

**PORTLAND
SECONDARY
COLLEGE**

Parent Newsletter

NO 9 TUESDAY 11 JUNE 2019

Creating the Opportunities



Student Excellence Celebrated

Principal's Report

Dear Parents, Carers and Community members,

Two weeks ago I travelled to Melbourne to attend the presentation of the Global Intercultural Champions on the various ways that they have developed cultural awareness at their schools. Ms Jane McGrory presented on behalf of Portland Secondary College. Intercultural awareness is one of the capabilities. Some other capabilities are problem solving, communication, creativity and working collaboratively in a team that have been identified for students to be able to navigate the future expectations of life and work after leaving school in an increasingly global world.

A challenge for Portland students is to learn about other cultures as we have very few students from other cultures or newly arrived immigrants. We do not have close neighbours that speak another language that we interact with regularly. On the other hand many of our schools in Victoria have students from over fifty nations and are exposed to different languages, foods, ideas, beliefs and ways of doing things. What have we done? What can we do more of? Our students have been provided with the opportunities to learn a second language and join school trips to Italy and Indonesia. A study of cultures has been incorporated into many curriculum areas. Congratulations to Jayde Saliba for coming third in the State in the Indonesian oral language competition and to the other students that reached this incredible level.

What we are fortunate to have is the local Gunditjmara culture and aspects of their history on our doorstep. Australian Indigenous culture is the longest continuous history in the world and this will hopefully soon be recognised by the UNESCO heritage listing in July at Condah. To have such a rich and long culture locally is certainly a privilege. 2019 is the Year of Indigenous Languages and several schools have made this their language of choice. Many of these languages have been lost but as research continues we too may be able to learn some of these very old languages. Several junior classes will be visiting the Tyrendarra eel traps on Friday. Please ask your student what impressed them the most. Learning and knowledge has improved significantly since I sat in a classroom at their age. Back in those days we were told that the culture was only 3000 years old and that Aborigines were hunters and collectors. Research has certainly turned that on its head.

Portland Secondary College has also been endeavouring to raise awareness by joining in the Ration Challenge for the Syrian refugees. A team of staff and students are determined to raise \$3000 through sponsorship. Team members will only eat the same rations as refugees for one week. This is not something that I am particularly looking forward to but surely we can do it when refugees do it for so much longer.

Patricia Nunan - Acting Principal.



Coming Events

Regularly check Newsletters and PSC website for updates at www.portlandsc.vic.edu.au Facebook/portlandsecondarycollege

Tuesday 11 June
Year 8 Exams

Wednesday 12 June
Year 12 GAT
Staff PD Day

Student Free Day - for years 7-11

Thursday 13 June
Year 9 Exams

Monday 17 June
- Semester 2 for VCE/
VCAL begins.
- Year 9 Career Interviews

Friday 28 June
Last day of Term 2
2.30 finish

TERM 3 2019
Monday 15 July
First day back for staff and students.

Tuesday 23 July
Year 7/8 Football & Netball Day

Wed 24 until Fri 26 July
Year 9/10 Camps

Monday 29 July
Yr 7/8/9 Football—
Pedrina Park

Friday 2 August
Year 9 Career Interviews

Attention Parents.....need to know more about Compass Student Manager?

Take the opportunity to learn more about Compass. Lessons & enquiries for Parents are available from the General Office.



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.



MacqLit withdrawal literacy classes have begun at PSC, taught by literacy tutor, Mrs Elley Foster.

The MacqLit program comes from Macquarie University and has been created by the MultiLit company, which stands for "Making Up Lost Time in Literacy".

The small group tutorial version of the program is called 'MacqLit'. This intensive instruction promises improvement in the participant's reading accuracy, fluency and reading comprehension.

In our 3x weekly sessions, students work on phonetics, flash cards, spelling and vocabulary, oral segmenting and syllables, decoding using non-sense words, as well as reading in context and reading for enjoyment. We work on speed, accuracy, fluency and expression as well as meaning and automaticity.

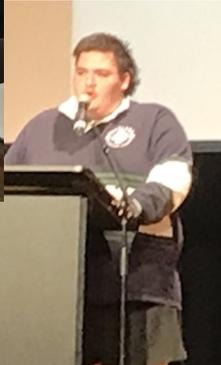
You can read more about the program here at www.multilit.com

More students will be added to the program next semester.

Elley Foster

Literacy Teacher's Aide
Literacy Tutor: MultiLit





Reconciliation Week Closing Ceremony



On Friday 31st May, Portland Secondary College Year 7 students went to the Civic Hall to attend the closing ceremony for Reconciliation Week. Portland Secondary College Year 12 student, Prentice Ropitini was the MC for the event and was extremely impressive.

