

**PORTLAND
SECONDARY
COLLEGE**

Parent Newsletter

No 14 MONDAY 2ND SEPTEMBER 2019



Creating the Opportunities

Principal's Report

Dear Parents, Carers and Community Members,

My term 3 is rapidly coming to an end as I will be on leave during the last 2 weeks of term. I am taking a holiday to India that I had planned last year while I was on 'retirement'.

I anticipate missing many activities as every week is action packed here. I wish everyone else a relaxing holiday when the term finishes.

I will be particularly thinking of the Year 12 students as they prepare for their final assessments. Already, they will be ticking off their 'last' excursion, their 'last' meeting, their 'last' assessment task and concentrating on revision.

Mr Ben Heenan has stepped into the role of Assistant Principal Senior School in Mrs Bothe's absence. Please do not hesitate to contact him if you require his support or have an issue.



Patricia Nunan - Acting Principal.

Coming Events

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

Monday 2 September
RMIT STEM
Years 9 — 11

Monday 16 September
-GWR Athletics - Ballarat
- Year 7 Vaccinations

Tuesday 17 September
Parent/teacher/Student
Interviews Year 7—11

Friday 20 September
Last day of Term 3
2.30pm finish

TERM 4

Monday 7th October
First day back for staff
and students.

**Mon 14 until Wed 16
October**
Year 12 practice Exams

Friday 18 October
GWR Athletics

Monday 21 October
Year 10 Deacon Inspire
Day

Monday 18 November
Year 10/11 Swat Vac

Tues 19 til Fri 22 Nov
Year 10/11 Exams



2019 Magazine orders

Parents and students will soon have the opportunity to pre-order a copy of this year's Magazine on Compass.

Keep an eye out for this on Compass to secure a copy.

The Magazine will contain your child's class photo together with lots of photos of activities held at the school throughout the year.

Every student will appear in the magazine unless otherwise advised.

PSC Wellbeing Week

Portland Secondary College's Wellbeing Week, which ran from the 26th to the 30th of August was a SRC initiative, building on the work completed by this team last year. Students conducted a number of activities prior to the actual week including speaking at the SeaChange Breakfast, conducting a breakfast audit, visiting a local kindergarten and creating visual materials such as a Sugar Wall, giant vinyl stickers to decorate the Year 8, 9 and 10 locker space, bookmarks and posters with the slogan 'You are what you EAT.' As the team progressed their ideas, the two VCE Leadership Teams also jumped on board and added their messages to the Wellbeing Week, the result being a huge week of activities being available to students to push the message of the need to live well, sleep well, and study

The Breakfast Audit produced some very interesting results, some of which have been published here. Of the 493 students who responded to the survey, 176 students (36%) ate nothing or had a drink only for breakfast (87 males, 89 females). The worst offending Year level was Year 8, closely followed by Year 7. We can't stress enough the importance of eating a substantial healthy breakfast as it wakes up your metabolism and sets you up for the day. We encourage all Parents to make sure your child is eating breakfast and that you are modelling good choices.

Monday morning started with a casual clothes day with students being encouraged to wear something they are comfortable working in, rather than being slaves to fashion. Students completed a mentor quiz identifying various types of fruit (the mentor quizzes for the week are published here in the newsletter so parents can also give them a go). VCE students took on the staff in a watermelon eating competition at recess with Mr Heenan taking out the honours, closely followed by Remy Clark and Taylah Nelson.

Tuesday morning saw students tackle some facts about Coca-Cola in an attempt to identify which weren't true in a mentor quiz and Teal Murray emerged victorious in the Year 10 Watermelon Eating Competition. At lunchtime, Junior students got to try their hands at boxing and many students took up the opportunity to make themselves a smoothie on the smoothie bike where students had to pedal to generate power to make the blender run. Some students had a go at Querkles, a mindfulness colouring activity.

Wednesday started with students identifying what was in their lunchboxes. In some cases not very much! More on this next newsletter. At recess time, the Year 9 Watermelon Competition was won in a very close race by Devi Fairweather and at lunchtime, the VCE boy's team beat the Teachers in the Staff/Student race. The Smoothie Bike operated again but the highlight of Wednesday was surely the Sumo Suit fights. Students donned Sumo Suits and battled it out in the ring. It was lots of fun and was watched by most of the school population. Teacher, Chris Thomas couldn't resist having a go and had great delight in beating a senior student.

Thursday started once again with a Mentor Quiz, this time on identifying true and false facts about fruit. When the final results were tallied up, Mentor Groups 1 and 3 tied for first place and enjoyed a fruit platter for their efforts. The Year Watermelon Eating Competition was taken out by Jaydan Hoggan in another close battle and students enjoyed Querkles and Yoga at lunchtime.

