

**PORTLAND  
SECONDARY  
COLLEGE**

# Parent Newsletter

No 2 MONDAY 18TH FEBRUARY 2019



*PSC - Creating the Opportunities*

## Principal's Report

Another fortnight has flown past and Term 1 is well underway. The first two weeks of School have been actioned packed with Student Leader elections, a welcome BBQ for Year 7 students, students being accepted into the Blue Whale Study program and heading out to sea for the first time, a whole school assembly, swimming sports, Relay for Life, Casual Clothes Day, applications open for Live for Life Crew, Young Endeavour, and the Whitten Project, the new building operational and in use and all classes underway. News of some of these events are included elsewhere in the newsletter.

A whole school Assembly was held last Monday to welcome staff and students back to Portland Secondary College and a special welcome was issued to all Year 7 students and those students new to the College at other year levels. Principal, Mrs Toni Burgoyne reminded students of their rights and responsibilities and encouraged all students to take up any and all opportunities open to them. This message was reiterated by College Captains Maddy Barras and Taylah Nelson who also encouraged students to embrace leadership opportunities. New staff were introduced and a range of leadership opportunities for outlined were outlined.

Portland Secondary College offers students a vast range of opportunities to step up and showcase their leadership skills. Taking on a leadership position helps students develop confidence and allows them to hone their organisational, public speaking, analytical and listening skills and looks great on a resume when going for a part time job. Currently in the College we are encouraging students to take on the roles of Mentor Captain or Year Level Leadership positions. The criteria for these leadership positions in the College is varied and asks students to provide positive leadership for the students in the form, to be a positive role model for fellow students, to provide leadership and assistance in selecting and organizing both swimming and athletics teams. Students are, of course, also expected to abide by College rules and the College uniform regulations and to get involved in the vast range of opportunities offered. Other leadership opportunities able to be taken up include Music Captains, Sport Captains, the Student Representative Council Executive and other Student Leader positions around the College. Currently I am seeking applications from a junior student to take on the role of Flag Monitor. Any student interested in applying for this role should see Ms Kindred as soon as possible. All our School Leaders will be inducted into the College during a ceremony for students and parents on March 4<sup>th</sup>. Keep this date free!

*Principal' Report continued page 2.....*

## Coming Events

Regularly check Newsletters and PSC website for updates at [www.portlandsc.vic.edu.au](http://www.portlandsc.vic.edu.au)  
Facebook/  
portlandsecondarycollege

**Mon 18 until Fri 22 Feb**  
Year 7 Camp at  
Narrawong  
7B,7C,7E Mon. & Tues.  
7A,7D,7F Thurs. & Fri.

**Wed. 20 Feb** is a Home  
Study Day for Year 7  
students.

**Thursday 21 February**  
GD Swimming—  
Hamilton

**Monday 25 Monday**  
Year 7 Hearing Tests

**Tuesday 26 February**  
School Photos

**Monday 4 March**  
Student Leaders Induction  
Ceremony

**Thursday 7 March**  
PSC Athletics Day - all  
students to attend.

**Monday 11 March**  
Labour Day Holiday

**Wednesday 13 March**  
Year 7 Vaccination

**Friday 15 March**  
GD Athletics — Casterton

continued from page 1.....

The College was very ably represented by our Relay for Life Team which was made up of Year 12 students. Our Casual Day held last Friday raised over \$600 for this very worthy cause and this amount plus the amounts raised by individual students meant PSC took out the trophy for the highest school fundraising team. The students adopted the Mario Kart theme and even set up a Wii so tired walkers could take a break and indulge in some races. Congrats to all the students involved (and to their parents) as these students largely got themselves organised with only a little direction from staff – thanks to all staff who did help out.

This next week looks just as busy. Year 7 students are heading off to camp, interviews for leadership positions will be held, a group of Year 9 students will be working as timers at the Primary School Swimming Sports, the next round of Swimming will be held and senior students will attend some time management and study skills information sessions. Year 10 Peer Mentors have already been active in Year 7 classes and will also join Year 7 Students out at Camp. Stay informed of what is happening by logging onto Compass regularly – there is a lot of things going on each week for all students.

