

NUMBER 5

2nd MARCH 2023

PRINCIPAL'S REPORT

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

REMINDERS FOR WEEK SIX: TERM ONE 2023

Friday March 3 rd	<ul style="list-style-type: none"> • Parent Community 3pm
Monday March 6 th	<ul style="list-style-type: none"> • Resilience Project 2:30pm
Tuesday March 7 th	<ul style="list-style-type: none"> • Football Clinic
Wednesday March 8 th	<ul style="list-style-type: none"> •
Thursday March 9 th	<ul style="list-style-type: none"> •
Friday March 10 th	<ul style="list-style-type: none"> • Flourishing Friday • Parent Community 3pm

INCLUSION

This term every class is receiving a lesson on inclusion. As a staff we are focusing this term on 'how to be inclusive by not showing displeasure when paired or grouped with someone we didn't want'. We have written real-school scenarios that the teachers will get the students to role-play. Our intention is for our students to understand the feelings of others (empathy) and learn how they can use positive body language.

"Diversity is a fact. Equity is a choice. Inclusion is an action. Belonging is an outcome"

CURRICULUM DAYS – Term 2

In Term 2 there will be 2 student free days.

Friday May 12th – All staff will be involved in Day 1 of 'Youth Mental Health First Aid Training'.

Friday June 9th - Report Writing Day.

PORTLAND DISTRICT HEALTH COLOURING COMPETITION

Congratulations to the following students on their placings in their age group;

1st – Shanum Saiyad Fletcher Hodgins

2nd – Jimmy Calderwood Hunter Jennings

There were special mentions for Ellie Bott and Aengus McDougall.

DISTRICT TENNIS

Last Thursday Max Bott, Eddie Curran, Jack Starick and Dion Murphy battled warm weather to participate in the District Tennis. All four were very competitive and thoroughly enjoyed pitting their skills against their peers. Looking forward to seeing how the first three learn from this experience if they decide to have another go in 2024.



EXTRA-CURRICULA TERM 1 DATE 2023

March	Friday	3 rd	-	Parent Community 3pm
	Tuesday	7 th	-	Football Clinic
	Friday	10 th	-	Parent Community 3pm
	Monday	13 th	-	LABOUR DAY no students or staff at school
	Friday	17 th	-	Parent Community 3pm
	Wednesday	22 nd	-	School Council AGM
	Friday	24 th	-	Rural Athletics
	Thursday	30 th	-	District Athletics
Friday	31 st	-	Parent Community 3pm	
April	Wednesday	5 th	-	Whole School Excursion
	Thursday	6 th	-	Last Day of Term 1

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Aengus McDougall who turns 9 on Tuesday.

FRIDAY LUNCHES – **Tomorrow** 3rd March – Pasta Bolognaise – Laura & 1 helper needed
10th March – BBQ Sausages – Laura & 2 helpers needed
17th March – Beach House Pizza – Demi & 1 helper needed for serving

BOOKCLUB - ISSUE 2 which was distributed today is due back at school by Friday, 17th March.

FREE - Hoover washing machine in good order; give John Simpson (Chaplain) a call for details 0428 780 421.

RURAL SCHOOL SPORTS 24th MARCH – LUNCH ORDERS

Attached to today's newsletter is an order form – 1 form for each individual student. All orders **must be** returned to school by **Friday, 10th March**.

There will **DEFINITELY NOT** be any orders taken on the day. Orders will be made up and bagged ready for collection at the lunch break. Please mark your forms **clearly** with your name and choice of food items. Additional orders forms for parents/friends are available from the office.



Join Portland Scouts Today!

Portland is looking for young people to join their Scout Group!

Scouting actively engages and supports young people aged 5-25 in their personal development, empowering them to make a positive contribution to society.

Our section meeting nights are:

- Joeys (5-8 years) Tuesday 5.30-6.30pm
- Cubs (8-11 years) Monday 5-6.30pm
- Scouts (11-15 years) Wednesday 6-8pm
- Venturers (15-18 years) Monday 6.30-8.30pm
- Rovers (18-25) Monday 6.30-8.30pm

For more information or to join contact portlandscoutgroup@gmail.com
1800 SCOUTS | scoutsvictoria.com.au



Scouts
VICTORIA

Chaplain's Corner - When my dishwasher became my teacher

When you read this, you'll probably think I've lost the plot. Can't blame you to be honest. As some of you are already aware, I'm king of our dishwasher. Love packing it to the fullest, a genuine work of art, even if I say so myself. But there's one lesson our dishwasher has finally taught me. One that's been hard to learn. I always miss something that should be in there.