Friday saw all students in Years 7-9 delivered a bookmark promoting the week which had been created by students and the Year 7 Watermelon Competition was won by William Berry, who then had to back up his performance in the final. In a very close event, Mr Ben Heenan took out the win, proving he can eat three pieces of watermelon down to the rind in under ten seconds. Lunchtime saw Body Balance and Zumba on offer again.

A great week was had by all. It would not have been possible without the hard work from our SRC students and teachers, Ms Kindred and Mr Doyle and all the instructors and helpers who joined us to help run activities. Thanks especially to Ramon Francis for running Yoga, the YMCA instructors for running Body Balance, and Boxing, Lindy Stuchberry and Craig Keenan from Seachange who donated the use of the smoothie bike and helped out as well, Gary King for the Sumo Suits and Brenda Oxford for running Zumba. Thanks also to all teachers who chipped in and helped out as well. Hopefully everybody's wellbeing is improved!



PSC Wellbeing Week





Book Week 2019



Book week continued.....

Last week PSC celebrated Book Week, with many activities being held through the week. One of the highlights was the dress up day on Thursday, August 22nd, many students and staff took the opportunity to dress as a book character. There were many chances to win, with two different mentor quizzes, a daily lucky borrower raffle and a book-inspired bookmark competition held across the week and in the library at lunchtime a game of book title Pictionary saw a number of students walk away with prizes.

Scholarship eligibility and availability

Applications for more than 60 scholarships are now open to current Year 12 Victorian government school students who are planning to undertake tertiary studies in 2020.

A variety of scholarships are on offer for eligible students.

Year 12 students heading to university or TAFE

Five Alexander Rushall scholarships are available for eligible students who will be undertaking a degree in 2020, with no restrictions on the course. This scholarship is valued at \$1,500.

Two Walter Lindrum Memorial Scholarships valued at \$500 each are available to eligible students who will be undertaking a degree or diploma in 2020.

Year 12 students planning on studying education

Thirty George Garibaldi Turri scholarships are available each year for eligible students who will be undertaking a full-time teaching degree in 2020.

These scholarships are valued at \$2,680 each annually for up to four years.

Year 12 students interested in studying fine arts

Twenty Ella Donald Fine Arts Memorial scholarships are available for eligible students who will be undertaking a full-time Fine Arts degree in 2020.

These scholarships are valued at \$1,000 each annually for the duration of the course.

Year 12 female Koorie students

One Alice Jennings scholarship is available for a current Year 12 female Koorie student who will be undertaking a full-time TAFE or university course in 2020 in a field that contributes to the welfare of the Koorie population.

Those fields include law, social work, education, psychology and applied science (health production and nursing). This scholarship is valued at \$1,000 annually for the duration of the course.

Application details

Applications are now open and will close 31 January 2020.

To apply see the website below for more information, including scholarship-specific criteria.

Scholarships for students in Years 4 to 11 will open in November this year.



On Thursday 22 August, Brodon McIntyre, Year 9 and Jesse Ryan, Year 11 made their way to Noorat to compete in the SW Zone School Clay Shooting competition. The boys enjoyed their day out.

Brodon is pictured left, and Jesse and Brodon are both pictured below during the event.



**Students
compete
in Clay
Shooting
event....**



BE RESPECTFUL BE SUCCESSFUL BE RESILIENT BE CREATIVE

This Week's Successful Student

Stacey Finck - 8C



Stacey is a breath of fresh air every day. She has recently been using the gym at lunchtimes to improve her volleyball skills and she has really improved her participation in HPE in all areas. Stacey racks up regular Green COMPASS notes for her hard work ethic, respectful behaviour and concentration skills. One of the friendliest students in the whole school, Stacey is a most deserving successful student!

NOMINATED BY: Mr Elijah DATE: 02-09-2019

Made with PosterMyWall.com



BE RESPECTFUL BE SUCCESSFUL BE RESILIENT BE CREATIVE

This Week's Successful Student

Lucas Pratt - 8D



Lucas Pratt is the ultimate quiet achiever. With Green Compass notes recently in Art, HPE, Maths and Digital Technology, Lucas just continues to display the school values without fuss or fanfare. Equally as skilled in the sports arena or in the classroom, Lucas is an outstanding role model for students who continually show respect and success at school every day. Keep up the great work, Lucas!

NOMINATED BY: MR ELIJAH DATE: 02.09.2019

Made with PosterMyWall.com

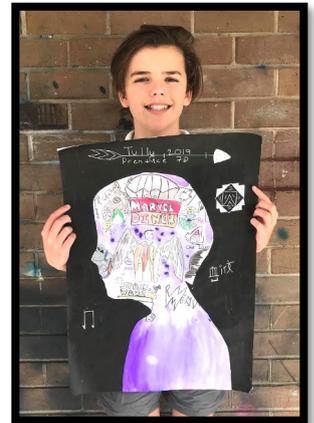


Would you like to be living rough out in the weather, we've had in Portland? It's been freezing! I'm sure you wouldn't. Please donate to this great cause. Donations can be left at the General Office and will be taken to the All Saints Op Shop.

