

NUMBER 35

12th NOVEMBER 2020

PRINCIPAL'S REPORT

VISION To provide a positive school environment that allows every individual the opportunity to flourish.



REMINDERS FOR WEEK SEVEN: TERM FOUR 2020

Friday November 13 th	<ul style="list-style-type: none"> World Kindness Day Flourishing Friday 2:30pm
Monday November 16 th	<ul style="list-style-type: none">
Tuesday November 17 th	<ul style="list-style-type: none">
Wednesday November 18 th	<ul style="list-style-type: none"> Grade 5/6 Camp Cooriemungle
Thursday November 19 th	<ul style="list-style-type: none"> Grade 5/6 Camp Cooriemungle
Friday November 20 th	<ul style="list-style-type: none"> Grade 5/6 Camp Cooriemungle

WORLD KINDNESS DAY - Tomorrow

As part of world Kindness Day we invite our students to wear something colourful to brighten up everyone's day. The cost of wearing 'colourful' casual will be a gold coin donation.

NAIDOC WEEK

Thank you to the Brophy Youth Focused Grant and the team at Bundarra Primary school for the wide range of resources we now have at Bolwarra. These will be mainly used next year as we start on our journey of teaching our students the culture and language of Gunditjmarra. In the meantime these resources will be used during NAIDOC Week.



PREP PHOTOS OF OUR CURRENT GRADE 6 STUDENTS

From now to the end of the year the newsletter will include the Prep photos of our current Grade 6 students, where available. Below are photos of Alex Jacobson and Anthony Price in Prep in 2014.



CAMP COORIEMUNGLE – Grade 5/6

Next week our Grade 5/6 students will be having their camp. They will be involved in high ropes, archery, volleyball, canoeing, low ropes, bush cooking, hut building, fishing/ponding, bush art, orienteering and the giant swing. They will also be visiting Loch Ard Gorge and the 12 Apostles.

'FLOURISHING FRIDAY' EXCURSION

We had a very successful excursion last Thursday. The measure of 'successful' being the fun that the students had in playing at the playground, nun's beach and the enjoyment they got from walking to the Water Tower via the Lighthouse. It is our intention to hold similar excursions in 2021 exploring the wonderful natural environment that surrounds where we live.



EXTRA-CURRICULA TERM 4 DATES (All activities dependant on current Health advice)

November	Friday	13 th	-	Flourishing Friday activities 2:30pm
	Wednesday	18 th	-	Grade 5/6 Camp
	Thursday	19 th	-	Grade 5/6 Camp
	Friday	20 th	-	Grade 5/6 Camp
	Monday	23 rd	-	Grade 3/4 Camp
	Tuesday	24 th	-	Grade 3/4 Camp
	Friday	27 th	-	Flourishing Friday activities 2:30pm
December	Friday	4 th	-	Report Writing Day – No students at school
	Friday	11 th	-	Flourishing Friday activities 2:30pm
	Tuesday	15 th	-	Grade 2 Sleepover
	Wednesday	16 th	-	Decadent Day – Grade 3-6 Excursion – Prep/1/2
Friday		18 th	-	Last Day of Term 4

LEE GIBBONS.....PRINCIPAL

BOOK CLUB ISSUE 8 was distributed today and is due back at school by Friday, 20th November.

Orders for Xmas can be held at the office for parent collection if requested. Please let Nicole know if you want your order to be held and arrangements made to meet and collect at the gate.

DRINK BOTTLES – All students are required to have a drink bottle at school. In line with the COVID regulations, children cannot use the drink taps to drink from; however they are able to refill their drink bottles from them.

With the warmer weather children need to drink plenty of water and therefore must have **their own** drink bottle on their classroom table or in their school bags. Please ensure your child has a drink bottle at school every day.



PORTLAND LITTLE ATHLETICS CENTRE **SEASON 2020-21**

The Portland Little Athletics Centre's 2020-21 season has begun, and there are still places available for young athletes.

