

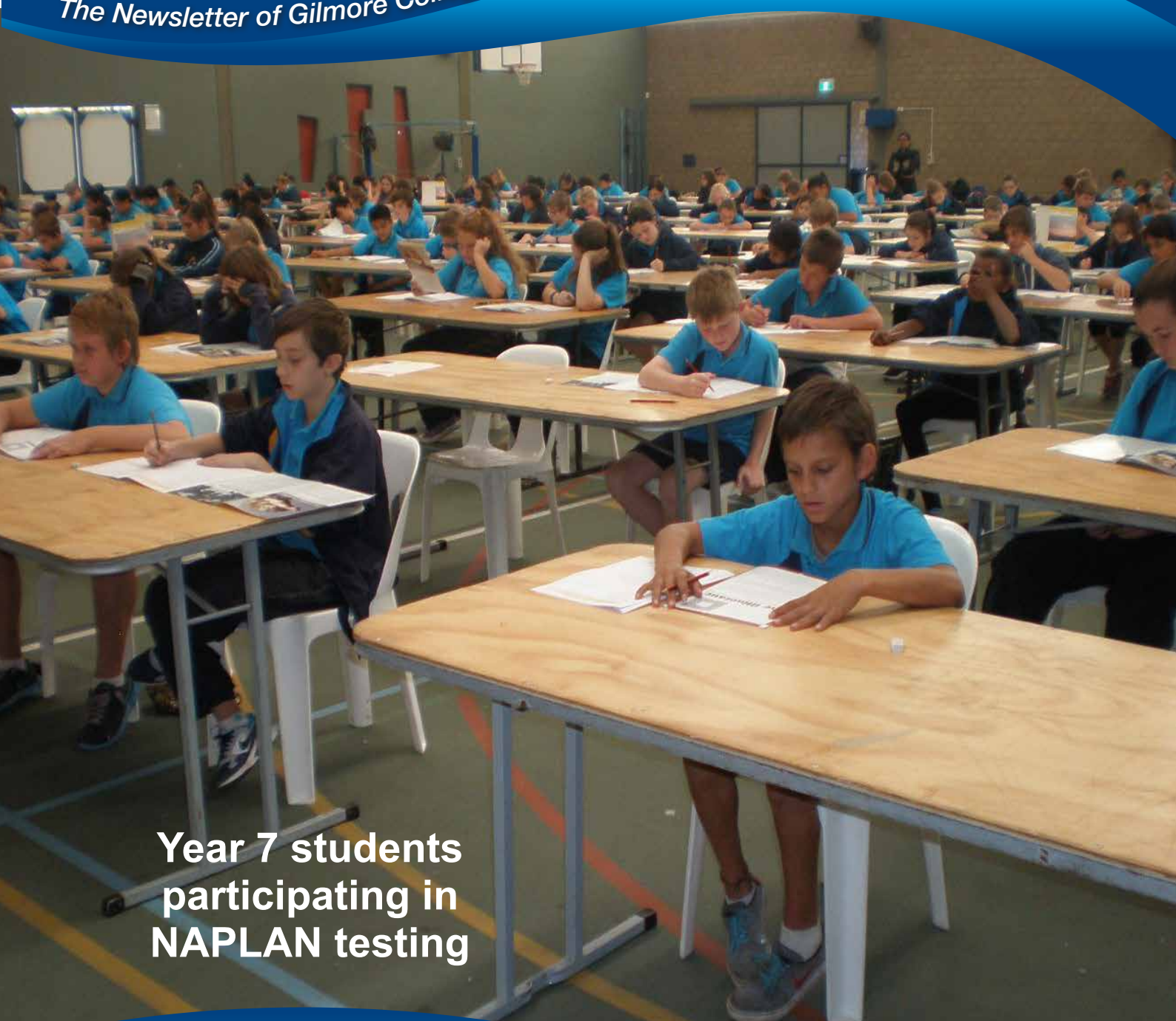


Gilmore
COLLEGE

*in*TOUCH

The Newsletter of Gilmore College

TERM 2 ISSUE 2 2015



**Year 7 students
participating in
NAPLAN testing**



From The Principal

Hello Parents/Caregivers

We are now half-way through the year. That went so fast. You will be receiving your child's first semester report in the mail very soon and many students should be congratulated for their good results. The Year 12s only have 10 more weeks before they finish high school so I hope they are working hard to achieve WACE, (graduation).

On Wednesday, 22nd July we will be having a parent afternoon/evening. I encourage you to book an appointment to talk with your child's teachers after receiving the report. This is a good time for you to find out what needs to be done to keep students on track at school and teachers like meeting parents.

The report envelopes contain information on how to install the free Gilmore College mobile application Skoolbag.

