



## NUMBER 7

## 16<sup>th</sup> MARCH 2023

### PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK EIGHT: TERM ONE 2023

Friday March 17 <sup>th</sup>	<ul style="list-style-type: none"> <li>NAPLAN Reading – Grade 3 &amp; 5</li> <li><b>Parent Community 3pm</b></li> </ul>
Monday March 20 <sup>th</sup>	<ul style="list-style-type: none"> <li>NAPLAN Conventions of Language – Grade 3 &amp; 5</li> <li>Portland Secondary College Open Day – Grade 6's</li> </ul>
Tuesday March 21 <sup>st</sup>	•
Wednesday March 22 <sup>nd</sup>	•
Thursday March 23 <sup>rd</sup>	<ul style="list-style-type: none"> <li>NAPLAN Numeracy– Grade 3 &amp; 5</li> <li>Healthy Lunch</li> </ul>
Friday March 24 <sup>th</sup>	• <b>RURAL ATHLETICS</b>

### GRIP LEADERSHIP



On Tuesday the student leaders (Paddy Impey, Ava Jacobson, Dakota Oliver and Ellie Bott) had a great day in Mt Gambier at the GRIP Leadership Day. The students learnt a lot about being a leader which they will be applying throughout the rest of 2023.

A big thank-you to Portland Aluminium who provided the funding for the cost of the tickets and the bus to and from Mt Gambier.



### RURAL ATHLETICS – Friday March 24<sup>th</sup> Nelson Park

- Parents are responsible for transporting their children to & from the Sports.
- Students to be at Nelson Park by 9.00am for a 9.15am Start.
- Programme attached to today's newsletter
- Students will need to bring their own food and water for the day. (if they haven't got a lunch order)
- Students will need a hat and sunscreen. There will be sunscreen provided if needed on the day.

Students in the 10, 11 and 12 age groups can qualify for the Rurals team for the District Athletics. This event is on Thursday March 30<sup>th</sup>.

### HELPERS NEEDED PLEASE!!

Dear parents and carers,  
 We are looking for helpers on our athletics day next Friday, 24<sup>th</sup> March from 10am-2pm.  
 Miss McDonald particularly needs help with high jump.  
 If you can help for all/part of the day, please return this slip by next Wednesday, 22<sup>nd</sup> March.

**Cut here**.....

I \_\_\_\_\_ can help for all/part of the day.

I will be able to help between the times of \_\_\_\_\_ and \_\_\_\_\_.

Signed \_\_\_\_\_

## CASUAL CLOTHES DAY – Friday March 31<sup>st</sup>

### Come dressed as your favorite sports team/player or in your favorite sporting uniform

- This year we will be raising money to support children with Type 1 Diabetes
- Gold coin donation
- Student leaders will be holding an hour of sporting activities from 2:30pm to 3:30pm for all students.

## COVID

Unfortunately COVID has returned to our school community. Both Miss Mac and Mrs Arthur have COVID and are currently absent from work. We also know of at least 2 students who have COVID.

The current advice for Victorian Government Schools includes the following;

It is recommended that rapid antigen tests (RATs) are used by students and staff:

- If you have symptoms of COVID-19 infection, no matter how mild
- If you are a household or close contact of someone who has COVID-19
- If you are a social contact of someone who has COVID-19.

Students who report a positive result are recommended to isolate for a minimum of 5 days and not attend school until their symptoms have resolved.

## EXTRA-CURRICULA TERM 1 DATE 2023

<b>March</b>	Friday	17 <sup>th</sup>	-	Parent Community 3pm
	Friday	24 <sup>th</sup>	-	Rural Athletics
	Wednesday	29 <sup>th</sup>	-	School Council AGM
	Thursday	30 <sup>th</sup>	-	District Athletics
	Friday	31 <sup>st</sup>	-	Casual Clothes Day – Gold Coin Donation Parent Community 3pm
<b>April</b>	Wednesday	5 <sup>th</sup>	-	Whole School Excursion
	Thursday	6 <sup>th</sup>	-	<b>Last Day of Term 1</b>

**LEE GIBBONS.....PRINCIPAL**

**FRIDAY LUNCHES – Tomorrow - 17<sup>th</sup> March – Beach House Pizza – Demi & Sarah**  
Thursday – 23<sup>rd</sup> March – ‘Vic Kids Eat Well’ Fried Rice – No Helpers needed

## LUNCH with ‘VIC KIDS EAT WELL’ FUNDRAISER

Attached to today’s newsletter is an order form for Fried Rice. In conjunction with Vic Kids Eat Well and Kerrie (our volunteer gardener) we are raising money for another composter. Students will have the opportunity to fill out a survey about healthy eating options, which will give the school ideas for our Friday lunches.



