



Portland Secondary College

Newsletter

TERM 3 WEEK 7

1st September 2025

Highlights

- Principal's report
 - PE
 - Book Week
 - Library News
 - Art
 - Technology
 - Science
 - Careers
- and more!**

IMPORTANT DATES TO REMEMBER



Tuesday 2nd September

- Year 7&8 boys and girls basketball (Hamilton)
- Year 9 Morrisby for selected students



Wednesday 3rd September

- Year 9 Morrisby for selected students



Wednesday 10th September

- Legacy Speaking State Final (Ballarat)



Friday 12th September

- Year 12 VCE VM students Community Bowls Day



Portland Secondary College is a Child Safe School



PRINCIPAL'S REPORT

It was once again a busy fortnight at both PSC and out in the Community with student talents being showcased in a number of different forums. Portland Secondary College students acted as the roadie crew for the annual Portland and District School's Music Festival and helped support a number of Primary School aged children through their acts as well as performing a number of their own music pieces. Over the two nights, this music crew had the Civic Hall pumping and the younger children dancing in the aisles and it was highly entertaining for all who attended.

The two Music Festival nights were then followed by the School Production, 'Don't Dis Nemesis' which ran to full houses over Thursday, Friday and Saturday night last week. Students from Years 7 to 12 took to the stage to explore just what can go wrong when the Greek Gods chose to meddle in the affairs of mortals while still finding time to celebrate Zeus' birthday and open Pandora's box. The student performances were great, the sets, music and lighting were amazing and the whole production could not come together without the hard work of a few staff members and community members who make it all happen. A big thankyou to Ashley Elijah, Isabella Trott, Claire Walsh, Sue Taylor, Chris Dixon, Brian Helay, Brade Dawson, Rick Miller, Jodie Hollis, Aoife Blake, Thurston Bassett, Liam Doyle, Ruby Shepherd and Larissa Elijah with a special mention for Karensa Smith who designed and developed the amazing costumes for the students. Well done to all involved.

Also this last fortnight we have had students heading off to Netball where all teams acquitted themselves extremely well and we've had lots of incursions with students hearing from a Para-Olympian, an author and experts in the Health and PE field. The College also hosted a very successful Book Week with students enjoying a variety of activities before dressing up as a favourite book character. We had a wide range of characters come to life on the day with photos from the day found elsewhere in this edition of the newsletter.

There are only three weeks to go in this 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. Some students gave up a large part of their Saturday just gone to complete a three hour practice English exam with another opportunity for those who wish to sit the exam being held later in the week. All other Year Levels will shortly be completing their final Assessment pieces with Year 7 – 10 Parent teacher interviews being held the first day back of Term 4.



Unfortunately, it is also the time of year where winter illness hits dramatically. A large number of students have been absent with the flu or heavy colds but it is important that these students return to school as soon as possible and that they catch up on missed work.

Finally, August and September is 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. Please log on and provide some feedback. The survey is open for a couple more weeks.

Looking for a Great Opportunity?

The Department of the House of Representatives and the Y Australia are excited to deliver a National Youth Parliament. Y Australia is a nationally recognised leader in youth civic engagement, with over 40 years of experience delivering Youth Parliament programs across the country.

The National Youth Parliament will bring together 150 senior school students, each representing one of Australia's federal electorates, to engage directly with civics and the Parliament.

Through hands-on learning experiences, including simulated parliamentary debates, students will gain a deeper understanding of how Parliament works.

150 motivated young Australians – one from every federal electorate – will be selected for a five-day residential program in Canberra in 2026.

All young people who will be aged 16-17 and living in Australia in August 2026 are welcome to apply – regardless of background, education or experience.

If this sounds like something you would be interested in, please see Ms Kindred as soon as possible as the deadline for applications closes soon.



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
- 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

Portland Secondary College

Creating the opportunities

TERM 3 CALENDAR

SEPTEMBER

Tuesday 2nd - Yr. 7/8 Boys and Girls Basketball
- Year 9 Morrisby for selected students

Wednesday 3rd - Public Speaking meeting @ lunch
- Year 9 Morrisby for selected students

Wednesday 10th - Legacy Public Speaking State Final (Ballarat)

Wednesday 17th - Public Speaking meeting @ lunch

Friday 19th - Term 3 last day (2:30pm finish)

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Calendar was last updated on 15/08/25.
Please monitor Compass, Newsletter and
Social Media for updates.

