School Pride - Congratulations Portarlington Primary - Another Recognition Award for being a Healthy School

Last Friday, Lauren Purser from Bellarine Community Health presented us with our latest recognition medal for Tobacco Control. Our Healthy Together Team drives our policy development and monitors our work in this area. We are now fully recognised for our efforts with Sun Safety, Physical Activity, Healthy Eating and Oral Care.

This year we have a focus in improving our practice in the area of Mental Health and Wellbeing and Safe Environments. The Healthy Together Team has been developing our most recent new policy documents for these two areas. Copies of the policies have been sent home so that parents and families have the opportunity to provide us with some feedback.

Thank you to Marg Browne and the team of parents who are very committed to our school and who are working behind the scenes to support our school priorities.
On Friday 13th of May Portarlington Primary had their first ever Active Assembly. The Preps to grade 2’s participated in a Mini Olympics activity with lots of different games. The grade 3 to 6’s participated in a round robin game of number soccer. On the day students were allowed to wear accessories in the colour of their house. All students participated and some even invited their families!

Marcus, Daniel, Jimmy, Illeana, Bella, Declan and Olivia were running the junior mini Olympics. The students really enjoyed it and everyone had loads of fun. We had 8 different activities which included running, dodging, throwing, catching, rolling and plenty of teamwork. Everyone dressed up and was supporting their team (even Mrs K-T was dressed in Blue!). House Captains have tallied up the scores and will announce Round One’s results at this week’s assembly. So come along to find out.

Evander, Nathan, Lizzie and Sam ran the senior round robin numbered soccer activity. We only got through two rounds. Next time we will be prepared for 3 rounds. WE CAN’T WAIT FOR THE NEXT ACTIVE ASSEMBLY!

By Marcus Rosman and Evander Scott
Last week was education week across the state of Victoria. We had approximately 210 special visitors to our school for our open learning time. Our event gets bigger every year and for a small school we are very proud of the numbers of friends and family who come to support our children. Thank you so much for coming to our beautiful school. Grandparents, parents, family members and special people joined in with some activities and had lunch together. Thank you also to our staff and our children who made the day very special.
Portarlington Primary ........

Education Week – Family and Friend Celebrate Learning!

Love  Connectedness  Belonging  Caring  Learning
Don’t tell anyone!!!!

Someone told us that they had Blueberry pancakes, some warm milo, smoothies, and banana porridge at Breakfast Club. Yummmm! Breaky Club is open Monday, Tuesday and Wednesday every week at 8.30am. check it out!

THANK YOU - WORKING BEE

Thank you to our amazing parents-Leanne Orchard, Amanda O’Farrell, Belinda Monks, Paula McLeod, Mel Singleton, Rebecca Pavez and also to the Team at the Kelly Club –Steve Martin and Laura Bowen (plus Rebecca too). These wonderful, wonderful people had a huge working bee in our hall this week. It is all starting to look AMAZING. You are awesome and we really appreciate you giving up your time to make our learning environment look so stunning for our children. (#Our school has great people) -Thank you.
School Pride—Our School Fresh Produce (and plants) Market
Every Friday Morning

Eating fresh food helps us to be healthy and we all know that healthy bodies and minds learn much, much better. Our market is available to provide our families and our community with access to farm fresh produce (including eggs) from our local farmers and growers. Please support our lovely local stall holders at our produce market. You will also be doing your body and your wallet a favour (best prices ever!).
Portarlington Preschool

Taking Enrolments For

2017 Onwards

Have you enrolled your child for 3 and 4 year old kindergarten for 2017 at Portarlington Preschool yet?

What are you waiting for?

Enrolments are currently being taken so enrol now by calling Geelong Kindergarten Association on 5273 0200 and nominate Portarlington Preschool as your first preference.
Learning to value others

Some girls in Grace’s year four class were taking turns at skipping. Grace watched them closely and decided she would like to have a turn too. She asked to join in but Sally said, “It’s too hard for you.”

Grace had an intellectual disability. This meant she sometimes took longer to learn things. She was also not as well coordinated in sports as the other girls.

