



Balcatta Bulletin

Issue 2 2016

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Welcome

When I walk through classes or the yard, I see students that feel a sense of connection. We take pride in valuing each student and strive to meet their individual needs.

I hope our community appreciates the wonderful sense of inclusivity and belonging that exists at Balcatta SHS. Many visitors comment that we have a unique feel and it is true. When I walk through classes or the yard, I see students that feel a sense of connection. Our school values are "Respect, Unite and Excel". I believe that the values of respect and unite are truly evident in our school. Our students walk the talk here. We take pride in valuing each student and strive to meet their individual needs.

There is one other key value of our school which is Excel. The end of the first semester is a great time to pause and reflect on the journey of the year. I have asked staff to look back over the course of this year to examine where our students are and to plan for improvement over the rest of the year. A critical part of this is how our students engage with the process of learning and improvement. We know so much about what to do but often fail to take the action that is needed. Actively engaging with the process of reflecting, setting written goals and working towards them is the first step.

Looking back over Semester 1, we have had many wonderful events. We had an innovative Year 8 camp to improve engagement for our students. Mr Blitvich led this with Mr Castensen and Mr Schmiedte. Our debating students had tremendous wins, including one over Perth Modern School. The Year 12 students had a tremendous time at Frasers with their "Enchanted Garden" themed School Ball.

Not only did they all look enchanting but their behaviour at the venue was exemplary. Our Dance students performed at Nexus, a collaborative performance with Shenton College, Duncraig SHS and Churchlands SHS at the Octagon Theatre at the University of WA. We can be very proud of our students led by Ms Balic as their performances were the best in my opinion. The quality of their performance was outstanding.

The school has been working to improve a number of facilities and our grounds this year. We have recently completed an upgrade of Home Economics. We now have state of the art facilities that our staff and students appreciate. We have also installed a new PA system that will enable professional Audio Visual presentations in the Gymnasium. The Library continues its refit and is now looking very stylish and smart.

A key focus of this semester has been the school's progress with the Independent Public School process. I have sent out a previous update with greater detail. It is a central feature of successful schools that they work in close partnership with their communities. Balcatta SHS is working on improving its connections with its community. We have undergone a process of reviewing and auditing our governance and have put a number of measures in place. Our School Council is a critical part of this and I want to welcome our new community members Professor Ted Snell from University of WA and Hon Chris Hatton MLA. We hope you support our aim to be an Independent Public School.

Stephen Pestana
Principal



Pre-service Teachers

Providing a learning environment to enable pre-service teachers to practice the skills they have learnt at university.

At Balcatta, we are currently sharing the expertise of pre-service teachers from three universities and developing links with areas of higher learning which is beneficial for all members of the school community. In the photo below, you can see there are seven pre-service teachers; two are missing (they are probably preparing lessons, interacting with students or any number of duties undertaken by teachers). The idea of having pre-service teachers in the school is about providing a learning environment to enable pre-service teachers to practice the skills they have learnt at university. The skills of the mentor teachers associated with the pre-service teachers underpin the success for these prospective teachers and the mentor teachers are highly skilled practitioners who have been recommended for their role by the 2015 Principal, Ms Street. The school would like to acknowledge the roles played by Ms Hink, Ms Williamson, Ms Manera, Ms Taylor, Ms Henry, Ms Hatzis, Ms Hoy and Mr Birkett.



**Back Row from Left to Right: Melissa Evitt, Amanda Cauldwell, Lyn Bodycoat (School Coordinator), Peter Curtis, Hayden Yates
Front Row from Left to Right: Alexa Pagnoni, Lilly Walton, Jamie Robertson Absent - Jarred Rees, Alex Winch.**

Year 7 Foodbank Visit

Mrs Johnson's Year 7 mentor class was lucky enough to have a visit from Foodbank. Foodbank is Australia's largest food relief organisation, providing 60 million meals a year to over 2,400 charities and 1,000 schools around the country. They came in to discuss and give us a practical cooking session to demonstrate why home cooked food is so much better for you than fast food. The lesson started with the students comparing the amounts of sugar, fat and salt in common take away meals and then comparing them to something similar that could easily be cooked at home. The results were unbelievable!

