



## Important dates:

**Monday 07 March**  
Labour Day

**Friday 08 April**  
Last Day Term 1

**Tuesday 26 April**  
Term 2 Commences

**Monday 18 July**  
Student Free Day  
(School Development)

**Monday 10 October**  
Student Free Day  
(School Development)

View the

[College Events, Term Dates & Calendar](#)

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## PRINCIPAL'S MESSAGE

### Digby Mercer

School has got off to a smooth start despite the uncertainties surrounding COVID. The school is well prepared for when the first positive cases appear at school.

The early close on Friday has worked well and will greatly assist with the school development process by allowing all of the staff to meet together at the same time.

### School Ball

The school ball was a great success and a credit to the students who attended and to the organisation and commitment of the organising staff and the teachers who attended on the night. For many years now the school has held the ball early in the year. This is done deliberately so that for the remainder of the year, the focus for the Year 12 students is their studies. We also combine the night of the ball with a school development day in response to the increasing number of students taking the day off to get their hair, makeup and nails attended to. The Year 12 students have a short academic year so every day saved is important. It also allows our teachers to help set up the venue without having to miss classes. The bonus for the past three years has been that we have not had to cancel or postpone the event due to COVID restrictions which is in contrast to many other schools.

### School Board

A new school Board has been appointed. Nominations did not exceed positions available therefore an election was not needed. The school is very grateful to the parents who put themselves forward to provide advice and support to the school. We welcome a new parent representative this year in Ms Nicole Ryan who has three children attending the school. Mrs Sara Blythe is continuing on for another two-year term. The members of the Board are as follows:

- Leon Taylor – Chairperson and parent representative
- Glenn Dickson - parent representative
- Chris Dun - parent representative
- Sarah Blythe - parent representative
- Nicole Ryan - parent representative
- Pat Pinkus – community representative
- Digby Mercer – Principal
- Jo May – staff representative
- Kirsten Romany – staff representative

There is a staff representative vacancy which will be filled in the near future. The Board members bring a range of skills and experience to the table and are a valuable resource in helping to guide the school.

## P&C

The school has been very fortunate to have a strong P&C over the past decade. This is not always the case for secondary schools. Recent projects funded by the P&C include:

- Supplying a hat for every student as a part of the school's Sun Smart program
- Providing funding for Student Services projects such as Como's Got Talent and Healthy Choices Week.
- Year 12 quadrangle refurbishment including video wall, shade sails and paving
- Maali sculpture
- SchoolTV parent advice website resource.

## SunSmart

This year the school bought in the "no hat, no play" rule. As in primary school students will need to be wearing a hat when playing on the oval or basketball courts. A hat or cap is now a part of the school uniform. In addition, sunscreen is available from dispensers around the school and for Physical Education lessons.

## Canteen Refurbishment

The final stage of the canteen refurbishment will be completed next week with installation of a large video wall made up of four large screens operating as one. The Minister for Education will visit towards the end of March to open the new facility. A big thanks to the P&C and who provided a significant amount of funding for a facility that will benefit all students.

## Student Services

At the end of last year, I took the decision to restructure our pastoral care system in response to the challenges all schools are facing from increased anxiety and stress within the general community. Under the leadership of Mrs Richardson, the Student Services team have been working very hard and the new arrangements appear to be having a positive impact. The vast majority of Como students are well behaved and pleasant individuals and we are looking to reinforce their positive behaviour while limiting the impact of the small number of less-well behaved students.

## Procedures to be Followed in the Event of a Student or Staff Member Testing Positive for COVID-19

What is a Close Contact at School?

A close contact in a school is defined as:

1. Face-to-face: At least 15 minutes face-to-face contact where a mask was not worn by the exposed person and the person with COVID-19.
2. Small indoor space/classroom/no mask: Greater than two hours within a small indoor space or classroom environment, where masks have been removed for this period by the exposed person and the person with COVID-19 (note: others wearing masks in this scenario would not be a contact).