Finally, I am pleased to announce that Principal Ms Patricia Nunan will be joining us for the next few weeks while Ms Toni Burgoyne is on leave. Patricia can share some information about herself in our next newsletter. We welcome her to the College and hope her time with us is a pleasant one.



Jo Kindred — Assistant Principal.



## Relay for Life Snapshots



## Some fantastic news to share with our School Community.

**Patricia Thompson**, who completed her Year 12 in 2018, was announced as the Glenelg Shire's Young Citizen of the Year, which is reflective of her work over most of her life, but also in the last couple of years juggling a very busy life in and out of school. Trish was and still is, heavily involved in the College's music program and also in the town Brass Band. Trish had a great year 12 and was accepted into "Top Class" for her performance of a work for her Music Investigation subject. Top Class recognizes the top 150 students in the state in the area of music performance and it is a wonderful achievement to have this hard work recognized. Trish will be delivering the piece in a public performance in March in Melbourne.



Patricia Thompson



Chloe Leighton

The other wonderful news is about **Chloe Leighton**. Chloe completed Year 12 a little while ago and has just signed another VFLW contract for 2019, which wasn't always a guarantee and certainly not easy. She's no longer playing for Collingwood, instead signing up for Carlton! While I personally don't want Carlton winning too many matches, we wish Chloe all the best in her football career.



Jo Kindred - Assistant Principal.



## Blue Whale Study

.....two PSC students successful!

*"Blue Whale Study" – The Blue Whale Study is Australia's longest running blue whale research program that currently focuses on photo-identification of blue whales and their distribution and ecology throughout their upwelling habitat. Each year, the Blue Whale Study organisation offer two students from Portland Secondary, with a keen interest in marine science, the opportunity to be involved in their Youth Mentoring Program to learn about research, data collection, ethics and environmental considerations, nautical skills, teamwork and to explore their local marine environment with the possibility of close encounters with large marine mammals.*

*Interested students were required to complete a written application and then a structured interview with Miss Shiel and Mrs Edwards; **Elli Aitken (Year 10) and Asha Sealey (Year 11)** were successful in their application. Elli and Asha spent the morning on Tuesday the 12<sup>th</sup> of February with Dr Pete Gill and students from Bayview College and Heywood Secondary at an induction where they learnt the basics of blue whale biology and the Bonney Upwelling, research methods, safety and the project aims. They will then spend a total of four days at sea throughout Term 1, identifying and photographing blue whales and then complete a photo matching and debrief session towards the end of April."*

## In the Pool

The annual PSC swimming sports were held on Monday the 11<sup>th</sup> of February and a great day was enjoyed by all staff, students and parents who attended. While the day dawned a little cloudy and cool, it wasn't long before the day warmed up enough to take the edge of the cold, although continuous short rain showers made students a little shivery at times.

Competition out of the pool was very fierce.

Students in Years 7-10 came dressed in their

year level colours (red, blue, yellow and green) and in theme for Year 11 and 12. For the first time, Year 7 and 8 completed for the Junior Shield, Years 9 and 10 for the Middle School Shield and Years 11 and 12 for the Senior Cup, and there was a lot of good natured rivalry occurring. Fashions on the field were a highlight with many students parading their costumes along the side of the pool. The Year 12 theme was Op Shop Prom which saw many of the male students attired in formal dresses and the Year 11 students tried to embrace the sun with an Hawaiian theme. Students also partook in activities such as footy, handball, vortex throwing, and cricket.



The competition was equally strong in the pool but overall results are yet to be announced. The top swimmers at each year level were awarded Age Group Champion medallions and are listed below. Eligible students will now go on to compete in the Interschool Swimming Sports. A huge thank you to Ms Emily Gorey and her team of helpers for organising a great day.

