

Portland Central School

"Opportunity, innovation and student success"

Week 8 Term 3 2019



Important dates:

17 September 2019

**Jenolan Caves
excursion**

18 September 2019

Ready set school

19 September 2019

**Secondary Captains
selection**

20 September 2019

**Helper's afternoon
tea**

**Kindness, Fun and
Fundraising**

23 September 2019

Year 11 Final exams

24 September 2019

**Year 11 Final exams
Woolworths Cricket
Blast School Cup**

25 September 2019

**Vaccinations
NSW Touch Football
Primary Gala Day**

26 September 2019

Year 12 Graduation

27 September 2019

**Stage 3 BBQ
Fundraiser
Final day of term**



Primary students win first place at Orange Eisteddfod

Over the last two weeks Primary students have been working hard to prepare and perform at both the Orange and Bathurst Eisteddfods. Students have proudly represented our school in both the percussion sections and the Kindergarten to Year 6 Choir sections. Each time they perform they are growing in confidence and their achievements have been a credit to the hard work they have put in.

As a result of this hard work we have had many successes which we are extremely

proud of. At the Orange Eisteddfod we were awarded 1st place in the K-6 Choir section, 1st in the Stage 1 Percussion section and 3rd in the Primary Percussion section. At the Bathurst Eisteddfod we were awarded 3rd in the K-6 Small Schools Choir section, 3rd in the K-6 Small Schools Percussion section, 2nd K-2 Infants Percussion Ensemble section and the K-6 Percussion Ensemble section. We thank all the parents and helpers who took the time to assist with transporting our students to these events and our very talented music teacher Mrs Ossig-Bonano for all her extra time and effort she puts in to ensure every performance is of the highest standard.





NXT7 students

This week we held another NXT7 day to prepare Year 6 students to enter high school in 2020.

The day started with the group feeding our school calf, Chester. Following this they had a Geography lesson with Miss Cullen and then an English lesson with Miss Yeo where students learnt to analyse advertisements and to structure a paragraph.

They attended the school café at recess, where they were given house made choc-chip muffins and a hot chocolate.

In the middle session students had the opportunity to run around and use some of our great sporting facilities with Miss Waldron. In period 4 they compared and contrasted ancient Athens and Sparta and investigated the interesting occurrences of the Ancient World.

For lunch they ate at the café once more, this time a Lebanese delight of falafels, hummus and tabbouleh.

In their final lesson they learnt some Italian with Mrs Rissman and even created their own song in Italian.



A big thank you to all the lovely Year 6 students and the wonderful staff here at Portland Central School who made the day fantastic.

Rainbow mufti day

Last week we held a mufti day to raise funds for the Colour Run event to be held in Term 4.

All students put a huge amount of effort into their costumes and mufti attire. To raise extra funds from staff donations, Miss Cullen helped Andrew McManus shave his mullet off in preparation for the Year 12 Graduation.

A total of \$120 was raised and now we are half way to our goal. Thank you to the parents for finding colourful clothing and to all students who made the day exceptional.



Principal's message

Student Leaders 2019/2020

It is an exciting time for our Year 10 and Year 11 students who have begun the nomination process to elect our new school leaders for 2020. In order to help students to build their confidence through this process, they will be writing an application focusing on their leadership strengths. Captain speeches and voting will be held on Thursday 19th September at 9.30am and leadership positions will be announced at the Year 12 graduation assembly.



Year 12

Year 12 students have completed their Trial HSC Examinations and are now focused on preparing for their HSC Examinations, which commence on 18th October. All students are advised to take careful note of the feedback provided by their teachers, so they can build on their strengths and develop in areas that still need some work. The time between now and the beginning of the HSC should be used wisely, with an appropriate balance of study, exam practice, sleep and plenty of exercise. Attendance at all classes is required until Thursday 26th September, which will be their final day.

Staffing update

We are pleased to announce the appointment of our new Relieving Principal Arron Stevens, who will be joining us in Term 4 from Tomaree High School where he currently serves as Deputy Principal.

We also welcome our new permanent Maths teacher in Secondary: Mr Chris Evans. Chris comes to us from Canobolas High School and has a background in both Mathematics and Software Design. Mr Evans will be starting in week 10 and will be popping in for a visit to get to know our students before he starts.

Punctuality to School

Arriving at school and class on time:

- ensures that students do not miss out on important learning activities scheduled early in the day
- helps students learn the importance of punctuality and routine
- gives students time to greet their friends before class
- reduces classroom disruption. Lateness is recorded as a partial absence and must be explained by parents.

