

Portland Secondary College

Newsletter

TERM 1 WEEK 7

11th March 2025



Highlights

- Principal's report
- Food Hub Menu
- Aths Day Photos
- GD Swimming
- Future Me
- Library News
- Term 1 Calendar
- Community News

Portland Secondary College

IMPORTANT DATES TO REMEMBER

- 10th March - Labour Day - Public Holiday
- 12th - 14th March - NAPLAN
- 17th March - Induction Assembly 10am -11am
- 20th March - Yr 9 Outdoor Ed Surfing
- 21st March - Glenelg District Athletics
- 25th March - Elevate Study Skills Sessions
- 28th March - Top Arts Tour
- 29th March - Rostrum Voice of Youth Speaking Comp
- 31st March - Yr 9 Morrisby Profiling
- 3rd April - Grip Leadership Conference
- 4th April - Parent Teacher Interviews



Portland Secondary College is a Child Safe School

Principal Report

Another fortnight has flown past and all students have well and truly settled into their studies. Senior students have begun completing their first round of outcomes and the younger students have been very busy working through the curriculum as they begin to prepare for their major assessment pieces for the term. Many students are busy completing homework and staff have completed a Learning Behaviours assessment on all the students they teach. Parents are encouraged to log onto Compass over the next couple of weeks to see the great results students have been achieving.

As usual there has been a great deal of activity occurring both in and out of class. Some of our top swimmers travelled to Hamilton for the Glenelg District swimming and we came away with some wonderful results, including an Age Group Champion for Matilda Andrews who took out five first place events. Other swimmers doing incredibly well on the day were Lexi Munn, Hugo Keenan, Jack Spencer, Declan Botica, Maddi-Lyse Stone and Jasmin Brewer. Another student making a name for herself on the sporting field is Annie Baker who was named to play in the U16 Girls GWV Rebels squad for football.

Last Wednesday we hosted a BBQ for all the year 7 Hub Students and their families to celebrate the great start to the school year. Many parents took the opportunity to meet both the year 7 teachers and some other families and a great evening was had by all who attended.

Last week our Year 9 students took the first step in their intensive career's program by completing the Future Me Program. This initiative builds important knowledge about the changing world of work and supports students to lead career conversations with working professionals to spark career exploration and navigation of future pathways. Students were involved in a whole range of activities over two days.

Today we hosted our School Athletics and a great day was enjoyed by all. Included in the newsletter today are some photos and we'll include all the results in our next edition. We also hosted our Grade Six Experience Day. This is a day when all the current Grade Six students in the Portland area come and experience a day at high school. We had over 130 students join us for what we hope was a fun and educational day for them all. Some of our current Year 7 students have taken a trip back to their Primary School to share some of their early experiences with these students before their visit.

On Thursday March 6, students engaged with a practice NAPLAN test in order to prepare them for the online platform and to test that our broadband can cope with the demand. This test was completed during Periods 1 & 2 and it covered questions from the reading, conventions of language and numeracy test domains.

The official NAPLAN will be held from Wednesday March 12 - Friday March 14, with the following week set for catch up sessions. Students will complete these tests within the J Wing classrooms or the Year 7 HUB. Students will still be with their normal classroom teacher.

It is important for families and students to remember that NAPLAN is not the only measure of success. NAPLAN provides a 'snapshot' of a child's development in literacy and numeracy, and participation in this program is just one way our students become respectful, resilient, creative and successful individuals. NAPLAN is just one of many assessment tools used to evaluate progress, which is why it is important all our Year 7 and 9 students complete the testing. We wish all our students well during this time and look forward to continuing our holistic approach to education.

Principal Report

It is vital all students have their own devices as we have limited spares. Students are required to take their fully charged devices to all classes leading up to the actual tests, as our IT team are visiting classrooms in order to update their lockdown browsers (platform for online testing). Students are welcome to use their own headphones during these tests, however please ensure they are connected prior to the start of each test. We will also have spare headphones for all students.

We appreciate your support with this matter. If you have any questions about the NAPLAN tests, please contact the school.

Applications for two great programs are now being accepted. Future Leaders of Industry is an amazing opportunity for young people in our community to participate in activities that increase confidence, build skills, knowledge leadership capabilities and introduces students to different career opportunities within the region. This program is open to Year 10 and Year 11 students and anyone interested should see their Level Manager for further details. Applications are also open for Hands on Learning, a program for students in Years 8-10. Expression of Interest forms are now available from Denis Belden in the Year 8 office or Liz Paulet in the Middle Year's office. Applications close soon so don't delay if you are interested.



