



# Portland Secondary College

## Newsletter

**TERM 3 WEEK 9**

18th September 2025

## Highlights

- Principal's report
- Public Speaking
- Library News
- Sport
- Nurse news
- Road Safety
- Art
- VCE VM
- Community News and more

## IMPORTANT DATES TO REMEMBER



### Friday 19<sup>th</sup> September

- Last day of Term 3 (finish @ 2:30pm)
- Buses to depart PSC @ 2:40pm



### Monday 6<sup>th</sup> October

- Parent Teacher Interviews - Yrs 7-10
- Student Free Day for Yrs 7-10 (students to attend interviews only. NO classes running)
- Year 11&12 to attend their regular classes (and Year 10 students doing a VCE class)



### Tuesday 7<sup>th</sup> October

- Term 3 regular classes resume



Photo: Port of Portland



Photo: PFNC

**Portland Secondary College is a Child Safe School**



## PRINCIPAL'S REPORT

We have reached the end of Term 3 and time is flying past for our Year 12 students as they begin work on some rigorous revision for their final exams. These students return to the College only briefly in Term 4 before beginning an intensive exam period. All other Year Levels have completed Term 3 assessments and parents are reminded that Year 7 – 10 Parent teacher interviews will be held the first day back of Term 4. This is a great opportunity for parents to discuss your child's learning and progress as they move into Term 4.

Thank you to all parents who have completed the Parent Opinion Survey. Your children have certainly enjoyed the \$5.00 Canteen voucher they received. It isn't too late if you haven't completed it yet. The survey closes this Friday, so you still have time to provide some feedback to the College. It doesn't take long and provides the College with some useful information to assist in our future planning. Please log on and provide some feedback. All the necessary details are on Compass.

A huge congratulations must go to Ajay Sonti. Last week Ajay travelled to the State Final of the Legacy Junior Public Speaking Awards and once again brought home a first place. This is the second time Ajay has won the State Title and he now earns the right to represent Victoria at the National Finals in Adelaide later in the year. Congratulations also to Isaac Legg, who participated in his very first state final in this event. Isaac also did an amazing job and gained some valuable experience in public speaking. It will mean Ajay is incredibly busy over the next few weeks as he jets off overseas very shortly as part of the 2025 Premier's Spirit of Anzac Prize, which is only awarded to 12 students across the state each year. As a prize recipient, Ajay will participate in a study tour to Turkey in the September holidays where he will visit Gallipoli to gain an understanding of Australia's military history, the service of our veterans and Australia and Turkey's enduring friendship. This is an amazing opportunity for Ajay and a reward for all his hard work.

In the last couple of weeks we have, once again, had students involved in a wide range of opportunities. Both boys and girls year 7 and 8 basketball teams took to the court and played a number of other schools in the local district, achieving mixed results. We also had a number of students helping out our local primary schools by umpiring at their interschool sports competition. Coming up in the last week of term we have Year 7 and 8 students participating in table tennis and badminton against other schools in the Glenelg District as well as some of our Public speakers participating in the Lions Youth of the Year event.

Finally, I would like to wish all our students a safe and happy holiday break. We'll see you all again ready to go in Term 4. A reminder that the term finishes at 2:30pm this Friday as we break for the holidays.





# School Wide Positive Behaviour Support

## Parent Information

At Portland Secondary College we recognise that strong student wellbeing is paramount to student learning and engagement, and we highly value the importance of establishing, nurturing and maintaining positive relationships in order to improve student outcomes.

The implementation of School Wide Positive Behaviour Support (SWPBS) has allowed the College to establish a solid framework to develop a positive, safe and supportive culture where student wellbeing and student learning are equally important.

SWPBS is a multi-tiered support system for behaviour management employed by teachers to focus on promoting expected behaviours through positive teaching and reinforcement.

When SWPBS is implemented well, teachers and students have more time to focus on relationships and learning. Students and staff benefit from:

- increased respectful and positive behaviour
- increased time focused on learning
- increased academic performance
- improved social-emotional wellbeing
- positive and respectful relationships among students and staff
- a predictable learning environment with improved perceptions of safety and increased attendance
- improved perception of safety
- reduced bullying behaviours
- decreased suspensions
- increased positive school culture and climate

SWPBS is supported by programs such as PSC's Mentor Program, the Level Managers, Peer Support Program, Respectful Relationships, PIVOT Wellbeing, Student Services and other external organisations and utilises the Department of Education Wellbeing High Impact Strategies and Positive Classroom Management Strategies. The College values and listens to Student Voice and Agency and encourages students to take on leadership roles and to be active participants in their local community.

The College uses the Compass program to share each child's progress at school in both their learning, engagement and behaviour.

# Portland Secondary College

## School Wide Positive Behaviour Support

### What is Compass?

Compass is our School Management program that allows parents and carers to access up-to-date and meaningful information about PSC and your child's progress.

Compass allows users to:

- Monitor your child's attendance, and enter an explanation for absence or lateness
- Communicate with your child's teachers, and update your family contact details
- View your child's timetable and the school calendar
- Monitor your child's homework and assessment tasks
- Download and view your child's academic reports
- Book parent-teacher conferences
- Pay and provide consent for events and school fees
- Access the College Newsletter
- Check your child's learning, engagement and behaviour at school

As part of School Wide Positive Behaviour Support (SWPBS) your child can receive positive feedback in the form of a tangible reward which could be a token, a green Compass chronicle or a postcard.

**Tokens:** To reward a student for demonstrating a positive behaviour, staff simply hand the student the relevant coloured token and inform the student they can save their tokens and redeem them to gain a prize at the SWPBS Shop.

All teachers will be issued with a token pouch containing counters of the four values colours.

**Red = Creativity**

**Green = Success**

**Blue = Respect**

**Purple = Resilience**

Once a fortnight students will be able to redeem their tokens at the SWPBS Shop which will be manned by the Student Voice & Agency Committee (SVAC) students.

