



# Portland Secondary College

## Newsletter

**TERM 3 WEEK 3**

4<sup>th</sup> August 2025

## Highlights

- Principal's report
- Science
- Sports
- Student Successes
- Term 3 Calendar
- Community News
- Library News
- Tertiary Tour and more!

## IMPORTANT DATES TO REMEMBER

- ☐ **Tuesday 5<sup>th</sup> August** - International Chemistry Challenge
- ☐ **Wednesday 6<sup>th</sup> August** - Yr 7 Boys GWR Soccer  
- 2026 Information Night (2026 Yr 9-12s)
- ☐ **Monday 11<sup>th</sup> August** - Year 7 Mentor Interviews  
- Year 8-10 Subject Selection Interviews  
- Year 11/12 run as normal
- ☐ **Monday 18<sup>th</sup> August - Friday 22<sup>nd</sup> August** - Book Week



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

# Jo Kindred, Principal



Term 3 is off to a flying start and it was lovely to welcome back all our students ready for a great term.

Semester 1 reports are now available to download via the Compass Parent Portal if you haven't already done so. If you have any issues accessing these documents, please contact our General Office for support. These reports showcase your child's learning and effort they have put into their studies over the past semester and are a great way to open the conversation with your child about their learning.

Parent Teacher interviews for students in VCE and VCE VM occurred last week. If you missed out on the opportunity to discuss your child's progress with their teacher, please email the teacher directly through Compass and make an alternative time for a discussion.

The next fortnight marks the beginning of our planning for 2026. Subject handbooks for students who will be in Years 9-12 in 2026 open on Compass on Monday the 4th of August. Information Night for parents and students will be held on Wednesday the 6th of August. The 2026 Year 9 session commences at 5:30pm, the 2026 Year 10 sessions commences at 6:15pm and the 2026 Year 11 and Year 12 session commences at 7pm. All sessions will be held in the Drama Centre. Subject selection interviews will be held the following Monday for students currently in Years 8, 9 and 10 and mentor interviews will be held for Year 7 Students. Students in Years 7-10 are required to attend the interview with their parent/s but no classes will be running that day. Students currently in Years 11 and 12 will have normal classes. Students in Year 10 currently doing a VCE class should attend for that class only. Throughout this last week and next week, teachers will be visiting classes to talk to students about their options and to explain the different programs on offer.

In week one of term, Portland Secondary College was very pleased to host a NAIDOC ceremony which was attended by most of the primary schools from Portland and Heywood as well as students from Bayview College and Heywood and District Secondary College. At the ceremony, district primary school students shared their thoughts on the theme – The Next Generation: Strength, Vision and Legacy before the large crowd was entertained by music from the Portland Rockers, Bayview College and Portland Secondary College students and dances by the Koondoom Yarkeen Karweeyn Windmara Dance group. Prior to the ceremony students had the opportunity to join a smoking ceremony. Many parents and Elders joined the ceremony, and thanks must go to Tara Hulonce, Principal of Narrawong Primary School, who was the emcee of the ceremony.

I am also very excited to report that Year 9 student Ajay Sonti has been awarded 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.



# Jo Kindred, Principal



I am equally proud to report on our NAPLAN results. These were released last week and the results were pleasing for the State of Victoria and Portland Secondary College.

A number of Year 9 students have been awarded Significant Learning Growth Certificates to recognise the huge improvement they have made on their Year 7 NAPLAN results.

Congratulations to Toby Anson, Bella Carlyon, Nicholas Gurney, Emily Legg, Chloe McKay, Phoebe Rawson, Katie Saliba, Ajay Sonti, Clancy Stirling, and Tyianah Walmsley who all received awards in Reading. In Numeracy, awards go to Mia Hutchins, Libby Smith, Katie Saliba, Natalie McClintock, Jack Matley, Angus Fraser, Bella Carlyon, Connor Ashworth, Zarah Bott, and Jasmin Brewer. Three Year 9 students received Excellence Awards in reading as they did extremely well in this area. Congratulations to Rachel de Lange, Ajay Sonti, and Georgie Taylor. In Numeracy, excellence awards were given to Ajay Sonti, and Jack Matley.

These awards will be given out to students and all students will receive a detailed breakdown of their results shortly.