**WESUPPORTYOU ALL ABILITIES BASKETBALL**

**MARCH 29TH 6-8PM PSC GYM**

WeSupportYou Services is pleased to welcome along any interested participants to our weekly all abilities basketball competition beginning March 29th @Portland Secondary College Gymnasium

- Weekly competition
- Back-to-back games- one higher needs, one lower needs
- Carers and parents very welcome to accompany & help participants
- Any participants over 10 years with a recognised disability welcome
- Fun, inclusive and safe environment



## COME & TRY FOOTY 4 FUN



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

*Footy 4 Fun 'Come & Try' is an opportunity for kids aged 7-12 years to experience an introduction to the basics of football in through fun activities.*

**WHERE:**  
Henty Park, Portland

**WHEN:**  
Thursday 23rd March  
4:30-5:30 PM



**REGISTER HERE!**

## Chaplain's Corner - The Narrawong principle

The moment he said it, it made perfect sense. I was very amused by the simplicity of his plan. Here was my friend busy getting his caravan sorted for a holiday. He had been just about everywhere with his wife, up to Cooktown, across to Darwin, over to Broome, down the west coast. So, where was he going with his van this time? I wasn't ready for his answer. They were about to head off to the Sawpit! May be an easy half hour from his home.

This daring project reminded me of a similarly amusing moment when Judith was having a blood test at the hospital. In their chatter, the nurse said she was enjoying her holiday. "Then, what you doing at work?" asked Judith. Then answer? "We're having a great time at Narrawong!" Since that exchange we've met many locals who do exactly the same. Uproot, drive that same half hour, and have a wonderful time. Some good food for thought here....

- **As good country people, we're used to driving** - What we can't find in Portland we can track down nearby in Hamilton, Warrnambool or Mount Gambier. Often medical appointments might send us to Geelong. We're used to driving.
- **We don't like Melbourne** - An unfriendly place for us country people. The traffic is a proper headache. You can't go anywhere in a hurry. The city crowd expect country folks to travel to them, not the other way around. Many have not the faintest idea where Portland is.
- **But we are not spooked by distance** - We just get in and go without a second thought. And, yet, a holiday half an hour from home makes a lot of sense. Forget the fuel bill. Easy to retrieve whatever we've left at home. We can even work if we want to just like our nurse.
- **There's a strong case for simplicity here** - Why drive thousands of kilometres if our need for rest and recreation is only a half hour away? May be there's a great principle for families sitting here right in front of us, and not just to do with holidays.
- **Are we making our family life too complicated?** - It's not hard to do, especially with juggling school, the kids' sport, work commitments, the shopping, visiting friends, sleepovers and all the rest, most of which we enjoy doing. But it can be hard to manage.
- **The big question?** - Is there anything we can unload to give us more time, to reduce the energy drain, to give us all breathing space at our place? If we are constantly run off our feet, worn out by trying to do everything, the time has come for a brave review.
- **We need the kind of time we can waste with our kids** - You know, the sort when we can actually just hang around with the crew, talk, do the jigsaws, play, just having uncluttered time. It's like going to Narrawong. Making the time be happily present.
- **We have to brave enough to tame the screens** - Sure, there's fun in having screen time, doing battle with each other on any one of countless games. But what about killing the screens and asking the right questions, like, "How are you? How's school? All going ok?"

So, make the Narrawong principle work for you. Go for simplicity, not complexity. Don't over plan. Leave plenty of space for the unexpected. Go for breathing space. By all means travel if that's your thing. But remember the blessings that are close at hand. And enjoy them.

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