# COMO COLLEGE COUNCIL 2022

## Robyn Lewis - Chaplain

Across Years 10 -12, Student Councillors commit to helping our school and community to develop and flourish. Actions and behaviours include but are not limited to building their own leadership skills, supporting wider school and community events, organising student events and assemblies, and liaising with students and staff to support and develop their school community.

I introduce you to this carefully selected group of young leaders and congratulate them on their achievement. A very special congratulations to our School Captains Tej and Mon.

### Year 10

Alex Passalacqua  
 Beau Ford  
 Lucas Taylor  
 Priyaj Setohul  
 Lucy Taylor  
 Ella Dillon  
 Ruby Walker  
 Sarah Van De Klashorst

### Year 11

Georgia Neill  
 Vivien Tamayo  
 Jaeda Ritchie  
 Sylvester Andrysiak  
 Billy Fehlberg

### Year 12

Maddy O'Keefe Muirhead  
 Kim Sanchez Dijkwel  
 Kirby Hobbs  
 Kal Krzyzanowski  
 Mon Lwin  
 Tej Karimi

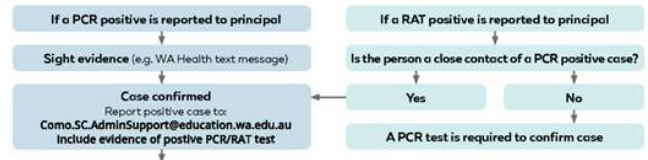
3. Advised by WA Health: Someone who is directed by WA Health that they are a close contact.

In a secondary school it is very unlikely that students will be together in a confined space for more than two hours because our periods are about an hour long. The most likely time that a close contact will occur will be at recess and lunchtime when students are eating and drinking, or travelling to school in a private vehicle.

## What to Do if Your Child is COVID Positive

Keep your child at home and contact the school as soon as possible should your child test positive on a PCR or rapid antigen test (RAT). On weekdays between 8am and 4pm please contact the school on 9365 2000. If you become aware of a positive result outside of school hours then please email the school at [Como.SC.AdminSupport@education.wa.edu.au](mailto:Como.SC.AdminSupport@education.wa.edu.au) and leave a message on the answering machine. In your email please put "Positive COVID Test Notification" in the subject line. The email address will be monitored over the weekend and holiday periods while we are in the high caseload environment. In your email you will need to attach proof of a positive PCR test in the form of the Department of Health notification.

In the case of a positive RAT test, it will be treated as a confirmed positive case if the person is a close contact of a PCR confirmed positive case. If the person is not a close contact of a confirmed positive case, they need to take a PCR test.



## What Will the School Do?

We will immediately contact the Department of Education's Incident Management Team and the South Metropolitan Regional Education Office when we become aware of a positive case. Following Department of Education guidelines, the parents/carers of students deemed by the Health Department to be close contacts will be sent a notification by the school as soon as practicable. We have surveyed all of the students in regards to who they spend recess and lunchtime with which we hope will expedite the process if for some reason parents or carers of the affected student cannot be contacted.

If your child has been identified as a close contact of a person who has been diagnosed with Coronavirus Disease 2019 (COVID-19), your child must stay home **for at least 7 days** from their last time/date of contact with a positive case of COVID-19, or as advised by **WA Health**.



# WANT TO KNOW ABOUT OLNA?

## Grace Bradley - Deputy Principal

Some students in Years 10, 11 and 12 are about to sit the OLNA. You may have heard about it, but are not sure what it means for your child.

OLNA stands for the Online Literacy and Numeracy Assessment. In order to demonstrate the required literacy and numeracy standards for the Western Australian Certificate of Education (WACE), some students are expected to sit this assessment. The School Curriculum and Standards Authority awards the WACE at the end of Year 12 to students who have met all the requirements. You can find more about the requirements on the Authority website at [www.scsa.wa.edu.au](http://www.scsa.wa.edu.au) under Years 11 and 12 > The WACE > WACE Requirements.