Students participated in cultural dancing, listened to amazing guest speakers including Peter Robinson, the first indigenous player at Melbourne Storm and were provided a wonderful lunch.

All students involved had an amazing time and were able to relate the learning to their current Humanities studies.

Humanities Tour

This Friday 14th June, Year 7A,B and C will be attending an excursion to Tyrendarra as part of their Humanities studies on Ancient Australia. Students will leave after recess and return before the end of school. Please make sure you bring a packed lunch and a drink bottle for the day.

Melissa Down - Year 7 Level Leader.





Grade 6 Open Day

On Wednesday 5th June Portland Secondary College welcomed around 180 Grade 6 students to experience a day in the lives of a Secondary School student.

Students were given the opportunity to experience a range of subjects including Science, Math, English, Food Tech, PE, Textiles, Music, Drama, Art, Humanities and Technology.

Each class was allocated Year 7 Mentors who were available all day to help with any student needs. These mentors also made sure that the Grade 6 students were entertained during recess and lunch by organizing sports, giant chess, colouring, a sausage sizzle and some awesome acoustic live music from talented Year 7 students Sam Whitehead and Kaden Noonan.

Everyone involved had a great day and we look forward to their return for the transition day in December. After the Open Day, parents were invited to an Open Evening and Grade 6 students were able to sit the 2020 scholarship tests.

Around 40 students participated in the scholarship testing as their parents took time to tour the school grounds and learn what Portland Secondary College has to offer.

A big thank you to everyone who attended and everyone who helped out on this night.



Melissa Down - Year 7 Level Leader.

60 Seconds with.....



Name and Role:

Michelle Anderson - Maths Teacher.

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

Working with students who are unsure of their pathway and watching them find their way in the world.

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

The GLC staffroom, great group of teachers.

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

A crazy lady who regularly has 15 people to cook and look after.

What would the movie be called?

Camp Mum.

Do you have pets?

Yes, 3 cats, 3 dogs and 400 dairy cows, most of which have names!

What was the last book you read?

Patricia Cornwell's—Scarpetta.

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?

Source of music and a good book!

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

Circleville, rural USA to catch up with friends.

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

An Italian feast.

What makes you smile?

My family.

Part 1

Social Media and your child.....



is your teenager really coping?

These days, teenagers have a bad reputation for being moody, lazy, ungrateful and spoiled.

Our personal teenage years are remembered by many parents as a period of self-doubt, experimentation, and rebellion. Puberty, bullying and confrontation with peers and parents were just some of the dramatic side effects of entering our teenage years, with society's pressures after high school only aggravating the whole concept of 'growing up' for young people.

But since the invention of social media, things have changed dramatically for teenagers—for both good and bad. With the internet in their pocket, an ever-growing list of 'followers', unmanageable numbers of virtual friends and with access to pretty much every platform, resource and community in the world, a millennium teenager is subject to an entirely different host of influences than a child of the 80s was.

According to the latest data from the Australian Bureau of Statistics, Australian teenagers are spending up to **18 hours a week** online. The most popular online activity for the demographic was social networking, used by **91% of those aged 15-19 years** old and the favoured networks are those that are image focused, such as Instagram and Snapchat. Facebook and Twitter are coming to rely heavily on multimedia given the tendency for videos, GIFs and images to attract higher rates of engagement. The number of 'likes' one attracts equates to popularity, and in order to gain the popular vote, young people must often compromise their unique identity in some way, shape or form.

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So, what impact does social media have on a teenagers' mental health?

For many teenagers, social media can be highly addictive, so it's no surprise that the pressure to be available 24/7 on social media is a very real challenge for them. Social networking plays a vital role in broadening teen social connections and helping them leave valuable technical skills. But what impact is all this social networking having on young teen minds? Most reports indicate that the impact can be significant.

Depression & Anxiety

Researchers have discovered that social media use can be associated with more intense symptoms of anxiety and depression, including a decrease in social activity and an increase in loneliness.

A study published in 'Computers in Human Behaviour' found people who used more than **seven social media platforms** had more than **three times the risk of depression** than people who used two or fewer sites.

As teens these days often feel emotionally invested in their social media accounts, they not only feel pressure to respond quickly online, but they also feel pressure to have perfect photos and posts, all of which can cause a great deal of anxiety. Some studies have found that the larger a teen's online social circle, the more anxiety they feel about keeping up with everything and everyone online. It takes a lot of time and effort to keep up with the unspoken rules and culture of each social media platform. As a result, this puts additional pressure on teens, which can cause feelings of anxiety.

