



Principal's Address

Are you a glass half empty, or a glass half full kind of person?

More and more often I feel, as a community, we are quick to anger and to see the negatives in our society. We are rushed and harried, and often we are guilty of making snap judgements about others, their actions or words, and situations that we may hear about third hand or in passing, but feel we need to comment on. It's the price we pay for living in a world connected by and technology broadly, and social media specifically.

When I speak with students, my role is to remind them that they are not defined by those negative emotions or experiences, and that I have faith in them for as long as they need me to have it. I try to ensure that we talk about and celebrate the 'wins' no matter how big or small. My role is to be that 'glass half full' person, the champion who, whilst acknowledging things don't always go to plan, reminds everyone that in the bigger scheme of things – they are doing great!

So, in the spirit of that, and acknowledging the wins loudly and proudly, I want to celebrate some of our 'win's this term – some are captured in this newsletter, and others in previous editions and I won't be able to list them all due to a lack of space.

- Another amazingly successful and inclusive Champions Carnival
- Two students nominated for WA Education Student Council, one student was chosen to represent students at the state education level and the other asked to be part of a consulting group moving forward into the future

- Try a trade programs for Year 9 students
- Subject selections for Years 9 – 11 2023 students completed

- Excursions and opportunities to explore the different worlds of work and study
- A dozen teams across all age groups participated successfully in the PSSA carnivals
- We celebrated NAIDOC week, Book Week, STEAM week, and RU OK day
- Visits to Primary schools to help younger students at carnivals
- Peer Support students helping with transition days for Primary School visits
- Selected students involved in a Mental Health First Aid retreat
- Year 7 students competing (and winning some categories) in a Secondary School CO2 Dragsters competition
- Amazing Wakakirri competition experience

Our young people need us to be their champions – to focus on the positives more than the negatives to help them be able to identify the 'glass half full'. An education consultant who I've heard speak in person has a saying:

“We need to make the positive so loud that the negative becomes almost impossible to hear.”

Our young people deserve this from us. I ask you to stop and think before responding to something negative in our community without thought; our actions and words are being observed by our young people, and we need to model to them the above saying because they don't need any more help to be negative and down on themselves or their peers – they need us to remind them that the glass is always better observed as being half full!

Have a safe and restful break, I look forward to seeing all our families again next term – where hopefully there will be more sunshine than rain!

Kya Graves
Foundation Principal



Positive Support Team update

Managers of Positive Support Update

The Positive Support Team have been working hard at providing the student population with opportunities to connect through participation in several initiatives and experiences. These opportunities give them the chance to be leaders in the community, network and engage in activities with students outside of their form classes. The PS team have also delivered programs that help to support students social and emotional wellbeing and skills.

Over the holidays, we encourage all families to talk with their child(ren) about Connection and the importance of connecting positively with others.

The most protective force in children's lives is the connection they have with family. Family connections are critical, but young people also benefit from multiple layers of connections. That includes relationships with caring adults in school, after school programs, communities, and sports. The healthier connections, the better, it allows young people to try new things and be exposed to opportunities that will develop their skills and build their confidence. When our young people are surrounded by many protective connections, they will continue to seek other healthy relationships throughout their lives and will build strong families of their own. Connection is one element for building resilience within young people.



Chaplain Update

Many conversations recently with both students and parents/caregivers have centred around communication misconceptions and a negative view of daily life. I would like to encourage you to make some small changes in your interactions.

Parents and Caregivers -

Persist. Ask about your Childs day, every day but mix up the conversation starters. Some examples include;

- What made you laugh today?
- What happened today that was unexpected?
- Which teacher/friend/classmate surprised you today? How did they surprise you?

Tell them some amusing anecdote from your day. Explain to them how you overcame a challenge at work recently. Describe to them in a positive way when persistence and resilience have paid off in your day. Involve them in some family decision making. Let them help when deciding about consequences for poor choices.

Young People -

At dinner, in the car or during another quiet time in the day tell your family a story about your day; when you laughed or were surprised. Tell them the funny thing your teacher got tongue tied about, or the moment when you realised you finally understood what the teacher was talking about. Tell them about the new skill or fact you learnt today. Ask for their help. Listen to them, believing they know the answer or where to get assistance.

Everyone

Start a daily practise of being grateful. Write down what you are grateful for today and talk to others about these things.

Notice and write down the things that make you smile or laugh out loud. The things that you learn and are excited by. My example of this, is a student who was fascinated by the "vegetables" she realised were in fact "fruits". She was excited to share this discovery.

What have you learnt today?

