality education for all. The College is currently accepting payments for the 2021 school year.

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

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

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

### Attendance

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

### Contact Details

Please advise changes via email to [Como.SC.AdminSupport@education.wa.edu.au](mailto:Como.SC.AdminSupport@education.wa.edu.au) or Change of Details Form available at Administration.

Many communications are sent by email – please ensure the College has your current email address.

### Student pick up & drop off

Parents are reminded to please use the designated areas for pick up and drop off and not the Staff Car Park near Administration. We realise the temptation particularly when the weather is unfavourable, however it can cause more congestion in an already busy area of the school. Your cooperation is much appreciated.



Those of you who use McNabb Loop to drop and collect students should be aware the City of South Perth Council have recently completed a survey of traffic movements in the area.

The survey showed a disturbing ratio of speeding. The result exposed an 85th percentile of 58.56kph meaning that some vehicles may have been reaching a speed of well in excess of 70kph. The speed limit in McNabb Loop is 50kph.

The Council will now undertake steps to address this issue, with the speed cameras or a chicane possibilities.

Can we please ask anyone using McNabb Loop be mindful of local residents and other road users, and adhere to the speed limit of 50kph.

P&C Second-hand Uniform shop now have EFTPOS.

Opening Hours are 8.30.9.15AM each Friday during term time.

Lots of Specialist program polo shirts.

All going for - **\$5**



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**Educating parents on practical strategies to help manage modern-day issues and challenges affecting today's youth across both primary and secondary school levels.**

**SPECIAL REPORT: COVID Fatigue & Youth Mental Health**

The physical impact of the pandemic has mostly spared our young people, however as the nation remains to be on alert and in various stages of lockdown, restrictions continue to be mandated. The pandemic has had a great affect on our young people with many paying a heavy emotional and developmental price. Psychological disorders are on the rise and emergency interventions have skyrocketed.

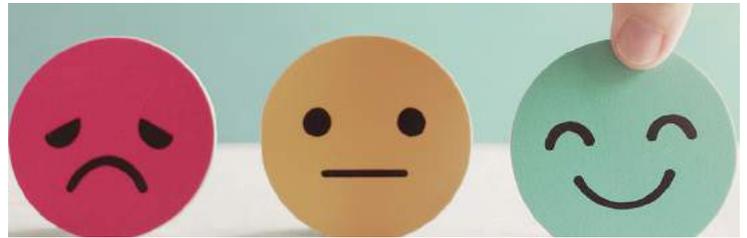
As hard as it is being a young person today, it's also draining being the parent of one. It has been reported that many parents are struggling to keep their child's mental health afloat, often proving it is difficult to juggle parenting responsibilities whilst at the same time providing much needed emotional support for their children.

Unlike the coronavirus itself, the emotional blowback of the pandemic cannot be vaccinated away. Psychologists are seeing more depression and anxiety across all age groups, but in adolescents it seems to be on steroids, with some choosing to self-medicate using alcohol or other drugs. When they look into the future now, they're looking at one that wasn't what they envisioned before.

This report explains the current state of youth mental health in a post-COVID era and offers guidance on how best to support young people today. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If this Special Report raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your special [report como.wa.schooltv.me](https://como.wa.schooltv.me)



Many other articles and resources relating to modern day challenges in raising happy, well and resilient young people can be found at [https://como.wa.schooltv.me/](https://como.wa.schooltv.me) or click the TV icon on our website.

**EMITS**

**Ellen Sabatino - EMITS Coordinator**

**QareerQuest**

Our Year 10 EMITS students have recently taken part in the Just Start IT program. Just Start IT is an Inter High School Program which takes engaged learning to the next level through exploration, discovery and creativity. Silicon Valley methodologies and industry mentors are brought into the classroom for this 18-week Endorsed Program to help students create a technology startup.

Students formed small teams to design and pitch their own tech based solution to a real world problem and competed against hundreds of other teams across the state.

One Como team, QareerQuest, made it through to the top 10 in the state. The students wrote this about their app:

QareerQuest is an app designed to aid students and universities;

- students gain access to personalised information to assist them in making informed decisions, and
- universities can market more accurately to younger students still in high school.