Mollie Reed, Year 7 HUB Leader



Year 7 Scholarships 2026

Portland Secondary College is proud to recognise the following current Grade 6 students as recipients of a Year 7 scholarship for 2026.

Congratulations to all of you!

We look forward to welcoming you to PSC next year and are excited to support you on your secondary school journey.

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Congratulations
**2026 ACADEMIC
SCHOLARSHIP RECIPIENT**
Vaidehi Baniyal

"I am looking forward to the new subjects that PSC offer and the new opportunities I will have. I also look forward to making new friends."



 03 5523 1344  portland.sc@education.vic.gov.au

 **Portland Secondary College**
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Congratulations
**2026 LEADERSHIP
SCHOLARSHIP RECIPIENT**
Lucy Colley

"I am looking forward to participating in sport events and cooking classes. I am excited to meet new people."



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Congratulations
**2026 ACADEMIC
SCHOLARSHIP RECIPIENT**
Jude Cumming

"I am looking forward to doing new subjects like cooking, meeting new friends, and going to the canteen!"



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 **Portland Secondary College**
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Congratulations
**2026 ACADEMIC
SCHOLARSHIP RECIPIENT**
Billie Cummins

"I am looking forward to doing new subjects like food tech and making new friends. I am also excited about having new opportunities."



 03 5523 1344  portland.sc@education.vic.gov.au


Congratulations
**2026 COMMUNITY
SCHOLARSHIP RECIPIENT**

Maya Dyke

"I am excited about making new friends and learning new PE games! I am also looking forward to having my own locker in the Year 7 HUB."



 03 5523 1344

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Congratulations
**2026 SPORT
SCHOLARSHIP RECIPIENT**

Francis Guingab

"I am excited about all of PSC's sports days and learning new things. I am also looking forward to making new friends."



 03 5523 1344

 portland.sc@education.vic.gov.au

Congratulations
**2026 ART
SCHOLARSHIP RECIPIENT**

Crystal Hodges

"I am looking forward to making new friends and learning new things. I am also excited about going on school camps."



 03 5523 1344

 portland.sc@education.vic.gov.au

Congratulations
**2026 ACADEMIC
SCHOLARSHIP RECIPIENT**

Ruby Lancaster

"I am excited about new classes like cooking and technology. I am also looking forward to all the new sporting opportunities that PSC offer."



 03 5523 1344

 portland.sc@education.vic.gov.au

Congratulations
**2026 SPORT
SCHOLARSHIP RECIPIENT**

Banjo Mewburn

"I am excited about making new friends and seeing friends from other schools. It will be good to explore the tech and science rooms and to have a go at some new sports that PSC offer."



 03 5523 1344

 portland.sc@education.vic.gov.au

Congratulations
**2026 LEADERSHIP
SCHOLARSHIP RECIPIENT**

Milla Rietman

"I am excited about making new friends and I am really looking forward to learning an instrument and being a part of the school production!"



 03 5523 1344

 portland.sc@education.vic.gov.au

Congratulations

2026 LEADERSHIP SCHOLARSHIP RECIPIENT

Arley Trickey

"I am excited about LOTS of things at PSC. Trying new food in food studies, having a bigger gym with new games, going to the canteen, making new friends, and being in the same school as my brothers!"



03 5523 1344



portland.sc@education.vic.gov.au

Congratulations

2026 ACADEMIC SCHOLARSHIP RECIPIENT

Elena Tsimiklis

"I am really looking forward to making new friends, trying new sports and learning new things in a lot of new classes!"



03 5523 1344



portland.sc@education.vic.gov.au

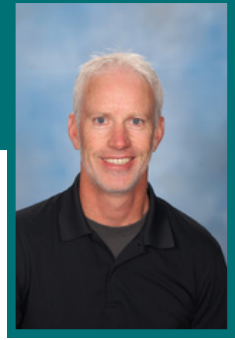


Respect

Success

Resilience

Creativity



Year 10 Fundamentals of Fitness

Over the past few weeks, our Year 10 Fundamentals of Fitness students have immersed themselves in a dynamic range of activities at the Portland Leisure and Aquatic Centre.

