

Portland Secondary College

Newsletter

TERM 4 WEEK 2

15th October 2025

Highlights

- Principal's report
- Attendance
- Library News
- Sport
- Road Safety
- VCE VM
- Art
- Community News and more

IMPORTANT DATES TO REMEMBER

- Thursday October 16th
 - Year 7 Indonesian Cultural Performance
- Friday October 17th
 - VCE VM Industry Tour (Pt Fairy/Warrnambool)
 - Year 10 TAFE Taster for selected students
- Tuesday October 21st
 - Whole School Assembly
- Wednesday 22nd
 - Year 9&10 Super 8 Cricket (Hamilton)
 - Hands on Learning Mural Walking Tour
 - Last day for Year 12 scored students
- Thursday 23rd
 - Whole school assembly
 - Year 7&8 Super 8 Cricket (Hamilton)







Portland Secondary College is a Child Safe School

Jo Kindred, Principal



PRINCIPAL'S REPORT

It's difficult to believe that Term 4 is already well underway. I trust all students and their families enjoyed a peaceful and relaxing break and have returned to school for a big final term. Our Year 12 students are currently completing their practice exams and are well into revision. They leave us mid next week for an intensive study period before commencing their final exams. Last Friday they entertained the whole school with a great final assembly, showcasing all their years at PSC and providing some advice to future Year 12 students. They then enjoyed lunch with the staff, and the sun came out just in time to enjoy a massive water fight with staff before we farewelled them out the front gate with a chalk colour run. A great time was had by all, and we wish them luck with their exams.

A great deal of planning is now underway for 2026 and Level Managers have now finalised elective classes with students currently in Years 8, 9, 10 and 11. Booklists for 2026 will shortly be released. Please keep checking the newsletter for key dates.

The term is once again going to be very busy. Already this term a number of students have competed in the Greater Region Athletics in Ballarat. We had a number of students gain second place in their events and you can read about their achievements in this newsletter. We've also held parent teacher interviews for students in Years 7-10 and a number of our Year 10 students have started a TAFE Taster Course which will run every Friday for the next few weeks. Year 12 students have been busy completing Revision lectures and Year 10 and Year 11 students are completing work, preparing for their final assessments.

It's only a few short weeks until exams for students in Years 10 and 11 so the term ahead is jam packed with classes, study, revision and events. There are a large number of sporting teams heading off in the next few days including Super 8 Cricket for Years 7 and 8 and our Year 7 students will also participate in an Indonesian Cultural performance. Our Year 11 VM students are heading off on an Industry Tour of Port Fairy and Warrnambool with Year 9/10 Cricket occurring in Week 3. Keep an eye on the newsletter, the PSC Facebook Page and Compass to stay connected with all school events.

Portland Secondary College utilises the School Wide Positive Behaviour Support framework to reward positive behaviours and discourage negative behaviours in students. Following my report is an brief snapshot of how we are going with the program to date. Whilst we still have some work to do, the results are very pleasing and the majority of students should be congratulated for the way they conduct themselves whilst at school. Please read this brief report and we welcome any feedback parents may have.

Portland Secondary College Our School Wide Positive Behaviour Support (SWPBS) Impact

At Portland Secondary College we strive to create an environment where high expectations, a wealth of opportunities, and dedicated professional growth enable students to embody our core values of Respect, Success, Resilience and Creativity.

The implementation of School Wide Positive Behaviour Support (SWPBS) has seen the College establish a solid framework in which 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 our teachers which focuses on promoting expected behaviours through positive teaching and reinforcement. We are in the second year of implementation.

21%

Fewer Major Behaviour Incidents

Major Behaviour referrals have dropped significantly, leading to calmer classrooms and more time for learning.

5:1

More positive classrooms

We're aiming for 5 positive comments to every one correction, helping students to succeed.

26%

Increase inPositive
Green notes

Green notes are affirmations, given to students who exhibit positive behaviours.