As the weather becomes colder and more unpredictable I would like to take this opportunity to remind students and parents about acceptable uniform. Coats, gloves and scarves must be plain black, navy, white, grey or forest green and can only be worn in the yard. Any logos on the jackets must be small and be able to be covered with one hand. Beanies must be navy blue and again can only be worn when outside. The College has a blue jacket which is available for purchase from Squidilydids which may be worn at all times. Many students are now wearing these jackets which are lined and very warm. We ask parents to continue to support the College by ensuring your student is in correct uniform at all times please.





## Student School Reports

School reports are released at the end of Semester 1 and Semester 2.

Please find below a guide on how to locate your student's school report on Compass.

### Why is it important to take the time to read your student's report?

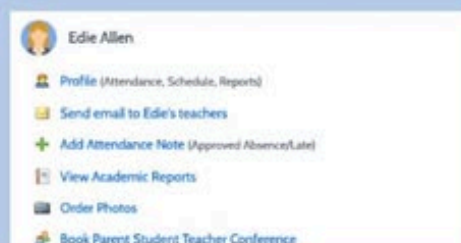
Reading your child's school report is a good way to stay informed and involved in their education. Semester reports provide a clear description of your child's academic progress across all subject areas and highlight their strengths and areas for growth. Students' behaviour, attitude and effort are also recognised in the school report.

This feedback can open conversations on how your child can continue to achieve their goals while at Secondary school.

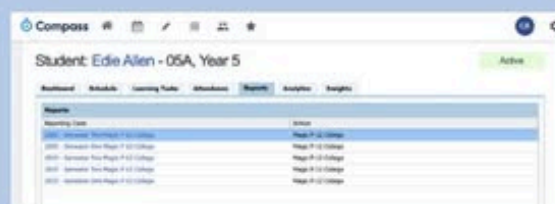
Please contact your child's mentor teacher if you have any questions regarding reports.

### Viewing Academic Reports

1. From the home screen, click on the 'View Academic Reports' item or navigate to the 'Student Profile' and click the 'Reports' tab.

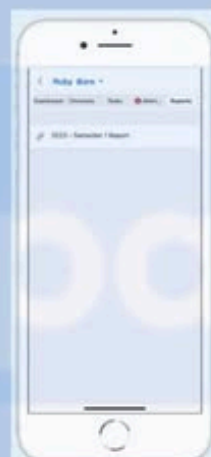


2. A list of 'Academic Reports' will be displayed. Click the report title to download the PDF.



### Using the Compass App

1. From the homepage, click on your child's profile picture
2. Click on the Report tab
3. Click on the name of the Semester Report cycle to view and download a copy of the PDF report







## Information Night & Mentor/Subject Selection Interviews

Interview times for Mentor/Subject Selection Interviews are now live on Compass.

Taking the time to carefully consider your subjects for next year is important because the choices you make can shape your future study and career opportunities. Selecting subjects that align with your strengths, interests, and goals helps keep you motivated and sets you up for success in later years.

### **2026 Year 8-12 Information Night – Wednesday August 6<sup>th</sup> (session times below)**

#### **Year 7 Mentor Interviews/Year 8-10 Subject Selection – Monday August 11<sup>th</sup>**

#### **1. Monday 4 August**

Subject Handbooks available online via Compass (look for the ★ icon)

#### **2. Wednesday 6 August**

Information Night

Scheduled times:

2026 Year 9s commencing @ 5:30pm

2026 Year 10s commencing @ 6:15pm

2026 Year 11/12s commencing @ 7:00pm

#### **3. Monday 11 August**

Mentor and Subject Selection Interviews

\* Scheduled interview times can be found on Compass (follow guide below)

\* VCE classes running as per normal timetable

#### **4. Friday 15th August**

Deadline for Online Subject Selection Submissions

#### **5. Friday 12 September**

Students will be notified of their subjects for 2026



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# 2026 INFORMATION NIGHT

## 2026 Subject Information Sessions

We invite all Year 9, 10, 11, and 12 students and their parents/guardians to attend our upcoming Information Sessions.

These sessions will provide valuable insights into the subject offerings available at each year level and to support informed, positive decision-making regarding future academic and career pathways.

