



Principal's Address

New Directions in 2023.

I'd like to start by extending a warm welcome back to our families – both existing and new! We begin a new phase of the college this year with our students reaching year 11 and beginning that next phase of schooling that signals the journey towards post education destinations. When we opened the College back in 2019, there were 225 students, and 21 staff (including the Exec Team). This year we have over 1060 students and 134 staff in total. We are excited that 212 students have committed to year 11 studies with us. We welcomed 28 new staff to the College, and 190 year 7 students. Our Coastal Lakes College community continues to grow and evolve and that is an exciting thing to be a part of!

After four years of operation, we will have our first Public School review this term. This is our opportunity to share with the Department of Education our journey and what fantastic things we have achieved here in a relatively short period of time. Staff and students have participated in reviewing our progress and will participate in workshops with the Reviewers to share our story to date. The Review has allowed us to step back from the day to day and celebrate what we have achieved since 2019. It hasn't always gone to plan – I didn't have in the College Business Plan strategies to deal with a 3-year global pandemic, or a teacher shortage when we first opened, for example – but overall what we are achieving here for the Coastal Lakes College community is wonderful and evolving rapidly, as it should and that needs to be celebrated. I am proud of what we have achieved so far, and of the people involved in making that happen, and excited for what is to come next. I will share with our families

the Public-School review report once it has been published.

At Coastal Lakes College we have always looked to include therapy dogs where we can, we started with Rocky, and continued the tradition with Hannah. This year, we have introduced two new dogs – ironically both are called Teddy. 'Big Teddy' is a very curious golden retriever puppy, still learning her way and her manners and she visits us a couple of times a week. 'Little Ted' is an older Cavoodle who is currently joining us on Fridays. Both students and staff alike have welcomed having more therapy dogs at the College. Look for more info and pictures of our therapy dogs on our social media in coming weeks.

As we settle into the new school year, I encourage you to reach out and connect with key people across the college if there are any concerns, or you wish further information about the College and its processes. This newsletter has messages from key people in the college – particularly in the positive support space, all willing and able to listen to and support families. Classroom teachers are an excellent starting point for academic feedback as well. You can email staff via Compass, and if you have any troubles with accessing that, please contact our staff in Administration who can help you. Compass is a very good tool for staying connected with the college and is our main communication platform.

Regards,

Kya Graves
Foundation Principal



Business Plan 2023

In 2023 we enter the second year of our Business Plan for 2022 – 2024. Following a very hectic year in 2022, we have had an opportunity to reflect on our progress and achievement in relation to our set Business Plan targets. Despite the disruptions and complexities of 2022, I am very proud and pleased to say that our students, in partnership with their teachers, achieved some excellent results.

Over the course of this year, the College will be highlighting our progress towards set Business Plan targets so our community can track our progress towards what we have set out to achieve as a College.

In this edition, we have highlighted two Business Plan targets below:

Business Plan Target 4:

The percentage of students in Year 7 to 10 achieving a C grade or higher in all Learning Areas will equal or exceed Like school averages.

This target focuses on ensuring as many students as possible across Year 7 to 10 achieve at least to a 'satisfactory' standard in each learning area. This target keeps school leaders and teachers firmly focused on quality teaching which includes providing specific feedback to students on how they are going, what they need to do to improve and then supporting students to do this.

Business Plan Target 5:

The percentage of students in Year 7 to 10 achieving an A grade in all Learning Areas will equal or exceed Like school averages.

This target focuses on ensuring we are extending as many students as possible in their classroom learning and providing clear and specific feedback on what students need to demonstrate in their learning and assessments to achieve at an A grade. For many students some targeted feedback and then some support to apply this feedback (via examples and practice) in their classwork and assessments could see them progress from a B grade to an A grade in a subject. Striving for the achievement of more A (and B grades) as a College is important given our current transition into Senior School as higher grades help to maximise school-based and post-school pathway options.



Chaplain's Address

At the start of the school year, it is common for students to make new friends and meet other people. This happens for several reasons and shouldn't be a cause for concern.

The changing of friendship groups is common throughout high school and isn't considered bullying.

Year groups in high school are a lot larger than they are in primary school. Students meet a lot of new people in their first few weeks and it's an exciting opportunity for them to meet new people and make new friends, particularly with other students in their classes.

