Official opening of the Yindya-ma-rra Yarning Garden

Our school celebrated NAIDOC Week with the official opening of our new Yarning Garden, Yindya-ma-rra.

Elder Aunty Kym Cama led the official opening with a traditional smoking ceremony, and the Cooerwull Indigenous Performance Group supported the celebration with superb dances, songs, and didgeridoo playing. They also opened and closed our Kindergarten to Year 12 Formal Assembly.

Students enjoyed our other NAIDOC activities throughout the day, which included creating bracelets and head pieces with beads and feathers, sharing of our hands in creating our school community wall mural and the amazing goanna mural, our Wiradjuri totem animal at the front of our school, connecting our home community.

The day of celebration continued with a BBQ, Indigenous games, and a viewing of the Bangarra Dance Film.

We would like to thank all community members, students and staff who made this day wonderful, with special thanks to Elder Aunty Kym, the Cooerwull Indigenous Performance Group, Ms Fyona Paton, Ms Gizette Waldron, P&C representative Richard Evans, and Mark Campbell, a previous teacher from our school who was very involved with our Indigenous students and families for many years.
Year 12 students put their fitness to the test

Year 12 Sport, Lifestyle and Recreation students Andrew, Tereza and Connor attended Charles Sturt University Bathurst’s School of Exercise Science, Sport and Health.

The session allowed for assessment of the major systems including hydrostatic determination of body composition, muscle function, pulmonary capacity, resting cardiac function along with aerobic and anaerobic energy systems. Each student tried a range of fitness tests such as lung capacity, Max Vo2, muscular strength test and 3D-biomechanics force.

The students did a great job representing the school in a positive way. Thank you to Charles Sturt University for a fun day out learning new ways to look at sport and the human body.

Senior students attend HSC and careers day at Charles Sturt University

Four of our senior students attended the HSC Seminar Day at CSU Bathurst. The day involved a number of lectures on English Standard and English Studies, Mathematics and Modern History. The lectures were delivered by experienced HSC teachers and markers and offered great insights into our student’s HSC subjects and upcoming exams.

During the day we also had the opportunity to participate in the Online Agricultural Careers Expo. We heard from several presenters including Landcare, Farmer of the Year, Australian Agricultural Company, Rural Biz Training and Holmes & Sackett about training pathways and careers in the agricultural industry.

For full galleries of images from this week’s stories, please visit our website.
Upcoming events

Pupil free day
22 July 2019 | all day | Portland Central School
The first day of Term 3 will be a pupil free day as staff complete training and development with all our local schools at Lithgow High School, focusing on student wellbeing. School will resume for students on Tuesday the 23rd of July.

students4success
23 July 2019 | all day | Portland Central School
Students from Kindergarten to Year 6 will begin the school term with the students4success program, which aims to prepare them with the skills and knowledge they will use and expand on during their integrated units in class.

HSC minimum standards test
25 July 2019 | all day | Portland Central School
Students in Years 10 and 11 are required to pass online reading, writing and numeracy tests to show they meet the minimum standard of literacy and numeracy required to receive the HSC from 2020. It also provides a way for students planning to leave school before completing their HSC to show their literacy and numeracy skills.
Welcome to our last newsletter for Term 2.

We have completed second term on a great note, celebrating NAIDOC Week with a special ceremony to open our new yarning garden and a great Formal Assembly to celebrate the achievements of all. It was a wonderful turnout to celebrate togetherness as the theme, with many students continuing to shine.

Reports were distributed on Wednesday for all students from Kindergarten to Year 10. It was a pleasure to read about so many great things being done by each student at our school. It is crucial that all families discuss the reports with their child, act on the feedback provided and come along to future parent/teacher conferences to discuss areas to work on and build more positive relationships.

Mrs Brooke McGrath (Year 3/4) leaves us today to commence maternity leave, and we all wish her the very best. She will be replaced by Mrs Elizabeth Scott, who comes to us from Collarenebri Central School. We look forward to her doing many great things with our Stage 2 students.