Event Date:

**Wednesday 6<sup>th</sup> August 2025**

2026 Year 9: commencing at 5.30pm

2026 Year 10: commencing at 6.15pm

2026 Year 11 & 12 VCE/VM: commencing at 7.00pm

Location:

**Drama Centre**

Portland Secondary College  
Must Street, Portland

More info ►

Phone: 03 5523 1344

Website: [www.portlandsc.vic.edu.au](http://www.portlandsc.vic.edu.au)

Facebook: [portlandseccollege](https://www.facebook.com/portlandseccollege)

Instagram: [portland\\_secondary\\_college](https://www.instagram.com/portland_secondary_college)

## How do I view

### Mentor/Subject Selection Interviews

Via the App

#### STEP 1

From the Compass home screen on your app, select "Conferences".

#### STEP 2

From the list of parent-teacher conference cycles

> Select "2025 Mentor/Subject Selection Interviews"

> Select the student you wish to view the booking for


*If you need to change the time of your booking please contact our General Office 5523 1344*



Via the Website

#### STEP 1

On the home screen of your student you

, click on the  icon

> Select "Conference"

#### STEP 2

'2025 Mentor/Subject Selection Interviews'  
2025 (Year 7-10)

> Select My bookings



#### STEP 3

> Select "View my Bookings"

Your bookings sheet will be displayed.

*If you need to change the time of your booking please contact the general office 5523 1344*



Student	Teacher	Subject	Time	Status
Year 9	Mr. Smith	Mathematics	5.30pm	Booked
Year 10	Ms. Jones	Science	6.15pm	Booked
Year 11	Mr. Brown	History	7.00pm	Booked
Year 12	Ms. White	English	7.00pm	Booked





# Year 7 2026 PLACEMENT AT PSC: ENROLMENT

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## IMPORTANT DATES FOR YEAR 7 2026 FAMILIES ENROLMENT OFFERS

### Year 7 2026 Placement at PSC

Families who submitted Year 7 2026 Placement forms to PSC are advised of the following key dates:


- **Tuesday, August 12, 2025** – Official enrolment offers will be emailed to families using the email address provided on the returned form.
- **Friday, August 22, 2025** – Final day to return completed enrolment offers.

Please contact our General Office with any enquiries

 **03 5523 1344**

 **portland.sc@education.vic.gov.au**

## STUDENT ATTENDANCE

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### ***It's not ok to be away***

When you are away...	That equals ...	Which is ...	And over 13 years of schooling, that's ...
1 day per fortnight	20 days per year	4 weeks per year	Nearly <b>1.5 years</b>
1 day per week	40 days per year	8 weeks per year	Over <b>2.5 years</b>
2 days per week	80 days per year	16 weeks per year	Over <b>5 years</b>
3 days per week	120 days per year	24 weeks per year	Nearly <b>8 years</b>

### ***Attendance matters! All day everyday!***


Respect      Success      Resilience      Creativity

# PRINCIPALS' DAY 2025


Friday August 1<sup>st</sup> was Principals' Day 2025

We would like to acknowledge and celebrate Principal Joanne Kindred, Assistant Principal Kirsten Mitchell and Assistant Principal Colin Payne.


Thank you for your hard work, commitment and dedication while leading our school and helping to shape the lives of our students.

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*Thank you*  
**Principals' Day 2025**



**PRINCIPAL**  
**Ms. Joanne**  
**KINDRED**



**ASSISTANT PRINCIPAL**  
**Ms. Kirsten**  
**MITCHELL**



**ASSISTANT PRINCIPAL**  
**Mr. Colin**  
**PAYNE**

**Respect**

**Success**

**Resilience**

**Creativity**



# Portland Secondary College

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## TERM 3 CALENDAR

AUGUST

Friday 1<sup>st</sup> - Daffodil Day (Senior Community Project)

Monday 4<sup>th</sup> - Year 9 St John Party Ready Program

Tuesday 5<sup>th</sup> - Australian Chemistry Challenge

- Year 9 St John Party Ready Program

- Public Speaking meeting @ lunch

Wednesday 6<sup>th</sup> - Yr. 7 Boys GWR Soccer (Ballarat)

