



## PRINCIPAL'S MESSAGE

Digby Mercer

The long-running efforts of the School Board and P&C for a substantial redevelopment of Como Secondary College appear to be coming to fruition. The first indication was back in May when the Department of Education carried out an assessment of the school's facilities to determine priorities for the replacement of existing structure with new buildings. It would appear that this school and Kent Street Senior High School are now under active consideration. However, it should be noted that various redevelopments and models have been proposed over the years but have come to nothing as governments and their priorities have changed.

Over several years, the President of our School Board, Leon Taylor, has initiated meetings between the Board and our local member of parliament, Geoff Baker. Like John McGrath before him, Geoff has been working behind the scenes to get better facilities for the school. This resulted in the visit of the Minister for Education in 2021 and by the Premier last year. An outcome of a Term 1 Board meeting was the organisation of a meeting at Parliament House with Como, Kent Street and Canning College principals and the principals of our surrounding primary schools on September 14.

In the meantime, publicity from a local community action group of primary school parents has also been effective in pushing the process along. Questions have been asked in parliament and articles have appeared online, in The West Australian as well as discussion on ABC radio. Although some of the

information contained in the news articles was wildly inaccurate, the basic thrust of the need for modern, purpose-built facilities was correct. As a result, the Minister for Education visited Como on Thursday, 7 September and agreed that work needed to be done to rectify problems associated with old infrastructure. That meeting was followed up by the pre-planned meeting of the Curtin Education Community at Parliament House. At this meeting we were able to continue the discussion with Tony Buti, the Minister for Education. We were also fortunate to informally meet the Premier, Roger Cook.

The School Board and P&C under the leadership of Leon Taylor and Richard Quance respectively, have initiated a process to develop a shared community vision for Como Secondary College. The primary aim is to organise a 2 to 2.5-hour session in late October involving representatives from all local P&C primary school groups within the Como SC catchment area. In addition, input will also be sought from Como's staff and students as well as other interested parties. The goal is to collaboratively develop a unified vision statement that outlines the community's aspirations for future funding. There are other possibilities for development including shared school and community sporting facilities. Other possibilities that could be explored include Gifted and Talented Education (GATE) programs, international education and the provision of intensive English courses. It is expected that a document that outlines a clear, unified vision will be a powerful tool that will help decision makers in their deliberations.

## TERM 3 2023 NEWSLETTER



### Teacher in Charge of Hockey

Tate Napier, our long-serving Teacher in Charge of Hockey will be stepping down for long overdue surgery on a troublesome knee. Tate will be taking leave for the remainder of the year. We wish her all the best for a speedy recovery.

Shayni Nelson will take over as Teacher in Charge. Mrs Nelson is an experienced teacher and education program coordinator of 15 years. She holds the Hockey WA Premier League games record of 400+ games (and still going) and has won 7 Hockey WA Premier League titles with UWA, 5 Australian Hockey League gold medals with the WA Diamonds and made her Hockeyroos debut in 2002 at the Champions Trophy. Currently she runs the UWA Skills Academy and in the last year has coached the WA U13 and U15 girls' WA Hockey teams at the Nationals.

Shayni is filled with excitement

and determination to continue the development of our program as the premier school hockey academy in the country. Como has a rich history in producing talented hockey players, and with the upgrades to the Hockey WA facilities at Perth Hockey Stadium on the horizon, our potential for growth and excellence is greater than ever before. To further elevate our program, Shayni has engaged the services of Fiona Ryan, an ex-Hockeyroo, who will work closely with our students to develop Academy culture, team values, and leadership qualities. Fiona's experience and insights will undoubtedly inspire and guide our young athletes on and off the field.

### Cabaret

The cabaret held last week was a tremendous success and very entertaining. There were two significant aspects to the event that contributed to

a wonderful evening. The first was the integration of the various elements of the Arts into a fully integrated show. Some of the items involved the Dance students performing to music played by the band students. Behind the scenes, our Creative Industries Certificate students handled the lighting sound and staging.

The second pleasing aspect of the cabaret was the collaboration between the P&C and The Arts Learning Area. I hope that this is the forerunner of a model that will be mutually beneficial by providing fundraising opportunities for the P&C and provide the school with a mechanism to tap into the great expertise within our school community.