The students then split into groups to prepare tasty and nutritious meals that could easily be cooked at home using everyday ingredients and equipment. They made Fruity Frypan Cake, Super Nice Rice, Atomic Apple Crumble, Nanna's Curry, Superhero Spinach Dip and Crunchy Noodle Salad. Many tried new foods for the first time and everyone gave all the dishes a big 'thumbs up'. This lesson proved to the students, that not only is home cooking fun but it is often a lot more tasty and definitely more nutritious. It is also something that can bring the whole family together.

If you would like more info about Foodbank go to www.foodbankwa.org.au.



Fun in the kitchen



Cooking up a storm

Health & Physical Education

Year 7 and 8 Lightning Carnivals

Term 2 is the time for Lightning Carnivals where Balcatta Senior High School competes against a variety of schools including Perth Modern, Churchlands, Shenton College, Balga, Carine, Girrawheen, Warwick and Greenwood. Carnival rather than compete is the key word as the aim is to have fun, enjoyment and socialise. Teams generally organise themselves and students have to plan their needs such as protection from the elements for the day. Also, students are required to work on their interpersonal and self-management skills.

Older students are given the opportunity to assist by either umpiring matches or coaching teams. This assists with their development in choosing or doing courses such as Certificate II Coaching. We all know how easy it is to referee till we are given a whistle and asked to do it! Students who give this a go are very brave but more importantly, it is a great learning experience for all.

The really good news comes from teachers outside of the Physical Education Department who look after teams and express how supportive Balcatta SHS students are of each other.



Interschool Sport

Term 1 – Basketball

After a break of 3 years, Balcatta SHS made a successful return to the Interschool Basketball competition. Over the course of 8 weeks, the boys have played some great basketball against a variety of schools. Showing great sportsmanship and respect to the opposition, the boys played to a high level, pushing teams all the way. I was so pleased with the communication and dedication the boys showed to each other in a fantastic competition. We are looking forward to joining together in 2017 for another hit at the championship.

Term 2 – Soccer

Balcatta SHS has a great history of doing well in Interschool competitions which gives us something to aspire to. We have two teams this year (Girls and Intermediate Boys) who display incredible enjoyment of the game and desire to play which is extremely gratifying for the teachers. It also gives the opportunity to give direction and areas to work on in more detail.

Recess Soccer Competitions

Respect/Unite/Excel Indoor Soccer Competition commenced this term with both Year 7/8 and 9/10 having completed their competitions so far. In Year 7/8 competition, the champions were "Petr Cech Yourself" (Form 8.2) and in Year 9/10 competition, the champions were "Dragon Soup" (Form 10.2). The competitions' emphasis is on our school values of Respect/Unite/Excel and our students have displayed them well during play. The Year 11/12 competition is set to begin after their exam break and next term, a similar program will run for basketball.

Health

Year 7 and 8 students have been studying coping strategies to build up their resilience. They have been examining skills such as assertive communication, negotiation, networking and identifying feelings.

Parents: please talk to your students about any of these issues and keep the conversation going about how your children are doing at school.



World Challenge

Our students are in training for a big adventure in Cambodia and Laos

World Challenge Training Camp

Although the temperature and environment in the Byford Hills region was a long way from the rainforests of Laos or Cambodia, the Training Camp for The World Challenge Expedition was a huge success. Camp leader Sam Smith, from World Challenge, was a wealth of information and experience, preparing the Challengers for their adventures in Cambodia and Laos. Team building and problem solving skills were a priority of the camp, as well as learning practical skills such as setting up tents and hammocks or cooking on Trangias (camp stove). We covered about 4km during the camp, hiking with our packs and carrying all our equipment and food through the bush tracks around Byford Scout Centre. The Challengers worked really well as a team, and are feeling much better prepared for the Expedition to Cambodia and Laos in November.



WADJINY with Troy Allen

Our Year 7 and 8 students were treated to an educational performance by Troy Allen, a Bundjalung Goori – Wadjiny is his totem, meaning platypus. For 25 years, Troy has shared his unique skills and knowledge in Australia and internationally with students and at numerous festivals and cultural showcases. Troy uses song, music and didgeridoo, dance and artefacts to tell the stories of his people.