Gilmore College underwent its first review as an Independent Public School. The report findings of the Department of Education Services' review will be available early next term and will be posted on Schools Online and the Gilmore website. Thank you to all the parents, students, staff, College Board members and partners who assisted the reviewers

by making themselves available for interview. Special thanks to the Board Chair Chris Oughton who gave up a lot of time for the College and the reviewers.

A lot of interesting activities have happened this term such as the short film production in conjunction with Murdoch University, the debating team, lunchtime sport, art and anime activities. The bumper balls have been a feature every Friday. The Student Services team: including Youth workers, Year Managers and Year Coordinators have been very busy helping to improve the school culture through activities.

I hope you enjoy the articles in this edition of In Touch and I wish everyone a safe and happy school holiday.

Carolyn Cook
Principal

Rotary Youth Program of Enrichment - RYPEN

This program, is run and sponsored by Rotary, helps young people to form their own values and moral standards and assists them to broaden their horizons culturally, socially and academically through a weekend seminar program that provides a positive, stimulating and fun environment. The program includes games, workshops, discussions, sports, challenges and creative art.



Thelisha Van Niekerk, Jessie Yeadon and Brooke Coleman

The Kwinana Rotary Club sponsored three of our students, Thelisha van Niekerk Year 12, Jessie Yeadon and Brooke Coleman Year 11, to attend this fabulous opportunity at the start of Term 2.

This is what they had to say:

"When I was accepted to go to the Rotary Leadership Development Camp (RYPEN Camp) I was excited but also very nervous. The first day was very daunting; there were so many different people there whom I didn't know. This camp is for teenagers from all over Western Australia.

At our first meeting the Camp Leaders told us that the activities they are giving us was a way for us to learn more about ourselves and each other. They said that opportunity like this are very special and it might come around only once and that we should try every activity and to push ourselves to do our best and to make the most of each experience.

It really asked that we step out of our comfort zones and try new things and meet new people. There were many games. The activities taught us to respect

ourselves and others, to challenge ourselves, to trust and be trustworthy and to solve problems by thinking outside the box. I liked the spider's web game because it really challenged me to trust my teammates.

The camp was great and I met a lot of people from different backgrounds and walks of life, new friends. I had an awesome time learning new skills and why one person may have a different opinion to another. I would definitely do it again; it really helped me to get out of my comfort zone and to try new things.

If you have a chance to go on this camp, please do not to pass it up because it can really change your life. I would like to thank the Kwinana Rotary Club for sending me on the camp it was a really good experience and all the people involved in the camp for making it possible." **Thelisha Van Niekerk.**

"The RYPEN camp was really fun. The first night we were put into small groups. We were all taken out of our comfort zones and in our small groups we learned how to talk to and get along with new people. We all had to adapt and the facilitators encourage us to get along, respect and learn from each other. My group got along really well which helped with the activities we did. Becoming a leader of my small group wasn't new to me so I encouraged others in my group to step up and take leadership as well. The whole team worked together to achieve our goals for that weekend and get something out of being on this camp. It was a privilege being invited to go along on the camp. I developed various skills and met a range of people that were all great." **Jessie Yeadon.**

"I found that during this camp I expanded my knowledge on team work, leadership skills and learning different thinking methods. I really enjoyed attending this camp thanks to the Rotary Club who sponsored me. I made many new friends due to this wonderful experience and this has allowed me to expand my social group. The team building activities that I took part in were fun and enjoyable, and allowed you to leave the camp after the weekend had finished feeling a sense of achievement.

In saying so, overall the RYPEN camp was a fantastic experience and opportunity and allowed me to expand my knowledge and to exchange ideas and learn from others." **Brooke Coleman.**

Riana Strydom
College Chaplain

Most Industrious Award 10 June 2015

The Arts

Art

Jacob Comben	Year 8
Johvert Mendoza	Year 9
Paige Hollands	Year 11
Thelisha Van Niekerk	Year 12

Choir

Krystal Adams	Year 8
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Media

Takayawa Halofaki	Year 7
Rehandre Van Neikerk	Year 7
Beatrix Pool	Year 8
Katie Ansell	Year 9
Shylah Topler	Year 10
Fenina Aria Estrella	Year 10
Jiralyndela Pena	Year 10
Leila De Oro	Year 10
Courtney Hunter	Year 11
Isabella Grubb-Moss	Year 12

Music

Franzielle Palaganas	Year 7
Rhys Jones	Year 8
Talanya Crowther	Year 9
Nicole Walton	Year 10
Briggite Boscolo	Year 11
Zoe Adams	Year 12