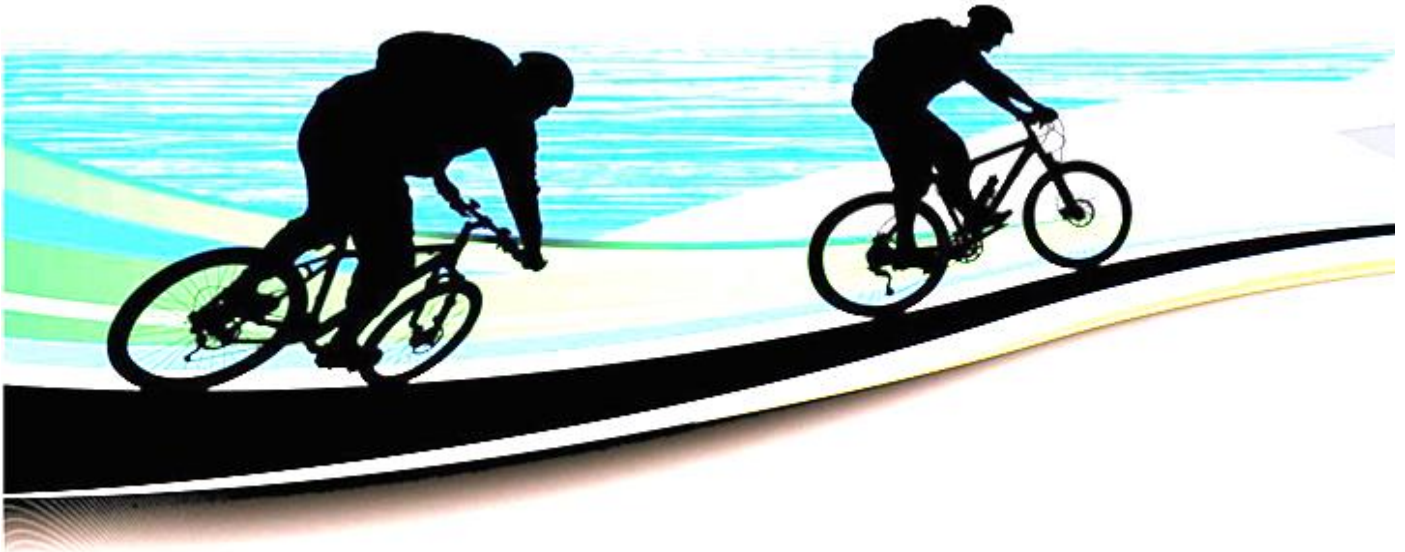
It's the cup still there beside the bed, or a spoon hiding beside the microwave, or a plate left behind in the lounge room. I even go on hunting expeditions around the house looking for that last thing to pack in. I add the block of detergent, hit the on button and my faithful friend kicks into action. Within a moment or two that missing cup, or spoon or plate or whatever shows up laughing at me. So, what's the lesson about life and family that my dishwasher has finally taught me?

- **Quit worrying about details that don't really matter** - It's not just about getting everything into the dishwasher. It's about accepting that, no matter how hard we try, in our families we can't cover all the bases, or tick all the boxes. Just a fact of life.
- **Aim to do your best as mum or dad** - So, go easy on yourself. We all have to plan and work within the limits of our available time, energy and finance. Yes, all of us. And doing our best is not about getting everything neat and tidy. Just do the obvious tasks well.
- **Don't let perfection ruin your days** - Some of us are comfortable with unticked boxes and we don't stress about what doesn't happen. Not a bad way to function most of the time. But wanting our family life to be perfect or near to is a goal not worth kicking.
- **A little bit of planning is a bonus** - If we leave too many boxes unticked, we will surely run into trouble. Bills have to be paid, shopping has to be done, meals have to be prepared, clothes have to be washed, the tank of the car has to be filled. It's a long list of have to's.
- **What we miss doing today can hopefully be chased up tomorrow** - Does anyone have a day that's long enough to get everything done? If you do, write a book please. Those of us who are list people know ahead of time that some tasks will have to wait.
- **Our lists are great servants but terrible masters** - If our passion, our commitment is to get everything done that's on our mind, or our phone, or our notebook then get ready to meet outright frustration. Go easy on yourself. The world will keep rotating no matter what.
- **And there's another great lesson here too** - What we thought was super important for today might look very different tomorrow. We may even wonder why we thought this or that was worth doing? We need to stand back and do a little bit of evaluation.
- **It's not about being energetic performers** - It's always about wisdom. About making the best call for each day. Of focussing on what really does require our attention as mums and dads, the real must do activities. All the rest can wait for another day.

Why not take a moment to pull up, stop, reflect and evaluate what's running your life? Give up the idea that you have to get everything right and in order. You don't. Quit being tough on yourself. Now, I'll push off and pack my dishwasher. Too bad if that plate misses out. I'll pack it next wash.

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

Beats Cycle for Hope



Portland to Bridgewater Bay Sunday 19 March 2023

- 🚲 FREE Registration at Hanlon Park from 9:00AM
- 🚲 Registration on the day or via this QR Code
- 🚲 or online at <https://www.trybooking.com/CFOWX>
- 🚲 Donations kindly accepted
- 🚲 FREE bus returning from Bridgewater at 1.00PM
- 🚲 Food & drinks available at Bridgewater



Enjoy a family friendly morning of exercise, then relax!

All funds raised will go to supporting families affected by cancer within the Glenelg Shire

For more information visit our Facebook page - www.facebook.com/beatscycle.forhope
or website - <https://www.portlandrotary.org.au/stories/beats-cycle-for-hope-project>



