

Portland Secondary College

Newsletter

TERM 3 WEEK 5

18th August 2025

Highlights

- Principal's report
- Science
- Sports
- Term 3 Calendar
- Community News
- Library News
- Careers
- Community Projects and more!



IMPORTANT DATES TO REMEMBER

- Monday 18th August Friday 22nd August Book Week
- Monday 18th August Yr 10 PE Sport Science
 Experience Day
- Tuesday 19th August Year 10 English visiting
 Author Scot Gardner
 - Public Speaking meeting (lunch)
- Wednesday 20th August Year 7-12 Netball (Hamilton)
- **Friday 22nd August** Book character dress up day
- Monday 25th August School Production full day cast dress rehearsal @P.A.C





Portland Secondary College is a Child Safe School

Jo Kindred, Principal



Already it is almost the middle of term and time is flying past for our Year 12 students as they begin work on their final outcomes before starting some rigorous revision for their exams. An extensive revision timeline is being put in place for the next couple of months for these students to assist them to maximise their studies.

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.

It was once again a busy fortnight at both PSC and out in the Community. Information Night for 2026 and Subject Selection interviews were held for Students going into Years 9-12 in 2026. All students were issued with a code to allow them to complete their selections. The computer will now work its magic and work out the best possible fit of subjects for the majority of students. Students will be informed of the subjects they have been granted and be able to resolve any issues by the end of this term. Any student who has not made selections will be able to see their relevant Level Manager in the next few days to get their selections in.

Our Year 12 Vocational Major students were hard at work to complete their community projects. One group of students hosted Daffodil Day and raised money for Cancer research by holding a casual clothes day and a BBQ. Another group hosted the BBQ at Bunnings, with both groups raising substantial sums of money to support their chosen causes. VM students also participated in mock interviews as they prepare for life after school finishes.

Our Year 9 students participated in the Party Ready Program, an initiative sponsored by St John's which equips students from Year 9 with the tools and knowledge to help their mates if they are injured, unwell or in distress at a party. From CPR to mental health first aid and substance overdose, Party Ready helps young people feel confident to de-escalate the immediate situation as well as seek the appropriate supports and interventions.

This last week, Portland Secondary College students have showcased their talents at the Greater Western Region basketball in Ballarat. The team acquitted themselves well, coming in fourth place against some tough opposition. We also have some great Science news from some of our students. Please see elsewhere in the newsletter for these stories and more.

Jo Kindred, Principal



Coming up this week we have Book Week with lots of activities happening all week before we finish up with the very popular Dress Up as a Book Character on Friday. Students have the choice of either attending school in their normal full school uniform or dressing up as a book character. During the week the College will also have a visit from author Scot Gardner who will talk to our Year 10 students about his novel which Year 10 students are currently studying. Netball teams from Years 7-12 will also represent the College on Wednesday and we wish our teams all the best.

Speaking of talent – make sure you reserve the dates of the 2025 School Production in your diary. 'Don't dis Nemesis' will be performed on 28th. 29th and 30th of August with tickets on sale now at the General Office. Our school production generally sells out so don't delay in getting your tickets.

Finally, it's that time of the year when we complete our Annual Parent Opinion Survey. Details are both here in the newsletter and posted on Compass. Remember your child will receive a \$5.00 Canteen voucher if you complete the survey. It doesn't take long and provides the College with some useful information to assist in our future planning.



Book week dress up inspo!





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
- · Should you have any participation or survey-related queries, please contact the school, or the department by email: school.surveys@education.vic.gov.au

Yours sincerely, Joanne Kindred

Braden Dawson, Compass





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.

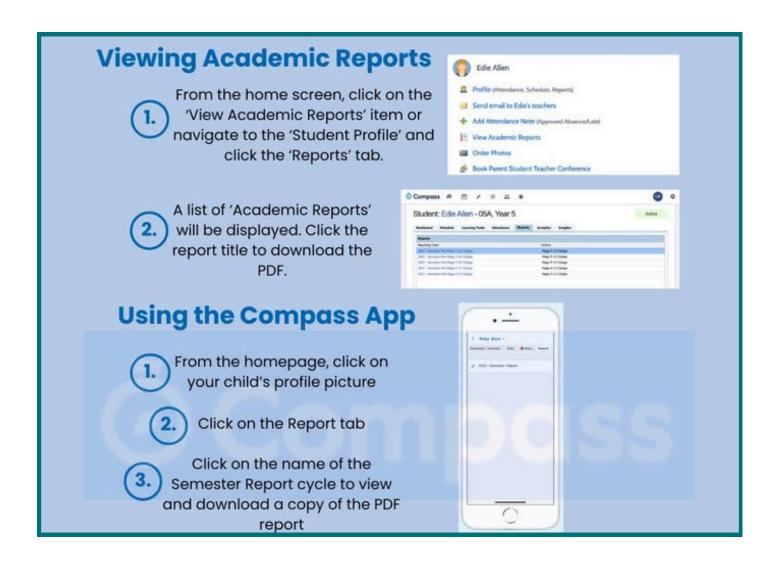
Why is it important to take the time to read your student's report?

