

CHAMPION BAY
SENIOR HIGH SCHOOL



ENLIGHTEN
2022 TERM 2 ISSUE 4

**CHAMPION BAY
SENIOR HIGH
SCHOOL**
NEWSLETTER



*Students participating in the
2022 World's Greatest Shave*



Our vision for 2022 and beyond:

CBSHS students are respectful, resilient and will aspire to achieve excellence.

We believe in empowering our students to become independent learners, critical thinkers and problem solvers, in order for them to achieve their academic, social and emotional potential.

Highlights since the last newsletter:

- Semester One reporting completed
- Information sessions conducted across a number of areas
- Congratulations to Ethan Dahlberg on receiving the Australian Scout Award which recognises effort, perseverance, personal growth and leadership. This is the highest level of achievement in Scouting. Ethan will receive his award at Government House in early 2023.

Sleep is not overrated!

Increasingly staff report that students are very tired in classes – apart from the obvious impacts of not being able to learn, there are increased chances of mental health issues.

I have just finished reading a study from the Australian Institute of Family Studies around sleep patterns in teenagers.

Apart from the finding that growing numbers of Australian adolescents sleep less than the recommended minimum for healthy growth, learning and development, most alarmingly, lack of sleep is linked to poorer mental health.

The study (*Growing up in Australia* Longitudinal Study of Australian Children) has confirmed:

- “Across all age groups from 12-17 years, adolescents not meeting minimum sleep guidelines were more likely to show symptoms of anxiety and depression and were less likely to report being happy”;
- “Of adolescents aged 16-17 years with symptoms of anxiety or depression, close to 60 per cent did not meet the minimum sleep guidelines. This is considerably more than for those without these symptoms”;
- “Much greater proportions of adolescents across all age groups who rated themselves as ‘not happy’ compared to ‘happy’ did not meet the minimum sleep guidelines.”

Interesting facts:

- 27% of 14-15 year olds with internet access in their bedrooms did not meet sleep guidelines;
- More 14-15 year olds who consumed caffeine failed to meet minimum sleep guidelines on a school night;
- Almost 1 in 5 16-17 year olds spent 8 or more hours per day on the internet, with two thirds spending between 2 and 8 hours per day- and overall this group did not get enough sleep.
-

Read the full article at: <https://aifs.gov.au/media/australian-teens-not-getting-enough-sleep>

COVID update

The heaviest week of teacher absence that we have experienced were Weeks 6, 7 and 8, with anything upwards of 6 teachers daily absent after testing positive. In the past week, our relief numbers have returned to slightly higher than pre COVID levels, but it would be optimistic to suggest that the challenge is over.

Similarly, daily contact from parents indicates that students are still testing positive for COVID.

The ‘Every day, every classroom’ CBSHS mandate still applies to all classrooms – spray hands with sanitiser before entry to a classroom and the wiping of all desks on leaving the room. This means all students and staff enter a clean classroom each block.

Students using public transport must still wear masks while travelling.



Staff Changes

- My thanks go to Natalie Worthington, who was in the role of Associate Principal in Craig Tapper's absence for long service leave. Nat also reprised the role when both Waneen and Craig were out with COVID during Week 8.
- I am so pleased to be able to welcome Waneen Bennett back to her role as Associate Principal. My thanks go to Craig Tapper for his most successful undertaking of the role during Waneen's absence.
- Neil Wyatt is currently taking a two week period of long service leave and Ronan Croft is sitting in the Associate Principal role during this absence.
- Craig Tapper returns to his role as Manager Student Services after working in the AP role, and his return sees Student Services return to 'full strength' for the first time in 2022. Onwards and upwards!
- After negotiation, I am pleased to announce that Andrew Beard – former ICT coordinator with our service provider has returned to the school after time spent working with a large multinational company. Andrew approached the school to see if any positions were available and his appointment means that we are able to utilise his enormous skill set without going through a service provider. We welcome Andrew back to our community.

System Assessments

OLNA catchups (COVID based) were held during Weeks 7 and 8. This 'extra' window of opportunity allowed us to cover students who had missed the chance to sit the assessments in the 'normal' window. Thanks to Neil Wyatt and Nat Worthington for the supervision of this.

Reporting to parents

Student Team Progress Statements were sent to parents/carers in Week 10 of Term 1. These statements are a school-based initiative that allows the community to see how well students have settled into the new school year. They provide information that will allow parents to make decisions about when and if to contact staff about student performance.

A Parent Teacher Year 12 opportunity was undertaken on 21 June from 5-7pm. We tried something a little different here – Year 12 reports were available for collection from Admin office from 4:45pm. There were not a huge number of appointments booked – but after completing an analysis of the reporting data for this group, Helen Lydon was able to ask School Officers to contact specific parents to book appointments. Seventeen parents booked sixty eight appointments on the evening.