- Information Night for 2026 Year 9-12

(Yr 9@5:30pm, Yr 10@6:15pm, Yr 11/12 VCE/VM@7pm)

Monday 11<sup>th</sup> - Science Engineering Challenge (selected 9/10s)

- Yr. 7 Mentor Interviews

- Yrs 8-10 subject selection for 2026

- Yrs 11/12 VCE/VM classes run as normal

Tuesday 12<sup>th</sup> - Public Speaking meeting @ lunch

Monday 18<sup>th</sup> - GWR Table Tennis (Hamilton)

Monday 18<sup>th</sup> - Friday 22<sup>nd</sup> - Book Week

Friday 22<sup>nd</sup> - Book Week dress up day

Wednesday 20<sup>th</sup> - Yr. 7-12 Netball School Championships  
(Hamilton)

Monday 25<sup>th</sup> - School Production cast/crew full day dress rehearsal

Wednesday 27<sup>th</sup> - Public Speaking meeting @ lunch

Thursday 28<sup>th</sup> - Saturday 30<sup>th</sup> - School Production

SEPTEMBER

Monday 1<sup>st</sup> - Yr. 8 Live4Life Mental Health Awareness Event

Tuesday 2<sup>nd</sup> - Yr. 7/8 Boys and Girls Basketball

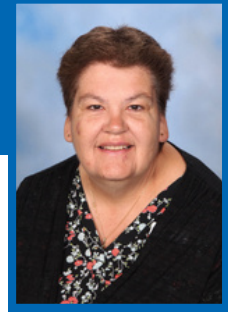
Wednesday 10<sup>th</sup> - Legacy Public Speaking State Final (Ballarat)

Friday 19<sup>th</sup> - Term 3 last day (2:30pm finish)





# Jo Kindred, Principal



## NAIDOC Week

On Friday during the first week of term, Portland Secondary College was proud to host our local Primary schools and Portland Bay School to celebrate and acknowledge NAIDOC week. As a school community, we celebrate and support our First Nations students and see their stories, culture and leadership as something to celebrate.

These students are the future leaders of this country and our community and are already making a meaningful impact and creating change for a better future for all of us. They bring pride, possibility and purpose as they continue the important work of rewriting our shared history.

Thank you to all the musicians, singers and dancers that entertained the large crowd.





# Suzanne Patterson, Careers Sue Taylor, Year 11 Level Leader



## Tertiary Tour

### Tertiary Tour 2025 – Exploring Future Pathways

Last week, 34 students embarked on the annual Tertiary Tour to Melbourne, with the primary goal of exploring university options and gaining insight into life beyond secondary school. The journey began bright and early, with the bus departing Portland at 5:30am. Our first stop was Victoria University in Footscray, where students attended an informative lecture covering course options, accommodation, and the broader university experience.

Next, we headed to Monash University's Clayton campus – a university so expansive it has its own postcode! Students were introduced to the wide range of opportunities Monash offers and enjoyed a guided tour of the impressive facilities.

Our final university visit for the day was the University of Melbourne. Set among iconic sandstone buildings, students were led on a campus tour by student advisors who shared insights into academic and social life at one of Australia's top institutions.

That evening, students had a chance to unwind, choosing between a movie night or watching the Carlton vs Hawthorn game at the MCG – a memorable way to end a big first day.

Day Two began with an early breakfast before heading to the Careers Expo. Here, students engaged with representatives from various universities, the Australian Defence Force, and industry organisations. They asked thoughtful questions and collected valuable resources to support their decision-making.

Following lunch and a brief visit to the DFO, we made our way to our final university stop – Deakin University's Geelong Waterfront Campus. Students toured the state-of-the-art nursing labs, set up to replicate real hospital environments, complete with high-tech manikins. They also explored the architecture building, sat in lecture theatres, and chatted with student guides about university life.