Jo Kindred, Principal



At Portland Secondary College we strongly believe that everyone deserves to be treated with kindness and respect, regardless of cultural background, religious beliefs, gender, etc. That's why we have a zero tolerance for any form of racism. This includes comments, slurs, attempted jokes or any other form of harassment. If students are found to be engaging in these behaviours there will be serious consequences including discussions with teachers, caregivers and disciplinary action. We want to ensure that our school remains a safe and welcoming environment for all.

Let's work together to celebrate the differences that make us unique and stand up for one another when we see, hear or witness anyone challenging these values.

NAPLAN

Wednesday 12 – Friday 14 March 2025
Year 7 & Year 9 students

Students are reminded to bring their devices every day to school and ensure they are fully charged.

Students may also bring their own headphones (spares will be available for all students if required)

FINANCIAL ASSISTANCE

INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It 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.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$154 for primary school students
- \$256 for secondary school students

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments:** your child has started or changed schools this year.
- **changed family circumstances:** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure

MORE INFORMATION

For more information about CSEF visit:

<https://www.vic.gov.au/camps-sports-and-excursions-fund>





Course Confirmation/Payment: 2025 Curriculum Contributions

Dear parent/guardian,

Portland Secondary College is looking forward to another great year of teaching and learning and would like to advise you of Portland Secondary College's voluntary financial contributions for 2025.

Schools provide students with free instruction to fulfil the standard curriculum requirements, and we want to assure you that all contributions are voluntary. Nevertheless, the ongoing support of our families ensures that our school can offer the best possible education and support for our students. We want to thank you for all your support, whether that is through fundraising or volunteering your time. This has made a huge difference to our school and the programs we can offer.

Within our school this support has allowed us to ensure a wider offering of subjects and curriculum experiences: enhanced digital learning opportunities; the upgrade of facilities and the engagement of presenters and presentations to enhance student learning.

For further information on the Department's Parent Payments Policy please see a one-page overview at www.portlandsc.vic.edu.au.

Financial Support for Families

Portland Secondary College understands that some families may experience financial difficulty and offers a range of support options, including:

- the Camps, Sports and Excursions Fund
- State Schools Relief (SSR)
- Payment plans for Extra-Curricular Items and Activities
- Centrepay

For a confidential discussion about accessing these services, or if you would like to discuss alternative payment arrangements, contact the College's Business Manager.

Ph: 03 55231344 Email: Portland.sc@education.vic.gov.au



Student Wellbeing

Each year Portland Secondary College students in Year 9 and 10 are given the opportunity to take part in the Live4Life program and become Live4Life Ambassadors

What is Live4Life?

Live4Life is the only mental health education and youth suicide prevention model that is designed specifically for rural and regional communities



The program is directly linked to Respectful Relationship and community connections



...have undertaken mental health education and there's an ever-growing Crew of awesome mental health ambassadors.



GREATER WESTERN VICTORIA REBELS

PSC Year 10 student Annika (Annie) Baker has been named to play this Saturday in the U16 Girls GWV REBELS Vs MURRAY BUSHRANGERS on Saturday @ Latrobe University!



Good luck Annie!



The Food Hub 2025 Menu

BREAKFAST 8.30-8.55AM

Tea or Coffee	\$2.00
Hot Milo	\$2.00
Toasted Cheese Sandwich	\$3.00
Toasted Cheese & Tomato Sandwich	\$3.50
Toasted Ham & Cheese Sandwich	\$4.00
Toasted Ham, Cheese & Tomato Sandwich	\$4.50
Toasted Ham, Cheese & Pineapple Sandwich	\$5.00

SANDWICHES & ROLLS

Available in White & Multigrain

	<i>Sandwiches</i>	<i>Rolls</i>
Vegemite	\$2.00	\$2.50
Vegemite & Cheese	\$3.00	\$3.00
Cheese	\$3.00	\$3.50
Cheese & Tomato	\$3.50	\$4.00
Cheese, Beetroot & Salad	\$4.50	\$5.00
Ham & Cheese	\$4.00	\$4.50
Ham, Cheese & Tomato	\$4.50	\$5.00
Ham & Salad	\$6.00	\$6.50
Ham, Cheese & Salad	\$6.50	\$7.00
Egg & Lettuce	\$4.00	\$4.50
Chicken, Lettuce & Mayo	\$5.00	\$5.50
Chicken & Salad	\$5.50	\$6.00
Chicken, Cheese & Salad	\$6.00	\$6.50
Salad & Beetroot	\$4.00	\$4.50

No charge for Mayo, Sweet Chilli Sauce other Sandwich combinations available upon request.