The Years 7-11 Parent Teacher evening will be held during Week 2 on Tuesday 26 July from 5-7pm. Booking information for this event will be posted out to families with reports this week.

Parent Information sessions

Last Tuesday evening, we conducted three information sessions to coincide with the Year 12 Parent Teacher evening:

- Year 6 into Year 7 Information session conducted by Craig Tapper, Waneen Bennett and myself – ending with a school tour;
- Year 10 into Year 11 ATAR session – also invited Champion's Innovation Academy parents;
- Year 10 into Year 11 VET session with key TAFE staff

This week, Craig Tapper will commence visits to our partner Primary schools with Year 7 former students. This is an information giving and gathering exercise that has been most successful in previous years.



Uniready in schools

Geraldton Universities Centre (GUC), in partnership with Curtin University, will support eligible Champion Bay Senior High School and Geraldton Senior High School Year 12 students to complete the Curtin UniReady enabling course from 2023.

There will be a number of information sessions offered before this initiative commences in 2023. If you have a student who will be entering Year 12 in 2023, this will be of interest to you.

What is UniReady?

UniReady is an alternate entry pathway, run by Curtin University. Students complete 4 units and upon successful completion of the course, are awarded a notional ATAR of 70 and English competency. This will provide entry into a number of university programs.

As a WACE Endorsed program, UniReady allows students who would not otherwise meet university minimum entry requirements to do so, whilst remaining in school and achieving a WACE.

UniReady in Schools leads to a range of Curtin Health Sciences, Science and Engineering, Humanities and Business courses. It is highly recommended students stay in an ATAR mathematics unit at school if possible while completing UniReady.

At GUC, students will receive:

Units offered:

Fundamentals of Academic Writing
Foundations of Communication
Introduction to Humanities
Introduction to Health Sciences.

- 2 hours of face-to-face tuition per unit per week
- Supervision during free study times and breaks for the rest of the day at GUC
- Email support as required from the GUC tutor during the week

Timetabling changes

As we experience the flow of Year 11 students after their first ATAR exams, it appears that we will require an extra Maths Essentials class for that year. Helen Lydon is working on changes to the timetable to reflect student needs.

Senior Teacher Leaders Program- Fogarty EDVance School Improvement Program

Last Tuesday and Wednesday the HoLAs and PCs attended workshops 2 and 3 of this program. Areas covered included: Cognitive Load Theory, Effective Teams and Norms of Collaboration. Each attendee will develop an action plan for their teams to be undertaken during Term 3. All have been assigned a mentor who will touch base with them at least three times over the next term. The feedback from attendees was extremely positive and a lively discussion ensued at the Level 3 meeting on Thursday.

KEY DATES

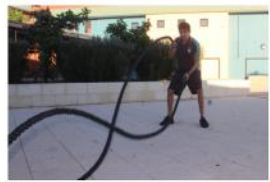
- Week 10 - Years 7-11 Reports Sent
- **1 July - Last day of school for Term 2**
- 18 July - School Development Day
- **19 July - Students return for Term 3**
- 19 July - Year 7 Celebration Assembly
- 20 July - Year 8 Celebration Assembly
- 21 July - Year 9 Celebration Assembly
- 22 July - Year 10 Celebration Assembly
- 22 July - Yr 7-11 Parent Teacher Evening bookings close
- 26 July - Year 11 Celebration Assembly
- 26 July - Parent Teacher Evening Yr 7 - 11
- 27 July - Year 12 Celebration Assembly
- 27 July - Dolly's Dream Workshop Yr 10-12
- 27 July - Wyatt Evertt UN Youth Debating Comp
- 28 July - Year 10 Immunisations
- 29 July - Semester Two Student Census



clontarf
foundation



CLONTARF



Massive Term 2 here at the Champion Bay Clontarf Academy.

Week One kicked off with health checks for the lads as we started our Term 2 journey. Morning training was on again with many of the Clontarf lads battling the winter cold and slugging it out through the morning sessions.

We also had a fantastic morning with the Mother's Day Morning Tea and had a few cappuccinos making the rounds along with a few cups of tea. The Mums attending loved being shown around the Academy by their boys as the cameras clicked away.

We then played a football match against the Police which is always a well-attended event. As the game panned out the winner on the day was football with some of the lads making it into the local rag.

The Year 8 and 9 lads then ventured off to Perth with a clinic along the way in Eneabba. Academy lads also took part in an extensive tour of lake Mundaring Weir which was a guided tour by one of our own lads in Carl Green. Carl showed the workings of the dam and what is needed for it to run smoothly throughout the year.

As we pushed into Week Seven, we had a partner event at the basketball stadium with many partners attending. The fun and laughter during the morning and the big breakfast after was worth the planning and delivery of such an event.