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.



Year 7 2026 PLACEMENT AT PSC: ENROLMENT



IMPORTANT INFORMATION YEAR 7 2026 FAMILIES

ENROLMENT OFFERS

Families should have received their official Year 7 enrolment offer via email.

Please complete your enrolment offer by Friday, August 22, 2025.

What's next?

In November, we will send you a final enrolment pack along with important documents, including the booklist, camp information, BYOD details and other resources to help you prepare for the start of Year 7.

If you have any questions or haven't received your enrolment offer, please contact our General Office.

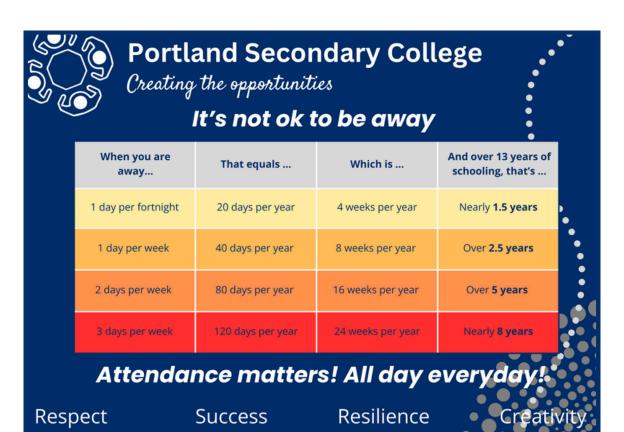


03 5523 1344



portland.sc@education.vic.gov.au

STUDENT ATTENDANCE



Portland Secondary College

Creating the opportunities

TERM 3 CALENDAR

Monday 18th - Year 10 PE - Sport Science Experiment Day

Monday 18th - Friday 22nd - Book Week

Tuesday 19th - Year 10 English Guest Author Scot Gardner

- Public Speaking meeting @ lunch

Friday 22nd - Book Week dress up day

Wednesday 20th - Yr. 7-12 Netball School Championships (Hamilton)

Monday 25th - School Production cast/crew full day dress rehearsal @ P.A.C.

Tuesday 26th - Year 9 Guest Speaker: Paralympian Al Viney Wednesday 27th - Public Speaking meeting @ lunch Thursday 28th - Saturday 30th - School Production

Monday 1st - Yr. 8 Live4Life Mental Health Awareness Event Tuesday 2nd - Yr. 7/8 Boys and Girls Basketball Wednesday 3rd - Public Speaking meeting @ lunch Wednesday 10th - Legacy Public Speaking State Final (Ballarat) Wednesday 17th - Public Speaking meeting @ lunch Friday 19th - Term 3 last day (2:30pm finish)



Ashley Elijah, Drama Teacher/Scriptwriter

2025 SCHOOL PRODUCTION

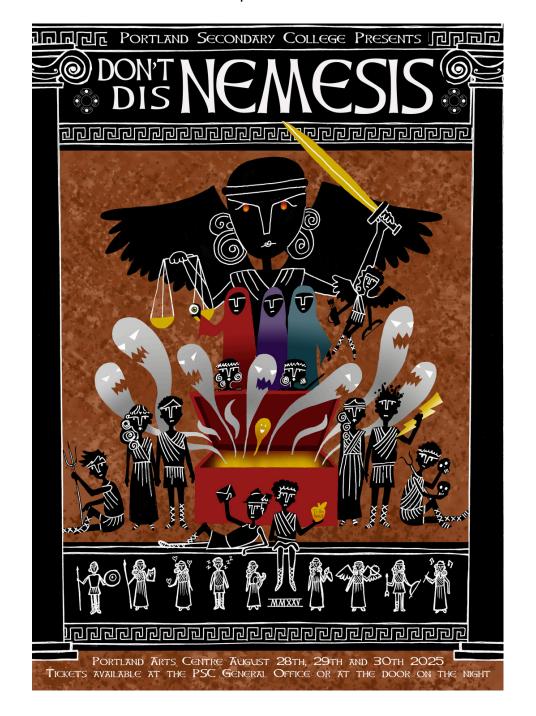


Rehearsals are in full swing for the 2025 PSC School Production!

