

MESSAGE FROM THE PRINCIPAL



Our 2020 school year has started very well with our students excited about learning and seeing their friends again after the summer holidays. This year we welcome our new Foundation students and families. We also welcome several new people into our school community and welcome back all returning students and families.

We encourage all families to attend the P&F Welcome BBQ this Friday night at 6.30pm as it provides another opportunity to build links with one another and meet our new school families.



This year we are celebrating the school's 40th Anniversary and have many activities planned which will acknowledge this incredible milestone. Everyone is invited to a special celebration on Sunday 15 March at the school beginning at 10.00am.

As we begin the school year, it is exciting to see our school as a vibrant and engaging place of learning. This year every student will be using the Seesaw app to post work samples, communicate with parents/guardians and celebrate achievements. Teachers are available anytime throughout the year to report to parents on how their child is progressing. We look forward to developing strong relationships between the school and home.



I would just like to remind all parents that the newsletter is our main form of communication and it is vital that you read the newsletter every week for upcoming dates, information and details specific to certain classes. Each week the newsletter will be emailed home. Please see Mrs. Kylie Huf at the front office to make sure that we have your correct email address.

Over the holidays we created a new Facebook page, this is a closed group which means you need to request to join. It also means that it is private and you only see posts if you join the page. Please search for "St John's Lutheran Primary School Portland". We will be posting newsletters, notices and general school activities which will include photos. This will be done weekly. If you do not want your child's photo posted on this site please let Kylie or Hayley know.



School Notices ...

CHAPEL

There will not be a Chapel service tomorrow as we had our Opening service on Monday. Our next Chapel service is Friday 14 February. Our Foundation and Year 3 students will be receiving their Bibles as well as any other students who have since joined our school community.



SPORTS DAY

Our Athletics Sports Day on Friday 28 February is fast approaching. We will be looking for parent helpers to assist on the day by cooking a BBQ lunch and marshalling events (no experience needed). Please see Megan Alexander if you can help. A note will also be coming home next week.

HEALTHY EATING



Smart Eating Week
10 - 16 February 2020

Smart Eating week (February 10-16) is an annual initiative facilitated & endorsed by the Dietitians Association of Australia. The aim of the week is to educate all Australians &



encourage healthy eating through smart but simple choices we can make every day.

Eating well is the key to feeling your best, both now and in the long term. Illness prevention, body system functioning, strength & mental health are all proven benefits from nutritious food. SEA Change Portland have put together a week of challenges for primary schools, as healthy eating is essential for children's growth and development.

If you as a parent would also like to be involved, SEA Change have created community challenges. Keep an eye on our Facebook page during the week for more information.

CHILD SAFETY

The welfare and best interests of every child are paramount. If you have any concerns that a child may be experiencing any form of abuse, whether or not you have formed a belief on reasonable grounds that the abuse has occurred, you should immediately raise your concerns with our Child Protection Officers.

Our Child Protection Officers are:

Mrs Trish Coverdale tcoverdale@stjohnsportland.vic.edu.au ph. 03 5523 3833

Miss Ebony Stiles estiles@stjohnsportland.vic.edu.au ph. 03 5523 3833

Whenever there are concerns that a child is in immediate danger, the Police should be called on 000.

St. John's Lutheran Primary School is a Child Safe School



Positive Education ...



INSTITUTE OF
POSITIVE
EDUCATION

This year we will continue to use the resources available from the Positive Education Institute to help our students and families build wellbeing skills. The Director, Justin Robinson, recently posted the following article which you might find helpful.

Our thoughts and prayers go out to the thousands of Australians whose lives have been impacted and for many indeed devastated, by the recent bushfires that have ravaged our country. Our respect and admiration go out to the thousands of volunteers who have stepped up heroically in this time of need through positive action. Our thanks and appreciation go out to the thousands of compassionate people, from far and wide across our globe, who have expressed concern and support for their fellow humans, for the wildlife and for our country.

The collection of wellbeing skills and knowledge that we explore through Positive Education becomes particularly important in difficult times such as we have experienced in Australia over the past few months. Sometimes, the name 'Positive' Education, leads people to misunderstand the purpose and role of our work and to incorrectly and narrowly believe that it is simply about good times, smiling all the time, and promoting happiness.

One of our core beliefs about Positive Education states that 'Pos Ed equips people with tools to meet challenging times and situations'. In many ways the skills and knowledge that we endeavour to teach and role-model, and then strive to embed within the fabric of a school community, are designed to support people through life's inherent challenges. A wide range of Positive Education skills can be harnessed as individuals and communities face and deal with adversity and tragedy. As we navigate the ups and downs of life – the joys, successes, contributions and the disappointments, difficulties, tragedies – the evidence-based strategies underpinning Positive Education can be of great value.