One of the biggest events of the term was the Alumni night where past Academy members catch up, have a chat and a friendly game of lawn bowls. Meat packs and prizes were given away as the past members soaked up the hospitality laid out by the Wonthella Bowls Club. An event which will certainly be repeated for years to come.

Our last camp to Perth involved a tour of the Maylands Police Academy, with a close look at the Special Units on offer if some were to seek a pathway through the Police Cadets and into the Police Force. We also enjoyed lunch and a hit of golf with the Belmont Academy lads throughout the camp.

Great day and a fantastic delivery from the Officers in Charge of each operation and we thank you for the tour and the knowledge they shared with us. As we close out Term 2 we can't help but think of what's in store when Term 3 opens.

Once again we thank you for the support of the Clontarf Program.

Justin Mallard
Program Coordinator





Wow nearly the end of Term 2!



SHINE has been very busy this term with so much happening. All SHINE girls have gone from strength to strength with strong relationships being built within the program.

Some of our highlights this term have been working with GRAMS and Desert Blue Connect along with volunteering at the Light house Church in their Taste n See Cafe. The girls also made painted succulents for their Mum/Guardian for Mother's Day.

The girls also joined in with Sarah from Regional Sounds, discovering the art of expressing feelings through music.



During Reconciliation week, the SHINE girls were invited by Grams to wait on the elders at the museum. Also, they were invited to Naidoc week at St Lawrence Primary School yesterday.

All girls that received 90% attendance went off to the movies for a reward on Tuesday night 28 July.

We are so extremely proud of these Beauties.

*Jodie McAuliffe
Program Coordinator*





FTD Alumni Sally Hamilton visit

This term the students joined Sally for lunch and a talk about Sally's career path since leaving school.

World's Greatest Shave

Four of our Follow the Dream students from Champion Bay SHS signed up to do the 2022 World's Greatest Shave. Their shave day was Friday 6th May and they raised \$3,000. The students and FTD program are proud to be able to raise the money so that those with a blood cancer diagnosis can access the best treatments and their families have a place to call home during treatment.



Thundelarra On Country Camp

In Week 8 of this term, the Murchison District Parks and Wildlife Service, in partnership with Follow the Dream, planned and hosted a camp for a group of year 7 to 9 CBSHS students at Thundelarra Station. The students had a great time meeting Bev and Lance, their Badimia Traditional Owner guides and story tellers. They had a tour of the Badimia lands and listened their stories, made tapping sticks and message sticks and helped Bev make quandong jam and damper. The students are very grateful to Bev, Lance and Emma for giving them the opportunity to meet, learn and play on their lands.



DATES TO REMEMBER

Mon 1st – Fri 5th August
CBSHS NAIDOC Celebration

Mon 22nd – Fri 26th August
FTD Design Your Dream
Perth camp – years 9 and 10



In Week 8, parents were invited to an end of Semester performance to showcase the work that the music students have been doing over the year. Parents were treated to performances by the Champion Bay Concert Band, Champion Bay Rock Band and classroom music performances representing the talents of each year group.

Freya Ward, who goes under the stage name of 50% Innocent, displayed her skills as a singer songwriter, while Champion Bay Rock Band made sure no Dads were sneaking in an afternoon nap, with a set that was as polished as it was pumping.

Thanks to all the parents who came to support the students, next time we'll make sure there are some pre-concert nibbles.

We were also treated to a live performance by local artist Alexia Parezee, also known as Songbird. Her soulful sound was a perfect accompaniment to a relaxing lunchtime break under the clear blue sky. Alexia with support from West Australian Music (WAM) will be running songwriting workshops next term which we are looking forward to.

Mr Simon O'Sullivan
Music Teacher



WACHS

2022 Youth Sexual Health Programme (WACHS Public Health Team) Free remote workshops via TEAMS

The 2022 Youth Sexual Health Programme is a free programme offered to schools, sporting clubs and other youth-based facilities. This educational programme aims to educate and empower young people to make healthy choices in relationships and sexual health. With STI rates increasing and WA now experiencing a syphilis outbreak it is more important than ever to educate our young people regarding their choices and risks.

These workshops (approx. 50 mins long) are delivered remotely via TEAMS with discussion, PowerPoint and video to maximise student engagement. The target age group is year 8-10.

The workshops are delivered by Amy Pilliner (Clinical Nurse Specialist/Sexual Health). Amy has many years of experience working with and educating young people and currently runs the youth sexual health (Public Health) clinic in Geraldton.

Topics discussed in the SHBBV program include:

- -Healthy Relationships (this includes consent, communication, legal matters)
- -Sex (this includes orientation, sex, gender, porn, sexual assault and sexual abuse)
- -STI & BBV's (this includes symptoms)
- -Prevention (condoms)
- - Youth Sexual Health Clinic free testing and treatment - (what is involved and who/where to go)

To book workshops please contact :-

Amy Pilliner E: amy.pilliner@health.wa.gov.au

At CBSHS Library we encourage borrowing during the holidays.