English

Harrison McMahon	Year 7
Michelle Campbell	Year 7
Kiara Phillips	Year 8
Lee Daniels	Year 8
Shannon Coomer	Year 9
Pauline Kaiwai-Oti	Year 9
Brielle Evans	Year 10
Melissa Parker	Year 10
Courtney Hunter (ATAR)	Year 11
Kayla Hunter	Year 11
Brayden Ansell	Year 12
Jasmine Catalan (Stage 3)	Year 12
Rhys Farrall (Stage 2)	Year 12
Tiffany Woods (Stage 1)	Year 12

Health and Physical Education

Abigail Vi	Year 7
Harrison McMahon	Year 7
Laura Pene	Year 7
Isaac Gomes	Year 8
Rhys Jones	Year 8
Irdem Sotelo	Year 8
Jordan Tahuri-Smiller	Year 8
Ashley Dancel	Year 9
Hayley Cook	Year 10

Stephanie Dodd	Year 10
Health Studies	
Bianca Castro	Year 12
Isabella Grubb-Moss	Year 12
Outdoor Education	
Courtnee Black	Year 11
Kimberley Martin	Year 12
PE Studies	
Carel Barnard	Year 11
Sport Coaching	
Kirsty Carley	Year 11

Humanities and Social Sciences

Mathew Pitt	Year 7
Dillon Page	Year 8
Khyarna Griffin	Year 9
Nathanial Bott	Year 10
Modern History	
Nicolina Mandic	Year 11
Geography	
Kaycee Gorembalem	Year 11
Career and Enterprise	
Jennica Del Pilar	Year 11
Cert II in Business	
Kayla Hunter	Year 11
Business Management	
Brayden Ansell	Year 11
Geography	
Jesse Bott	Year 12
Career and Enterprise	
Bianca Castro	Year 12
Business Management	
Cody Moreschi- Andrews	Year 12

Mathematics

Lily Masters	Year 7
Katelyn Stott	Year 7
Tyler Simpson	Year 7
Marionne Domingo	Year 8
Lochlan Taylor	Year 8
Karamanapai Hau Simon	Year 9
Madison Fry	Year 11
Amy Liao	Year 11
Brigitte Boscolo	Year 11
Milarie Dogello	Year 12

Science

Kalara Caporn	Year 7
Jacob Comben	Year 8
Taylah Bagshaw	Year 10
Marenka Erceg	Year 11
Jayde Davidson	Year 12

Skoolbag Smartphone school to parent communication

Gilmore College now has our own Skoolbag iPhone and Android App to help us communicate more effectively with our Parent/Student community. We are asking parents/students to install our Skoolbag School App. To install it, just search for our school name \"Gilmore College\" in either the Apple App Store, or Google Play Store.

Parents/caregivers can download the Skoolbag Parent Instruction PDF by following the link: <http://www.skoolbag.com.au/app/admin/parentinstructions.pdf>. Alternatively, copies are available from our Main Administration.

Technology and Enterprise

Applied Information Technology

Donnel Na	Year 7
Angel Manongsong	Year 8
James Bird	Year 9

Cert II Information Technology

Florinda Arellano	Year 11
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Childcare

Courtney Doom	Year 10
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Children Family and the Community

Tamira Wilson	Year 11
Kimberley Martin	Year 12

Design and Technology

Shaun Pereyra (4)	Year 7
Anna Sach (3)	Year 7
Abigail Del Carmen (4)	Year 8
Alex Haywood Dark (1)	Year 8

Food Technology

Stephanie Dodd	Year 10
Tia Jones	Year 10
Ivan Valenzuela	Year 10
Huynh Le	Year 10

Food Science and Technology

Paige Sumner	Year 11
Melanie Parker	Year 12

Home Economics

Gelainne Tallorin	Year 7
Korins Lumapas	Year 8
Vince Gingoyon	Year 9
Katie Ansell	Year 9

Hospitality

Brodie Armstrong	Year 11
Maggie Stidworthy	Year 12

KIC Engineering

Thomas Pratt	Year 11
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Robotics

Tenzen McCallum	Year 7
Liam Webster	Year 9



L-R Laura Pene, Jorden Allan-Corderey, Sue Agnete and Bianca Pene

Gilmore College Debate Team

The 2015 Gilmore College Debate Team had an industrious start to the season when they went up against Lynwood Senior High School, late last month.

The Team have shown a willingness to learn and have spent personal time practicing skills during after-hours sessions. Despite their narrow loss, the Team excelled in certain areas such as rebutting arguments and establishing a strong premise. With more practice, the Team can definitely go far. We would like to say a big thank you to our Year 7s Laura Pene, Bianca Pene, Sue Agnete and Jorden Allan-Corderey who bravely showcased their growing debating talent in front of an unknown crowd.

Nethia Duraisamy
Teacher
English

Why does everyone involved enjoy doing this project so much?