### Swimming Champions

Under 13 Girl Tigrha Cleary  
Under 14 Boy Jed Lucas  
Under 14 Girl Maddie Shepherd  
Under 14 Boy Samuel Fraser  
Under 15 Girl Sarah Tunstall  
Under 15 Boy Rufus Punton  
Under 16 Girl Holly Lucas  
Under 16 Boy Lachie Warburton  
Under 17 Girl Camryn Lucas  
Under 17 Boy Manning Leslie  
Under 18 Girl Taylah Nelson  
Under 18 Boy Baxter Hollis



**Ms Emily Gorey**  
Health & PE PLAT Leader.



**Snapshots from  
PSC Swimming  
Carnival**



# Doctors in Schools Program



Dear Parent/Guardian/Carer,

As you may be aware, our school was successful in being selected to participate in the Victorian Government's Doctors in Secondary Schools program.

As part of this program, an adolescent-trained GP (general practitioner) Dr Margaret Garde from Active Health will be operating on school grounds each Wednesday to provide free access to primary health care for secondary students at our school.

We know that teenagers are the least likely of all age groups to seek health care, but we also know that many health problems that can have consequences into adulthood start at this time of life. This program seeks to address this issue.

You can support the success of this program by talking to your child about the program and encouraging them to access the GP if they need primary health care. Students will be able to access the GP themselves, or you can make appointments for them by contacting the Doctors in Secondary Schools Program Lead Christine Hart on 03 55231344. You are welcome to attend consultations with them, if/when required.

## WHAT WILL THE GP DO?

- The GP will provide students with the same services as the kind normally provided by GPs in the community, including seeing students about their physical and mental health, and sexual and reproductive health issues. GPs may also make referrals to other health services as required.
- The GP will bulk bill consultations through Medicare, so there will be no out-of-pocket expenses for this service for your family.
- This program is not designed to replace any existing medical arrangements your family may have in place. The GP in the school can provide a convenient alternative to primary care within schools hours, and encourage health care access to those students without an existing relationship with a GP.
- The program is intended to provide better access to primary care for secondary school students. Therefore, parents, carers, guardians and other family members are not able to use this service at this time.
- All GPs in this program will undergo adolescent health training and will understand the health and wellbeing needs of teenagers.

## ACCESSING THE GP

Generally, all students can make an appointment to see the GP. Victorian law is clear on how and when students can consent for medical treatment by a GP:

Students who are mature minors can consent to their own medical treatment

Students who are not mature minors cannot give consent to their own medical treatment.

Mature minors are students under the age of 18 years who are deemed capable of seeking and obtaining health care for their particular medical issue. The GP will assess if a student is a mature minor with respect to the issue for which they are seeking medical treatment.

If the GP considers your child is a mature minor, they may see them without you. The GP will often encourage your child to involve you in their care, and GPs understand you are an important source of information and support for your child when it comes to their health. If the GP thinks your student is *not* a mature minor, your consent will be sought if the student wishes to progress with the treatment.

More information on consent, confidentiality and medical treatment by a GP is included in the information sheet, which is on the Doctors in Secondary Schools webpage at: <http://www.education.vic.gov.au/about/programs/health/Pages/doctors-secondary-schools.aspx>.

# The Western Bulldogs Leadership Program nominations are NOW OPEN!

Established by the Western Bulldogs and Glenelg Shire Council in 2014, The Western Bulldogs Leadership Project (formerly Whitten Project) offers unique opportunities for young people to build confidence, make new friends and develop skills that will enable them to become future leaders in their community.

This intensive 6-month program provides local young people (years 9 and 10) with hands on opportunities to build capacities in leadership, teamwork, communication, goal setting and resilience and grow as leaders in their community.