WHAT:	Athletics-based events, with emphasis on self-improvement (personal best times/distances). Athletes will take part in four events each Thursday, rotating through three programs. Running events, throwing events, jumping events.
WHEN:	Every Thursday (5pm to approximately 6.30pm), Term 4, 2020, and Term 1, 2021.
WHERE:	Nelson Park, Portland (Cape Nelson Rd)
AGE GROUPS:	Under-6 (must have turned 5) to Under-16
COST:	\$110 first child \$105 second child \$100 third child This includes insurance through Little Athletics Victoria. No other competition fees.
COME + TRY:	Little Athletics Victoria offers a Trial Athlete program, where new athletes are encouraged to come and try for two nights, free of charge, before signing up. Trial athletes should be registered at least one day prior to first attending.
REGISTRATIONS:	To register (Trial Athlete or returning member) go to the Little Athletics Victoria website – www.lavic.com.au (Note: works best using Chrome or Firefox as your web browser) No refunds can be given once fees are paid.
ENQUIRIES:	Denis Belden (secretary) 0417 316 084 Email portland@lavic.com.au
PARENTS:	It is an expectation that any child who is registered be accompanied by a parent/guardian, who will be available to assist with the running of the event. These are simple, but important, roles.
COVID-19:	This season is being run under COVID-19 guidelines.



Portland Little Athletics Centre is run by parent volunteers. Any assistance is greatly appreciated.



2021 Booklists are available at your Primary School.

At Portland Secondary College we offer a variety of core and elective subjects available from Years 9 to 12. Over the next couple of editions our Staff will share what the Year 7 Students get up to during their first year.

Science - Jennifer Prichard

In Science, Students will engage in many practical classes in the lab, collaborate with peers to design their own experiments, make predictions and observations, problem solve, and form questions. Students will carry out dissections, perform chemical reactions, build electrical circuits, and use Bunsen Burners. An emphasis on the scientific skills sees Students develop the ability to critically evaluate and draw evidence-based conclusions, while considering the impact of their work from a safety and ethical perspective.



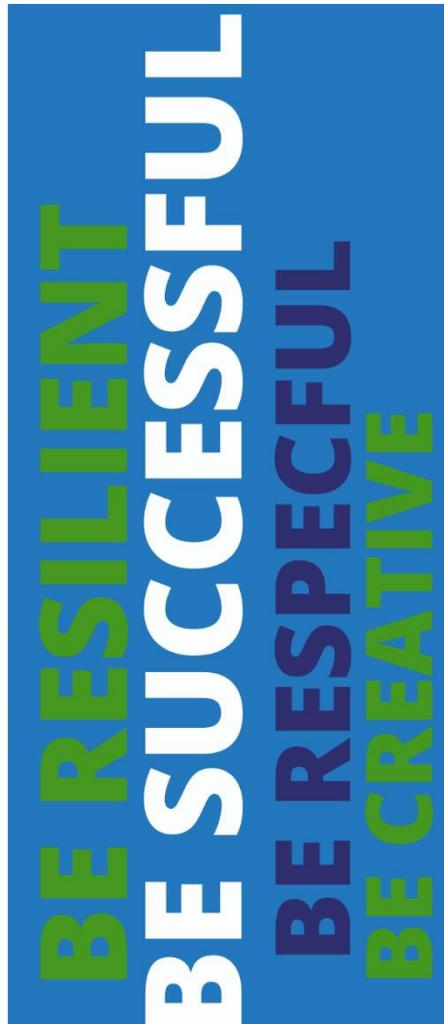
Music - Brian Healy

At PSC there are two types of Music:

Classroom Music - All Year 7 Students do Classroom Music for one Semester. In Classroom Music you will learn about the different elements that make up Music. You will learn to read and write music to create your own compositions. You will learn about writing songs and use beats and loops to make backing tracks, and you will learn some basic instrumental skills.