You are welcome to contact me for support or to chat about your unique situation.



Additional Resources

For additional support in connecting well with your child visit:

<https://raisingchildren.net.au/pre-teens/communicating-relationships/family-relationships/staying-connected-you-your-teen>



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.

Positive Support Team update

R U OK? Day 2022

Coastal Lakes College celebrated R U OK? Day on Thursday 8 September. The College, in line with the R U OK? Day charity focussed on inspiring and empowering everyone to meaningfully connect with people around them by asking the simple question "Are you OK?". Staff and students were involved in activities throughout the day, planned to provide opportunity for conversation and connection.

Volunteer staff handed out mini pancakes for breakfast, taught students how to make R U OK? Day yarn bracelets and competed in multiple games of Staff vs. Student dodgeball. Students were also educated in class about how to have R U OK? conversations and the impact you could have on a person as 'the helper.'

Thank you to all who got involved, the College felt connected and had a very positive vibe throughout the day.



You Can Do It! - Keys to success

This term the Year 7 and 8 students have been building upon their skill set and developing their resilience and confidence respectively.

The Year 7s have been looking at the Zones of Regulation. Developing their ability to identify their emotions and begin to verbalise them with greater accuracy and variety. Building on from these we will be looking at different intensities of emotions while exploring strategies to "keep their cool" and regulate their emotions.

The Year 8s have begun exploring strategies for keeping or building up their confidence in difficult situations. We have explored the effects of positive self-talk and box breathing to overcome stressful situations. The students will be practicing these skills in a situation that gets almost everyone uncomfortable - public speaking.

These are two critical keys to success both at school and beyond and we are hoping to continue to set our students up to successfully tackle any challenge coming their way.



Introducing Hard Yakka

In Term 3, Coastal Lakes College debuted a new Intervention Program called Hard Yakka. This program is designed to support students who are currently disengaged in the traditional delivery of Year 8, 9, 10 MESH & Specialist Learning Area Curriculum.

Hard Yakka is an innovative, practical, and hands on, using principles from our Zones of Regulation and YCDI! Programs. The difference with Hard Yakka is the use of a non-traditional curriculum. This curriculum teaches the students important skills including, but not limited to, leadership, teamwork and getting along with others.

This week students used the task of building a tent to develop these skills. As you can see from the photos, they were able to achieve their goals.

These students will continue to learn the skills necessary to ensure they feel confident in their abilities and believe in themselves to achieve success.



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.

Achieve Pathway Update

Year 9 and 10 Achieve students have been stepping back into primary school classrooms this term. To put some of the STEAM skills they have been learning into practice, Coastal Lakes College students have been attending our local primary schools to engage with their students. They have been using skills such as communication, leadership, initiative, and flexibility.

Students have been attending their previous primary schools to connect with their 'grass roots' and give back to their community. They have been working with students from Lakelands Primary School on their reading and have attended Meadow Springs Primary School during Science Week to assist in several Science activities.

By attending local primary schools, a peer network will be formed helping primary aged students with the transition into high school and increasing students' sense of community connectedness.



Ms Watkins



Extension Program Updates

Career Pathways Update

Try a Trade Excursion

During Term 3, select students from Year 9 and 10 visited Ngulla Farm in Casuarina for a 3-day Carey Training Excursion. This excursion provided the students to Try a Trade in civil construction through a fun, hands-on experience.

Students were under the guidance of Trainer Bob, who shared his vast knowledge and many wonderful stories with the group. Despite the wintry weather, students eagerly participated in all activities including:

- measuring out an area using string lines
- levelling and screeding
- brick paving
- digging trenches
- surveying
- operating an excavator
- completion of work plans and safety documents.

With Senior School around the corner for these students, the excursion gave them the chance to learn more about viable career options. The students will then be better placed to make informed choices about their future study options.



The students represented the College positively and were praised for their effort. Mrs Flockhart selected a Star Tradie of the Day.



Mrs Flockhart

The recipients were:

Day 1	Day 2	Day 3
Mikayla A	Byron H	Nicholas B
Kaiya W	Aston S	Sean B
		Nicholas B



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.



College House Update

House Point Update

The Diplomats have maintained their strong hold of first place, earning 18838 House Points this term alone!

Well done to the Diplomats for their fantastic efforts at school this year!

House Point Tally	
Diplomats	53904
Explorers	45664
Sentinels	45320
Analysts	45171

Student House Point Leaders		
Year 7	Taylor D	731
Year 8	Harriet H	1039
Year 9	Caleb M	1200
Year 10	Charlotte D	560

Great work to our House Point leaders from each year group, and particularly to Caleb, our overall house point leader - your efforts are outstanding!

