

# Portland Central School

"Opportunity, innovation and student success"

Week 6 Term 3 2019



## Important dates:

**3 September 2019**

**Rainbow mufti day**

**Stay Safe Talk**

**Police Youth Liaison  
Officer**

**4 September 2019**

**Orange Eisteddfod**

**Ready Set School**

**6 September 2019**

**Bathurst Eisteddfod**

**9 September 2019**

**VALID**

**10 September 2019**

**Headspace**

**P&C meeting**

**11 September 2019**

**Ready Set School**

**12 September 2019**

**NXT7**

**13 September 2019**

**Bathurst Eisteddfod**



## Reading is my secret power

Last Friday we had yet another very successful Book Character Parade.

We saw some amazing costumes from our very creative students and families, from walking piranhas, suitcases and those memorable characters from classics like Alice in Wonderland. The theme for this year's book week, 'Reading is my secret power,' also allowed for some very impressive superhero moves to be displayed as well.

Our judges had a very difficult job and we appreciate Ms Double, Ms Yeo and Miss Sutton for taking on the privileged role and adding to the atmosphere of our parade. A very big thank you to Miss Sutton for all her hard work in

organising a great event with the addition of afternoon tea and the book exchange. We hope these activities will continue to grow each year to enhance our book week festivities, promoting quality Australian literature and the power of reading for all.

Thank you everyone who donated food, books or time and came out to support our super students and helped make the day great. It was fantastic to see so many students and visitors participating and enjoying the day.





## Gold medallist Suzie Barlogh visits Portland Central School

Suzie Barlogh, a Gold Medallist in Clay Target Shooting, visited our school to talk to students about striving to achieve success. Students had the opportunity to hold Suzie's Gold Medal from the 2004 Athens Olympics and to take photos with the famous Olympian.

Suzie spoke to the students about how it took years of practice and passion to achieve medals in the World Championships, Commonwealth Games and the Olympics.

Suzie was impressed with the behaviour and interest shown by our students and wishes all the kids the best of luck with their goal setting and dreams.

We thank Suzie for visiting our school and inspiring our students.



## Climate Schools to prevent drug and alcohol introduced through LCC

From Term 4 our school will be participating in the Climate Schools program. The program is for students in Years 8 through to Year 10 with a focus on prevention of drug and alcohol use. The program is designed to empower young people by giving them knowledge about their health and wellbeing. The modules provide curriculum consistent education courses proven to reduce harm and improve student wellbeing.

# Principal's message

For the next few weeks, I will be relieving in the role of Principal - Secondary and Jodie Mason will continue as Relieving Principal - Primary. We are enjoying working as a team to continue to support our staff and students to achieve their potential.

## **SASS Appreciation week**

This week was SASS Appreciation, where we recognise the amazing support that our office administration staff, Student Learning Support Officers, General and Farm Assistants provide to make our school run like clockwork. Without their dedication, compassion and attention to detail our school would not run so efficiently and effectively.



## **Leadership 2020**

We are looking forward to launching our new senior leadership program next week where students in Year 10 and 11 will undertake skill building activities to prepare them in leading the student body in 2020. Captain voting will take place on the 19th of September and new captains for 2020 will be announced at the Year 12 Graduation Assembly. Prospective captains will lead the graduation together and results will be announced at the end of the ceremony with a formal induction to occur in Term 4.

## **Year 10 into 11 Transition**

The Year 10 into Year 11 transition has commenced and it has been great to have so many families in to help their children set educational and career goals for a positive future. Subject selection must be completed by Friday 6th September to ensure we meet deadlines for external course applications.

## **Year 12 Graduation**

Graduation invitations were sent out this week. Please RSVP to the office by the 20th September to ensure that we can arrange catering.

## **Attendance**

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children. If a student misses as little as eight days in a school term, by the end of school they'll have missed over a year of school.

*Leigh Mclean, Relieving Principal*



# Counsellor's wisdom



## Good sleep hygiene can promote good sleep

Australian Centre for Education in Sleep™

### What is sleep hygiene?

"Sleep hygiene" - this can be defined as habits that can help us to sleep or stop us from sleeping. If you or someone you know is having trouble sleeping you can try to change or include some of the things on this list and see if it helps.

- No TV / computer games for one hour before bed. No TVs in bedrooms.
- Monitor mobile phone use in bed.
- No coke/cafeine, high sugar or high spicy food 3-4 hours before bed
- Ensure relaxing and regular bed time routine – special time with children, relaxation techniques such as breathing.
- No vigorous exercise for one hour before bed – it raises body temperature.