Students can take a Harrison career profiling test which instantly provides them with career recommendations based on their results. They can then read through brief career overviews and articles as well as watch day-in-a-life videos of different jobs, which helps them sort through the suggested options. As they add some of these career options to their favourites, they will receive notifications and information about their "liked" careers on the Feed page. Providers, like universities or TAFE, can send these notifications about the courses they provide, events, alumni news, blogs, and any other useful information. Students will be able to review their journey on the journal page where they can check any upcoming events and notes they've written regarding careers or

other media (like blogs or videos). Students can eliminate careers based on the information and experiences they gain to find the best career and study option for them to succeed.

If you, as a parent or student, are interested in QareerQuest, please visit our website at: [qareerquest.com.au](http://qareerquest.com.au)

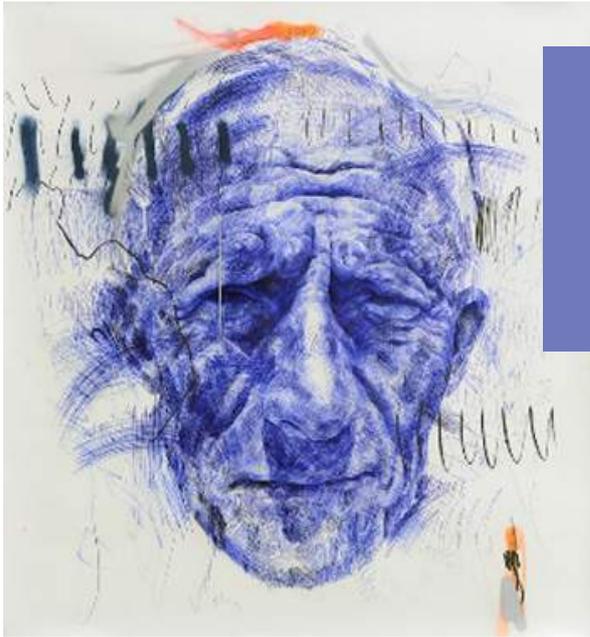
QareerQuest came second overall at the Just Start IT state finals and won \$600 prize money for their pitch.

They will now have the opportunity to pitch their tech startup idea at West Tech Fest later this year.



# THE ARTS

## Monique Laves - The Arts HoLA



### andy quilty drawing workshop

**Arts Enrichment Year 11 Atar Visual Art  
& Create@Como**

On Friday 6th August Como students from Year 11 ATAR Visual Art and Year 7 & 8 Create students worked together in a 'Master & Apprentice' workshop that was full of energy and excitement. Andy Quilty is a well know Artist who also teaches at UWA, he inspired us all with mark making techniques and challenged our way of seeing.

His workshop presents drawing as an efficient, economical, and powerful tool for developing ideas and experimenting with drawing processes. Our Students learnt practical drawing skills, worked on building their confidence and learning the value of taking risks, to produce tangible outcomes. We focused on a capable and fearless approach towards creative discovery.



# MUSIC

## Kiara Wild - TIC



### Workshops with Dr. Mace Francis and WAYJO

The year 8, 9 and 10 Jazz Bands were fortunate to have Dr. Mace Francis and members of WAYJO to workshop some charts for the upcoming jazz festival.

The year 10 Jazz Band had guests Will Pethick (trumpet) and Dusan Cuculosk (trombone), while the year 8 & 9 bands enjoyed working with Julius Rogers (drums) and Jayden Blockley (saxophone). All four musicians are part of the WAYJO Wednesday Night Orchestra (WNO).

Dr. Francis took all three bands for their workshops and also worked with the ATAR Music students on composing and melody writing.

We'd like to thank WAYJO and Mace for their time and sharing their skills with the students. Make sure to check out the all of the upcoming performances for WAYJO here: [whttps://wayjo.com/season/](https://wayjo.com/season/)

### Rehearsing, rehearsing, rehearsing!

Term three is busy for the Music Program as all ensembles are busy preparing for performances and festivals.