WA Premier's Reading Challenge 2022

Join the WA Premier's Reading Challenge. You can take part if you are in Year 7 to Year 10.

All you need do is register and read at least 12 books by 9 September. There are fantastic prizes to be won, including family holidays and experiences across Western Australia.

Go to the WA Premier's Reading Challenge 2022 website. Sign up. Use your school email address. You will be sent a verification code to your DOE outlook email account (open a new tab to access this email- do not exit out of the sign-up page). Retrieve the verification code and create a password. Read and record!

Check out the Library's display for some of the fantastic books recommended by the Premier.



Jig Saw Puzzle Trial

Our jig saw took 7 weeks to complete because it had a high rating of difficulty.

Using our resilience, we conquered the task.

Homework Club

Every Wednesday afternoon our club is busy and buzzing with students completing their homework, assisting each other and problem solving.

This activity is **free** for **all** CBSHS students. Students can obtain a permission form from the Library.





Ms S Doyle
Enrichment Teacher

Wow, the end of Semester One is upon us, and what a fun filled and action packed one it has been for those in the Enrichment classes at CBSHS. The Enrichment course has a focus on Literacy and Numeracy without sacrificing the content of HASS, Science, Health, PE and Options subjects.

Some of the highlights this Semester have been:

- launching our dental products recycling scheme with a video advertisement to all form classes across the school. Please remember to continue to send in your old toothbrushes, toothpaste tubes and dental floss containers, as well as to vote for our school on the Terracycle Colgate competition website.

<https://www.terracycle.com/en-AU/contests/colgategardenonline-au>

MATHS

- Making paper aeroplanes and then using our Maths skills to measure how far they flew through the air.
- Going out and about around school to measure the different facilities we have on site. Fascinating fact: did you know the basketball court measures 28m x 10m?
- Estimating the heights and weights of students in the class, then measuring each other to get accurate readings.

SCIENCE

- The Year 7s have been learning about forces and had great fun trialling a range of experiments to test them out. We have used magnets, balloons, coins, balls and water. The highlight has to be making our own marble run to see gravity in action.
- The Year 8s have grown crystals, used the Bunsen burners and are currently collecting moss to propagate it on the rocks at the rock pool in Student Services. They have also had great fun building a 3D model of the human skeleton.

HASS

- The Year 7s have been discovering what makes a place 'liveable' and investigating where Geraldton fits in the rankings. As part of this the Year 7 class have an excursion coming up in Week 10 to visit some of the most popular attractions around the city.
- The Year 8s have been investigating Federation, the Australian Constitution and how the rules, responsibilities and the Law we follow now have come to pass. Students put their creativity to the test and were able to come up with some fabulous StopMotion animations using Lego to represent the proceedings in a court room.

With the unfaltering help and support of our wonderful Education Assistants, students have consistently **aspired** to be their very best, shown **resilience** when faced with challenges and created **respectful** relationships in the classroom. Displaying our school values so consistently has meant they have received hundreds of **RAR** tickets, which they have been saving up and counting regularly to earn a whole class reward.

I am so very proud of all their efforts, the work they have produced and how they have grown and developed on a personal level. I look forward to even greater things to come next Semester.

HEALTH & PHYSICAL EDUCATION

Ms Gemma Hardiman
HOLA HPE

What a Semester! The Health and Physical Education learning area has had a jam-packed Semester. We would love to share with you what we have been doing.

February and May saw the Rugby WA school clinic representatives come to deliver a modified Rugby program to Physical Education classes on the Monday and Wednesday. Rugby WA were well received by the students who enjoyed their sessions, and the representatives were impressed with the consistent level of **respect** our students demonstrated.

On Friday 10 June, the Netball Midwest Gascoyne High School Carnival and Eagles Schoolboys Cup were in town. Ms Facchini coached a Years 9 and 10 Netball team with three upper school students assisting with umpiring duties. Mr Clifton and Ms Hardiman along with Ky and Mick from Clontarf supported three Year 7-10 teams at the football. The weather was relentlessly wild and the students' were absolute troopers on the day. They did not give up when the going got tough, they **aspired** to continue to challenge themselves and their opponents.

The lower school Physical Education classes have been engaged in a variety of sports specific to the year group and fitness testing practicals. High expectations were set for those sessions with some students surprising themselves with their gradual progression to a high level of skill and fitness over the Semester. It is a phenomenal feeling to observe a student's improved achievement as compared to the start of the school year.