WRAPS

	<i>Half Wrap</i>	<i>Full Wrap</i>
Ham, Cheese & Salad	\$4.00	\$8.00
Chicken, Cheese & Salad	\$4.00	\$8.00
Falafel, Cheese & Salad	\$4.00	\$8.00
Egg, Cheese & Salad	\$4.00	\$8.00
Veggie Burger, Cheese & Salad	\$4.00	\$8.00

No charge for Mayo, Sweet Chilli Sauce .

SALADS

	<i>Small</i>	<i>Large</i>
Fresh Fruit Salad	\$3.50	N/A
Garden Salad Bowl w/ Cheese	\$5.00	\$8.00
Garden Salad Bowl w/ Egg	\$5.00	\$8.00
Garden Salad Bowl w/ Chicken	\$5.00	\$8.00

No charge for Sauce .

HOT FOOD

Burger Buns & Rolls available in White & Multigrain

Flame Grilled Chicken Burger No Cheese	\$5.00
Flame Grilled Chicken Burger with Cheese	\$5.50
Flame Grilled Chicken Burger with Cheese & Salad	\$7.50
Flame Grilled Beef Burger with Sauce, No Cheese	\$5.00
Flame Grilled Beef Burger with Cheese & Sauce	\$5.50
Flame Grilled Beef Burger w/Cheese, Sauce & Salad	\$7.50
Veggie Burger with Cheese	\$5.00
Veggie Burger with Cheese & Salad	\$7.00
Hot Cheese Roll	\$3.50
Hot Cheese & Pineapple Roll	\$4.00
Hot Ham & Cheese Roll	\$4.50
Hot Ham, Cheese & Tomato Roll	\$5.00
Hot Ham, Cheese & Pineapple Roll	\$5.00
Hot Chicken & Mayonnaise Roll	\$5.50
Hopkins River Chunky Beef Pie	\$5.50
Premium Beef Pie	\$5.00
Plain Sausage Roll	\$4.50
Cheese & Bacon Sausage Roll	\$4.50
Hot Ham & Cheese Croissant	\$4.50
Noodles	\$2.70

Cool Ridge 600ml	\$2.00
Cool Ridge 750ml	\$3.50
Focus Flavoured Water 600ml	\$3.00
Gatorade Active Water (No Sugar) 600ml	\$4.50
Juice Bombs	\$2.50
100% Juice Fresha 300ml	\$3.00
Fresha Fruit Juices 500ml	\$4.00
Emma & Toms Juices	\$4.50
Up 'n' Go Flavoured Milks 250ml	\$2.50
Oak Iced Milk 200ml	\$2.20
Oak Flavoured Milks 600ml	\$4.50
Ice Break Iced Coffee 500ml	\$4.50
Cans 375mls (No Sugar)	\$3.00
Bottles 600mls (No Sugar)	\$4.50
Iced Honeycomb Nippy's	\$3.70
Chill Iced Teas Assorted	\$3.50

drinks

SNACKS

Assorted Fruit - Banana, Apple, Mandarin	From \$0.70 to \$1.00
Peaches	\$1.50
Yoghurt Frogs	\$0.20
Jatz Crackers	\$0.50
Hummus	\$1.50
Cheese	\$0.50
Custard Scrolls	\$3.00
Muesli Bar	\$1.00
Sultanas	\$0.80
Jam or Lemon Biscuits	\$0.50
Assorted Muffins - Blueberry or Chocolate Chip	\$3.40
Banana Bread	\$3.50
Cheesymite Scroll or Cheese & Bacon Scroll	\$3.00
Bread Roll	\$1.50
Eclipse Mints	\$3.70
Monster Cookies	\$3.00
Slices from Clarks & Chitticks - Assorted	Small \$2.20 Large \$4.40
Our Hub Slices - Assorted	Small \$1.50 Large \$3.00
Large Packet Chips	\$3.00
Small Packet Chips	\$2.00
Chocolate Brownie	\$3.40
Snapstix	\$1.20
Frozen Yoghurt (Bulla)	\$3.00



We have a "Daily Specials Board" displaying additional Hot Food Options not listed on this menu, they are specific to that day and change Seasonally.

Prices may be subject to change.