Some students prequalify for the literacy and numeracy requirement through their performance in the Year 9 NAPLAN test. We will inform you whether your child needs to sit the OLNA, which is held in March and September each year, starting in Year 10. This means students will have up to six opportunities before the end of Year 12 to meet the requirement.

The OLNA has three components—reading, writing and numeracy. The reading and numeracy components comprise 45 multiple-choice questions; the writing component is an extended response of up to 600 words. Students are allowed 50 minutes for the reading and numeracy components and 60 minutes for the writing. The table below provides an overview of the components.

	Numeracy	Reading	Writing
Number of Questions	45		1 (600 word limit)
Question type	Multiple-choice		Open-ended
Mode	Online point and click		Typed online
Time	50 minutes		60 minutes
Delivery	Randomised forms		Randomised forms
Adjustments	Extra time, pause, coloured background and higher quality images		

To prepare our students for the types of questions they can expect and to familiarise them with the online assessment platform, we provide access to practice and example tests on a secure website. The link to the secure website for the practice and example tests is available on the Authority website at [www.scsa.wa.edu.au](http://www.scsa.wa.edu.au) under Years 11 and 12 > Assessment > OLNA > Practice and Example Tests.

For students with disability, we have guidelines to help determine the appropriate adjustments for equal access. Information about disability

adjustments is available on the Authority website under Years 11 and 12 > Assessment > Disability Adjustment Guidelines. Students who do not demonstrate the literacy and numeracy standard by the time they exit senior secondary schooling can apply to the Authority to re-sit the OLNA at any age.

If you want to know more, go to the Authority's website and look under Years 11 and 12 > Assessment > OLNA. There you will find more information, answers to frequently asked questions and a brief video. You can also send questions to [olna@scsa.wa.edu.au](mailto:olna@scsa.wa.edu.au).



In Focus Careers provide key dates and information for students and families see here for the [2022 Career Planner](http://infocus-careers.com.au)  
[infocus-careers.com.au](http://infocus-careers.com.au)

## TELL THEM FROM ME SURVEY

### Leslie Carruthers - Deputy Principal

In the coming weeks we will be inviting students, teachers and parents to provide feedback on their experience of our school using an online survey. The surveys are an important part of our whole school evaluation and planning process.

We would like to invite you to complete the Tell Them From Me (TTFM) Partners in Learning survey. As we value the role of parents and carers within our school community we would greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing at Como Secondary College.

The survey is anonymous and will take approximately 20 minutes to complete. You are able to access the parent survey on your computer or mobile device via <https://telltthemfromme.com/survey/splash/b5d9c>



## 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 and 2022 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 email [Como.SC.AdminSupport@education.wa.edu.au](mailto:Como.SC.AdminSupport@education.wa.edu.au) 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.

**Closing date is 08 April 2022, please click on the link below for further details**

**[SECONDARY ASSISTANCE & ABSTUDY SCHEME APPLICATIONS](#)**

The logo for SEQTA, consisting of the letters S, E, Q, T, and A in a large, blue, sans-serif font.

The onboarding process of students onto SEQTA Learn and parents onto SEQTA Engage is well underway and proving positive on many fronts.

If you are experiencing any problems or have not received a parent login please contact the college on 9365 2000.

# PARENTS AND CITIZENS

## Jesvin Karimi - President

The Como Secondary College P&C is a great group made up of supportive and enthusiastic parents. The P&C provides a forum for parents, school staff and citizens to come together and work towards benefitting the school community. The P&C functions throughout the school year, with office bearers elected, by the members, each year in March at our AGM.

We have a thriving and diverse school community, and all are always welcome in our P&C. All parents are welcome and encouraged to attend our P&C meetings. We meet on the third Monday of each month, that falls within the school terms, at 7:30pm in the ELICOS Building. Meetings can also be held online as required due to COVID restrictions.

Our 2022 P&C Annual General Meeting will be held on Monday 21st March 2022. We are hoping to hold a face-to-face meeting, with the following considerations:

- All attendees will need to RSVP so that we can arrange a venue to accommodate the necessary social distancing requirements.
- All attendees will have to check in and show proof of vaccination

All Office Bearer and Executive positions are made vacant at the start of the AGM, and nominations will be sought for all positions.