Nominations can be completed via two avenues;

1. Self - completed by a prospective participant or
2. Adult - a referral from a parent, school teacher, coach etc.

This is the link to the nomination form:

<https://www.eventbrite.com.au/e/nominations-western-bulldogs-leadership-project-2019-registration-54575165790>

More information can be found at:

<http://www.westernbulldogs.com.au/foundation/youth-leadership/bulldogs-leadership-project>



Jo Kindred - Assistant Principal.



# 2019 NOMINATIONS OPEN

THE LEADERSHIP PROJECT IS A DYNAMIC LEADERSHIP PROGRAM DELIVERED BY THE WESTERN BULLDOGS IN PARTNERSHIP WITH LOCAL PARTNERS.

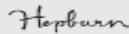
The 6 month program provides local young people with hands on opportunities to learn from respected industry leaders and build capacities in leadership, teamwork, communication, goal setting and resilience.

If you are in year 9 or 10, live or attend school in Victoria's west and want to broaden your skills, make new friendships, build confidence and connect and contribute to your local community nominations for the 2019 program close Thursday 28 Feb 2019.

For more information please visit [westernbulldogs.com.au/leadership](http://westernbulldogs.com.au/leadership)

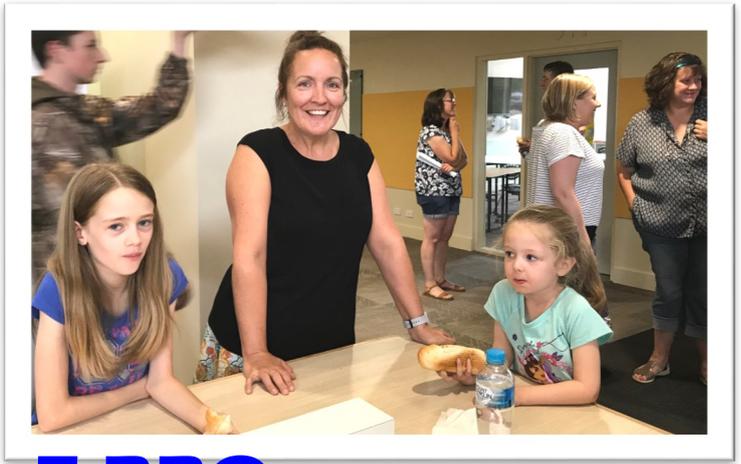


#### Council Partners



#### Supporting Partners





# Year 7 BBQ



# Year 7 Information evening and BBQ

Wednesday the 6<sup>th</sup> of March saw several parents, students, staff and peer mentors attend our annual Year 7 BBQ, with the added bonus of a tour of our new Junior Wing.

Students were able to show off their new lockers, classrooms, kitchen area, complete with sandwich presses and microwaves. Just as our staff and students have been amazed by the transformation of this space, our parents were equally impressed with our state-of-the-art learning spaces.

Our Year 7's were also keen to show off their new AVID folders and discuss some of the learning strategies that our staff have been focusing on during our first couple of weeks.

During the evening we had some of our compass experts, Kristine Barker and Andy Rogers, connecting new parents and answering any questions that have arisen. Please remember that we are always happy and willing to help with any issues you may be having.

Mentor teachers and Year 7 general classroom teachers were also present to discuss any questions and explain any new processes. It was a great opportunity to continue to develop the strong and important relationships between families and school. We are very excited about this Year Level and the many opportunities they will have to enhance their learning growth.

Many Peer Mentors from Year 10 were also present and helped with the night, setting up, packing up, and helping Ms Kindred with the BBQ. These students have been explicitly trained to support our new students and make them feel welcome and comfortable in their new setting. They have been visiting classes and will come out to camp and help run activities.

This new building, along with the amazing team we have set up for our Junior School has resulted in one of the best starts to the year I have seen. We are perfectly set up for an amazing 2019!

A big thank you to our Year 7 Manager: Ms. Mel Down for her dedication and commitment to our students and their families.

**Ms Kirsten Mitchell** - Assistant Principal: Junior Secondary.



## 60 Seconds with.....



### **Name and Role:**

Bec Gould - Food Studies.

