



Principal's Address

From the College's perspective, the end of Term Two has been a little less frantic than the first half, I have to say. It is gratifying to see students returning to regular attendance after being so unwell in April, May and the beginning of June.

We saw a similar story with staff as well. With both groups returning to classes increasingly as the term progressed, we were able to begin a return to regularly scheduled classes and events, which is very important.

I thank all our families for their patience this term. As I've talked about previously, it has been a very fractured, disrupted term - and it's been no one's fault as it has been out of everyone's control. Students and staff alike have struggled with significant disruptions to their usual routines. Here's to hoping Term Three looks better and more consistent for all!

When the College opened its doors in 2019, we convened the foundation College Board, consisting in the first instance of myself, two elected Staff and three elected Parent Representatives as well as a Representative from the now defunct P&C. As we evolved during that year, we sought out Community Representatives to join the Board and help us to develop our community connections. For our Staff and Parent Representatives their term was three years in length, meaning their tenure was up this year.

I wish to thank our Board members for all their contributions and conversations over the past three years that have helped to shape us and to hold true to our vision as an ever evolving college.

We recently held elections for Staff Representatives, and I would like to welcome on to the Board Mr Paul Cooke and Ms Margaret Marriott who nominated and were elected earlier in the term.

You would have seen that we called for nominations for Parent Representatives several weeks ago, and we thank those who nominated. I would like to welcome Mr Brian Jacobs, Mr Matthew Line, Mrs Trudy Owens, Ms Vicki Lawrence and Mr Mark Skinner on to the Board.

I look forward to working with our new Board over the next three years to continue the work of creating the final vision of Coastal Lakes College as a fully comprehensive school of Years 7 – 12.

I wish everyone a safe and happy holiday break. Enjoy spending time together without the pressure of regular routines, and I look forward to seeing everyone back next term ready to re-focus and get down to some hard work in the second half of the year.

Kya Graves
Foundation Principal



Arts Department Update

3D Visual Art Class

This term the Year 10 and 10IE 3D Visual Arts class have been making functional clay sculptures which have been inspired by the environment.

Students have been developing hand building and moulding techniques to create their individual designs.

Students have been developing goal setting skills and have the opportunity to see the process of their creative works coming to fruition.



Wakakirri Club Rehearsals

Wakakirri is a national story-dance festival for schools. This year, we have 24 students, across all Year groups, taking part.

The students have been creating their own choreography for the performance in August.

During the Thursday afternoon rehearsals, students have been working hard and are looking forward to the opportunity to perform at Perth Concert Hall.

We are really impressed with how the students have been part of the development of the College Arts culture.

Keep your eyes on our social media for more information regarding how the students' performance goes. We cannot wait to see what the students have been producing!



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.



Introducing the College Nurse

My name is Dawn Penlington. I have had the privilege of working as the Community Health Nurse working alongside the Positive Support Team within Coastal Lakes College for the last four years.

My role is to provide a point of contact for young people for any emotional, psychosocial, and ongoing physical health concerns, providing follow-up care. I am trained in assessing adolescent health needs and can provide brief interventions, assisting with access and referral to external services if required.

Most health needs of the students are managed by the College, however, if required, I can also assist in supporting families and school staff with health care planning and management for students with complex health needs and/or chronic conditions.

Students can drop into Student Services to independently seek support from the Nurse or can be referred by the Positive Support Team, parents/caregivers, or teacher.

I work under the guidance/management of CAHS (Child & Adolescent Health Service) and can be contacted via email dawn.penlington@health.wa.gov.au.

Positive Support Team Update

GOALS program

The GOALS program offers a range of sporting opportunities to allow growth for individual students in a sporting environment. The program aims to promote positivity, integrity, joy, respect, and connectedness, as well as encourage excellence amongst students and the College environment. Students within these programs hold 'Good Standing' and work closely alongside the Positive Support Team with their behaviour and academic achievement.

Throughout Term 2, students have been participating in AFL and netball GOALS programs.