Following are eight examples of key skills explicitly explored in Positive Education that can help us to effectively manage challenging times:

- The character strength of effective **Teamwork**. Engaging respectfully with others through listening, inquiring, leading and supporting can result in an increased sense of belonging and coordinated actions that are greater than the sum of the individual efforts.
- The proficiency of **Emotional Literacy**. Harnessing the skills of emotional intelligence allows families and communities to effectively communicate how they are feeling and how they might move forward together. Accepting negative emotions as normal in these times can also be helpful to young people.
- The power of **Acceptance and Action**. Identifying factors within and beyond one's control can foster resilience and promote healthy future orientated actions.
- The skill of engaging one's **Signature Strengths**. Given that our signature strengths are essential to who we are, and that we are energized by using them, it can be helpful to draw on these qualities in difficult times to help light up possible pathways forward.
- The ability to effectively **Seek Help**. Recognising times, now and in the future, when we can ask for support from others provides us with additional resources, normalizes the help-seeking behavior and provides opportunities for others to feel helpful.

Positive Education cont'd...

- The intentionality of performing and receiving **Deliberate Acts of Kindness**. Thinking of others, making a positive contribution through words and/or actions help instill hope and love in both the receiver and the giver.
- The capacity to spot **Character Strengths in Action**. Whether looking out for actions of Humanity, which include the strengths of kindness, love and social intelligence, or whether looking out for actions of Courage, Wisdom or Transcendence can assist us to accentuate the positive in trying times.
- The clarity of staying true to one's **Core Values**. Remembering and revisiting core values can help guide behavior and help us feel grounded in times of uncertainty.

Positive Education is certainly not simply about seeking happiness. Indeed, happiness has no place in times of devastation and loss. However, Positive Education has a role to play in helping people cope and adapt within the environmental and natural disaster of a bushfire. It does not attempt to mask or prevent sadness and deep sorrow, but instead, it attempts to provide tools of purpose, perspective and possibility.

I hope that together we can continue to prioritise developing resources and resilience in our young people and in our communities.

Helpful Resources

[Bushfires can make kids scared and anxious: here are 5 steps to help them cope](#) by Toni Noble - Adjunct Professor, Institute for Positive Psychology & Education, Australian Catholic University

Donate [Back to School Vouchers](#) to assist parents with some of the costs associated with getting children ready for school with items such as clothing and stationery

[Supporting Our Communities](#) – Berry Street

[Australia's mental health and wellbeing is priority for bushfire recovery](#) – National Mental Health Commission



Justin Robinson

Justin Robinson is the inaugural Director of the Institute of Positive Education. As a passionate leader in the field of student and staff wellbeing, Justin has been invited to write for a number of publications and speak at conferences both in Australia and around the world.

Devotion...

EVERY STEP

“For He will order His angels to protect you wherever you go.”
Psalm 91:11 (NLT)



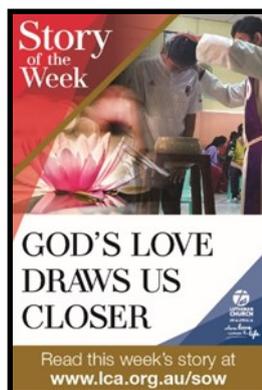
The future is like a huge mountain looming in front of you. It's peaks are spiked with troubles, and its sides are pitted with problems. How can you face something so huge?

The real trouble is not the mountain—it's that you're looking only at the mountain. And because you aren't looking at where you're going right now, you stumble on the easy path of today.

I know how much that future mountain worries you. But it may not even be part of our path. You don't know what will happen today, much less tomorrow. I may suddenly turn you away from the mountain, or show you an easier path. But I promise that if I ask you to climb that mountain, I will give you everything you need to reach the top. My angels will protect you. And I will be right by your side every step of the way.