The Food Hub

Daily Specials 2025

Monday

- Chicken Burgers with Cheese and Mayo \$5.50
- Steamed Dim Sims \$1.30 each
- Chicken Nuggets 80c each
- Samosas 50c

Tuesday

- Pizza's – Hawaiian or Margherita \$2.50 Half, \$5.00 Whole
- Meatball Subs – Small \$3.00, Large \$6.00
- Potato Wedges – Small \$2.00, Large \$4.00, Sour Cream 60c
- Sweet Chilli Sauce 20c

Wednesday

- Potato Cakes \$1.30 each Beef Burgers with Cheese and
- BBQ or Tomato Sauce \$5.50 Steamed Dim Sims \$1.30 each
- Ravioli \$4.00 or Lasagne \$5.00
-

Thursday

- Potato Gems in a Cup \$2.30
- Burritos \$4.50
- Nachos with Cheese - Small \$4.00, Large \$5.00, Sour Cream 50c
- Hot Dogs Including Sauce \$4.00 add Cheese 50c

Friday

- Chicken Strips \$1.30 each
- Chicken Burgers with Cheese and Mayo \$5.50
- Steamed Dim Sims \$1.30 each
- Fried Rice Small \$2.50, Large \$5.00

Athletics Day









Glenelg Division Swimming

After a very hotly contested school swimming morning, the qualifiers for the Glenelg District travelled to Hamilton to compete against the Hamilton schools, Casterton, Heywood and Bayview. The distance races got away early with some athletes climbing straight out of the pool onto the starting blocks for their next event.

The heat came with the shorter distance races and the pool certainly hotted up with some extremely fast events. PSC was well represented in the various age groups, however lacked depth in our senior divisions.

Our most successful swimmer for the day was **Matilda Andrews** who came away with age group champion achieving an incredible first place in 5 individual races: 400m freestyle, 50m backstroke, 50m breaststroke, 100m breaststroke, and 50m butterfly! She was JUST pipped out of another first place in the 200m free as she literally finished her 400m race and had to dive straight into the next race!

PSC had a number of other successful swimmers including:

Lexi Munn: Second overall in the 16yr girls with a first in breaststroke and second in the 50m backstroke

Hugo Keenan: Third in 12-13yr boys including a first in the 50m backstroke

Jack Spencer: Third in 17yr boys with two terrific swims

Declan Botica: 4th 15yr boys

Maddi-Lyse Stone: 4th 15yr girls

And a special mention to **Jasmine Brewer** that represented PSC in 4 individual events.

Congratulations to all our swimmers, you performed incredibly well and demonstrated great pride in your school by stepping up for this big day. Congratulations also to the team of staff that organised and ran the event and helped out on the day. Dale Cumming for being the chief organiser and Meet Manager expert, Bec Gould for her amazing work starting every race, Isabella Trott and Montannah Perrett for marshalling and touch judging, Leesa Hein for stepping into the 'deep end' and entering data for the swim meet, Dana Lourie for being in charge of the timers and finish touch judge and to Makeely Kindred and to our magnificent parent helper Kristy Andrews for helping judge finishes and hand out place getter tokens.



PORTLAND SECONDARY COLLEGE

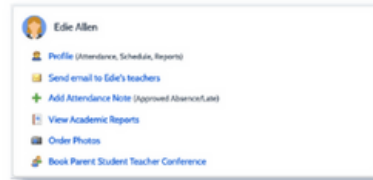


Compass - Attendance & Wellbeing

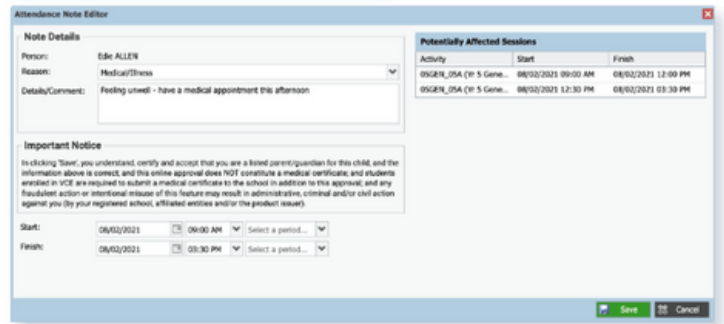
Attendance and wellbeing are complex, interconnected issues, but keeping track of this information shouldn't have to be difficult. Compass has made sure of that.

Entering an Attendance Note

- 1 From the Compass home screen (or from your student's profile), click the **Add Attendance Note** item.
- 2 From the pop-up window
 - ➔ Select the reason
 - ➔ Enter a brief description of the absence
 - ➔ Select the start and finish time
 - ➔ Click the 'Save' button



What is an Attendance Note?
An Attendance Note is used to explain when your child is absent or late for school.