### Green Compass Posts:

Teachers can also reward students by recording a green compass post under the relevant College Value. These posts are visible on the student's compass profiles for students and their families to view. At the end of each term the SVAC students will calculate each student's Compass points and they can be redeemed for a prize at the shop.

### Postcards:

To acknowledge the demonstration of valued and expected behaviour, teachers can send Postcards home to students to be celebrated by their families.

When students make academic errors, it is important to respond by re-teaching, providing guided practice, and allowing them to practise with frequent monitoring. Similarly, viewing inappropriate behaviours as learning errors supports taking a supportive, educative approach. Effective responses to inappropriate behaviour in the classroom involve fair and consistent corrective actions. By explicitly teaching and providing constructive, specific feedback, students can learn and practise new behaviours.

Staff also use the Compass program to record the behaviours we want to see corrected. These occur in the form of 'yellow' Compass notes for minor behaviours and 'red' Compass notes for major behaviours.

It is important that parents are regularly monitoring Compass to see how your child is functioning in the College environment.





## 2025 Parent / Caregiver / Guardian Opinion Survey:

Dear Parents / Caregivers / Guardians,

Our school is conducting the annual Parent / Caregiver / Guardian Opinion Survey and is seeking your feedback. The survey, offered by the Department of Education, is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement.

**Your opinions are important to us** and will contribute to **identifying areas for improvement and professional development needs in the school**, to target school planning and improvement strategies. The department will use the results from the survey for research purposes and to improve outcomes for students.

The survey will be conducted **online** and only takes **20 minutes** to complete. It can be completed on any internet enabled device (desktop computer, laptop, tablet or smartphone) and is compatible with most browsers.

The survey is available in English and 10 other languages: Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese. If you require assistance in another language, resources may be available for you. *Please reach out to your child's teacher, or the school if you require assistance in another language.*

The Parent / Caregiver / Guardian Opinion Survey will be open online from **Monday 18 August to Friday 19 September 2025**.

[To complete the survey, simply log on to Compass and follow the instructions.](#)

**PLEASE NOTE:** Only one **parent / caregiver / guardian** from your household is invited to complete the survey on behalf of the student's family. Please reach out to your child's teacher, or the school if your child's family lives in two separate households, so both households can have the opportunity to provide their feedback.

To protect your responses, please **DO NOT** share the survey link and PIN with others, or on a public website, forum or similar.

[Please be assured that your responses are completely confidential.](#)

The survey is conducted anonymously, and it is important to our school that you complete the survey as honestly as possible.

ORIMA Research, a private research company, is conducting this survey on behalf of the Department of Education. ORIMA Research Pty Ltd has not been and will not be provided with the contact details, names or any other personal identifying information about the parents / caregivers / guardians invited to complete the survey.

The department, the survey supplier (ORIMA Research) and the school can never personally identify you, or see your responses linked with the PIN.

The department and ORIMA protect your responses in accordance with the Privacy and Data Protection Act 2014 (Vic), the Health Records Act 2001 (Vic) and the Public Records Act 1973 (Vic). ORIMA Research also adheres to the Privacy (Market and Social Research) Code 2021, as well as relevant State and Territory legislation. For more information, please visit ORIMA's Privacy Policy here: <http://www.orima.com.au/home/privacy-policy> and the department's Schools' Privacy Policy here:

<https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>.

## Questions?

Please do not hesitate to contact us if you have any general queries about the survey. For specific technical or participation-related queries, you may also contact the department or the supplier administering the survey, ORIMA Research.

- Should you have any technical queries regarding the survey, or questions regarding the privacy and confidentiality of your survey responses, please do not hesitate to contact ORIMA Research on 1800 654 585 (toll-free during business hours), or by email: [pos@orima.com](mailto:pos@orima.com)
- Should you have any participation or survey-related queries, please contact the school, or the department by email: [school.surveys@education.vic.gov.au](mailto:school.surveys@education.vic.gov.au)

Yours sincerely,  
Joanne Kindred



# Parent Teacher Interviews – Monday, October 6th

Bookings are open on COMPASS

📌 Important Details:

✅ **Years 7–10:**

This will be a student-free day for Years 7–10. Students in these year levels are only required to attend their scheduled interviews. Interviews can be scheduled with your student's Mentor and classroom teachers.

✅ **Years 11 & 12:**

This will be a normal school day. Year 10 students enrolled in VCE classes must attend those classes.

📅 Bookings open at 9:00am on Monday, September 15th via Compass.

👤 Parents/Guardians:

Please log in to your Parent Compass account to schedule interviews with the relevant teachers.

This is a valuable opportunity to check in on your child's progress – we look forward to seeing you there!

## How do I book

## Parent Teacher Interviews?

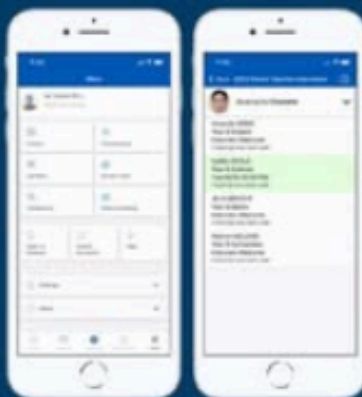
*Via the App*

### STEP 1

From the Compass home screen on your app, select the menu (top left) and click Conferences).

### STEP 2

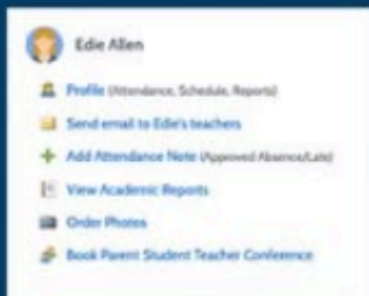
From the list of parent-teacher conference cycles  
> Select "2025 Parent Teacher Interviews"  
> Select the student you wish to place a booking for  
> Select the class  
> Click on a time slot to make a booking and confirm



*Via the Website*

### STEP 1

On the home screen, beside the student you wish to make bookings for, click 'Book 2025 Parent Student Teacher Conference'



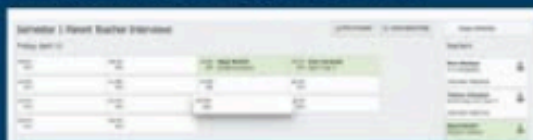
### STEP 2

Select '2025 Parent Teacher Interview'



### STEP 3

Your bookings sheet will be displayed and will show your available booking times. Click on a time in the grid to display teachers available for booking at that time.