We've also seen

- 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
- improved perception of safety
- reduced bullying behaviours
- decreased suspensions
- increased positive school culture and climate

Our 2025 Attitude to School Survey completed by students showed a:

- 7% growth in Sense of Connectedness
- 7% growth in Respect for Diversity
- 7% growth in Effective Classroom Behaviour
- 14% growth in Not Experiencing Bullying
- 3% growth in Advocate at School

What Our Students Are Learning



Be Respectful and treat others as you would like to be treated yourself.

Be Successful and strive to be the very best that you can be.

Be Resilient and persevere through challenges.

Be Creative and use your initiative to have a positive impact as a global citizen.

Our School Motto is Creating the Opportunities

Our School Mantra is High Expectations - No excuses! We have clear expectations for students in the Junior, Middle and Senior School and we use simple, clear routines to teach students about expected behaviours.

High Expectations

High Expectations in the JUNIOR SCHOOL

We are SUCCESSFULL when we:

- Arriving before the bell
- Line up quietly
- Bring correct equipment to every class
- · Give everything our best go
- Complete all homework
- Take pride in our school community

We are RESPECTFUL when we:

- Are kind to others
- Are kind to ourselves
- Care for property and our environment

High Expectations in the MIDDLE SCHOOL

We are empowered to SUCCEED by:

- Arriving to mentor and classes on time
- Brining correct equipment to every class
- Wearing full school uniform
- Completing & submitting all work
- Respecting ourselves, each other, facilities, and the environment
- Taking responsibility for all equipment (e.g. locks on lockers)
- Participating positively and actively in our school community
- Being prepared to seek opportunities for self improvement

High Expectations in the SENIOR SCHOOL

In the Senior School Community we:

- Respect each other, ourselves and spaces
- Are quiet and productive in our work and study time
- Encourage, support and celebrate each other's efforts and successes
- Are responsible for following VCE and PSC rules and regulations
- Are Active participants who take pride in our education
- Model positive behaviours

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Learn from mistakes and feedback



Library

Corridors

Locker Ar

Classroom

Behaviour Expectations Matrix

	Be Respectful	Be Successful	Be Resilient	Be Creative
ms	We arrive on timeWe listen to the teacher	 We bring correct equipment We stay on task We try our best 	 We ask for help We challenge ourselves We learn from our mistakes 	 We share our knowledge We embrace new ideas We help others
	 We use appropriate voice and tone We are considerate of others 	 We return books on time We use available resources appropriately 	 We read outside our comfort zone We use study time productively 	 We engage in library activities We experience a variety of resources
T)	We walk calmly We speak softly	 We line up quietly We keep areas clean 	We are considerate of others	 We look ahead and move safely We dispose of litter thoughtfully
reas	 We wait patiently We only access our own locker 	 We collect all class materials in a timely manner 	 We lock our locker We keep our locker area clean 	 We keep our own locker organised We are considerate of others
ies	We sit quietly in Mentor GroupsWe listen carefully	 We listen for opportunities We encourage, support and celebrate the achievement of others 	We wait patientlyWe stay focused	 We are inspired and consider our future goals
	 We use facilities appropriately We respect the privacy of others 	 We use the facilities during break times We practise good hygiene 	We report damage	We conserve water
	 We line up and wait patiently We use our manners We only enter the canteen if ordering 	 We plan our order We use the correct line 	 We are patient We have alternate choices ready 	We make healthy choicesWe try something new
	 We are kind to others and the environment We behave in a safe manner 	 We take pride in our school We put rubbish in the bin We keep our area clean 	 We attempt to solve issues maturely We seek help from teachers when resolving issues in the yard. 	 We try new activities We choose not to follow the crowd
Office	 We use our manners We are considerate of parents and visitors 	 We remember our planners We arrive promptly if called 	We wait our turn to be served	 We observe notices on noticeboards We greet visitors politely
ces	 We follow online etiquette We close our device when it's not needed 	 We use devices appropriately and productively We take our charged device to class 	 We embrace mistakes as a step forward We seek support if needed 	• We try different apps to present work
mmunity	 We wear correct school uniform We represent the school with pride 	We make the most of opportunities to represent PSC	 We are open to different ideas We embrace diversity 	 We have a voice on community matters We volunteer to try different activities

To provide all students with opportunities to become creative, successful, respectful and resilient members of their local and global communities.