Please be aware that the points were collated before the Coastal Lakes College Champions Carnival. The points awarded during this event will be in the Term 4 Week 5 newsletter.

Cadbury Cup

Term 4 brings an exciting time for House activities, with the Cadbury Cup taking place.

Starting in Week 4, the Cadbury Cup will see teams of students and staff competing together in various activities.

Keep an eye out for more information at the start of Term 4.

Containers for Change

Over the year students and staff have been placing their used bottles in House-coloured bins for Containers for Change. Each item results in 1 House Point.

House Point Tally	
Sentinels	619
Diplomats	514
Explorers	500
Analysts	432

Sentinels are officially the greenest House (sorry Diplomats!) helping us to recycle 619 bottles this year!

Overall, our College has diverted 2065 bottles from going to landfill, thank you to everyone who has contributed to this effort!

House Leaders

If you have any questions, please get in touch with your House Leader who will direct you to the relevant member of staff.



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.

Subject Update - HaSS

NAIDOC Week

This term we started by celebrating NAIDOC Week and looking at the significant contributions of individual Aboriginal and Torres Strait Islanders, such as Eddie Mabo. This year's theme was "Get Up! Stand Up! Show Up!" and we began the week by getting our students to explore what it really means to show our genuine support for systemic change and the actions we can take.

We celebrated those who have driven and led change in the community-pioneering much needed reforms and campaigning for equal rights for all Australians. Students considered their role as the emerging generation who have the power to amplify their voices and narrow the gap between the ideal and the real.

Year 10

In Year 10 HaSS, the term's focus has been Civics and Citizenship. Learning about Australia's legal and political system is essential to the development of informed citizens who actively participate in our democracy. It is also about engaging students at a young age in political life and any legal questions that they might have. We have explored complex and often controversial topics such as mining on Aboriginal land, terrorism laws and considered how effective our democracy really is. Students have been required to think deeply, question their existing knowledge and be flexible in their approaches.

One of the standout activities that we have used to engage students, is our well-known courtroom roleplays, where students experience what it's like to be in a courtroom. Students took on the role of, the accused, the prosecution, the defence, the jury, the judge, and witnesses.

Year 7 and 8

In Year 7 and Year 8 HaSS, students have been focusing on Geography. Geography is the study of the earth's physical features and how humans have impacted the natural landscape. Environmental education is essential to developing informed and responsible decision making.

It also allows students to explore environmental issues, engage in problem solving, and consider taking action to improve the world around them. Big concepts like sustainability, climate change, liveability and spatial distribution have been critical to the term's learning.

Towards the end of the term, both Year 7 and Year 8 students engaged in project-based learning which required them to combine a range of STEAM skills such as research, digital literacy, critical thinking, analysis, initiative, problem solving and creativity.

Year 9

In Year 9 HaSS, the term's focus has been Economics. The study of economics helps students understand how the world around them meets people's needs and wants with limited resources, the concept of scarcity. It enables students to understand businesses, markets, and government involvement in the economy. The impact of COVID-19 on the Australian economy and the wider world economy have provided relevant and timely examples of the opportunities and dangers presented by a largely globalised world.



Ms Lai



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.



Positive News Updates

Dr McNamara

Book Week 2022



During Term 3, Coastal Lakes College celebrated Book Week. A highlight from this year's event was the staff dress up competition.

With 70 staff members in costume, the College was a melting pot for the imagination! The students were also able to get involved by guessing the names of the characters that staff were dressed up as.

It was also a great opportunity for students to talk to staff members they do not see on a day-to-day basis. College spirit was alive and well with lots of enjoyment over the costumes.

All students who entered received House Points and there were 8 students who won book prizes. Congratulations to our prize winners!

Student Highlights

This Term Coastal Lakes College students have been achieving goals beyond the College. We would like to take this opportunity to celebrate the following students for their hard work and incredible achievements.

Eternity D - being selected to represent WA as part of the U15s Girls Touch Championship.

Owen K - being selected as one of 38 students to be part of the first WA Student Council.

Lyla R - for performing at the Perth Concert Hall with the West Australian Orchestra.

PSSA Carnivals

During Term 3 Coastal Lakes College had five teams representing the College at the PSSA Winter carnivals.

Well done to all the students involved in the Touch Rugby, Soccer, Basketball and Netball Carnivals.

The Year 7 and 8 students worked as teams, supporting each other through the challenges of the carnivals.