The Years 9 and 10 Outdoor Education classes, guided by Ms Forrester and Mr Forbes, were engaged in contexts of first aid, outdoor cooking, snorkelling, fishing, bush walking and roping. Their units took them into the community to local waters, Chapman Valley, Fisherman's Warf and within the school grounds! The upper school Outdoor Education students learnt about snorkelling and bush walking within the local waters and Chapman Valley.

Our senior school students have been busy with their courses of study. We are part-way through the Health and Physical Education Studies courses and the Certificate II in Sport and Recreation course. The lower school Health Education program is steady with students learning about different personal health and safety contexts.

There is no doubt that next Semester will be jam-packed again with Ms Forrester readying the students and their coaches for Country Week 2022. More excursions will be occurring for most classes. We look forward to sharing some more images with you next Semester. Any further questions that you have regarding your child's progress in Health, Outdoor, Physical Education or senior school courses of study, please do not hesitate to reach out to their teacher.



Purchase canteen meals online.

No cash. No problem! **Try QuickCliq today!**

QuickCliq is an innovative online ordering system trusted by schools and parents across Australia. QuickCliq is a cashless solution that helps you manage your children's canteen orders from the comfort of your home or office.



How to get started

- QuickCliq is free to set up and easy to use
- Register at www.quickcliq.com.au
- **SIGN UP** and complete the registration form
- Receive a link via email to **ACTIVATE** your account before logging in
- **ADD STUDENT**, add your child's details, select their school and save to your account
- **ADD CREDIT** to your online wallet before ordering or pay as you go using credit or debit card
- Select **MEAL ORDER** and you're good to go

Orders can be placed up to 28 days in advance. You can view your completed orders via the Active Orders or Transaction History tabs in your account.

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- ✓ One family, one account - you will have one unique and secure login to manage all your children's orders, even if they attend different schools. QuickCliq saves you time and gives you complete visibility over your family's needs.
- ✓ Tired of looking for change every morning before your kids run off to school? With QuickCliq, lunch money is a thing of the past.
- ✓ We're giving control back to you over your children's diets. By ordering their lunch ahead of time, you can ensure they are eating healthy and balanced meals.
- ✓ QuickCliq was designed with mobile access in mind. Simply login to add credit and order, all from the convenience of your smartphone or tablet.
- ✓ To top up your account you have three options; Direct Debit / Credit Card / PayPal
 - Direct Debit - 0.50c transaction fee
 - The surcharge to add credit is 1.5%
 - The surcharge for PayPal is 3.8%
 - When placing an order there is a small booking fee per transaction per student.

Our Call Centre is here to assist your families with ordering online **Call 1300 11 66 37**



SCHOOL HOLIDAY ACTIVITIES



CITY OF GREATER GERALDTON PROGRAMS

WINTER 2022

DATE	TIME	EVENT	AGE	COST	BOOKINGS
SAT 2 JULY	11:00am - 12:30pm	Inflatable Obstacle Course	3-12 yrs	ⓧ	ⓧ
	12:30pm - 2:00pm	Inflatable Obstacle Course	12+ yrs	ⓧ	ⓧ
MON 4 JULY	10:00am - 11:00am	An Aussie Family at the Beach	5-12 yrs	ⓧ	✔
	12:00pm - 7:00pm	Master Obstacles Activity Course	12+ yrs	ⓧ	✔
	10:00am - 11:00am	Soccer Clinic	9+ yrs	ⓧ	✔
TUES 5 JULY	12:00pm - 7:00pm	Arts & Craft Workshop	12+ yrs	ⓧ	✔
	10:00am - 11:00am	Soccer Clinic	9+ yrs	ⓧ	✔
	10:00am - 12:00pm	Wave to the Future	0-12 yrs	ⓧ	ⓧ
WED 6 JULY	12:00pm - 7:00pm	E-Games	10+ yrs	✔	✔
	10:00am - 11:00am	Low Tox Potion Party	5+ yrs	ⓧ	✔
THURS 7 JULY	12:00pm - 7:00pm	Arts & Craft Workshop + Taco Night	10+ yrs	ⓧ	✔
	10:00am - 11:30am	Wheelchair Basketball	9+ yrs	ⓧ	✔
FRI 8 JULY	2.30pm - 5.00pm	Dungeons and Dragons	9+ yrs	ⓧ	✔
SAT 9 JULY	8:30am - 12:00pm	Skate Skills Clinic	5-13 yrs	ⓧ	✔
MON 11 JULY	12:00pm - 7:00pm	Geraldton Golf and Nature Trip	12+ yrs	ⓧ	✔
	10:00am - 11:00am	Soccer Clinic	9+ yrs	ⓧ	✔
TUES 12 JULY	10.30am - 12.00pm	Build an Insect Hotel	8-12 yrs	✔	✔
	12:00pm - 7:00pm	Indoor Soccer and Basketball	12+ yrs	ⓧ	✔
	10:00am - 11:00am	Soccer Clinic	9+ yrs	ⓧ	✔
WED 13 JULY	10:00am - 11:00am	Low Tox Potion Party	5+ yrs	ⓧ	✔
	12:00pm - 7:00pm	Sports Day + Movie Night	12+ yrs	ⓧ	✔
THURS 14 JULY	1.30pm - 2.30pm	Learn to be a Digital Superstar	9-12 yrs	ⓧ	✔
	12:00pm - 7:00pm	Mullewa Song Anthem Creation + Sports Relay	10+ yrs	ⓧ	✔
	9.30am - 11.30am	Simple Mini Weaving	7+ yrs	✔	✔
	10:00am - 11:30am	Wheelchair Basketball	9+ yrs	ⓧ	✔
FRI 15 JULY	2.30pm - 5.00pm	Dungeons and Dragons	9+ yrs	ⓧ	✔
	9.30am - 11.30am	Simple Mini Weaving	7+ yrs	✔	✔
SAT 16 JULY	8:30am - 12:00pm	Skate Skills Clinic	5-13 yrs	ⓧ	✔