Our President has advised that she will renominate this year. However, nominations for this role are always welcomed.

A summary of each role and responsibilities is below:

### President:

- The link between parents and College Administration
- The face of the P&C, being the Chairperson for the P&C Association Meetings
- Signatory to the P&C Account
- Oversees the other executive positions & committees

### The Vice President:

- Understudy to the President
- Chairperson for the P&C Association meetings if the President is unable to attend

- Signatory to the P&C account
- WACSSO Liaison – the link between the P&C & WA Council of State School Organisation Inc

### The Treasurer:

- Responsible for all P&C accounts including any sub-committees
- Preparation and presentation of written reports for every General Meeting
- Preparation of annual financial statements for review / audit
- Signatory to P&C account

### The Secretary:

- Issuance of notice of meetings, in writing
- Liaison with the President drafting meeting agendas
- Minute taking at meetings
- Management of all correspondence
- Maintenance of membership records
- Signatory to the P&C account

Additional nominations will be sought for Executive Members of the committee as well as fundraising, canteen and second hand uniform shop sub-committees, as required.

If you join our P&C Association, or can help in any way, you will be a part of a group that has returned close to \$100K to the school community over the last 3 years. Some of the items that the P&C has funded include:

- The school hats for every student
- Exercise equipment
- Table Tennis tables
- Seating equipment
- School TV
- Various upgrades and equipment for the canteen
- Upgrades to the Year 12 Quad area – currently underway
- Audio Visual equipment for the new Cafeteria area – coming soon

We actively encourage you to consider joining our P&C Association. If you would like to get involved or have any questions, please contact Jesvin Karimi on 0412 047 447 or via [jesvin.karimi@gmail.com](mailto:jesvin.karimi@gmail.com)



**DONATIONS REQUIRED  
PLEASE DROP AT RECEPTION**

**OPEN EVERY  
FRIDAY 8.30AM – 9.15AM**

**LOCATION: B BLOCK**

**ENQUIRIES: [COMOSECONDS@OUTLOOK.COM](mailto:COMOSECONDS@OUTLOOK.COM)**

**PAYMENTS: CASH ONLY**

## The Phillip Pental Young Heritage Award for 2022 is now open for entries.

This Local History Photographic and Essay Competition is open to all students in Year 1 to 12 who live in or attend schools in the City of South Perth. Entries close on 6 May, 2022.

The competition is organised by the City of South Perth Historical Society and aims to encourage students to explore the importance of the photographic record as a history of people and place in the City of South Perth and to promote excellence in historical writing by providing students with the opportunity to research people and places in the City of South Perth. There are a number of cash and book prizes.

Attached to this email is a Flyer, along with more information about the competition. Information can also be accessed on the City of South Perth Historical Society website [www.southperthhistoricalsociety.org](http://www.southperthhistoricalsociety.org) or via email [info@southperthhistoricalsociety.org](mailto:info@southperthhistoricalsociety.org)



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

Como Secondary College with the support of the P&C provide SchoolTV which offers a wide range of resources to assist with the challenges faced by students and families today. It can be easily accessed via our [website homepage](#) using the blue TV icon on the right, alternatively click on the link below.

[SchoolTV](#) covers a variety of topics with a number of reports in

- [Healthy Body](#)
- [Cyber Safety](#)
- [Positive Parenting](#)
- [Mental Health](#)
- [School Survival](#)
- [Special Reports](#)

**Special Report**

Adolescence is the transitional stage of development that is usually associated with the teenage years. In 2018, the Australian Curriculum Assessment Authority, redefined adolescence as affecting young

people aged between 10-24 years. During this time, they experience rapid physical, cognitive and psychosocial growth which affects how teenagers feel, think, make decisions and interact with the world around them.

