



COMMUNICARE ACADEMY CREATING FUTURES

Term 1 2017

PRINCIPAL'S REPORT

As we start our new school year, we are also analysing student and parent feedback satisfaction surveys from 2016 and looking at the ways we can improve. We are currently in the process of establishing our Parents and Friends Committee, and our first function was Thursday 30th of March. One role of the P & F Committee is to support the Communicare Academy in communicating with parents and to act as a conduit of information. We are hoping that this committee will also be able to help by giving feedback and suggestions for improvement.

As always, there is a lot of activity at the school and students are working hard. As a parent, I often find myself asking "how was school today?" which usually produces a single word answer of "good". I now ask "What did you do at school today?" I sometimes ask about what happened in each subject, to avoid receiving a one word answer like "nothing" or a two word answer "not much". Why not try it and see if you receive a little more information?

In this newsletter, you will see a new addition of our Curriculum Corner where Moira will give updates on what's happening with our teaching and learning program. One of the highlights that I was fortunate to participate in was the Barista training course about which you'll find more information in this newsletter. But of course, there is so much happening: our Wellbeing program is under way – later this year we will be introducing our protective behaviours curriculum.

A gentle reminder that students are reminded not to loiter near the buildings next to, and over the road from, the school. School starts at 9am with breakfast available from 8.30am, when our gates open. Students are requested to stay until the end of the day, 2.30pm. Student absences need to be explained: the Academy phone number is 6350 1872 or 0457 008 382.

Gigi Thiele,
Principal



SCHOOL COUNSELLOR - *Steph Lynch*

Hi Everyone!

I just wanted to take a moment to introduce myself, my name is Stephanie Lynch and I started working at the Communicare Academy as the School Counsellor at the beginning of this year.

I graduated from Curtin University in 2013, with a Bachelor of Psychology. Since then, I have been completing my two year Provisional Registration in order to become a Registered Psychologist.

I am able to provide individual counselling sessions for the students to assist with a variety of mental health difficulties, including (but not limited to); depression, anxiety, trauma, grief and loss, anger management, eating disorders, addictions, stress management and interpersonal difficulties.

THE STATE ELECTION COMES TO THE COMMUNICARE ACADEMY - *Matthew Borgward*

With the Year 7/8 students learning about Governments and Democracy in Humanities and Social Sciences and a general interest in the state election from our student body, it was agreed to organise a mock election to work with positive enthusiasm shown by our students on such an important issue and process.

The Year 7/8 students were presented with many of the key issues in this year's election and were able to conduct thorough research and give their opinions on each of these issues. During a whole school assembly the students were presented with the five main political parties and their key election promises. Students and staff were then asked to vote for their main preference. After the 63 votes were collected and counted there was some interesting comparisons to be made between the two sets of data.

WA STATE ELECTION

The Communicare Academy		State Election Results	
The Labor Party	42.5%	The Labor Party	42.5%
The Liberal Party	22.5%	The Liberal Party	31.5%
The Greens	14%	The Greens	8.5%
One Nation Party	11%	WA Nationals	5.5%
WA Nationals	6%	One National Party	5%

TRADE - *Ivan Meneghetti*

Term One has been a whirlwind of activity in the Trade Room.

We are currently in the process of replacing some of the older equipment in Trade. This has meant that the Trade room has undergone another transformation as equipment is moved around. With luck, we are hoping to obtain a new band saw and another lathe for wood turning.

We are also in the process of sourcing a new wood supplier. Better quality wood means students can create a better quality project, and what we hope to achieve is a space where students can create high end products.

I place emphasis on developing a therapeutic relationship with the students I see and believe in taking a strengths based, client centered approach. I also place importance in including the families in the therapeutic process.

I look forward to getting to know everyone!

Psychology Quote of the Term: "There isn't any such thing as a negative emotion. There are negative things that we do with our emotions, but our emotions themselves are neither negative nor positive. They simply are"—Robert Augustus Masters



We would like to take this opportunity to congratulate Ben Wyatt on becoming the new State Treasurer. As Chairman of Communicare, Ben is a big supporter of the Communicare Academy and we wish him the best of luck in his new role. Hopefully, with some of our students being so passionate about politics, we could see one of our own students become a leader in the political arena someday.