VCAL ~ COLD HANDS PROJECT WANTED COATS AND BLANKETS

7D ART

Students of 7D with their water colour self-portraits. The students studied the work of M.C. Escher and used this as inspiration for a watercolour self-portrait that included images that represented their idea of 'Self'.



Lainey Beavis -
English/Art/Yr9 Level
Leader

P2E opportunity



Reese Baker and Molly Baker looking pleased with their involvement in the P2E.

Two of our students have been participating in the Passport to Employment (P2E) program at TAFE once a week to learn new skills to prepare them for starting out in the workforce.

These skills range from building confidence, Creating a resume, how to present well in an interview and learning about resources available when looking for work.

- **Molly Baker 9B** - 'We have learned what to do in an interview. It has been great to meet a new group of people.'

- **Reese Baker 9B** - 'I like being able to join in the games with new people.'

Sherri Whitehead

Integration



Answers to the Wellbeing Mentor Quizzes

What fruit or vegetable am I? Left to right – egg plant, guava, fig, artichoke, mangosteen, feijoa, dragonfruit, tamarillo, okra, durian

Coca – Cola Facts – (4 incorrect). Correct answers are – Approximately 96% of the world recognise the Coca-Cola logo (not 90%); On average over 10,000 soft drinks from the Coca-Cola brand are consumed every second of the day globally (not 5000); One two countries in the world do not sell Coca-Cola – North Korea and Cuba (Venezuela does); Mexicans drink more Coke than any other country in the world (not Americans).

True or False

Potatoes were the first vegetable grown in space (not carrots); a kiwi fruit holds more vitamin C than an orange (not the other way around); Bananas float in water (they don't sink); Eating carrots doesn't help you see in the dark; All other facts were true.

Healthy Awareness Week

Recess Activity: **Watermelon Eating Competition**

Staff v Student Results:

- 1st - Mr Heenan
- 2nd - Taylah Nelson
- 3rd - Remi Clarke

Year 10 results:

- 1st - Teal Murray
- 2nd - Tyler Osborne-Cox
- 3rd - Lashay Blurton

Year 9 Results

- 1st - Devi Fairweather
- 2nd - Zac Denham
- 3rd - Aaron Smith & Callum Newson

Year 8 Results

- 1st - Jaydan Hoggan
- 2nd - Haylee Blurton
- 3rd - Maddie Shepherd

Year 7 Results

- 1st - William Berry
- 2nd - ?
- 3rd - Ty Victor

Finals Results

- 1st - Mr Heenan
- 2nd - William Berry
- 3rd - Jaydan Hoggan

Lunch Activities:

Zumba and Body Balance



You are what you EAT



You are what you EAT





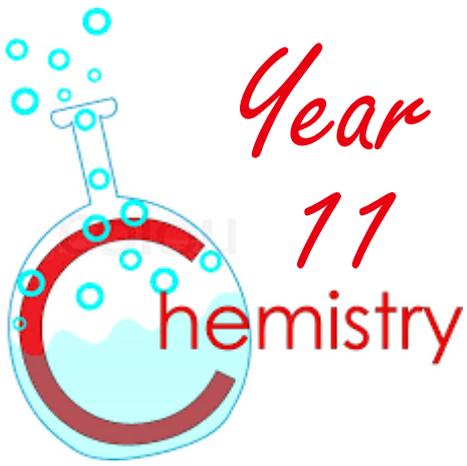
Year Science ⁶ Carbon 12217

8A and 8B Science classes have been looking at cell membranes and how they work. Students removed the shells from eggs to reveal the membrane and then placed the eggs into different solutions to observe how each one moved across the membrane.



By Mandie Pethybridge—Laboratory Technician

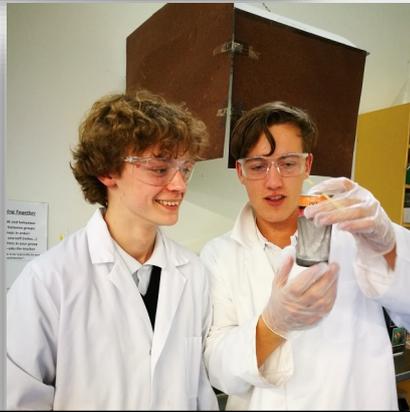
Miss Emily Clancy (8A) & Mr Philip Henderson (8B) - Year 8 Science Teachers



Year 11 chemistry



As part of their prac SAC students had to derive a solubility curve.



As part of their learning about acids and bases students looked at what happens when you place a can of coke into a strong base.



By: Mandie Pethybridge—Laboratory Technician
Miss Jennifer Prichard— Year 11 Chemistry Teacher



Camp Awakenings experience.....