Students are meeting new people and branching out from friendship groups they may have established in primary school.

New students (both younger and older) will take time to find their place within the College community and this transition can be tough.

We address these issues and provide students with strategies to deal with these types of scenarios through the programs we run at the College, as well as one-on-one conversations with individual students, as required.

Coastal Lakes College embeds Keys to Success and Zones of Regulation principles into student learning at this point in the year to build social, emotional connection and wellbeing. These programs teach kids how to understand their own emotions and the behaviour of other students.

For tips and advice on how you can support your child, please visit our [Helpful Resources for Parents](#) page on our website which has links to a variety of articles from agencies such as Kids Help Line and Reach Out.

If you have any concerns or questions, please contact the College on 9583 2800 and ask to speak to a member of the Positive Support Team. If you are seeking any financial, emotional or wellbeing support, please do not hesitate to email me directly at margaret.marriott@education.wa.edu.au or please contact the College on 9583 2800 for a confidential conversation.



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NAPLAN 2023 – Coming Week 7

The National Assessment Program - Literacy and Numeracy (NAPLAN) is being held in Term 1 for the first time. Students in Years 7 and 9 will complete 4 tests in the 9-day testing window (refer to the table below for more information).

During Week 5, students sat the following NAPLAN Practice Tests:

- Writing: Persuasive
- Writing: Narrative
- Omnibus: a combination of Reading, Conventions of Language and Numeracy

Teachers have been focusing on literacy and numeracy skills this term. Students have also become familiar with the types of questions in the tests.

The NAPLAN test window starts on Wednesday 15 March and finishes on Monday 27 March 2023. A more detailed schedule will be issued to parents and students at the start of Week 7.

Order	Test	Duration	Test Description
1	Writing	Year 7 and 9: 42mins	Students are provided with a prompt (an idea or topic) and asked to write a response in a particular genre (narrative or persuasive writing).
2	Reading	Year 7 and 9: 65mins	Students read a range of informative, imaginative, and persuasive texts and then answer related questions.
3	Conventions of Language	Year 7 and 9: 45mins	Assesses spelling, grammar, and punctuation.
4	Numeracy	Year 7 and 9: 65mins	Assesses number and algebra, measurement and geometry, and statistics and probability.

Parents can support their child by reassuring them that NAPLAN is a part of their school program and reminding them to simply do their best. To see the types of questions and tools available, parents can access the online NAPLAN assessments at nap.edu.au/onlineassessment/public-demonstration-site.

For more information regarding NAPLAN visit nap.edu.au or you can contact the Manager of Directions, Alison Flockhart via email - Alison.Flockhart@education.wa.edu.au.

OLNA 2023 - Online Literacy and Numeracy Assessment

The OLNA testing windows for students in Years 10 and 11 who have not yet achieved Category 3 in writing, reading and/or numeracy. Save the date!

Test Period	Writing	Numeracy and Reading	Cohort
Term 4, 2022	*Completed last year when in Year 9		Year 10 – Group 1
Term 2 – Window A	1-2 May	1-12 May	Year 11
Term 2 – Window B	2-13 June 2023	12-23 June 2023	Year 10 – Group 2
Term 3	4-5 September 2023	4-15 September 2023	Year 11 Year 10 – Groups 1 & 2
Term 4	23-24 October 2023	23 October–3 November 2023	Year 9 – Group 1



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Postive Support Team Update

Introducing Emily Vandenberg

Hi, my name is Emily Vandenberg.

I am the new Diplomat House Leader.

I have been a teacher for 10 years and I have previously taught at Rockingham Senior High School and Coodanup College and have been in a student services position for 3 years of that.

Before teaching I worked for Parliament House.

I have two kids who are 6 and 8 and I have travelled to 27 countries and lived in Miami, Austria and Kenya.

My hobbies are basketball, breathwork/meditation, beach dips and CrossFit.

I am excited about my new position at Coastal Lakes College and I am really enjoying the role so far.



Managing the New Year: Setting Healthy Habits

The new school year is a fresh start to set new goals and habits which align with becoming a more productive version of yourself. If we really want to have a better year than the previous one, it is essential that we evaluate how we may need to do things differently. We must change our bad habits and try to develop new and more productive ones. We should aim to be 1% better each day.