### Electronic Access Control to Toilets

Along with an increasing number of government and independent schools,

Como will be installing electronic access control devices on the entry doors to our student toilets. This will happen over the holidays. Schools that have done this have found an improvement in the maintenance of cleanliness and hygiene and a significant reduction in the inappropriate behaviour. The system allows for the ability to specify or restrict access on days, times or specific users. The devices will be programmed to be open before school and during recess and lunch, but closed when students should be in class. Students with specific needs that require access at any time will be issued cards. Students caught short during class time will be able to get an access card from their teacher or Student Services.

### Farewell to Year 12 Students

Congratulations to our Year 12 students for the warm-hearted and respectful manner in which they left the school. It was nice to hear the students at the assembly acknowledge their teachers and remind us all that positive student-teacher relationships are a cornerstone of a good education.



## WEST AUSTRALIAN ASSOCIATION OF TEACHER ASSISTANTS

### Jane Keehn - Teaching Assistant



Ms Jane Keehn one of Como's valued Education Assistants was voted WA Education Assistant of the Year 2022. Recently the West Australian Association of Teacher Assistants (WAATA), invited Ms Keehn to speak at their annual conference.

Ms Keehn discussed her own E.A. Reports which she shares with the Intensive Learning Team.

"The reports focus on positive anecdotes and information about students' progress and successes, not just their test percentages. A feel-good report might include a spontaneous drawing on a

whiteboard or a jingle written on my iPad, that are not part of their assessment but show the student's other talents.

The report might include a quick note about a student changing their mind set or even just an interesting TV show or movie they thought I might like."

By focussing on some of their hidden positive talents, Ms Keehn's shared report lets the other staff know some fun facts which could help start a conversation with individual students in the Intensive Learning Program, leading to more trusted relationships and better learning outcomes.





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.

All SchoolTV topics are divided into series. Take the time to explore each series and topic and make sure you visit the resources section. Here you will find useful fact sheets, apps, books, websites and other additional videos - all on one single topic.

[Exams](#)

[Healthy Body](#)

[School Survival](#)

[Mental Health](#)

[Cyber Safety](#)

[Positive Parenting](#)

[Special Reports](#)



## Neurodiversity

Neurodiversity emphasises the natural variation in how an individual's brain functions and how they perceive and interact with the world, leading to diverse ways of learning and communicating. While most young people are neurotypical, some exhibit variations in brain development, such as ADHD, autism or dyslexia, making them neurodivergent.

Embracing neurodiversity involves accepting, celebrating, and supporting neurodivergent children and adolescents without attempting to change or treat their differences. Using respectful language, challenging unhelpful attitudes, avoiding assumptions, and actively promoting inclusivity can help embrace neurodiversity effectively.

Acknowledging the unique ways neurodiverse young people do things and then adapting tasks and activities to ensure their full participation will encourage them to develop strategies that feel natural to them. It will help

improve their mental health, wellbeing and sense of self. By recognising and nurturing their strengths, parents and caregivers can contribute to building an inclusive and compassionate society where all young people can thrive.

Learning more about neurodiversity, equips caregivers with insights into effective communication techniques, educational strategies, and parenting approaches tailored to the specific needs of their neurodivergent child. 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 help from a medical professional.

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



## R U OK? Day

Understanding the growing challenges related to mental health among young people is an important consideration. Anxiety, depression and self-harm — are all causes for concern. Factors like academic pressure, social media, family dynamics, and societal expectations, are contributing to these issues. It's therefore crucial for parents and caregivers to take action early, remove the stigma around discussing mental health, and offer accessible support to address these issues and the wellbeing of their children.

R U OK? contributes to suicide prevention year round by urging people to invest time in personal relationships and empowering informal support networks to identify signs of distress. We urge all families to take part, emphasising the value of genuine human relationships and reminding everyone to ask the important question, "Are you OK?"

Engaging in R U OK?Day activities goes beyond the classroom; it's a commitment to our students' overall development. By talking openly about mental health, schools create safe spaces where students feel understood, valued, and supported. As parents and caregivers, you can contribute by fostering open

conversations, normalising feelings and breaking down mental health stigmas. Participating in R U OK?Day promotes compassion and shows our dedication to the wellbeing of the entire school community, reaffirming that together, we can truly make a difference.

This Special Report provides guidance on how to talk to your child about mental health and engage in meaningful discussions. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please consider seeking medical or professional help.

