

CHANGING LIVES

The Official Newsletter of Making Waves

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ARMADALE

EXAMINER

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CHECK OUT OUR NEW WEEKLY professional SERVICES DIRECTORY ON PAGE 25

MATT KEOGH MP
FEDERAL MEMBER FOR GORT

A strong voice for Perth's south-east

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Students have reported they enjoy getting out of the classroom environment.

Local rowing makes waves

In the News!

Making Waves was front page news in the Armadale Examiner on May 13th.

Local journalist Annalise Hunt visited Champion Lakes Regatta Centre to profile the program with a focus on the support of Wesfarmers, which has been instrumental to the success of Making Waves since the program was piloted.

HERE'S WHAT YOU SHOULD KNOW:

- *Coaches Sharpen Resilience Skills - 2*
- *Officeworks Visit Champion Lakes - 4*



Coaches Sharpen Resilience Skills

Prior to the commencement of this term, our coaches engaged in a professional development session on the topic of resilience which was delivered by Adam from Armed for Life.

Armed for Life is a social enterprise driven by the goal of helping people develop resilience and increase their well being and mental health.

Resilience is defined as the capacity to recover quickly from difficulties. Adam explained resilience in terms of two stages: preparation and rebounding.

While sharing several powerful stories, Adam gave our Coaches a range of practical skills that the Coaches can role model with the students in our program. This will help them to understand how to respond rather than react when challenges arise.

Our coaches now have access to a range of Armed for Life online resources covering other topics relevant to working with young people.

We look forward to the next professional development session with Armed for Life in the Term 3 school holidays.

To find out more about Armed for Life visit:
<https://www.armedforlife.com.au/>





In-School Programs Adapt to Delays

Another WA Government imposed lockdown impacted the early stages of this term's programs. While this term had an already reduced program with 47 scheduled sessions, we were able to cater for additional sessions as schools endeavoured to make up for lost time from the lockdown.

Schools involved in the program included a total of 8 classes from Kelmscott SHS, Armadale SHS, Sowilo Community HS and SMYL Community College. Across the term, we worked with 124 students from a combination of general physical education studies, recreational and specialist sport program backgrounds.

This term there were a greater number of students that experienced rowing in crew boats, including the Octoscutt. The crew boats bring a host of different challenges to the students and particularly test their teamwork and communication skills as they navigate rowing the boat under the direction of one of our coaches.

*Term 2 Stats -
4 schools 8 classes 47 sessions
124 students*



Officeworks Visit Champion Lakes Regatta Centre

Making Waves hosted a group of Officeworks staff at an open day at Champion Lakes Regatta Centre on the 17th May 2021.

The agenda included a presentation about Making Waves, observation of a school session that was taking place and discussion about how Officeworks and Making Waves can collaborate to provide opportunities to our participants and partner schools.

Key collaboration opportunities that have been identified include casual employment, employability training, equipment and fundraising support.

Making Waves appreciates the strong community focus of Officeworks and looks forward to working with its management on piloting different collaboration opportunities in the future.



Tertiary Education with UWA

One of the priorities of Making Waves is to promote greater awareness of educational opportunities and facilitate linkages with higher education and vocational training options for our participants and partner schools.

Over this term, discussions with UWA Sport have progressed with the consideration of the first stage of a partnership being scoped.

The partnership may include opportunities for UWA students to undertake work placements and research with Making Waves as well as access to training and support for our Making Waves coaches.

The provision of campus visits and experiences is also being explored with these opportunities to be made accessible to our partner schools in the second stage of the partnership.

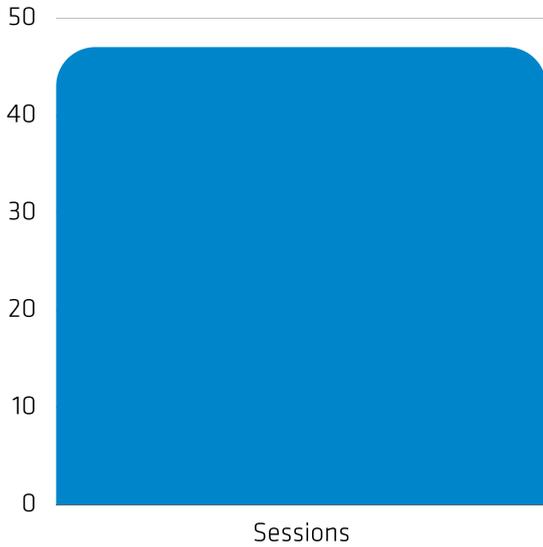
We look forward to providing a further update on these exciting initiatives soon.