So how can we create new habits that last? Here are 4 ways that you can ensure you create habits that you stick to:

1. Create small and achievable goals: Run a marathon without any training and you would completely burn out, but if you focused on running 1km, 5 days a week, at the end of the year you would be considerably fitter. Small and consistent goals work.
2. Believe you can do it: The first step to changing anything about ourselves is believing we can change.
3. Create a morning routine: It is proven that the first 30 minutes of the day is when you are most productive and in the mental state to rewire your subconscious mind. Use that first 30 minutes to fill your day with healthy habits such as exercise, meditation, which will set the tone for the day.
4. Envision the future version of you: The biggest regret we can have in life is missing out on the version of ourselves that we could have been. Tune into the version of you that has already mastered these habits, what are they feeling? Let that be your drive and motivation to begin mastering these habits.

Why is a healthy breakfast important?

Eating breakfast gives our young person the energy they need to start their busy day and helps them to concentrate in class, learn effectively, remember things and solve problems. This is because they are not distracted by feeling hungry.

In answer to the above question – A healthy breakfast can help a young person perform better at school!!

Children who eat breakfast also tend to:

- Have better school attendance than those who regularly skip breakfast
- Be more emotionally healthy than non-breakfast eaters
- Stay at a healthy weight, because they are less likely to snack on unhealthy foods

A healthy breakfast needs to have a balance of carbohydrates, protein and fat, and gives a young person enough energy for the whole morning. Refer to the following link for healthy breakfast options: [Healthy breakfast ideas for kids | Raising Children Network](#)



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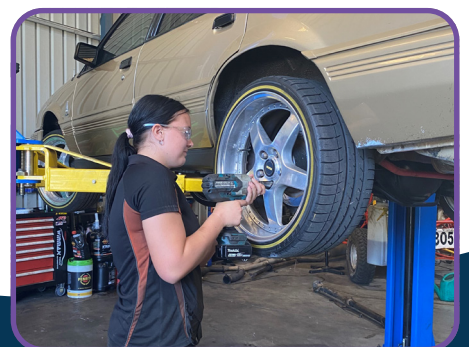
Career Pathways Update

Year 11 students have commenced their TAFE Certificate Courses and work placements. Our first Senior School students have had a wonderful start as they learn work ready skills for their chosen pathways.

Vocational Directions Pathway (VDP) students are studying a variety of Certificate Courses at TAFE including Cert II in Salon Assistant, Cert II in Building and Construction and Cert II in Engineering Pathways. They have also completed over 15 hours at their work placement. Students are completing their placements at various businesses in the Mandurah area, and the feedback has been positive.

Some of the industry area work placements are mechanics, welding and fabrication, childcare, hospitality, hairdressers, butcher, information technology and carpentry.

Coastal Lakes College also has 4 students participating in the Kwinana Industries Council (KIC) Program. This an award-winning program that provides students with a Cert II in Engineering Pathways (Pre-apprenticeship) and work placement with major industry providers.



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Learning Area Update - The Arts

Wakakirri

Wakakirri is a National story dance event held at the Perth Concert Hall in August every year. Last year was the second year that Coastal Lakes College participated and we were excited to be awarded a National Story Award for Cultural Diversity and Inclusion.

Already this year, students across the College Dance and Drama subjects have been brainstorming story ideas for this year's motif 'Change'. Our next step is to start creating our dance pieces that will tell our story.

The Wakakirri team is planning a few changes this year, including more performance opportunities both locally and at other competitions, as well as improved costumes and sets. Everyone is welcome and you do not have to be an elite performer or dancer to be involved. So, if you are ready to spend more time with like-minded peers whilst having the opportunity to perform at different venues (during school times) we would love you to come along to our weekly rehearsals on Thursdays after school (2:45pm-3:45pm) in the Performing Arts building. If you would like more information please speak to Miss McDonald, Miss Turner or Mrs Robson.

And, if being on stage is not your thing but you would still like to support the arts at Coastal Lakes College, be sure to look out for our fundraising events that will be held every term.



Music Club

Every Thursday after school (2:40pm-3:40pm) students can come to play music on any instrument they wish. It is a great opportunity for students who may or may not be involved in the College music program to come and play some music with their friends in a fun and relaxed environment.

Mr Moorin and Mr Corbett are currently working on welcoming our new Year 7 attendees, and our established students are working on a mix of original and cover songs with a hope of performing them at our music showcases that will happen in Term 2 and Term 4.