Here is the link to your special report [https://como.wa.schooltv.me/wellbeing\\_news/special-report-r-u-ok-day](https://como.wa.schooltv.me/wellbeing_news/special-report-r-u-ok-day)

Great news! KidSport has been doubled from \$150 to \$300 per eligible child per financial year!

The program provides financial assistance to families to ensure all kids have the opportunity to participate in sport, remain physically active and build long lasting friendships.

Not only can the vouchers go towards club registration fees, they can also be used towards essential playing equipment and uniforms.

KidSport is available to children between 5 and 18 years who are named on a valid Health Care Card or Pensioner Concession Card, with up to \$300 available per financial year. To find out if your child is eligible, visit the website [www.dlgsc.wa.gov.au/kidsport](http://www.dlgsc.wa.gov.au/kidsport)

KidSport is delivered by the Department of Local Government, Sport and Cultural Industries in partnership with local governments throughout Western Australia.

**KidSport has doubled to \$300 per eligible child - each financial year!**

Get a voucher to pay for club fees, uniform and equipment.



# STUDENT SERVICES

Nicole Richardson and Michael Foster

## NAIDOC

Como Secondary College celebrated NAIDOC week in Week 1 of Term 3. This is an annual event to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. All classes across the school had a NAIDOC lesson and the school held a special assembly with Elder George Hayden which finished with a smoking ceremony. The students also contributed to a mural that was displayed in the quadrangle.



## Vaping Presentation – Clearing the Haze

All Year 7-12 students have now watched a presentation by Azalene Williams – Clearing the Haze - The path to clean air and healthy lungs. Many students commented that they found the presentation informative, and that they have learned some new facts about vaping.



## Year 11 RYDA

Our Year 11 students spent the day at Claremont Showgrounds on Wednesday 23 August learning how to be an active and responsible road citizen. The students were provided with the tools, habits and motivation to take action and stay safe on the road as both a driver and a passenger throughout their lives. Well done to our Year 11 students who engaged well with the program throughout the day.



## Year 7/8 Silent Glow Disco

Our Year 7 & 8 students were dressed to impress in their glow outfits as they danced the night away at the silent disco which was held in the school Theatre on Thursday 24 August. The lights were dimmed, and three different music channels played through the headphones. We saw some awesome dance moves and the students had a blast.



## Year 9 River Cruise

On Thursday 17 September, our Year 9 students with Good Standing were invited to attend a river cruise on board the Captain Cook cruise boat. The students requested all of their favourite songs and danced the night away, took many sunset selfies and had pizza and donuts to top the night off. The behaviour of our Year 9 group was excellent, and students have expressed what a fabulous time they had.







### Year 11 Formal River Cruise

Our Year 11 group dressed up on Wednesday 19 July for an elegant night of dinner and dancing onboard the Crystal Swan. Students with Good Standing were invited to the event and the night was full of glitz and glamour as the students cruised along the beautiful swan river.



### Year 10 Dinner Dance

Tompkins on Swan was the venue for our Year 10 Dinner Dance. Students were dressed to impress and were treated to a yummy buffet dinner followed by a night full of dancing. A wonderful night was had by all students and staff.



### R U OK? DAY

The college acknowledged this important day with free coffee for staff from the coffee, student conversation bingo and an icy pole for all students.





## Year 12 Graduation Celebrations

A final farewell to our class of 2023 who celebrated the end of school with a Graduation Dinner, Breakfast and Year 12 Assembly. We are proud of all of our Year 12 students and wish them the best of luck for their upcoming exams. We look forward to the graduation celebration at the Valedictory ceremony in Term 4.





# HEALTH AND PHYSICAL EDUCATION

Rhett Brown - Phys Ed HoLA

## NATIONAL HPE DAY

Under the leadership of Ms Pasco in August we celebrated National HPE Day. The HPE team of teachers dressed in their favourite sporting attire ran a number of 'challenge' activities consisting of; golf putt, AFL kick into the bin, basketball trick shot and hockey weave celebrating all things Health and Physical Education. Congratulations to all the winning students who received \$20 rebel sport vouchers. We are looking forward to this event being bigger and better next year.



# OUTDOOR EDUCATION – CERT II IN OUTDOOR RECREATION

Bruce Emslie - Teacher Outdoor Education



The Outdoor Education students in Year 12 went down to Dwellingup for their canoeing, mountain biking and navigation camp.

