

NEWSLETTER

Principal's Address

That's a wrap!

Well what a full term it has been – they all seem to be full now! We've seen students choose their options for years 9 and 10 in 2022, staffing processes are in full swing for 2022, and we have begun work on ensuring that we are working with our year nine students as they move into year ten next year on their career pathway options and aspirations. This has included recruiting some new people into roles that will help us undertake this body of work moving forward.

Our students have had opportunities to participate in numerous activities this term – Goals programs, an athletics carnival, educational excursions to a variety of places and experiences, incursions focussed on mental health and resiliency, and even a small group of our students helping out at a local primary school carnival. It is wonderful that we are now large enough as a college to support and extend all these opportunities to our students – and that they are keen to take them up! Our students are consistently displaying their understanding of the college motto – Imagine, Believe, Inspire and Achieve – as evidenced by some feedback I got from a local primary principal recently where he wanted me to be aware of how amazing our students were helping out at the primary school carnival – the best ever high school helpers he had ever experienced, was what he said to me! We will be exploring more opportunities for our students to be involved in their local community as we head into 2022.

One of the more bittersweet parts of being a Principal is having to say goodbye to staff as they head off to take up other opportunities. At the end of term 3, we say a temporary farewell to Ms Anna Anderton and Ms Hannah Carter who leave us to start their maternity leave. We wish you both all the best for your maternity leave and we look forward to seeing you come back when it's time! We are also saying farewell to Mr Craig Wilkins who is returning to Safety Bay Senior High School, and Ms Chantell Gray who is heading back to Halls Head College. We wish Suzanne Stevens all the best on her long service leave and all her upcoming adventures – we wish you both well and thank you for your contributions at Coastal Lakes College. Lastly, one of our biggest farewells is to Mr Shane Easton. Mr Easton is leaving to take up a Principal ship in another Mandurah Secondary School – a most well deserved promotion. We wish his all the very best – our loss is another schools gain. On a personal note, I would like to publically thank Mr Easton for all his hard work in helping me to establish Coastal Lakes College – even before we were physically on site way back in 2018, and he will be very much missed by all at the College.

To our CLC families, please have a safe and well deserved holiday – we are looking forward to welcoming you all back for term four healthy and in one piece!

Warmest regards,
Kya Graves
Foundation Principal



Chaplain Address

It doesn't matter how old you are, making friends can be hard, and sometimes a little bit tricky. It's important to remember that everyone feels like this from time-to-time.

I've found that the number of friends you have is far less important than the quality of friends you have.

The main thing is, whoever you choose to be friends with, it's important to make sure it's with people who boost your confidence and self-esteem, and who you enjoy hanging out with.

As hard as it is to deal with, not all friendships last forever, some friendships come and go and that's a perfectly normal part of life. Everyone develops at different stages and interests change over time.

It's important that you focus on being a good friend. Think about the qualities that you look for in your own friends, how can you provide the same kinds of things to your friends?

It's also important to consider what you like about yourself? Are you kind, loyal, generous? Perhaps your supportive?

When we feel good about ourselves we give off a feel-good vibe to others that helps to create (and strengthen) bonds of friendship with other people. Some other tips for finding new friends include:

- Investigating a new hobby or joining a club for something you enjoy – that way you can meet people who are interested in the same things you are.
- Smile and make eye contact with people around you – it helps make you appear friendly and can also encourage conversation.
- Ask questions – this helps to strike up a conversation and show that you are interested. It helps to have a few questions ready such as 'What music are you into?', 'What do you like to do for fun?', 'What kind of movies do you like?', or 'Do you play any sports?'
- Give people compliments – saying something nice makes people feel good about themselves and is a great way to start new friendships.

House Update

The Term 3 House System Competition has been a big success. Challenges this term included a rubik cube and paper plane challenge. Departments also participated in their own activities throughout the term with special challenges like the HASS guess the flag challenge.

Containers for change launched this month, so far Analysts have been the most environmentally friendly – recycling 207 bottles. So far we have recycled over 680 bottles across the College.

We also launched our House Shop this week, where students have the opportunity to exchange their house points for items in the house points shop.