Movie Club

Every Thursday after school (2:40pm-4:00pm) students are invited to come and join Mr Read and the team as we work towards learning new filmmaking skills and making our own movies. Students will get the opportunity to act, use cameras, edit footage on computers and more.

This term our focus is the horror genre. Our first project is creating a shot-for-shot replica of the original Stranger Things trailer, before moving on to create our very own short film.

If you have any questions, see Mr Read.



Art Club

Art Club is a great opportunity for students to extend skills and participate in school projects. Students will be encouraged to engage in both, school based and community projects. Currently students are applying an "Art" inspired design on a piano that was kindly donated to the school. The piano will be placed in the Arts block for student use on completion. Art Club occurs every Monday, 2:45pm -3:45pm in CER79.



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Ms McCarthy



Mr Lambert



Ms Vandenberg



Ms Brewer-Wijlams



House Point Update

The year has started off with a bang and the house points are flying in. The current standing at the start of Week 4 has the Diplomats out to an early lead. It has been a great start from the defending champions as they continue to impress by upholding the College values and get involved in events and activities. Speaking of events, our lunch times are heating up with 3v3 basketball kicking off, best of luck to all the competitors. Later in the term more events will be scheduled with volleyball, table tennis and handball to come.

House Point Tally	
Diplomats	19,036
Explorers	15,780
Analysts	16,910
Sentinels	16,330

Top students from Diplomats are Tobias W. and Samantha H.

Top students from Explorers are Mitchell W. and Addison D.

Top students from Analysts are Grace R. and Thomas B.

Top students from Sentinels are Billy J. and Lola L.

GOALS

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 1, students have the opportunity to participate in 2 different AFL GOALS programs:

Year 7/8 program - Monday Session 2 – Mr Hind

Year 9/10 program - Tuesday Session 5 – Mr Gardiner

It is not too late to join! If students would like to join the program, they can ask for more information at the HPE office during break times.



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The Zones of Regulation Curriculum

Zones of Regulation Curriculum is designed to help students gain skills in self-regulation. Self-regulation can go by many names such as self-control, self-management and impulse control. It is defined as the best state of alertness of both the body and emotions for a specific situation.

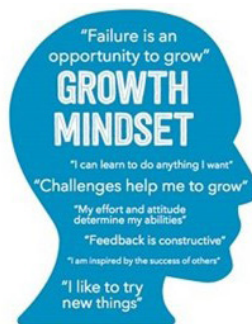
For example: when a student plays on a play ground or in a competitive game, it is beneficial to have a higher state of alertness. However, the same state would not be appropriate in the library.

The curriculum is designed to help the students recognise when they are in different zones, as well as learn how to use strategies to change or stay in the zones they are in. Students will:

- Increase their vocabulary of emotional terms
- Develop skills in reading other people's body language
- Gain a perspective of how others see and react to their behaviour
- Discover insight into events that trigger their behaviour
- Learn calming and altering strategies and problem solving skills

Sick	Calm	Frustrated	Mad/Angry
Sad	Happy	Worried	Mean
Tired	Focused	Silly	Yelling/Hitting
Bored	Ready to Learn	Excited	Out of Control
Blue	Green	Yellow	Red
What Zone Are You In?			

Growth Mindset



"In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment". **Carol Dweck**

Current research shows that there are numerous benefits in adopting a growth mindset such as:

- Feeling comfortable in taking personal risks and pursuing challenging goals
- Increasing personal motivation
- Improving brain development across a variety of tasks
- Reducing levels of anxiety, stress and depression
- Having healthier relationships
- Increasing performance levels

Given these benefits, a growth mindset activity you may like to try at home is to enjoy a new experience which can be light-hearted and a way of refreshing your regular routine. Some ideas include something new to cook, going for a walk along the coast, picking up a new magazine to read, or just anything that mixes up your day with a totally new activity.



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The Achieve Program at Coastal Lakes College

At Coastal Lakes College we have high expectations for each of our students and we want to provide our students with a number of opportunities to reach their potential. Having robust programs that enrich and extend our students is just one of the ways we achieve this.

Ultimately, we want students to grow and develop so that by the time they leave the College they are meeting their point of aspiration, and that they are competitive and well prepared for a rapidly changing future.

