From the Principal’s Desk
The student support group meetings over the last few days have been very successful and it has been great to talk about student goals in such detail. We have nearly covered every student in the school, so thank-you for taking the time and interest to participate in your children’s education.

New Students
We have welcomed 3-new students over the last week. Logan Clark has joined group 1 and is in his first year of school and lives in Heywood. We also welcome back Jordan and Shandarra Sherrard who have returned to Portland from Warrnambool. Jordan is in group 3 and Shandarra is in group 2. It is great to have you join our school community and we look forward to working together.

Sailing tomorrow
Most of the school is going sailing tomorrow in Portland Bay (subject to good weather) and it will be great to see this program running again. Sailing is a great fitness and recreation activity and I encourage everyone to participate. Students must have returned their permission forms to participate in this activity.

Don’t forget we will be looking out for the best sailors to represent the school at the school sailing regatta in May.

School Council Elections
All the vacancies on school council have been filled. Congratulations to Deb Robinson, Stephen Freeeling and Pam Rennie who have all been elected for two year terms. Congratulations to Karen Rowley who is elected for 1-year.

The Annual General Meeting and next School Council meeting will be held on Tuesday 24th March at 7pm. The Finance committee will meet at 1pm on Monday 23rd March.

Caught Being Good
Well done to Graydon and Bart, who were ‘Caught being good’ last week, enjoy your prizes. We also caught some staff being good, well done to Gillian and Kathy.

Have a relaxing weekend …………Steve Crossley, Principal.

School Statements
Reminder - the school account may be paid in full or by small instalments. Please contact Wendy in the office if you have any questions or concerns.
RDA IS IN URGENT NEED OF VOLUNTEERS

If you can spare some time on Tuesdays, Riding for the Disabled would greatly appreciate your assistance. Please contact Laurence 03 5527 9201 for further detail.

Donations requested

We are in search of kind donations such as old magazines, unused rolling pins, biscuits cutters, fabric, material, wool, ribbons, buttons etc and old shirts (larger sizes) for Art. Please forward any useful items to school and thank you in advance.

STARS OF THE WEEK

“Caught Being Good” Prizes awarded at last assembly

Well Done
Bart Rowley and
Graydon Rudd
Great Effort.

At our Friday’s whole school assembly, we draw the “Caught Being Good” raffle. Throughout the week, staff give students a raffle ticket for displaying positive behaviour either in their classroom, on the playground or in any school events such as excursions, outings or community access.

Some of the reasons students have been given tickets recently are as follows: - Helping others, displaying good behaviour, following instructions, showing persistence, showing empathy, caring for others, helping without being asked, being part of the team and caring for friends.

Words on Wellbeing

You may have noticed children speaking about safety: maybe something mentioned about how to get on and off the bus. Or perhaps, about safe practice at home and in the school yard. There has been an intended focus on ways to remind children of how to be safe: PE with helmets; Art in using and cleaning equipment; Cooking and all those little rules we apply for heat, slips and hygiene.

Safety can also be reinforced in the most basic setting – HOME. It is vital to our young ones that we all promote, encourage and practice simple principles. For parents and guardians, we know that there are significant issues that impact on the health and wellbeing of our children: the use of social media and cyber-bullying; stranger- danger; traffic and the roads - even in quiet Portland!

So it is with these things in mind that teachers also work to provide a safe and welcoming environment at school for your children. The playground is a place for outside fun and beneficial for physical health and mental wellbeing. Therefore when rules are reinforced and safe play is modelled our children learn and some come to understand the social competencies required to get on with each other.

I will provide further information about another initiative for supporting mental health: SAFEMinds:At Home for parents. Forums will be offered in which Headspace and a panel of local mental health agencies will offer parents/carers information about supporting children and young people experiencing emotional distress. So take a look at SAFEMinds. Come in for a chat!

Sue Cowie – Wellbeing Coordinator

Steve was gifted some lovely art work from Akaysha, Jamie and Peter, Group 2
Portland Bay School
Student School Banking

Is available *Every Wednesday* with

Portland  Bendigo Bank

(Please feel free to send in deposits to other banks if student accounts are already set up).

The account is free of charge for our students. Contact the office for further details.

“RDA on Tuesday’s are great fun”
Our students love the interaction with the horses and volunteers.
Community Announcements:

PORTLAND SIGNING CENTRE:
JUSTICE OF THE PEACE can now be located at the Portland Library in Bentinck street every FRIDAY between 12 -2pm. excluding public holidays.

RVAHJ = Royal Victoria Association of Honorary

Hi I am Andrea Lane, a clinical hypnotherapist that has assisted parents to help their children through a program called The‘Goulding SleepTalk® process’. This three month program is a two minute gift you give your children that lasts a lifetime. The Goulding SleepTalk® process is easy to learn, takes parents only a few minutes daily at bedtime, and it can’t be “done wrong”. It’s absolutely safe, ethical and positive. SleepTalk® is for people who are looking for a simple, non-intrusive self-esteem and behaviour change process for children that can help parents achieve what they want most – happy children and happy families.