Firstly for Gilmore Students, its an opportunity to work with others who are already working and studying in one of the many occupations that make up the personnel on a film set. From the obvious professions of Director, Producer, Camera operator and Actor, to some of the more obscure professions such as Makeup and Hair Artist, Audio Technician, Gaffer Operator, Storyboard Artist, Set Designer, Script Writer, Film Editor, SFX, Caterer and so the list goes on. Students get to see and work with first hand, people working and studying these occupations and also develop skills and knowledge that can be difficult to attain in the classroom.

Secondly for the Professionals involved, its an opportunity to actually work creatively on a large set, and not be bound by their usual bread and butter of working on for example a smaller advertising film set of just a few people and which is run very tightly both financially and time wise and as explained to me, can be a bit creatively stifling as the objectives of an advertising campaign are very different from the objectives of a "creative" film set. The CAI film set that operated at Gilmore is a large film set and provides greater and more exciting challenges for all of the workers involved to coordinate each department as is necessary on or behind the set.

Finally for the University students involved it provides a wealth of experience and skill that can only be gained from working on this type of film set, and for many of them

The Creative Arts Initiative (CAI) Project 2015 is in its third year at Gilmore College

The project is a collaboration of Industry Professionals from the Film and Television Industry, current Murdoch University students and Year 11 and 12 Creative Arts students from Gilmore College. The Initiative has grown over this time into a highly successful three days of film making for the 100 or so people involved.





involved it is their first opportunity to work on a set of this scale.

All of this being documented by Creative Industries students for their own Documentary Film Tasks, as they interviewed and questioned on film Myles Pollard as well as the Channel 9 crew that came out to report on the project and many of the other people involved.

We are all now looking forward to the premier of the film which will be out early next term and screened initially at the Murdoch Campus, and also re-screened at our own Arts exhibition evening. Selected footage will also be used in our second Murdoch University collaboration, when the Year 11 Certificate II of Creative Industries Students work with Games Art Design lecturers to create their own interactive game; can hardly wait for that.

John Coen
Teacher
Media



Humanities and Social Sciences

Exam Revision

In Humanities and Social Sciences we have been learning about investigating the ancient world, Ancient Egypt and Ancient China.

Before we did our exam our teacher, Miss Tate, thought of an idea to help us with our revision. The first step was for us to work in groups on one of the topics we had studied to create a mind map. We used facts, pictures we thought would help us remember the information and lots of colour. The second step was to use other groups mind maps to create a chart covering the three topics. It was a fun way to revise the information we have learnt and to help each other in preparation for the exam.

Franzielle Palaganas, Laura-Lee Pene, Teliah Coleman and Rosemary Riddick
Year 7.2



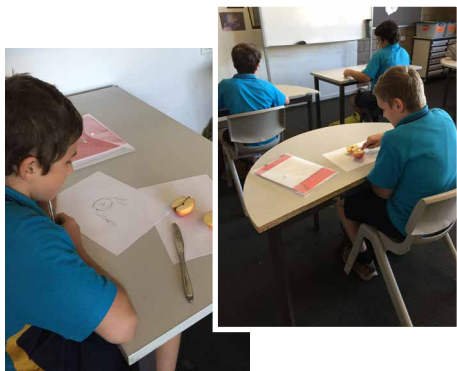
Apples and Mars Bars?

In Literacy Strategy we have studied Landforms and Landscapes this Term. To help us learn about the earth we used apples and Mars Bars.



We had to cut up an apple and look at the layers and then compare them to the layers of the earth. When we moved onto plate tectonics we all got to play with Mars Bars to think how the plates move and what happens when they do. It really helped us to remember key information.

Year 8 Students



Year 9 Soccer Girls Lightning Carnival

Like lightning bolts in a thunder storm, the 20 Year 9 girls who competed on 17 June put on a fierce show, giving it their all on the pitch.

In chilling conditions, a great time was had and a competitive spirit was evident throughout the day. It was positive to see the display of sportsmanship from the sidelines cheering on team mates, and Lochlan and Dale coaching the girls all day. The victory was in the participation, well done girls.

Girls names

Olivia Morton
Jasmine Paredes
Biance Gelme
Jessica Freeman
Kirra Green-Reynolds
Jordan Harris
Britney Chamberlain
Madison Thompson
Carissa Graham

Year 12 Helpers

Dale Viney
Lochlan Donnelley

Angela Pateman
Teacher

Health and Physical Education

Hayley Carrol
Shanlei George
Jayde Fabry Roche
Georgie Papaliari
Emma Dear
Tayler Butler
Maddison Horton
Khyarna Griffin
Shannon
Coomer
Olivia Heard



Year 9 Lightning Carnival 2015

Another quality day was had by the Gilmore United soccer squad. We eventually came 4th out of 12.