Even though it has been a short term for me, I would like to thank all families, students and staff for their hard work and support of our school this term. We have certainly made some progress, and our data reflects this.

Today is the last day of Term 2, and although the staff return to duties on Monday, July 22, students of all Year groups return to school on Tuesday, July 23.

We wish you all a restful and enjoyable holiday period, with great times amongst family and friends. We hope students return ready to put their best foot forward and give their education everything they have in Term 3, as we look forward to serving our students in the best way we know how.

Best wishes until our next newsletter.

Murray Borham, Principal
headscape lithgow
a free, non-judgemental mental health and wellbeing service for 12-25 year olds

headscape can help if a young person:
- is having difficulty in their life
- feels sad, anxious, worried or worthless
- is concerned about their use of alcohol and other drugs
- needs advice about work or study
- wants to talk about relationships, sexuality or sexual health

opening hours
Mon: 9am — 5pm
Tues: 9am — 5pm
Wed: 9am — 5pm
Thurs: 11am — 7pm
Fri: 9am — 3pm

contact
f: 6352 7600
e: hs.lithgow@marathonhealth.com.au
23 Main Street, Lithgow
facebook.com/headspreelithgow

Circle of Security Parenting support group

When & Where:
Term 3 Portland Central Communities & Kids room
Wednesday mornings (TBC)
Morning Tea provided
Bookings essential

Bookings and Inquiries
Portland School
63 555 233

Parenting can be so rewarding,...
but sometimes it can be frustrating,
even overwhelming... none of us are perfect
but the good news is
there are strategies that have been proven to help
even the most stressed out parents!

Come along to our 7 week group where you can be supported to discover ways to make parenting easier

Learn more about how to:
- Safety set limits for children
- Better understand their needs and behaviour
- Strengthen connections with children
- Feel more confident with your parenting

Parents who have completed the program say they have much more confidence and that home feels calmer

“It was good to catch up with other parents, I didn’t feel as alone”
SCHOOL HOLIDAY PROGRAM
WINTER 2019

SKETCH THE STARS
Tuesday 9 July | 1:30pm - 3:30pm
Inspired by Starstruck, Fiona will guide you in drawing portraits of your favourite Australian movie stars on transparent paper and frame in white mount board. For ages 6 to 15 years.

3D SET PIECE
Thursday 11 July | 1:30pm - 3:30pm
Taking Starstruck and the otherworldly photographs by Peter Sorren as inspiration, Ana will guide you in creating a 3D miniature set for a movie using cardboard boxes, fabrics, paint, pencil pop sticks and other craft materials. For ages 6 to 15 years.

MIRRORS, LIGHTS, LANDSCAPE
Tuesday 16 July | 10:30am - 12:30pm
Sparkle and illumination create fantasy worlds and dreams. Fiona will guide you in making a 3D model of luminous images using photos, reflective materials and cardboard. For ages 6 to 15 years.

SCRAP BOOK CASTING PORTRAITS
Wednesday 17 July | 10:30am - 12:30pm
Imagine yourself as a famous star in the movies and create your own casting books and movie portraits using scrap materials and photographs. Tutor: Ana. For ages 6 to 15 years.

ALL WORKSHOPS COST $10 BRAGS MEMBER/$12 NON-MEMBER
ADVANCE BOOKINGS & PAYMENT ARE ESSENTIAL

Each child must be signed in by a parent or carer at the Gallery desk. Please take note of the age limits when booking - these are set to ensure the enjoyment of all participants.

In order to ensure these workshops can remain as affordable as possible payment must be made at the time of booking. Refunds are only given if notice of the cancellation is given 24hrs before a workshop is due to run.

BATHURST REGIONAL ART GALLERY
70-78 KEPPEL ST, BATHURST NSW 2795 | (02) 6333 6555 | bathurstart.com.au