Read on your own: Psalm 18:29; Psalm 91:12; 2 Corinthians 5:7

Taken from “Jesus Calling—365 Devotions for Kids” by Sarah Young



STORY OF THE WEEK

“God’s Love draws us closer”

Read or view the video at www.lca.org.au/sow

WORSHIP TIMES FOR PORTLAND-HEYWOOD LUTHERAN CHURCH

SUNDAY 9 FEBRUARY

PORTLAND – 4 Tyers Street

9:30am Service

HEYWOOD – Cnr Carey & Hunter Street

11am Service with Holy Communion

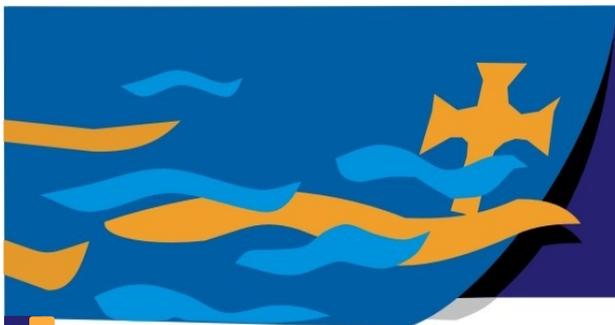
What's coming up ...

OUR SCHOOL CALENDAR						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 2	10 FEBRUARY 10-11:30am Mums & Bubs Group	11 FEBRUARY	12 FEBRUARY FOUNDATION DAY OFF 9am-11am Playgroup	13 FEBRUARY 9am-11am Playgroup	14 FEBRUARY 9am Chapel 3pm Assembly 6:45pm Relay for Life	15/16 FEBRUARY Sat: Relay for Life
WEEK 3	17 FEBRUARY 10-11:30am Mums & Bubs Group	18 FEBRUARY DISTRICT SWIMMING	19 FEBRUARY FOUNDATION DAY OFF 9am-11am Playgroup	20 FEBRUARY 9am-11am Playgroup	21 FEBRUARY 9am Chapel 3pm Assembly	22/23 FEBRUARY
WEEK 4	24 FEBRUARY 10-11:30am Mums & Bubs Group	25 FEBRUARY SHROVE TUESDAY	26 FEBRUARY ASH WEDNESDAY FOUNDATION DAY OFF 9am-11am Playgroup	27 FEBRUARY 9am-11am Playgroup	28 FEBRUARY SPORTS DAY 9am Chapel 3pm Assembly	29 FEB/1 MAR Sat: WOOD, WINE & ROSES
DENTAL VAN VISIT						
WEEK 5	2 MARCH 10-11:30am Mums & Bubs Group	3 MARCH	4 MARCH FOUNDATION DAY OFF 9am-11am Playgroup	5 MARCH 9am-11am Playgroup	6 MARCH WORLD DAY OF PRAYER 9am Chapel 3pm Assembly	7/8 MARCH

LOCAL AREA TRAFFIC MANAGEMENT STUDY

Do you have concerns about the traffic around our school during drop off and pick up times. Have your input into the Local Area Traffic Management Study being undertaken by the school precinct via the online survey at <https://arq.is/1qCy0i0> or the QR Code below to have your say about the traffic, parking and safety issues within the LATM study area.





What's Been Happening...



Community Notices...



PORTLAND COMMUNITY GARDEN - 81 HENTY STREET

FRESHLY PICKED VEGETABLES



TYRENDARRA SHOW 8 FEBRUARY

There is no better fun for kids (and adults) than the Tyrendarra Show. This year the Show Feature is Poultry. Juniors are encouraged in this section.



There are lots of sections they can enter in :

- horses;
- cattle (Junior Parading classes);
- art (**Theme A.** Let's go feed Magie Chicken and Trevor Duck and Friends and **Theme B.** Free choice) plus Specialist Section "machines (eg tractors, motorbikes, trucks, rally cars etc);
- farm & garden (all children's entries will receive a prize);
- craft work (including Lego);
- floral Art;
- cookery;
- photography;
- junior Show Kids;
- pet competition;
- scarecrow competition

To see the schedule, have a look at the website: www.tyrendarraagriculturalshow.com.au

Facebook: Tyrendarra Agricultural Show

Or contact Show Convenor Robyn Nunn on 0427295271

Community Notices...



JUNIOR HOCKEY PROGRAM

Running Thursday afternoons 4.15pm to 5.15pm.

For 6 weeks starting February 13th to March 19th.

St. Johns Lutheran Primary School, 43-55 Trangmar Street, Portland @ Tennis/Basketball Crts.

For ages 5 to 12 years.

Hockey sticks and shin pads supplied. Players must have their own mouth guards.

Cost \$30

For more information contact Jemma - 0448 729 218

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PORTLAND LAWN TENNIS CLUB

HOT SHOTS



TAKING REGISTRATIONS NOW



**TERM 1 (6 WEEKS)
STARTING MONDAY
10TH FEB**

FUN

LEARN BASIC TENNIS SKILLS

AGES 4-6 RED BALL

7-8 ORANGE BALL

9-12 GREEN BALL

Contact Kellie Wakely on 0428271863
or visit
Portland Lawn Tennis Club on facebook