



Portland Secondary College

Newsletter

TERM 1 WEEK 10

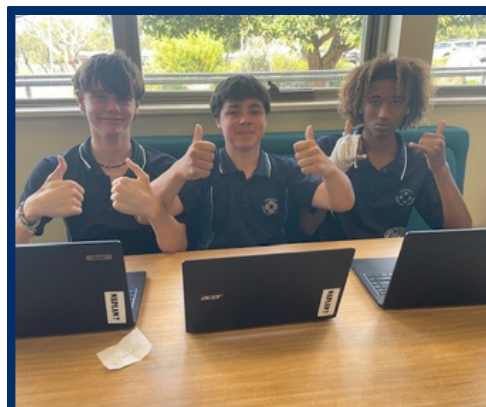
2nd April 2026

Highlights

- **Principal's report**
- **Careers**
- **Library News**
- **Sports**
- **VCE VM**
- **Term 2 Calendar**
- **School Upgrades**
- **Community News and more**

IMPORTANT DATES TO REMEMBER

- **Monday 20th April**
 - Term 2 Commences
- **Saturday 25th April**
 - ANZAC Day March and Ceremony
- **Monday 27th April**
 - PSC Cross Country
- **Monday 4th May**
 - Year 11/12 Boys GD Football
- **Monday 4th - Friday 8th May**
 - Year 9 Morrisby Interviews



Portland Secondary College is a Child Safe School

Jo Kindred, Principal



PRINCIPAL'S REPORT

What a term it has been!

We've had Year 7 Camp, Year 7 BBQ, several levels of Swimming, Athletic Sports, Parent Teacher interviews, Grade Six Experience Day, fundraising BBQs, School Council nominations, Induction of Student leaders, an Enhance Work Experience presentation from the LLEN and the Victorian Skills Centre, School Photos, Future Me sessions with Deakin University Students, and Live4Life induction. Senior students have had the opportunity to attend White Card training, Career Expos, Road to Zero, and a Tertiary Information session. Our Student Leaders travelled to Melbourne to participate in the

Young Leaders Conference and some of our Senior girls and staff enjoyed the Glenelg Shire International Women's Day luncheon where they heard from guest speakers and had the opportunity to network with other local business women. Our Year 7 and Year 9 students completed their NAPLAN assessments and all Year 10, 11 and 12 students across the College participated in Elevate Study sessions to improve their study skills. Many of our students put up their hand and volunteered their time to assist the local primary schools to run their swimming and athletics and the list goes on.

Lots of activities for students to get involved in.

Additionally, all students have been focussing on their learning and in the last week, all students would have completed major assessment pieces of work in all subjects. Students are to be congratulated on all the hard work they have completed and enjoy their holiday break but remember that most subjects, especially those in the more senior levels, will have set homework for completion over the holidays.

Next term is already looking incredibly busy. Year 11 students will begin their Mental Health First Aid Training and the College will hold an Anzac Day ceremony on the Friday afternoon to commemorate the day with students encouraged to join the official Anzac Day March on the Saturday. Two of our Year 9 students will leave us for a term to join the Alpine School for Leadership and we wish Ace O'Brien and Eli Porter all the best on their term away.

Happy Easter and have a great break. We'll see you all back next term.



Respect

Success

Resilience

Creativity

Portland Secondary College

Creating the opportunities

2026 TERM 2 CALENDAR

APRIL

Monday 20th - Term 2 commences for all students
Friday 24th - Year 10 VET Multi-Taster (TAFE) *(for selected students only)*
Saturday 25th - ANZAC Day March & Ceremony
Monday 27th - PSC Cross Country

MAY

Friday 1st - Year 10 VET Multi-Taster (TAFE) *(for selected students only)*
Monday 4th - Friday 8th - Year 9 Morrisby Interviews
- Year 11 & 12 Boys GD Football
Friday 8th - Year 10 VET Multi-Taster (TAFE) *(for selected students only)*
Monday 11th - RYDA Presentation
- GD Cross Country
Tuesday 12th - Live4Life Launch Day - Year 8s and Crew
- Year 9 Camp Preperation Day
Wednesday 13th to Friday 15th - Year 9 Camp - Geelong
Friday 15th - Year 10 VET Multi-Taster (TAFE) *(for selected students only)*
Wednesday 20th - Year 9 & 10 Boys GD Football
Friday 22nd - Year 10 VET Multi-Taster (TAFE) *(for selected students only)*
Monday 25th - GWR Cross Country
Tuesday 26th - Year 10 ADF Presentation
Wednesday 27th - Year 9 English - Scot Gardner visit
Friday 29th - Year 7 - 12 Girls GD Football



Calendar was last updated on
01/04/2026.

Please monitor Compass, Newsletter and
Social Media for updates.

JUNE

Monday 1st - Friday 5th - Dental Van Visit
Monday 1st - Year 7 - 9 Mixed GD Soccer
Tuesday 2nd - Year 8 & 9 Drama Performance
Wednesday 3rd - Legacy Junior Public Speaking Award (Hamilton)
Monday 8th - Kings Birthday Public Holiday
Tuesday 9th - Friday 12th - Year 10 & 11 Exams
Wednesday 10th - Year 9 -12 Girls and Boys Basketball
- Hamilton and District Legacy Junior Public Speaking
Friday 12th - Year 9 Try a Career Day
- Year 7 & 8 Boys Football
Tuesday 16th - GAT
Thursday 18th - Year 10 Deakin Immersion Day
- Year 10 Camp Preperation Day
Wednesday 24th - Friday 26th - Year 10 Melbourne Experience
- Last day Term 2

Cheryl Van Echteld – Operations Manager



SCHOOL UPGRADES

Some of you may have noticed that we currently have several work safety zones around our school, along with some major construction projects underway. Most of this work is part of a project run by the Victorian School Building Authority, and we are very grateful and excited to see these improvements taking shape.

The Domain Building Group, who are managing the project, have been impeccable in working with us to ensure that all works are carried out with student safety as the highest priority. While there has been a little inconvenience and occasional noise, the school community will benefit from these upgrades for many years to come.

