



Creating the Opportunities

Principal's Report

Congratulations to all members of our community for their contribution in keeping us safe. Everyone is doing their bit by following expectations around hygiene or isolating as need be.

We have all

- **Managed four weeks of online teaching and learning.** Thank you for the positive feedback from both students and parents. We will try and find a way to catch up those who have fallen behind. Please tell the teachers of any problems or if extra support is needed. Being able to identify a problem is a huge part of solving the problem.
- **Developed organisation and time management skills.**
- **Learnt about ourselves as learners.** Many of our community have enjoyed this way of learning while others have found it more difficult.
- **Appreciated** how important it is to have those face to face conversations and interactions when socialising with others.
- Had to learn another way of **solving problems** other than sitting down around a table and talking it out.
- **Been flexible and adaptable.**

We have had some positive news. Our Year 12 students

- ⇒ **will have access to FREE exam revision lectures during Term 3 holidays.**
- ⇒ **Monash University has identified Portland Secondary College as being under represented in their university and hence Portland students who apply will be accepted even with a lower ATAR score. They are also eligible to apply for a \$1500 scholarship.**

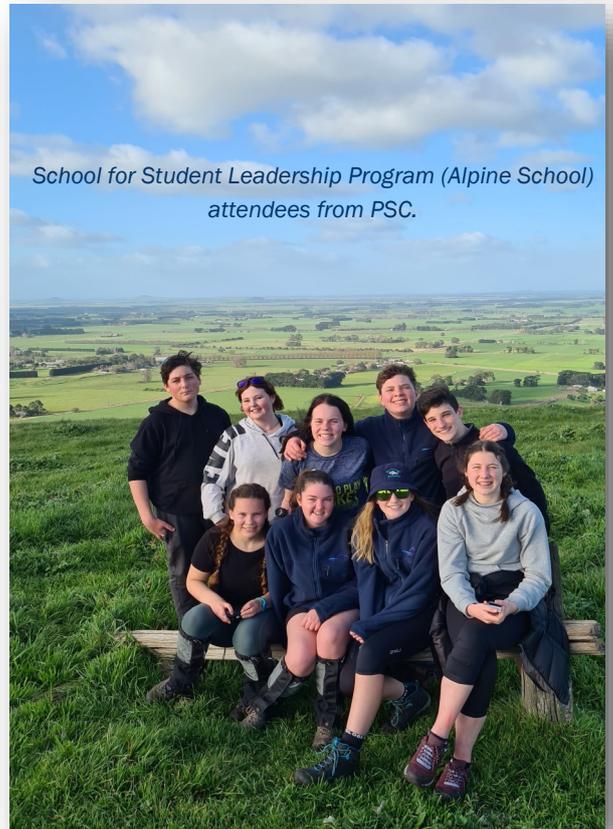
We have had our challenges and the biggest learning is that we need to look after **our own well-being** and have a plan. We have been told of the benefit of:

- **CONNECT-** take the time to talk to friends and family, give someone a call or use social media
- **BE ACTIVE** - walk, ride, run, garden, balloon volleyball in the lounge room
- **KEEP LEARNING** - take up a hobby, origami, cook a sponge cake, or start a course
- **GIVE-** apparently boosts our health. Offer to do a job for someone, make a present, send a card (yes snail mail)
- **TAKE NOTICE-** become aware of what is around us - the swans on the lagoon, the birds - especially as the season is changing.

On the other side of COVID I will have tripled my batches of Kombucha, read new murder mystery series, spun alpaca wool that I have had for 5 years, walked up-teen dozen times around the lagoon and learnt to Face-time with my 8 week old grandson. I will have saved on tyres and diesel.

I prefer a school that has students and teachers attending everyday with parents dropping in occasionally. Overall however my preference is that everyone is safe and healthy.

Take care and stay safe.



School for Student Leadership Program (Alpine School) attendees from PSC.

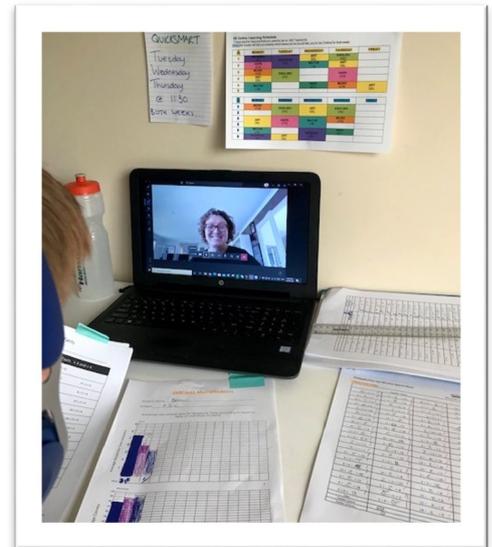
Patricia Nunan - Principal.