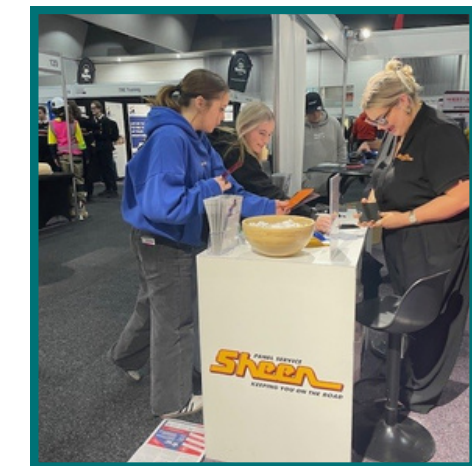
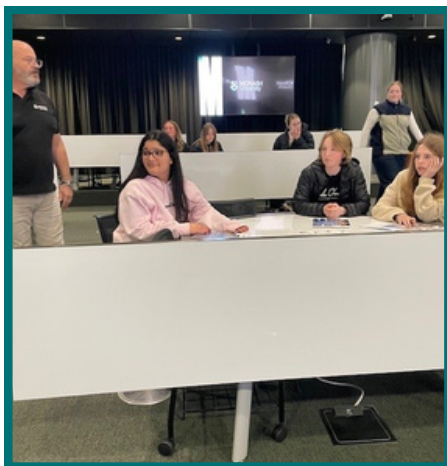
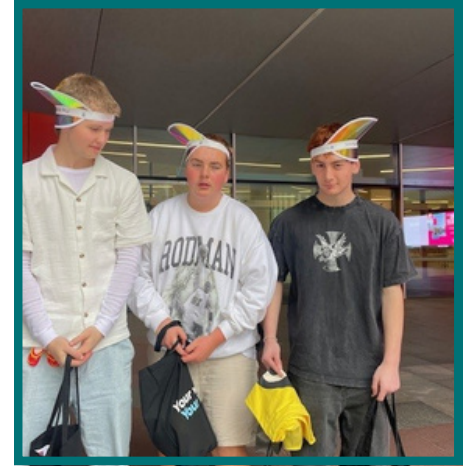
As we boarded the bus home to Portland, it was clear the experience had sparked meaningful conversations about the students' futures – from university preferences to career aspirations.

On behalf of Mr. Tucker, Ms. Patterson, and myself, I'd like to commend our students for representing our school with excellence. Their behaviour throughout the tour reflected our core values of success, creativity, resilience, and respect.





# Tertiary Tour







## Year 9 Outdoor Education

To finish the term, Year 9 Outdoor Education students used Trangias to cook a camp classic – 2-minute noodles.

It was a great chance to practise safe and efficient cooking skills and enjoy the results!







## End of Term Assembly

Terms 1 and 2 have been BIG at PSC!

On the last day of Term 2, we celebrated PSC students who demonstrated our school values of Respect, Creativity, Success, and Resilience.

These students have shown that hard work, focus, and a willingness to learn truly pay off. They are role models for others who aspire to achieve similar success.

We're excited to see what Semester 2 brings!



### Year 7 High Achievers

Jessica Wheldon  
Mio Miyazaki  
Summer Campbell  
Lexie Elford  
Daisy Bassett  
Melodi Fairweather  
Mia O'Brien  
Isabelle Richardson



### Year 7 High Achievers

Kayden Pettingill  
Zain Makevits  
Brody Trickey  
Cameron Botica  
Hugo Keenan



# End of Term Assembly



## Year 8 High Achievers

Quinn Stewart  
Ryder Trickey  
Summer Stone  
Gemma Munn  
Ava Killmister  
Joelliane Mejorada  
Quinn Fleming  
Archer Cumming



## Year 9 High Achievers

Akshara Singh  
Georgie Taylor  
Ajay Sonti  
Chloe McKay  
Evangelina Dodson  
Zac Thornton  
Ivy Aitchison  
Izabel Zerafa  
Harriette Eichler  
Madeline Sanelli  
Libby Smith  
Zahlee Currie  
Katie Saliba



## Year 10 High Achievers

Charlee Coates  
Henry Von Tunk  
Chantel Rees  
Charlotte Hein  
Imogen Black  
Vincent Prentice



# End of Term Assembly



## Year 11 High Achievers

Mykaylah Augoustakis  
Riccardo Frigerio  
Sienna Stone  
Andrae McTackett  
Anthony Price  
Jessica Saliba  
Will McIntyre



## Year 12 High Achievers

Layla Baker  
Annalyse Hein  
Kirby MacLeod  
Patrick McGenniskien  
Janneus Mejorada  
Mia Pfeiffer  
Karrie Sharam  
Tiarna Sandeman  
Alexis Talbot  
Jake Tunstall  
Melanie Knight