Camp Awakenings – 2019

On Friday the 16th of August we went to Beaufort for the Camp Awakenings experience. At first we were all very nervous as we were going to be meeting around 50 new people and splitting into groups. However, once we got started this was probably the most fun part of all.

For the first night we got split up into groups and danced. Every group got a different song and we had to make up a dance to the song and we had to perform it in front of everyone for dinner, lunch and breakfast.

One of the highlights was that we got to listen to a lot of the volunteer staff members' back stories and how they came to get into that position. One of the stories that stood out to us was one of the guest speakers who was from the NBA, he spoke about how you never know when an opportunity will come up and you don't always see them. We thought that this was very inspirational.

On the Saturday if you wanted to jump in the lake you were allowed to. Although it felt like jumping into an ice bath, it was super fun and we also got to push our camp leader in.

Overall, we feel as if we gained so much confidence and feel as if we are encouraged to step out of our comfort zone. We highly recommend this camp for this reason.

In September we get the opportunity to meet with the Camp participants again and we are very excited for this.

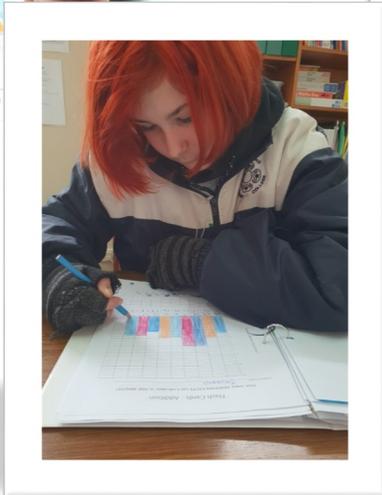
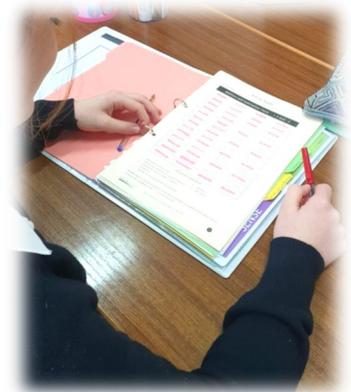
“Always jump on the bus”

“Left foot after right- always take little steps”

Written by Logan Edwards, Makayla Brabham and Sarah Tunstall.



Students enjoying their Maths Assistance Program, ably taught by Donna Chapman.



Around the school....



Craft in the Library this week.

Last week we created-
Magi clay characters as well as colourful placemats and origami mini shirts.



Students from all years levels showing us their skills and completed dishes they created in Food Technology.



Students Required to Leave Early

Sometimes it is necessary for Parents/Guardians to pick up a child early from school.

If this needs to happen please ring before coming to collect your child and we will endeavour to have them waiting for you.

If this is a pre-organised appointment please send a note with your child detailing the time of the appointment so they can show their teacher/office staff and be waiting for you in the foyer.

Whilst we understand that emergencies do occur and this may not always be possible we would appreciate at least half an hour's notice.

Ideally it would be better to make appointments either side of school hours.

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 second hand 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.



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.



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.**

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 3 September	10am - 1.30pm	Help Needed Please
Wed 4 September	10am - 1.30pm	Help Needed Please
Thurs 5 September	10am - 1.30pm	Help Needed Please
Fri 6 September	10am - 1.30pm	Help Needed Please
Mon 9 September	10am - 1.30pm	Help Needed Please
Tue 10 September	10am - 1.30pm	Help Needed Please
Wed 11 September	10am - 1.30pm	Help Needed Please
Thurs 12 September	10am - 1.30pm	Help Needed Please
Fri 13 September	10am - 1.30pm	Help Needed Please
Mon 16 September	10am - 1.30pm	Help Needed Please

STUDENT ABSENCES

If your child is absent from school for illness, or any other reason, please remember it is parent's responsibility to contact the school to let us know.

Alternatively, you can enter it on Compass. Phone the General Office on 55231344.

Uniforms

School Jumpers

(size 10-22) \$50

(size 24 & 26) \$60

School pants (tailored) \$45

(72cm-107cm)

Plain navy caps \$10

Draw cord shorts \$20

(s - xl)

Tailored shorts \$25

(10 youth - 107cm)

Kilts \$75

(size 8-26)

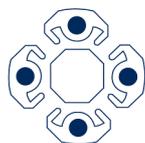
Jacket \$85

(xs - xxxl)

Wise and Witty Words.

Be yourself, because an original is worth more than a copy.

