



THE PULSE



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MESSAGE FROM THE PRINCIPAL

It's hard to comprehend that we are already in Week 6! Next week will be a shorter week with the public holiday on Monday, and then the Foundation students will be attending school every day. It is exciting to hear the many plans and ideas that the Student Representative Council are planning for the semester including an Easter competition leading up to the holidays. We have a group of students who are doing an amazing job gardening at lunchtimes, this week they prepared garden beds ready for planting the next crop of vegetables. All students have made a flower listing some of their qualities for our *Garden of Greatness* art display. We are blessed to have such great students at our school and what a privilege it is to see them flourishing in so many ways.

Tennis

Last Thursday Keedan, Jack and Elijah represented our school at the District Tennis Competition. Congratulations to all students for playing so well and to Elijah who won the District Tennis Competition. Tomorrow Elijah travels to Warrnambool to represent our Portland and Heywood District in Division Tennis. Go Elijah go!!

Swimming

Congratulations to our swimming team; Cody, Jordan, Olive and Fynn who represented our school at the Division Swimming competition last Friday. We are thrilled that most of our team achieved personal best times for their events and it was terrific to hear that our team encouraged and supported one another.



Positive Start Initiative

The Victorian Government has launched a free initiative for students to reconnect and enjoy activities due to missing out on so much over the past two years. Staff will start to book free programs and extracurricular experiences. In addition, eligible families are also able to register their interest for a Positive Start holiday. A letter with more details about this has been sent home today.



COVID-19 Update

A new Operations Guide for schools has been released and the most significant change is:



If a student or staff member tests positive through RA test but doesn't have symptoms or have not been in contact with anyone who has COVID-19, it is recommended they get a PCR test within 48 hours and stay isolated at all times until they receive their result. If the PCR test is negative, the student or staff member can return to school.

Guitar Lessons

Our school offers free guitar lessons to any students in Years 3-6. If your child would like to be involved, please return the form that was sent home last week. Our school will provide the guitars and music folders.



Hip Hop

The students had so much fun on Tuesday learning a Hip Hop Dance from the Stomp Dance Company. The dance instructor, Tabitha had students moving and grooving whilst having fun.





St. John's Lutheran

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From Mrs Pritchard Cont'd..

Sport's Day

On Friday 25 March we look forward to our school Athletic Sport's Day. All students are expected to attend and to participate in all activities. Parents, grandparents, and friends are welcome to come along and cheer the students in their races. The events will take place on the school oval beginning at 9.30am. There will be a Chapel service and Assembly at 9.00am prior to the events starting. Normally, the P&F provide free fruit platters at recess time for the students however, due to COVID regulations, students will need to bring their own fruit snack this year. There will be a free lunch provided by the school for students and families. For catering purposes, please complete the separate note that will be sent home with details. At 1.30pm we will announce the results including age group champions. Afterwards, parents can take their child/ren home early, but we ask that you please notify the classroom teacher. For our new families, information that may be helpful to you about our Athletics include:

- You are welcome to come for all or part of the day. The children really appreciate seeing you.
- If you would like to help with an event, please see Mrs Alexander.
- You are welcome to have lunch with your child/ren.
- The lunch will be served in the undercover area.
- All activities happen on our school ovals and grounds. We will have chairs available on the ovals.
- Students can come dressed in their normal school sports uniform or come dressed in the colours of their sports team. For example, those in Glenelg can come to school with a blue t-shirt, ribbons etc., Fitzroy- yellow and Surrey - red. We encourage children to bring along streamers and cheer for their friends.
- After the sports day finishes, the results will be announced at 1.30pm.



Grandparent's Day

The students are also getting very excited about Grandparent's Day on Friday 1 April. A separate note will be sent home outlining the program and inviting Grandparents to attend. The children are looking forward to showcasing their work and our school. To assist with our planning, we would appreciate knowing in advance if Grandparent's are planning to attend. The day will begin at 9.00am with a Chapel in the Unity Centre followed by classroom visits. Guests will then be asked to make their way back to the Unity Centre at 10.45 for a brief musical performance and then concluding with morning tea at 11.00am.



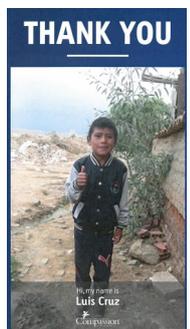
Chapel

Tomorrow the Year 1/2 students are leading Chapel followed by assembly. The songs that will be used for our Chapel tomorrow are: Speak Life: <https://www.youtube.com/watch?v=qLn5r4aCz8s&t=29s>

Fruit of the Spirit: <https://www.youtube.com/watch?v=X-hrxEjWxkE>

Wake: <https://www.youtube.com/watch?v=io2W0Q-3aVs>

Each week our Chapel offerings go towards our sponsor child Luis. **\$16.25** was collected during last week's Chapel, and so far, this year, a total of **\$81.15** has been generously received. Thank you for helping us bless Luis.