Our Senior Concert Band participated in the WA Schools' Senior Concert Band festival on the weekend, under the direction of Ms Helen Turner. The ensemble sounded awesome and have put in a lot of hard work to compete in the A division of the festival. They performed "The Great Locomotive Chase", "Sun Cycles" and "Stevie Wonder in Concert".

If you'd like to come along and see some of our other upcoming performances, here's some details!

- WA Schools' Choral Festival, Sunday 15th August
- WA Schools' Jazz Festival, Sunday 15th August
- WA Schools' Junior Concert Band Festival, Saturday 11th September
- End of Year Music Concert, Thursday 16th September

For further information on times, tickets and venues please feel free to email Kiara ([kiara.wild@education.wa.edu.au](mailto:kiara.wild@education.wa.edu.au))



### Golden Ages of Swing Excursion

30 students from the specialist music program were lucky enough to watch WAYJO's Golden Era of Swing at His Majesty's Theatre on Friday Aug 6th. The band had special guest Adrian Galante performing on the clarinet and showcasing many swing classics such as "Sing, Sing, Sing" and "Caravan".

The ensemble was lead by Ricki Malet for this Concert for Schools program.

## Joan Armstrong - English HoLA

It's been a busy start to the term for the English Learning Area. In Week 2, the Yr 12 Literature students, with Ms Cattapan, attended a workshop at the State Library with students from Kelmscott SHS. This opportunity to share knowledge and skills face-to-face with other Literature students was an invigorating experience for everyone. There will be two more opportunities for students to attend these workshops before their Semester 2 exams, and they are very much looking forward to further networking with their peers and with the guest speakers.

Two of our Year 10 EMITS students, Ethan H and Brodie H made the Learning Area so proud by having their short stories shortlisted as finalists in the South Perth Young Writers Awards. Both students were up against entries from Year 10 – 12 students from public and private schools across Perth. At the presentation evening, Ms Sabatini and I were there to see Ethan win a Highly Commended Certificate for his short story Winter's Breath a price of beautifully crafted contemporary fiction. Brodie's narrative, Butterfly, achieved a well-deserved second place. This is a poignant story about loss and hope.

One of the judges, Chris Williams, made a point of approaching Brodie after the ceremony to let him know that his story, "Really touched my heart. I lost a daughter and your story spoke to me". What a touching accolade. Both students have had their stories published in this year's anthology.

All Year 10s have been studying the Western Literary Canon of Shakespeare's plays. The Tempest, Romeo and Juliet, The Merchant of Venice and Hamlet have all been explored for their themes and ideas and we have all been considering how the questions raised by these plays, their themes and conflicts are still relevant to contemporary society.

Finally, the preparations for this year's CBCA Book Week are all underway. This year's theme of "Old Worlds, New Worlds, Other Worlds" will be celebrated throughout Week 6 with competitions, challenges and the usual opportunity to dress up for Year 12 students and teachers to dress up on Friday 27th.



# HEALTH AND PHYSICAL EDUCATION

## Renate Paskandy - Health and Physical Education HoLA

### Year 7 Lightning Carnival

After the disappointing cancellation of the carnival in Term 2, I was delighted that the South West Metro HPE Network was able to re-schedule the carnival for the Year 7s. The sun was shining to commemorate the occasion having gone into hiding it seems since the initial carnival's delay.

Year 7 students represented Como Secondary College in 7 teams, over 3 sports: Soccer, Netball and Basketball. All coaches reported that players displayed fantastic Effort and Integrity- especially the Boys' Basketball, who unfortunately due to a logistical error played recreationally.

While none of our teams came home with the gold- so to speak, I deemed the day a complete success during the Girls' Soccer finals match against Lynwood when team Como 2 Captain Valeria declared that we "play better when we are happy guys. So let's just be happy!". And that they did- they played cohesively and happily. Making us all very proud when they came home with 2nd place overall and smiles on their faces. Como 1 drew their final match against Kalamunda to achieve equal 5th overall.

In the Netball, Como 2 bought home second place for their pool and Como 1 rallied their way into 4th place. The girls maintained their energy and enthusiasm throughout the day which was evident the following day as the soreness kicked in.