Day one was spent packing the trailer and driving to the informative Dwellingup Trails and Visitor Centre to collect some maps before continuing to Baden Powell campgrounds to set up our tents. The afternoon activities had the students (under the professional tutelage of Gina Merrett from Notre Dame University) attempting to make sense of some maps and using compasses as they navigated their way over the amazing new Dwaarlindijraap suspension Bridge to the Chuditch Walk Trail and back. There were kangaroos and much birdlife seen. The meals cooked on the Trangias were very impressive on day one.

Day two was our canoeing day from Yarrigil to Dwaarlindijraap. The majority of participants managed to upturn their canoes at Island Pool rapids and enjoyed an August winter dip in the refreshing cool waters of the Murray River. The weather was perfect and the students and teachers managed to thaw out

shortly after lunch. The morale of the students was maintained throughout the day by some antics from Tiffany Simpson (Notre Dame University) and our paddling guide Elijah Sparrow. The late afternoon was spent recovering and refuelling while those that went on a quick bike ride had the unexpected joy of seeing a parade of echidnas in their natural habitat. The evening campfire games were puzzling enough to confuse most and keep spirits high.

Day three saw an early breakfast and pack-up of the campsite, bus tetris and then briefing for the ride ahead. It was our chance to further develop our confidence and skills on the Murray River Mountain Bike Trails after experiencing the Kalamunda Mountain Bike Trails earlier in the year. The challenge of riding up the hills was counter-balanced with the pure excitement and elation that the final downhill "Year One" trail elicited, with Mr Brown leading the chorus of "How good was that!!!!".

A fantastic finish to the outdoor activities and a successful and safe camp thanks to the assistance of Mr Brown (HoLA HPE), Gina Merrett and Tiffany Simpson (Notre Dame Education students).

We rewarded ourselves with a final stop at the Pinjarra Bakery to try their award-winning pies, before returning to school. The students seemed to love the camp and should be congratulated for preparing and participating so well throughout.

Congratulations to Tianna, Georgia, Taniith, Aleya, Anna, Jazmin, Jade and Nene.



# COMO HOCKEY ACADEMY

## Shayni Nelson - Hockey TIC

### Golden Goal Secures David Bell Win for Como

It was a mixed bag of results on the 1st September at the SSWA Champion Schools event. The Senior Boys team consisting of boys from Years 10-12 beat Shenton College 5-4 with an extra-time golden goal to secure the David Bell Cup. The Senior girls were undefeated and finished on top of the table along with St Hilda's Anglican Girls to be jointly crowned Buchanan Cup champions and the Year 7-9 Como side were beaten by Shenton College 8-3 despite having their chances and matching it in patches with a very talented opposition.

Let's start with the Buchanan Cup, the girls did a fantastic job in an interrupted day of competition. The Buchanan Cup Semi-final Day was played around the Ross Meadow Shield and David Bell Cup finals. With many girls doubling up and playing in both competitions it was difficult to get connections early but towards the end of the day the girls played some intelligent hockey. Frustratingly, they were unable to be named outright champions because not all schools played each other on the day and St Hilda's were without their strong Year 12 prefect players for our fixture. I think it would have been a red-hot contest if they had their older players, many of whom play Premier 1s in Hockey WA competition, and we were at full strength as we have players who regularly play senior women's hockey in WA. Year 11 Georgia Hiskins and Prefect Jaeda Ritchie controlled the midfield for Como all day and Year 10 Shané Barnard was dangerous for the girls' team upfront.

The class of several U15 WA Gold players was the difference between Shenton's team and ours in Ross Meadow Shield final. It was relatively even at halftime with the score being 2-1 but Shenton then made some personnel changes, and they piled on 4 goals to 1 in the third quarter to make it very difficult

for us. I was proud of how the team didn't give up and continued to share the ball around and fought hard despite the score. Special mention goes to Dhairyra Dave who was dangerous for us in the forward half and Year 9s Owen Ellis, Zoe Galliot and Jackson Elliot who stood tall in defence to spoil the chances created by the crafty Shenton players. The final score ended at 8-3 to Shenton.