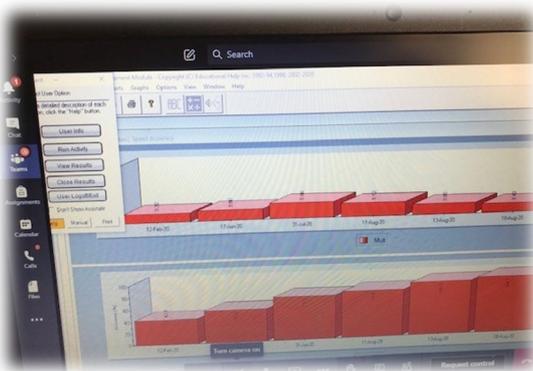
Remote Tutoring.....

Our Quicksmart Numeracy Program has continued in an online format.

Students are meeting with our Quicksmart Tutor Mrs. Donna Chapman 3 times a week and continuing to improve their skills in the 4 operations (addition, subtraction, multiplication & division).



Students are required to graph their own results and reach certain targets before they can move on to the next focus fact. We even had a few new online records broken this week with one student answering a total of 46 questions in one minute on the flashcard task and another student answering 81 questions correctly on their speed-sheet in just 2 minutes. These are awesome results (and you know who you are!!)



Students are also working on their problem solving strategies once a week following the 6S strategy of Quicksmart. Students are guided to **search** for the question; **sort** out what the important information is; how they **see** the problem; what operation they need to **select**; they can then **solve** the problem and finally ask themselves does my answer make **sense**?

Quicksmart sessions usually end with a game. Students have enjoyed playing 'same sum boards' and 'multiplication bingo'. They have also enjoyed winning against Mrs. Chapman.



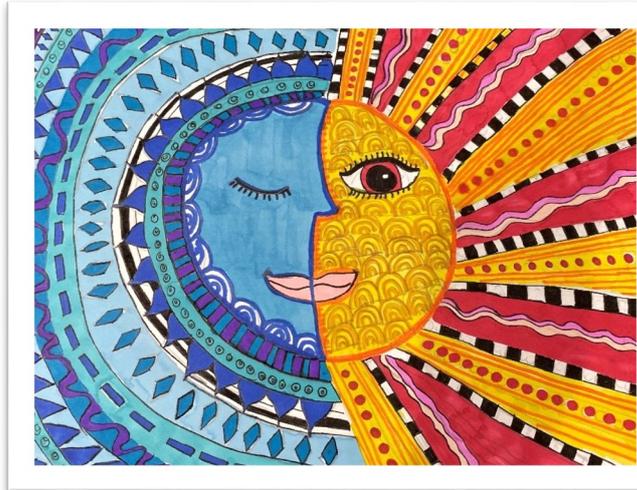
Donna Chapman -
Numeracy Support/GRIN Tutor/Quicksmart Tutor.

Oscar Barbary



Year 8 Design

Larissa Elijah



Elements

..... warm and cool colours.

Harry Rethus



Macauly Baker



Liam Doyle
Art Teacher



School for Student Leadership Program



At the start of Term 3, seven Portland Secondary College students went to Gnuard-Gundidj School for Student Leadership at Noorat. We expected to be there for the whole term but due to COVID 19 we only stayed for two and a half weeks.



We hiked, surfed, rode bikes and did a lot of team based activities. We were able to start our Community Learning Projects and are happy that we are able to continue to work on this project via remote learning with the Alpine School three days a week and continue some remote classes with PSC. We are linking in with the other students who attended from rural schools around Victoria.

We will be ready to launch our Community Based Project by the end of Term.