A list of the works includes:

The Middle School Toilet Block/Student Services building:

Parts of the old straw ceiling were replaced and painted. Some walls were also repainted.

Year 7 Hub: This building began its life as a gym before it was repurposed as a library, and eventually became the Year 7 Hub we know today. The old gym floor had rotted in several areas, and the library carpet covering it was extremely worn and stretched.

We took advantage of the down time to redesign the area.

Old carpet was removed and floor boards were repaired.

This building also received a full roof replacement, new blanket insulation was installed and some new guttering and down pipes and new carpet laid.



Junior School Bike Shed:

The bike shed had a lot of visible rust. The corrosion was cleaned, treated and resprayed. It is now enjoying a new lease of life and looks brand new.



Gym/Drama/Canteen Building:

This building required a number of upgrades.

There was broken roof bracing which has now been resecured.

The garage door was cleaned, rust treated and resprayed.

Handrails on the mezzanine inside the gym were in need of a clean, rust treatment and needed to be repainted.

Steel beams, fascias and guttering outside were all cleaned, rust removed, treated and repainted. Some guttering was also replaced.

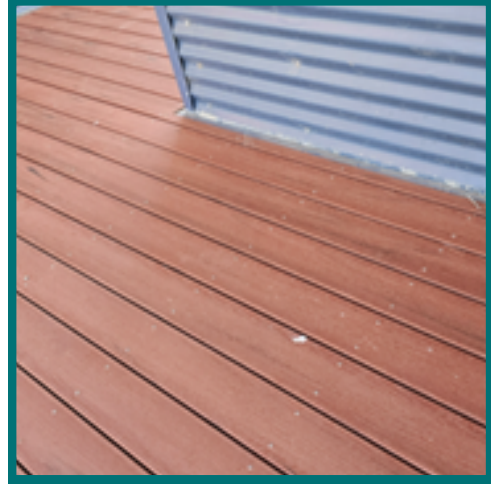


The Administration Building:

Internally, areas of flooring were relevelled, ceiling tiles were realigned and painted. On the roof we received new PVC downpiping, rusted vent caps and damaged apron flashing was replaced, and everything was resealed.

The Junior School Colourbond Toilets:

The damaged fascia boards were repaired or replaced and repainted. The timber decking was recladded and had new support struts added.



The Portables:

Decking was restrained and had new tactile mats added.



The Marriott Theatre:

The retaining wall to the Marriott Theatre has received a makeover that includes a better drainage system in the form of a larger, more efficient spoon drain. Many repairs were made to the wall also.



The Exit from Art to the Car Park Area:

Ground levels had to be altered to force water away from the structural beams of the annex.

This was achieved by extending and redesigning the current concrete area to incorporate the level changes.

The resulting area looks great and will be well utilised by art classes doing outside work.



Major Civil Works:

There have been major changes to the drainage system around some of our buildings to lessen the probability of the flooding experienced at our GLC building in 2021.

New Pipes and drains have been installed or reconditioned/relevelled to enable better flow away from the building area.

Extra pits have been included and a new overflow system offers some protection for our buildings.

Paths are now being re-laid.



The Music Room:

The Music room roof was fully replaced over the Christmas holiday break.



The Technology Rooms:

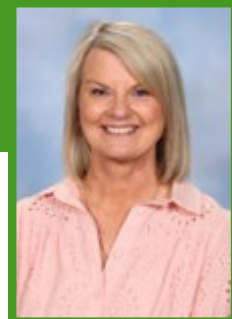
Several of our technology room floors also received some improvements.

Floor boards were stripped back and resealed and painted.



There have been numerous other small jobs completed, including patches to ceilings, walls, and floors. Many other roofs are also scheduled to undergo major resealing work very soon. There are still additional works yet to commence.





LUNCH TIME ACTIVITIES

Join staff and other students in the LSR at lunch time throughout Term 2!

LUNCH TIME ACTIVITIES

MON
UNO
UNO with Liz & Logan

TUE
ART
Craft & Art Space
Art with Gene & Flynn

THUR
UNO
UNO with Marie & Liza

FRI
LEGO
LEGO with Rachael & Marie

POP IN AND SEE US FOR SOME LUNCH TIME FUN



AUTISM AWARENESS

What Inclusion Looks Like At PSC:

- Trained staff
- Strong partnerships with families
- Curriculum adjustments, flexible tasks & modified learning delivery
 - Learning goals to highlight strengths and targeted supports
 - Time + workload adjustments to reduce anxiety
- Interventions for social skills, executive functioning, language, literacy & numeracy
 - Considered timetable adjustments for wellbeing

Programs Making a Difference:

Learning Support Room – small, nurture-based groups building confidence & social skills

Everyday Speech – social-emotional learning to support wellbeing

LEGO Club – structured play during lunch with ES staff

DET Supports We Use:

- Diverse Learners Hub
- Autism Education Strategy
- Visiting Teacher Service

Together, we're creating a school where diversity is celebrated, and every autistic student can thrive.

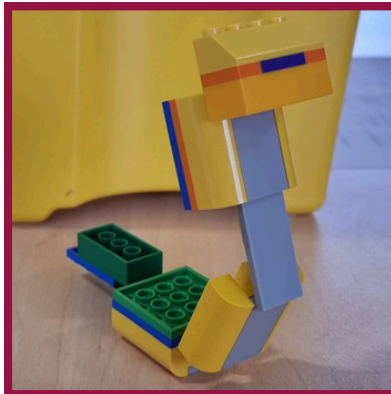




LEGO CHALLENGE

The Year 11 VCE VM Personal Development class took part in a leadership and teamwork challenge using Lego blocks. Each group selected a leader, who then chose one member to be blindfolded and tasked with building a Lego house using blocks passed to them by their teammates.

The activity was assessed on each student's teamwork skills, including how well they shared responsibilities, their willingness to participate, and the encouragement they offered one another. Particular emphasis was placed on communication—giving clear and precise instructions, actively listening, asking clarifying questions, and ensuring messages were understood despite the challenge. Students were also evaluated on their ability to work harmoniously as a group and listen to others without interrupting.