In the con

ICT/Device

General Of

Grounds

Canteen

Toilets

Assemblie

PORTLAND SECONDARY COLLEGE

PSC STUDENTS: YOUR SAFETY IS #1...

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



PORTLAND SECONDARY COLLEGE

STUDENT SAFETY IS IMPORTANT

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

E-scooter Road Rules

Tougher penalties as e-scooters are made permanent.



e-scooter riders cannot

- Ride on the footpath
- Use a mobile phone while riding
- Ride while under the influence of
- drugs or alcohol
 - Carry passengers or animals or ride
- in tandem
 - Ride a high-speed e-scooter, one capable of more than 25 km/h
- Ride on roads that have a speed limit over 60 km/h

e-scooter riders must

- Be aged 16 years and over
- Not exceed the maximum speed of 20 km/h
- Ride only on shared paths and roads that have a speed limit up to 60 km/h
- Wear a helmet at all times
- Follow traffic rules
- Use lights and reflectors







Formoreinformation(includingcommunitylanguage translations) transport.vic.gov.au/Road-rules-and-safety/E-scooter-road-rules





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Creating the opportunities

TERM 4 CALENDAR

Wednesday 15th - Year 12 Practice exams (all day, no Yr 12 classes)

Thursday 16th - Year 7 Indonesian Cultural Performance

Friday 17th - Year 10 TAFE Taster (for selected students)

- Year 11 VCE VM Industry Tour (Pt Fairy/Warrnambool)

Tuesday 21st - Whole School Assembly (reading time)

Wednesday 22nd - Year 9&10 Super 8 Cricket (Hamilton)

- Hands On Learning Mural Walking Tour

- Last day for Year 12 scored students

Thursday 23rd - Year 7&8 Super 8 Cricket (Hamilton)

Friday 24th - Year 10 TAFE Taster (for selected students)

Tuesday 28th - Year 12 exams

- 9D Portland Indoor Cricket Stadium

- 2026 Indonesia Trip Student meeting @ lunch (J11)

Wednesday 29th - Year 12 exams

- GD Golf

- Parent & Carer Forum presented by PSC School nurse, Vic

Police Youth Liaison Officer and Mental Health Practitioner (6-7:30pm)

Thursday 30th - Year 12 exams

- Year 9 Outdoor Ed Surfing

Friday 31st - Year 10 TAFE Taster (for selected students)

Monday 3rd - Year 12 exams

- Student Free Day

Tuesday 4th - Melbourne Cup Public Holiday

Wednesday 5th - Year 12 exams

- GD Tennis

Thursday 6th - Year 12 exams

- Year 9 Outdoor Ed Surfing

Friday 7th - Year 12 exams

- Year 10 TAFE Taster (for selected students)

Tuesday 11th - 9D Portland Indoor Cricket Stadium

- 2026 Indonesia Trip Student meeting @ lunch (J11)

Thursday 13th Year 9 Outdoor Ed Surfing

Friday 14th - Year 10 TAFE Taster (for selected students)

Calendar was last updated on 13/10/2025.

Please monitor Compass, Newsletter and Social Media for updates.

Six strategies to help prepare for the end of school

School is such a big part of your life. You might have mixed feelings as you approach the end of it. You may be excited or unsure about your post-school plans. You may feel a bit anxious or overwhelmed. Whether you're planning to study, work or play – think carefully about the transition from school to your life beyond it.

Reflect on what you've achieved.