Through hands-on experiences, students explored various training methods while deepening their understanding of how the body moves and performs.

The program included Aqua Aerobics, Reformer Pilates, RPM cycling, and a Gym Circuit. Each activity provided a unique training experience, challenging students both physically and mentally, and reinforcing the value of variety in fitness routines.

Aqua Aerobics offered a low-impact workout that promoted mobility and joint health, all while adding the fun of exercising in the water.

Reformer Pilates focused on balance, control, and strength through precise movements designed to enhance posture and flexibility.

RPM Cycling pushed students' endurance and cardiovascular fitness in a high-energy, music-driven session.

The **Gym Circuit** tied all elements together, with students rotating through stations targeting different muscle groups and engaging in functional strength training.

Beyond the physical benefits, students gained a deeper understanding of body mechanics, including the roles of muscles, joints, mobility, and flexibility in performance and training.

I look forward to seeing how the students apply their learning in this subject, PE and beyond!





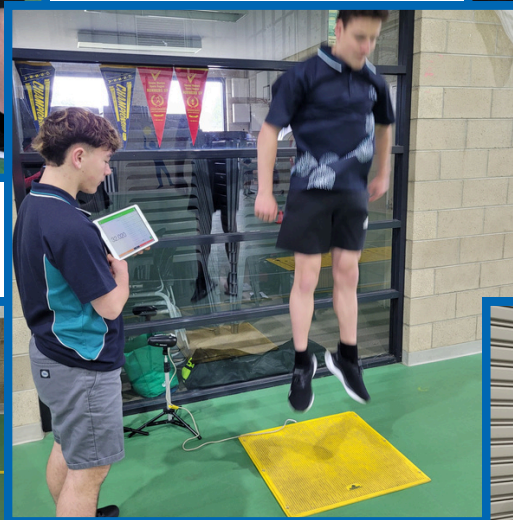
METS Performance Consulting

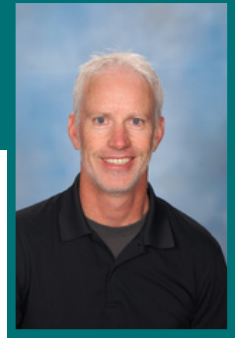
Running a practical for Mrs. Gould's Year 10 PE class was Jason from METS Performance Consulting.

Students took part in a range of fitness tests using top-of-the-line sports science equipment.

These included reaction time drills with coloured light pods and the always-popular 20m sprint using wireless timing gates.

It was an exciting opportunity for our young athletes, with some excellent results recorded. A shame we didn't have time for the Yo-Yo Intermittent Recovery Test!





Guest Speaker: Al Viney Paralympian

Our Year 9 students were recently treated to a visit from Al Viney, a Paralympian rower who has an amazing story to share!

A promising young athlete from Tasmania with aspirations of becoming an elite rower, Alex's life changed forever at 18 when she survived a high-speed car accident.

The injuries to her left arm were permanent — but it was society's perception of disability that forced the door closed on her dreams and future sporting career.

A loss that shaped her path, but not her passion and perspective.

She later became an Olympian 🏅





Year 8 Food Studies BEEF BURGERS

This week, 8B stepped into the kitchen and cooked up some delicious beef burgers as part of their food tech class. The smell of sizzling patties filled the room as students put their culinary skills to the test.

The results? A tasty success!

One student even claimed, "It was better than Macca's, but not quite as good as Hungry Jack's." High praise—and a clear sign that the bar has been set high! Well done to all of 8B for their creativity, teamwork, and culinary flair. We're already looking forward to what's on the menu next week!