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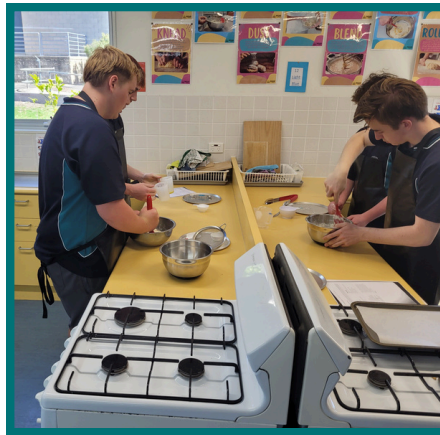
Rebecca Gould, Food Studies Teacher



Year 11 Food Studies

Mrs Gould's Year 11 Food Studies students have successfully completed their final SAC practical, producing a delicious variety of beautifully crafted focaccias.

Their skill, creativity, and attention to detail were shown in the outstanding (and very tasty) results!



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Emily Gorey, PE Teacher/Sport Coordinator



GD ATHLETICS

44 PSC students proudly represented PSC at the 2026 GD Athletics Carnival held at Nelson Park in Portland!

A huge congratulations to all competitors—and an extra shout out to the 13 students who claimed 1st place in their events. An incredible effort from each of you.

Special recognition goes to Year 7 student **Lucy Colley**, who was named Age Champion for 13-year-old females. Outstanding achievement, Lucy!

We can't wait to see what these athletes accomplish at GWR later this year.

A big thank you to our VM students who supported the event as helpers. Your contribution made the day run smoothly.



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GD ATHLETICS - RESULTS

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1ST	LUCY COLLEY	AGE GROUP CHAMPION 800M, 1500M
1ST	RUBY ROWE	800M, 1500M, HIGH JUMP
1ST	OLIVE WATT	TRIPLE JUMP
1ST	SIENNA STONE	SHOT PUT
1ST	SKYLA RALPH	JAVELIN
1ST	MAX BOTT	800M, 1500M
1ST	JUDD CARTER	1500M
1ST	ZAYNE MEDINA	HIGH JUMP, TRIPLE JUMP
1ST	OSCAR ELFORD	DISCUS
1ST	RAF STRINGFELLOW	LONG JUMP
1ST	RAF DOWNES	TRIPLE JUMP
1ST	BRODY TRICKEY	TRIPLE JUMP
1ST	SCOTT BRYCE	SHOT PUT, JAVELIN

Tania Beard & Michelle Cables – Student Services



COST OF LIVING SUPPORT

Cost of living support is available at all Victorian Public Schools. This term, you will see posters and signage at our school about Real Support Right Now. At our school, ask us about Victorian government funded:

- Free period products
- More affordable school uniforms
- Smile Squad
- Camps, Sports and Excursions Fund
- Doctors in Secondary Schools

Help is available.

To learn about Real Support Right Now, contact Tania Beard or Michelle Cables on 03 55 231344



GWR SWIMMING

Congratulations to **Matilda Andrews, Hugo Keenan, and Lucy Colley**, who proudly represented PSC earlier this week at the GWR Swimming event in Horsham.

All three students swam superbly on the day and gave their absolute best in each of their events.

A special acknowledgement goes to our very own “Superfish” **Matilda**, who competed in her final swim carnival as a PSC student—finishing on a high with some outstanding results:

- 2nd place – 50m butterfly
- 2nd place – 50m breaststroke
- 3rd place – 100m breaststroke
- 3rd place – 100m butterfly
- 3rd place – Individual medley





Tertiary Information Session

On Tuesday afternoon, students attended the Tertiary Information Session.

They began with a presentation on pathways available after secondary school and then had the opportunity to explore a range of information stalls.

Representatives from various Universities and TAFEs were on hand to discuss courses, entry requirements and future career options.

Students were able to ask questions, gather resources and start thinking about their goals beyond school.

The session offered a valuable chance for students to explore the wide range of study and training pathways available to them.



Braden Dawson & Janelle Collins



National Young Leaders Day Conference

On Friday, March 27, sixteen of our student leaders from Years 7–10 attended the National Young Leaders Day conference in Melbourne.

They were fortunate to meet and hear from a range of inspiring speakers, including Nick Hudson (creator of The Push-Up Challenge), Adrian Beck (author of the Fox Kid series), Jacqui Bell (the youngest person to complete an ultra-marathon on all seven continents), and Catherine Laga'aia (who will play Moana in the upcoming live-action remake).

Although it was a long day, our leaders took away valuable insights about what it means to be a good leader. A key message was that leadership isn't about being the loudest voice in the room, and that persistence is essential—especially when challenges arise.

Students also enjoyed a brief taste of Melbourne life, navigating trains and trams and spending time in Melbourne Central.

Overall, it was a meaningful and memorable experience for our young leaders, and we look forward to seeing how they apply these lessons to strengthen their leadership skills.



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Janelle Collins, Teacher Librarian



Library News

Holidays are nearly here - over the break it would be great if people check bags, could look under the bed, and wherever else things hide in your house to look for any library books that might be lying about - there are a significant number of students with overdue materials - some of them from last year! It would be helpful to dig these out and return them to the library at the start of Term 2 so these books and magazines are available to others.

You might not be at school, but don't forget that the library is still available - the eBook and audiobook library is still operating 24/7 year round. As well as eBooks (including graphic novels) audiobooks are also available.

You can access these via the Library web app (under the star menu in Compass) - log in via SSO using the username OPAC and the password is 'read'. Once there you can also get the Sora app for your device.

On Friday a group of students had the opportunity to attend a National Young Leaders Day event in Melbourne (look for a complete report elsewhere in the newsletter), and one of the speakers was Adrian Beck, author of many books, including the *Craw's Kick it to Nick* series, and the recently released *Villain* series, which is available for borrowing from the Library. This series is full of action and adventure that also considering some of the implications of AI while being an exciting read. You can watch the *Villain* book trailer [here](#).

A number of students took the opportunity to buy books and meet Adrian on the day, some of them are pictured here.