Finishing school is a huge achievement. Reflect on your last few years of school and make sure any important achievements go on your resume.

f myfuture career article:
Write strong achievements

2 Understand your pathways.



Whether you're going to TAFE, university or into work, the more you know about how the process works, the better. Browse myfuture's career articles. You can filter by VET or university articles.

f myfuture Career articles

3 Line up some work.

Whatever you do after school, having a job will help. It will put money in your pocket and skills on your resume. Check out myfuture's resume templates and guides to job-seeking.



f myfuture's Job seeker resources

4 Tidy up your digital footprint.

Social media and email are crucial for your career as well as your private life. Set up a professional address to use while jobhunting, consider setting up a LinkedIn account and review your personal social media accounts.



f myfuture Career article: Clean up your digital footprint

5 Take a break from study.



The end of school is a great time to take a break from study, often called a gap year. You might travel, volunteer or work during this time. A gap year can help you recharge and take a bit of time to figure out your next steps.

f myfuture Career article: Making gap years work for you

6 Look after your wellbeing.



The end of school can be a complex time emotionally. You might feel excited and anxious at the same time. Make sure to reflect on how you're feeling about things and talk to someone if you need help.

f myfuture Wellbeing and resilience hub



myfuture.edu.au

ATTENDANCE

Does your student's attendance matter?

Yes! It does matter!



Attendance matters! All day everyday!

Respect

3 days per week

Success

120 days per year

Resilience

24 weeks per year

Creativity

Nearly 8 years

IMPORTANT INFORMATION FOR PARENTS/CARERS







Nicola Taylor, Secondary School Nurse

715 Health Assessments - Indigenous Students



If your child missed the free 715 Health Assessments on 9th September 2025, Dhauwurd-Wurrung Elderly Community Health Service Medical Clinic will be returning to PSC at the start of next term. Each student who attends receives a \$50 gift voucher from DWECH.

Consent forms are available from PSC's General Office.

What is the purpose of the 715 Health Assessment?

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

This assessment may include:

Review of medical history
Physical examination
Growth and Developmental screening
Vision and hearing screening
Immunisation review and updates
Health education and anticipatory guidance
Referral to additional services if needed

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

Nicola Taylor, Secondary School Nurse



Portland Secondary College

Parent & Carer Forum

PSC & UWG invite parents & carers to come along & learn more about the health & wellbeing challenges today's teenagers face & how we can support them.

Light refreshments provided.





Monday 27th October 2025 6:00 PM - 7:30 PM or

Wednesday 29th October 2025 09:30 AM - 11:00 AM

PSC Global Learning Centre

Forum Topics

- Sleep, exercise, screen time, nutrition, alcohol, smoking & vaping
- Cybersafety
- Warning signs & support services
- Open forum for questions
- Wrap up & resources

Let's work together for our children's success.

RSVP to 03 5523 1344 before 11:00 AM Wednesday 22/10/2025

Dana Lourie, PE Teacher

Year 9 Outdoor Education



In year 9 Outdoor Education, we used a Trangie stove to cook up some mi Goreng and hot chocolate.

Putting into practice how to operate it and exploring its benefits.



Tarni Mesley, PE Assistant



GWR Athletics - Ballarat

On Thursday, eight of our students travelled to Ballarat to compete in the Greater Western Region (GWR) Athletics Carnival. Despite less-than-ideal weather conditions, every student gave their all, showing determination and resilience in their events—some finishing just centimetres or seconds off first place!

A huge congratulations to Neveah, Ellie, Zayne, Harriette, Jasmine, Judd, Will, and Ben for representing PSC with pride and effort against tough competition from across the region.

Special congratulations to the following students for achieving second place in their respective events:

Benjamin McDowell – Boys 18–20yrs 400m Will McIntyre – Boys 17yrs 400m Zayne Medina – Boys 14yrs Triple Jump Judd Carter – Boys 16yrs 800m Ellie Anderson – Girls 12–13yrs 400m

Well done to all involved—we're proud of your efforts and sportsmanship!