The Achieve Program is an academic enrichment program that brings together like-minded, high achieving students to accelerate their learning across all areas of the curriculum while fostering the development of their social and emotional needs.

The program will provide students with a learning environment that will both engage and extend them, allowing them to explore the curriculum in more detail. We will ask your child to be creative and imaginative, to be a problem solver and critical thinker, encouraging them to think outside the box.

A range of teaching strategies, such as inquiry based learning, team work, goal setting and having a growth mindset will be used to ensure students are engaged in their learning outcomes. The ongoing development of these skills also helps to support the development of the whole child.

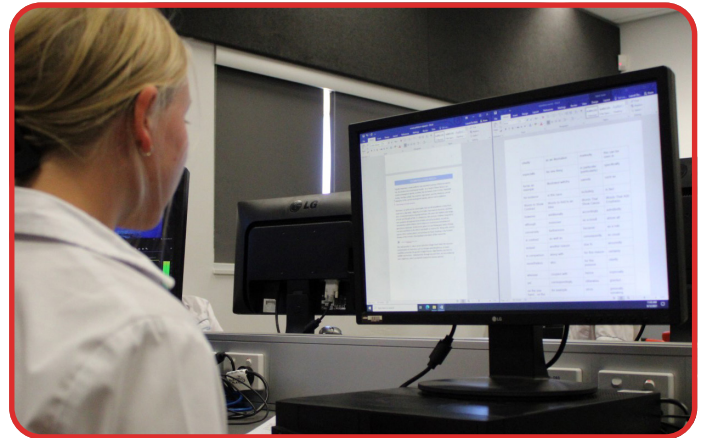
A core component of the program is to raise students' aspirations and expose them up to a wide variety of career pathways and opportunities that may be available to them.

The program is well suited for students who are considering ATAR courses in Year 11 and 12 and, if they choose, further study at university.

Places in the Achieve Program are selective, and places are highly sought after.

The Achieve Program is a school-based program and students are selected through a school run test, with recommendation from their Primary School teachers and consultation of previous schooling data. This process is different to the Gifted and Talented program which is selected and run externally by the Education Department on a state-wide basis. Academic extension works as a part of your child's pathway to success, fostering the development of their talents as well as caring for their social and emotional needs.

For more information on the Achieve Program and details on how to apply, visit coastallakescollege.wa.edu.au/teaching-learning/pathways/the-achieve-pathway.



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Career Conversations Event 2023

The Department of Education will once again deliver the Career Conversations event for families and schools throughout the state in 2023. Feedback on the 2022 event is positive and participants highly valued the opportunity to hear accurate, up-to-date career pathway and labour market information. A key highlight for the participants was hearing from industry representatives and employers.

Armed with accurate, up-to-date information, families can explore together the full range of options and pathways open to young people.

Other topics discussed include:

- exploring university and training pathways
- career pathway information for young people with disabilities
- where to find accurate, up-to-date career pathway information

- where the jobs are
- what employers and industry are looking for

The Mandurah event will be held on Monday May 15. Parents and students can register using the below methods.

Direct link: [Click here](#)

Website: www.eventbrite.com/cc/career-conversations-information-for-families-1808269

An update from the Environment Committee.

The Coastal Lakes College Environment Committee first introduced our worm farms in 2022 to combat the identified issue of food waste being produced in our Home Economics classes. The worm farms have been growing strong and we are successfully reducing our impact by turning a portion of our food waste from Home Economics into worm food each week!

This week we have installed a new in-ground worm farm system to continue our efforts and compost more of our food waste. The system that we have installed was kindly donated to us by Mandurah Community Gardens. Running our worm farms provides our Environment Committee members with a fantastic opportunity to put environmental strategies into action. The students take ownership of this task and work together to ensure our worms are thriving, and that Coastal Lakes College is making positive contributions towards our environment.



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Upcoming Dates

Event	Date
Term 1 Starts	1 February 2023
Keys4Life: Saving lives on our roads - Parent Workshop	1 March 2023 5:00pm-6:00pm
Positive Support Team Morning Tea	2 March 2023 9:00am-10:00am
Labour Day Public Holiday - College Closed	6 March 2023
NAPLAN testing	15-27 March 2023
PSSA Carnival Year 7 and 8	30-31 March 2023
Celebration Assembly Last Day of Term	6 April 2023



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