This year, get ready to laugh and sing along with our original comedy-musical: "Don't Dis Nemesis" 120

Portland Arts Centre: Thursday August 28^{th,} Friday August 29^{th,} Saturday August 30th - all shows @ 7:30pm

Tickets available at the General Office or at the door on the night \$10 per ticket



Andrew Prentice, VM Teacher



VM Community Projects

As part of their studies in Year 12 VM (Vocational Major), our students have recently undertaken community-focused fundraising events designed to develop their skills around teamwork, social responsibility, and real-world planning.

These events not only demonstrated the students' commitment to supporting worthy causes, but also highlighted their ability to work as part of a small team and take initiative.

A huge well done to all of the students involved for their outstanding efforts in planning, promoting, and running these events. Your hard work and enthusiasm are truly appreciated by the school community. We look forward to seeing what you accomplish next!

Daffodil Day Fundraiser

The first of these events was a Daffodil Day fundraiser, where students raised an impressive \$718 for the Cancer Council. Through selling sausages and soft drinks and holding a casual day where staff and students were encouraged to wear yellow, they raised awareness, and encouraging the school community to get involved in such an important cause.

Daffodil Day Fundraiser - Claire Bullock, Lexi Talbot & Tiger Cleary

"On Friday the 1st of August, Tiger, Lexi and I ran a fundraiser for the Cancer Council of Australia- Daffodil Day. This fundraiser day was our major senior community project for our Year 12 Unit 4 PDS project.

This fundraiser was very important and personal to us, as every year, over 35,000 Victorians hear the words "you have cancer." Thanks to the incredible support of the PSC community, 7 in 10 people now survive at least five years after their diagnosis. But there's still more work to be done.

We encouraged the staff and students to dress in yellow for a gold coin donation, as well as running a BBQ at lunchtime and raising \$718 with every dollar raised through your Daffodil Day fundraising going towards life-saving cancer research conducted and funded by Cancer Council.

Huge thank you to our teacher Mr Prentice, for all your support, as well Cindy and the canteen team for selling yellow cupcakes." - Claire, Lexi & Tiger



Bunnings Sausage Sizzle

The second event saw the students firing up the grill for a classic Saturday Bunnings BBQ, raising a remarkable \$920.

These funds will go directly back into supporting the VM program, helping to fund future student-led projects, excursions, class meals and resources.

The event gave students valuable experience in communication, money handling and customer service outside the walls of PSC in a community setting.

Bunnings Sausage Sizzle - Haylie Disher, Shaylah Karlberg, Laura Anderson & Aleisha Hunter

"On Saturday the 2nd of August, we ran a fundraiser BBQ at Bunnings as part of our VM Community Project.

Our goal was to raise money for our VM Year 12 so we can have an opportunity to have lunch before graduation and shows our hard work and commitment to the schoolwork we are completing.

We want to take the time to say thank you to everyone who came and supported us, and all the donations we received. Without all the support and time being put into our fundraiser, we wouldn't have been able to reach our goal." - **Haylie, Shaylah, Laura &**

Aleisha









Suzanne Patterson, Careers



Monash Biomedicine Discovery Institute

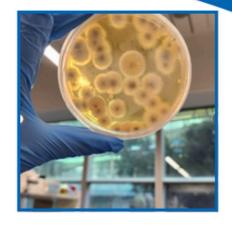


"During the holidays, I had the opportunity to spend a week at **Monash Biomedicine Discovery Institute** to complete work experience. It was an incredible experience where I shadowed a PhD student for five days, gaining a first-hand insight into the daily work of a biomedical scientist and seeing the environment of a research laboratory.

Over the course of the week, I was able to participate in lots of different activities, such as attending lab meetings and seminars, and I learned how to grow bacteria, stain it, and observe it under a microscope.

I also had the chance to see how advanced technologies work in a lab, like DNA extraction machines and micro-imaging equipment, and I worked with a variety of chemicals used in the process of developing new medicines." - Charlee Coates





YEAR 10 WORK EXPERIENCE

MONASH BIOMEDICINE DISCOVERY INSTITUTE





CHARLEE COATES

Suzanne Patterson, Careers

Year 11 VM Mock Interviews



Vocational Major (VM) students at Portland Secondary College recently participated in Mock Interviews as part of their Work Related Skills coursework.