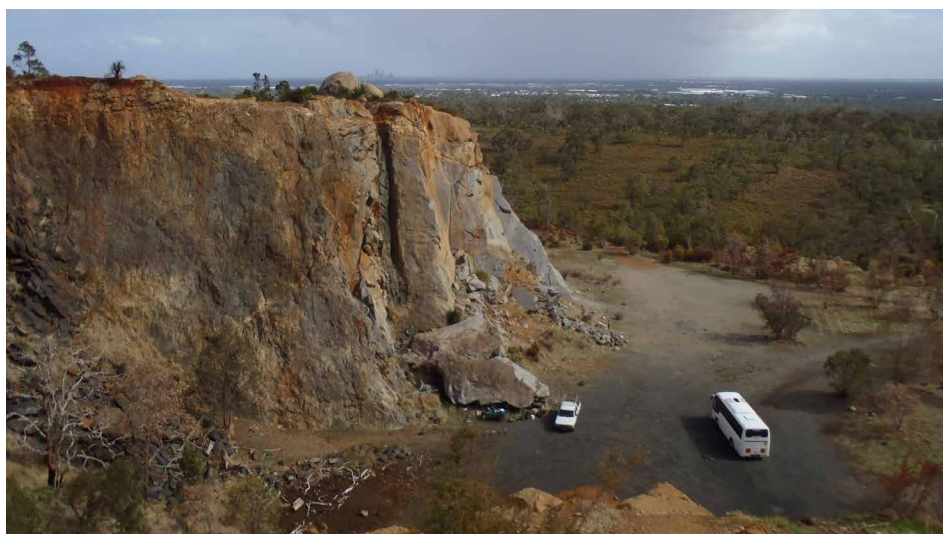
The day started with a 1-1 draw v Hammy Hill. It was a pleasing result given half of my squad play with an oval shaped ball rather than a 'real' ball. Despite this flaw, Tane Corboy kicked off proceedings when we won the toss. He kicked off the game and with clever interlink play combining John Garcia, Josh Skinner, Cooper Foster we ended up hitting the post in the first 2 minutes. On the 21st minute Mathew Paraskavas played a 1-2 with Jayden Vendatelli, he then played a lovely ball through to the nippy Karl Gamble-Fraser who slotted the ball past the sprawling Hammy Hill Goalkeeper. 1-0 Gilmore. With the clock ticking Hammy Hill changed tactics and went 'long ball' it paid dividends as with literally the last kick of the game they equalised through a long range shot by their central midfielder.

The rest of the day saw some great football played by the Gilmore crew. The boys displayed excellent manners, good team cohesion and fair play to the other schools.

Game 2 was against a sturdy and well organised Safety Bay, the Gilmore boys showed great character against an academy school and grind out a hard fought 2-2 draw. With goals from Bernrick Sotelo and Mathew Paraskavas.

Game 3 saw the first Gilmore win of the day.... Brilliant display of one touch football, at times I thought I was watching Lionel Messi and Barcelona... We came out with a quality win v South Fremantle 3-0.

We then went through to the play



offs and lost against a Division A side who ended up winning the whole tournament. Rossmoyne 3 -2 Gilmore.

A brilliant day was had by all and our Gilmore students did the college and their parents proud. Well done fella's. Thanks to the travelling support: Kyle Paraskavas and Karls Mum and Sister Cassie.

Steve Robinson
Teacher
Health and Physical Education

Year 12 Outdoor Education Abseiling Camp

Early this Term Year 12 Outdoor Education students went to the Perth Hills to practice the skills that they had been learning in class in a real life, natural surface abseil. The abseil was held at Stathams Quarry just near the Zig Zag in Kalamunda.

The students were quite nervous about the 35m rock face that they saw when they arrived, especially after they were told that they were going to walk off the edge of it.

The instructor briefed everyone on

safety and handed out equipment. Soon after the students were being dispatched of a nursery slope before the tackling the steeper slopes. The second abseil that day was off a vertical rock face which was very good for students to practice travelling through the air when they jumped away from the wall. Some students were able to descend very quickly using this technique.

The final slope of the day was only for the bravest students in class. It involved a large overhang which prevented the abseiller from seeing their partner belaying them at the bottom of the quarry. Verbal calls were vital to ensuring that there was someone on the other end of the rope if things went wrong. Although it was a huge challenge two thirds of the class completed it and all were rightfully pleased with themselves once they had made it safely to the bottom.

The rest of the camp was held in Mundaring where the group camped overnight on the Bibbulmun Track before packing up and completing an orienteering course at Lake Leschenaultia.