### ***What do you enjoy most about working for the Education Department?***

Watching the students grow up over time and personalities develop. I also love the daily interaction with staff and students.

### ***What would be a highlight to date of your time at PSC?***

*Year 9 camp last year. Great group of students and staff, fun activities, really valuable experience.*

### ***If Hollywood made a movie about your life, who would play the lead?***

Rebel Wilson.

### ***Do you have pets?***

Yes, 2 cats, Sunny and Shadow but I really, really want a dog!

### ***What was the last book you read?***

A song of fire and ice.

### ***If you had to be shipwrecked on a deserted island, but all your human needs—such as food and water were taken care of, what two items would you want to have with you?***

Ipod—love my music, bed—I love to sleep, sneakers—for a run.

### ***You've travelled and seen lots of places, which would you most like to return to?***

Fiji—beautiful people, amazing snorkeling, fantastic climate!

### ***If you invited your Mentor Group to your house for dinner, what would you cook?***

*Spaghetti arrabiata—extra hot and yum!*

### ***What makes you smile?***

Literally everything. I love to laugh! My kids make me smile. Brian's puns.

## New Facebook



## Page .....

The *Portland Secondary College Facebook* page is a popular way for parents and students to keep up to date with what's happening at PSC — upcoming events, news items and daily activities.

We have now created a new Facebook page called *PSC 2nd Hand School Items For Sale* where parents and students can buy and sell secondhand uniform items. You must request to join the page as a member pending approval.

Please contact the school if you require more information regarding this page.

## Photos

The school photos are being taken on **Tuesday 26 February**. We ask that all students bring their school jumper on this day even if they only put it on for the duration of the photo. Envelopes will be distributed shortly to families. The College does not process any of the payments; these are enclosed directly in the envelope, returned on the day and given directly to the photographer.

**Please Note**  
on this day the  
general office  
will open at  
9 . 0 0 a m  
instead of  
8.00am.



# UNIFORM MATTERS!

From time to time, we need to clarify what can and can't be worn to school so that we are all clear on the uniform requirements. At the moment we have a variety of shoes that people are wearing at the college. To clarify this I have taken some photos of what the uniform committee has deemed to be part of our PSC uniform.



←— These shoes are fine. Popular particularly with the boys. **Good choice.**

These shoes on the right are fine; many of the girls tend to wear these all year round.

**Good choice.** →



←— Slip on shoes starting to be worn by many are not part of the school uniform. Not only are they not part of the uniform but they aren't safe particularly in technology classes. **Not acceptable.**

These look good on the weekend but not part of the uniform. Black is our colour not brown.

**Not acceptable.** →



←— Black runners are fine but they must be polishable. Black volleys don't polish up. **Not acceptable.**

Nice weekend skate shoes but not polishable and too much white down the edges. The only colour is black.

**Not acceptable.** →



I hope this clears up any misconceptions. Please keep these pictures in mind and ensure your child is in correct shoes for 2019.

**Hoodies (jumpers with a hood) are also not part of our College uniform.**

# What's On!



WHAT TIME IS IT?

## IT'S NEW CREW TIME!

Keen to join the Live4Life Glenelg Crew in 2019?  
If you are in Year 9 or 10 in Portland, Heywood or Casterton  
- Click on the link below to nominate to join us

<https://www.surveymonkey.com/r/L4LGlenelgCrew2019>



**CEMA Theatre Group's**  
next production will  
require mid-teenage and  
adult actors. Corey  
Williams will direct  
"Between these Lines" by  
Michael Butler. Come along  
to the reading next  
Wednesday night to find  
out more.

### PLAY READING

"Between these Lines"  
by Michael Butler  
Wed 20th Feb 7pm  
Portland Arts Centre  
All Welcome.