Additionally, if teens commit a 'faux pas' online, this also can be an extreme source of anxiety. Many teenagers, especially girls, are prone to worry about what others might think of them and how they will respond when they see them next. The factor in cyberbullying, slutshaming, and other negative online behaviours and you can see why social media is a real source of anxiety for many teens.

****Next week's topic is Sleep Deprivation from social media.**

Wednesday June 12th

is a

STUDENT FREE DAY

For years 7- 11

(to allow senior VCE students to complete the VCAA GAT)

Exam Schedule

Years 8 and 9

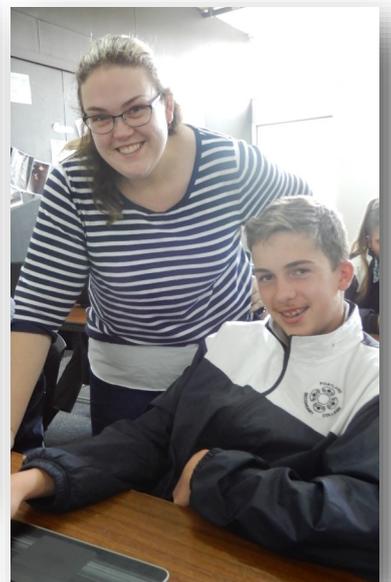
Exams will be held for Year 8 and 9 students for some subjects on Tuesday 11th June and Thursday 13th June (please note that Wednesday 12th June is a Student Free Day at PSC to allow senior VCE students to complete the VCAA GAT). Exams are being held over these two days for our Year 8 and 9 students to allow them to complete their exams to the best of their ability however the focus of these exams is on exam preparation and technique.

Years 10 and 11 resits

Monday 17th June is 'resit day' for Year 10 and 11 students. Only those students who are required to resit an exam are required at school and are required at school, in uniform.



Out and About.....



Year 10 Physics



The Great Rocket Launch

Year 10 Physics students spent a lesson launching water rockets to investigate the concepts of momentum and pressure. They changed the water volume in the rocket to test if it affected the distance the rocket travelled.



Mr Phillip Henderson—Yr 10 Physics Teacher
By: Mandie Pethybridge—Laboratory Technician



CAREERS DAY

On 28 May all Year 10 students attended a Careers Day held in the gym. Students rotated through five groups of industries where their representatives gave them valuable insight into their operations.

After that students sat through two presentations. One was on Resumes and Cover Letters and the other was on the difference between VCAL and VCE including SBA (School Based Apprenticeships) and traineeships.



PSC students Join Model UN

Portland Secondary College's senior Indonesian classes joined more than 100 VCE students from across the state at a **Model United Nations on Planet Ocean: Protecting the World's Oceans, Seas and Marine Resources** on 30 May in Melbourne. At this day-long forum, students not only engaged in high-level discussions on this important environmental topic, but did this almost entirely in Indonesian language.



In the model UN format, students form teams representing different UN member states to debate a resolution and put forward amendments. Our two PSC teams acted as the governments of France and Vietnam. To be able to do this, students had to research key concerns related to Planet Ocean in each country and analyse the national interests that would inform their country's stance on the topic.



One priority issue for the Vietnam team was plastic pollution in the ocean. Vietnam is said to be the world 4th largest source of ocean plastic pollution. Digging deeper into the causes of this problem, students discovered that developed countries, such as the USA and Australia, frequently export plastic waste to Vietnam and other developing countries. From Vietnam's perspective, it seemed unfair to take the blame for the pollution problem when developed economies had treated their country like a dumping ground.



Vietnam took a stand – supported also by environmentally minded France – and tabled an important amendment to the resolution; ban exports of plastic waste from developed countries to developing countries. Despite attempts by some member states to block or water down the proposal, Vietnam's motion passed with a slim majority and the amendment was included in the final declaration. A diplomatic victory!

The model UN provided our PSC students a really valuable opportunity to learn about a global topic – and one relevant to our coastal community – all the while, practicing Indonesian language skills as part of a community of senior Indonesian language learners.

Jane McGrory — LOTE Teacher.



Term 2 has been a busy time for our enthusiastic Indonesian students at Portland Secondary College. At the heart of this work has been our students' preparation for and participation in the Sayembara Lisan competition – an Indonesian speaking competition held across Victoria each year. On May 17, 14 students from Year 7 to 10 travelled to Warrnambool College to compete in the regional final alongside a range of secondary and primary students from south-west schools including Monivae, Lavers Hill and Warrnambool College.