A FULL LIST OF SCHOOL HOLIDAY PROGRAMS IS AVAILABLE ON THE CGG WEBSITE



For more information visit www.cgg.wa.gov.au/schoolholidayprogram or contact E_council@cgg.wa.gov.au | P (08) 9956 6600 during business hours



SCHOOL HOLIDAY ACTIVITIES



Rhythm & Rhymes

Music making & performing art workshops
*No experience needed

All workshops are \$15 per child, and run from 9.30am-11.00am.
Bookings essential via www.joaworkshops.com

July Holiday Workshops:
Monday 4th July:
7-11yr olds
Thursday 7th July:
11-16yr olds



PERFORMING ARTS - July Holiday Program!

RHYTHM & RHYMES

Mon 4th July for 7 - 11 yr olds, 9.30 - 11am \$15
Thurs 7th July for 11 - 16 yr olds, 9.30 - 11am \$15



JOA: MONDAY 11TH JULY

9:30 - 10:15a.m O-4YO's \$10
10:30 - 11:15a.m Yr 1-2's \$12.50
11:30 - 12:30pm Yr 3-6's \$12.50

JOA: THURSDAY 14TH JULY

9:30 - 10:15a.m O-4YO's \$10
10:30 - 11:15a.m Yr 1-2's \$12.50
11:30 - 12:30pm Yr 3-6's \$12.50

PLEASE BOOK @ FB -- Jar of Arts Geraldton

www.joaworkshops.com



Geraldton Badminton Association Presents -



2022 JULY SCHOOL HOLIDAY PROGRAM

Session One- Wednesday 6th July
10 to 11am

Session Two- Wednesday 13th July
10 to 11am

•LIMITED NUMBERS

•COME AND TRY

•NEW PLAYERS ONLY
AGES 8 TO 12

•COST- \$5 PER SESSION



INFORMATION

232 Eighth Street, Wonthella
badmintongt@westnet.com.au

For bookings contact please contact- 0427 837 082

This program is run by the 2022 Under 17
Development Coach and Squad.
All funds raised will be used for their trip interstate
later this year.

**BOOKINGS
ESSENTIAL**



SCHOOL HOLIDAY TENNIS & MULTI SPORT CLINIC

Monday-Friday | 4-8 July 2022
Geraldton Tennis Club

8.15am-9am (3-6yrs) \$15/day or \$50 (5 days)
Half day-9am-12pm (7-16yrs) \$35/day or \$130 (5 days)
Full day-9am-3pm (7-16yrs) \$55/day or \$220 (5 days)

(Bring your own snacks for half day)
(Bring your own snacks & lunch for full day)

PRIZES to be
won

Bookings & Enquiries

Coach Natalie: 0413 34 56 57
dynamictenniscoachingwa@gmail.com

@dynamictenniscoachingwa

Geraldton Tennis Club
256 Eighth St, Geraldton



July 2022

Su	Mon	Tue	Wed	Thu	Fri	Sat
					Junk Journal 1 Basics with Kylie 6.30-8.30	Junk Journal 2 Next Step 10am-1pm Embellishing Pages & Cover 2.00-4.00
3	4	5	SCHOOL HOLIDAY PROGRAM AM - Art Journal PM - Watercolour	SCHOOL HOLIDAY PROGRAM AM - Canvas Art PM - Journal Charms	SCHOOL HOLIDAY PROGRAM AM - Cardmaking PM - Scrapbooking	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
SHOP CLOSED	Scrapbooking 10:30-12:30	Easy Cards 10.30-12.30	Scrapbooking 6:30-8.30	MIXED MEDIA 10.30-12.30 OR 6.30-8.30	Kids Term 10:30-12:30 OR 1.30-3.30	
24	25	26	27	28	29	30
		Heartfelt 10.30-2.30 OR 6pm-10pm				

