

Portland Central School

"Opportunity, innovation and student success"

Week 4 Term 3 2019



Important dates:

19-23 August 2019

Book Week

19 August 2019

Resilience

Doughnut Training

20 August 2019

Tamburlaine

Orange Vineyard

excursion

21 August 2019

Ready Set School

23 August 2019

Book Week Parade

26 August 2019

Resilience

Doughnut Training

28 August 2019

Ready Set School

29 August 2019

Orange Eisteddfod

30 August 2019

Father's Day stall

Formal Assembly



Every student, every voice

Our school proudly celebrated Public Education by attending our Greater Lithgow Valley School Official Opening and hosting an open day at our school.

The theme for 2019 was Every student, every voice, celebrating

student empowerment and how the NSW public education system gives students the skills they need in order to have and express a voice during their own educational journey.

The week started with an amazing performance by our Instrumental group as we gathered at Lithgow Public School to celebrate public education and the excellent achievements every student makes every day.

We viewed the wonderful art works on display for the art competition representing student voice, and celebrated Luke Brown Ivin who won the Stage 2 Award judged by our Director Debbie-Lee Hughes.

Back at school students were presented with Education Week awards at our assembly and in the afternoon we held a free lunch of chicken burgers and hot dogs catered by our food technology class. Open classroom activities followed, providing a wonderful time for our community to experience our state of the art facilities and engage in a range of fun activities with their

children. Activities included making butter, creating foil boats, maths investigations, painting rocks, science experiments, meeting the poddy calves from the Cows Create Careers Program and competing in the ninja warrior obstacle course, which by far was the most popular event.

Thank you to everyone who participated in our events and who support Public Education each and every day.





Welcome Bentley and Chester

Students have excitedly welcomed our new calves Bentley and Chester to our school farm for Dairy Australia's Cows Create Careers Farm Module project. The students will learn about dairy industry careers in a very hands-on way: for the remainder of Term 3 they will rear and care for two 8-week-old calves.

Our calves were donated by local dairy farmer, Kevin Sheehan and we are so grateful for his continuing support of our school. We will teach the students how to care for the calves, and demonstrate skills such as

animal husbandry, feeding and weighing. An Industry Advocate will also visit the students to speak about their career in the dairy industry. The students are required to form teams to complete industry-based assessments.

Cows Create Careers allows students to learn about the different skills required for a career in the dairy industry in a fun and hands-on way, however the benefits of Cows Create Careers extends beyond the classroom. The project increases awareness of the dairy industry and builds strong connections with the local community – all while showcasing the wide-range of university, vocational and professional pathways within the industry.

Cows Create Careers was originally established in 2004 by dairy farmers in the Strzelecki Lions Club in Victoria and nine Gippsland schools. Since 2006 the project has been supported by Dairy Australia, Regional Development Programs, dairy farmers and sponsors. It has now grown to over 244 schools across Australia with 13,163 students completing the project in 2018. In 2019 fourteen schools in the Central NSW region will participate in the project.

Locally, the project is funded by DairyNSW and receives additional support across the state from local companies MaxCare Animal Nutrition, IMB Community Foundation, Vella Stockfeeds, Daviesway, Dasco, Skellerup and Peach Teats who have continued to support the project in the Central NSW region.

Upon completion of the project, students and teachers will be recognised at an interactive Presentation Day, where there will be industry-based games and prizes awarded to the winning teams and schools.

Dakoda Hann first place junior discus

Primary students who qualified participated in the PSSA District Athletics Carnival last week.

Dakoda Hann came first place in junior discus and will be representing our school at the Western Region Athletics Carnival in Dubbo. A huge congratulations to Dakoda in achieving the honour to represent herself and our school in Dubbo. Well done to all students for their amazing sportsmanship, cheering each other on and for competing with pride.



Upcoming events

Book Week

19-23 August 2019 | Portland Central School

Book Week is one of our favourite events of the year. On Friday we will be holding an afternoon tea at 2pm (gold coin donation), an open library and book exchange (please bring any preloved books to swap or donate). Our annual Book Character Parade will start at 2:30pm in the Secondary COLA. Students can come dressed as their favourite book character or costume related to this year's Book week theme *Reading is my secret power*.



Resilience Doughnut Training

19, 26 August 2019 | Portland Central School

Students in Years 6 and 7 are taking part in Resilience Doughnut Training, a research validated framework for building the emotional resilience and wellbeing of children and young people. Rather than focusing on risk factors, the resilience doughnut has been developed by studying young people who are resilient, despite the adversities they are facing. It is fun and creative, and at the very least

has the potential to strengthen the human spirit and build a sense of hope and optimism.

Tamburlaine: Stage 6 Geography and Agriculture excursion

20 August 2019 | 9:00AM – 3:30PM | Tamburlaine Orange Vineyard

Stage 6 Agriculture and Geography students will visit Tamburlaine Organic Wines as part of their HSC study. They will tour the vineyard and learn about the impacts of climate change, environmental management and organic farming practices.

Ready Set School

21, 28 August 2019 | 9:45AM – 11:00AM | Portland Central School

Ready Set School is a transition to school program for children who will be starting Kindergarten in 2020. For Term 3, parents attend with their child (siblings welcome). Please pack a healthy snack such as a piece of fruit, a bottle of water and a hat for your child.