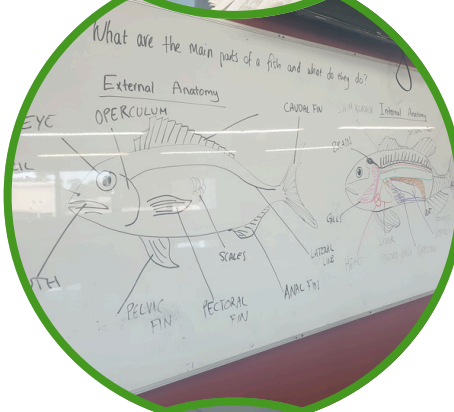


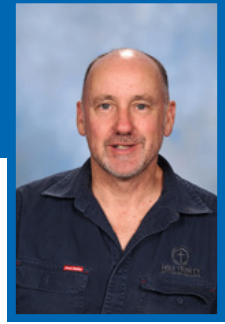


Marine Science – Molluscs

Over the last couple of weeks in Year 9 Marine Science, students have been busy exploring molluscs through hands-on dissections of a fish and a pipi. They were curious to see how the structures they've been learning about in class appear in real life, and many were surprised at the similarities and differences between species. Molluscs are one of the largest groups of invertebrates, ranging from small pipis to giant squids, and this activity gave students the chance to connect their learning with the real world.

Thank you to Eugene at Arrow Products for donating the fish.





Year 8 Technology Studies – Wood

In our latest woodworking project, students are creating their own lidded boxes—an essential foundation for many future design and construction tasks.

This hands-on activity involves designing, measuring, cutting, and chiselling a rebate joint, before assembling the box using glue and nails.

Students get to make creative choices about the type of lid they'll use and the finish they'll apply, giving each box a personal touch.

It's a great opportunity for students to build practical skills, problem-solve, and take pride in what they create.



Andrew Prentice, VCE VM Teacher



VCE VM UNIT 4 – COMMUNITY PROJECTS

For their final VCE VM hands-on project, the Year 12 Personal Development Community Project focuses on participation in an extended initiative related to a community issue in the Portland area. Students are demonstrating their interpersonal and leadership skills through this work.

All Year 12 students have planned, implemented, and will eventually evaluate their chosen projects.

Project groups include:

Declan Park & Flynn Leonard – Redesigning a BBQ trailer for future PSC students

Claire Bullock, Tiger Cleary & Lexi Talbot – Daffodil Day fundraiser for the Cancer Council

Laura Anderson, Aleisha Hunter, Haylie Disher & Shaylah Karlberg – Running a Bunnings Community BBQ

Rylan McKay, Sean Duckworth, Mick Smith & Bailey Place – PSC Garden Project (linked to Bunnings/Hands on Learning)

More projects to be featured in the next newsletter...



Respect

Success

Resilience

Creativity

Suzanne Patterson, Dana Lourie & Tarni Mesley – Coaches



School Netball Championships

Our Year 7–12 girls recently travelled to Hamilton where they competed in the Netball Victoria School Championships against other schools in our region, including teams from Hamilton, Horsham, and more.

All five of our teams secured at least one win on the day.

A special mention goes to our Year 10 Girls, who won 3 out of their 5 games, narrowly missing out on the finals.

Well done to all 50 girls who participated—whether playing, umpiring, scoring, or coaching. You all represented our school with pride and displayed our school values exceptionally well.

Thank you to Tiana Richardson, Kloe Payne and Tiarna Sandeman for umpiring and to Rebecca Fraser for supplying the girls with Icy Poles on the day.

Thank you also to Senior Coach Suzanne Patterson, Intermediate Coach Dana Lourie and Junior Coach Tarni Mesley.



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Library News

Book Week was once again celebrated at PSC with a number of activities, with the book character dress up day again showcasing the ingenuity of students and staff.

It was fantastic to see so many excellent character costumes on display around the school.

The winners were picked from those who came to the J Wing at recess for judging, congratulations to the Book Week dress up competition winners;

Junior: Banjo Watt
Middle: Angus Fraser
Senior: Melanie Knight
Group – Year 12 Dr Seuss crew
Staff: Ms Mackie

Another activity enjoyed by a number of students was the mini movie and popcorn at lunchtime on Thursday, students enjoyed some freshly popped popcorn while watching The Lost Thing, based on the picture book by Shaun Tan.



The winners of the CBCA Book of the Year awards were also announced this week, the winners are pictured below. Why not read one and see what you think for yourself?