The Year 9/10 **netball GOALS** participants worked hard at training and meetings throughout the term and were selected for teams which participated in the Week 8 PSSA Carnival. The coaching and managing staff were astounded by the students' respect, positivity and integrity shown on the day and all participants were proud to represent their College at such an event.

The opportunity will arise in Term 3 for Year 7/8's to join the netball GOALS program and try out for the Year 7/8 PSSA Carnival at the end of Term 3. Year 9/10 students will be chosen to help umpire and coach the teams to help develop their leaderships skills and connectedness across the student body.

Expressions of interest for Year 7's and 8's will occur in Week 1 and 2 of Term 3.



Indi Brewer-Williams

This semester students participating in **AFL goals** have been implementing their knowledge and skills of AFL through various drills and game play situations.

There has been a major focus on teamwork and comradery amongst all the students involved with the emphasis of being amongst a 'team'. All the students have taken ownership and accountability of this 'team orientated focus' ensuring that no matter the level of skills or understanding of AFL, every student is welcomed and included.

Whilst the students haven't participated in a game against other schools thus far, they are in good preparation for when we do play in a carnival later this year. Well done to everyone who has been a part of the team and I look forward to coaching you all in Semester Two.

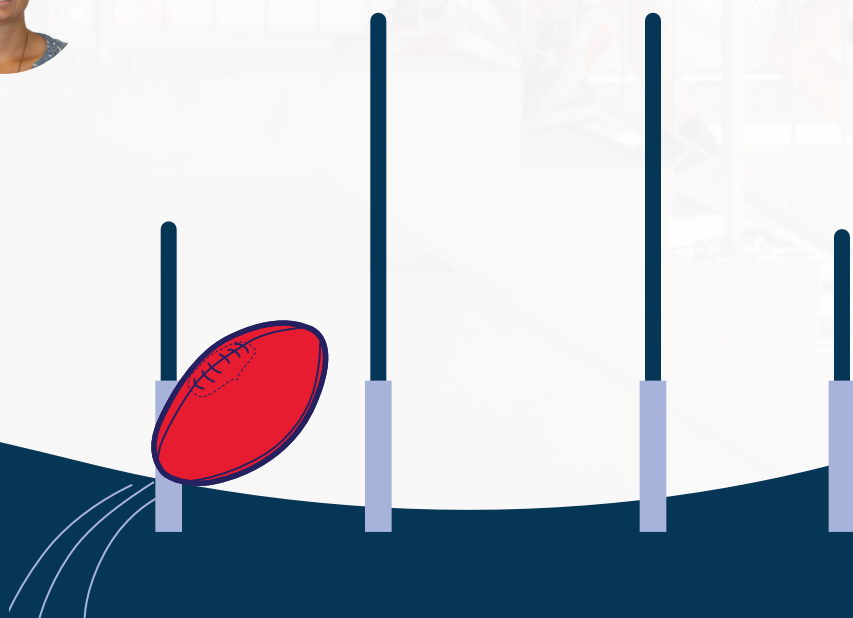


Jamie Gardiner



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.



Positive Support Team Update

Act Belong Commit – College focus

Mental illness is the number one health issue facing school students in Australia. Act-Belong-Commit provides young people with simple guidelines they can adopt to look after their mental health and increase their self-esteem, confidence, and resilience. Coastal Lakes College is working towards improving the mental health and wellbeing of our students, staff and wider school community by becoming a Mentally Healthy College.

<https://www.actbelongcommit.org.au/programs-initiatives/mentally-healthy-schools/>

We know that young people who have lots to do and are engaged in the community are more likely to develop self-confidence and resilience. This helps them cope with the pressures of exams and the strains of growing up.



Stay active, mentally, physically, socially, spiritually and culturally



Keep connected to friends, family and your community



Participate in activities that are meaningful to you.

Being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health. We not only feel happier, but cope better with problems and stress.

Give the Mental Wellbeing Quiz a go to gauge how you are Act, Belong and Commit-ing and how you can boost your mental health.