PORTLAND SECONDARY COLLEGE

## **PSC STUDENTS: YOUR SAFETY IS #1...**

- ⚡ Students must cross the road at designated crossings where available
- ⚡ Students need to practice the “Stop, Look, Listen, Think” rule, no matter what age they are
- ⚡ Students must stick to footpaths when possible
- ⚡ Students should minimize distractions, such as using mobile phones and headphones while crossing the road
- ⚡ Students must walk their bikes and scooters across the road and must not ride in and out of the traffic
- ⚡ Students must not walk in and around the bus loop area
- ⚡ Students must not run/walk in amongst moving traffic. You must cross the road at a safe place when the road is clear of traffic



PORTLAND SECONDARY COLLEGE

## **STUDENT SAFETY IS IMPORTANT**

- ⚡ Drivers must be alert, watching for school zone signs, traffic signals and potential hazards such as student movement and opening car doors
- ⚡ Drivers must obey the 40km speed limit in school zones that are in effect between 8am to 9.30am and 2.30pm to 4pm weekdays during Victorian school terms
- ⚡ Drivers must avoid distractions, such as using mobile phones
- ⚡ Drivers must park in designated areas and avoid parking on driveways, footpaths and grass areas
- ⚡ Drivers must be aware of school busses pulling out into traffic and students getting on and off busses
- ⚡ Drivers must use designated drop off and pick up areas





# Portland Secondary College

*Creating the opportunities*

## TERM 4 CALENDAR

OCTOBER

**Monday 6<sup>th</sup> - Year 7-10 Parent Teacher Interviews (no classes)**  
- Year 11/12 (and Year 10s doing a VCE subject) to attend their regular classes

**Tuesday 7<sup>th</sup> - Regular scheduled classes resume**

**Thursday 9<sup>th</sup> - GWR Athletics (Ballarat)**

**Friday 10<sup>th</sup> - VCE VM Industry Tours**  
- Last day for VM/VPC/Unscored VCE Yr 12s  
- Year 12 Celebration Day  
- Year 10 TAFE Taster (for selected students)

**Monday 13<sup>th</sup> - Year 12 Practice exams (all day, no Yr 12 classes)**

**Tuesday 14<sup>th</sup> - Year 12 Practice exams (all day, no Yr 12 classes)**

**Wednesday 15<sup>th</sup> - Year 12 Practice exams (all day, no Yr 12 classes)**

**Thursday 16<sup>th</sup> - Year 7&8 Super 8 Cricket**

**Friday 17<sup>th</sup> - Year 10 TAFE Taster (for selected students)**

**Wednesday 22<sup>nd</sup> - Year 9&10 Super 8 Cricket**  
- Last day for Year 12 scored students

**Thursday 23<sup>rd</sup> - Whole school assembly**

**Friday 24<sup>th</sup> - Year 10 TAFE Taster (for selected students)**

**Tuesday 28<sup>th</sup> - Year 12 exams**

**Wednesday 29<sup>th</sup> - Year 12 exams**  
- GD Golf

**Thursday 30<sup>th</sup> - Year 12 exams**  
- Year 9 Outdoor Ed Surfing

**Friday 31<sup>st</sup> - Year 10 TAFE Taster (for selected students)**

NOVEMBER

**Monday 3<sup>rd</sup> - Year 12 exams**  
- Student Free Day

**Tuesday 4<sup>th</sup> - Melbourne Cup Public Holiday**

**Wednesday 5<sup>th</sup> - Year 12 exams**  
- GD Tennis

**Thursday 6<sup>th</sup> - Year 12 exams**  
- Year 9 Outdoor Ed Surfing

**Friday 7<sup>th</sup> - Year 12 exams**  
- Year 10 TAFE Taster (for selected students)

Calendar was last updated on  
16/09/2025.

Please monitor Compass, Newsletter and  
Social Media for updates.



**Elizabeth Paulet, Public Speaking Coach**



# Legacy Junior Public Speaking Championships – State Finals

## State Champion Returns to PSC

Congratulations to our PSC students who took part in the State Final of the Legacy Junior Public Speaking Championships in Ballarat recently.

Year 7 student **Isaac Legg** and Year 9 student **Ajay Sonti** both delivered outstanding speeches to an audience of Legatees and school representatives.

We are especially proud to announce that **Ajay Sonti was awarded the State Champion Cup for the second time** – making him the only student to have achieved this remarkable feat twice. Ajay will now go on to represent PSC at the National Final in Adelaide this November.

This is the fourth consecutive year PSC students have reached the State Final, and the fourth year in a row that PSC will be represented at the National level.

We extend a huge thank you to Legacy Ballarat and Hamilton for continuing the event every year.



Photo: Karen Hodge





**Nicola Taylor, Secondary School Nurse**



## **715 Health Assessments - Indigenous Students**

If your child missed the free 715 Health Assessments on 9th September 2025, Dhauwurd-Wurrung Elderly Community Health Service Medical Clinic will be returning to PSC at the start of next term.

Each student who attends receives a \$50 gift voucher from DWECH.

Consent forms are available from PSC's General Office.

### **What is the purpose of the 715 Health Assessment?**

The 715 Health Assessment is a comprehensive health evaluation performed to monitor your child's physical, emotional and developmental well-being.

#### **This assessment may include:**

Review of medical history

Physical examination

Growth and Developmental screening

Vision and hearing screening

Immunisation review and updates

Health education and anticipatory guidance

Referral to additional services if needed

This assessment is often required for school enrolment, sports participation or public health monitoring.

**Donna Chapman, Numeracy Support**



## **Fruit Program**

Throughout Terms 2 and 3, our Year 7 students have been lending a hand to Donna Chapman each week, helping to unpack, sort, and distribute dozens of boxes of fresh fruit from Admella's.