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

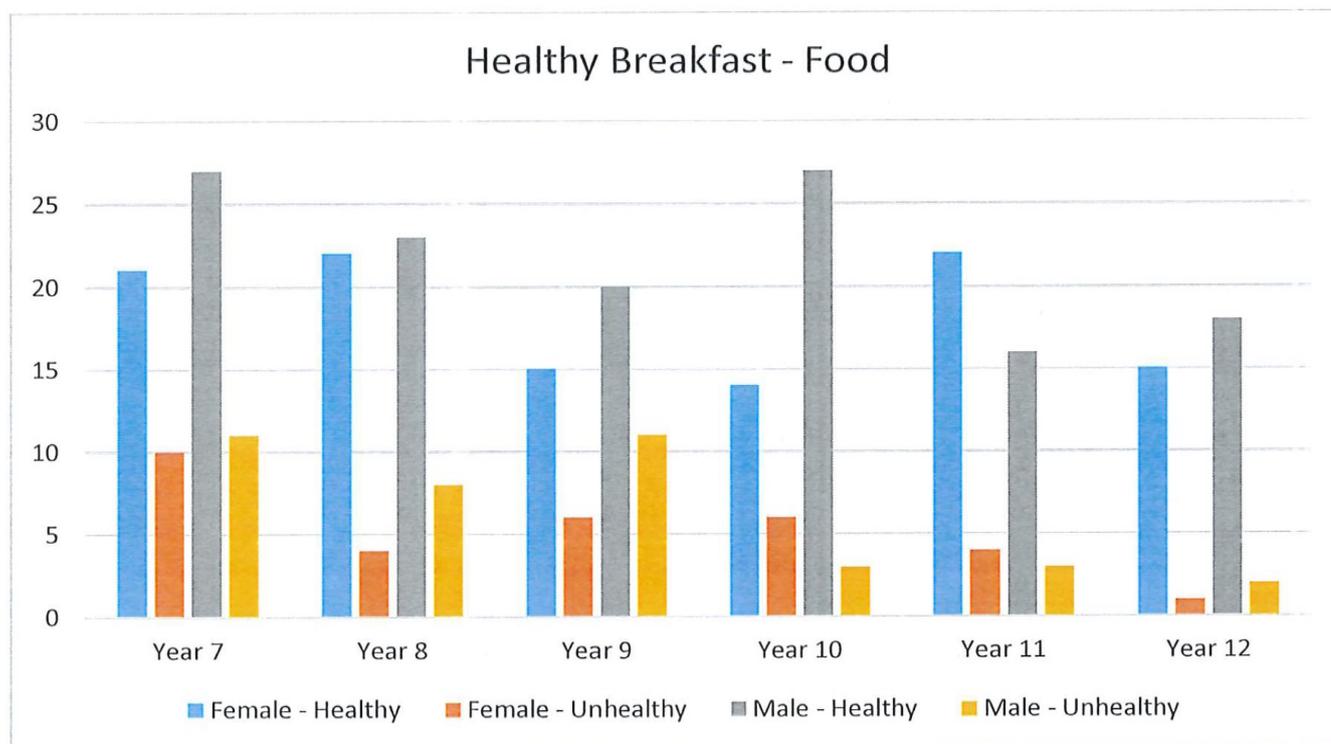
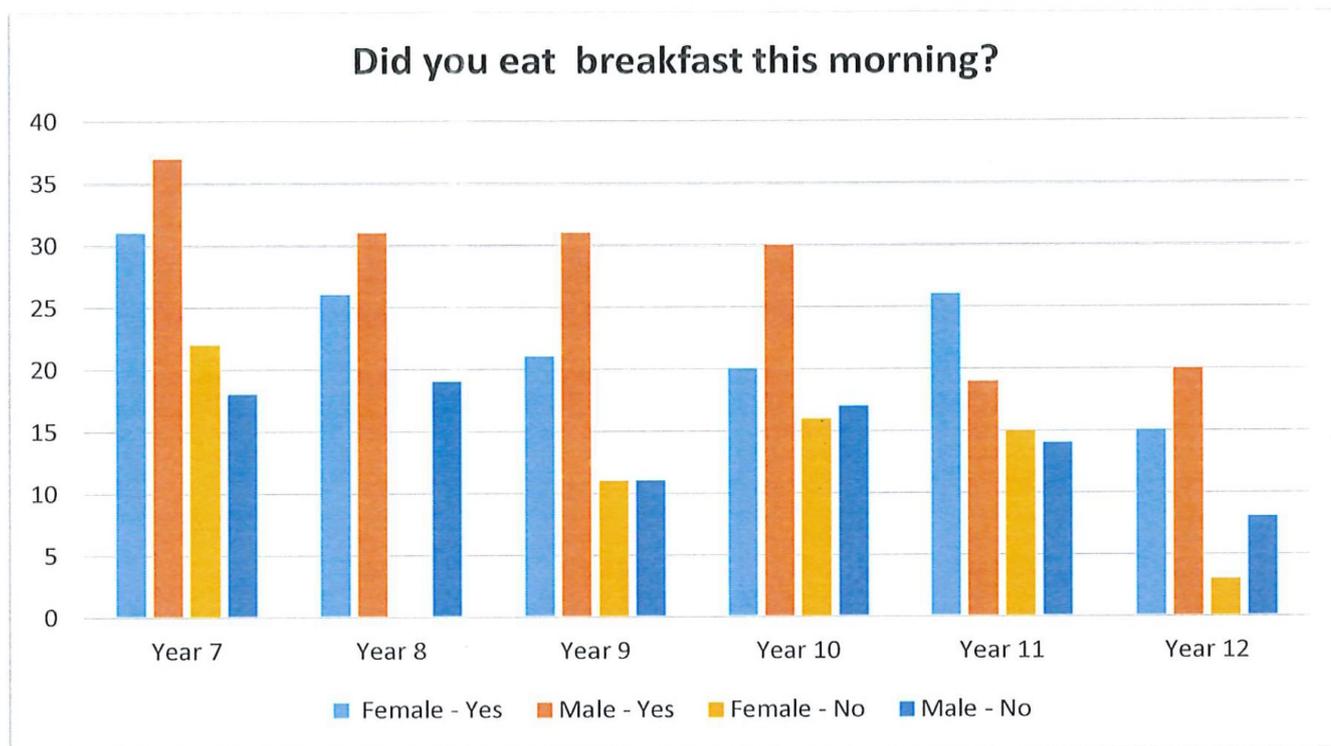
Must Street Portland 3305 (P.O. Box 452)
Phone: 55 231344
Fax: 55 234449