Jeremy Ingram
Head of Learning Area
Health and Physical Education



Year 7 and Year 9 Perth Zoo Excursion

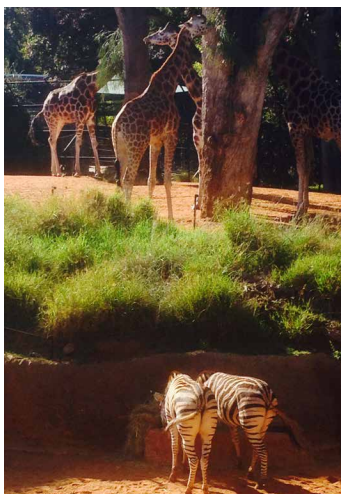
The Academic Extension Classes recently participated in an all day adventure at the Perth Zoo

When we arrived at Perth Zoo former Kwinana Senior High School student Claire Gaskin greeted us. She was so pleased to see the students attend the educational program activities that she had arranged to instruct both programs. Claire informed the students that Science offers many opportunities and emphasised the importance of seeking career opportunities.

On the day, students got the opportunity to have a close encounter with some of the inhabitants at the zoo. These included touching the Shingleback lizard and pythons. The Year 7s were extremely lucky and got a special treat of touching the Boa Constrictor that took two zookeepers to handle him.

On the Monday, Year 9 students participated in the educational program titled Danger Games.

Students explored threatening processes and effects on Western Australia native species through an interactive game where they were the decision makers. They had to determine which species will survive and why?



On the Wednesday, Year 7 students participated in the program titled Adaptations. Students discovered some of the amazing ways animals from around the world have adapted to their environments. The students were challenged to create a unique species that exhibits ideal adaptations for survival in Perth in 2100. The speed of human induced change and its consequences is discussed and we explore what actions students can take to reduce impacts.

Debbie Migliori
Teacher Science

Year 11 Integrated Science – Department of Fisheries

As part of the Year 11 Integrated Science learning program students attended a laboratory session titled Shake, Settle & Roll at the Department of Fisheries in Hillarys.

Students learnt about the biology of the Western Rock Lobster (including getting up close and personal with one) and the environmental factors that influence the fishery.

They viewed footage of Fisheries research staff carrying out field work, then simulated this themselves, shaking out lobster puerulus from collector sheets and using this data to estimate the future lobster catch.

Debbie Migliori
Teacher Science



Brooke Coleman and Sonya McCracken



Clontarf Wardongs hungry for success in Goldfields Cup

In March 2015, the Gilmore Wardongs footy team got fired up and hit the road for the long trip to Kalgoorlie. Everyone was primed and ready to have a red hot crack in this year's prestigious Goldfields Cup football carnival. Most of the boys were seasoned campaigners, but for a few younger fellas it was a first.

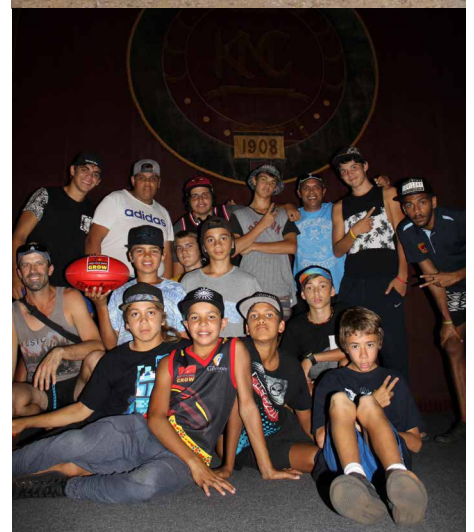
As in past years, we stayed out of town at Hampton Hill Station about 30 km east of Kalgoorlie. After arriving late afternoon on Thursday, the boys unpacked the bus, set up camp and prepared a big BBQ dinner – steaks, snaggers and salad. Once everyone had tidied up and enjoyed a warm shower, it was time for sharing yarns, playing guitar and singing songs around the campfire. When Clontarf staff member Mr Collard started playing some of his best soulful acoustic tracks, the boys showed they can still master the art of sitting and listening quietly for an extended period of time. Then it was time to retire to our rooms for a well-deserved sleep before tackling the next few days of activities, including the big footy carnival.

On Friday the boys enjoyed a high intensity morning footy training session at Digger Dawes oval, sightseeing around town and visiting some of the local attractions, including Kalgoorlie Town Hall and Oasis Aquatic Centre, plus a movie at the cinemas and good old fashioned “all you can eat” dinner and dessert at Sheffield’s restaurant in Boulder.