Where possible, attendance notes should be entered prior to the absence/lateness occurring.

Summary

Using Compass you can view up-to-the-minute attendance information for your child.

Notes

This sub-tab provides a list of attendance explanations for your child. From this tab you can also add absence notes (both past and future).

Daily Snapshot

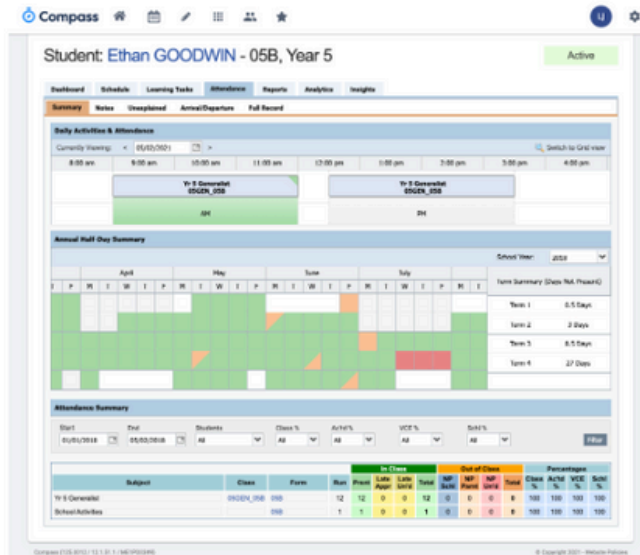
Recent school news items and information relevant to you. This may include newsletters, details of upcoming events.

Explain Specific Absences

This sub-tab provides a list of all unexplained lates and absences from class. From this tab you can click to approve specific absences.

Attendance Summary

Includes a summary of attendance in each class. For full details about a specific absence, click the appropriate number in the grid. For an explanation of a heading item, hover your mouse over the heading of interest.



When students are marked 'Not Present' in class this can sit in one of three different categories. These include:

- NP Schl** Not present in class and is explained by a school related activity.
- NP Parnt** Not present in class and is explained by a parent approval.
- NP Unap** Not present in class with no explanation entered.

We must have parent / carer communication for every single day your child is absent.

Suzanne Patterson, Careers Advisor



Last week Year 9 Students participate in Deakin University's Future Me program. This program builds important knowledge about the changing world of work and supports students to lead career conversations with working professionals to spark career exploration and navigation of future pathways.



Respect

Success

Resilience

Creativity

Woorrangalook Victorian Koorie Surfing Titles

Over the last few months, PSC students Indie King, Isobel Fraser and Seth Monaghan have been taking part in the Surf Eat Yarn and Swim program. The 6-week program allows a space for young mob to connect to water-country, each other and kin. Mini workshops are part of the program, covering various topics such as healthy living etc.

Participating in this program allows youths to develop confidence in the water and their deadly surfing skills and in turn, that has led the youths to being involved in The Woorrangalook Victorian Koorie Surfing Titles for the last 2 years.

Indie, Isobel and Seth were chosen by DWECH, Brophy and Port Fairy Surf School staff for their consistency to achieve personal goals throughout the program and for showing that they will be future leaders.

Held this year on February 8th at Point Roadknight near Anglesea, all 3 students walked away with recognition and an award for their efforts in the surf titles.

Indie is a traditional owner of Gunditjmara people and is a Princess of the Yiyar nation. This is why she was chosen to represent her mob at the mixing of the waters (an honour that is reserved for the Traditional owners). Those involved are very proud of Indie for going out of her comfort zone and representing her people.

Seth won the best and fairest award for the Under 16s boys division. A great effort considering the waves were horrid for his event!



L-R Ace McKenzie, Tilly Close-Coolwell (group leaders), Billy Twomey (DWECH staff), Adam Robertson (Surfing Australia CEO), Isobel Fraser, Indie King, Seth Monaghan



**Seth Monaghan
Under 16 Boys Best & Fairest**



Indie holding water from Gunditjmara country for the mixing of the waters



Isobel Fraser





14 Ways READING IMPROVES Your Mind and Body

Strengthens the Brain

1 Reading brings exciting neural pathways in the brain to life.

2 Reading complex poetry in particular helps the brain remain vibrant and active.

3 Frequent brain exercises, like reading, decrease dementia risk for the elderly by 32%.

When you read a book you have to remember a lot of things, including the different characters, and also the main plot and any subplots throughout the story.

All of these points throughout the story are a new necessity in your brain, which means new synapses being created and existing ones being strengthened. Therefore, your brain's short-term memory and recall capabilities improve.