EFTPOS details. BSB: 313140

E-mail: portland.sc@edumail.vic.gov.au
Web Site: www.portlandsc.vic.edu.au
Acc: 12067508 Bank: Bank Melbourne

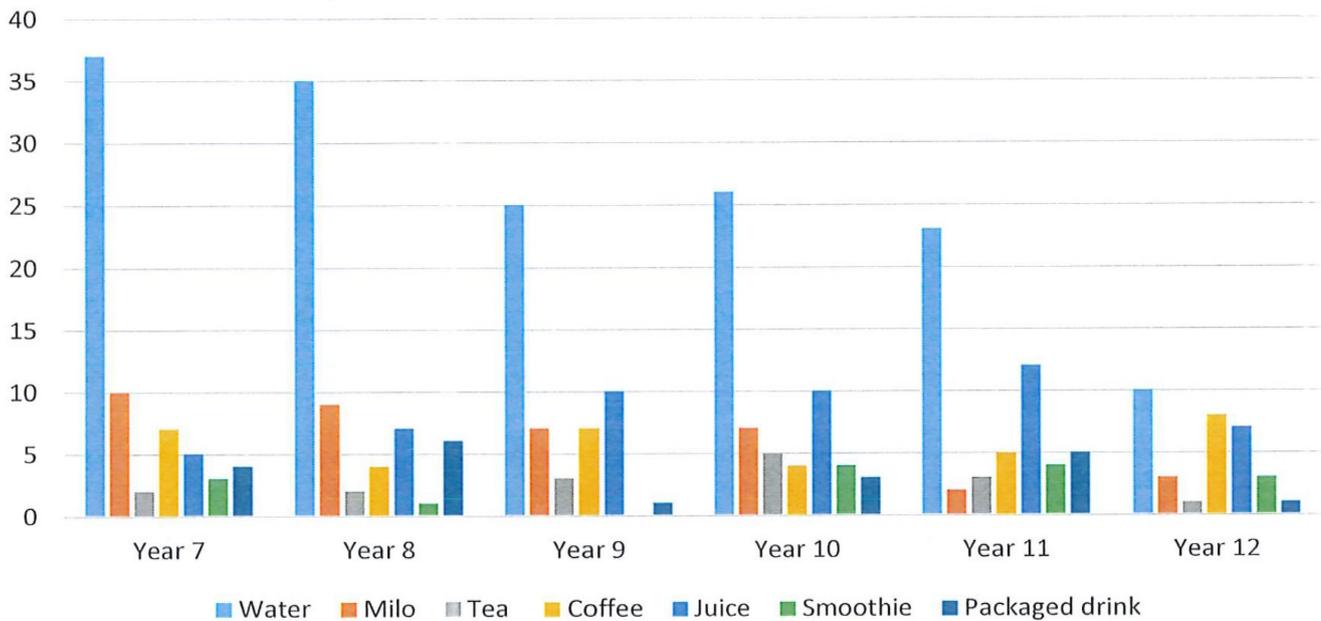
2019 PSC HEALTHY WELLBEING WEEK BREAKFAST AUDIT (August 19th, 2019)



Healthy breakfast included any combination of cereal such as Weetbix/All Bran/ Museli /Porridge with yoghurt or milk, toast/muffin/bagel with margarine/butter and a spread, toasted sandwich, eggs and bacon and fruit.