We're incredibly grateful for the support of our local community partners:

Rebecca Mason from Are- Able

Guy Savior from Head Start

Jacob Rhodes from Westvic Staffing Solutions

Tiana Richardson from The LLEN





VM MOCK INTERVIEWS





Portland Secondary College Creating the opportunities

Montannah Perrett, Education Support





Our Year 9 Food Studies students have been busy in the kitchen, putting their culinary skills to the test! Recently, they prepared delicious hamburgers, made even more special by the addition of their own homemade pickles—crafted from scratch in class.

Students also baked fresh scones, showcasing their ability to follow complex recipes and work with a variety of ingredients.











Donna Jennings, Science Leader



Girl Power Engineering & IT program



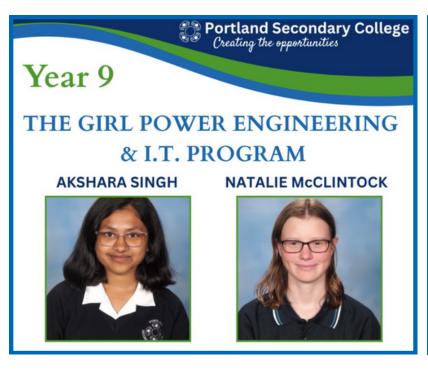
During the recent school holidays, PSC Year 9 students Akshara Singh and Natalie McClintock were invited to attend "The Girl Power Engineering and I.T. program" in Melbourne.

"The Girl Power Engineering and IT program was an amazing experience that helped me explore different areas of engineering. We toured the University of Melbourne and took part in hands-on workshops on topics like aerospace and renewable energy. One highlight was meeting the Melbourne University Racing team and learning about motorsports engineering. My favourite part of the program was the panel evening, where I had the chance to speak with women working in STEM. Hearing their stories was really inspiring to me." - **Akshara Singh**

"Girl Power Engineering and IT is a program run by the University of Melbourne. My experience was full of fun activities and I made three new friends. My favourite part was the "creature space," where we learned about planes and private jets, how they work, and then spent two days building our own gliders. We also had lots of free time — my friends and I often played UNO.

If you're a girl currently in Year 8, this program will be available next year when you're in Year 9.

All food and accommodation are provided during the first camp, so you don't have to worry about anything. I definitely recommend it!" - Natalie McClintock

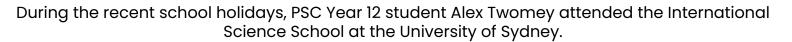




Donna Jennings, Science Leader

Science

International Science School



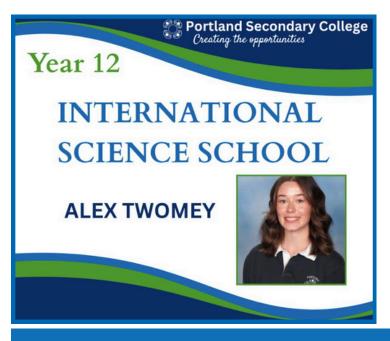
Sounds like Alex had an awesome experience taking part in the program and enjoyed having some down time to explore Sydney.

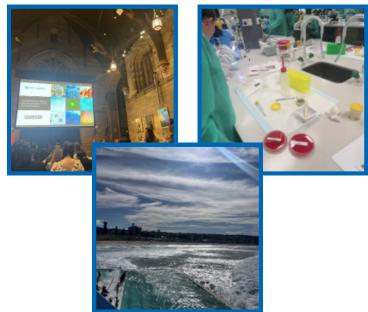
"I first heard about the International Science School from one of my favourite teachers, Ms Clignett, who had attended the program herself and couldn't recommend it highly enough. Two years later, I found myself applying—and, funnily enough, getting accepted.

The program took place in Sydney during the July holidays, starting on the 7th with a full day of travel, and ending on the 18th. Each day brought a range of different activities, from lectures delivered by renowned scientists and Nobel Prize winners to hands-on experiments in the labs at the University of Sydney. As a science lover and someone who's always asking questions, I can confidently say that not only were all my questions answered, but I also learned and experienced things I had never even heard of before.

Beyond the science, I also learned a lot about myself and others. I formed strong friendships with scholars from around the world and set myself the personal challenge of stepping out of my comfort zone by talking to as many people as possible. Through this, I connected with students from the United States, Japan, China, New Zealand, Thailand, India, the United Kingdom, and from other States across Australia.