And finally, the David Bell Cup turned the coaching staff grey in 70 minutes. At the end of regular time the score was level at 4-a piece. This was after a stunning come-back by our boys from 3-1 down late in the 2nd quarter time despite having a large amount of the play. We made plenty of chances throughout the match but found it difficult to put the ball in the net with Shenton defending extremely well, particularly on defensive penalty corners. Shenton's physicality also threw us a little bit and we had to work hard for the opportunities that we created.

The boys started well scoring in the 12th minute through Oscar Banyard. Shenton's Blake Murdoch then scored a hat-trick to give Shenton a 2-goal lead. Nerves were tested at this point, but the boys were fighting hard and due for a reward if they stuck to process of stretching the field and transferring to the space. Our spirits were lifted just before the 3-quarter time break when Zed Kearnan showed his individual brilliance to score a tomma into the backboard after a Shenton turnover in our attacking 25. Jonah Pilatti showed nerves of steel to level the score 3-all when he took a penalty stroke in the 46th minute.

In the final quarter, coaching staff recognised space on the left hand-side of Shenton's impenetrable penalty corner defence and the boys executed the variation to perfection. Jonte Sadler snuck into the L1 reverse stick deflecting position to touch a ball delivered perfectly from the Kearnan to score our 4th

goal and give us the lead. More drama followed two-minutes later when a lapse in concentration meant we let Shenton back into the game at 4-all.

A Como yellow card late in the normal time meant we were going to have to play with only 8 players in the 9-a-side, first 7-minute extra time period. Luckily, Shenton's rough play was finally penalised and they too lost a player with a green card to equal the number of players on the field. During this time, Oscar Banyard was able to steal in defence and feed it to high striker James Shackley who managed to keep his feet after being taken out by the desperate defender and sliding goalkeeper. He remained balanced and calmly pushed the ball into the open net. Job done...just!

As the endorsed hockey school in WA I felt it necessary to give all players an opportunity to play and contribute to the final outcome. All 17 players got on the field and had an impact on the result which fell in our favour...just!

Year 10 student, and poly-filler, Oscar Banyard was voted "Player of the Match" by the Hockey WA umpires.

The Como Hockey Academy players represented their school with pride on the day and demonstrated the academy values on and off the field. Thanks to Bruce and Tate for coaching and managing the teams on the day. Thanks also to the alumni students and parents who came to PHS to support us.

It would be naïve of us to think that Shenton College is not coming for us at school hockey tournaments. With over 500 kids in each year group and situated in the western hockey heartland they are going to continue to improve, but I am confident that we can continue to match and supersede their growth by building a positive hockey academy culture and centre of excellence.







### South-West Tour 2023

In Week 10 of this term the Year 7-10 Hockey Academy students are travelling around South-West region playing regional opposition teams and promoting the Hockey Academy. We have decided to take the Year 10s as leaders this year to give them an opportunity to develop their leadership skills and to help re-establish the event of the Hockey Academy calendar. More details to follow next term.









## COMO CABARET

After several years where we have had to keep our distance, the cabaret provided the perfect opportunity for us all to come together. It was an event where we celebrated diversity, performance, and self-expression, and highlighted the power of the Arts to connect people.

It was without doubt a night to remember and showcased our fabulous music, dance, drama, choral and Creative Industries students. It gave everyone the opportunity to shine.

This was the first event of its kind for Como and was well received by audiences at both the afternoon and evening performances. The success of the event was thanks to the hard work, determination and collaboration of our students, Arts staff and P&C.

Thank you to all involved.





## THE ARTS

**Monique Laves - Arts HoLA**

### WRITE A BOOK IN A DAY .....

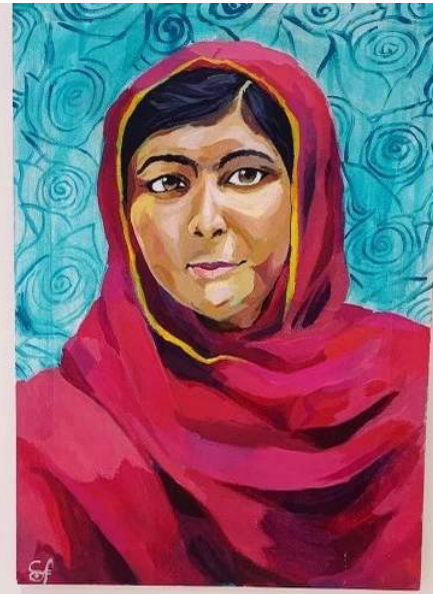
**who would have thought it was possible!**

Create@Como students took up the challenge to write, illustrate and publish a book in a day. The challenge was part of the Kids' Cancer Project supporting childhood cancer research. Create students embraced the task of writing a book for kids in hospital to transform their day by transporting them to another time, place or even dimension through the power of imaginative words and pictures. A big thank you to Miss Horn and Ms Brooks for making this unique event happen.



