

Lighthouse Leavers

What is Lighthouse Leavers?

We work hard to prepare our students and see them mature to prepare themselves for the future. The Lighthouse Leavers initiative stems from our commitment to our vision of Inspiring Lifelong Wellbeing. We pride ourselves on preparing our students to 'feel good, function well and do good for others'.

Using a Self-Determination Theory framework, we believe students in Years 11 and 12 at PLC should be responsible for their own learning and as such we have incorporated choice into this programme. By giving students ownership over the courses they take and the time they choose to spend on different activities, they will develop enhanced mental wellbeing and an increased sense of being ready to leave school and function as a mature adult.

This programme aims to support students' capacity in the following areas:

- **Autonomous motivation** – students are autonomously motivated when they do things because they find them intrinsically interesting or satisfying.
- **Belonging** – students may experience belonging as they will form groups working on common goals and also partner with PLC staff and community organisations.
- **Relationships** – students will have the opportunity to experience positive relationships, build trust, rely on and care for others.
- **Autonomy** – students will experience autonomy as the courses are self-chosen and self-concordant (authentic), rather than imposed or controlled by others.
- **Competence** – students experience competence as they will be able to complete a series of courses and challenge themselves to develop competence in areas important to them.

Lighthouse Leavers Courses

PRS 11 – A Good Life (Year 11)

Come along and explore what happiness is, what drives us to be happy, and what influences our happiness. Is it an ongoing grasp for pleasure, or is it more restrained in moving to a simpler point of view? What happens to our happiness when we compare what we have with others? Hopefully, we will find out how to live a good life!

PRS 12 – Becoming Human (Year 12)

Explore how humanity gets it so wrong sometimes. Are we mere members of an audience looking in on the theatre of life, or could we be involved in changing the script? What is reality in a world that is all about perception?

Bronze Medallion

The Royal Life Saving Bronze Medallion is recognised as the minimum standard for a qualified lifesaver. This award also increases employment opportunities with many pools and aquatic centres as they require employees who conduct aquatic programmes to have their Bronze Medallion. This course will enhance your personal survival skills while providing you with the knowledge and skills to develop the level of judgement, technique and physical ability required to safely carry out water rescues. This is an endorsed course and will provide WACE points toward graduation. Certification will cost approximately \$20.

Lighthouse Essentials CPR – Cardiopulmonary Resuscitation

At PLC, we believe that "Everyone Can Be A Lifesaver" and by completing the Royal Life Saving Society CPR course, you could save someone's life. This is an endorsed course and will provide WACE points toward graduation. This course can be recognised as part completion of an Apply First Aid qualification, should you wish to continue to study first aid in Lighthouse Leavers next Year. Certification will cost approximately \$15.

Fitness

Students will have the opportunity to participate in a range of group fitness classes such as aerobics, spin, grit, RPM or boxing. For some sessions, the Fitness Centre on Level 3 of the Lighthouse will be transformed into circuit stations with everything from cardio to strength training to flexibility. Classes will be held in the Fitness Centre, Level 3 of the Lighthouse.

Beach Running

Feel the sand between your toes as we walk/run the beaches of North Cottesloe and Swanbourne. Across the term, the sessions will progress from a leisurely stroll to something a bit more intense.

Food Sense

Could you be the next Jamie Oliver? Learn some kitchen hacks such as food budgeting, meal prep on a budget, how to use leftovers to create awesome meals and time-saving tricks in the kitchen. This course may require you to bring \$10 to use on a shopping trip to Woolworths and also to contribute a food item toward a "leftovers" lesson.

Job Ready

Are you prepared to apply for a job? Get some job-ready skills such as compiling a CV, cover letter writing and responding to selection criteria. Learn interview techniques and plan an interview outfit!

Leadership Course

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader" – John Quincy Adams. Take a journey exploring leadership from both a theoretical and practical approach. This course will provide students the opportunity for self-reflection and skill development in various aspects of leadership.

Service Learning

PLC is partnering with Wearne Nursing Home in Cottesloe to develop intergenerational links between our students and the residents of Wearne. Students participate in activities to make new friends with our elderly neighbours, from lawn bowls to chess to singing!

Lighthouse Essentials – Sexual Health (Year 11)

Come along and have some open and frank discussions about the big issues facing youth sexual health. This programme includes a session conducted by Dr Yes, a group of dedicated medical students from UWA.

Lighthouse Essentials – Keeping Safe (Year 11)

Would you know what to do if you were in a controlling relationship? Do you know the warning signs and red flags of abuse? Come along and learn how to keep yourself safe and also how to help a friend if you are concerned. This course includes a guest speaker – Mr Rob Andrew, a domestic violence counsellor.

Lighthouse Essentials – Relationships (Year 12)

What are your rights and responsibilities in a sexual relationship? How do you protect your health and wellbeing when involved in a sexual relationship? Who is your support network and how do they help you? Can you be a supportive friend to others? This is a series of interactive, open discussions for students to share, learn and develop their relationship skills.

Lighthouse Essentials – Safe Driving (Year 12 only)

Do you text and drive? How much alcohol is ok? Are your passengers noisy and distracting when you drive? Answer these questions and more. This course includes guest speakers from Paraplegic Benefit Fund and the RAC.

Lighthouse Essentials – Meditation

Learn the science behind meditation. This will be a practical introductory course in mindful meditation, held in the Lighthouse Meditation room.

Game Play

Do you want to play sport? This is a student-driven class where students play a different sport game each session. Anything goes from basketball, netball, badminton, soccer or volleyball.

Multi-sports

Interactive, fun and full of energy. Work on your fitness and co-ordination while having fun at the same time!

Coaching Course

Do you coach IGSSA teams for PLC? Do you coach with your sporting associations outside of school? This course is designed to give you the skills to manage people and coach a team to success.