Study

Participants read thirty pages of a book the night before and then had an MRI of their brains the next morning. Results showed there was a heightened connectivity in the left temporal cortex. This is the area of the brain that's associated with language and intelligence.

The result

Even though the participants weren't reading the novel in the MRI machine, their brains were still retaining a heightened connectivity as if they were. This means **the brain is like a muscle**, and by exercising this muscle, people can improve their brain power.

Improves Your Health

5 A study showed that depressed patients in the mental health ward showed **positive engagement** when they were read stories aloud. They reported feeling better and more positive about things.

7 Researchers have demonstrated that reading can **reduce stress** by around 68%.

8 Elderly patients who regularly played mentally challenging games or read books were **two and a half times less likely to develop Alzheimer's**.

6 In the case of depression, **self-help books** are the best type because people with severe depression benefit greater from a low-intensity intervention. Self-help books fit into this category, so not only does reading them help patients with depression, but the topic also adds a benefit.

9 Creating a **bedtime ritual**, like reading before bed, signals to your body that it's time to wind down and go to sleep. However, this only applies to real books as screens like e-readers and tablets can actually keep you awake longer and hurt your sleep.

Children's Brains

10 Children who read are better able to grasp abstract concepts, apply logic in various scenarios, recognize cause and effect, and utilize good judgment.

11 Numerous studies have shown that students who are exposed to reading before preschool are more likely to do well in all facets of formal education.

12 A children's book exposes your child to 50% more words than watching a television show.

Reading Helps in Real Life

13 Researchers have discovered that those who read about characters doing something are more likely actually to do that activity in real life. This means that you're more motivated to ask your employer for a raise, or complete that bucket list you've meant to get to.

14 Identifying with characters in a book also helps you experience the type of real-life relationship you would experience with a real person, which means you identify with people who are shy if you read about a shy character.

References:
www.illnessand.com/health/10-ways-to-benefit-from-reading-why-you-should-read-every-day
www.researchgate.net/publication/312124444
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T H E
E X P E R T
E D I T O R

Reading has many benefits, and students (and staff) have the opportunity to read for 10 minutes each day after lunch. Everyone should have a book, magazine or other appropriate reading material with them at this time. The library has a variety of reading material available for borrowing – perhaps you could ask your student what they are currently reading.

The Victorian Premier's Reading Challenge is happening again, and all students in Years 7-10 are encouraged to participate.

The challenge was created in February 2005 to support children and young people's reading skills, highlight the importance of reading for literacy development and help more Victorians fall in love with reading.

To complete the challenge, students are asked to read 15 books before the cut off date in September, with their reading efforts recorded online. Picture books, short stories, poems or non-fiction books in any language can be part of the challenge.

Any student in Years 7-10 who is interested in registering can see Ms Collins in the library or send a message via Compass. Once registered, books can be recorded online. There will be prizes awarded to students who complete the VPRC.

Happy Reading



Victorian
premiers'
reading
challenge



20 years of
Words and Wonder











To register, visit vic.gov.au/premiers-reading-challenge
The Victorian Premiers' Reading Challenge is led by the Premier
with the support of former premiers.

The
Education
State



Department
of Education

2025 TERM 1

Monday	Tuesday	Wednesday	Thursday	Friday
January 27	28	29	30	31
February 3	4 	5	6	7 Yr 7 Home Study Day
10 Swimming Sports 	11	12	13	14
17 Student Free Day	18 School Photos 	19	20	21 Glenelg Division Swimming 
24 Yr 9 Future Me Period 1 & 2	25 Yr 9 Future Me	26 Yr 7 BBQ Yr 9 Future Me	27 School Photos (Backup) 	28
March 3 Athletics Day	4 Grade 6 Day & Info Evening Home Study Day - Yr 7 & 8 Warrnambool Careers Expo VCE VM	5	6 Y9 Outdoor Ed - Surfing 	7 Yr 12 Physics - Luna Park
10 Labour Day Public Holiday	11	12	13	14
NAPLAN				
17 Student Leadership Induction	18 Yr 12 Tertiary Information Service	19	20 Y9 Outdoor Ed - Surfing 	21 GD Athletics 
24	25 Elevate Sessions Yrs 7-12	26	27 Harvest Ed Agricultural Program - Yr 9	28 Greater Western Region Swimming H.E.A.P - Yr 9
31 Yr 9 Morrisby Profiling	April 1	2	3 Grip Leadership Conference	4 Parent Teacher Interviews Last day of Term 1

BE AHEAD OF THE GAME

Gambling awareness program for young people



Be Ahead of the Game is a free education program that helps school communities understand how young people may be affected by gambling and mitigate the risks.