### AUDITIONS

(mid teens & adults)  
Tuesdays 26th Feb, 5th, 12th &  
19th March  
6pm Portland Arts Centre  
Enquiries: Corey Williams  
0424482176



## YOUTH MENTAL HEALTH FIRST AID COURSE



### Learn skills and gain confidence to assist young people experiencing mental health problems.

*Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.*

If you're interested in attending this course, please use contact details below to enrol. Hurry limited spots available!

**LOCATION:** South West TAFE - Hurd Street

**DATE:** 25th and 27th Feb, 4th and 6th March--- 6pm - 9:30pm\*\* Must attend all sessions

**PRICE:** Participants only need to pay for the Manual - \$20 .

**MHA INSTRUCTOR(S):** Nicky Grayson

**CONTACT NUMBER:** 0407831495

**EMAIL:** [grayson.nicola.a@edumail.vic.gov.au](mailto:grayson.nicola.a@edumail.vic.gov.au)



**ADDITIONAL INFORMATION:** Register on the link below

<https://www.eventbrite.com.au/e/youth-mental-health-first-aid-live-4-life-tickets-55252908938>

### COURSE INFORMATION

- 14-hour Youth Mental Health First Aid (YMHA) course
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis, eating disorders and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Youth MHFA manual
- Participants are eligible to become an accredited Mental Health First Aider.

*Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.*

[www.mhfa.com.au](http://www.mhfa.com.au)

## Camps, Sports and Excursions Fund – payment arrangements for 2019

- The Camps, Sports and Excursions Fund (CSEF) has changed to a Term one application process and payment cycle from 2018.
- The changed timing of the program provides a better alignment with school budgeting and administrative processes and will give families certainty at the beginning of the year regarding CSEF eligibility.
- Applications for the CSEF program will open from the commencement of Term one 2018, helping to ensure that all eligible students are able to participate in school trips and sporting activities.
- **Families holding a valid means-tested concession card are eligible to apply.** A special consideration category also exists.
- A payment of \$225 for eligible secondary school students will be paid directly to the school to be used towards camps, sports and excursion costs for the benefit of the student.
- The Camps, Sports and Excursion Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities.
- This initiative is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.
- **Application forms are available from the General Office.**

## Canteen Roster

Tue 19 Feb	10am - 1.30pm	Help Needed Please
Wed 20 Feb	10am - 1.30pm	Help Needed Please
Thurs 21 Feb	10am - 1.30pm	Help Needed Please
Fri 22 Feb	10am - 1.30pm	Help Needed Please
Mon 25 Feb	10am - 1.30pm	Dianne Ryan
Tue 26 Feb	10am - 1.30pm	Help Needed Please
Wed 27 Feb	10am - 1.30pm	Help Needed Please
Thurs 28 Feb	10am - 1.30pm	Help Needed Please
Fri 1 March	10am - 1.30pm	Help Needed Please

## Attention Parents

It's that time of the year again when classes go off campus in our beautiful weather. Please ensure your child is able to fully participate in the off campus activity by giving consent.

### How can you do this? There are only two ways:

- ⇒ 1st – consent online via Compass using your PARENT log in (not student). Consent cut-off is **midnight the night prior to excursion** when consenting online.
- ⇒ 2nd - request a hard copy of the Compass consent form be printed for you to sign. **No consent means your child cannot leave our campus.**
- ⇒ Verbal consent and hand written notes **cannot be accepted**. Please log on to Compass regularly to check if your child has upcoming classes requiring consent. Some students may have several classes per week that will be off campus.

Please contact the office if you do not have your Compass username and password.

Thank you for your support.

## Wise and Witty Words.

*Sometimes it's better to react with no reaction.*

EFTPOS is available for your convenience at the General Office.



### Mission Statement

*To develop creative, articulate, respectful and resourceful young people able to contribute positively to the global community.*



**COMPASS**  
School Manager

Must Street Portland 3305 (P.O. Box 452)  
Phone: 55 231344  
Fax: 55 234449



EFTPOS details. BSB: 313140

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Web Site: www.portlandsc.vic.edu.au  
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