Orange Eisteddfod

29 August 2019 | 9:20AM – 3:00PM | Orange Function Centre

Primary choir talents will be performing at the Orange Eisteddfod. Percussion students will perform on the following Wednesday.

Father's Day stall

30 August 2019 | 9:30AM – 11:15AM | Portland Central School (playgroup room)

The P&C are holding the traditional Father's Day Stall with items for sale from \$2 up to \$8.

Formal assembly

30 August 2019 | 12:00PM – 1:00PM | Portland Central School

Join us to celebrate the success of our Kindergarten to Year 12 students. Enjoy musical performances, watch as our senior students receive their VET certificates, and see who will be awarded for their exceptional effort in Second Step.

Principal's message

We are half way through the term and both staff and students have been extremely busy with the many events that have already taken place.

We have a number of staff changes happening this term including Mr Borham who is currently on indefinite leave. An Expression of Interest will be advertised to fill our Principal position for the remainder of the year and this should be in place by Friday 12 September. Mrs Mclean and I will be sharing the role of Principal until this time. This has been a seamless transition and we are ensuring we are moving forward with our school plan and our focus on student learning and wellbeing. We are currently filling a full time Mathematics position in the Secondary and we welcome back Mrs Veronica Slaven who is replacing Miss Emma Francis who is heading overseas to teach in London.




Our students have been actively engaged in a wide variety of experiences already this term and they are continuing again this fortnight with one of our favourite events on the school calendar, Book Week. Last week our Year 12 students completed their trial HSC exams, we have had two Secondary excursions to Sydney experiencing the theatre and art gallery and we had many primary students represent our school with pride, great sportsmanship and positive attitudes at the District Athletics Carnival and Touch Football Gala Day. Congratulations to Dakota Hann who has been selected to represent Western Region in discus to be held in Dubbo later in the year. This is an amazing achievement and we are all very proud of Dakota. A special mention to the staff who attended these events, trained our teams and the parents who both assisted with transport and celebrated our student's wonderful efforts.


Our Secondary Leaders attended the Official Opening of Headspace Lithgow last Monday and we look forward to developing a positive relationship with this amazing facility aiming to support young people. Headspace Lithgow is a free, youth-friendly service for all young people aged 12 to 25 years who are having a tough time, or would just like to improve their health and wellbeing. Young people can make an appointment to chat with one of the friendly, positive Youth Care Co-ordinators who will discuss goals with them and together, they can set out a plan to increase their happiness.

Jodie Mason, Relieving Principal



Have you downloaded our school app yet?
Never miss important school information again!



- ✓ Events
- ✓ Notices
- ✓ Instant school messages
- ✓ Absentee
- ✓ Newsletters
- ✓ Permission slips



Simple free download:
In Google Play and App Store search 'Skool Loop' and choose our school once installed.





Counsellor's wisdom



The importance of a good night's sleep

Australian Centre for Education in Sleep™

How much sleep do we need?

Sleep researchers believe there is no magic number for 'sleep need' and there are a lot of individual difference in what children and adolescents need to sleep to be at their best, but below is a guide of the best evidence we have so far...

- Babies under 1: 14 – 18 hours throughout the day and night
- Toddlers: 12 – 14 hours per 24 hour period
- Primary school: 10 – 12 hours per day
- High school: 8-10 hours per day
- Adults: 7-9 hours per day



What happens if we don't get enough sleep?

Many things can be effected when we do not sleep enough, such as:

- Behaviour – aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour
- Emotion – moody, depressed, anxious, stressed, uneasy, unconfident, irritable
- Planning – poorly organised, poor time managers, repeating grades, forgets lessons
- Concentration – inattentive, lack of concentration, falling behind in school
- Creativity – not working at full potential
- Problem solving – poor behaviour control and difficulty in social situations
- Complicated thinking – struggles with maths, sciences, languages, abstract concepts
- Motor coordination – less sporty, more accidents, clumsy
- Weight – being obese or overweight is more likely with less sleep
- Health – poorer immune system – sicker more often
- Learning – it is thought that sleep, particularly dream sleep or REM sleep, is necessary for storing certain types of memory, particularly more difficult memories such as mathematical concepts and language.



Warmest regards,

Debra Mainwaring

School Psychologist, Endorsed Educational and Developmental Psychologist

Community notices



FUNDRAISING GALA NIGHT ft Camel Toe

31 Aug | \$80 | Foundations Portland

tickets on sale 19 July | 18+ event



CASUAL SCHOOL CLEANERS WANTED

Contact Janelle Hawkey on
0407 688 715 for information

BECOME A MENTAL HEALTH FIRST AIDER

to support young people aged 12 to 18



About 1 in 4 young Australians experience a common mental illness each year. Youth Mental First Aid (MHFA) training will teach you practical skills to support an adolescent with a mental health problem. Make a real difference to the young people in your community.

LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in young people
- provide initial help using a practical, evidence-based Action Plan
- seek appropriate professional help, and
- respond to a crisis situation.

DATES 18th & 25th September

TIMES 10am – 5.30pm

COST No cost

VENUE Lithgow Information and
Neighbourhood Centre, 1 Padley Street, Lithgow

Contact Sharnie at CatholicCare on 6334 2033 / sdavis@ccwf.org.au, or

Leanne at LINC on 63545910 / community_strengthening@linc.org.au