“Come on. Let me have a turn,” said Grace. “Anyone can have a turn,” said Deepa. “Have your turn after me.”

So Grace tried to skip over the rope, but it got caught at her feet. “Try again”, a few of the girls said. “You have to jump just as it hits the ground.” Grace tried again. They gave her extra tries because she was learning. On the last try she managed two skips in a row. “You did it,” said Deepa. Grace was really proud. “I did it!” she said. “And you helped me.”

Learning to see another person’s point of view

Learning to see another person’s point of view is important for getting along with others and building positive friendships. Understanding others helps children know what to do in social situations and is the basis for developing caring and responsibility.

It’s not always easy for children to see the point of view of someone who is different from them. Being different could mean having a disability, coming from a different country, being a different age or gender, or having different values and interests. Children who are seen as different may be left out of activities.

They may face discrimination because others think they are not as good, as talented, or as important as they are. Discrimination can have very negative effects on children’s self-esteem and mental health and wellbeing.

Skills for empathy

Taking others’ needs into account involves values of caring, compassion and acceptance of others. It also involves emotional skills for empathy. Learning to empathise with another person means learning to walk in their shoes. It means being able to recognise and value their feelings and needs, even though they may be different from your own.

Skills for empathy develop over time and include:

- recognising your own feelings
- recognising others’ feelings
- listening to others’ opinions
- thinking what it would feel like if you saw the situation their way
- thinking how you can respond in a caring way
- doing something to help.

Some children find it easy to tune into feelings. Others need more guidance to learn empathic skills. Adults have an important role in supporting children to learn kindness and empathy.

A little kindness can sometimes go a long way. Learning to skip has made Grace’s day. Watching and supporting her has helped everyone else feel good too.
How parents and carers can help

Research has found that the examples shown by caring adults have a big influence on children's empathy. Parents and carers (as well as school staff) can also foster empathy by promoting values of caring and compassion and coaching children to be kind and thoughtful towards others.

- Model empathy by tuning into children’s feelings (e.g. “Ouch! That must have hurt,” or “You must be feeling disappointed that your friend can’t come over”).
- Help children think about how feelings affect other people (e.g. “How do you think your friend might be feeling?”).
- Help children develop skills for understanding other people’s points of view by discussing the effects of discrimination and the importance of respectful and caring attitudes towards everybody.
- Talk about situations that involve empathy (e.g. “What I liked about the story was how kind the hero was,” or “That was a mean thing to do. Don’t you think she should have helped her friend?”).
- Notice when children are kind and tell them you value their behaviour (e.g. “That was a very thoughtful thing to do. I really appreciate it!”).

How to support children to accept and include others

- Teach children that there is nothing wrong with being different and that each of us is different to somebody else.
- Teach children that everyone has a right to be respected.
- Help children develop skills for positive friendships and cooperative play.
- Parents and carers of children with special needs can talk to the staff at their children’s school about how to support their strengths and about encouraging other children to include them.

Valuing others means seeing difference as something positive. It means trying to understand how others think and feel, and knowing that this helps you as well as them.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au
School Fruit and Vegetable Garden Volunteers

We are seeking any parents/grandparents or friends that would like to volunteer in our Fruit and Vegetable Garden. You choose what you would like to help with.
Some things to do include-

Watering
Planting
Weeding
Harvesting
Preparing fruit and veggies for distribution to the children. Helping during the MLC garden classes
Collecting seeds and cuttings
Potting
Victorian Premiers’ Reading Challenge

The Victorian Premiers’ Reading Challenge is now open and Portarlington Primary School is excited to be participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 9 September 2016.

Children from Prep to Year 2 are encouraged to read or ‘experience’ 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll. If you would like your child’s name to appear on the Honour Roll, please sign the form that went home this week and return it to Wendy or the office as soon as possible. Any questions please see Wendy. To read the Premier’s letter to parents, view the booklists and for more information about the Victorian Premiers’ Reading Challenge, visit: www.education.vic.gov.au/prc
"Please remember" that foods such as quiche, bacon and egg pie etc are not included due to our egg free policy.