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Mandie Pethybridge, Science Technician

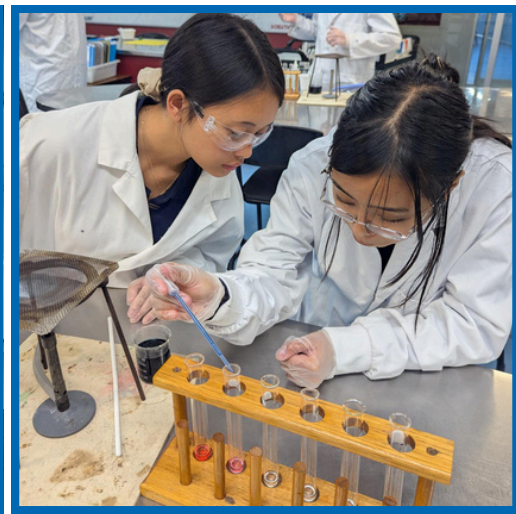


Year 9 Science

Year 9A students have been exploring acids and bases in their Chemistry unit this term.

As part of their investigations, they created their own natural indicator using red cabbage and used it to test a range of chemicals and household solutions.

By observing the resulting colour changes, students were able to identify whether each substance was acidic or basic.



Andrew Prentice, Certificate II Teacher



Certificate II in Cookery

Certificate II in Cookery provides our senior students with the practical skills and knowledge needed to prepare food and menu items in a supervised kitchen environment.

The program combines VCE or VCE VM studies at school with hands-on training and experience at TAFE.

Cookery students at PSC develop catering skills, food-handling techniques, preparation skills, and valuable industry knowledge (see photos).

Looking forward to another productive Term 2.





Morrisby



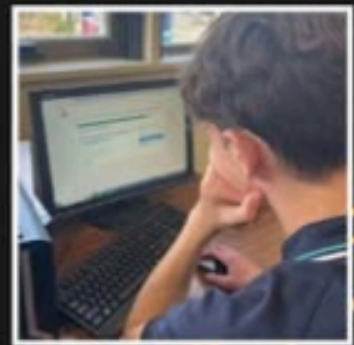
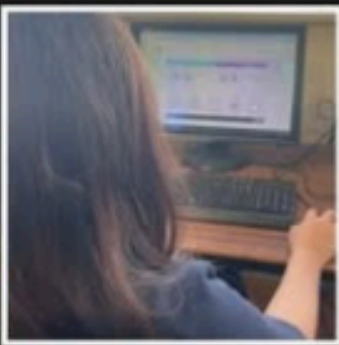
YEAR 9 CAREERS MORRISBY PROFILING



STUDENTS RECENTLY COMPLETED THE MORRISBY TESTING PROGRAM, TAKING PART IN A SERIES OF ASSESSMENTS DESIGNED TO SPARK IDEAS, HIGHLIGHT STRENGTHS, AND PROVIDE INSIGHT INTO CAREERS THAT ALIGN WITH THEIR PERSONALITY AND INTERESTS.

THE RESULTS FROM THESE QUIZZES WILL NOW BE USED TO CREATE INDIVIDUAL CAREER PROFILES, WHICH WILL SUPPORT MORRISBY INTERVIEWS LATER IN THE YEAR.

IF YOU HAVE ANY QUESTIONS ABOUT THE MORRISBY TESTING PROCESS OR NEXT STEPS, PLEASE CONTACT PSC CAREERS ADVISOR, SUZANNE PATTERSON, ON 03 5523 1344.





Hands on Learning

The Portland Secondary College Hands on Learning crew have been enjoying the fruits of their labour throughout Term 1.

During 2025, the HoL students built a garden area and, late in Term 4, planted vegetables along with olive and lime trees.

The HoL students enjoy a shared lunch each week as part of their Wednesday program and have made good use of the tomatoes, lettuce, potatoes, rosemary, carrots and radishes from the garden—whipping up delicious salads, hamburgers and tacos. The remaining tomatoes will hopefully make a magnificent sauce.

With the summer crops coming to an end, the team is now planning for winter crops.

The students are asking any PSC families if they might have any seeds or seedlings (e.g. broccoli, cauliflower, beans, peas, spinach, beetroot) they would be happy to donate to our garden.

The HoL team would also appreciate any donations of usable building materials that you may no longer need, such as timber, screws, bolts and nails.

If you have any donations, please contact Hands on Learning artisan teacher Gene Stewart on 0448 665 548.