Students keep on creating numerous projects and more work is being done around the school to improve its aesthetic quality.

We are still taking orders for outdoor furniture, so if you are looking for quality outdoor furniture, feel free to contact the school and arrange a meeting with me or Marty so we can discuss your needs.

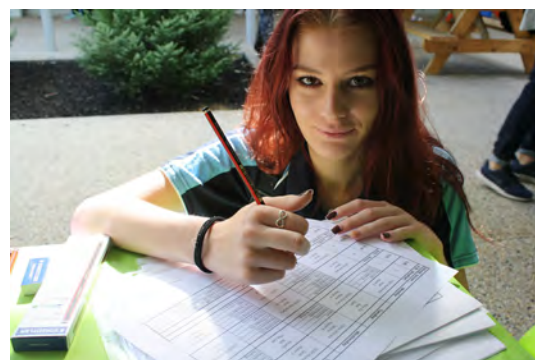
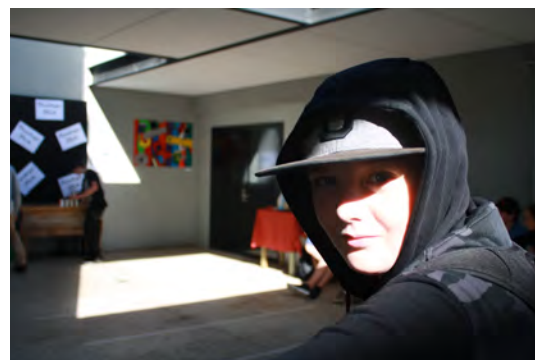
WELLBEING DAY - *Laura Hannah*

In the last three years, the Communicare Academy has prided itself in building strong relationships between staff and students. Although developing education is important, the foundation on which we stand is Wellbeing and the promotion of resilience and healthy relationships.

This year, the Communicare Academy launched two additional Wellbeing programs to its curriculum, in addition to the existing program known as The Rite Journey. These three programs have been created to develop self-awareness, responsibility, respect and resilience amongst its students. These programs not only include lessons levelled to each student's social and emotional needs but also includes a school reward system and support network through the inclusion of house teams and the Wellbeing Day.

The Academy's first Wellbeing Day took place on Thursday 23rd March and included a whole range of activities. Students participated in games, challenges, specialised programs and social activities to help strengthen community and learn strategies to support wellbeing. Activities included; a welcome breakfast, stalls offering support (from school and community agencies), house team challenges, wellbeing award challenges, a whole school quiz, guest speakers and, a sausage sizzle to name a few.

The day was highly successful with students engaging in all activities. Staff and students enjoyed all the events on offer and it provided a great opportunity to boost both morale and relationship amongst our community. Due to its great success, Wellbeing Day will continue to take place towards the end of each term. We are looking forward to seeing what our second Wellbeing Day has to offer. Students wishing to be involved or provide activity suggestions, please speak to Laura (Staff and Student Wellbeing Leader).



PARKING AT THE COMMUNICARE ACADEMY

When visiting the Communicare Academy parking is available along the side of building on the left hand side of the driveway or along Moore Steet. Please be mindful that parking is not permitted at Kenwick Veterinary Hospital.



Meet a Staff Member

**EDUCATION ASSISTANT:
MARTIN (MARTY) YORK**

Interviewed by Journalism student
Zoey Dessent and teacher, Sean Burke

Early Years

I was born in Perth and I grew up in Gnowangerup, where I went to school until Year 10. I liked living in Gnowangerup. It is close to the Stirling Ranges, which my mates and I used to go and climb on a fairly regular basis. My school, Gnowangerup District High School, wasn't very big. I had the same group of ten kids in my class at school from Year One to Year Ten; we were pretty tight. I have three older brothers; Darren, 42, Alan, 40, and Clayton, 30.



My mother and father also lived in Albany and Perth but are back living in Gnowangerup again now. My dad drives fuel trucks and my mum has just completed a Youth Work qualification and is looking for a job in that area.