August 2022

Su	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
SHOP CLOSED	Scrapbooking 10:30-12:30	Easy Cards 10.30-12.30	Scrapbooking 6:30-8.30	MIXED MEDIA 10.30-12.30 OR 6.30-8.30	Kids Term 10:30-12:30 OR 1.30-3.30	Late Night Lock In 6.30 late
7	8	9	10	11	12	13
SHOP CLOSED	Beyond the Page Memory Box 6.30-8.30					

Open Tues- Fri: 10am - 4pm Sat: 10am-1pm

SCHOOL HOLIDAY ACTIVITIES



creative
NARCHY
SCHOOL HOLIDAY PROGRAM

LET THEM PLAY!
10- 14 JULY

- × FREE PLAY TUESDAY
- × CONSTRUCT & DESTROY
- × MAKE & ESCAPE WORKSHOP
- × IMPROV THEATRE

euphorium
YOUTH ACADEMY

The poster features a large black anarchy symbol on the left. The background is a collage of torn paper in white, yellow, and purple. The text is arranged in a layered, hand-drawn style.



F45 PRODIGY SCHOOL HOLIDAY PROGRAM

JULY 11TH - 15TH
10:15AM - 11:00AM

A group of approximately 15 young people, mostly teenagers, are posing for a group photo. They are wearing various athletic and casual clothing, including white polo shirts, blue and white tracksuits, and yellow and white shirts. They are standing in front of a large, stylized archway that reads "FUNCTIONAL" in white letters on a red and blue background. The floor is dark, and there are some water bottles and equipment visible in the foreground.

SCHOOL HOLIDAY ACTIVITIES

School Holiday Workshops

Geraldton



Art for the Mind

12-14
years

A one-day workshop for young people to improve their wellbeing through the power of art. Teens will explore healthy ways to express themselves, learn mindfulness skills and build confidence through a variety of creative activities.

When

Thursday 7 July
9.30am - 3.30pm

Where

HelpingMinds Office
76 Forrest Road, Geraldton

Who

For children aged 12-14 years who have a friend or family member experiencing mental health challenges

Cost

Free | Registration essential
Lunch and snacks included

Wellbeing Wonderland

8-11
years

A one-day workshop for children to boost their self-esteem and confidence. Kids will learn how to express their emotions through art and craft activities while having fun and making new friends.

When

Friday 15 July
9.30am - 3.30pm

Where

HelpingMinds Office
76 Forrest Road, Geraldton

Who

For children aged 8-11 years who have a friend or family member experiencing mental health challenges

Cost

Free | Registration essential
Lunch and snacks included

Registration essential, please visit helpingminds.org.au/school-holidays

For more information contact us on 1800 811 747 or cyfs@helpingminds.org.au

COMMUNITY WORKSHOPS



Carer Gateway | In Person Peer Support Parents with Autistic Children Support Workshop

Caring for an Autistic child can be a challenging and often isolating experience... but support is available.

Join us for our **Parents with Autistic Children** In Person Peer Support Workshop, a safe and supportive space for you to share your experiences, connect with other parents and express your creativity through arts and crafts.

Includes a hands-on art and craft activity and a free morning tea!

Carer Gateway in WA is delivered by Carers WA in partnership with HelpingMinds.

When	Fortnightly on Thursdays 4 Sessions 10am - 12pm 30 June, 14 July, 28 July & 11 August
Where	HelpingMinds Office, 76 Forrest Street, Geraldton
Who	All parents who are caring for a friend or family member are welcome to attend
Cost	Free Registration essential Morning tea provided



For more information, email carergateway@helpingminds.org.au, call 1800 811 747 or visit helpingminds.org.au/carergateway



Geraldton

Grandcarer Support Group

If you're a Grandparent supporting someone close to you who lives with mental health challenges, it's easy to forget about your own wellbeing. Come along to our monthly Grandcarer support group, a safe space to take time for yourself, connect with others and learn more about how HelpingMinds can support you.

When	Monthly on Wednesdays 10am - 12pm 15 June, 20 July, 17 August, 21 September, 19 October & 16 November
Where	Helping Minds Office, 76 Forrest Street, Geraldton
Who	Grandparents who are supporting a family member or a friend experiencing mental health challenges
Cost	Free Registration essential Morning tea provided

Register your interest online helpingminds.org.au/workshops

For more information contact us on (08) 9427 7100 or cyfs@helpingminds.org.au



helpingminds.org.au



CHCSS00114 ENTRY INTO CARE ROLES SKILL SET

**FEE
FREE
TRAINING**

Get Skills Ready
Enrol Now!