When I entered this jam-packed program, I had no idea what I wanted to do after finishing school at Portland Secondary. Now, I can confidently say I know exactly what I want to pursue and where my passion lies. I couldn't recommend this experience more—to anyone offered this opportunity or any like it: take it! Say yes and see where it leads." - **Alex Twomey**





Tarni Mesley, ES/Co-Coach Braden Dawson, Co-Coach

GWR Intermediate Girls Basketball





On Thursday the 14th, our Intermediate Girls Basketball team travelled to Ballarat to compete in the Greater Western Region tournament. It was a brisk 6am start as the team boarded the bus, ready for a big day of competition.

We hit the ground running, playing a strong second half to tie with Horsham College in our opening game. Our second match against Mercy Regional College was never in doubt, with Annika Baker sinking multiple shots from the 3-point line, crowning PSC as victors and placing us at the top of our pool.

Despite a solid effort, Emmanuel College proved too strong in our third match. However, our earlier performances earned us a spot in the 3rd/4th place final against Trinity College. After a close first half, we were ultimately defeated—but the team's spirit remained high throughout the day.

We returned home proud, knowing we are among the top teams in the Greater Western Region.

A big thank you to coach Tarni Mesley and our referee Judd Carter for their outstanding efforts on the day—especially Judd, who refereed multiple games on his own. Special thanks also go to Nathan Adams for lending us Bayview's jerseys, after Tarni accidentally forgot to pack ours!









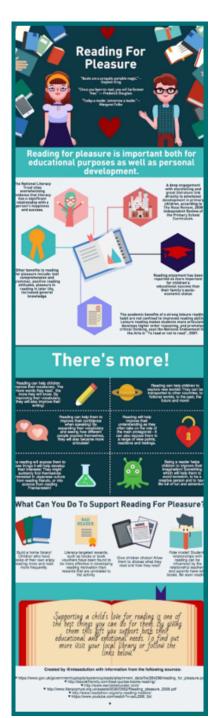




Janelle Collins, Librarian

Library News





Don't forget that next week is Book Week and dress up day is on Friday 22nd August. We're looking forward to seeing lots of students and staff dressed up as book characters showing off their costumes at recess in the J Wing. Prizes will be awarded for best dressed. Any students not wanting to participate should attend school in full school uniform.

Categories for judging are:
-Junior, middle and senior school
-best group

A reminder to everyone that the Library web app (under the star menu on Compass) gives access to a number of useful resources 24/7. Click the 'log in via SSO' button, then use your school email address (eg COL0012@portlandsc.vic.edu.au) and your Compass password if prompted. From here you can see any books you have on loan, you can reserve books and also access the World Book online, Echo online and the PSC eBook and audiobook library. If you would like help with any of these, just pop into the library for assistance. If any parents have not yet given their Year 7 permission to access this, please do so.

We regularly add new titles to the collection, and happily accept requests – just see Ms Collins or send an email if there is a book or magazine you would like to see made available to the school community.

Happy reading 😊



Start planning your costumes now!

BOOK WEEK
MONDAY AUGUST 18th

FRIDAY AUGUST 22nd

This years theme is "Book an Adventure".

You can however come dressed as any character from a book!

DRESS UP DAY IS FRIDAY AUGUST 22ND

WHO WILL WIN BEST DRESSED?!



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



Students are reminded to bring work to complete

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





Johanna Gwynn, Green Team Leader

PSC GREEN TEAMPoster Competition





Green Team Poster
Competition EXTENDED!
New deadline: 25th August 2025 –
more time to get creative!
Submit your entry via the QR code or
hand it in to your Mentor teacher.
Choose your category from the
below 3 options:

- 1. 10¢ drink container bins (white lids
 - 2. Paper & cardboard only bins (yellow lids ♥)
- 3. General waste bins (blue bins)

 PRIZES! PRIZES! PRIZES!
- Ist place in each category wins a \$20 Canteen Voucher!
- Plus awesome runner-up prizes to be won!
- Fig. Get involved, get creative, and help us make PSC cleaner and greener!

VICTORIA'S CONTAINER DEPOSIT SCHEME



Turn Your Cans into a Greener Future! 💚 😭

Do you have empty drink cans or bottles with the 10¢ refund? Don't toss them — donate them! Every container you give supports the PSC Green Team and their amazing sustainability initiatives.