Before we knew it Saturday morning was upon us and it was time for a huge day of football. The Wardongs were teaming up with one of Clontarf’s new Perth-based Academies, Swan View. Both groups of boys were excited and nervous, but had already become good mates from having dinner together the previous night and sharing the accommodation out at Hampton Hill Station. The temperature quickly warmed up and our boys were ready for battle. The Wardongs did themselves proud in the way they conducted themselves on and off the field throughout the day whilst playing four hard contested games of great footy. At times the conditions were atrocious with 40 degree heat and dust storms blowing across the ovals, but the boys stayed focussed and demonstrated belief, commitment and courage to keep pushing each other until every final siren.

A great day of footy, teamwork and fun was had by all. A big thanks to the Swan View boys for teaming up with us, and to the Clontarf Goldfields staff for a well organised and enjoyable carnival. Continued success is on the horizon for the aspiring Wardongs if they stay hungry, committed and focussed.

Xavier Menage
Director of Operations
Gilmore Clontarf Academy



Follow the Dream

The Follow the Dream program continues to support aspirant Year 7–12 Aboriginal students here at Gilmore College. The Year 7 students have settled in well and are getting involved in many activities in the community, particularly in respect to NAIDOC projects being coordinated by the City of Kwinana.

A number of students in the Follow the Dream program were nominated for various LyriK Awards late last Term. Two students won a number of awards at the City of Kwinana LyriK Awards Ceremony that was held in the April School Holidays. Our students continue to participate in the Curtin University Renewable Energy Workshops and have been very busy finishing off their assessments and preparing for tests and exams.

Preparations are already underway for NAIDOC Week here at Gilmore College which is being held from Monday 3 August to Friday 7 August. An open invitation is extended to parents who would like to attend our NAIDOC Assembly that is being held in the Gilmore College Gymnasium on Wednesday 5 August from 11:00am to 12:00 noon. It would be great to see you there.

Success and continued expansion of the FTD program

In addition to approximately 23 (Year 7-12 Aboriginal students) being supported at Gilmore College, another 10 (Year 11/12 Aboriginal students) are also being supported by the FTD Outreach Program at Comet Bay College, Rockingham Senior High School and Warnbro Community High School.

Curtin University Renewable Energy Workshops

Leon Dawson will be visiting us again this Term to continue encouraging our students in Science. All of the students and the tutors enjoy these hands on activities that are scheduled each year.



Shaun Pereyra with special effects make-up on

Article by Dave Smith
Follow the Dream Coordinator

AIME – Australian Indigenous Mentoring Experience

We are participating in the AIME program again this year. AIME is a dynamic educational program that is proven to support Indigenous students through high school and into university, employment or further education at the same rate as all Australian students. This program has been very helpful in further engaging students in the educational process here at Gilmore College.

Bailey Ballard won the 2015 Junior Community Arts Award for the City of Kwinana for earlier this year and he is one of the 15 or so students that are enjoying the benefits of being part of the AIME program again this year.



Bailey Ballard (Year 10 student) having fun working with his Mentor at Notre Dame University (For more information please go to www.aimementoring.com)

Dylan Milton Bright and Hunter Culbong (not pictured) have been nominated to attend the UWA Year 10 Science Camp



Year 10 Indigenous Science Camp

Two students have been nominated to attend this event again this year. This program offers the opportunity to learn about the various kinds of science, engineering and health courses that can be studied at the University of Western Australia along with the chance to link in with like-minded Year 10 Indigenous students aspiring for university.

Kwinana NAIDOC Community Awards

Tanesha Bennell (former Follow the Dream student at Gilmore College) has been nominated for the Youth of the Year Award that will be presented during the Kwinana NAIDOC Opening Ceremony on Monday 29 June 2015. All the best Tanesha.



City of Kwinana Dreaming Country Art Project

The City of Kwinana and the NAIDOC Working Group invited Gilmore College to participate in the Dreaming Country Art Project. The project is part of the NAIDOC Week Celebrations acknowledging and celebrating Aboriginal culture being held in Kwinana from 30 June to the 31 July 2015.

Ten students are currently working with our artist in residence – Mr Collard on three pieces of artwork in preparation for NAIDOC Week. These students have been asked to share what NAIDOC means to them at the NAIDOC Opening Ceremony.



Mr Collard (Artist in Residence), Billy-Joe Hereora-Talagi & Paige Hollands



Ash Collard & Cody Whitehurst-Simpson

City of Kwinana Lyrik Awards - 2015

The City of Kwinana Lyrik Awards were held in the school holidays during 'Youth Week' this year. Four students were nominated. Two students were awarded winners in different categories. Bailey Ballard was the Inspiration Award Winner and Tanesha Bennell won the Achievement Award and was awarded the Young Person of the Year Award Winner.