Our students were captivated by his performance and a number of students and staff was able to get up and dance, and fully immerse themselves in Indigenous Australian culture. A highlight of the performance was the playing of the didgeridoo and making fire. Here is what our students had to say about the performance:

“I liked how Troy shared his culture with us and I found it interesting learning about hunting and making fire” – Year 7 student

“I loved all of it because I got to dance and learn about my culture with pride” – Year 7 student

“I liked listening to the didgeridoo because it was the most entertaining and I learnt how to say some words” – Year 7 student

“Troy had the room full of students engaged and smiling, he was very entertaining. I highly recommend Troy’s show” – Staff member.





What's Been H





Happening



Whole school attendance rate was 91.3% for Term One.
135 students achieved 100% attendance for the term.

Term One Attendance from Student Services

In 2016, we have had another great start to the year with attendance. Whole school attendance rate is 91.3% for Term One.

Congratulations to the 135 students who achieved 100% attendance for the term and enjoyed a sausage sizzle on the final day. Special thanks to our Student Councillors and volunteers from Victory Life who cooked, served and cleaned up our BBQ lunch.

As a school, we aim to have all students attending 90% or more. Term One had over 450 students achieve this, and was eligible for a \$20 Westfield Gift card.

Congratulations to our Term One 90% raffle draw winners, who were:

- Year 7: Nitin Kumar and Perzha Smith
- Year 8: Keisha Dawson and Thomas Walsh
- Year 9: Neharika Malhotra and Tia Paterson
- Year 10: Ronin He and Wilbert Tagle
- Year 11: Jamie Montgomery and Olga Solomasova
- Year 12: Charmaine Chooi and Kody Mason

We look forward to rewarding as many students as possible in Term 2.

If you are having difficulties getting your child to school or need support with their engagement, please contact our Attendance and Engagement Coordinator, Liam Robinson on 9345 8276.

Year 12 Presentation Ceremony Save the date:

Tuesday, 29 November 2016 at the Victory Life Centre in Osborne Park.

Please note that this is a change from the School Planner that originally stated Thursday, 1 December 2016.

Pool Party

On Wednesday 23 March, approximately 40 Year 11 and 12 students joined us on a very stormy afternoon by the pool. The highlight was the delicious pizza and the students enjoying the pool.

A large number of staff also came along to enjoy the atmosphere.



Senior School Ball

On Friday 3 June 2016, the Senior School Ball was held at Frasers, Kings Park with the theme this year being "Enchanted Garden". We had 125 students and 22 staff in attendance. The evening was a beautiful balmy evening and a great celebration was had by everyone especially after the Semester 1 exams. A huge thank you to Mrs Hatzis' practicing teacher Alexa, who organised a huge shipment of brand new ball dresses for our students to borrow on the night and for future school balls and events.

Award winners of the evening were:

- Belle of the Ball – Karrinna Batskos
- Beau of the Ball – Burak Durmus
- Best Dressed – Jessica Marcial and Michal Rusin
- Best Dancer – Amadou Tejan-Jalloh
- Best Couple – Vanessa Love and Blake Downes
- Year 11 Princess – Giada Liberti
- Year 11 Prince – Ari Gillespie
- Duchess of the Ball – Mrs Keep
- Duke of the Ball – Mr Manera

Please enjoy the photos.



Teamwork Aids Survival

Perhaps something for all to reflect on – most successes come after putting in a big effort.

Early this term, the Year 8 Engagement group headed bush, north of Jurien Bay, for a three day Survivor Bush Camp. Preparation prior to the event included electing team leaders through a voting and interview process, selecting two teams, learning to erect their tents, planning menus and making packing lists. All were relieved when sunny skies appeared for the commencement of the challenge.

After the long drive up, the boys were dropped two kilometres from the bush campsite and they hiked in as a group. Tents were then erected, the bus unpacked, firewood collected and our home for the next three days was set up in the bush, just back from the ocean. After a late lunch, there was a long beach walk, led by Mr Schmiedte. The boys explored the coastline for a few kilometres and were excited to find a seal sunbaking on the isolated beach.