For Year Eleven I went to Albany Senior High School and then I went to TAFE, where I studied Aquaculture. I enjoyed the course but the opportunities for employment in that field were very limited. Later on, in Perth, I studied to become an Education Assistant, and I also studied Certificates III and IV in Community Services whilst working at a campsite in Baldivis as a Youth Activities Coordinator.



Family Life

I now live in Baldivis with my wife, Catherine, and our two sons, Hunter and Elijah. I am 28 years old and we got married when I was 21. We got married in Riverton. Catherine is from Willetton but we met in Albany. She came down for Easter Camp and she knew my brother, Clayton, and a friend of his. Actually, Clayton was keen on Catherine but I stole her out from under his nose. He's forgiven me since.

Our older son, Hunter, is almost three years old now. He is a funny little boy and very cheeky. Elijah is seven months old and is just starting to crawl. They get along really well together.

Q&A time

How did you first commence at Communicare?

I have been at Communicare for over four years now. I started as a Youth Worker in the Youth Connections program which came before the Communicare Academy. I had seen the job advertised on SEEK and I was looking for a position in that area, so I applied, had an interview and was successful. Prior to Communicare I worked as a Youth Activities Officer at The Zone in Kwinana.

I have been here longer than most of the staff and have seen the organisation grow from having just a few staff and about twelve students to become the Communicare Academy we have today.

Hobbies and Interests

My favourite colour is blue and my favourite animal is a lion. I like listening to punk rock and my favourite band is Green Day. My favourite TV show is Suits. My favourite food is BBQ meat lovers' pizza. I like building stuff, 4WDing and riding motorbikes, although it can be hard to find the time these days.

I have a small business making furniture from pallets, mostly to order. It's called "That's Palletable." I like working with wood and making things people use and appreciate. That's what I spend most of my spare time doing on the weekend.

I stay fit by playing basketball, working and working out. Our basketball team is called the Titans. I grew up playing hockey in Gnowangerup.



Who do you Admire?

I really admire my dad. He is hardworking and easy to talk to. He is really knowledgeable and always helps me when I need it.

What's the highlights of your job?

One of the reasons I like my work at Communicare is that I like to see the changes that happen among the students and I like to be a part of making education work for them. The highlights of my job are the people I work with and helping young people succeed in their lives.

What challenges do you face in your job?

I drive here from Baldivis every day. I like the drive home as it gives me time to unwind. Driving here is more difficult; depending on the traffic it can be quite stressful. Other difficulties I face are the occasional defiance, with students not doing the right thing, and sometimes not wanting help.



If you could go back in time, what would you tell your younger self?

“ If I could give advice to my younger self it would be to pay more attention in school. One of the reasons I chose to work in education was that I hated schoolwork when I was young and I know how it feels to be disengaged. I like to help students who are experiencing the same thing. ”

In the Future

I would like to make myself more financially secure. It is a little early for retirement plans, but I would like to travel more and to see the world. I would like to visit the USA again; Catherine and I were there in 2014, just before Hunter was born. I would also like to visit Europe.

2016 TERM 4 OUTDOOR EDUCATION EXPEDITION - *Rebekah Jenner*

In the second last week of Term Four last year, 10 Outdoor Education students went to the Blackwood River, Margaret River for a 5-day expedition on water. We were grateful to partner with experts from Outdoor Discoveries for this expedition.

We began our adventure at Sue's Bridge and finished at Chapman Pool - a total distance of approximately 35km - moving from campsite to campsite each day on 2-person canoes. All the staff and I were so extremely impressed with our students while we were away. We were particularly proud of how students rose to meet challenges together, and through helping one another were successful when faced with problems or difficult activities.

Staff and students became a strong unit over the 5 days and incredible memories were made. Students were astonishingly encouraging of one another, helping their peers through every step. We all grew in our abilities to 'Leave No Trace' which is the 7-step code of ethics we adhere to when in the field. Knowledge and understanding were increased for all participants in their camp craft skills, canoeing skills, interpersonal skills and self-awareness. Students took incredible leaps forward in their self-confidence, leadership, time management, resilience and team work.