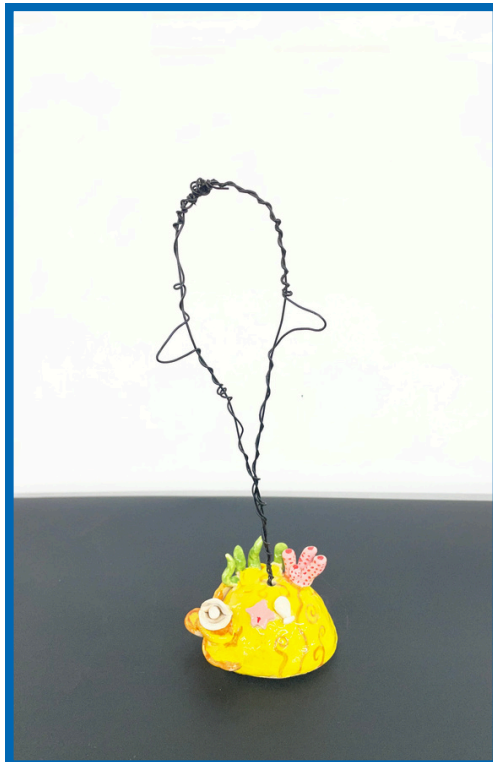
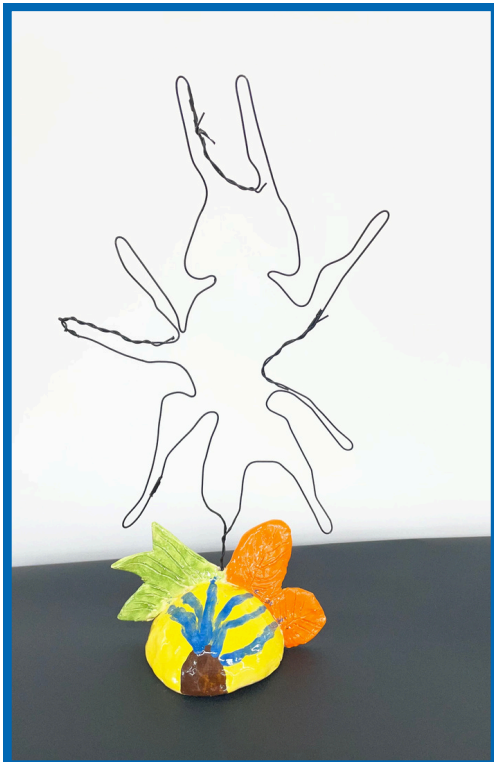
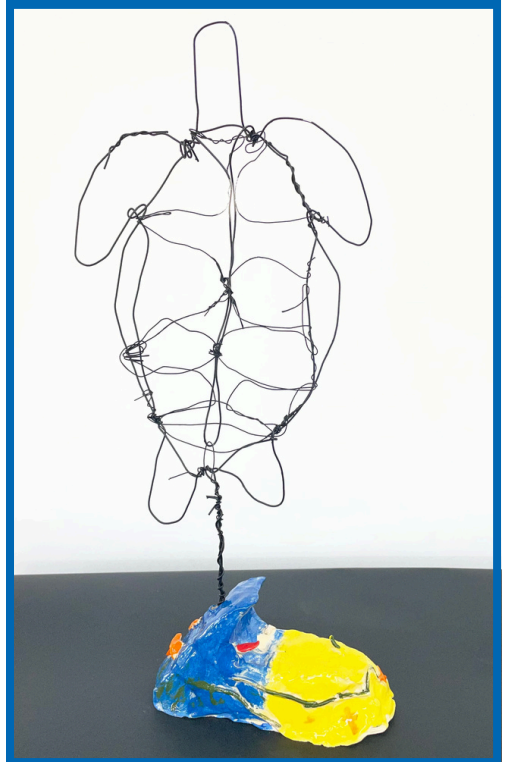
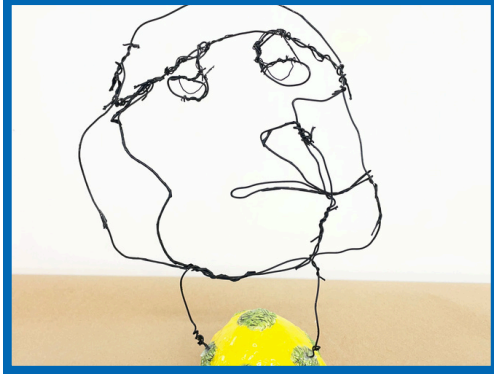
Sue Taylor, Art Teacher/Leader

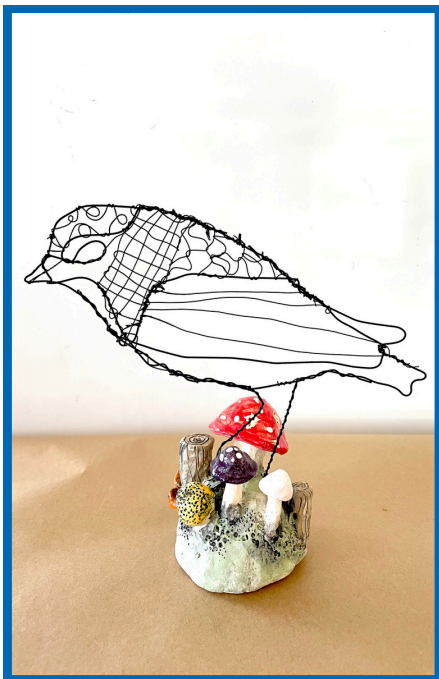
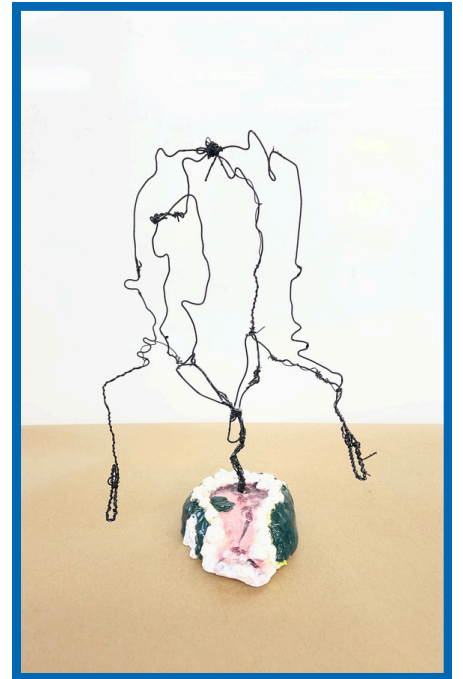
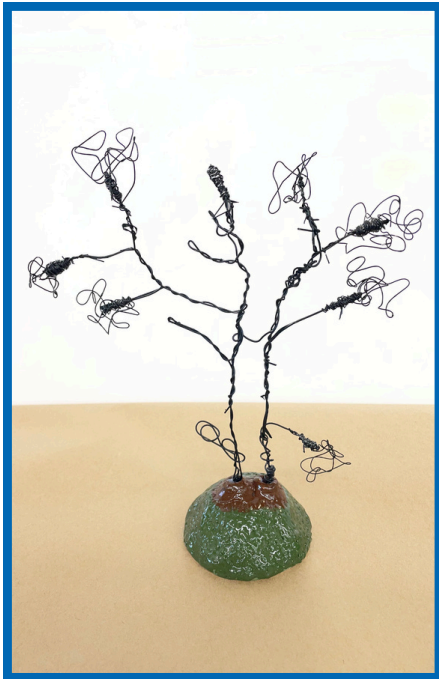
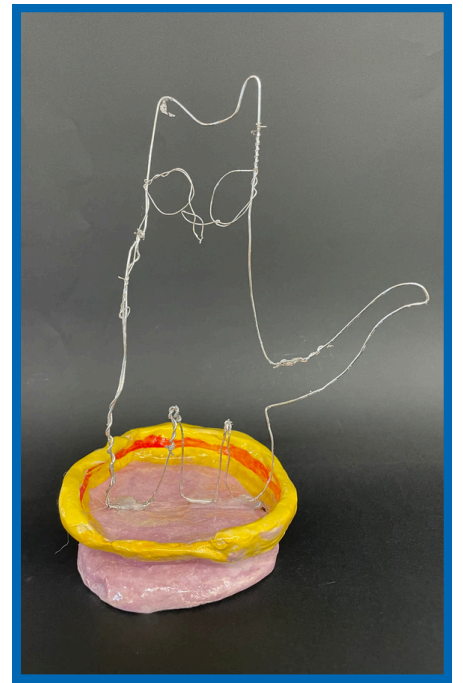
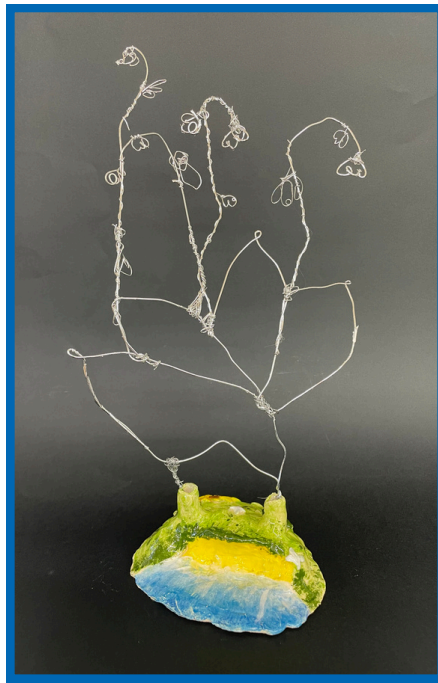