A true Soccer fanatic, Mr Dobson has provided his commentary on the day:

In the group stages, Como 1 defeated Kalamunda (3-1), Como 2 (4-0), Belmont (4-1), thrashed Cannington (6-0), but fell to a heavy 4-0 defeat to Darling Range. Como 2 had a tougher day, losing 4-0 to Darling Range, 1-0 to Kalamunda, 4-0 to Como 1, but then rebounded with a 3-1 win over Cannington and a 2-0 win over Belmont.

Como 1 played Darling Range for the title in the final and came away with a narrow and courageous 2-1 defeat. In the 3rd and 4th place play-off, Kalamunda defeated Como 2 by 5-0. By this time, cramp and fatigue was beginning to make themselves felt.

All the boys had a wonderful day and demonstrated exemplary behaviour and sportsmanship.

- Mr Dobson

On behalf of the coaches on the day, I would like to extend thanks and gratitude to the Year 10 helpers and referees who performed as fantastic role models and provided invaluable support on the day, across all venues.



## Adam Smith - TIC

### D.R.I.V.E. Our Golf Academy Values

The Golf Academy Captains and Vice Captains, alongside staff members, have created a new set of values for all academy members to adhere to and uphold.

We are excited that our D.R.I.V.E. values will create an environment for all academy members to thrive, and develop a set of life skills that are applicable both in and outside of golf.

We look forward to proudly promoting these values and congratulate Mai, Corley, Connor and Tommy on their commitment and tenacity during this process.

### Hannah wearing the 'Green' and Gold in Tokyo

Golf Academy ambassador Hannah Green did Australia proud with a fantastic performance at the Tokyo Olympics. Proudly wearing the green bucket hat, which drew international attention, Hannah finished tied 5th after a strong charge on the back 9 of the last day.

Hannah's performance, and association with the Como Golf Academy, received a fantastic write up in the West Australia Online.

Congratulations to Hannah who continues to be an inspiration to all young golfers within WA and across Australia.

### COMO GOLF ACADEMY VALUES



The values underpinning the Como Golf Academy are:

**D**  
**R**  
**I**  
**V**  
**E**

**Discovery** - Discover and enhance personal strengths and those of others.

**Respect** - for all aspects of golf including the people, the culture, and the rules and etiquette of the game.

**Inclusion** - of all people from all social, cultural and family backgrounds, and of all identities and abilities within the golfing community.

**Versatility** - Demonstrate resilience and adaptability to the ongoing environmental and personnel changes.

**Energy** - Approach all Golf Academy and school matters with energy and enthusiasm.



Olympics: All the up to date news, videos and results

Tokyo 2020 | Golf | Olympics

## Tokyo Olympics: Hannah Green on brink of Games medal thanks to Como Secondary College

Jamie Martin | The West Australian  
Fri, 6 August 2021 4:36PM



Como students tee off and, inset, Hannah Green. Credit: AAP/Supplied

The students and staff at Como Secondary College could be excused for being a little distracted as Perth LPGA star Hannah Green surged into medal contention at the Tokyo Olympics.

Green shot a sparkling four-under 67 at Kasumigasaki Country Club to be tied for the bronze medal position at 10-under with Saturday's final round still to play.

The world No.17 attended Como Secondary College as a teenager, with the school's high performance golf program giving talented young golfers the opportunity to hone their game at the nearby Collier Park golf course while completing their academic studies.

Adam Smith, head of the college's golf program, said Green's prodigious talent stood out early but she had worked hard to develop her game.

"When Hannah came through the program all the golf instructors, as well as the teaching staff, couldn't speak highly enough of her," Smith said.

"She clearly had exceptional talent but she put the work in, listened to advice and was a standout person in every way."

Smith said Green's major-winning exploits, and now a potential Olympic medal, have been a source of inspiration for the next generation of students.

"They see what Hannah's doing at the Olympics, or before that winning her major (2019 US PGA), and it does inspire them to work hard on the golf course and in their other school subjects," he said.

But Smith says Green's generosity in giving back to the program is equally impressive.