Kieren Milton, Bailey Ballard & Larra Brown-Risk

Health Centre News

The Health Centre is staffed by Child and Adolescent Community Health with two Registered Community Nurses Andrea Diery – Monday, Tuesday and Wednesday and Bev O'Halloran - Thursday and alternative Fridays. All our consultations are confidential and private, however, we do work with the College in sharing health information.

Please inform the College if your child has any health concerns so a plan can be made to care for them at school. There is often NOT a nurse onsite and all staff need to know what to in an emergency. The College will post you the Department of Education documentation that needs to be completed and returned to the College.

We encourage all high school students to independently manage their health and that includes taking their own medications, this includes antibiotics, Panadol and antihistamines. DO NOT give them more than the lunchtime dose as we don't want medications being shared or going astray.

We have our own phone number **9411 1807** if you have any concerns.

Term 1 we are very busy following up Health Care plans with parents and getting all the SIS (School Information) system updated. Please ensure all children suffering ANAPHYLAXIS carry their own EPIP EN.

This Term we have started health promotion with a visit to Year 12 leavers from RED Frogs about keeping safe at parties and concerts. RAINBOWS grief Counselling for any child suffering a loss or separation has started. We have also had a PAMPER day for all Aboriginal Girls with Moorditj Koort and commenced health checks for these girls. Please return consent forms so we can see everyone.

Year 8 Immunisations Round 2 were completed and Round 3 is due on 18 and 19 November. If any students missed out, catch up needles can be done at Kwinana Community Health phone 9419 2266 for an appointment. Remember these needles are FREE and the tetanus, whooping cough, diphtheria booster is essential for all teenagers as their immunity wanes at this age.

In the last Newsletter we included some information for parents on cyberbullying. Please read the article on Sleep taken from Michael Gregg-Carr world expert of child psychology and some tips for parents on leavers. Let me know if there is any other information you would like in future newsletters. Also don't forget to register for the Triple P teen program run by our College Psychologist, Shannon Butler.

Andrea Diery and Bev O'Halloran
College Nurses

FREE Teen Parenting Seminars – for every parent

Triple P – Teen Positive Parenting Program

SEMINAR SERIES



Managing teenage children's behaviour can be challenging at times for most parents.

Parents/caregivers are invited to attend free parenting seminars being offered this Term to learn practical, positive and effective ways to manage common behavioural problems, and ways to help your child achieve their best at school and in the future.

Parents/caregivers may choose to attend one, two, or all three of the following 2 hour seminars.

When:	28 July 2015	Seminar One: Raising Responsible Teenagers
	4 August 2015	Seminar Two: Raising Competent Teenagers
	11 August 2015	Seminar Three: Getting Teenagers Connected
Time:	6.00 – 8.00pm	
Venue:	Gilmore College, Dargin Place, Orelia	
Cost:	Free – however bookings are essential	

For more information, or to register to attend a free parenting seminar please contact Shannon Butler, College Psychologist by ph: 9411 1805, e: Shannon.Butler@education.wa.edu.au by 20 July 2015.

Since the start of this year I have been based in the Student Service Office. That means it is easier for students to make an appointment or just drop in during recess or lunch.

Apart from having 1-1 chats, I can run small group programs aiming to improve self-esteem, social-emotional skills and well-being in conjunction with, and as requested by Year Managers. There are groups like: Creative Kids, Locket, Worth2Bme, Guitar building, YouthCARE Outdoors, Coaching Young People For Success (career coaching, Time management, Priority - School work and life). All of us are going to experience grief and loss in our lives. The Rainbows program will help students to understand the grieving process and skills to cope with the changes.



I am at Gilmore College, Mondays – Thursdays. Please feel free to drop in for a chat or take up the challenge of building a real interesting puzzle.



Most young people need about nine hours of sleep a night to maintain optimal daytime alertness. But few pre-teens and teens actually get that much sleep regularly, thanks to factors such as part-time jobs, early-morning classes, homework, extracurricular activities, social demands, and late night use of back lit devices.

Latest research indicates SLEEP IS THE MOST EFFECTIVE STUDY tool a teen can have. During sleep the brain moves data from short term memory into long term memory.

1. Go to bed and wake up at the same time everyday- this helps regulate their body clock
2. Dim the lights in their environment at least half an hour before bedtime
3. Limit social media, TV and gadgets so that they wind down at least 90 minutes before bed. The lights from electronics will keep them awake and their friends updates are totally distracting
4. Relax before bed- have a bath, read a book or magazine
5. Exercise in the afternoon, it will make them tired at bedtime
6. Avoid stimulants- limit coffee, coke and energy drinks to use before noon
7. Keep good sleep hygiene, limit noise, keep room cool and dark, wake up to natural light
8. Use a smartphone app like sleep bot to monitor



Contact Us

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Student Services	9411 1823