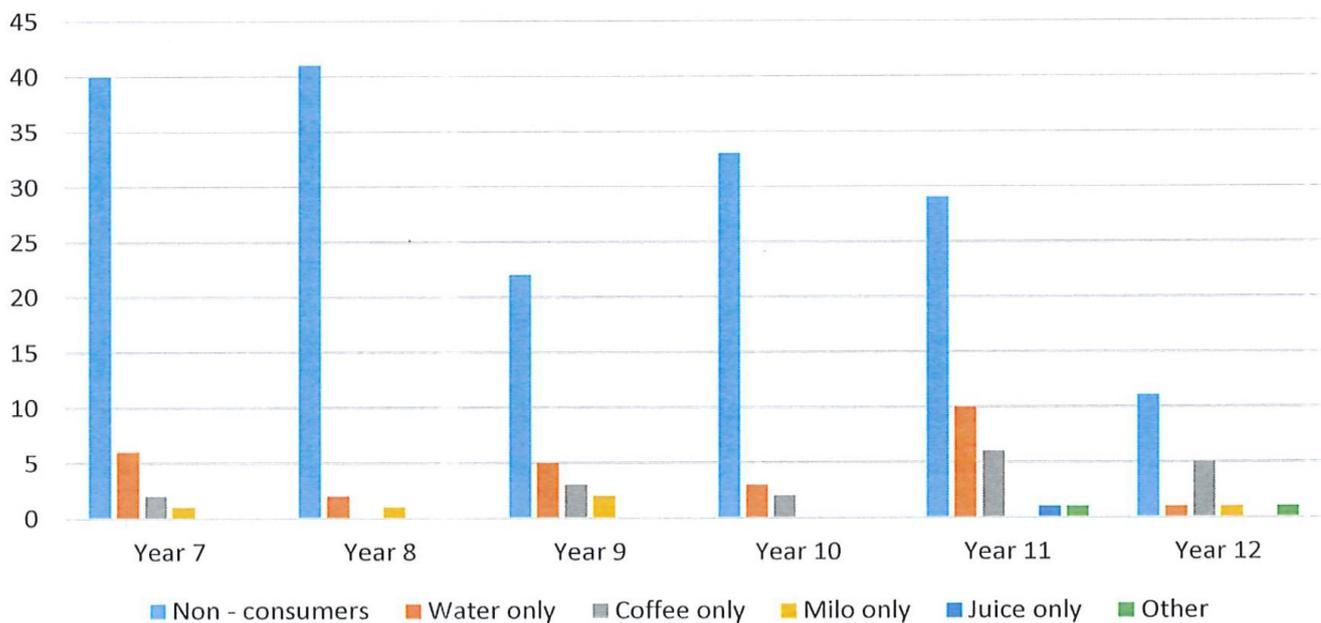
Unhealthy breakfast included biscuits, cake, sugared cereal, adding sugar to cereal, pancakes, lollies, slice, 2 minute noodles, etc.

