From the Principal’s Desk

Last Friday we held our Student Support Group day which was very successful. It was great for the staff to catch up with parents and carers and set goals for the coming 12-months.

Good luck to Group 4 who are going on camp to Blackwood next week, I am looking forward to hearing about all their fun and adventures in the coming weeks.

New building

Yesterday the new portable building was delivered to Portland Bay School & the workers have begun setting it up for the first day of term 2.

Architect Visit

Also yesterday Robert Bienvenu visited the school and spent a lot of time talking with students and staff about our ideas for the design of the new school. Robert has challenged students and staff to draw our ideas for the front entrance and to send these to him. Robert will return in 2-weeks to hold further discussions with everyone in the school community.

Sailing

Friday 11th and 18th March

The sailing program returns to Portland Beach in a weeks time. Sailing involves a lot of problem solving and communication for our sailors and is a very worthwhile activity so I encourage everyone to participate. Separate permission notices will be sent home in the coming days. Parents should contact their teacher or our sports teacher Emma if they need further information.

Reminder – Labour Day Holiday – Monday 14th March

I hope you are enjoying the terrific autumn weather …… Steve Crossley

| Date: Thursday 3rd March 2016   Issue 6 | Principal: Mr Stephen Crossley
| Ph. 55232218    Fax. 55217839  | PO Box 317 Portland Vic 3305
| portland.bay.sch@edumail.vic.gov.au | School Council President:
| www.portlandbayschool.vic.edu.au | Deb Robinson 0428 995 987 |

### COMING EVENTS

**TERM 1 2016**

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<tr>
<td>Friday 4th March</td>
<td><strong>Next Week</strong></td>
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<tr>
<td>Monday 7th March</td>
<td>Group 4 leave for Camp</td>
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<tr>
<td>Tuesday 8th March</td>
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<td>Wednesday 9th March</td>
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<td>Thursday 10th March</td>
<td>Swimming</td>
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<tr>
<td>Friday 11th March</td>
<td><strong>Sailing</strong>&lt;br&gt;<strong>Group 4 return from Camp</strong></td>
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**Important Dates to Remember.**

<table>
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<tr>
<th>Date</th>
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<tr>
<td>Monday 14th March</td>
<td>Labour Day Holiday</td>
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<td>Tuesday 15th March</td>
<td>Finance Meeting 1pm&lt;br&gt;School Council AGM 7pm</td>
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<td>Friday 18th March</td>
<td><strong>Sailing</strong></td>
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<td>Thursday 24th March</td>
<td>Last day of school Term 1</td>
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<td>Monday 11th April</td>
<td>1st Day of School Term 2</td>
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**Blackwood Camps 2016**

The dates for Blackwood camps are included below:

**Term 1**
21st to 24th March<br>Alpine Ride based in Myrtleford

**Term 2**
30th May to 3rd June<br>Group 2 Blackwood Residence<br>Term 3<br>8th to 12th August<br>Group 3 Blackwood School<br>Term 4<br>7th to 11th November<br>Group 5 Blackwood tents

We have mice popping up everywhere from the Art room.
Portland Bay School is collecting Woolworths Disney Movie Stars packs, any donations would be appreciated to complete the school’s folders. Surplus will be traded to help our families complete their series as well. Thank you in advance.

We are also pleased to advise we receipted last years Earn and Learn items, lots of sporting equipment and balls. Thank you for sending in your stickers.

STARS OF THE WEEK

“Caught Being Good”
Raffle winners drawn at this week’s Friday assembly is for “Learning to be Safe” and “Learning to a Learner” as last Friday was a student free day.

At our 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.

Easter Raffle

Portland Bay School is organising an Easter Raffle to raise money for the Michael Ward Memorial Award.

Please send in Easter Eggs for Hampers as soon as possible.
Please sell Raffle Tickets and send the money and tickets back to the school.
Please return all tickets and money by Thursday 17th of March.

The Raffle will be drawn on Friday 18th of March at assembly.

Don’t forget to buy your tickets, $1-00 each. Donation of Easter eggs are appreciated, as you can see the prizes are looking yummo!
Group 2 News... Being a learner...

Two of our favourite sayings in our class this term are:
1. Every day we try to do our personal best and
2. It’s OK to make mistakes

Here are some photos of us working hard in a maths class.

We all make mistakes when we try to learn something new!

Briony Trace is the new Occupational Therapist at the Portland and District Hospital. This week Briony had fun working with Noah and Shandarra. Here they are feeding tennis ball people some toy fruit.
Words on Wellbeing

It’s More than Colouring-In…
Is there anyone who does not enjoy colouring-in?
There is a market out there and the Mindfulness Colouring Books have consistently been on the best-sellers list. Our children are often given colouring-in as a way of relaxation. However, this type of activity serves another purpose for adults too. As we focus on the lines and patterns, you cannot help but be in the present. Mindfulness is actually not the process of relaxation, but the ability to be fully present, without distractions.

I was one of many who mistakenly thought that mindfulness was a way of escaping from all those nagging thoughts; how we ruminate over things. You know – I could have, should have, would have… Researcher Kabat-Zinn (2006) describes Mindfulness as a way of paying attention in a particular way on purpose, in the present moment, and non-judgementally. So I am enthused to share some new-found knowledge from my training last week. Yes, we are all life-long learners and next term, you will also have information about the program Peaceful Kids; as usual, we value the partnership of parents.

Why this initiative? Surely, there are a multitude of programs targeting wellbeing and resilience?
Well, research-based evidence now suggests that practising mindfulness exercises can change the brain. There is ongoing and exciting work on neuro-plasticity of the brain and I will share some resources. But the amygdala, the brain’s fight or flight centre (associated with fear and emotion and forms a part of the body’s response to stress) actually gets smaller as we engage in Mindfulness. The pre-frontal cortex that helps with concentration, decision making and awareness thickens.

Children learn about their brains being ‘activated’ when they are anxious and this can be like recognising a ‘smoke alarm’ going off in response to danger. Being aware of what is happening in the present moment, rather than trying to fight what is happening or running away from it, is a way children increase wellbeing and decrease anxiety.

Resources: http://www.mindfulschools.org/about-mindfulness/research
http://au.reachout.com/what-is-mindfulness

Marianne Musgrove – The Worry Tree This is a great read, identifying worries and dealing with them. For children, it is my favourite.

Monash University, Department of General Practice – Senior Lecturer Dr Craig Hassed