[Mental Health Quiz](#)

R4Respect Workshops Year 8 and Year 9

R4Respect engages young people in schools to challenge their peers about the harm that unhealthy relationship behaviours can cause. The aim of having an R4Respect incursion was to challenge attitudes and behaviours that foster gender inequality, recognise harmful behaviours that impact on any relationship and build student's confidence to challenge attitudes and behaviours.

The R4Respect workshops at Coastal Lakes College, delivered to the Year 8 and Year 9 cohorts in week 6 and 7 by peer educator volunteers, extensively opened the door for a healthy and safe discussion of their opinions and thoughts. Students also had the opportunity to challenge their peers and discuss a variety of situational examples.

The program was an extension of the Health curriculum, informing young people about digital abuse including sexting, revenge pornography and cyber-bullying, power, gender, and violence.

We thank the facilitating teams from R4Respect (Allambee Counselling and Street Net Youth Service staff) and the Peer educators (young people aged between 18 and 25 years) for their time in working with our student body.

Wellbeing in Schools

In Week 9 all of our Year 7 students participated in the Wellbeing for School Program.

This innovative and educative program is aimed at providing our students with the tools to be able to manage their own social and emotional wellbeing at school.

The program focuses on areas such as managing the stresses of school, improving negative relationships, setting goals, recognising when they may be struggling with their mental health and resiliency. The program is interactive and gets students actively involved in recognising and improving their own wellbeing and mental health.

Some of our Year 10 students have also participated in the WellBeing for Schools Program which was aimed at preparing those Year 10 students for coping with the stresses and pressures of Year 11 and 12 as they transition into Senior School and ATAR pathways.

The Year 10 students learnt skills in organisation, resiliency, how to manage stress and how to seek support if school related stress begins to affect their social and emotional health. We will continue to offer programs and support for all of our Year 10 students as they transition into Senior School and prepare themselves for the future, while always reaffirming that the wellbeing and health of our lower school students is our number one priority.



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.

Reminders

Attendance

At Coastal Lakes College we want your teenager to do their very best. To get the best education, they need to go to school every day.

The teenage years are a time for young people to develop independence and find their place in the world, including how they take part in their school life. We know that some children may need extra encouragement to attend the College regularly.

By working together, our College community can address some of the reasons why teenagers may not want to go to school.

Some common problems you may have getting your teenager to school:

- they won't get out of bed in the morning
- they go to bed late at night
- they take a long time to get ready in the morning
- they haven't done their homework or are avoiding a test or assignment
- they are watching television or playing video games before school
- experiencing uncomfortable social situations
- experiencing friendship breakdowns.

Do you need to let the school know if your teenager will be away from school?

Yes, you need to let the Attendance Office in Student Services know the reason why your teenager is going to be or has been absent from school as soon as possible.

Don't feel the need to 'cover up' the reason for your teenager's absence.

This reinforces that you are taking over when things are difficult. Be honest so we can work with you and your teenager to improve their attendance.

Having information about why your teenager is missing school helps us plan for their return, and to work out whether we can provide any further help to you.

What can staff at Coastal Lakes College do to help?

- Offer relevant and culturally responsive learning opportunities to engage students.
- Monitor every student's attendance and work with you to overcome problems affecting your teenager's attendance.
- Talk with you about involving support staff such as the Chaplain, Nurse, House Leader, Student Services Staff and other agencies.
- Talk with you about local services that may also be able to help such as Headspace, Street Net, Peel Youth Services and more.
- Create Attendance Plans with students to encourage ownership of their own attendance.
- Keep you updated about your child's percentage of attendance.

Uniform

A uniform contributes to our core College values including building pride in our students and pride in our College.

Our aim is to prepare students for life beyond the College. Future employers often have similar values and expectations. When parents/caregivers and students enrol with Coastal Lakes College, a commitment is made to support the uniform policy and promote the College's values.

The full uniform policy can be found on the College website.