Green team were on cooking duties for the first night. They had to prepare and cook dinner for 13 hungry campers. Tyrese and Brayden led their team and spent a smoky time grilling chops and sausages on the campfire. Their team-mates prepared corn on the cob, potatoes in alfoil and fried onions. The boys wolfed down a satisfying meal and then Red team cleared away and washed the dishes. They then spent an energetic hour or two playing Spotlight in the darkness around our camp. By 9:30pm, all were snuggled in their rather “cosy” tents. Poor Mr Castensen, who slept nearby, noticed a good deal of chatter for a few hours after that.

Next morning, the campers rose early and shivered as they had their breakfast around the campfire in the crispness of the morning. After breakfast, Mr Castensen helped the group rig fishing rods and tackle for a morning fish in the ocean a hundred metres away over the dune. The “morning bite” must have concluded before we got there because not a lot of action was experienced, but a good time was had by all. It was a refreshing experience to stand on the beach watching the waves roll in and not see another soul, north or south, as far as the eye could see. By 9:30am, many of the boys had abandoned the fishing rods to join Ronan in a morning swim.

Later that morning, we drove down to a sheltered bay and climbed a massive sand dune for a great sand boarding experience led by Mr Schmiedte. The exhilarating rush to the base of the dune was followed by an equally tiring trek back up to the top of the dune. Perhaps something for all to reflect on – most successes come after putting in a big effort. As the midday sun grew warmer, most of the boys took to the crystal clear waters of the lovely bay, sprinting across sparkling white sand to plunge into the refreshing emerald waters.

That evening, Jarrad and Alby led Red team in preparing dinner. Jesse grilled the best chops we had ever tasted!! Green team completed the tidying up and dish washing then the boys disappeared again for a game of Spotlight. A feature of this activity was watching a “missing” Rocco crawl out from under the trailer sporting his trademark grin!



Bush camp miles from nowhere



Time for a giggle



The cooks hard at work



The gang



Toasting marshmallows

On a lighter note – here is a cooking tip from a Year 8 boy:
Canned spaghetti - put in saucepan on high, do not stir, when fully stuck to the bottom turn off stove and serve. Repeat process next day with can of soup. Give burnt pot a little wipe in cold water then tell Sir - that's not burnt food in the bottom, it's just a stain.

Later we all sat around the campfire staring at the flames and embers, telling jokes and riddles. The boys listened keenly to the points awarded for the day – it was still a very tight competition between Red and Green team.

Soon after, the highlight of the trip - Zeppelin emerged with a large bag of marshmallows which he insisted on sharing with everyone. Soon all were roasting them on sharpened sticks over the flames and having a great time.

That evening a group of tired campers hit the sack and all were snoring by 9:30pm.

Next morning saw another breakfast and thawing out around the campfire followed by breaking camp, loading the bus then a quick swim before the trip home.

Post Camp Activities included reading the scores of positive personal messages kindly written by numerous staff back at school. This was to build the boys' self-esteem and to show them that our Balcatta staff really cared about them. It was quite a positive experience for the boys, many of whom wrote sincere personal replies which were later delivered to the staff concerned. This goes to show what a genuine caring community we are building at Balcatta SHS.

Post Camp Reflections:

Tyrese, Jarrad, Alby and Brayden all interviewed extremely well for the two Team Leader positions. Jarrad was particularly impressive, speaking extremely well and showing great sincerity. Jarrad displayed great leadership when it came to erecting tents, rigging fishing tackle and doing jobs without complaint. Ronan showed great compassion for his team mates and was always there to lend a hand and cheer up his mates. Zeppelin's good side frequently shone through at camp with his sharing, sticking up for his mates and his good natured gratitude to staff.

Teamwork, responsibility and self-reliance developed quickly from the start of the camp and the staff were extremely pleased to see this.

Remember - Teamwork Aids Survival.



Rocco roaring downhill



Morning fishing on a deserted beach



Jesse Kevill:
"The camp was so much fun! I'd go again in a heartbeat."

Alby Dawson:
"The camp was a good way to improve teamwork and to get closer to everyone that I wasn't close to. I also feel it made me closer to the teachers that came."

Ronan Manumua-Saena:
"Camp was great. The ocean was refreshing, the sand was soft, the tents were warm and the food was yummy. I would do it again, over and over. Camp was a bomb!"