During adolescence, a child's brain can be considered as being "under-construction". The rate at which this progresses will vary depending on the individual and also their gender. As a result, some parents may view adolescence as stressful or difficult. However, it does not need to be. Setting boundaries, implementing consistent monitoring and maintaining a strong and loving connection will help families adjust during this time.

It is also an important time to keep the communication lines open through clear and age appropriate conversations. Speak openly about changes that they are experiencing and be conscious of their mental health as many of the conditions people confront in adulthood, can begin to manifest in adolescence.

In this edition of SchoolTV, adult carers can learn how to guide and best support their young person as they transition through adolescence. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to this month's edition <https://como.wa.schooltv.me/newsletter/understanding-adolescence>



Congratulations to Year 12 student Bell G who is the recipient of the Des Killick Scholarship 2022.

The Des Killick Scholarship commenced in 2021 and demonstrates the strong partnership with the [Rotary Club of Como](#) and the college. The scholarship of \$1,000 is awarded to the successful applicant to assist with their studies during their final year.

The Des Killick Scholarship is open to 2022 Year 11 students. Applications for 2023 open in term 4 for 2022 with all encouraged to apply.



**THE CITY OF SOUTH PERTH WANTS TO HEAR FROM YOU !**

Help the City of South Perth shape the Coode Street Foreshore

The vision for the Coode Street Foreshore is to develop a better serviced family recreational space with improved facilities including:

- a choice of food and beverage outlets
- a diversity of activities including an all ages and abilities playground
- rowing, sailing, boat mooring, and water play.

There will be more stakeholder and community engagement, including activities on Saturday 26 March, anytime between 10am-1pm at the Coode Street Foreshore. Please come along!

Complete the [survey](#) for your chance to win a \$100 voucher (T&C's apply)

<https://yoursay.southperth.wa.gov.au/coode-street-foreshore>

# THE ARTS

## Monique Laves -TIC

### Welcome back to 2022

The Arts Learning area would like to introduce two new staff member Mr Alex Borserini to teach Music and Mr Brody Hart to teach Photography. We welcome them both and wish them all the best in their new positions.

### “BE BETTER”

The Arts team have come together at the end of last year to create our “BE BETTER” mantra. Inspired by The Como Way and our I CARE (integrity, care, ambition, respect, effort) values at Como we aim to improve every day, in every way to “BE BETTER.”

We strive to make progress in everything that we do, we are determined to succeed.



### Arts Rewards \*\*\*\*\* Aiming for excellence in the Arts

As an incentive for those students who are working hard to achieve, improving their effort, showing commitment and dedication to their Arts education, they will now be acknowledged by their teacher, and can be nominated each week on their improved performance. Receiving an Arts Rewards may win you an ice pole, the Award then goes into a box for the lucky winner to win a voucher at the end of term. Across all disciplines of the Arts – Dance- Drama – Media – Music – Visual Art



### Curtin University

ATAR Visual Art students were invited to the Fine Art Conference on Friday, they received guidance and tuition from some of the state's leading Arts educators and Artist. We look forward to an ongoing collaboration with Curtin across the Arts including our Create@Como school based school program. See next page.

### Dance

New Tap shoes for dance has inspired our Dance students to take on the challenge of a new style, technique and skill in Dance. “What a sound on the new dance floor” We look forward to their new routines on the dance floor.

### Arts Attack .... Will be coming soon

Now that we finish at lunchtime on Friday we will be organising Arts Attack on another day – stay tuned

# MUSIC

## Kiara Wild - TIC

### Welcome to Music!

The year 8 to 12 students in the Specialist Music Program would like to extend a big welcome to our newest Year 7 musicians! We hope you enjoy every moment of learning your instrument and are excited to have you join the music family!

### Instrument Tags

This year, we are showcasing a new look on our instruments. These tags have been provided to help students locate their instrument in the storeroom. Many students have similar cases and in past years, occasionally the wrong instrument went home to someone else's house for a small holiday. We're hoping our new colourful idea will brighten the room full of dark cases and make instruments easy to identify. If you haven't got an instrument tag yet, please see Ms Wild.