We are really looking forward to the 2021 Cadbury Cup, which will be back next term!



Man Up Incursion

On Tuesday 16 November boys in Year 8 & 9 will be taking part in a special incursion delivered by Man Up, who aim to empower young men. The program, which will be working on male culture, will be delivered as part of our Health and Wellbeing initiatives at the College. Students will explore different topics including building good language and attitudes around their mates, addressing the stereotypes of masculinity in the past and how this has developed over time, and the transitions/stages that men go through in life.



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Learning Area Update - Design & Technology

Earlier this Term Coastal Lakes College had the pleasure of hosting the first ever STEM Olympics for our area.

Sixteen students represented the College competing against peers from Ridgeview Secondary College, Comet Bay College and John Tonkin College in 4 different activities – Bottle Rockets, CO2 Dragsters, Gliders and a Mystery Box Cook-Up.

Throughout the whole day students from all Colleges wowed judges with good sportsmanship, problem solving and resilience skills.

A massive congratulations to all of our students who competed.



Achieve Program Update

Students in our Achieve Program have been busy this term. 7.5 have been working on visual literacy in English. One of our very clever students in 7.5 submitted an assessment in Science where they built their own Minecraft world to demonstrate their understanding of eclipses and moon phases.

8.1 and 8.5 have been conducting an extended series of investigation looking at energy efficient housing and have completed a multimodal comprehension assessment in Maths.

9.1 have been working on Bento boxes and propaganda posters in English.

By providing students with choice over how they present their understandings, students are able to take ownership of their learning. By linking the concepts covered in class to real-world contexts also allows for them to produce a product that feels authentic.

Academic Burnout: What it means and how to help

Burnout happens when a student becomes overwhelmed with all of the work they are facing, with no time to relax and recharge. Burnout in students tends to lead to mental and emotional fatigue or exhaustion. It is common and nothing to be too worried about – it's easy to overcome and something that everyone will face.

Here is an overview of some of the common symptoms of academic burnout in students:

- Lethargy or complete alienation from work, where you no longer feel a need to be productive or motivated.
- Physical signs of stress, such as overwhelming exhaustion or headaches.
- Reduced productivity when you do work prevents you from working as hard as you usually can or at a much slower pace.
- Emotional signs of stress, wherein you distance yourself from others and are less motivated when trying to work on something

Tips to avoid or recover from academic burnout

Avoiding or recovering from academic burnout means learning to keep yourself balanced. Life shouldn't be all about school and academics, for one. For another, everyone has energy limits, and concentrating too heavily on school means not having enough time for enjoyable and rejuvenating activities.

There are various stress management strategies you can use to cope with the stress from your school and outside work.

- Maintain a balance between your studies and hobbies. Do an activity that helps destress you, such as playing a video game or exercising. Exercising, for example, has proven effectiveness at minimizing stress.
- Make time for social activities, family and friends are your positive support system!
- Get outside, studies show time spent outside can reduce stress levels, so go for a walk, go to the beach or sit outside with a book.
- Communicate how you're feeling with trusted family and friends. Even if you don't feel like talking at first, support from loved ones will help relieve some of the pressure you feel.

If you ever feel the symptoms of burnout, just take a step back and relax – that's often all you need. So make sure you use the school holidays as a break and do things that you really enjoy!



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Term 3 Highlights

National HPE Day

Wednesday 1 September was National Health and Physical Education Day – a nationwide initiative that highlights the importance of HPE in the Australian Curriculum - it doesn't matter whether you're a parent, caregiver, teacher or principal - everyone has a role to play in helping young people take a step towards leading healthier and happier lives.

Together we celebrated National HPE Day by playing fun games and activities during recess and lunch.



Mosaic Art

Our Year 9 Inclusive Education class have been putting their creativity to the test with these wonderful Mosaic Pots. A big thank you to Mandurah Tile and Stone for donating some of the materials.



Peel School Program

The very generous team at Gilbert and Sons Fresh Market Mandurah popped by our assembly to donate some funds as part of their Peel School Program.

Sign up in store and your shopping will earn points that get turned into cash.