Now is the Time
Get Job Ready
100% FEE FREE



Overview

This qualification is suited for people looking to quickly up-skill to work in entry level care and support roles in the aged care and disability support sectors. This qualification will cover foundational knowledge and skills, including safe work practices and infection prevention procedures and help you get you job ready!

Unit of competency

CHCCCS015	Provide individualised support
HLTINF001	Comply with infection prevention and control policies and procedures
HLTWHS002	Follow safe work practices for direct client care

All units of competency must be successfully completed in order to attain Entry into Care Roles Skill Set.

Further study options

On completion of this Skill Set, you can further your study in the following Lower Fees, Lower-Skills half price qualifications:

- Certificate III in Individual Support (Ageing)
- Certificate III in Individual Support (Disability)

How to enrol

Please scan the QR code to enrol.

An enrolment link will be forwarded along with information on the skill set. After enrolment you will receive a link to our Learning Management System where you will complete your theory prior to attending a practical session on campus.



Practical sessions are held fortnightly at each of our campuses. Call us at **1300 046 744** to book in now.



To enrol today contact Insight Training
1300 046 744 | enquiries@insight.edu.au
www.insight.edu.au

RTO 32142

COMMUNITY WORKSHOPS



**NDIS
Job Matching
Service**

DISABILITY SUPPORT WORKER TRAINING PROGRAM

**A FREE 8 WEEK PROGRAM FOR PERSONS
INTERESTED IN STARTING A CAREER IN SUPPORT**

- ENTRY INTO CARE ROLES SKILL SET TRAINING DELIVERED BY INSIGHT TRAINING
- STUDENT WORK PLACEMENTS FOR PRACTICAL TRAINING
- PATHWAYS FOR FURTHER TRAINING AND EMPLOYMENT

INDUCTION AND ENROLMENT DATE

TUESDAY 12th July 2022

LOCATION: ATC WORK SMART TRAINING ROOMS

235a Flores Road Geraldton 6530

For more information please call
0499 355 805 or email
sarah.humble@nds.org.au

Providing services throughout Western Australia



REFRESH YOUR MENTAL HEALTH FIRST AID SKILLS

to support friends, family members, colleagues and others

This refresher course allows people who have completed a 12-hour Standard Mental Health First Aid (MHFA) course to improve their knowledge and skills. For Accredited MHFAiders, this course offers an opportunity to extend their accreditation for a further 3 years.

THIS COURSE WILL HELP YOU:

- Gain an understanding of the latest research in the mental health field
- Learn the 3 key actions for helping someone feeling suicidal
- Work through complex mental health first aid interactions
- Practice mental health first aid skills

This is a 4-hour educational course, not a therapy or support group.

DATES Friday 29th July 2022

TIMES 8.45am - 1pm

COST Free of charge

VENUE Ngala, 24 Gregory Street, Geraldton

FACILITATOR/S Robyn Hunt & Jacki Ward



HOW DO I SIGN UP?

<https://www.yellowribbonmidwest.org.au/> Go to training tab
Proudly supported by WAPHA

For more information, visit [mhfa.com.au/courses](https://www.mhfa.com.au/courses)



LEARN HOW TO SUPPORT SOMEONE WHO IS FEELING SUICIDAL

Mental Health First Aid (MHFA) training will teach you practical skills to support someone who is feeling suicidal. Make a real difference to people in your community.

MHFA TRAINING BENEFITS

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

"A really great course that has given me confidence and practical strategies to support a person with mental health challenges. I have already recommended this course to pretty much everyone I know." - George



LEARN PRACTICAL FIRST AID SKILLS

- Recognise the signs that someone may be suicidal
- Help the person stay safe
- Connect people to professional and other supports, and
- Respond in a crisis situation

This is a 4-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

Registration: <https://www.yellowribbonmidwest.org.au/mental-health-first-aid/#>

Email to: coordinator@yellowribbonmidwest.org.au

"Proudly supported by City of Greater Geraldton"

For more information, visit [mhfa.com.au/courses](https://www.mhfa.com.au/courses)



DATES Friday 5th August 2022

TIMES 8.45am until 1pm

COST FREE

VENUE Ngala, 24 Gregory Street Geraldton

FACILITATOR/S

Robyn Hunt & Derise Jones



BECOME A MENTAL HEALTH FIRST AIDER

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

STANDARD MHFA TRAINING BENEFITS

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

"I enjoyed learning the skills to be an MHFAider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

Includes lunches, refreshments & manual. Proudly supported by Aurizon & WAPHA
<https://www.yellowribbonmidwest.org.au/mental-health-first-aid/#mhfa12>
Enquiries: coordinator@yellowribbonmidwest.org.au

For more information, visit [mhfa.com.au/courses](https://www.mhfa.com.au/courses)



For more information, visit [mhfa.com.au/courses](https://www.mhfa.com.au/courses)