[Uniform Policy](#)

You are reminded that the policy states all items must have the Coastal Lakes College logo on them and must be purchased from the uniform shop. This excludes the hat, which must be black.

Unacceptable items include:

- active wear
- jumpers or hoodies worn under the official shirt or jacket
- black track pants
- open shoes
- ugg boots
- bandanas
- leggings
- excessive jewellery e.g. hooped earrings, large bracelets, piercings, facial piercings etc.



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.



House Updates

House Ladder

The Diplomats have maintained their lead with **35,066 points** overall.

Explorers and Sentinels are close on their heels!

Amazing effort!

House Point Tally	
Diplomats	35066
Explorers	31684
Sentinels	31305
Analysts	28874

Student House Point Leaders		
Year 7	J Kirkwood	400
Year 8	H Hulland	620
Year 9	J Tills	751
Year 10	K Savage	439

House Activities

Throughout the term House points can be gained at House Events which run every even week of the term.

- Year 9/10 – Tuesday Recess
- Year 7/8 – Thursday Lunch

Term 3	
Week	Activity
Week 4	Mario Kart Challenge
Week 6	Mental Maths Race
Week 8	Student vs Teacher
Week 10	Student vs Teacher - Dodgeball

House Points

In addition to these events, students may gain/lose House Points through the following actions in their classroom, on College grounds, as well as recess and lunch:

Positive Behaviours:

- effort
- leadership
- being respectful
- caring for the community
- effective participation.

Negative Behaviours:

- not following instructions
- annoying/disrupting others
- class disruption – out of seat, talking back and calling out
- disrespectful
- late to class/class refusal.

Classroom teachers, duty teachers and Positive Support team members work hard to ensure positive behaviours are promoted and rewarded when seen. Negative behaviours are managed, monitored, and recorded.

These actions are taken to keep the College a safe and enjoyable environment for students to learn and grow.



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.

Positive News Update

National Simultaneous Storytime

On May 25, it was 'National Simultaneous Storytime' featuring the illustrated 'Family Tree' by Josh Pyke and Ronojoy Ghosh.

In Mr Read's 7.4 English class we read aloud, and students then drew their own 'family tree' to try to win a prize. It was decided that Charli's was the winner and she was lucky enough to take a copy of the book home.

Similar competitions were held in other English classes, with a total of 10 books being won by students.

In Term 3, Book Week will see Coastal Lakes College staff dress up as characters from books. Students will have further chances to win book prizes by guessing which characters staff are dressed as.

Toby Read



Inclusive Education Update

The last few months have certainly been interesting to reflect on. I would like to **praise** our students, give thanks to our staff – including relief, and acknowledge the tremendous effort of our families in providing extra TLC for our students amidst all the distractions.

Especially during these challenges, we are always conscious of the need to cater to the whole child; understanding the mental and physical wellbeing of our students is paramount in nurturing their overall development. Something that certainly seems to help a lot of our students to reduce the impact of everyday stresses and feel a sense of healing is **hydrotherapy**.

At the recommendation of an external therapist, our students are able to join Mr Bryan, our swim teacher, in the hydrotherapy pool. Hydrotherapy is effective in helping injured muscles to heal, alleviating pain, improving the immune system, and releasing endorphins in combination with lowering blood pressure to calm and reduce stress.

Using water for therapeutical relief and treatment is nothing new, yet it remains so incredible to see the change in some of our young people as their body embraces the water. It is such a beautiful experience to view, and I know many of our families are so grateful to have this on offer.

There will indeed remain some challenges for us all as the year proceeds, so we ask our Coastal Lakes College community to continue communicating directly with us to maintain the high standards we strive for.

Charlotte Gardiner



A Message from the Chaplain

This term we have spoken to students from each year group about wellbeing, respect, healthy relationships, and help seeking.

We have engaged various organisations to speak to our students and present well researched, best practice workshops. For information on these, please see the Positive Support Team update.