Here's how you can help:

Take your eligible 10¢ containers to the collection point at Woolworths or The Royal Hotel Scan the barcode for Go Green Team! at PSC (Or download the CDS app and set Go Green Team as your donation payout)

Watch your small change create a BIG impact for our

Together, we're making PSC cleaner, greener, and more sustainable — one drink container at a time.

planet 🌍

Johanna Gwynn, Green Team Leader



CDS STUDENT CONFERENCE - MELBOURNE

Members of the PSC Green Team and PSC Hands on Learning recently attended a Student Conference in Melbourne focused on the 10c Container Deposit Scheme.

Students explored the circular economy and brainstormed ways to boost sustainability at PSC – including better use of our new 10c drink container bins and updated rubbish collection system.

A big well done to all who represented PSC and brought back fresh ideas for a greener school!





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/Page s/default.aspx

Kids Matter - www.kidsmatter.edu.au

Youth Beyond Blue - www.youthbeyondblue.com.au

Headspace - www.headspace.org.au

Reach Out - www.reachout.com

Raising Children Network - 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



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 GUDDED 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



'★ 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





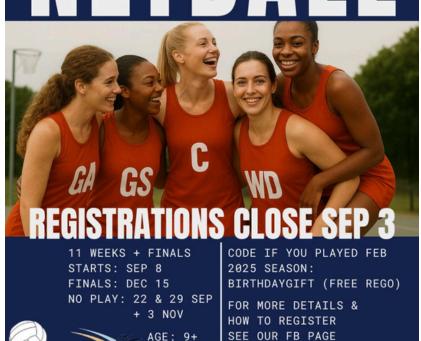
The Portland Swimming
Club is a thriving
community club offering
fun, friendships, and an
optional competitive
pathway.

Come & Try with us!

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

portlandswimclub@outlook.com.au

NEW SEASON OF MONDAY RET BALL



TEAMS & INDIVIDUAL'S WELCOME

PORTLAI





Portland District Cricket Association

President – James Ross 0409393285 Vice President – Mark Bowden 0429196843















JUNIOR CRICKETERS WANTED

Woolworths Cricket Blast - Intro. to Cricket (Ages 6 to 10)

Super Cricket - Games with a soft ball (Ages 8 to 11)

Under 16 - Hard ball cricket games (Ages 11 to 16)

Club Contacts

Gorae Portland CC - Devon Miles

0409 134 185(Cricket Blast)

Portland Tigers CC - Joel Askew

0439 941 035

South Portland CC - Nathan Liersch 0407 155 545

Portland Colts CC - Mark Bowden 0429 196 843

Tyrendarra CC - Darren Killmister 0410 232038

Drumborg Heywood CC - Phil Holmes

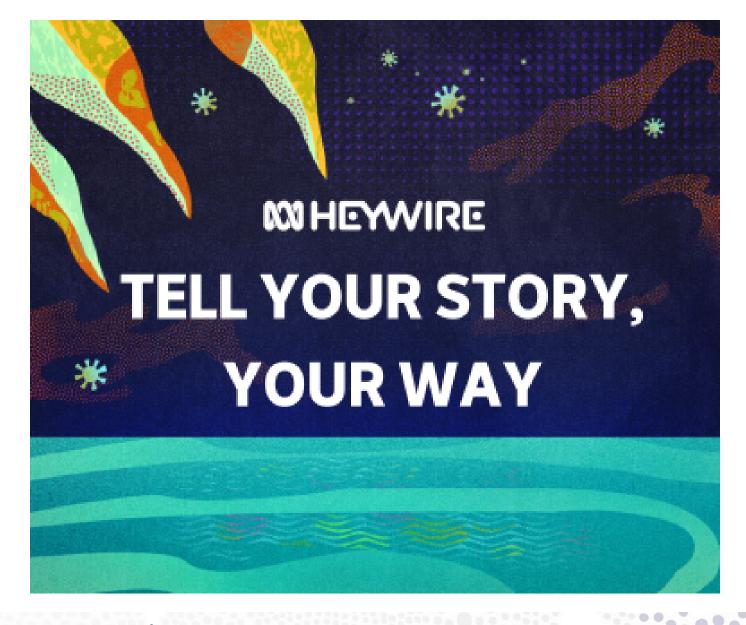
0498 953 619

Further information about games and competitions will be available on Association and Clubs Facebook pages.



Daly's Supa IGA Portland are seeking casual staff aged 15 years and older

You can drop your resume off to their service desk or you can also go instore and apply by scanning the QR code that is located at the service desk on the glass



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