This amazing initiative, supported by Portland Aluminium Smelter and first implemented by our Re-engagement Centre, delivers fruit to 19 schools across our district every week!

As a thank-you for their hard work, our Year 7 HUB was able to purchase some exciting new additions for the kitchen, including a water filter, urn, and sandwich press—all proudly sourced from our local Betta Electrical store.

Pictured: Some of our Year 7 students enjoying the new kitchen equipment... and of course, some delicious fresh fruit!



**Respect**

**Success**

**Resilience**

**Creativity**



## Year 7 & 8 Basketball

Our Year 7 and 8 basketball teams travelled to HILAC in Hamilton recently to compete in a round robin tournament against other schools in their division.

- The Year 7 boys, coached by **Ivy Aitchison**, came away with 1 win and 3 losses.
- The Year 8 boys, coached by Tarni Mesley, had a fantastic day, finishing with 4 wins and just 1 loss.
- The Year 7/8 girls' team, coached by Ms Gorey, performed well and ended the day with 2 wins and 2 losses.

Well done to all players and coaches for representing our school with great sportsmanship and effort.

Thank you also to our referees **Raf Stringfellow, Indi Rowe and Oscar Elford** who did an amazing job refereeing all day.





**Sue Taylor, Art Leader**



# Tiny Exhibition

## *Tiny Exhibition*

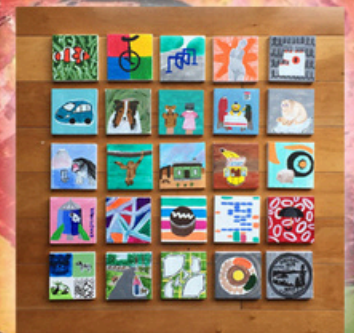
In term 4 we are holding another tiny exhibition of artworks on 10x10cm canvases.

The topic and medium are **your choice**, but must be appropriate for school.

The works will be exhibited in the Library and there are a number of prizes!

If this is something that interests you, then please see Ms Taylor, Mr Doyle or Ms Blake

**We only have 33 canvases, so hurry and secure yours now!**



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## Marine Science – Squid Dissection

Our Year 9 Marine Science students recently explored the fascinating world of marine invertebrates through a hands-on squid dissection, generously supported by Eugene at Arrow Products.

Students compared the anatomical features of both small and large squid, gaining insight into how these incredible creatures survive and adapt in the ocean.

A highlight was locating the ink sac—used by squid as a defence mechanism in the wild—which, while making the dissection a little messy, provided a memorable, first-hand look at this unique adaptation.





## VCE VM UNIT 4 – COMMUNITY PROJECTS

### Rejuvenating PSC Garden Beds

Earlier this term, a group of us secondary boys took on a hands-on project to rejuvenate the garden beds outside the P1/2 building – including a special tribute garden dedicated to a past teacher who made a lasting impact on our school community.

These garden beds were originally built by VM students, but over time, they had become overgrown and full of weeds. When we started brainstorming ways to improve our school environment, this project was a clear choice. Not only are the garden beds visible every day from the P1 and P2 classrooms, but they also represent the contributions of past students and teachers to our school.

To get things rolling, we reached out to Fran Lovell, the Community Projects Coordinator at Bunnings. Fran visited the school to inspect the garden beds and was excited to support us. Thanks to Bunnings' generosity, we were supplied with a fantastic range of native and pollinator-friendly plants, as well as compost to refresh the soil.

Before planting anything, we had to put in some solid groundwork. We pulled out all the old plants and removed the heavily weeded soil from each bed. We also cut back overgrown bushes and pressure-washed the ground tiles, including those surrounding the tribute garden, to clean everything up and give the area a fresh look.

One of our biggest challenges throughout the project was the weather – we had to work around rain and often only had short dry windows on some days. But we stuck with it, working between showers, and finally managed to get all the plants in the ground on Thursday, 28 August. Bunnings staff member Tegan Prentice selected the plants for us, and we were lucky to have Fran and Megan Rowsell on-site to help with the planting.

We're really proud of the result. The gardens now look alive, and we hope they bring some joy to the students and staff who walk past them every day. A huge thank you to Fran and the team at Bunnings for their generous support and advice, and to our teachers for backing us throughout the project.

**Rylan Mackay, Sean Duckworth, Bailey Place and Mick Smith**





# VCE VM UNIT 4 – COMMUNITY PROJECTS

## Rejuvenating PSC Garden Beds



**Lydia Mackie**, Performing Arts Teacher



## **PSC Singing Group**

# **PSC SINGING** *Group*

Every 2<sup>nd</sup> Friday @ lunch in the music room (N8)

Staff | Students all welcome

All levels of ability encouraged

Friday October 10<sup>th</sup> (wk. 1)

Friday October 24<sup>th</sup> (wk. 3)

Friday November 7<sup>th</sup> (wk. 5)

Friday November 14<sup>th</sup> (wk. 7)

Friday November 28<sup>th</sup> (wk. 9)



**Respect**

**Success**

**Resilience**

**Creativity**





## Library News

Every day after lunch the whole school has Reading time. Reading has many benefits, many of which are outlined in the infographic. One of the findings of a study showed that reading for just six minutes slows your heart rate, eases muscle tension and alters your state of mind – so if everyone took a book or magazine to class after lunch and read for all of Reading time there would be a much more relaxed group of people once that time was up! Take a closer look and check out some of the other great ways that reading can help make you healthier.

The library has a wide range of reading materials available for loan – picture books and graphic novels, magazines, novels, autobiographies and biographies and a wide range of non-fiction books. Many of these can be accessed in their physical form from the library, but others can also be found as eBooks and audio books via the school's eBook library (which can be accessed via the Library web app which can be found under the star menu in Compass). Physical books are needed for Reading, but there should be something to suit everyone in the Library. Some students many find that the parental controls on their internet stop them from accessing some of the resources available to them, so parents, please check if your child can access the Library web app.