<table>
<thead>
<tr>
<th>Category</th>
<th>Example Items</th>
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<tbody>
<tr>
<td>Fruit (2 pieces)</td>
<td>Apples, bananas, peaches</td>
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<tr>
<td>Sandwich, wrap or alternative</td>
<td>Sandwiches, wraps, alternative dishes</td>
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<tr>
<td>Dairy</td>
<td>Yogurt, cheese</td>
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<tr>
<td>Vegetables (2 pieces)</td>
<td>Carrots, cucumbers, celery</td>
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<tr>
<td>Fibre/Grains (Wholegrains)</td>
<td>Granola bars, rice cakes</td>
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<tr>
<td>Water</td>
<td>Water bottles</td>
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Here are lunchbox superfoods that are easy to include:

**Yoghurt** – Active live cultures promote a healthy digestion and help ward off viruses and infections by boosting their immunity. Protein, carbohydrate, calcium and B vitamins make yoghurt a great lunchbox filler. Choose wisely though and go for a greek style, low sugar version rather than dairy desserts that are marketed towards children. These don’t offer much benefit at all.

**Tomatoes** – Rich in lycopene, vitamin C, E and beta carotene (all great antioxidants) tomatoes are easy to include on a sandwich, baked in a savoury meal or just cherry tomatoes on their own.

**Blueberries** – A great source of vitamin C, dietary fibre and super high in antioxidants, the blueberry falls into the low G.I. category (which measures how quickly carbs are released into the body as energy) which maintains stable blood sugar levels.

**Wholegrains** – Protein for body building, carbs for energy, fibre for a healthy digestion and essential fats, vitamins and minerals…what a wrap! Wholegrains offer a slow release of energy which is great for kids to sustain their levels throughout the day. Bake low sugar oat cookies, serve wholemeal bread for sandwiches and SunRice rice cakes with honey or avocado as a great pre-sport snack.

**Avocado** – Full of good fats, avocado’s are full of fibre which helps stabilise blood sugars while vitamin E protects cells against free radicals. Try as an alternative to butter on sandwiches or mash and store in a container as a dip with wholegrain crackers.
We have recently achieved recognition for the Tobacco Control component of The Healthy Together Achievement Program by successfully meeting State wide benchmarks. This means we now have achieved four areas including Sun Protection, Physical Activity, Healthy Eating and Oral Health. Well done to our Healthy Together Team and Portarlington Primary School community.

GROWING FRUIT AND VEGGIES AT HOME?

SHARE YOUR SPARE ONLINE
www.ripenear.me
### Keeping our Beautiful Children Safe in the Sun!
Hats must be worn outside commencing the 1st of September until the 1st of May each year.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4th May</td>
<td>District Cross Country</td>
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<tr>
<td>4th May</td>
<td>Whole School Dental Program</td>
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<tr>
<td>5th May</td>
<td>Mothers Day Staff Fundraiser</td>
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<tr>
<td>16th May</td>
<td>Education Week</td>
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<tr>
<td>17th May</td>
<td>School Council</td>
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<tr>
<td>18th May</td>
<td>Special Visitors Grandparents Day</td>
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<tr>
<td>19th May</td>
<td>Curriculum Day (Student Free Day)</td>
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<tr>
<td>24th May</td>
<td>Division Cross Country</td>
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<tr>
<td>25th—27th May</td>
<td>Grade 3 &amp; 4 Camp</td>
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<tr>
<td>26th May</td>
<td>Lightening Premiership AFL/Netball</td>
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<td></td>
<td>Grade 5 &amp; 6</td>
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<td></td>
<td>National Sorry Day</td>
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<tr>
<td>29th May</td>
<td>Market</td>
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### MAY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11th July</td>
<td>Term 3 Starts</td>
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<tr>
<td>14th July</td>
<td>State Cross Country</td>
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<td>19th July</td>
<td>School Council</td>
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<td>31st July</td>
<td>Market</td>
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<tr>
<td>16th August</td>
<td>School Council</td>
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<tr>
<td>28th August</td>
<td>Market</td>
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### JULY