From this cohort, 11 students: Brooke Tober, Ella Walters and Sam Whitehead (Year 7), Miles Govers and Jayde Saliba (Year 8), Samuel Peck, Hamish Drew, Tahj Walters and Zak Denham (Year 9), and Ellyse Whitehead and Gabriella Conheady (Year 10), were selected to compete in the state final at the University of Melbourne on Saturday, June 1. The group headed down to Melbourne on Friday evening, and after an overnight stay at a Melbourne hostel, got to enjoy a trip around the Queen Victoria Markets, and a tour of Melbourne University before meeting their Indonesian examiners on Saturday afternoon. Once the competition was over, students relaxed and refuelled at an Indonesian restaurant in Melbourne CBD, feasting on nasi goreng, beef rendang, chicken sate, baked fish and a range of other Indonesian goodies.



Indonesian Speaking Competition

This week, we were delighted to learn that Jayde Saliba finished third in the State for the Year 8 division of the competition. We would also like to say a sincere thank you and congratulations to all of the students who competed in both the regional and state level competitions (including our regional finalists Jed Denham (Year 7), Stacey Finck (Year 8) and Renee Hill (Year 10)). In the weeks leading up to the finals, our students put in a huge amount of work to practice their speeches and questions, giving up many lunchtimes to make sure that they were prepared for the competition. Well done team, we couldn't be prouder of you and the way that you have represented Portland Secondary College over the last months.



Simon Jones—PLAT Leader LOTE Indonesian.



Science Rocks!



8C and 8E have been studying Geology in their Science classes. Recently they imitated the rock cycle using Fruity Chew lollies.

See instructions below to have a go yourself at home.



Materials:

3 different coloured Fruity Chews or Starburst Chews

Glad wrap, baking paper, knife, chopping board, sandwich press and microwave

Method:

1. After warming the lollies in your hands, use the knife and chopping board to cut them into pieces to form **sediments**.
2. Combine all the pieces together and wrap in a small amount of glad wrap and squeeze them in your hands to imitate **compaction and cementation**.
3. Unwrap glad wrap, you have now formed a **sedimentary rock**.
4. Cover your 'rock' mix in baking paper and squash in the sandwich press (make sure it's just warm, not hot) to apply **heat and pressure**.
5. Take out of the sandwich press and when cool enough to handle, remove the paper to see your **metamorphic rock**.
6. Rewrap your 'rock' in glad wrap and place in the microwave for 10 seconds, or until soft, to create **magma**.

Mr Phillip Henderson—8C & 8E Science Teacher

By Mandie Pethybridge—Laboratory Technician

PORTLAND ARTS CENTRE

presents

ROALD DAHL'S *the Twits*

Mon 24 June 6:30pm

All Tickets \$15 - book now at
www.portlandartscentre.com.au



2019/20

TRY OUTS

UNDER 12 - BORN 09/10
UNDER 14 - BORN 07/08
UNDER 16 - BORN 05/06
UNDER 18 - BORN 03/04

Sunday 23rd June

U12 1-2pm
U14 2-3pm
U16 3-4pm
U18 4-5pm

Wednesday 26th June

U16 5-6pm
U18 6-7pm

Friday 28th June

U12 5-6pm
U14 6-7pm

Sunday 30th June

U12 1-2pm
U14 2-3pm
U16 3-4pm
U18 4-5pm

Players to bring ball

No Coasters or Representative clothing to be worn

Apologies must be emailed to portlandba@vic.australis.com.au

SEE YOU THERE!!!

SPORT AND ACTIVE RECREATION CLUBS

INCLUSION

WORKSHOPS

Want to be a family friendly club?

Want to attract and keep more volunteers?

Need valuable funding for your club?

SUNDAY 7 JULY

&

SUNDAY 11 AUGUST

9:45AM - 4:00PM HEYWOOD FOOTBALL CLUBROOMS

PROJECT RESPECT
HEYWOOD IS
OFFERING 10 FREE
PLACES TO HEYWOOD
CLUBS!