## Art Awards

Natalie McClintock  
Jack Spencer  
Charlotte Hein



## Music

Jack Spencer  
Raine Readett  
Henry Von Tunk  
Keiran Sonti  
Henry Stirling  
Isaac Legg



# End of Term Assembly



## Push up Challenge

Bailey Place Logan Davis  
Oscar Crockett Bodhi Duncan  
Flynn Leonard Jax Bannam  
Harry Looker Jake Payne  
Mick Smith Rhett Molloy

(and Mr Prentice, Mr Porter, Mr Jones, Mr Tucker, Mr Radcliffe, Mr Barr and Ms Mitchell)



## Cultural Leader

Clayton Cox

## School Leaders

Esther Thompson  
Tiarna Sandeman



## School for Leadership Don Valley Campus

Clancy Stirling  
Otis Porter  
Rose O'Flynn



## PSC Green Team

Crystal Malseed  
Violet Burgess  
Kiran Sonti  
Otis Porter  
Clancy Stirling

# Dale Cumming & Bec Gould, PE Team Leaders

## State Cross Country



### STATE CROSS COUNTRY SUCCESS!

Congratulations to Ruby Rowe (Year 8) and Jasmine Siemon (Year 10) who proudly represented PSC at the State Cross Country Championships held in Melbourne recently!

🏆 Ruby tackled the 3km course with determination, crossing the finish line in 13:41 and placing 36th out of 100 competitors.



🏆 Jasmine powered through her 3km race in 14:12, securing an impressive 23rd place out of 90 runners.



Both athletes finished within three minutes of the first-place runners—a remarkable achievement at such a competitive level!

We're incredibly proud of Ruby and Jasmine for their grit, speed, and sportsmanship. Well done, girls—you've done PSC proud!

Respect

Success

Resilience

Creativity



**Dakota Robinson, Year 8 Level Leader**



# **Student Achievement**

## **Ryder Trickey**

On Friday 19th September, Ryder will be representing himself and Team Victoria at the MXGP of Australia in Darwin!

He qualified for the MX85 class thanks to his strong performance in the Victorian State Junior Titles where he is currently sitting in the top 5 in Victoria! This earned him an invitation to compete at this world-class event.

Then from 29th September to 3rd October, Ryder will head to Adelaide to race in the 2025 Australian Junior Motocross Championships (AJMX)!

He'll be lining up in the 85BW class, taking on the best young riders in Australia.  
Good luck, Ryder!



# Elizabeth Paulet, Public Speaking Coach



## Student Achievement Ajay Sonti

### Premier's Spirit of Anzac Prize Recipient

PSC is proud to announce that Year 9 student Ajay Sonti has been awarded one of Victoria's highest student honours – the Premier's Spirit of Anzac Prize.

Ajay is one of just 12 students across the state selected to take part in a once-in-a-lifetime study tour to Türkiye during the September school holidays. As part of this remarkable opportunity, the group will visit Gallipoli to deepen their understanding of the ANZAC legacy and its significance to Australian history.

Ajay's passion for the ANZAC story has grown through his involvement in the Legacy Junior Public Speaking Championships over the past three years, as well as his recent role as a Shrine Ambassador at the Melbourne Shrine of Remembrance.

Congratulations to Ajay on this outstanding achievement and look forward to hearing about his experiences on the tour.







# Hands on Learning (HoL)

Still Kicking Goals!

We're thrilled to share that Portland Secondary College's Hands On Learning (HOL) Program continues to shine, with students building skills, confidence, and community connections through meaningful, real-world projects.

Recently, our fantastic HOL team was proudly featured in the Hands on Learning Network Newsletter—a testament to the amazing work being done by all involved in the program.

From outdoor builds to community initiatives, our students are learning by doing—and proving that when education gets hands on, great things can happen.