## Healthy Sleep Hygiene

### BEFORE BEDTIME



Avoid caffeine, nicotine and alcohol before bedtime



Avoid heavy meals within two hours of bedtime



Avoid energetic exercise within three hours of bedtime

### GETTING READY TO SLEEP



Develop a bedtime ritual so that your body knows you are getting ready to go to sleep



Reduce extreme light, temperature, and noise in your bedroom



Include an hour of quiet time before bed such as reading, watching TV or listening to music

### SLEEP TIME



Keep your sleep regular – same bedtime, same rise time. Aim for 8 hours of sleep each night.



Bedrooms are ONLY for sleep  
*How many screens do you have in your bedroom?*



If you can't sleep after 20 minutes, get up and do something boring until you feel tired, then try again.

Remember everyone has nights where they can't sleep.  
The more you worry, the worse this worry can become.

If you are concerned about your sleep contact your family doctor.



**Sleep Disordered Breathing Unit**  
Respiratory Services



- Finish eating 2-3 hours before bed – digestion competes with sleeping. Hot milk is okay.
- Make sure the bedroom is comfortable (temperature, light, noise).
- Set bedtimes and wake up times. Try and keep these regular.
- Learn to relax. Deal with worry and stress.
- Use a sleep diary to check how many hours you are sleeping. Are you sleeping enough?
- Convince children that it is important to sleep well. Reward them for complying with bed time rules.

35 - 40% of children and adolescents experience some form of sleep problem during their development – if these suggestions aren't working do consult your GP.

Warmest regards,

*Debra Mainwaring*

*School Psychologist, Endorsed Educational and Developmental Psychologist*

# Upcoming events

## Stay Safe talk

3 September 2019 | 10:00am – 10:30am | Portland Central School

Our Police Youth Liaison Officer, Constable Joyce, is visiting Primary to deliver the Stay Safe program. This program aims to help children identify the safe adults in their community, as well as safe places to go when they are lost, feeling unsafe or frightened or are in danger.

## Rainbow mufti day

3 September 2019 | 9:00am – 3:00pm | Portland Central School | Gold coin donation

Students are invited to come to school dressed in rainbow colours for our fundraising mufti event.

## Police Youth Liaison Officer visit

3 September 2019 | 11:15am – 12:15pm | Portland Central School

Help is on the way! This term Stage 4 and 5 students are learning skills to empower them to make healthy and safe choices in complex situations. Our local Police Youth Liaison Officer is visiting to provide a presentation about the role help-seeking strategies and behaviours play in supporting ourselves and others.

## Orange and Bathurst Eisteddfods

4, 6, 13 September 2019

Our students are performing for two days at both Orange and Bathurst Eisteddfods. K-1-2 and Primary percussion groups will travel to Orange on 4<sup>th</sup> September, departing from the Vale Street gate at 7:15am. On Friday 6<sup>th</sup> September Choir and K-6 percussion will be attending Bathurst, departing at 8:00am. On Friday 13<sup>th</sup> September K-1-2 and Primary percussion will attend Bathurst, departing 8:00am.

## Ready Set School

4, 11 September 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.

## VALID

2 – 13 September 2019 | Portland Central School

The Validation of Assessment for Learning and Individual Development (VALID) program provides online end-of-stage assessments for the science key learning area. Year 6 and Year 10 will be completing their exam during this fortnight.

## Headspace

10 September 2019 | 11:45am – 1:45pm | location

Students are currently studying the unit 'Help is on the way'. Students are required to access and assess health services that support young people to effectively manage change, in particular mental health. Headspace provides youth specific mental health education tools an access to mental health specialists for young people in Primary and Secondary schools across Australia.

## P&C meeting

10 September 2019 | 6:30pm – 7:30pm | Portland Central School

The P&C assist with fundraising as well as providing a voice from the parents and family perspectives when it comes to the students and their school life. Their goal is to remain positive and look to work with the Executive, Teachers and Staff at our school in the most constructive manner possible.

## NXT7

12 September 2019 | 9:00am – 3:00pm | Portland Central School

Students from local schools will be attending Portland for an introduction to High School. Classes will include Geography, English, some historical investigation, PDHPE and a lesson in Italian to help students experience what it is like in High School. Lunch will be provided.

## Community notices



### Portland's 'Gindaay'

Portland has a very special venue for our school students.

On Mondays and Wednesdays after school from 3pm to 4:30pm there is a safe and happy place on Wolgan Street next door to the gym for students from Year 3 and up. The café serves milo, fruit, toast with vegemite/strawberry jam and sometimes hot chips. Activities include board games, crafts, snooker, table tennis, air hockey, Wii and computer games. There is a lounge area for social connections. The centre, Portland's Youth Drop In Centre, has been running for about ten years and is supervised by at least two volunteers each day.

The whole time is free and we encourage good manners and the showing and giving of respect by/to all.

If you haven't been there yet, come along and see for yourself.

For further information contact Miriam/Ian Palmer on 63 554 104.

## GUITAR

LESSONS  
TUITION  
MUSIC  
THEORY  
&  
PERFORMANCE

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