Leigh Mclean, Relieving Principal



Counsellor's wisdom

Assertiveness

It doesn't matter how nice you are to others or how good you usually feel about yourself, you are going to come across people who are mean, nasty and aggressive at times.

You can't do anything about how these people behave, but you can do something about how you react to their unkindness.

There are three different ways of dealing with conflict:

- Passive – 'I wish I could play with them,' 'nobody likes me,' 'she's so mean,' 'she doesn't think about me.'
- Assertive – 'May I play with you?' 'What are you playing?' 'What would you like to do?'
- Aggressive – using a very loud voice, 'you're so mean,' 'you're disgusting,' 'let me play,' 'that's a stupid game' 'You're dumb,' 'Oh, be quiet. You're talking too much,' 'Oh, you're totally wrong. That's not how it goes.'

To be assertive, you must:

1. Say what you see
2. Say how you feel
3. Say what you want
4. Walk away (keep yourself safe)

Warmest regards,

Debra Mainwaring, School Psychologist.



How do YOU handle conflict?



Mouse

Ignore
Hide feelings
Whine
Fake Cry
Give in
Tattle
Roll Eyes
Gossip/Tell Secrets
Avoid



Monster

Yell
Hit
Threaten
Fight
Deny Loudly
Stomp Around
Slam Doors
Loud Put Downs
Break Things



Me

Apologize
Report
Compromise
Talk it Out
Find a WinWin
Listen
Use Manners
I Message
Be Assertive

Upcoming events

Jenolan Caves excursion

Tuesday 17 September 2019 | 8:45am (depart) – 2:00pm (return) | 4655 Jenolan Caves Road, Jenolan Caves

In conclusion to this term's integrated unit, Kindergarten to Year 6 students will be travelling to Jenolan Caves to explore the Lucas Cave. This will give students the opportunity to investigate natural and built features of the environment and witness the changes to the Earth's surface caused by natural events. They will explore the way the environment provides for the special plants and animals that live in and around the caves, look at conservation methods used at the caves and investigate society's impact on the Earth's environments.



Ready Set School

Wednesday 18 September 2019 | 9:00am – 11:00am | Portland Central School

Ready Set School is a transition to school program for children who will be starting Kindergarten in 2020. The final session for the term will take place on Wednesday 18 September. Children will attend with parents as normal, with a parent information session held from 10:00am until 11:00am in the Primary assembly room. Morning tea provided.

Secondary Captains Selection

Thursday 19 September 2019 | 9:30am – 10:00am | Portland Central School, Community Centre

With the graduation of our Year 12 students at the end of this term, it is time to select our Secondary Leaders for 2020. All candidates will speak to staff and students from Kindergarten to Year 12 on why they should be elected, with our new leaders inducted at the Year 12 Graduation.

Kindness, Fun and Fundraising

Friday 20 September 2019 | 11:15am – 1:30pm | Portland Central School

A group of Year 8 students, along with Leanne Walding from the Lithgow Information and Neighbourhood Centre (LINC) would like to invite you to join them to have fun, develop kindness and help them fundraise to help others in our community. Please return your slips to preorder \$5 meal deals for your child by Monday 16th September. Cupcakes will be available on the day for an additional \$1 each.



Helper's Afternoon Tea

Friday 20 September 2019 | 2:00pm – 3:00pm | Portland Central School, Primary court

Invites to an afternoon tea have been sent to all parents who took time from their busy schedules to help transport students and equipment to our Primary Eisteddfods and sporting events. We offer immense thanks to these parents for their support, as these events would not have been such a success without their help.

Year 11 final exams

Monday to Tuesday, 23-24 September 2019 | 9:00am – 2:15pm | Portland Central School

Year 11 students will be sitting their final exams before progressing to Year 12 next term.



Woolworths Cricket Blast School Cup

Tuesday 24 September 2019 | 8:45am (depart) – 2:30pm (return) | Tony Luchetti Sportsground, Lithgow
Students in Years 3-6 will be competing in the Woolworths Cricket Blast School Cup,

developed to enable children to learn cricket skills in a fun and inclusive learning environment.

NSW Touch Football Primary Gala Day

Wednesday 25 September 2019 | 9:00am (depart) – 2:30pm (return) | Tony Luchetti Sportsground, Lithgow

The NSW Touch Football Primary School Gala Day event allows students to participate in a non-competitive event and develop their skills at Touch Football. The emphasis of these events are on participation and fun; there is a place on the field for everyone.