COST IS \$40/PERSON
FOR 2 FULL DAYS.
THIS IS A HUGE DISCOUNT
CATERING PROVIDED

Register now by emailing Hayley Rowe
hrowe@glenelg.vic.gov.au or call 5522 2346



WHATS COVERED @ THE

INCLUSION WORKSHOPS

Workshop 1
Sunday 7 July

Workshop 2
Sun 11 August

INCLUSIVE CLUBS 101

RECRUITMENT & ADVERTISING

VICHEALTH GENDER EQUITY CHECKLIST

LEADERSHIP TRAINING & DEVELOPMENT FOR COMMITTEE'S & MEMBERS

CLUB CLUTURE & ENVIRONMENT

GOVERNANCE

POLICY DEVELOPMENT

DEVELOPING CLUB INCLUSION PLANS WITH A FOCUS ON GENDER

For more info contact Hayley
hrowe@glenelg.vic.gov.au or 5522 2346



Ration Challenge



Students and staff at PSC will be doing the 'Ration Challenge' during Refugee Week on 16-23 June. We'll eat the same rations as a Syrian refugee – just a small amount of rice, flour, lentils, chickpeas, beans, fish and oil – for a week and get sponsored to do it. We have a fundraising goal of \$3,000, and the money we raise will provide food, medicine and education for refugees. Interested in sponsoring a student – or participating in the challenge yourself? Contact Ms McGrory for more details mcgrory.jane.i@edumail.vic.gov.au.

You can also follow the PSC team as we work together our fundraising target at <https://school.rationchallenge.org.au/portland-secondary-college>

Jane McGrory – Program Coordinator.



Doctors in Secondary Schools at Portland Secondary College

Wednesdays at the Doctors Pod. Appointments can be made via Welfare Office, Student Services, DISS@portlandsc.vic.gov.au any time of the week, or visit the Doctors Pod on Wednesdays to make an appointment. Talk to Michelle Cables, Tania Beard or Mrs Hart if you have any questions about the service.

Portland Secondary College has been supporting the successful Doctors in Secondary Schools (DISS) program since 2017. Previously PSC have conducted feedback and surveys and this will occur soon. There will be an opportunity for parents, staff and students to be involved in this process, and a flyer will be in later newsletters to inform of the dates and logins.

Christine Hart - PSD & Student Support Coordinator PSC



Portland's Jacqui Webb will be sailing around the world on the adventure of a lifetime! Come along and listen to her journey so far & what's ahead

PUBLIC INFORMATION NIGHT:

Day/Date: Thursday 27th June

Time: 7pm

Venue: Portland Yacht Club

ALL WELCOME!

Follow Jacqui over 40,000 nautical miles, in a race taking almost a year to complete, sailing a 70ft ocean racing yacht around the world, departing London, August 2019.

www.clipperroundtheworld.com Donations to Jacqui: jacqkw@outlook.com

UNICEF Fundraiser: <https://justgiving.com/fundraising/JacquiWebb-DreamRace>





Information session that will focus on the signs, symptoms and impacts of road trauma. What we can do to support each other to prevent serious road crashes and increase road safety.

7pm | Monday 17 June

Portland Arts Centre

4 Glenelg Street | Portland

Light supper provided

Road safety is a shared responsibility and we all have an important role to play

RSVP to Lee-Anne, please email: leeannenelson@police.vic.gov.au

Brought to you by the Secondary Welfare Action Group and local community partners.

1300 367 797 | rtssv.org.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 2019.
- 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 2019 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.**

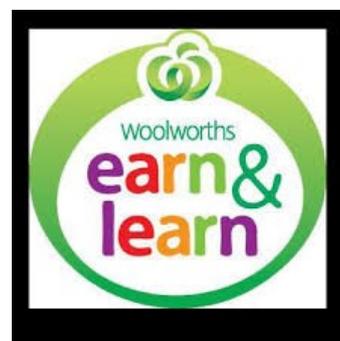
Canteen Roster

Tue 11 June	10am - 1.30pm	Help Needed Please
Wed 12 June	10am - 1.30pm	Help Needed Please
Thurs 13 June	10am - 1.30pm	Help Needed Please
Fri 14 June	10am - 1.30pm	Help Needed Please
Mon 17 June	10am - 1.30pm	Help Needed Please
Tue 18 June	10am - 1.30pm	Help Needed Please
Wed 19 June	10am - 1.30pm	Help Needed Please
Thurs 20 June	10am - 1.30pm	Help Needed Please
Fri 21 June	10am - 1.30pm	Help Needed Please
Mon 24 June	10am - 1.30pm	Help Needed Please

Drop your Earn and Learn stickers off at PSC....

Portland Secondary College will once again be part of the **Woolworths Earn N Learn** program which starts on 1st May.

Parents, students and community members can drop off their stickers and forms into the boxes in Woolworths or bring them to school foyer.



Please have your stickers in by 25 June.

Visiting Parents

All parents and visitors to the College are asked to report to the General Office immediately they enter the school grounds via Fawthrop Street only.

The Office staff will then locate the staff member or student you wish to speak to. **Please do not wander around the grounds.**

Wise and Witty Words.

You cannot soar with eagles, if you hang out with turkeys.

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

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Fax: 55 234449



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