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>9th August</td>
<td>Curriculum Day (Student free day)</td>
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<tr>
<td>15th –19th Aug</td>
<td>Book Fair</td>
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<tr>
<td>16th August</td>
<td>School Council</td>
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<td>28th August</td>
<td>Market</td>
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### AUGUST

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>16th September</td>
<td>Dress Up Footy Day</td>
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<tr>
<td>25th September</td>
<td>Market</td>
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### SEPTEMBER

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3rd October</td>
<td>Term 4 starts</td>
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<tr>
<td>13th October</td>
<td>Pink Day</td>
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<tr>
<td>18th October</td>
<td>School Council</td>
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<tr>
<td>30th October</td>
<td>Market</td>
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### OCTOBER

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>9th November</td>
<td>Whole School Dental Program</td>
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<tr>
<td>15th November</td>
<td>School Council</td>
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<tr>
<td>27th November</td>
<td>Market</td>
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### NOVEMBER

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>5th—16th</td>
<td>Swimming whole school</td>
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<tr>
<td>7th December</td>
<td>Grade 3-6 Swimming Carnival</td>
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<tr>
<td>19th December</td>
<td>End of Year Assembly</td>
</tr>
<tr>
<td>20th December</td>
<td>End of year 1.30pm finish</td>
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Reminders

FANCY A CUPPA? - PARENT CONNECT
Monday Morning at 9am at the Bakehouse Portarlington

Our Parent Connect team is now meeting at the Portarlington Bakehouse for an informal chat and coffee. It’s a great way for like minded parents to get together and chat.

See Gabrielle Waller or Karen Button for more information.

Portarlington Market
Last Sunday of Every Month

Our monthly market is held at the park opposite the school and within the spacious facilities of Parks Hall. The market is located on the picturesque Bellarine Peninsula overlooking the bay with views to the You Yangs mountain ranges. Inside and Outside stall holder spaces available.

Contact Details
Portarlington Primary School
100 Newcombe Street, Portarlington, Victoria, 3223.
Telephone: 5289 2572

Website: portps.vic.edu.au

Online Booking: trybooking
Mobile Telephone: 0408 108 869
Email: portarlingtonmarket@gmail.com

Follow Us!
Facebook: search Portarlington Market
Instagram: Portarlington Market
Twitter: @ppsmarket
FUNDRAISING

We're very excited to be fundraising with Entertainment™ this year. Order your NEW 2016 | 2017 Entertainment™ Books and Entertainment™ Digital Memberships from us today, and 20% of the proceeds contribute towards our fundraising!

Available as a traditional Entertainment Book - or - Digital Membership on your smartphone, your Membership gives you over $20,000 worth of valuable offers valid through to 1 June 2017!
Sprouts Lunch orders on Fridays:

Lunch orders are available every Friday. You will need to set up a log in at [www.sproutscanteen.com](http://www.sproutscanteen.com) and order from the Portarlington menu only.

Payment is made online. Orders need to be lodged by 8am Friday morning but preferably the night before. Late orders will not be processed. The menu is delicious, so give it a go. Orders are delivered to the school at 1.15pm.

**********

School Uniform:
The students are looking amazing in their complete uniforms. If you can’t find an item, please ask, as we will do our best to make sure that we keep them all looking part of a team.

Hair: hair that is past shoulder length is to be tied up
Nail polish other than clear is not welcome
Bike shorts are only to be worn under a skirt or dress, not as a uniform item.
Leggings (dark blue only) can be worn under shorts, dress or skirt, not worn by itself with a long T shirt.
Shoes – runners or black school shoes only
Hair ties – dark blue or red
Jewellery - only sleepers or stud ear rings. No necklaces or any kind for safety.

**********

IT’S NOT OK TO BE AWAY AWARD
1ST— JLCKT
2ND— JLC MERCER
Commencing in Term 2!