What's the issue?

Driven by saturation levels of gambling advertising, rapidly changing technology, and a blurring of the line between gaming and gambling, young people are increasingly at risk of harm from gambling.



An average of 948 gambling ads were shown daily on Victorian free-to-air TV in 2021.¹



Even though gambling is only legal for people aged 18+, 1 in 5 boys and 1 in 8 girls aged 16-17 reported having gambled in the past year.²

¹ Nielsen, (Advertising spend estimates and spot counts) Nielsen Ad Intel, Jan 3, 2021 - Jan 1 2022.

² Australian Institute of Family Studies, *Growing Up in Australia Longitudinal Study of Australian Children 2018 Annual Statistical Report (Gambling activity among teenagers and their parents)*, 2018.



Community News

We love hearing from our community, please contact us if you have an event or story to share.

newsletter@portlandsc.vic.edu.au | 03 5523 1344



PORTLAND
LIBRARY

3.45 - 4.45PM

ILLUSTRATION & DIGITAL ART WORKSHOPS

Where's Wally?

12 MARCH

Min-Max

26 MARCH

WEDNESDAYS @ THE
LIBRARY

FREE

No Bookings

For Young People

Aged 12-25yrs.



Respect

Success

Resilience

Creativity



SEEKING PLAYERS FOR ALL JUNIOR FOOTBALL GRADES AND 17 AND UNDER NETBALL

- ALL GAMES PLAYED ON SATURDAYS
- HOME GAMES AND TRAINING HELD IN PORTLAND AT BRAND NEW FACILITIES

Football contact:
Clarkston Ray
0467 237 991

Netball contact:
Tiana Richardson
0400558681



**Thursday 3rd April 2025, 9:30am-2:30pm at
Bayview College Portland
119 Bentinck Street, Portland, Vic 3305
*Primary & Secondary Chess Victoria Zonal Tournament***

A tournament open for primary and secondary school students from prep to year 12 under the direction of Leonid Sandler, International Chess Master, International Chess Federation (FIDE) Trainer, Captain of the Australian Women's Olympiad Team 2004, 2006, 2010 and 2022, Welsh Women's Team Captain 2018 and Saint Lucia Women's Chess Olympiad Team Captain 2024.

Each player will play 7 games with a time control of 13 minutes plus 2 seconds per move from move one.

- Entry fee of \$30 per player
- Each school competing must send an adult supervisor with their team
- Students BYO snack and lunch
- Morning tea and coffee will be supplied for supervising adults
- Closing date for enrolment is 30th March
- Entries should be sent by email to leonidsandlerchess@gmail.com
- Website: www.chesscoaching.com.au
- Places are limited. Please book early to avoid missing out



REGISTER

CAMP

Push your limits. Find your potential

Life for today's young people is fast-paced, digital, and often overwhelming. The Portsea Camp Journey Program offers a unique opportunity for kids and teens to unplug, challenge themselves, and develop resilience in a supportive and nature-based environment.

This five-day adventure is designed to push limits, build confidence, and foster real connections. Under the guidance of expert outdoor facilitators, participants will take part in a series of endurance challenges, survival skills training, and teamwork exercises that will leave them feeling empowered, capable, and inspired.



Hike



Bike Ride



Tent
Camping



Trangia
Cooking



Self-care &
Mindfulness



Survival Skills

Why This is a Game-Changer

- **Confidence:** Overcome physical and mental challenges, proving personal strength. **Resilience:**
- Learn to adapt, stay focused, and push through obstacles.
- **Endurance:** Discover the power of perseverance and mental fortitude.
- **Connection:** Form lifelong friendships and strengthen teamwork skills. **Nature:** Experience the benefits of outdoor adventure
- for mental and emotional well-being.

JUNIOR

8-12yo

A beginner-friendly experience designed to introduce outdoor adventure.

TEEN

13-17yo

A more immersive challenge focusing on endurance, teamwork, and leadership.



mad@theportseacamp.com.au
(03) 5984 2680

The Portsea Camp
3704 Point Nepean Rd,
Portsea





WHAT IS ROTARY YOUTH EXCHANGE?

Rotary Youth Exchange Australia provides the opportunity of a lifetime for Australian high school students to live & study abroad. Students spend approximately 12 months living in their host country where they attend school and stay with local host families. In your host country, you will experience different foods, study different subjects, enjoy a new culture and most likely learn a new language.