I would like to thank Marty and Dennis for their huge efforts and contribution towards the success of this expedition, also Katie from Anaconda, as well as Deb and Brett from Outdoor Discoveries. Their time, expertise and efforts are greatly appreciated, as well as what they brought to the dynamics of our group. I am looking forward to many more exceptional expeditions to come.



HEALTH & PHYSICAL EDUCATION - *Rebekah Jenner*

Students have participated in a wide range of physical activities including badminton, table tennis, dodgeball, workout, netball and indoor soccer this term. They have contributed with enthusiasm and have all grown in their ability to demonstrate positive sportsmanship toward one another.

Being regularly active is extremely beneficial for everyone, but vital for teenagers. It can help improve concentration and memory, increase self-confidence, reduce stress, improve sleep, increase fitness, maintain healthy weight, learn new skills and grow in interpersonal abilities. During Health lessons this term, students have designed and created a mini health campaign. They chose from three topics; Positive Mental Health, Healthy Eating, or Physical Activity.

In addition to this individual task, students have accepted a 'Sugar Challenge'. Students chose one food or drink item that they consume regularly with high sugar content. I challenged them to replacing this item with a healthy alternative for all of Term One. This has proven difficult for many of our students but I am so proud of their efforts towards healthy eating, specifically reducing sugar intake. This is assisting students in their awareness of healthy foods, and the consequences of unhealthy habits. I look forward to next term and the progress our students make in both physical education and health education.

The Communicare Academy provides an alternative to mainstream education and this is reflected in our curriculum. For Years 7-9, the curriculum is based on the Western Australian Curriculum and Assessment outline. Through discussion with the curriculum leader and teachers, broad areas of learning are chosen and then activities, tasks and assessments are adapted according to student need. Tasks are differentiated so that students with more ability are able to extend themselves and those who struggle with literacy and numeracy can improve and achieve success at their level.

Students in Years 10-12 are working on Certificates I, II and III in General Education for Adults. These are qualifications that ensure that students are able to achieve standards of literacy and numeracy that will serve them in the world of work. Certificate II is a requirement to enrol in most TAFE courses. Students who complete Certificate III may apply to complete a bridging course at University that will prepare them for the requirements of tertiary education.

In addition, eight of our students are participating in Certificate I in Hospitality. This is a TAFE course that students are completing while at school. The hospitality students recently completed a full day Barista course that provided them with the qualification that will allow them to work in cafes and coffee shops.

Resilience and Wellbeing

Students at different year levels participate in programs designed to build student resilience and promote wellbeing.

The Rite Journey, Year 7 & 8

This program consists of a Rites of Passage framework to deepen the understanding of the transitional period of childhood to adulthood.

Key areas include:

- **My Birth Story**
- **My Family Tree**
- **Influential People**
- **Gratitude**
- **Great Men/Women**
- **Personality Types**

Living Ways, Year 9 & 10

This program focuses on the development of self-understanding and strengthening the skills and strategies to support resilience.

Key areas include:

- **Gender Roles**
- **Puberty**
- **Menstruation**
- **Body Image**
- **Self Confidence**

New Beginnings, Year 11 & 12

This program identifies who the students are and their purpose in life. It provides students strategies to grow into independence and the opportunity to find hope for the future.

- **What Do I Want In Life?**
- **Goal Setting**
- **Aspirations**
- **Preparation for Work Time**