Instrumental Music - Students have the option of learning an instrument of their choice. There is a small cost and students come out of a class for a 30 minute lesson once a week. We offer most instruments and Students can also become involved in our School Band. Whether it be drums, guitar, trumpet or saxophone there is an instrument that is right for you!

Stayed tuned for next weeks subject insight!



Student Riley shares his first year thoughts...

What do you remember about your first day at Portland Secondary College?

The Teachers were all friendly and helpful, able to help if we needed it.

What has been your favourite thing you have been involved in?

The sports days. It was great to be able to have a fun day and do the activities that you enjoyed and were good at.

Who has been your favourite teacher?

Mr Doyle, because he is always up and going, making learning fun and enjoyable.

What is your favourite subject?

Science, because it is a subject that I didn't do much of in Primary School, and it is full of fun experiments and ideas.

Have you made new friends?

Yes. I have made new friend that are both in my form and out in the yard.

What were you worried about before you started? How do you feel about that now?

Not much. I knew a few Year 8's that helped me to know what to expect and assured me that it wasn't bad or scary.



TO DEVELOP CREATIVE, ARTICULATE, RESPECTFUL AND RESOURCEFUL YOUNG PEOPLE ABLE TO CONTRIBUTE POSITIVELY TO THE GLOBAL COMMUNITY.

CREATING THE OPPORTUNITIES

Riley's advice for our Grade 6 students attending PSC next year?

"Don't be scared. There are always people that can help and support you, no matter who you are."

3 Words to describe PSC



Extending
Enjoyable
Fun

Corner – The good and the not so good

It's true for all of us. And our families and friends. The quiet struggle which goes on inside us. Sure, we all have our good days, our good times, when the sun shines upon us and all is going well. But there are other times which are just the opposite. There is no sunshine. Just about everything seems to be going belly up.

Life dishes up all sorts of joys and challenges. Every day. It's how we handle both the good and not so good that really counts. If we always want the easy road where everything falls into place, we're headed for disappointment. Yes, we can and should be grateful when life is kind. But when it is something else, we need to embrace the difficulties so we can move forward. Consider....

- **What happens for us happens for our kids too** – If we can face the realities of life ourselves, both positive and negative, we're all set to help our families deal with their own realities. Sometimes as parents, we forget that our offspring have their hassles.
- **It's how we take charge of the tough stuff** – It's easy to be overrun by our struggles. Anxiety and depression arrive without our realising it. It's then that we live at the mercy of what's gone wrong. The tricky issues can run us into the ground.
- **And, when we are down we can't see the way out** – Our concerns about health, or finance, or the future, or a relationship that's crashed can all rob us of the bigger picture. Instead of looking these in the eye, we give in to despair and sadness.
- **That big picture may be hard to come by** – So, we lose perspective and think there's no hope for us. But there's good news. These hard times come and go, for all of us. It's about working towards some basic clarity about what's going on inside us.
- **Just what are the issues which are bothering us?** – It's a real game changer to be very specific, to work out as best we can what we are dealing with. When we can put a name to our inner stresses, we are much better placed to deal with them.
- **So, getting on top is not just a dream** – It's an outcome of making a judgment on what is bothering us. By identifying each issue wisely and well, their claim upon us is reduced. We regain some back up power to address what has to be tackled.
- **And this means making time for ourselves** – To settle down, to think quietly and clearly, to bypass panic. To slow up, to be still, to take time out delivers breathing space, hope and a fresh perspective. Our inner batteries are recharged.
- **And there's one more good step too** – Once we've worked out what we can't handle, we share with someone we trust. Sure, this may require a new kind of courage. We choose to be vulnerable. We accept that we need help. So, we ask for it.

As we deal with our toughies, we can be on deck for those we love and care for. Our coping becomes their coping. We can then become their listening ear and wise helper. As we find ways of dealing with our inner tensions, we become more understanding, more aware, more alert to what our families and friends are dealing with too.

John – stay in touch revsimmo@gmail.com 0428 780 421, Andreena 0428 233 082