Every year the school presents the Hannah Green Performance Award, with a round of golf with the LPGA star a highly sought after prize for six students.



Hannah Green stands with the six Como Secondary College golfers who received the annual Hannah Green Performance Award - a round of golf at Royal Perth with the world No.17. Credit: supplied

"The kids certainly aspire to win the award," Smith said.

"Not many golfers can say they've played 18 holes with a major winner.

"It's not just about watching her play and getting some tips.

"They also look at how she carries herself as a person, her attitude and how humble she is.

"She gives up her time and spends a whole day with the kids and she is a great role model."

### Upcoming events – Secondary Schools Golf Championships

Preparation is underway for the upcoming Secondary School Golf Championships at Lakelands Country Club. Our students will be put to test against many of the state's best juniors. We wish them all well as they proudly represent the school and the Golf Academy in one of the biggest events of the year.

# PARENTS & CITIZENS

## Meetings

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.

## 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.

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, the front office during school hours or given to the shop when open.

**OPEN EVERY FRIDAY**

**8.30AM – 9.15AM**

**LOCATION: B BLOCK**

**ENQUIRIES:**

**COMOSECOND@OUTLOOK.COM**

**PAYMENTS: CASH ONLY**

# COMO NOTICES

**Please remember school zone speed limit**



## College Access

All visitors to the College MUST sign in at Administration.

## Contact Details

Please advise changes via email to Como.SC.AdminSupport@education.wa.edu.au, or Change of Details form available at Administration. Please ensure the College has your current email address.

## Contact During School Hours

Please DO NOT call the College to ask for a message to be given to your child. Please understand that with a College community of over 800 it is not possible to get messages to individual students. To avoid this issue, please ensure that after school arrangements are pre-arranged. This is part of helping students to become independent.

## Drop-off

There is considerable vehicle traffic around our College site before and after school. It is expected that all vehicles use the Bruce Street car park or the marked drop-off bays to drop students off. Staff and Student car parks are NOT to be used for this purpose because it causes a great deal of congestion and potential danger to students.

## Health

The Health Centre is open when the School Nurse is on site. When the Centre is open, students may access it at recess and lunch time without needing permission. If a student wishes to go during class time, permission with a note written in the College diary by their supervising teacher is required. If the Nurse is not available, students should see another member of the Student Services team or a Deputy Principal. Under no circumstances are students to contact parents/guardians directly and leave the College grounds without parents contacting the College and the student being properly signed out. In the case of injury, either a parent will be contacted or the student will be sent by ambulance to hospital, at the parent's expense.

NOTE: Please consider the health and wellbeing of others before allowing unwell students to attend school.

# COMMUNITY CONNECTIONS

These times can be stressful for many families. If you require help during this period, the following information may be of assistance.

## 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:

- Urgent Mental Health Telephone Support Line supports children and young people under 18 years (family who have concerns can call 24 hours a day/7 days a week incl. public holidays) - 1800 048 636

- Mental Health Emergency Response Line (MHERL) 18 years+ is 24/7 – 1300 552 002 (metro) Peel callers – 1800 676 822 (free call).

- RuralLink for Rural and remote areas from 4:30 pm to 8:30 am (Mon to Fri) and 24 hrs (Sat, Sun and public holidays) - 1800 552 002

- Find your GP after-hours clinic. Call after hours GP Helpline on 1800 022 222

## If you need someone to talk to:

<b>Womens Domestic Violence Helpline</b>	<b>1800 007 339</b>
<b>Beyondblue</b>	<b>1300 224 636</b>
<b>Crisis Care Helpline Or Country Toll Free</b>	<b>9223 1111 1800 199 008</b>
<b>Headspace</b>	<b>1800 650 890</b>
<b>Kids Helpline</b>	<b>1800 551 800</b>
<b>Lifeline</b>	<b>13 11 14</b>
<b>Men's Line Australia</b>	<b>1300 789 978</b>
<b>Suicide Call Back Service</b>	<b>1300 659 467</b>
<b>The Samaritans</b>	<b>135 247 (7AM to 7PM)</b>