The process is about developing a child’s emotional resilience, the mind’s firewall, which protects against negative suggestions; much like a firewall on a computer protects it from outside interference and damage. It’s a powerful self-help program developed by educator, speaker and hypnotherapy professional Joane Goulding which parents and childcare professionals have been using for more than 30 years, because it WORKS. For more information on the sleeptalk process visit www.sleeptalk-children.com

The Goulding SleepTalk Process has helped many children with the following:
- ADHD
- Adoption
- Anger
- Anxiety
- Asperger’s
- Attention Deficit Disorder
- Autism
- Babies
- Bedwetting
- Behaviour issues
- Bullying
- Burkitt Lymphoma
- Calmness
- Chronic Illness
- Co-ordination
- Concentration
- Confidence
- Diabetes
- Discipline
- Disobedience
- Eating
- Education
- Emotional outbursts
- Eyesight
- Fear
- Fear of the dark
- Feedback
- Foster care
- Habits
- Hallucinations
- Happy children
- Hearing
- Illness
- Lack of respect
- Nail-biting
- Nightmares
- OCD
- Panic attacks
- PTSD
- School
- Selective Mutism
- Self-confidence
- Self-esteem
- Separation anxiety
- Sibling rivalry
- Sight-impaired
- Sleeping
- Social skills
- Speech
- Stress release
- Swimming
- Tantrums
- Toiletting
- Poo Bedwetting
- Trauma
- Waking tearful

If you would like to discuss ‘The SleepTalk Process, the cost or information on any other issues please contact Andrea Lane, Dip Clinical Hypnotherapist on Ph 0400 536553 or website: www.healthwithhypnotherapy.com.au

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Beats Cycle For Hope

Sunday 22 March 2015
Portland to Bridgewater Bay (22km)

Entry: FREE
Donations kindly accepted (tax deduction available)

Starts Portland Football Netball Cricket Club, Horon Park
Registration from 8:30am

Cyclists leave Portland Football Netball Cricket Club in a staggered format at 9.30am arriving at Bridgewater Surf Lifesaving Club at 12:30pm
Enjoy a family friendly afternoon of entertainment and music.
Auction at 13pm
Refreshments available by Bridgewater Bay Cafe and local Rotary Club members

Children under 12 years of age must be accompanied by a parent or guardian to participate.

Vigorous marshalls throughout the ride, along with a Land Cor, Tail Cor and Mobile Marshalling.
All Maintenance Support for riders “On the Road”.

Free box available from Bridgewater back to the start line following the event. 1pm approx.

More info www.beatscycleforhope.org

Gateways

Gateways Support Services has an office in Warrnambool and offers services to families caring for children with intellectual and physical disabilities and complex care needs throughout the South West.

Short Term and Extended Flexible Packages are available to assist families with the additional costs involved in caring for their children and meeting their needs.

Gateways Support Services welcomes enquiries from families and can give advice and support as needed.

Please call 5562 8271 for more information
A Framework for Understanding Poverty

Last week, a professional development session was provided by educator Nairn Walker to a full house of educators from the South West. Some of our staff attended and now are implementing strategies forged from Dr Ruby Payne’s research so relevant to teachers who work with varying degrees of resourcing and social/cultural capital.

We were challenged with a strength-based model: “What have YOU GOT?”... “Kids with Promise not Kids at Risk”. And the reality that financial responsibilities shape us and how we educate our kids. And in a most complex world, there are hidden rules that govern our behaviours and our social belonging, even at school. I don’t know about you, but I feel a bit uncomfortable when poverty, middle-class and wealth is used to define someone.

So it is important to regard resourcing in other terms too: the building of mutual respect and the idea of ‘Mutual Exchange’ is currently being used by our teachers. To put it simply, relationships are of critical importance and there is respect when the giver receives something in return: a symbol of gratitude, some time, some expertise, some help. Other words, there is respect when one service can be bartered for another. That nothing is simply ‘free’ but we treat each other with values that reflect mutual respect.

Parents and teachers can build a bank of emotional resources which provides the interventions. So important is social and emotional learning at school and home that it signifies purpose and hope. One teacher who simply believes in ‘them’ has been the identifying factor in engagement, perseverance and success. No matter the class, gender, disability or culture.

NB: I have Dr Payne’s best-selling book and Marzano’s if anyone wants to have a look.

Sue Cowie
Girls Get Together

Do you want to get together with friends and try a new hairstyle? Listen to some music and nibble on some healthy treats? Perhaps learn how to manicure your nails or keep yourself nice and fresh? Or learn about products that you can afford? Did you know that some rabbits undergo torture for us? Just so we can wear mascara? If you would like to discuss ‘Girls Stuff’, let me know and see you next Wednesday at Wellbeing. And yes, you will receive when you come – ask about Mutual Exchange!

Sue Cowie – Wellbeing coordinator