Our People

Year 11 swim champ Sachi Morrow reflects on her National Championships experience



Year 11 student Sachi Morrow

The Australian Age National Championships is the biggest swim meet in Australia as it determines who the fastest swimmers in the country are, for each age group. Swimmers between the ages of 12 to 18 years meet to represent their Club and State. So I was racing against the 16yo girls in Australia. This year's Nationals were held in Adelaide, SA. There were over 1,600 competitors and over 6,000 races.

I entered the meet with 5 individual races and 1 relay; 200m butterfly, 100m breaststroke, 200m breaststroke, 200m IM (Individual Medley), 400m IM and 4x100m medley relay. My goal for this meet was to win a medal.

In my 100m breaststroke, I did a PB (Personal Best) in the heats then got into finals ranked 8th. Then, in the final, I reached another PB and boosted my ranking to 5th.

Next day was 400m IM. It's my best event and I was ranked 2nd coming into the meet. I swam the heats, going over my PB but still managed to make the final ranked 1st. I felt very nervous and under pressure because I really wanted to win a medal. When I walked out behind the blocks, I saw my teammates cheering in the stands and that really boosted my confidence. I dove in and swam the best I could. I touched the wall and came 4th with a small PB. I was a bit disappointed but I did the best I could and that's all that matters to me.

200m breaststroke! One of my favourite events to race. For this, I was ranked 7th coming into the heats and then was ranked 3rd going into the final. In the final, I swam my absolute hardest and tried to get close to the top 3. I touched the wall, doing another PB, then saw what I came... 3rd! I had the biggest smile on my face because not only did I win the bronze, but another WA girl managed to take out the gold. This was the only time at this year's Nationals, where two WA swimmers appeared on the same podium.

Throughout the week, I swam well in my 200m butterfly, 200m IM and the medley relay but it was the other 3 races that really stood out.

This was my 4th year competing at age Nationals and it was definitely the best one so far. I won my first National medal this year, so that was a big highlight for me. Everyone from our club were being so supportive and so positive throughout the week, I definitely wouldn't have done it without them.

After age, some stayed for the Open National Championships (12yrs+) which was also the Olympic trials for Rio 2016. I only entered the 400m IM because I just wanted to get the experience on what it's like to race against the biggest and best swimmers in Australia. After racing my 400m IM, I came 12th overall which I was really happy with.

I have been racing at Nationals since I was 13 years old and every year it just gets better and better. I'm so glad and so thrilled that I'm able to get the national experience in me at such a young age. It is an amazing opportunity to have because it gives you a chance on what it's like to race against the best swimmers in Australia. I will be setting higher goals for the upcoming years and hopefully in 4 years' time, I could be hopping on a plane to Tokyo for the 2020 Olympic Games. It has been a childhood dream of mine, so hopefully I can make it into a reality.



Primary Partnerships- Year 6 Transition

It's normal to feel excited and apprehensive about moving to high school. This year, Balcatta Senior High School has commenced a range of transition activities to support Year 6 students to be better prepared for the move to this high school. The Year 6 students will have more opportunities to visit the high school and participate in a range of activities from the different learning areas and specialist facilities that the school has to offer, as well as meeting teaching staff.

Each of the local primary schools have been involved in planning this year's transition program which will assist the Year 6 students in preparation for the move to high school. A number of fun and informative sessions have already been successfully undertaken by a number of the Year 6 students. To date, Year 6 students have participated and enjoyed activities in:

- Computing
- Home Economics
- Science

A highlight this term was the inclusion of the Curtin University Science Outreach Program, which students from West Balcatta and Takari Primary Schools undertook. The students participated in a problem solving and team building activity using robotics. The students were very enthusiastic about this activity and really enjoyed it.

More transition activities are planned for Term 3.



Nexus - Dance

Our annual Mid-Year Specialist Dance Performance, 'Nexus' 2016 was held on Friday 10 of June at the Octagon Theatre, University of Western Australia. Balcatta SHS, being part of The Dance Alliance with Duncraig Senior High School, Churchlands Senior High School and Shenton College, provided an excellent show. This year's students worked under Miss Kristina Balic, an ex-Balcatta SHS Specialist Dance student. Miss Balic was very pleased with the students' performance and professionalism. She expressed that all Balcatta SHS students had an enthusiastic approach to performing and they had a brilliant attitude between themselves and with other students from other schools. It was a very long day for the students but they produced rewarding results.