One team came back very successful! Congratulations to the Netball team, who brought home the first A Division Netball trophy for Coastal Lakes College.

Opportunities out of the classroom are important, giving students the opportunity to represent the College and meet others in our community.



COASTAL LAKES COLLEGE

Imagine, Believe, Inspire & Achieve.

Positive News Updates

WA CO2 Dragsters Competition

Nine students took part in the WA CO2 Dragster Competition with Miss Ogrizek. These students spend hours before the event, designing and constructing their CO2 Dragsters ready for the day. On competition day, students got to see their dragsters in action, as well as the hard work of other schools.

Coastal Lakes College students came home with an abundance of pride after one student winning the Division A awards for overall race time and design, and four students being invited to compete at the National Competition in Adelaide later this year.

At the end of the day, the students said that their favourite part was getting to see and be involved with the races. Some have even started planning their designs for next year so that all students involved can do even better.

Watch this space to see what happens in Adelaide later this year!



Student Elective Confirmations

Students in Years 8, 9 and 10 made important decisions regarding their 2023 electives and pathways.

Parents/Caregivers should have received an email on Compass regarding the confirmation of your child's course.

If you have any questions, please get in touch with College administration.

Upcoming Dates

First Day of Term 4	11 October
After School Clubs start	From 17 October
Year 10 Exam Week	31 October - 4 November
Last Day of Term 4	15 December

Bookmark Competition

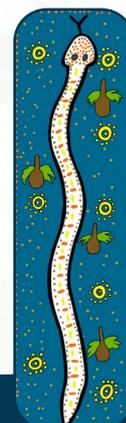
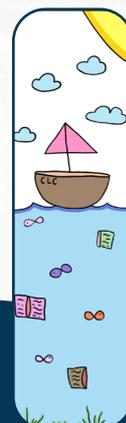
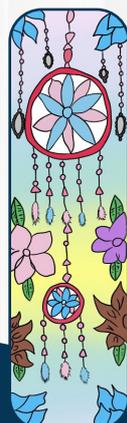
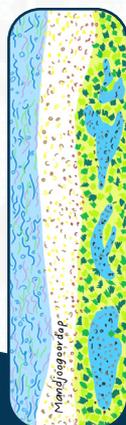
During Term 2 we hosted our Bookmark Competition. Students had 3 themes to choose from – Coastal, Reading and Nature with templates available from the Library.

We received 33 entries with some outstanding designs. All entries were displayed in the Library for all to view. Some students designed their bookmark in class with teachers promoting the competition.

Eight entries were chosen to be made into bookmarks. Students were excited to see their drawings turned into bookmarks which are now available in the Library for all to use.

We are already excited about next year's competition.

If you would like your own Coastal Lakes College bookmark, please see Ms Kirkham in the Library.



COASTAL LAKES
COLLEGE

Imagine, Believe, Inspire & Achieve.

Term 3 Endeavour Awards

Subject	Year 7	Year 8	Year 9	Year 10
Mathematics	M W	Izabella G	Lauren C	James S
English	Mia C	C.H	Lilly B	Sarah S
Science	Shani P-S	Ana A	Michael P	Jorden M
Technologies	A C	B B	Ivan S	James M
HaSS	Jack H	Addyson McC	Cameron L	Ella B
Arts	Neve B	Florence S	Evie D A	Cody T
Inclusive Education	Cody K English	Deegan H Mathematics	Matthew B Mathematics	J W Health and Physical Education
Intergated Learning	A C Mathematics	Xavier C English	Josh C HaSS	Jesse D CERT I
Physical Education	Kiera B	H.A	Kias H	Emma S
Health Studies	Aiden W	Nate H	A W	Matayah W

Term 3 Values Awards

Subject	Year 7	Year 8	Year 9	Year 10
Mathematics	Ellie K	Alex R	Jasmine H	Jane K
English	Alexis C	Harriet H	Summer H	Ellynie R
Science	Grace B	Kaitlyn T	Ivan S	Matilda F
Technologies	Katie B	Grace R	Bailey McK	Hudson P
HaSS	Indya V d S	Lyla R	Jacob C	Aiden B
\$20 Boss			Kobie W	
Arts	Michael J	Harriet H	Summah H	Jules McD
Inclusive Education	Ashton H English	B K English	J F English	Lucas S Health and Physical Education
Intergated Learning	Blair J English	Nicole S HaSS	Taylah B English	Haylie R CERT I
Physical Education	Joanna K	Shenaye L	Jae T-C	Jacob McC
Health Studies	Joshua H	Harriet H	Caleb M	Jasmine M