Art Making and Exhibiting

Our Year 11 Art students have been getting creative in Term 1, experimenting with wire and clay to build these amazing sculptures.

It's all about exploring new materials, pushing boundaries and discovering their own artistic style.





Elley Foster, Literacy Support

Donna Chapman, Numeracy Support

Homework Program



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HOMEWORK CLUB



WEDNESDAY

&

THURSDAY

AFTERNOONS

3:40PM - 4:30PM

in The HUB

Students are reminded to bring work to complete or a book to read.

Our Literacy and Numeracy Tutors will be available to help you.

Students need a pre-arranged way home at or before 4:30pm as the office will be shut.

The schools no phone policy applies.





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



GO SURF!
FREE SCHOOL HOLIDAY SURF SESSION

12 - 25 YEAR OLDS
THURSDAY, 9 APRIL 2026
1PM TO 3PM

CAPE BRIDGEWATER - TRANSPORT AVAILABLE

For more information Contact
youthservices@glenelg.vic.gov.au or call 0355222250

  [REGISTER NOW](#) 

SONG writing **FREE WORKSHOP**



MONDAY 13 APRIL

- 10AM - 5PM
- AGES 13-19
- PORTLAND ARTS CENTRE
- LUNCH PROVIDED


SCAN THE QR CODE OR VISIT PORTLANDARTSCENTRE.COM.AU TO REGISTER

- Explore your musical creativity and learn how to write music in this full day workshop! Whether you play an instrument, make beats, or sing, come along to share musical perspectives and meet like-minded people.
- Instruments available to borrow if you don't have your own, please call to discuss further



Contact youthservices@glenelg.vic.gov.au or 03 5522 2250 to find out more

PORTLAND ARTS CENTRE  


FREE **School Holiday Program** 
APRIL 2026

LITTLE ANIMAL ENCOUNTERS
Glenelg Libraries
Get ready for a fun travelling petting zoo adventure! Kids can meet and gently interact with a variety of small, friendly animals while learning fascinating facts about these cute little creatures. **Bookings essential.**
Heywood Library, Thurs 9 April @ 10:30am - 12:30pm | Ages 5+ years* | Phone to book **9 APR AGES 5+**

TUMBLAGOODA AND LIBRARY TREASURE HUNT
Glenelg Libraries
Join Suzanne Ingelbrecht and her puppet for a magical journey into her book 'Tumblagooda'. Uncover story secrets, enjoy an exciting treasure hunt, and create your own creature-themed craft to take home!
Portland Library, Fri 10 April @ 11:00am - 12:00pm | Ages 5+* | Phone to book **10 APR AGES 5+**

BADGE MAKING
Glenelg Libraries
Get creative at our badge-making station! Kids can draw their own design or cut out images from magazines to create a fun badge to take home.
Ages 5 years* | Phone to book
Casterton Library Wed 15 April @ 11:00am - 12:00pm
Portland Library Fri 17 April @ 11:00am - 12:00pm

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

[MORE EVENTS OVER PAGE](#) 

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Australian Government



Services
Australia



Support for grandparents, foster carers, kinship carers and other non-parent carers of children

Grandparent, Foster and Kinship Carer Advisers provide extra support for formal and informal carers who provide ongoing care for children.

They can help you with all of the following:

- getting tailored information about payments and support services based on your family circumstances
- arranging appointments with specialist staff, including social workers
- getting referrals to federal, state and community service providers
- accessing Medicare, Child Support and Centrelink information and payments.

Payments and services

If you're a non-parent carer of children and live in the same house as a parent, you may not be eligible for payments. If you're in this situation, you can contact us to discuss your circumstances.

If you're a grandparent, foster carer or kinship carer, you may be eligible for:

- **Family Tax Benefit** – to help with the cost of raising children
- **Child Care Subsidy and Additional Child Care Subsidy** – to help with the cost of child care
- **Medicare payments** – to help with health care costs
- **Double Orphan Pension** – to help with the costs of caring for children who are orphans or who can't be cared for by their parents in certain circumstances
- concession and health care cards, including **Foster Child Health Care Card** – to help with accessing cheaper health care services and medicines, and
- **Child support** – you may be able to receive child support from one or both parents.

You may be eligible for other payments and services. Contact us to discuss your circumstances.

We have specialist staff available to provide additional support to your family, including:

- social workers
- Financial Information Service Officers
- Indigenous Service Officers
- Multicultural Service Officers
- Community Engagement Officers.