Year 7 students have been studying Lenny's Book of Everything, which is set in a time before the internet, so during their Information Skills sessions we have hands on sessions for students to use the print encyclopedia and also an online version of the World Book – a new experience for most. They will next be extending their skills by learning how to effectively search the internet for information, rather than copying and pasting questions or relying on an AI generated summary. They also have time to browse the shelves in the library and borrow so they can have something they are interested in to read during Reading.

Any student is welcome to make suggestions for purchases to add to the library collection, and it is great that so many students have done so, we have added many new requested titles to those available for borrowing from the library year. Why not ask your student what they are currently reading?

Don't forget that even while we are on holidays, the PSC Library web app is there giving access to resources and our eBook and audiobook library 24/7!

You can find the Library web app link under the star menu on Compass. Log in via the blue 'Login via SSO' button and using your school email address and Compass password if prompted.

You can also see what resources you currently have on loan – there are many students with overdue books or magazines, it would be great if these were returned before the break – or drop in to the library to reborrow. Emails will be sent out to parents in the last week of term for resources that are significantly overdue.



Donna Jennings, Science Leader



## 2025 International Chemistry Quiz

Well done to all PSC students who recently took part in the Royal Australian Chemical Institute 2025 International Chemistry Quiz!

A special congratulations to these students who received Credit awards and were recently presented with their certificates: **Janneus Mejorada, Veer Singh Chauhan, Gracie Watt, Heath Keiller, Flynn Belden, Hugo Keenan, Archer Cumming and Will Shelton.**

Well done!



Respect

Success

Resilience

Creativity





## **Badminton and Table Tennis**

A team of enthusiastic Year 7 and 8 PSC students boarded the bus on their way to the Hamilton Indoor Leisure and Aquatic Centre on Tuesday to play table tennis and badminton. After a warm-up and some time to suss out the opposition, students began their very busy roster.

The table tennis ran smoothly, with students doing their own scoring/umpiring and then entering their scores on the main sheet.

During the day, there were a number of really good rallies, and when all was done and dusted, **Lexi Elford and Ellie Anderson** won enough games to qualify for the grand final.

There, they played a very strong Monivae team, but they were good enough to **come away with the gold!**

Meanwhile, over at the badminton, students were learning the craft as they went, improving more and more with each game.

Again, there were some very strong opposition players and teams, with most teams winning some and losing some very close games. Congratulations to **Jordi McIlroy**, who performed well all day, **winning the gold medal** grand final against a very crafty Monivae student!

Mrs Gould, Miss Mackie, and Tarni were all very impressed with how the PSC students went about the business of scoring and umpiring their own games, and the sportsmanship displayed on the day was outstanding.

Well done to all students who represented PSC during the day.



# Badminton and Table Tennis



Respect

Success

Resilience

Creativity



**Elley Foster,** Literacy Support

**Donna Chapman,** Numeracy Support

# Homework Program

Portland Secondary College

*Creating the opportunities*



## **HOMEWORK CLUB**



**All of Term 3:  
Every Wednesday  
& Thursday  
afternoon  
3:40PM - 4:30PM  
J-Wing kitchen**



Wednesday: Mrs Donna Chapman & Mrs  
Elley Foster

Thursday: Mrs Donna Chapman

**Students are reminded to bring work  
to complete**

**Students need a pre-arranged way home as  
the office will be shut (no phone use)**



# Every day counts

## HOW CAN I GET MY CHILD/TEEN TO SCHOOL

No matter how hard parents try, some students may be reluctant to go to school.

Here are some ideas which may assist you to support a child or teen who is reluctant to go to school and may even be school refusing.

Addressing attendance issues promptly and setting up good attendance patterns can lead to future success and can help students feel more engaged and connected at school.

### Did you know?

- Patterns of late arrival at school or missing classes are early warning signs of disengagement from school
- Missing one day of school each week adds up to 2 months missed over a year
- Each day of absence has an impact on skill development and social connections
- Poor attendance may be associated with future unemployment, criminal activity, substance abuse, and poorer health and life expectancy.

### Some causes of school problems

Some of the more common causes of school problems are underlying learning difficulties or learning disabilities or behavioural or emotional issues.

But there are many other reasons why a child or teen might not be engaging fully in their education.

#### **School factors might include:**

- bullying or cyberbullying
- feeling isolated at school
- disliking, or not feeling connected to, the school culture or environment
- falling behind on school work or feeling overwhelmed about keeping up
- disliking school subjects, not liking the choice of subjects, or not feeling challenged by the work
- poor school or academic support, especially in relation to heavy workloads
- not getting along with teachers or other students at school
- competing demands on time, such as extracurricular activities
- not feeling understood and fully accepted by peers or teachers
- cultural acknowledgement and understanding

#### **Personal factors might include:**

- chronic illness
- intellectual or cognitive disability
- behavioural or developmental difficulties or disorders
- mental health issues such as depression or anxiety
- history of abuse and neglect
- poor self-concept or self-esteem
- poor communication skills
- poor social skills
- poor sleep habits
- difficulty with listening, concentrating or sitting still
- generational trauma



### **Family factors might include:**

- parents who aren't involved in their child's education
- a home environment that doesn't or can't adequately support a young person's learning
- family problems such as relationship breakdowns
- competing family or social responsibilities, such as caring for family members, or working outside school hours
- cultural differences with the school culture and environment

## **What you can do**

### **Generally:**

- Act early if you are concerned
- Talk about the importance of showing up to school every day, make that the expectation.
- Regular attendance at school sets up good behaviours for regular attendance at future workplaces and other life commitments
- Don't let your child stay home unless genuinely sick. Complaints of headaches or stomach aches may be signs of anxiety
- Reward appropriate behaviour and don't unintentionally reward unwanted behaviour by letting children who stay home have access to their devices and the internet
- Be sure to set a good example – how you meet your commitments impacts on how they will meet theirs

### **Daily Routines & sleep**

- Help your child maintain daily routines such as finishing homework and getting a good night's sleep.
- Primary school aged children need about 10 to 11 hours sleep. Teenagers need an average of 8-9 hours of sleep to be healthy and alert.
- You may also need to monitor your child's use of the Internet, mobile phone and TV at night to ensure they are not staying up too late or being disturbed while sleeping
- Consider how your child is sleeping – is their room cool and dark and have all devices, including TVs and mobile phones, been removed?