Rotary Youth Exchange is recognised as the best student exchange program by schools, parents, and students around the world for safety, cost and benefit.



SELECTION AND PREPARATION

The selection and preparation process for Rotary Youth Exchange is comprehensive to ensure all participants are suitable and adequately prepared.

Interested students should contact their local Rotary Club or submit an Expression of Interest on the Rotary Youth Exchange Australia Website: <https://ryea.org.au/apply-today/>

Rotary Clubs will interview prospective candidates and nominate suitable students to the District 9780 Rotary Youth Exchange committee.

All nominated students from across the district will attend a selection weekend and a formal interview. Students will find out after the interview whether or not they have been offered a place in the program.

Successful students will attend one preparation day and a preparation weekend before their departure.



Key dates for 2025 are:

April 25th - Applications due. Club interviews to follow
May 31st - June 1st - Selection weekend in Halls Gap
June 21st or 22nd - Formal Interview in Ballarat
July 20th - Briefing session in Horsham
November 8th - 9th - Briefing Session in Swan Hill
Mid Jan 2026 - Departure from Melbourne

ROTARY YOUTH EXCHANGE

THE OPPORTUNITY OF A LIFETIME

FOR STUDENTS IN YEAR 9, 10 OR 11 IN 2025



WHO CAN APPLY?

To be eligible to depart in 2026 students must:

- Be in year 9, 10 or 11 in 2025.
- Be born between 01/07/2008 and 31/12/2010.
- Be outgoing, self-confident, friendly, adaptable, adventurous, willing to learn a foreign language and have above-average school grades.



THE SPONSOR CLUB PROVIDES:

- A mentor for the student. The mentor is responsible for assisting the student with the application process, attending selection and preparation events with the student and family, encouraging the student's involvement in the Rotary Club and checking in with the student throughout the exchange among many other things. Your mentor is you and your parents' 'go-to' for anything exchange-related.

THE STUDENT/FAMILY PROVIDES:

- A global fee inclusive of flights, insurance, clothing, selection and preparation events etc.
- This fee will be confirmed in early 2025. For reference, the fee was \$10,000 in 2024.
- An emergency fund (returned to the student if unused).
 - Day-to-day and entertainment expenses, new clothes etc.
 - Optional tours e.g. 'Eurotour' or Amazon trip.

THE HOST CLUB/DISTRICT PROVIDES:

- A mentor for the student. Similar to the Sponsor Club mentor, this is the student's 'go-to' in their Host Country. The Host Club mentor also assists with school enrolment, ensuring the student's phone is set up, involving the student in the Rotary Club, required travel for the student etc.
- Room and board with approx 3-4 host families.
- A monthly allowance of approx AUD \$180.
- In some cases: Orientation camps, exchange student activities/trips, language lessons

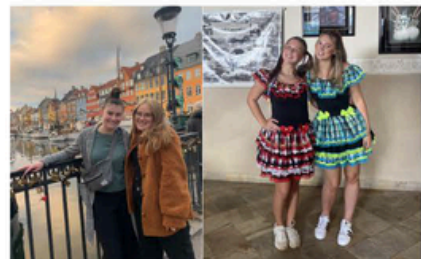
DO I GET TO CHOOSE WHERE I GO?

The range of countries available for exchange varies each year. Some of the countries that have recently been on offer for exchange include but are not limited to:

**Brazil Denmark Finland Belgium
Germany Argentina Italy Taiwan
Spain France Canada USA**

Students will be advised which destinations are on offer during the selection process. Students will rank the countries by preference and then the District Committee will allocate Host Countries to successful candidates.

Students should have an open mind and be prepared to accept an exchange in any available country.



APPLICATIONS CLOSE 25TH APRIL 2025 FOR EXCHANGES DEPARTING IN JANUARY 2026

APPLY NOW AT:
<https://ryea.org.au/apply-today/>



CONTACT US:
chairye9780@gmail.com



APPLY NOW

SPARK ENGINEERING CAMP



7TH JULY - 12TH JULY
2025

STUDENT APPLICATIONS OPEN

Join us for a **FREE**, week-long residential camp and uncover the endless possibilities in **STEM!**

- Meet like-minded peers
- Have fun solving problems
- Explore university campuses
- Hear from industry experts

All while having an unforgettable time!

OPEN TO YEAR 10-12 STUDENTS



Spark Engineering Camp
A Youth Without Borders Initiative
@spark_engineering_camp
<https://www.ywb.com.au/spark>