Sue Taylor, Art Leader







Andrew Prentice, VCE VM Teacher

VCE VM UNIT 4 - COMMUNITY PROJECTS



Last week, before completing their final days at PSC, our VCE VM students christened their brand-new Community Project BBQ Trailer!













Paula Bartlett, Education Support

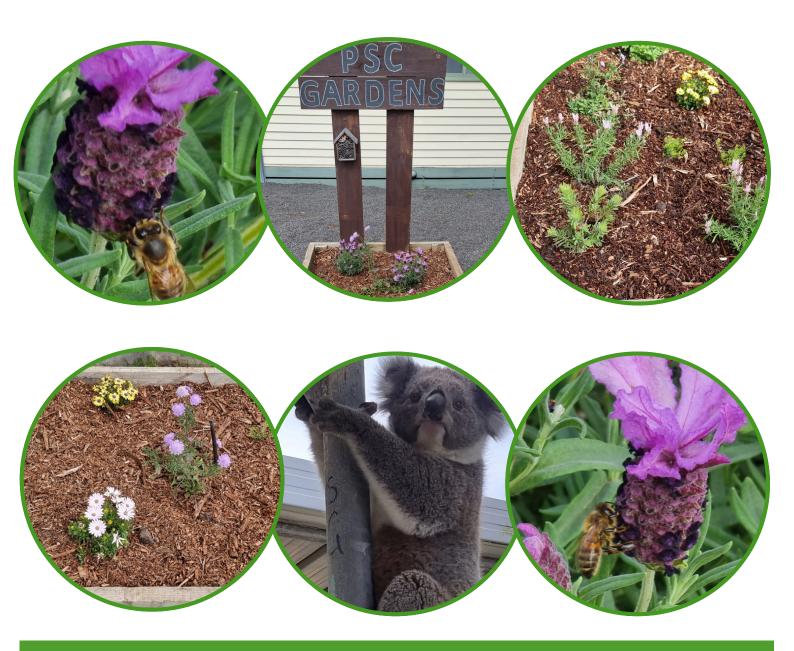
VCE VM UNIT 4 - COMPLETED GARDEN BEDS



Students Bailey Place and Sean Duckworth successfully completed their project recently. The garden beds were filled with fresh mulch, which will help retain moisture and reduce weeds around the growing plants.

A bee was even spotted visiting one of the pollinator plants—clear evidence that the garden is supporting local pollinators and helping create a thriving, healthy ecosystem.

Of course, none of it could have been done without their cuddly supervisor!



Lydia Mackie, Performing Arts Teacher



PSC Singing Group



Miscellaneous

Inter-School Chess Tournament

Any students interested in taking part in the Inter-School Chess Tournament, please let your Mentor know you want to attend so they can follow up!

CHESS TOURNAMENT

ST MARY'S CHURCH HALL, HAMILTON

TUESDAY, 28TH OCTOBER 2025

10:00 AM - 2:30 PM

Arbitrator: Mr. JAMIE KENMURE

(FIDE Arbiter, FIDE Instructor, and International Organiser)

CATEGORIES: GRADES 1-6, GRADES 7-9, GRADES 10-12

Individual Prizes – **I**st, **2**nd, and **3**rd place in each category. Overall Champion school

Registration Fee: \$30 per participant

For registration scan QR

Email: indoaussieclub@gmail.com

PH:0468 458 263, +61468 458 263



ORGANIZED BY INDO-AUSSIE SOCIAL CLUB

Miscellaneous

Recent lunch time activity has been a version of tennis crossed with pickle ball.

It is great to see the students being active.

Elijah and Jayden claim to be unbeaten in the below match!



Janelle Collins, Teacher Librarian



Library News

We have been busy adding lots of new books to the shelves, both physical and electronic, come in and find yourself something fresh for Reading. With Halloween coming up soon, you might get into the mood with a book from our Horror or Supernatural sections. You can choose from novels, short stories or graphic novels. Many are available as physical books, and also eBooks and audio books.