Next steps

For more information about assistance available for grandparent, foster and kinship carers, go to servicesaustralia.gov.au/grandparentcarers or servicesaustralia.gov.au/nonparentcarers

To speak to a Grandparent, Foster and Kinship Carer Adviser, call **Freecall™ 1800 245 965**.

INFORMATION PACK **SWAS.**

JOIN THE SWAS 3X3 BASKETBALL PROGRAM!

ARE YOU READY TO TAKE YOUR BASKETBALL GAME TO THE NEXT LEVEL? THE SOUTHWEST ACADEMY OF SPORT (SWAS) 3X3 BASKETBALL PROGRAM IS HERE TO HELP TALENTED ATHLETES LIKE YOU IMPROVE, COMPETE, AND EXPERIENCE THE EXCITEMENT OF 3X3 BASKETBALL.

WHY 3X3 BASKETBALL?

3X3 IS AN OLYMPIC SPORT
HIGH-PERFORMANCE SESSIONS
EDUCATION IN MINDSET AND RECOVERY
ACCESS TO ELITE PATHWAYS
PLAY ALONGSIDE MOTIVATED ATHLETES

WHAT YOU'LL GET WITH SWAS 3X3

TRAINING WITH HIGH PERFORMANCE COACHES
RESOURCES FOR RECOVERY, NUTRITION AND MORE
ACCESS TO TRAINING ENVIRONMENTS
GUIDANCE ON YOUR 3X3 BASKETBALL JOURNEY AND PATHWAYS

READY TO TRIAL?

WE'RE INVITING ATHLETES TO COME AND TRIAL!
FILL OUT THE FORM TO SECURE YOUR TRIAL SPOT.



[HTTPS://FORMS.CLOUD.MICROSOFT/R/YRPCRQF3RT](https://forms.cloud.microsoft/r/YRPCRQF3RT)

SNAG WITH A COP



- ★ Say hello to your local police
- ★ Ask questions in a friendly setting
- ★ Strengthen community connections
- ★ Raise money for United Way Glenelg

SUNDAY 19 APRIL 2026
9 AM - 4 PM

BUNNINGS
warehouse



UNITED WAY
Glenelg

nab AFL Auskick

GOOD CLEAN FUN

PLAY.AFL/AUSKICK

AFL PLAY

Community Auskick serves as a fantastic opportunity for participants around Australia to be involved in Australia's game from a young age, building skills, connections, and most of all having fun!

Get involved - whether it is their first time playing footy or they are coming back for more!

Parents are encouraged to head to the play.afl website, where they can find their nearest centre.

JUST A FARMER

Portland Community Screening



Special Thanks to our Partners and Funders

Rotary Clubs of Portland



Portland District Health



Look Over the Farmgate



This event is supported by a Look Over the Farm Gate grant provided by Agriculture Victoria under the Victorian Government's 2025 Drought Support Package. #LookOverTheFarmGate



Rural Financial Counselling Victoria West



Glenelg Shire Council



Beyond Blue



Order of Proceedings

Times are a guide only

6pm

Doors Open

6:15pm

Finger Food

6:40pm

Welcome

Introduction of SafeTALK community project and local facilitators

7pm

Film Screening

8:45pm

Debrief from Rural Financial Counselling Service Victoria West

9pm

Supper



Scan the QR code to share your thoughts with Just A Farmer on the film and help continue important conversations.

JUST A FARMER Film Overview & Key Messaging

Film Synopsis

Just A Farmer is a heartfelt and powerful film that captures the resilience, struggles, and triumphs of rural life. Through an emotional yet inspiring narrative, the film sheds light on the challenges faced by farmers and their families—exploring themes of mental health, community support, and the unbreakable bond between people and the land they work on.

This is more than just a story—it's a movement to bring awareness, spark important conversations, and celebrate the strength of rural communities.



Why Community Screenings Matter

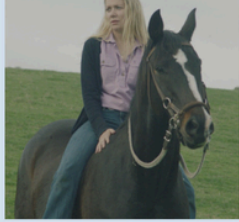
Mental health in rural communities is often overlooked, and starting conversations can be tough. Just A Farmer screenings provide a safe space to bring these issues to light and foster real connections.

- Raise awareness about farming life and mental health
- Break the silence and encourage open conversations
- Foster community support and remind people they're not alone
- Inspire action toward a stronger, more connected future

By hosting or attending a screening, you're helping to create meaningful change—one conversation at a time.

Let's bring communities together and make a difference.

FROM SCRIPT TO SCREEN Meet the Team



ABOUT THE FILMMAKER

Leila McDougall is the driving force behind *Just A Farmer*, bringing a personal and heartfelt approach to storytelling. Raised in a rural community, Leila understands the challenges of farming life and mental health struggles that often go unspoken. Her passion for authentic storytelling led her to create *Just A Farmer*, a film that resonates deeply with audiences across Australia and beyond.

Her work has been recognized for raising awareness about rural mental health and fostering conversations that lead to real change.

KEY CAST & CREW

Lead Actor: Robert Taylor and Leila McDougall

Supporting Cast: Susan Prior, Damian Walshe-Howling, Trevor Jameison, Oliver Overton, Vivian McDougall, Joel Jackson, Eddie Baroo

Written: Leila McDougall

Producer: Leila and Sean McDougall

Director of Photography: Simon Lyndon

Music Composer: Bryony Marks

Editor: Ash Lukas

Director of Photography: Gavin-John Head



Glenelg SafeTALK Suicide Prevention Project

The Rotary Mental Health & Suicide Prevention Committee is working to raise awareness of suicide prevention and education by increasing local access for community members over the age of 18 to undertake the Livingworks SafeTALK and safeYARN training.

With the support from United Way Glenelg four local community members have just been trained to deliver this training at low or no cost across our community.

SafeTALK is a 4-hour suicide alertness workshop that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. Using a simple yet effective model, LivingWorks safeTALK empowers everyone to make a difference.