### **Talk about school**

- Talk to your child. What are their feelings about school? What interests them at school? Are there any difficult situations?
- For teens, it helps if you open these discussions in a relaxed way so that your teenager knows you are demonstrating concern, not authority. It's often a good idea to have these conversations while doing something else together such as driving, preparing dinner or going for a walk. If your teen doesn't want to talk right then, let them know you're ready to listen whenever they're ready to talk
- For younger children, talking about the school day shows your interest. Ask simple, positive and specific questions about parts of the day e.g. What was fun? Who did you play with today? Did you help anyone today?

## **Extracurricular activities, social connections & part-time work**

- Encourage meaningful extracurricular activities that your child enjoys, such as sports and clubs, to develop positive relationships and experience success outside of a classroom setting. These activities can help your child feel part of the group, important to the school, and more motivated
- For teens, try to be aware of your child's social contacts. Peer influence can lead to skipping school, while students without many friends can feel isolated
- Set clear parameters around part-time work. Make sure that the hours your teenager is working do not impact on their ability to go to school the next day, or interfere with school assessment expectations or exam preparation. Most schools recommend no more than 10 hours per week.

## **Family holidays & appointments**

- Try not to schedule hair, dental or medical appointments during school hours. Arrange family holidays during scheduled school holidays so that students don't miss out on classes and feel left behind.
- If it is necessary to be absent from school for an extended period, arrange with your school for a Student Absence Learning Plan.

## **School policies & monitoring attendance**

- Familiarise yourself with the school's attendance policy. This can help when trying to reason with a child or teenager who is resisting going to school
- Monitor your child's attendance and school performance. Periodically check with their teachers to find out how things are going. If you find it difficult to contact several different teachers by phone, try email. Alternatively, the year level coordinator may be a helpful point of contact in relation to specific issues.

## **Homework & assignments**

- If your child wants to stay home to finish an assignment, rather than letting them stay home, expect them to go to school – make attendance the number one priority. Later, you can discuss with them how they can improve their study habits or adjust their schedule
- If your school has an assessment calendar on its website, use this to help your child plan their study so that they avoid working late the night before an assignment is due

## **School Refusal**

School refusing children experience significant emotional distress not only when going to school but also at the thought of going to school; they may be absent from school for weeks or even months at a time. School refusal differs from truancy as children generally stay home with the knowledge of the parents and despite their best efforts to encourage their child to go to school.

School refusal can be very distressing for parents who can find it very difficult to manage and address; it can cause conflict in the home and disrupt routines

Identifying the cause of school refusal can be difficult; there may be a number of complex causes. Early intervention is essential as prolonged absences from school can greatly affect a child's social and emotional development, academic achievement and vocational opportunities.



## Further assistance

Sometimes you may need assistance from professionals who can help anxious children. Discuss your concerns with relevant teachers or wellbeing staff at your child's school. They can help address any school-based issues, refer your child to school counselling services and make recommendations about professional support.

Alternatively, you could seek support from your GP who can assist with a referral to mental health professional such as a psychologist, psychiatrist or therapist. They can help your child overcome their anxiety using mindfulness, improving self-confidence and self-esteem and helping children change the way they think about difficult situations.

Remember

You can talk with school staff (such as a teacher, year level coordinator, wellbeing staff, careers staff, assistant principal or principal) to find out what support they can provide to keep your child/teen attending and engaged.

## Top attendance tips for parents

- Schools want to work in partnership with parents – act early if you have any concerns by contacting your child's school and asking for advice and support
  - Remember that every day counts
  - There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes and their social connectedness
  - Talk positively about school and the importance of attending every day
  - Open and prompt communication with your child's school about all absences is a good idea
  - Avoid making routine medical and dental appointments during the school day or planning family holidays during the term
  - Seek help from your school if you are concerned about your child's attendance and wellbeing.
- Schools want to work in partnership with parents to support student attendance and wellbeing

## Useful websites/contacts

**Department of Education and Training –**

**<https://www.education.vic.gov.au/school/teachers/studentmanagement/attendance/Pages/default.aspx>**

**Kids Matter – [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)**

**Youth Beyond Blue – [www.youthbeyondblue.com.au](http://www.youthbeyondblue.com.au)**

**Headspace – [www.headspace.org.au](http://www.headspace.org.au)**

**Reach Out – [www.reachout.com](http://www.reachout.com)**

**Raising Children Network – [www.raisingchildren.net.au](http://www.raisingchildren.net.au)**

**Kids helpline – 1800 55 1800 24 hours a day, 7 days a week or web counselling**

**Parentline – 1300 30 1300 (8am to 10pm seven days a week) & web counselling Tuesdays and Thursdays between 11am and 2pm**

# 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



**GLOW ROLLER DISCO**  
FACILITATED BY: BRIANA BRYON

**SESSION DATES AND TIMES!**  
MONDAY 22 SEPTEMBER: CASTERTON TOWN HALL  
3:00 - 4:00pm and 5:00 - 6:00PM (All Ages)  
TUESDAY 23 SEPTEMBER: PORTLAND CIVIC HALL HALL  
11:00 - 12:00 PM Tweeny Rollers (Under 12s)  
12:30 - 1:30 pm Tweeny Rollers (Under 12s)  
4:00pm - 6:00pm Disco Rollers (Ages 8 - 16)  
6:30 - 8:30 pm Rock n Rollers (All Ages)

**FREE ENTRY - REGISTER NOW!**

Picture this: glowing roller skate wheels, chart-topping beats, and non-stop fun with friends. A roller disco is more than an event, it's a full-on experience packed with excitement and good times. Follow the QR code to book your session now. To find out more please contact the Youth Team on youths@portlandsc.vic.edu.au or 03 5522 2250



**Kardemudelar  
Karweeyn Mirring  
Community Opening Event**

Join us to celebrate the opening of the dance & ceremony ground with speeches, a smoking ceremony & dance performance by Koondoom Yarkeen followed by a BBQ lunch.