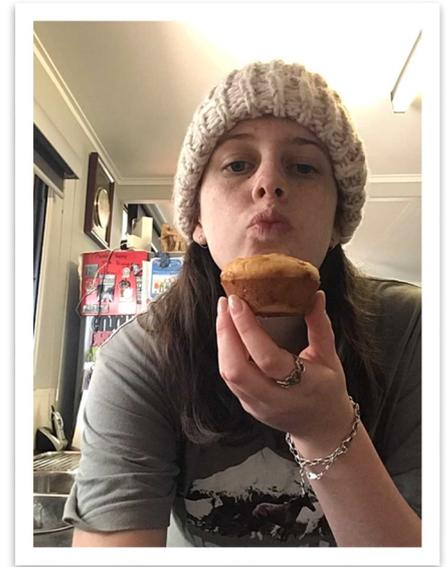
Students who attended were Makeely Kindred, Lily Davis, Maddi Blay, Mason Sparks, Poppy Lane, Holly Pauwels and Tom Hamilton.

Maddi Blay.





Mrs Engel's Cooking Class.



Molly cooling her well formed baking ready to eat.

Foundation Maths – Cooking with Measurement (Remote Learning)

The Year 10's have been exploring measurement in cooking as we make the most of our class time in remote learning.

Together we have explored ingredient types (solid, dry, liquid, discrete) and how these are best measured and the skills involved, such as working with units of measure (kg, mg, L, ml), rounding and working with fractions.

We have been learning more on how to convert weights between volume using household measuring tools such as measuring cups and spoons, and scales, in addition, how to count out discrete items such as eggs.

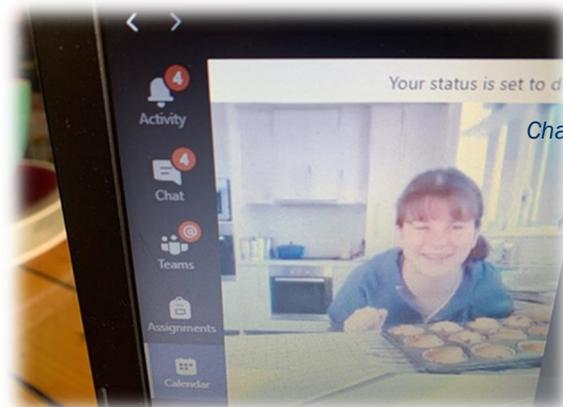
On Fridays we cook different recipes to explore measurement in our own kitchens and it's a lot of fun and learning... and yummy.



..... Mrs Engel didn't burn them.



Hayley's Choc Chip Muffins.



Charlotte – all smiles.

Terry Engel
Maths Teacher.



DIY eSafety checklist

Do you respect others and only post what you'd say to someone's face?

Is your time between screens and other activities well balanced?

Do you use strong privacy settings and passwords, and update these regularly?

Do you get consent before sharing an image or video of another person?

Have you secured your digital lifestyle with the right software and settings?

BE THE CHANGE.

Unite for a better internet

OCESC16.1701 www.esafety.gov.au

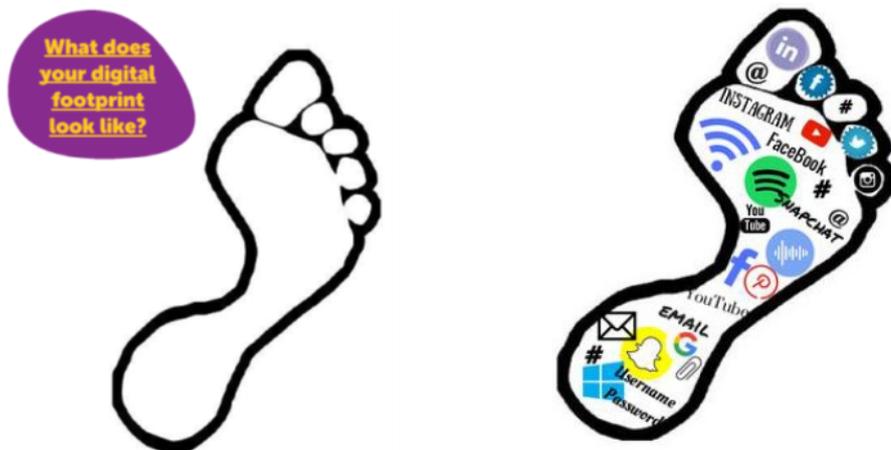
The 6th of September marks the beginning of National eSmart Week and with many of our students working remotely and spending a large part of their day online, it brings a reminder to stay safe online and to maintain physical health, exercise and sleep during this time.