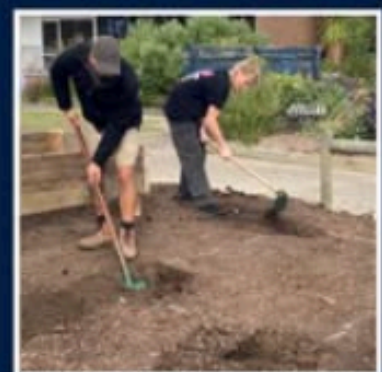
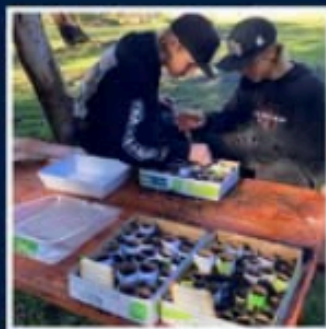
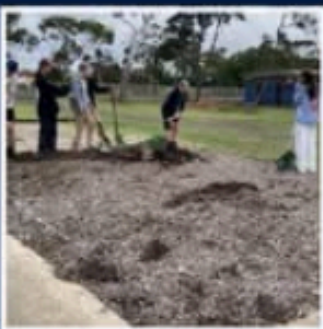
Stay tuned for more updates from our Hands on Learning participants!

**PORTLAND SECONDARY COLLEGE - DESIGN & BUILD OF GARDEN BEDS,  
INCLUDING FENCING AND SEED-RAISING**

# HANDS ON LEARNING

**NETWORK NEWS: TERM 3, 2025**

PROJECT PICS





## Library News

Book Week is from August 16–23, and as part of that, we will be having a Book Week dress up day, on Friday 22nd August, where students and staff are encouraged to come dressed as a book character. We will be holding a grand parade at recess for everyone to come and show off their costumes and be in the running to win prizes.

- Categories are – Junior school  
– Middle school  
– Senior school  
– Group costume (three or more people)  
– Staff (2023 staff pictured right)

***Any students not wanting to participate are expected to be in full school uniform.***

As well as the dress up day we will be having various other activities during the week, such as lucky borrower prizes, daily book trivia and others. Keep your eye on Compass for all the latest news.

During Book Week the winners of the CBCA awards will be announced, we have all the shortlisted titles in the older readers category, and many of the younger readers category as well, including graphic novels available for borrowing, many in multiple formats. Why not have a read and decide on the one you think should be the winner?

Don't forget that Reading is scheduled every day at the beginning of Period 5, perhaps borrow a short listed book to read at this time?

😊 Happy reading!



**BOOK WEEK  
DRESS UP DAY  
FRIDAY  
AUGUST 22<sup>ND</sup>  
2025**



**Elley Foster**, Literacy Support

**Donna Champman**, Numeracy Support

# Homework Program

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## **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](mailto:newsletter@portlandsc.vic.edu.au) | 03 5523 1344



**Susan McLean, renowned cyber safety expert, will be in Hamilton next Tuesday 5 August.**

**Susan will be presenting in a FREE community event at 7pm, in The Kantor Family Music and Performing Arts Centre on Chaucer Street.**

**Open to parents, carers, educators and students from across the South West community, this event will explore the challenges and responsibilities of growing up in a digital world, equipping families and schools with the tools to foster safe, respectful, and purposeful online behaviour.**

**Please share this opportunity with your school communities.**

**Register via <https://tha.ac/smcyper>**

✓ iPad  
✓ Apple Pencil  
Procreate®

## DIGITAL DROP-IN



- ✓ Level up your art game
- ✓ No bookings required
- ✓ Explore the possibility of becoming an exhibited artist

**Digital Art Drop-in**  
Unlock your potential with digital tools in a safe, supportive environment! No experience necessary, you don't even need to be artistic to join in.

**What to Expect:**  
iPads, Apple Pencils & Procreate provided.  
Experiment, create, and level up your art game.  
Collaborate with peers or work solo in these **SELF GUIDED** sessions.

Explore the possibility of becoming an exhibited artist.  
When: 3:45pm - 4:45pm  
Wednesdays. 30 July, 13 & 27 August  
Where: Portland Library Youth Space  
Ages: 12-25 yrs

**Respect**

**Success**

**Resilience**

**Creativity**





**SHEEPVENTION**  
**Rural Expo**

# AG PASSPORT

Visit participating sites, complete a fun activity  
and collect a stamp or sticker at each location!



Submit your fully stamped passport at **Telstra** in the Producers Market  
& Innovations Hub (**sites 534-535**) to enter the daily prize draw.