Wednesday 1st October  
11.30am - 1pm  
Portland Foreshore

Please RSVP to  
enquiry@glenelg.vic.gov.au

GUNDITJ MIRRING  
Traditional Owners  
Mungahat Corporation

GLENELG SHIRE



**Portland Lawn Junior Tennis  
2025/26**

Lots of options this year.

- **Hot Shots - under 12**  
All juniors learning the skills of tennis  
(program dates and times to be advised)  
Contact - Cameron 0475046797 (text only)
- **Surry District C Grade**  
Starts October 18th **Enrol NOW**  
Play Saturday Mornings - teams of 4  
(Children must be able to serve to play)  
Contact - Cameron 0475046797 (text only)
- **Juniors Twilight B Grade Competition**  
Tuesdays starts October 21st  
Teams of 4 graded and allocated  
Must be able to serve and score independently  
Contact - Kellie 0475046797 (text Only)  
Preseason training starts  
Wednesday September 24th 430-530pm

Respect

Success

Resilience

Creativity



# 35

# PORTLAND LITTLE ATHLETICS

## REGISTRATIONS OPENING SOON

**Start Date:** Thursday, 16th October 2025

**Warm-Ups:** 5:00 PM

**Events Start:** 5:15 PM

**Schedule:** Thursdays during Term 4 2025 and Term 1 2026

**Venue:** Nelson Park, Portland

**Ages:** U6 - U17 (Participants must be 5 years old by 31<sup>st</sup> Dec to register)

**Returning Members:** You will shortly be receiving an email with a link to register.

**New Members / Trial Athletes:** New members are eligible for two free trial sessions.  
Please visit [lavic.com.au/membership](http://lavic.com.au/membership) to join.

**Parents/Guardians:** You are required to supervise your children throughout the sessions. We need your help to ensure our events run safely and smoothly. Tasks may include measuring, recording, and assisting children with their events and Canteen duty. We will provide support and guidance.

Our focus is on personal bests (PBs) and teaching participants how to run, jump, and throw. We look forward to seeing you there!

**Contact:** [portland@lavic.com.au](mailto:portland@lavic.com.au)

**WE ARE  
FAMILY, FUN  
& FITNESS**

## WALK TO SCHOOL GLENELG SHIRE

6 OCTOBER - 31 OCTOBER 2025

VicHealth's Walk to School initiative is encouraging kids to be active before and after school.

When we support our kids to walk, ride, scoot or skate to school, we're setting them up for healthy, active lives.

**PRIZES AND INCENTIVES FOR ALL PARTICIPATING SCHOOLS!**

**REGISTER YOUR INTEREST BY 15TH SEPTEMBER 2025**

To register or for any questions, email [recreation@glenelg.vic.gov.au](mailto:recreation@glenelg.vic.gov.au)

[walktoschool.vichealth.vic.gov.au](http://walktoschool.vichealth.vic.gov.au)





# Mental Health & Suicide Prevention

## SharkPitch Project - Rotary Clubs of Glenelg Shire

### Did You Know?

In the Glenelg and Southern Grampians region, there is approximately **one death by suicide every 7 weeks**.

Between 2019-23, there were **27 deaths by suicide**.

(AIHW, Suicide and Self-Harm Monitoring Report, 2024)



**Peter Taylor**

Rotary Mental Health and Suicide  
Prevention Committee Chair  
0419 232 141

### Deaths by Suicide (2019-2023) Per 100,000 Population



### Our Project

Rotary aims to offer **free** accredited suicide prevention training to the Glenelg community, providing **practical skills** and **confidence** to support others in need.

We aim to reach 10% (1,492) of the Glenelg population (aged 18-75yrs) by 2029.

### Our Ask

Your donations will help us achieve our aim by training **local facilitators**, and giving more Glenelg shire residents **access** to this important training in workplaces and community settings.

Donate today:

- via the QR Code
- at [givenow.com.au/rotaryclubofportland](https://givenow.com.au/rotaryclubofportland)
- or support us at United Way Glenelg's SharkPitch event on **Tuesday 7<sup>th</sup> October**

Make a Donation



Mental Health & Suicide  
Prevention Committee



UNITED WAY  
Glenelg



FREE

# School Holiday Program

## SEPT/OCT 2025



Glenelg  
Shire  
Youth

### GLOW ROLLER DISCO

Picture this: glowing roller skate wheels, chart-topping beats & non-stop fun with friends!  
**Casterton Town Hall**, Mon 22 September | **All Ages\*** | 3:00pm – 4:00pm or 5:00pm – 6:00pm  
Scan QR to register

22 & 23 SEPT



Glenelg  
Shire  
Youth

### GLOW ROLLER DISCO

**Portland Civic Hall**, Tue 23 September | **Tweeny Rollers (Under 12 years\*)** 11:00–12:00pm  
or 12:30pm – 1:30pm | **Disco Rollers (8–16\* years)** 4:00pm – 6:00pm  
**Rock & Rollers (All Ages\*)** 6:30pm – 8:30pm | Scan QR to register

Glenelg  
Shire  
Youth

### YOUTH MURAL REVEAL

Join the celebrations as the Youth Fest Mural Project is unveiled. Free BBQ Lunch.  
**Flinders Park Amenities Block**, Thu 25 September 11:30am – 12:30pm | **All Ages\***  
No bookings required

Glenelg  
Libraries

### LEGO TOWN TAKEOVER

Get creative with bricks in this fun LEGO Challenge – build, make, play!  
**Casterton Library**, Wed 1 October | **Ages 5–12 years\***  
10:30am – 11:30am | Phone to book

Glenelg  
Libraries

### LEGO TOWN TAKEOVER

Get creative with bricks in this fun LEGO Challenge – build, make, play!  
**Heywood Library**, Thu 2 October | **Portland Library**, Fri 3 October  
11:00am – 12:00pm | **Ages 5–12 years\*** | Phone to book

**IMPORTANT INFORMATION!**  
*Bookings essential*  
\* Children 12 and under **MUST** be accompanied by an adult for all sessions.