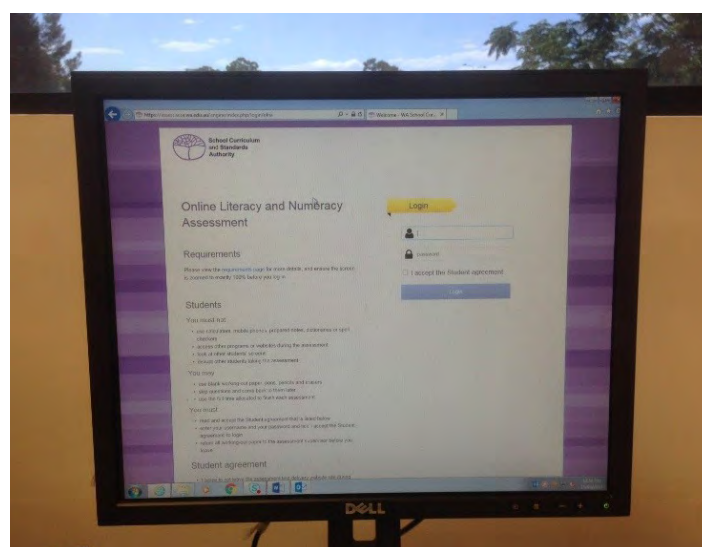
OLNA 2017 - *Sean Burke*

The Online Literacy and Numeracy Tests are national tests held in March and September each year. Students at the Academy are encouraged to sit the tests, as a pass in the three components (Writing, Reading and Numeracy) may later enable students to get a WACE or TAFE entry.

Students have been sitting the tests in good humour over the last couple of weeks and putting in a good effort. A writing clinic and notes were provided prior to the writing test. Last year, two students completed their OLN requirements while at the Communicare Academy (one of those has been begging to be allowed to sit it again!). This year we hope to see many more achieve that goal. Students also received points for their Houses for sitting the tests.

Attendance has been a bit of an issue. Notice of the tests is sent to parents prior to the test period. Please try to ensure your student has good attendance all year round, including the test periods.

Once the results are received for the March round we will be focusing on the particular lessons needed by individual students for passing in September. Writing and Numeracy appear to be the more difficult areas school-wide.



THE WORLD'S GREATEST SHAVE - *Marty York*

This year we took part in the World's Greatest Shave again to support the Leukaemia Foundation to help raise awareness and money for the ongoing research into blood cancer. This year we had 2 students, Amy Rich and Andrew Woolf who participated by shaving their hair completely off for the cause. Amy was able to raise roughly \$400 and Andrew \$155.

Amy also donated her hair to be made into a wig so that people who have leukaemia can benefit from her selfless commitment to the cause not only via the money donation but her personal donation as well. It was a really great event and all the students got behind it. We also had loads of students and a few staff who participated in the festivities by either dying their hair or colouring their hair. We put on a sausage sizzle for a gold coin donation. This year we raised a total of \$848.30.



BARISTA COURSE - *Jane Robson*

During February and March our Hospitality students added another string to their bow by completing a one day Barista training course.

This course was conducted by Training for Me, a dedicated training academy in Clarkson. Training for Me have state of the art training facilities where the students work in small groups and are taught everything they need to know about securing gainful employment in the coffee industry.

On completion of the course the Hospitality students received a certificate of participation and formal Certificate of Attainment that can be added to their resume and open doors for each of them to gain employment in an ever growing industry.

We had an intense but fun day and learned more about coffee than I ever thought possible. Who knew that coffee was discovered by a goat herder who noticed that his goats acted strangely after eating the berries from a coffee bush?

Our students created espressos, caffè lattes, doppios (the Italian word for double espresso) and we even tried our hand at coffee art. We created love hearts and all felt very proud of ourselves.

Ours students are now able to join the world of Baristas and share their knowledge with coffee lovers the world over.



EQUUS BONDING PROGRAM - *Sean Burke*

In Term One we have once again been fortunate to receive lessons from the Equus Bonding Institute in Forrestfield. Dianne and her team have been showing a select group of students from Years 9 to 12 how to relate to the horses and manage them so that both horse and rider feel happy and calm.

The Equus Bonding program is not mere "horseriding". Parents can inform themselves of the program at the website <http://equusbonding.com.au/>. The students are taken through four cumulative modules, including Basic Horse Appreciation and Horse Bonding. They learn to manage the horse on the ground for many weeks before moving to riding.

The Equus Bonding program presents the students with novel challenges and experiences and builds confidence. It also allows students to slowly understand and build a relationship with an animal that has been an essential partner to human endeavour for over 5000 years.



2017 TERM DATES

Term One

01 Feb 2017 – 07 Apr 2017

Term Two

26 Apr 2017 – 30 Jun 2017

Term Three

19 Jul 2017 – 22 Sep 2017

Term Four

10 Oct 2017 – 14 Dec 2017