For optimal health benefits, children and young people (aged 5-17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours include:

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- ⇒ Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities.
- ⇒ Several hours a day a day of a variety of light physical activities.
- ⇒ Limiting sedentary recreational screen time to no more than 2 hours per day.
- ⇒ Breaking up long periods of sitting as often as possible.
- ⇒ An interrupted 9 to 11 hours of sleep per night for those aged 5-23 years and 8 to 0 hours per night for those aged 14 – 17 years and
- ⇒ Consistent bed and wake up times.



- ◆ Students should consider what they post online and remember everything they post can be retrieved.
- ◆ Students should ensure passwords are strong and not shared with anyone else and always be respectful online.

Need help with Technology – try <https://www.esafety.gov.au/parents> This website can help with multiple issues online and is suitable for both parents and teenagers. You can find information on removing images, posts or other content, using devices safely, connecting safely, balancing time online, protecting personal information, using social media, setting strong passwords and basically anything else you can think off in relation to being and staying safe online.



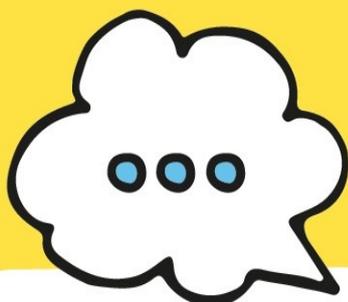
Jo Kindred
Assistant Principal.

SLES

SCHOOL LEAVERS EMPLOYMENT SUPPORTS



**YOUR PATHWAY
FROM SCHOOL
TO EMPLOYMENT
UNDER THE NDIS**



- Do you have an NDIS Plan?
- Are you about to finish school or have you recently left school?
- Do you want to learn more about School Leavers Employment Support (SLES)?
- Every Wednesday in September @ 4pm**

▶ JOIN ZOOM MEETING

<https://us02web.zoom.us/j/6111987822?pwd=c09nSm1xRkYrODhRZVNsQzF6MDNvdz09>

Meeting ID: 611 198 7822 | Passcode: SLES

Come and learn more and have a chat about your SLES options.



1800 Glenelg Together

**A free community
hotline for Glenelg
Shire residents
requiring support
during the
Coronavirus
pandemic.**



The hotline will direct community members to local support services such as:

- Food and hygiene support and deliveries
- Medication deliveries
- Phone check in and support

The hotline will be monitored by the friendly staff at Portland District Health.

You can contact the hotline between the following hours:

- **Monday - Thursday:** 10am - 3pm
- **Friday:** 10am - 4pm

 **Call:** 1800 512 461

 **Email:** 1800GlenelgTogether@swarh.vic.gov.au

Year 7 Immunisations

Due to the return to remote learning for the remainder of Term 3, the scheduled immunisations for Year 7 students which was for the start of September 2020 will need to be rescheduled.

The new **proposed** date is for the second week of Term 4, as follows;

14 October 2020 - Portland Secondary Commencing at 10.15am.

Please note due to COVID-19 restrictions further information will be announced to parents near the end of Term 3, 2020.

Glenelg Shire Council.

'Virtual' School Holiday fun.....

A great initiative to promote to families during the upcoming school holidays... South West Sport are proud to launch their #SouthWestMoves Virtual Challenge!



The September Virtual Challenge is all about seeing who can "draw" the most creative image by moving around their neighbourhood!

- ⇒ How do you draw an image? By using a fitness tracker, which will track and "draw" the circuit you have just walked/run/ridden/swam via its inbuilt GPS. This image can be uploaded to social media or via an app such as Strava which SW Sport are encouraging you to use for this challenge. With a little forethought, you can "draw" a shape or picture for us to admire!

Strava is a great fitness tracker app that is FREE and pretty easy to use. Step-by-step instructions are available on the website.

Also, if you register online, there are prizes available for the most creative images as judged by SW Sport's partner organisations.

For more information, visit: <https://southwestsport.com.au/southwestmoves/>



Nicola Grayson | School Nurse Manager – School Nurse Program | Adolescent Health Nurse
Wellbeing Health & Engagement Division
Department of Education and Training
Warrnambool Regional Office

headspace
HeadSpace Youth Mental Health Foundation

Lockdown is hard.
We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.** headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.

Find your closest centre
headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.
You can find your closest centre at headspace.org.au/centres

Create a headspace account
Just by visiting the headspace website at headspace.org.au and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.

Free headspace counselling in regional schools
If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.
Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.
To find out more, speak to your school's wellbeing support team.

headspace.org.au
headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Wise and Witty Words

Luck is what you have left over after you give 100 percent.

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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