MORE EVENTS OVER PAGE

Portland  
Maritime  
Museum

### REEF IN YOUR HANDS

Get hands-on with the Southern Ocean, from sponges to sea dragons. Journey to the Southern Reef, without getting wet! **Portland Maritime Museum** Wed 24 September  
**Ages 5–8\*** | Wed 1 October **Ages 8–12 years\*** | 10:30am | Scan QR code to register

24 SEPT



AGES 5–8

1 OCT



AGES 8–12

Portland  
Arts  
Centre

### LAYERING PORTLAND LANDSCAPES

Using historic photos, imagine and create your own quirky landscape.  
**Portland Arts Centre**, Thu 2 October 11:00am | **Ages 5–12 years\***  
Scan QR code to register

2 OCT  
AGES 5–12



Portland  
Arts  
Centre

### Your Story, Your Stage! An inclusive, disability led, cabaret workshop

Learn how to share your own story, combining storytelling, visuals, music and stagecraft to create a moment on stage that is authentically YOU!  
**Portland Arts Centre**, Wed 1 October 2:00pm | **Ages 13+** | Scan QR code to register

1 OCT  
AGES 13+



PAC  
To  
Go!

### LAYERING CASTERTON LANDSCAPES

Using historic photos, imagine and create your own quirky landscape.  
**Casterton Library**, Fri 3 October 12:00pm | **Ages 5–12 years\***  
Scan QR code to register

3 OCT  
AGES 5–12



HOW  
TO  
BOOK



**Portland Maritime Museum**  
1800 035 567 or QR code



**Glenelg Shire Youth**  
5522 2318 bookings via Eventbrite or QR code



**Glenelg Libraries**  
5222 2265 or in person at your local branch



**Portland Arts Centre**  
5522 2263 or [www.portlandartscentre.com.au](http://www.portlandartscentre.com.au)

Portland Arts Centre  
4A Glenelg St  
Portland VIC 3305

Portland Library  
32 Bentinck St  
Portland VIC 3305

Heywood Library  
77 Edgar St  
Heywood VIC 3304

Casterton Library  
67 Henty St  
Casterton VIC 3311

Portland Maritime Museum  
98 Lee Breakwater Rd  
Portland VIC 3305



# YOUTH AND YOUNG ADULT CAFE SPACE

SEPTEMBER 19 6PM-9PM

SEPTEMBER 20 & 21 3PM-9PM

15 TYERS STREET,

PORTLAND



**FREE FOOD AND HOT DRINK!**

@PORTLANDSUFMTTEENS

PORTLAND  
**SUFM**  
Teenagers

## SUFM SURFS

FOR BEGINNERS AND BEYOND!

20.09.25



price  
**FREE!**



**SIGN UP HERE!**

**11 AM**

**CAPE BRIDGEWATER**

**MEETING PLACE: BRIDGEWATER CAFE**

**BRING: SURFBOARD/BOOG (IF YOU CAN)**

PORTLAND  
**SUFM**  
Teenagers

**CONTACT US**

Portland SUFM Teens  
On Instagram and Facebook







## FRESH FOOD SWAP



***Looking for something to do over the school holidays?***

Join us at the Portland Fresh Food Swap.

**Every Thursday, 10am-12pm, at the Portland Library.**

Vegetables, fruit, seeds, seedlings, homemade jams/relishes, recipes, eggs, honey, and flowers are all welcome.

No money exchanged.

Give what you can and take what you need.



PORTLAND  
DISTRICT HEALTH




GLENELG LIBRARIES




## SharkPitch 2025

United Way Glenelg warmly invites your school community to attend SharkPitch 2025 – our live crowdfunding event where local community groups pitch their big ideas and the audience helps bring them to life.

 Tuesday 7 October 2025

 5.00 – 6.30 PM

 South West Community Church (formerly Star Cinema), 40 Julia Street, Portland

This is a wonderful opportunity for students to:

Witness the power of public speaking and confident storytelling.  
See how innovative ideas can address real community challenges.  
Learn about the impact of collective giving and community support.  
Be inspired by local people who are making a difference.

This year's pitchers are:

Days for Girls Portland – Liz Clements & Danita Smith  
Rotary Club of Portland – Lynda Smith & Tony South  
Tyrendarra Sporting Club – Zoe Rhodes

Whether your students are aspiring leadership, or simply exploring ways to get involved in community life, SharkPitch provides a practical and engaging experience outside the classroom.

We would love to see your students, teachers, and families in the audience. Entry is free, but we encourage booking through Eventbrite here:  
<https://2025SHARKPITCH.eventbrite.com.au>

# STUDENT DISCOUNT FRIDAYS

Come into Harbour Lights  
between 3pm & 4:30pm  
on a Friday in your school  
uniform and receive a

## 10% Discount



## MUSIC MONDAY'S

Free program for young people between the ages of  
12 - 25 years!

Join us for our monthly jam sessions or practice solo in a safe, inclusive space, with  
free access to new instruments!

Please note music lessons are not provided as part of this program.

**Auditorium room of the Portland Art Centre, dates:**

Monday 12 May 5pm - 6pm

Wednesday 11 June 5pm - 6pm  
(alternative day due to public holiday)

Monday 14 July 5pm - 6pm

Monday 11 August 5pm - 6pm

Monday 08 September 5pm - 6pm

Monday 15 October 5pm - 6pm

Monday 10 November 5pm - 6pm

Monday 08 December 5pm - 6pm

Under 18s must complete a permission form prior to attending, please scan the QR Code  
to access this form or visit the Clonmel Shire Council website - Youth - Events - Music  
Mondays. For further assistance, please contact the Youth Team:  
[youthservices@clonmelshire.gov.ie](mailto:youthservices@clonmelshire.gov.ie) or 01 502 2230