### Music Requests

Calling all requests! Is there a piece of music you've always wanted to play in an ensemble you're in? Or perhaps you're a parent who would love to hear a piece at a concert? Now's your time! Ms Wild is accepting all suggestions. If the piece is suitable for an ensemble (in terms of level and instrumentation) we'll add it to our wish list and look into getting it! Not sure if it's the right level – no worries! Email it the name of the piece through and we'll look for you.

Thanks to Alex who suggested Jurassic Park for the Junior Band!  
[Kiara.wild@education.wa.edu.au](mailto:Kiara.wild@education.wa.edu.au)



# VISUAL ART

## Monique Laves -TIC

### Year 12 ATAR Visual Arts Excursion to Curtin University Arts Conference

Year 12 ATAR Visual Arts students had the pleasure of attending the Curtin University Visual Arts Conference early this term. Students were warmly welcomed and treated to workshops in art theory, life drawing and painting. All workshops were led by Curtin University Visual Arts lecturers and students were given a taste of what university life might be like. Students enjoyed receiving a tour of the art faculty facilities and trying their hand at drawing from a live model... it's not so easy!! Here's what some of the participants had to say:



*"I really liked the drawing class!!! I also enjoyed seeing what uni life looks like."*

*"I really liked seeing how everyone's artwork was so unique and different – it helped me re-evaluate what I need to improve with."*

*"I learnt how to draw a figure accurately from life. It left me open to new ways to make art, perhaps letting loose."*

*"The most valuable things I learnt were the different and unique ways to use various materials, such as glaze and charcoal."*

*"The most valuable thing for me was learning different charcoal techniques (for mark-making) which can express on paper differently rather than a straight line."*

(Quotes from written feedback provided by participating Year 12 ATAR Visual Arts Students)





# COMO BALL 2022

## Josh Findlater - Year 12 Coordinator

Despite turbulent conditions, on 18 February 2022, we 'took flight'. This year the school ball was held at Crown Towers in one of their Grand Ball Rooms. The room had an understated elegance, the food was as delicious as it looked and with both live music and a DJ, the dance floor was set on fire with many memorable dance moves throughout the evening. I would like to highlight the exceptional behaviour of everyone in attendance and how well the venue's COVID regulations were adhered to. A night to remember for many reasons.



# HEALTH AND PHYSICAL EDUCATION

## Renate Paskandy - HoLA

The Health and Physical Education Department is excited for 2022 with a few new faces and changes to kick off the year. Please let me take this opportunity to introduce myself. While I am heading in to my fourth Term at Como, when I began in Term 2 last year, I laid low and got stuck in to The Como Way. As a Phys Edder, the sport I engaged in while growing up was Equestrian. I was particularly fond of Show Jumping but wasn't overly keen on the speed, twists and turns associated with Cross Country- I preferred to take the measured approach. With Equestrian not applicable to the school setting, and having suffered a knee injury some years ago, these days my sporting heart lays with Volleyball. As an educator I have a keen interest in Mental Health in schools and shaping teaching and learning to support both academic achievement and positive wellbeing.

In the Hockey Academy, you will notice that Ms Tate Napier has taken some time off for Long Service Leave and Mr John McKnight has stepped into the role of Teacher in Charge of Hockey. While Ms

Napier is on leave, Mr Andrew Stephens is joining the team.

Mr Adam Smith has spread his wings and has taken a position at another school. Mr Jamie Warman joins Como Secondary College as Teacher in Charge of the Golf Academy.

Towards the end of 2021, the HPE team was busy planning for new courses and structures in 2022. This year sees us offering General Health Studies in Year 11 and some changes in Health Education in Years 7 to 10. In response to the growing focus on Mental Health within education, we have re-structured our Health Education courses to feature a term-long Mental Health unit across junior school in Term 1. We aim to equip students with the skills and knowledge to cope positively with stress and struggle, and to seek help from constructive sources when needed.