All these workshops have been beneficial, but the wellbeing of our young people starts at home. Everyday conversations about our day, things that brought us frustration and how we overcome the situation, things that brought joy and how we celebrate success are the cornerstone of wellbeing. Conversations about negative aspects of our lives, can feed into a fixed mindset, limiting our potential. A growth mindset looks for ways to improve, to work differently for better outcomes and to acknowledge what is working well and how to seek further success.

Emerging Youth, suggests that there are **5 key components to friendship** to explore:

1. Give it your Best.
2. You're free to choose.
3. Set healthy boundaries.
4. Practise positive communication.
5. Show a little kindness.

<https://www.emergingyouth.com.au/>

Reach Out and Headspace also have good resources for parents and caregivers to explore and to support well-being of our youth.

[Reach Out](#)

[Headspace](#)

I am available to offer support to students and their families. My role is to promote well-being and to assist in referral to the most appropriate service to assist in your particular circumstance. Please contact me directly or via compass for a confidential chat.

Margaret Marriott



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.

University of Notre Dame Excursion

On 2 June, a group of Year 10 students visited the University of Notre Dame's Fremantle campus.

They learnt about courses offered, entry requirements and were given a tour of the campus to explore the facilities available.

Students also engaged in some ethical debates, looking at different scenarios and discussing right and wrong behaviour.

This excursion gave our students an insight into the decisions they need to make, regarding their future pathways.

It was very interesting and there was a lot of history facts that we learnt while we were there - Aimee S

It was interesting learning about the courses they have and programs they offer. It was a very relaxed and enjoyable atmosphere - Matilda S

It was good to learn about the courses offered- Jacob M



Toolbox Project

Throughout Term 2, Year 8 students have been creating their own toolbox's out of aluminium metal. This has allowed students to use and improve on skills they have learnt early during the semester.

Once students had created their toolbox's they then set about drawing their cultural designs onto their toolbox's using permanent markers.

Each student was tasked to include four cultural designs. Their own culture, Aboriginal culture and two of their own choice.

With everyone working on their own project, each toolbox is completely unique to the individual.

This has been exciting for students as they see all their hard work come to fruition.



TAFE Career Taster - Tourism, Events and Hospitality

On 17 June, Year 9 students with an interest in tourism, events and hospitality were given the opportunity to get a taster in what their career could look like.

First up, students learnt how to plan an event. They were given the task to plan a successful event for a wedding, 16th birthday or graduation party. Students had to create a theme, choose a venue, order the catering and book the entertainment, whilst sticking to a budget.

Secondly, students were able to learn about the tourism industry. They were required to plan and book their ultimate holiday. The task involved booking flights, accommodation, activities and more.

Lastly, students were introduced to the hospitality industry by learning how to make mocktails. Students measured, poured, muddled and shook the ingredients to create a classic mojito, lemon lime & bitters and pina colada.

This excursion gave the students a chance to get career curious and develop more ideas to help them with their Senior School choices next year.



**COASTAL LAKES
COLLEGE**

Imagine, Believe, Inspire & Achieve.

Term 2 Subject Awards

Subject	Year 7	Year 8	Year 9	Year 10
Mathematics	Daniel C	Florence S	Jessica L	Elena C-H
Advanced Mathematics				Jules M
OLNA				Mia H
English	Gloria B	Mackenzie P	Jessica L	Elena C-H
Science	Hannah C	Florence S	Eric B	James S
Wood	Tahlani		Kaden M	Owen K
Metal		Ethan W	Peyton G	Matilda S
Technical Design			Vewroniki K	Xander B
Engineering Principles and Systems	Joanna K	Kai E	Alex L	Jane K
Food	Choen B	Jolene P		
Textiles	Indya V D S	Carolina M		
Food - Nutrition			Jaxson R	
Food - Innovations				Doris D
Digital Technologies	Addison T	Kaiden V		
HaSS	Gloria B	Kaiden V	Ryan K	Jane K
Business \$20 Boss			Ryan K	
Criminology and Psychology				Jane K
Dance		Lyla R	Annabelle C	Paygen J
Drama	Larissa W	Denise S	Hollie W	Jessica W
Dance - Design				Ella S
Photography			Addison A	
Visual Art	Shamelle A	John L	Ethan G	
Visual Art - 2D				Aria D
Visual Art - 3D				Abigain P-V
General Music	Gloria B	Jaxon F		
Music Performance			Eric B	
Musical Composition				Elena C-H
Media				Paris Y
Inclusive Education	Ashton H	Dylan T	Thomas D	Jordan H
Integrated Learning	Brayden S	Charli V H	Jay B	Reilly C
Physical Education	Jada N	Riley W	Eric B	Blake T
Health Studies	Olivia C	Harriet H	Samuel W	Megan G
Community Health				Fearne M
Sports Science			J Ulysses G	Abigain P-V
Sport Specialist			Eric B	