Breakfast drinks



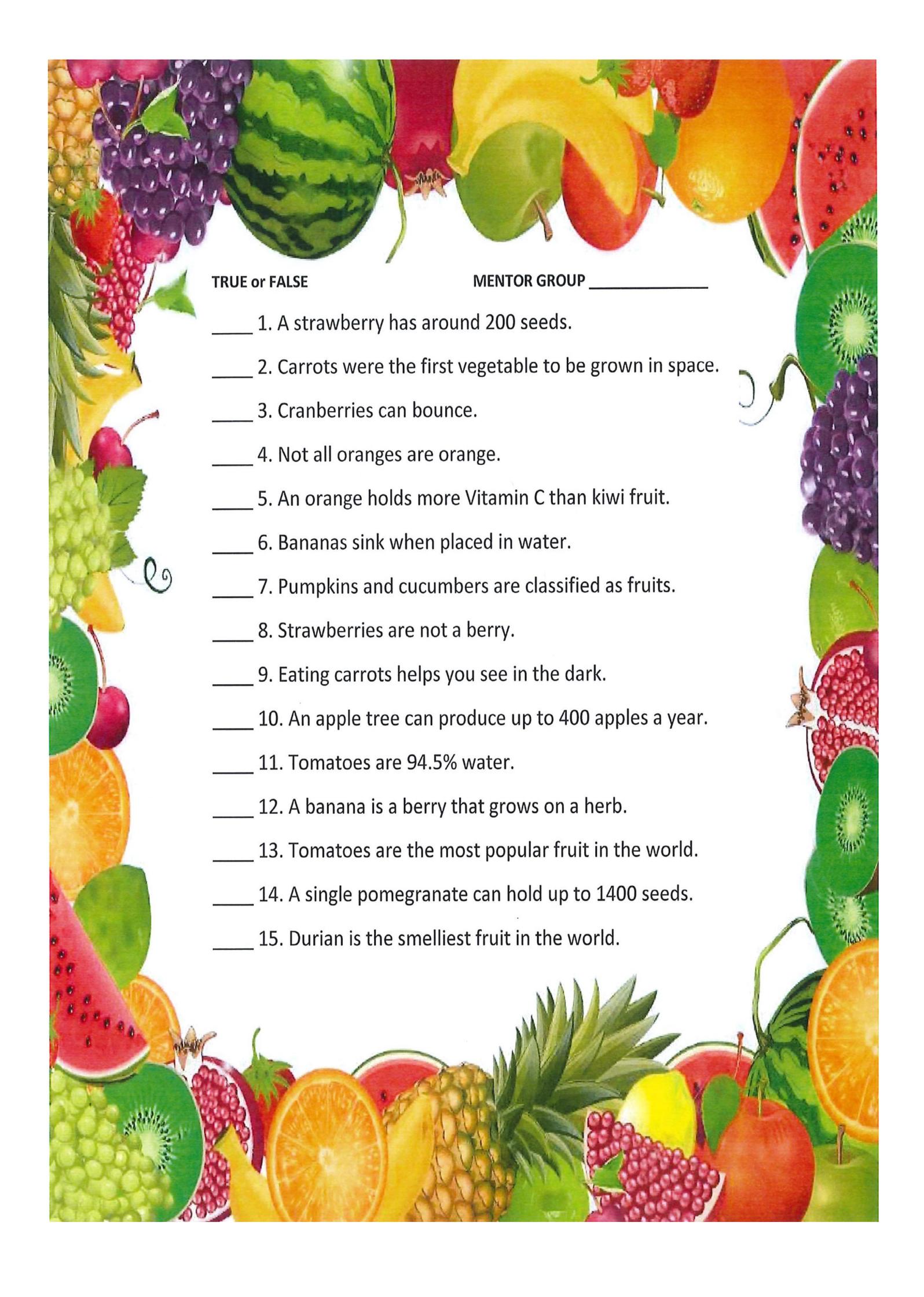
Packaged drinks included Ice Break, Up and Go, Flavoured Milk

Non-Breakfast consumers



This graph firstly shows the number of students in each level who did not eat anything at breakfast (blue bars). The following bars indicates they had a drink only and the type of drink it was.

Overall 493 students responded to the survey. Of these responses, 176 students (36%) ate nothing or a drink only for breakfast (87 males, 89 females). Worst offending Year level was Year 8, closely followed by Year 7.



TRUE or FALSE

MENTOR GROUP _____

- ___ 1. A strawberry has around 200 seeds.
- ___ 2. Carrots were the first vegetable to be grown in space.
- ___ 3. Cranberries can bounce.
- ___ 4. Not all oranges are orange.
- ___ 5. An orange holds more Vitamin C than kiwi fruit.
- ___ 6. Bananas sink when placed in water.
- ___ 7. Pumpkins and cucumbers are classified as fruits.
- ___ 8. Strawberries are not a berry.
- ___ 9. Eating carrots helps you see in the dark.
- ___ 10. An apple tree can produce up to 400 apples a year.
- ___ 11. Tomatoes are 94.5% water.
- ___ 12. A banana is a berry that grows on a herb.
- ___ 13. Tomatoes are the most popular fruit in the world.
- ___ 14. A single pomegranate can hold up to 1400 seeds.
- ___ 15. Durian is the smelliest fruit in the world.

What fruit or vegetable am I? Mentor Group _____





















Coca-Cola Facts – 4 facts on this sheet are incorrect – Colour in the four clouds you think are incorrect and return to KDJ's Office.

Mentor Group: _____

Coke sold 25 bottles in its first year of business.

Coke's brand is worth over \$84 Billion which is more than KFC, Subway and Budweiser combined.

A can of normal Coke contains between 9 and ten teaspoons of sugar.

Only three countries in the world do not sell Coca-Cola – North Korea, Cuba and Venezuela.

Coca-Cola's Facebook Page has over 90 million fans.

A 30 year old mother died after drinking 2 litres of Coke daily for years.

The original Coke contained alcohol.

Coca-Cola is the most widely distributed product on the planet.

Approximately 90% of the world recognise the Coca-Cola logo.

If you put a T-Bone steak into a container of Coke, the steak will completely disappear in 2 days.

Coca-Cola was the first Olympic Games Sponsor.

Americans drink more Coke than any other country in the world.

On average, over 5,000 soft drinks form the Coca-Cola brand are consumed every second of every day globally.

Coca-Cola was the first soft drink in space.

Drinking coke every day has the same impact on your skin as smoking.

A can of Coke contains the same amount of caffeine as a strong cup of coffee.

The formula for Coca-Cola is a closely guarded secret.