### Interhouse Swimming Carnival

The Interhouse Swimming Carnival was held on Thursday 10th February at Aqualife Victoria Park. The weather was an absolute treat, as was watching the competition and sportsmanship amongst all students.

#### House Rankings

1	Flame	1567
2	Jacaranda	1338
3	Pine	835



### Future Events

At the present time, there is a lot of uncertainty surrounding the effects of the current climate on sporting events- predominantly Interschool events that rely on external venues.

All going well, this term the HPE Department will hold a Cross Country event on campus, after school on Monday 21st March. We hope to organise a Colour Run as a part of this event so keep your eyes peeled for the promotional material and information in the notices.

### Individual Champions

Year	Gender	Rank	Name
7	Girls	1	Niamh Dickson
		2	Holly Bezuidenhout
	Boys	1	Marcus Golestani
		2	Lachie McGrath
8	Girls	1	Faye Kelly
		2	Georgia Rowe
	Boys	1	Gary Bezuidenhout
		2	Mitchell McGrath
9	Girls	1	Jessica Laidler
		2	Ginger Archer
	Boys	1	George Tan
		2	Graeson Neill
10	Girls	1	Andy Petzke
		2	Hayley Bezuidenhout
	Boys	1	Matthew Laidler
		2	Flynn Turner
11	Girls	1	Jaeda Ritchie
		2	Georgia Neill
	Boys	1	Zavier Millsteed
		2	Jackson Harmsen
12	Girls	1	Jade Osrin
		2	Amelie Fairhead-Charlesworth
	Boys	1	Patrick Lee
		2	Daniel McCreed



## HOCKEY ACADEMY

### John McKnight - TIC

I am really looking forward to developing the Hockey Academy in my role as Teacher in Charge (TIC). We have some exciting new initiatives taking place this year which I was looking forward to showcasing at a sundowner with parents and students, however thanks to COVID, this event unfortunately has had to be postponed. I am hopeful we can all get together in the near future.

We have organised a variety of new additions to the program, many of which will take effect from week 6 this term:

#### Como Captains Cup – Postponed until further notice due to COVID

This term we had planned to introduce the inaugural 'Como Captains Cup'. With input from the captains group, this is a competition for the whole academy. Each of our 4 captains will lead a squad comprising of year 7-12 students. The squads have been constructed by means of a draft selection to mix all students across the academy and provide the opportunity for, particularly the younger students, to play, socialise and learn from each other and the more experienced students. Our captains have already completed their CHA Draft and these squads along with competition format and rules will be published very shortly!

Unfortunately, under the current circumstances with COVID this cannot currently take place, however we are very hopeful that circumstances change and we can reschedule this later in the year.

#### Whole Academy Strength and Conditioning Program

This year students will be engaging in an annual strength and conditioning program to assist with specific components of fitness to positively impact their hockey. Year 7 and 8 students will have a school based program with a focus element on functional movement for hockey. Year 9-12 students will experience the expertise of Jesse Hallett from the Curtin University Stadium. Jesse is a highly experienced S&C coach who has previously worked with the Australian National Hockey Squads S&C program, as well as in other school settings. He is therefore perfectly placed to implement a program to assist in the development of our academy students and we are looking forward to working in the program he has devised specifically for our students.

#### Whole Academy Flexibility Program

We have introduced a flexibility program across the academy to develop student's awareness and knowledge of pre-habilitation and re-habilitation techniques for injury prevention and management. Year 7 and 8 students will have a school based program. We have gained the services of Natasha Tay for our Year 9-12 students. Natasha is an accredited Yoga instructor and has extensive experience of working within school environments and sporting contexts. She has developed a hockey specific stretching and relaxation program for our students, and we are very excited to start working with her.

#### Whole Academy Speed, Agility, Quickness (Sprint) Program

We are thrilled to have engaged the services of John de Bes in implementing our new SAQ program this year. John is a former sprinter, hurdler and Australian representative in Decathlon, with state and international records to his name. John is a former PE teacher, Athletics WA coach and Sprint coach for Premier League hockey teams, while his experience in coaching school students is extremely extensive. John will be working with all students in the academy this year, and we are excited to have his involvement and positive impact on the program.