Reminder:

Music and Movement for Parents & Pre-schoolers on Tuesday mornings at 9.15am

FREE

Storytime

** There will be a children’s activity after the book reading **

9.15am ~ 9.45am (commencing Friday 15 April)

Fridays, Storytelling with Eleonor
Reminder - Student Supervision
Staff supervise the school yard between 8.40—9am, 11-11.30am, 1.40-2.15pm and 3.15-3.30pm.
Children arriving at school before 8.40am must be booked into the before school care program, Kelly Club, no supervision is provided before this time.

Yard Supervision
Please discuss this with your child. Our school yard is always supervised. Staff wear fluorescent vests for easy identification. Staff members may also be found in the office and staff room during break times. Passive play operates (with a teacher), at lunch time in the library.

Active Travel
Wednesdays are Walk to School Days. Please make sure that you are walking a safe route when you come to school. We have spotters looking out for children being active and staying safe.
CONGRATULATIONS to the Whole School on being a safe active travellers this fortnight. Well Done!!
Harry Taskin  Being persistent and editing his writing correctly. What a great result
Melissa Monks  Being a positive role model and always trying her best. Well done Monkey!!
Nate Watene  Embracing his inner artist and creating an awesome symmetry selfie and Tessellation
Chloe Zahl  Always giving 100% to the beautiful presentation of her work
Phoebe Zahl  Being a “super helper” in the classroom for Mr O’Hara
Mikyla Burnett  Being a great “substitute teacher” and reading a book to our class
Lachie Reilly  Modelling responsible behaviours in our Assembly Practice “WOW”

Principal’s Award:
Riley Gray  Improving in your Reading and Writing  WOW
Roseleigh Monks  Fantastic Reading and Writing  WOW
COMMUNITY NEWS

Inquiry investigates lower P-Plate age

Should Victoria lower the driving licence age to 17?
A parliamentary inquiry is asking young Victorians and the greater community to have their say in the conversation and make written submissions for or against lowering the driving age to seventeen.
As part of the inquiry, the Victorian Parliament’s Law Reform, Road and Safety Committee wants to find out what the impacts could be of reducing the driving age.
‘Other Australian states and territories have a minimum age of 17 for P-plate licences,’ said Committer Chair Geoff Howard.
‘We want to find out whether Victoria should be matching that minimum age.’
Schools and students should think about the following questions and consider making a written submission.
Could a lower P-Plate age assist young people access employment, study and training?
Would a lower driving age affect the road toll?
What other impacts might occur with a change in licence age?
As part of the inquiry, the Committee will be considering the adequacy of transport services for young Victorians, particularly in regional areas.
Written submissions are due by 30 May 2016 and public hearings will then be held in Melbourne and regional Victoria.
To make a written submission to the inquiry, see:
Lowering the probationary driving age in Victoria to seventeen - Parliamentary inquiry
For more information about the inquiry, see: Law Reform, Road and Community Safety - Parliamentary inquiries

Call for volunteers

Drive a train or help our miniature railway in other ways!

Do you enjoy being part of the Portarlington community? If so, we are looking for YOU!!!
The Portarlington Bayside Miniature Railway is located at the end of Point Richards Road. We are fully non-profit and run totally by volunteers.
We are currently seeking community volunteers for the following positions: gardens and ground keeping, train drivers, station assistants, kiosk staff, maintenance crews
If we have enough volunteers, we hope to extend the line, add tunnels and much more.
If this sounds like something for you, please call Brian on 0476 124 598.
Get Involved! Volunteers needed for the National Celtic Festival

The National Celtic Festival is coming up fast and excitement is building as we gear up for another great festival. The festival runs from Friday 10 June to Monday 13 June. The program has some of the best international and national artists. We invite you to be a part of our fantastic volunteer team that makes this Portarlington festival a reality.

Please visit the National Celtic Festival website to register as a volunteer:
http://www.nationalcelticfestival.com/

If you are interested in being a billet for festival performers or want more information, please contact ncf.anna@gmail.com