If you would like a free or low cost SafeTALK workshop delivered by our local facilitators in your organisation or community group, please contact us on: M: 0419 232 141, Ph: 5522 1197, or email healthpromotion.pdh@swarh.vic.gov.au

Our Local SafeTALK Facilitators



Lynda Smith, Lee Gibbons,
Kylie Heafield, Brian Kennedy,



Watch our video about this project



More information about the SafeTALK training

Rotary Mental Health and Suicide Prevention Committee

RATIONALE

- In 2022, 20.7% of the Glenelg Shire adult population reported high or very high levels of psychological distress.
- There were 28 deaths by suicide in Glenelg and Southern Grampians between 2018-2022.
- The Shire's suicide rate for males is 31% higher than that of the Victorian State average and continues to be a growing concern for our communities.

AIM

The aim of the Rotary Mental Health & Suicide Prevention Committee is to increase the confidence of Glenelg shire community members to support friends, work colleagues, and family members with thoughts of suicide to help connect them with supports, and resources to keep them safer.

SCOPE

The Rotary Mental Health & Suicide Prevention Committee is working to raise awareness of suicide prevention and education by increasing local access for community members over the age of 18 to undertake the Livingworks safeTALK training at low or no cost to participants. The committee in the first 18 months has taken a coordinated approach to fund and train four local community champions.

FACILITATING LOCAL SUICIDE PREVENTION AND RESPONSE INITIATIVES

Estimate of Glenelg Shire Population 18-75 yrs = Approx 14,917.

These are the community citizens that we are targeting our SafeTALK workshops towards. If we can encourage at least 1 in 10 of these residents (that's 1,492) to attend locally delivered safeTALK workshops, they would be better equipped to have those tough conversations with friends/family/work colleagues that maybe contemplating death by suicide.

Having these tough conversations may help save lives and reduce our suicide rates.

Rotary have identified Living Works SafeTALK and SafeYARN training as tools that will be used across the Glenelg shire community in the hope to help reduce rates of death by suicide and increase the confidence of everyday community members to support someone in a time of need.

SafeTALK and SafeYARN are four-hour training programs that equip people to be more alert to someone thinking of suicide and better able to connect them with further help and support.

JUSTIFICATION FOR LOCAL COMMUNITY SAFETALK FACILITATORS

To reach our target audience of 1,492 residents, 56 workshops will need to be delivered.

Engaging external facilitators:

Cost per workshop = \$5,500. 56 workshops to reach target = **\$308,000**
(Between Aug 2024 - May 2026, we have engaged external facilitators to deliver 6 SafeTALK sessions and 1 SafeYARN session).

March 2026 - Four of our own local facilitators:

Local facilitators are volunteers donating their time, or employees of committed organisations who time-release them (in return, these workplaces have the training delivered in-house by their own qualified facilitators).

Total cost to train 4 local facilitators = \$30,000 (Funded through United Way Glenelg)

Cost for local facilitator delivery = \$1,000 per workshops (this covers participant training resources, catering and venue hire).

Delivery of an additional 49 workshops will reach the target of 1,492 community members over the age of 18 years= \$49,000. Total cost of using local facilitators = \$30,000 (training) + \$49,000 (additional 49 workshops). **Total Cost = \$79,000.**

Outcome: 10% or 1,492 residents trained to feel more equipped and alert to someone with thoughts of suicide and better able to connect them with further help and support.

ACTION PLAN

Program Component	Delivered By
Coordinate and obtain funds to deliver the Livingworks safeTALK training locally to 60 community members.	August 2024 (Complete)
Explore opportunities and interest to obtain funds to deliver the two-day ASIST training locally as a pre cursor to obtaining local instructors.	December 2024 (Complete)
Identify Livingworks safeTALK instructor training dates across the state, (potentially exploring opportunities to have the training delivered locally).	March 2025 (Complete)
Call for expressions of interest for suitable community members to undertake the Livingworks safeTALK instructor training.	December 2025 (Complete)
Successful applicants undertake the Livingworks safeTALK instructor training.	March 2026 (Complete)
SafeTALK training delivered to locals by locals across Glenelg commenced.	May 2026

PROGRESS REPORT - UPDATED MARCH 2026

- 5 of 56 workshops delivered
- 117 of 1,492 community members reached (7.8% of target)

Funders and Partners:

Our journey so far could not have been without the help and support of the following funders and partners: Rotary Clubs of Portland and Casterton, Portland District Health, United Way Glenelg, Beyond Bank, Heywood and District Community Bank, Pacific Blue, Glenelg Shire Council, Heywood Rural Health, Mission to Seafarers Australia, Department of Veterans' Affairs, Portland RSL Sub Branch, Heywood RSL Sub Branch, the Portland Heywood Legacy Lodge, Casterton Memorial Hospital, Dhauwurd Wurrung Elderly and Community Health Services, Winda Mara Aboriginal Corporation, Old Courthouse Community Centre Casterton, Casterton Lions Club.



UPCOMING

2026 Warrnambool Koorie Big Day Out

An aspirational event to promote university pathways to young mob in secondary school.



The Koorie Big Day Out brings together the Koorie units of Victorian Universities, showcasing opportunities of future pathways and careers to young mob.

Date: 28th of April

Time: 10:30am-2:30pm

Place: Wannon Function Centre
331 Koroit Street, Warrnambool
Victoria 3280



Register for our regional bus service

for the 2026 Warrnambool
Big Day Out (KBDO).

WARRNAMBOOL

KBDO is an aspirational event to promote university pathways to young mob in secondary school.

Date: 28th April 2026

Time: 10:30am-2:30pm

Place: Wannon Function Centre, 331
Koroit Street, Warrnambool,
3280

Rachael Cannon Siemsen

Toorong Marnong Project Coordinator
M: 0499 884 476 E: rachael@vaeai.org.au



We'll be organising buses to provide transport to and from neighbouring regional locations to attend the Warrnambool Koorie Big Day Out 2026.

Registrations are essential, as they will help us organise pick-up locations and bus capacity. Koorie students, teachers, KESOs, and parents are welcome to use the bus service.

Pick up locations

- Horsham.
- Geelong.
- Portland.
- Heywood.
- Ballarat.
- Hamilton.