This is a great initiative from Gilbert and Sons, and a wonderful way to support our local community!



Earth Matters

Earlier this month our House Captains together with members from the Environment Committee visited Scitech and explored the Earth Matters: Rethink the Future exhibition to further develop their understanding of environmental issues and solutions in our world.

Students had an opportunity to explore innovative solutions that will help us adapt our way of living for a more sustainable future. Students worked together in small groups to problem-solve and innovate their own wind-turbine prototype, and collaborated in their investigation of underwater environmental threats like microplastics and oil spills.



Blanket Activity

This week our Year 9 students have participated in an interactive storytelling of the history of Aboriginal culture through a blanket activity.

This activity was initially planned for NAIDOC Week but had to be rescheduled due to restrictions at the time.

A big thank you to Charmaine Climo and Renarta Coyne for delivering the activity and for sharing your stories.



Term 3 Highlights

Athletics Carnival

Students showed us what they were made of at our Athletics Carnival yesterday, representing their houses (and the College) with PRIDE!!!

Well done to all our students who got involved and gave their very best effort on the day.

Congratulations to those students who won events, beat their own PB's and to those who tried something new for the first time.

A massive thank you to all our staff who have spent the last few days, weeks (and months for some) organising the event, ensuring students have opportunities like this. It's always complicated coordinating these events and requires a lot of work behind the scenes (late nights and early mornings) to pull these events off – but to see all our students having a blast and trying their best makes it all worth it in the end.

As an inclusive whole of College event the program is designed to give all students an opportunity to participate in every event and try something new, which is why we include a range of activities including athletics, sports and novelty games.

We were very impressed to see our students showcasing leadership and encouragement within their House groups.



Year 7

Champion Girl – A Ayris

2nd Place – B Dean

3rd Place – C Kerekere

Champion Boy – C Matene

2 – L Hughes

3 - S McKern

Year 8

Champion Girl – E Guest

2 – B Knight

3 – C Orchard

Champion Boy – A Lee & J Jaff

2 – A Geitz

3 – S Ballantyne & L Young

Year 9

Champion Girls – E Tomlinson & E Passanisi

2 – A Lia Taufa'atua

3 – M Ainsworth & M Chomiak

Year 9 Champion Boy - E Van Keule

2 – A Glissenaar

3 – S Rantanen & J Reti

House Championship

1 – Diplomats

2 – Explorers

3 – Sentinels

4 – Analysts



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Term 3 Highlights

R U OK? Day Cupcake Decorating

On R U OK? Day the Year 7 Integrated Learning class participated in a number of activities, including the decorating of some cupcakes with bright yellow icing, they then used writing icing for the finer decorations, and chocolate chips for the finishing touches. Prior to eating their works they each drew a picture of their iced design in their English journals and wrote a recount of the activity. The students were inventive, positive and cooperative throughout the activity and truly savoured their cupcakes.



Skateboard Art

Our Year 9 students have been designing artwork for skateboard and then bringing their work to life on premade decks.



Science Fun

Whilst exploring motion and gravity students were given the opportunity to discover the effect of surface area on a parachutes decent rate. This activity gave students an opportunity to apply their knowledge and discuss ideas together before conducting the investigation. This type of learning helps to develop skills in observing, questioning, hypothesising, predicting, investigating, interpreting, and communicating which are all critical in helping develop scientific thinking.



Earthquake Resistant Structures

Some students in Year 8 HaSS have used their STEM skills to have a go at making Earthquake Resistant Structures. First they built a structure (using match sticks and blu tack) and then they had to put their structure on top of an earthquake simulator to see if their design would stand up to the pressure.



Year 9 Sport Specialisation

Our Year 9 Sports Specialisation students showed their community spirit earlier this term volunteering to help out at the Lakelands Primary School Carnival.

These students will also be helping with upcoming Interschool Carnivals next term including the local Primary School Interschool Carnival and the CLC & RVSC Squad Selection Carnival.



Upcoming Events

12 October

Students return

12 November

Celebration Assembly

16 December

Celebration Assembly

Last day of Term 4



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