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.

Term 2 Endeavour Awards

Subject	Year 7	Year 8	Year 9	Year 10
Mathematics	Dakota S	Linnea S	Rory G	Kyle J
Advanced Mathematics				Kaiya W
OLNA				Mollie L
English	Dakota S	Wesley B	Jaxson R	Mekah O
Science	Jade K	Mackenzie T	Gwen P	Megan G
Wood	Larissa W		Jacob C	Jordyn G
Metal		Jesse G	Thomas D	Myles W
Technical Design			Jaymon H	Ashton S
Engineering Principles and Systems	Amelia M	Tyler T	Lukas T	Logan M
Food	Deegan B	Aldred M		
Textiles	Cooper S	James D		
Food - Nutrition			Jaiden A	
Food - Innovations				Codie P
Digital Technologies	Ruby W	Amie H		
HaSS	Shamelle A	Jaxon F	Jacob C	Indiana P-S
Business \$20 Boss			Henry L	
Criminology and Psychology				Leandi D K
Dance		Sarah M	Lily B	Mekah O
Drama	Adam S	Aldred M	Sam W	Ethan C
Dance - Design				Annie T
Photography			Lauren C	
Visual Art	Olivia C	Brigham W	Josh C	
Visual Art - 2D				Xander B
Visual Art - 3D				Annie T
General Music	Indya V D S	Laura C		
Music Performance			Riddhima P	
Musical Composition				Aiden B
Media				Lex L
Inclusive Education	Ethan C		Brishan F	Lauren J
Intergated Learning	Charlotte F	Brian M	Jayden P	Danielle G
Physical Education	Leeana M-B	Tahj G	Jayden L	Warrick G
Health Studies	Charlotte F	Jaelyn M	James T	Indianna P-S
Community Health				Katelyn S
Sports Science			Samuel W	Jack F
Sport Specialist			Tiamaya S	



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.

Upcoming Dates

Term 3 starts	29 July	OLNA - Writing	29 - 31 August
2023 Year 11 Subject Selection Online	19 July - 5 August	OLNA - Reading and Numeracy	5 - 9 September
2023 Year 10 Subject Selection Online	8 - 12 August	R U OK Day	8 September
2023 Year 9 Subject Selection Online	15 - 19 August	Coastal Lakes College Champions Carnival	20 September
Science Week	15 - 19 August	Term 3 ends	23 September

PSSA Winter Carnivals

Congratulations to all the Coastal Lakes College Students who participated in the PSSA Winter Carnivals. This year we had students representing the College at the soccer, touch rugby, basketball and netball carnivals.

The students who participated in the netball and soccer carnivals played well but unfortunately did not come home with a medal.

The A grade basketball team, consisting of Year 10 students, showed amazing skills and demonstrated the Coastal Lakes College champions determination. The students performed to an elite level working together to win the A grade competition.

The B grade basketball team came third in their competition versing some strong competitors.

Many other coaches were very impressed with the performance of the basketball teams.

The final team was our touch rugby players. The students played a hard competition and came home with the champions plaque.

The hard work demonstrated by all students was a great representation to the College.



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.