A reminder that many students currently have items on loan that should now be returned or reborrowed. Please have a look around and make sure any library books are returned as overdue letters will be sent out in the coming weeks. Fiction and Non-Fiction are due 28 days after, the loan period for Graphic Novels and Picture Books is 14 days, and magazines 7 days. All can be reborrowed by dropping in to the library and asking, or you can renew via the Library web app (found under the star menu on Compass).

The Library web app also has links to the school eBook and audiobook library, World Book Online and Echo, an issues-orientated compilation of text and multimedia news and information, with links to a range of quality newspapers and other news and information websites available online. This is available to all students and staff and can be a useful resource when researching.



Happy reading



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/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







REGISTRATIONS OPENING SOON

Start Date: Thursday, 16th October 2025
Warm-Ups: 5:00 PM Events Start: 5:15 PM
Schedule: Thursdays during Term 4 2025 and Term 1 2026

Venue: Nelson Park, Portland

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

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

New Members / Trial Athletes: New members are eligible for two free trial sessions. Please visit lavic.com.au/membership to join.

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

We will provide support and guidance.

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

Contact: portland@lavic.com.au



WALK TO SCHOOL GLENELG SHIRE

6 OCTOBER - 31 OCTOBER 2025

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

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

PRIZES AND INCENTIVES FOR ALL PARTICIPATING SCHOOLS!

REGISTER YOUR INTEREST BY 15TH SEPTEMBER 2025

To register or for any questions, email recreation@glenelg.vic.gov.au

walktoschool.vichealth.vic.gov.au











The Neil Porter Legacy are putting careers at the heart of secondary education. As parents are the biggest influence on their children's education and career choices, we've created the NPL Parent Newsletter to assist you to guide your children into rewarding careers. The first edition features tips on guiding young people through subject selections, simple explanations of senior school acronyms, VET DSS options (another acronym we explain), a spotlight on the dairy industry and the DemoDAIRY Foundation, a guide to the education, training and youth supports in our area, a jobs and opportunities section, and upcoming careers information sessions, including two from the Australian Defence Force.

https://neilporterlegacy.com.au/parentnewsletter/





Help to inspire the next generation of students

FutureME Volunteering

deakin.edu.au/future-me



Dear FutureME Volunteers,

Just a friendly reminder about October FutureME volunteering opportunities. As you know, this program relies on the generosity of volunteers like you — Your time, insight, and willingness to share your career journey play a vital role in inspiring and empowering students at our partner schools.

Please visit our <u>Humanitix page</u> where you can view details of all events by location and register to attend an event in your area. Already signed up? Thank you — your support makes a real difference!

Volunteering is even more rewarding with friends! If someone in your network might be keen to join, please send them our <u>Expressions of Interest page</u>.

If you have any questions or need more information, please don't hesitate to reach out. We hope to see you at one of our FutureME events soon!

Warmest regards,

The FutureME Team



Deakin Engagement & Access Program (DEAP)

Diversity, Equity and Inclusion

E: futureme@deakin.edu.au

Connecting Where It Counts

MentalHealthMonth

THURSDAY OCTOBER 23 33 OTWAY STREET PORTLAND, BROPHY BUILDING BROPHY IS PARTNERING WITH WELLWAYS, MELI, GLENELG SHIRE YOUTH AND OTHER LOCAL SERVICE PROVIDERS TO RAISE AWARENESS FOR 2025 MENTAL HEALTH MONTH.



FREE ENTRY FROM 11:30AM TO 3PM OPEN TO GENERAL COMMUNITY

COME ALONG AND ENJOY:

MUSIC

*******ART & CRAFT STATION

FREE BBQ & DRINKS

TSHOWBAGS & GIVEAWAYS

© CARD & BOARDGAMES

··· INFO FROM LOCAL SUPPORTS

EXPLORE BROPHY'S NEW COMMUNITY BUILDING

+AND MORE!!!