#### Opro Mouthguards via Addlon Trading

We have also created a relationship with Addlon Trading who are the Australian distributor for Opro Mouthguards. Opro Mouthguards are the current sponsors of the Australian Men's and Women's Hockey Teams (Kookarurras and Hockeyroos) along with the Australian Men's and Women's U21 and National Development Squads. We are very fortunate and grateful for their support in offering our students world class mouthguards at reduced rates.

Addlon have kindly extended their offer to friends and family of the Como Hockey Academy, therefore should you or your child require a new mouthguard this year, please see Mr McKnight to get your 'Opro Deal'

#### Quadrathon – Postponed until further notice due to COVID

Our annual Quadrathon event was scheduled to take place on Tuesday 22nd March (Week 8) at Point Walter in Bicton. This is a whole academy event where students from mixed teams across all year groups combine to compete in a 4 stage event to celebrate the end of our fitness block for Term 1.

Unfortunately, under the current circumstances with COVID this cannot currently take place, however we are very hopeful that circumstances change and we can reschedule this later in the year.

#### Tuesday Lunchtime Floorball Competition

Tuesday lunchtimes in the school gym will be Como Hockey Academy time. Our Academy captains have organised a floorball competition for all students in the academy to have fun in a relaxed and fun environment where they can play and socialise together across all year groups. Participation each week is voluntary and all CHA students are welcome to play, umpire or spectate and support each Tuesday lunchtime.

#### Notice Board and SEQTA

For updates and information on further new additions to the program throughout the year, students are already aware of the Hockey Academy Notice Board where they can relay this back to you at home. You will also be given access to our SEQTA Como Hockey Academy page. This is currently being set up and you will be able to view this very shortly.

Wishing you all a safe and fun filled year of hockey in 2022.

# GOLF

## Jamie Warman - TIC

Firstly, I would like to thank Como Secondary College for giving me the opportunity to lead this prestigious program. My name is Jamie Warman, and I come from Southern River College, where I have spent the past three years as a Year Coordinator and teaching in the Health and Physical Education learning area. I have played golf my whole life and been fortunate to represent Western Australia during this time. Following high school, I accepted an athletic scholarship to Odessa College in West Texas, before graduating at Oklahoma City University in 2016 and returning to Perth that same year.

2022 for Como Golf Academy has started off positively, with all golfers participating in team-building activities during the first week. The outcome of these activities saw an increased amount of cohesion and leadership amongst the group. The second week brought our attention to the golf course, where students spent time fine tuning

their swings and putting techniques under the tutorage of Tony McSkimming. Students have been encouraged to be more observant and reflective during these sessions to increase knowledge, and focus for future practice sessions and time on-course.

Next month, we have our first event for the year in Bridging the Gap, where students from years seven to nine play a round of golf with the more senior members of Collier Park Golf Course. A great learning opportunity for all involved and one we are very much looking forward to.

To stay in touch with the Golf Academy on social media, I recommend giving us a follow on Instagram [@comogolfacademy](https://www.instagram.com/comogolfacademy) for regular updates on our progress throughout the course of the year.



Ex Como Golf Academy student Hannah Green made history becoming the first woman to win a professional, full-length mixed-gender tournament at Cobram Barooga Golf Club, NSW. Ash Barty, Karrie Webb and Anika Sorenstam were among the sporting elite to congratulate Hannah on her history making success.

Hannah came in four shots ahead of Hayden Hopewell another ex Como Golf Academy student.

Congratulations to both Hannah and Hayden on their outstanding achievements. Como SC is incredibly proud both these ex students. Read more [here](#)



## Meetings

The P&C meet once a month during term time on the 3rd 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: [COMOSECONDS@OUTLOOK.COM](mailto:COMOSECONDS@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](mailto: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

**Womens Domestic Violence Helpline** 1800 007 339

**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** 135 247 (7AM to 7PM)