Group Winner: Dr Seuss



Senior Winner: Melanie Knight



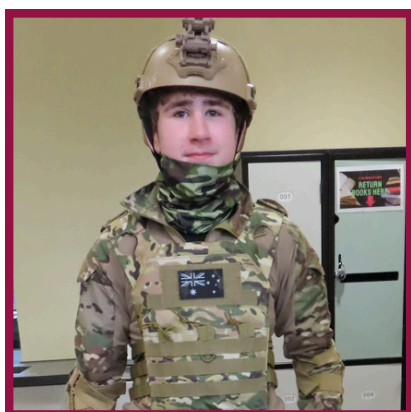
Middle Winner: Angus Fraser



Staff Winner: Miss Mackie



Junior Winner: Banjo Watt



Liam Doyle, Art Teacher



Hamilton Gallery

Last week, our Year 7 students were treated to a special visit from Libby Lewis, the Education Officer from the Hamilton Gallery.

Libby worked with two of our classes, 7A and 7C, in a hands-on workshop inspired by the artwork of local Indigenous artist Emma Stuart.

Students explored Stuart's unique painting style and themes before putting their own creativity into practice. Guided by Libby, the classes experimented with design, colour, and technique, and were thrilled to create their work on canvas—a new experience for many.

The atmosphere in both classes was full of focus and energy as students developed artworks that reflected not only the influence of Stuart's work but also their own ideas and individuality.

Libby shared her knowledge, and her visit gave students a deeper appreciation of both contemporary Indigenous art and the creative process.

The results were outstanding. Both classes produced high-quality pieces, with students proud of what they had achieved. Most importantly, they thoroughly enjoyed the experience and gained valuable insight into the role of art in expressing culture and personal perspective.

We would like to thank Libby Lewis and the Hamilton Gallery for their time and expertise, and we look forward to building more creative connections with them in the future.



Seth Little and Jack Elford 7A



Heath Keiller, Billy Pridham and Sammy Malloy 7A

Respect

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Creativity

Hamilton Gallery



Noah McGregor 7A



Caleb Noonan 7A



Jett McKay 7A



Coen Groves 7A



Carter Anderson 7C



Troy Carlyon 7C



Leisel Stringfellow 7C



Jessica Prentice 7C



Isaac Legg 7C



Keira Millard 7C



Vinnies Portland

Vinnies Portland will be running a Youth Work skills Program during the Term 4 school period.

During this time the students can choose to work one or two afternoons after school from 3.30pm–5.00pm.

They will have the opportunity to learn a range of skills and participate in a program that gives back to the community.

At the end of the program, they will receive a reference letter that they can use with future job applications.

A promotional poster for the Vinnies Portland Youth Work Skills Program. The top section has a blue header with the text 'VINNIES PORTLAND' in white. Below this is a photograph of three diverse teenagers (two boys and one girl) working together on a project involving red LEGO bricks and a small electronic device. The background of the photo shows a workshop-like setting with colorful geometric patterns on the wall. Overlaid on the bottom half of the poster is a dark grey/black rounded rectangle containing white text. On the left side of this rectangle are three white speech bubble boxes. The main text in the center of the rectangle reads 'UNLOCK YOUR POTENTIAL WITH OUR WORKSKILLS PROGRAM'. Below this, it lists 'Benefits of joining our program:' followed by four bullet points. At the bottom of the rectangle, it says 'Contact Us Today' followed by a phone number and an email address. At the very bottom, there are three yellow buttons with black text: 'Volunteer Program', 'Reference letter on completion', and 'Networking Opportunities'.

**Please see our
Career Advisor Ms
Patterson for a
consent form**

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

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

NEW SEASON OF MONDAY NETBALL



REGISTRATIONS CLOSE SEP 3

11 WEEKS + FINALS
STARTS: SEP 8
FINALS: DEC 15
NO PLAY: 22 & 29 SEP
+ 3 NOV

AGE: 9+

CODE IF YOU PLAYED FEB
2025 SEASON:
BIRTHDAYGIFT (FREE REGO)
FOR MORE DETAILS &
HOW TO REGISTER
SEE OUR FB PAGE



TEAMS & INDIVIDUAL'S WELCOME

portland-netball-association@hotmail.com

Respect

Success

Resilience

Creativity



Portland District Cricket Association

President – James Ross 0409393285 Vice President – Mark Bowden 0429196843

 PortlandDistrictCricketAssociation



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
Tyrendarra CC - Darren Killmister	0410 232038
Drumborg Heywood CC - Phil Holmes	0498 953 619
Portland Colts CC - Mark Bowden	0429 196 843

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**

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.au or 01 5022 2250