### Visual Art

Congratulations to Yr 11 Visual Art students Jordan L, Nyvada S, Olivia V, and Sierra F, and Yr 12 Photography students Yazan R, Bailey R and Hinako S whose work was selected for exhibition at the City of Belmont 2023 Art Awards. It was amazing to see their work in an exhibition space. The exhibition ran Tuesday til Sunday, 02-16 September at the Glasshouse in Cloverdale. Artists statements can be viewed below <https://www.belmont.wa.gov.au/.../2023-art-awards-artist...> <https://www.belmont.wa.gov.au/.../arts-and.../art-awards>



The Art room has been full most recess and lunch times with students coming to finish their work to a high standard ready for exhibition, it is fabulous to watch the development and confidence grow in our students

Year 11 student Sachin Orupe has successfully been accepted into the 2023 Canning Art Awards, exhibiting 'The Fab Four' acrylic on canvas 2023. A big thank you to Mr Maciver for his drive to motivate the students to exhibit.



## EMITS

**Penny Coutas - EMITS TIC**

### Year 7 EMITS Incursion to "Save Baby Yodee"

The Year 7 EMITS class undertook a workshop to "Save Baby Yodee" presented by the Outreach Program from Murdoch University. Baby Yodee had been captured by the evil majestic storm fighters. The students needed to use their skills of fractions, decimals and percentages and converting between them in order to save him. In this immersive game experience, there were five locks students needed to break before they could get to the finish to free Baby Yodee and save the galaxy. The class was divided into four groups, working as a team to undertake this task. All the students worked effectively as a team using the number skills they had developed as well as their problem solving skills.

Congratulations must go to Isla, Aleezah and Shadi for being the first team to break all the locks and save Baby Yodee.





# ADMIN & FINANCE NEWS

## 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 2022 and 2023 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.HUB@education.wa.edu.au](mailto:Como.SC.HUB@education.wa.edu.au) to advise the 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 SMS and Absentee Letters

## Contact Details

Please advise changes via Consent2Go, 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.

**Communications are usually sent via email; please ensure we have your correct address**



The onboarding process of students onto SEQTA Learn and parents onto SEQTA Engage is 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.

**Please remember to check SEQTA Notices to keep up to date**

# PARENTS & CITIZENS

## Meeting

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 Uniform Shop

The second-hand uniform shop is run by the P&C with all funds raised going towards projects to benefit all students.

It is located in B Block and open during term each Friday, 8.30-9.15am. Non-students need to sign in at the front office where staff will assist to locate the shop.

The shop is run on donations only.

No longer required, preloved uniform items in good condition can be dropped at reception 8am-4 pm Mon-Fri.

**SECOND-HAND UNIFORM SHOP**

Our Second-hand Uniform Shop would welcome donations of preloved uniform items in good condition.

Items can be donated at reception 8am-4pm, Mon-Fri.

A circular inset image showing several white school uniforms hanging on a rack.

# 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:

- CAMHS Crisis Connect supports children and young people under 18 years (family who have concerns can call 24 hrs/7 days a week incl. public holidays for a tele-mental health assessment or advice) call 1800 048 636
- Mental Health Emergency Response Line (MHERL) is 24/7 for adults – 1300 555 788 (metro). Peel callers – 1800 676 822 (free)
- 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

## NEED SOMEONE TO TALK TO

- |                                   |                     |
|-----------------------------------|---------------------|
| <b>Women's Domestic</b>           | <b>1800 007 339</b> |
| <b>Violence Helpline</b>          |                     |
| <b>Beyond Blue</b>                | <b>1300 22 4636</b> |
| <b>Crisis Care Helpline</b>       | <b>9223 1111 Or</b> |
| <b>Country Toll Free</b>          | <b>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 Crisis Line</b> | <b>135 247</b>      |
- (7 am to 7 pm)