The Stats That Matter

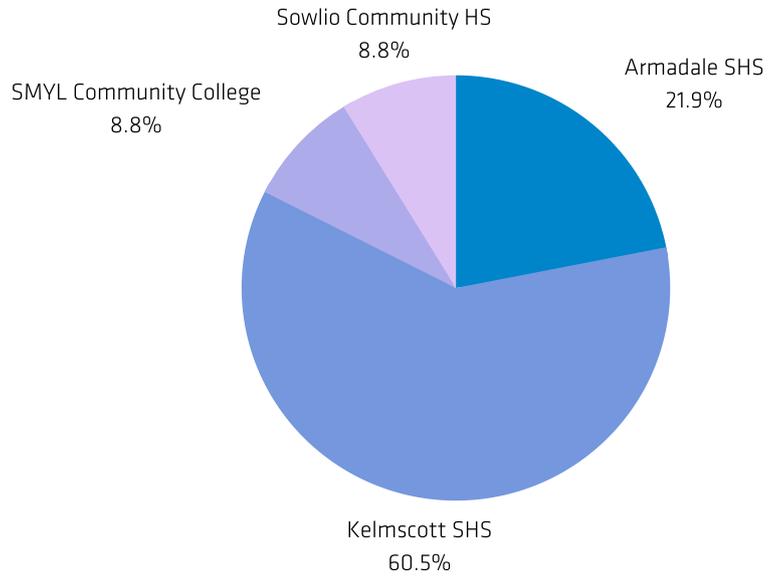
Term 2



In-School Program



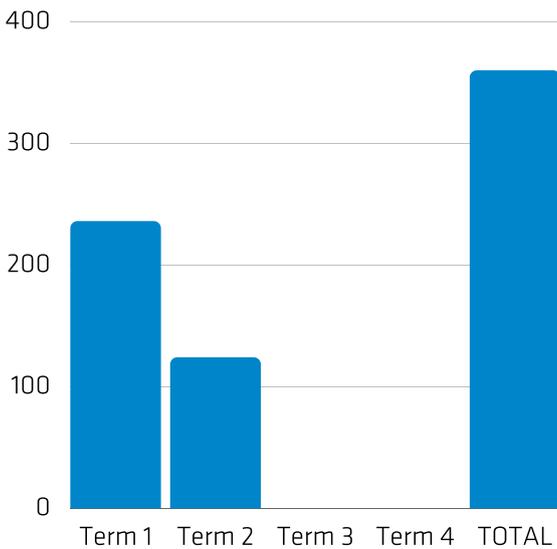
Students Per School



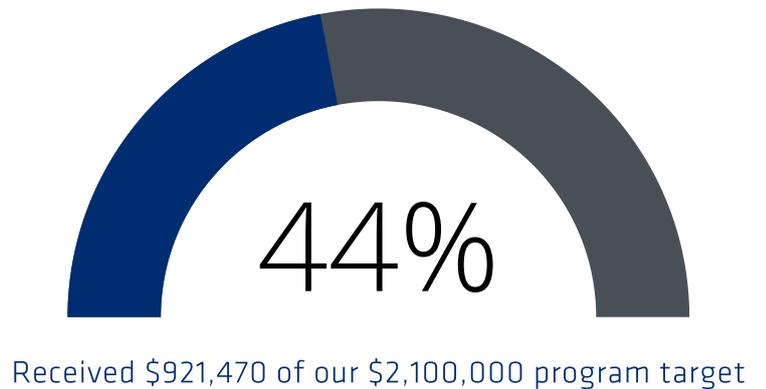
2021



Number of Students



Fundraising Target





**Changing the lives
of young people
through rowing**