WANNON WATER  
SITE 579

EUREKA  
GARAGES  
SITE 302

SHEEP SHOW  
IN SHEEP  
PAVILION

CWA  
THE HOME  
PADDOCK

INVENTIONS  
DISPLAY  
THE INNOVATIONS  
HUB

VALAIS  
BLACKNOSE  
SITE 665

ROYAL FLYING  
DOCTORS  
SERVICE  
SITE 416

BALLARAT  
TRAILERS  
SITE 438

HIDES KNIVES  
& LEATHER  
SITE 150

AHRENS GROUP  
SITE 274

BRANDT  
SITE 1-2

SWABTEC  
SITE 630

COPRICE  
SITE 324

DUYNHOVEN  
FABRICATORS  
SITE 204

SEPTIC SCIENCE  
SITE 429

CUMPAS AG  
SITE 397

MEAT &  
LIVESTOCK AUS  
SITE 624

SOUTHERN  
GRAMPIANS  
SHIRE SITE 511

WONDERMAZING  
HONEYBEES  
SITE 448

ZAIKE  
SITE 668



Thanks to **Telstra**, your Sheepvention adventure just got even more exciting!  
Families are invited to take part in the Ag Passport challenge for a chance to  
win a fantastic **major prize** each day.

**SUBMIT COMPLETED PASSPORT  
TO TELSTRA (SITES 534-535)**

**413 SQUADRON**  
**AUSTRALIAN AIR FORCE CADETS**  
**RECRUIT INFO NIGHT**  
**6:45PM - THURSDAY 7 AUG**

**Tel el Eisa Barracks**  
**Pertobe Road - Warrnambool**

**ENROL  
NOW**



Enquiries to  
[admino.413sqn@airforcecadets.gov.au](mailto:admino.413sqn@airforcecadets.gov.au)

**WE'RE HIRING!**

**Join the Subway Team –  
Staff Wanted Now!**

We're currently looking for juniors and new team members to join our fun and fast-paced team. If you're reliable, enthusiastic, and ready to learn, we want to hear from you!

📍 **Apply Now – Drop your resume in-store!**  
Ask for a manager when you come in.

- ✓ Flexible shifts
- ✓ No experience needed – we provide full training
- ✓ Great team environment

**SUBWAY**

**PORTLAND SWIM CLUB** [PORTLANDSWIMCLUB@OUTLOOK.COM.AU](mailto:PORTLANDSWIMCLUB@OUTLOOK.COM.AU)

**COME AND Try**

We welcome swimmers who wish to compete, make new friends or just keep up their fitness levels!

Club members must be able to swim 50m of freestyle, backstroke and breaststroke, and demonstrate butterfly kick

[www.portlandswimclub.com.au](http://www.portlandswimclub.com.au)

The Portland Swimming Club is a thriving community club offering fun, friendships, and an optional competitive pathway.

**Come & Try with us!**

Email the club to register your interest and arrange for a personal assessment.

[portlandswimclub@outlook.com.au](mailto:portlandswimclub@outlook.com.au)





## ABC Heywire wants you to tell your story, your way

Are you aged **16–22** and have a story to share? The ABC Heywire competition wants to hear from you!

Heywire is a lived experience storytelling competition for young people living in regional, rural and remote Australia. For over 20 years, we've been championing the bravery and vulnerability it takes to share your story, your way. What might seem everyday to you is **epic to us**.

Tell us what life's like where you live, what you care about, or what frustrates you. You can enter through writing, audio, video, or photos – as long as it's **a true story** about some aspect of your life in regional Australia.

The competition closes **September 1**, and we're on the lookout for incredible stories. This could be **your chance** to be heard, work with ABC producers, and attend the Heywire Summit!

➔ **Enter now:** <https://www.abc.net.au/heywire>

# 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 3pm - 6pm

Wednesday 11 June 3pm - 6pm  
(alternative day due to public holiday)

Monday 14 July 3pm - 6pm

Monday 11 August 3pm - 6pm

Monday 08 September 3pm - 6pm

Monday 15 October 3pm - 6pm

Monday 10 November 3pm - 6pm

Monday 08 December 3pm - 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