Vaccinations

Wednesday 25 September 2019 | Portland Central School

NSW Health works in partnership with schools to offer the vaccines recommended for adolescents by the National Health and Medical Research Council (NHMRC) in a school-based vaccination program. Students in Year 7 will be receiving the second dose of their Human Papillomavirus (HPV) vaccine.

Year 12 Graduation

Thursday 26 September 2019 | 12:00pm – 1:00pm | Portland Central School, Community Centre

Please join us in celebrating the achievements of our wonderful Year 12 students at our Graduation assembly, followed by lunch. Please RSVP your attendance by contacting the school before 20 September.

Stage 3 BBQ fundraiser

Friday 27 September 2019 | 12:55pm – 1:30pm | Portland Central School

Students in Stage 3 are raising money for Stage 3 camp and the Year 6 Graduation Dinner. Please support these students by buying a bacon and egg roll (\$5), sausage sandwich (\$3), water, flavoured milk or juice (\$2), and cakes and slices at assorted prices.

Please join us to celebrate the achievements and graduation of

Year 12

Portland Central School

Thursday
12pm
lunch to follow

September
26

Community Centre
Portland Central School
Portland

RSVP to the school by September 20 PH: 63555233
E: jess.cullen5@det.nsw.edu.au

Community notices

Relationships Australia.
NEW SOUTH WALES

Free Counselling

We know this big dry is hard to bear at the moment, if you would like to chat with someone to discuss your daily struggles, call us to arrange a free chat.

We understand that you may not want to burden family or friends with your issues, we are here to help.

Relationships Australia, Bathurst Centre, is offering **FREE** telephone counselling to individuals who are doing it tough during this drought.

This service is available wherever you are located, meaning support can be accessed without even needing to leave your property. If you can get to Bathurst, you can meet face to face with a counsellor in our centre.

Remember to mention you are drought effected when you call to book.

We can support you with:

- Stress & anxiety
- Relationship difficulties
- Dealing with depression

Contact details

Relationships Australia, Bathurst Centre
91 Seymour Street, Bathurst, NSW 2795
(Monday-Friday)

Email: bathurstfrc@rnsnw.org.au
Phone Bathurst Centre: 02 6333 8888

For judgement free support contact us today
relationshipsnsnw.org.au
1300 364 277

MU YEH TAEKWONDO

All ages 8+ are welcome to join in our weekly Taekwondo class held in the Wallerawang Public School Hall. Mu Yeh Taekwondo specialises in street wise self-defence, women's and children's self-defence.

FIRST CLASS IS FREE

Classes are held each Tuesday during the school term.
5:45pm – 7:00pm White and yellow belts (new students)

Contact Instructor Jesse Willoughby 0438 911 340

www.muyehtaekwondo.com

iFLY
DOWNUNDER

SCHOOL HOLIDAY FUN

iFLY Superhero Academy is here!

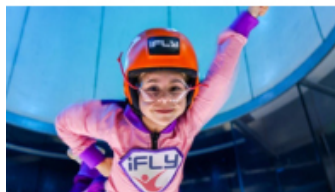
Join us on Tuesday, 1st October or Tuesday, 8th October Activities from 12:pm to 1:00pm, with flights from 1:30pm for some superhero fun!

Arrive at 11:30am to ensure you are checked in and ready to go by 12:00pm when the fun begins

iFLY Join The Sport - Junior Flight Club Holiday Club is here

Join The Sport days will be held on

Join The Sport days will be held on Thursday, October 3rd and 10th October from 12:30pm to 3:30pm and are suitable for ages 6 to 16.



info.pen@ifly.com.au
iFLY Downunder
123 Mulgoa Road
Penrith, NSW 2750
Australia

PCYC POLICE CITIZENS
YOUTH CLUBS NSW
OUT OF SCHOOL HOURS

Before School Care commencing Term 4 2019

(breakfast included, PCYC bus
will deliver children to school)



After School Care Vacation Care

Pay as little as \$4.25 per day per
child depending on Childcare
Subsidy eligibility

Children enrolled in OOSH
can participate in PCYC
activities including
Gymnastics, Karate Jr
Boxing, Archery and Judo



PCYC
LITHGOW

7 Hoskins Avenue, Lithgow
lithgowoosh@pcycnsw.org.au
(02) 6351 2510



Portland Family Fun Day

Wednesday 2nd October 2019
10:00am - 1:00pm
Saville Park, Portland

FREE

Information Stalls

Jumping Castle

Face Painting

Sausage Sizzle

Games

Fun

Emergency Services Vehicles