Miss Balic also expressed her special thanks to all the supervising staff involved on the day and particularly Sophie Bertuol, a Cuban salsa instructor, and also mother to two of our very own specialist dance students for her contribution to the Year 10s Latin/Jazz piece.

The Dance Department has been given the opportunity to promote the Specialist Dance Program and Balcatta SHS at various Primary schools during Term 2, keeping us very busy. It was an excellent opportunity for our students to represent the school, as students may well be visiting their old Primary School, and it was an excellent promotional piece.



Year 11 & 12 Careers Expo

On Friday 13 May, 96 Year 11 and 12 Students came along to the Perth Convention Centre to speak to University/TAFE and other Training providers regarding future pathways. It was a very successful morning.



Arts

G&T Art Camp to New Norcia

On Monday, 16 May, Balcatta's GATE Visual Arts students in Years 7 to 10 were excited about going on the Art Camp to New Norcia. We had 40 enthusiastic young artists ready to learn and develop their skills in the areas of drawing, painting, printmaking and sculpture with workshops planned over four days.

The camp was attended by our three fantastic and highly talented art tutors: Mark Tweedie, Jodie Davidson and Natalie Zuchetti, who worked the students very hard during the camp.

Our wonderful teaching staff, who attended over the four days and provided plenty of guidance and knowledge in drawing, painting and sculpture, were Michael Kimbar, Jamie Arkeveld, Michelle Murning and Phyllicia Hink. I wish to thank them for their time and effort in making this year's Art Camp a huge success.

On our first day after arriving and having lunch, the students worked together in pairs to capture the work of world-renowned artist, Andy Goldsworthy, with their own creation of his land art. That night, students were put to work before bed by creating some realistic drawings using negative and positive shapes and the results again were excellent.

Over the next few days, the students had the opportunity to go on an hour walk around New Norcia seeing historic buildings. These became a source of inspiration as they photographed images that would be central to their handmade booklets - one for printmaking and the other for watercolour studies - of sights and places in New Norcia.

On the last night, we organised an Art Quiz which brought out competition between the students. Prizes were awarded to those who knew the correct answers to questions relating to Art History in the modernism period.

On Thursday, 19 May, the students were ready to leave New Norcia and as the bus collected us to return home, there were some tired students who made the most of catching up on some sleep. Overall the camp was a success and we hope to showcase the work completed at the end-of-year Art Exhibition, early in Term 4.

Visual Arts Make The Finals

Balcatta SHS Art students have been making headlines with a series of successes. Our talented students have made it to a number of finals in open competition.

Balcatta SHS is especially proud of Year 9 student, Alex Joyce's selection in the Shaun Tan Awards. Alex has been chosen as a finalist for his Pop Portrait in the Lower Secondary category. This will be on display at Subiaco Library from 18 July to 14 August. This exhibition will be open to the public. Shaun Tan is, himself, a product of the Gifted and Talented Art program.

The following students have been selected as semi-finalists for their Photography work entered into the HyperVision: Reality Check Exhibition and will be on display at Midland Gate Shopping Centre over 4-24 July, or will be exhibited with other semi-finalists during Opening Night and their pop up gallery at Midland Junction Arts Centre on Monday 6 July. For the first time the MJAC exhibition will also be open 5-8 July and 11-15 July from 1pm-6pm.

Congratulations

Regielyn Moreno - for her Photographic print **In The End** in the experimental category

Kate Vu - for her Photographic print **Watch Disorder** in the experimental category

Torren Whisson - for her Photographic print **Reality Room** in the experimental category

Tamara Barron - for her Photographic print **Late Nights** in the experimental category

Harvey Ma - for his Photographic print **Swept Under** in the experimental category



Left to Right standing: Kate Vu, Harvey Ma, Regie Moreno
Left to Right seated: Tamara Barron, Torren Whisson



Year 7 Dance at the Nexus Concert