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Scholarships

Applications for scholarships being offered in 2023 for new students commencing Foundation – Year 6 are now being accepted. If you would like further information or would like a Scholarship Application Form, please contact the front office or email admin@stjohnsportland.vic.edu.au

SPECIAL REPORT: Managing Overwhelm



Due to the pandemic, recent world events in the Ukraine and the impacts of the floods in Queensland and NSW, the world we now live in is a very different place. The hyperconnected nature of our current environment means that we are constantly being reminded of the challenges we face via numerous media and social media channels. Our connectivity to the digital world exposes us to a barrage of messages that can leave us feeling overwhelmed. As a result, many children and their parents are reporting higher levels of stress and anxiety.

Unfortunately, our brains have not evolved fast enough to adapt to this digital landscape.

The combination of constant access to information and having little control over the situations presented, can be stressful and overwhelming. It is therefore important for adult carers to check in with their children and be aware of what information they may have been exposed to. It may not necessarily be the information itself that is harmful, but more their inability to process and make sense of it.

Providing children with the skills and strategies to cope will enable them to flourish and thrive, socially, emotionally, and academically.

The blueprint for parenting, based on our own experiences, is no longer fit for purpose in raising kids as citizens of tomorrow. This can be inherently stressful and overwhelming, not only for parents and carers, but children alike.

If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.

This Special Report suggests a number of strategies to help manage any feelings of overwhelm that you or your child may be experiencing. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your special report https://stjohnsportland.schooltv.me/wellbeing_news/special-report-managing-overwhelm

Australian Dental Health Victoria Form



Just a reminder that the Australian Dental Health Victoria (ADHV) form is due back, please return to the front office by **tomorrow the 11th of March**. It is an opportunity for a Free Dental Health Screening.

It does require full consent by a parent. If you simply wish for your child to not participate please notify Australian Dental Health via an email stating Student name, school name, DOB, Year level, Parent/guardian who completed the form.

If you are seeking to not give consent you can contact Australian Dental Health Victoria (ADHV) by: Email: info@adhv.com.au



From Mrs Pritchard Cont'd...

Anaphylaxis

Some of you may know someone who is affected by anaphylaxis, a life-threatening allergic reaction. Our school does its best to be an allergy aware school. Staff have had training in severe allergy management, and we have implemented lots of strategies to help keep students at risk of anaphylaxis as safe as we can. We ask that you help us educate your child on the importance of not sharing food with others, washing hands after eating and calling out to an adult if they think their friend is sick. A food allergy is an immune system response to a normally harmless food protein that the body believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person's breathing, gastrointestinal tract, skin, and/or heart. Anaphylaxis is the most severe form of allergic reaction and is potentially life-threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention. It is estimated that up to 400,000 (2%) Australians, including 1 in 20 children suffer from food allergies and some of them will experience a life-threatening (anaphylactic) reaction.

Symptoms of food allergy can include:

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes

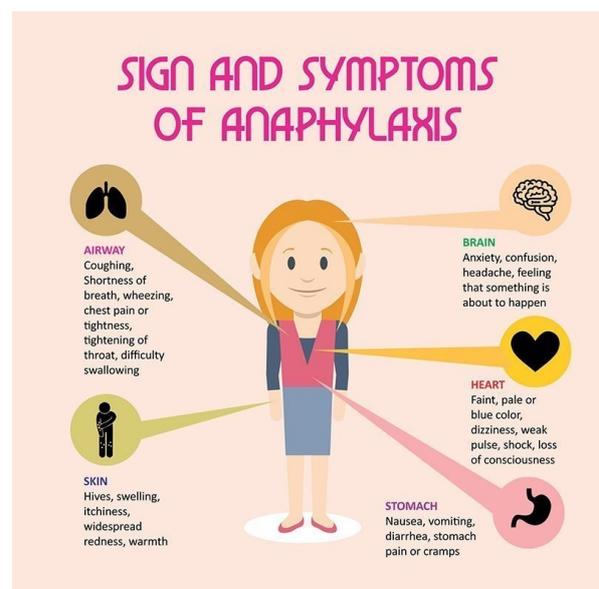
Vomiting, abdominal pain (note these are signs of a severe allergic reaction if the person has insect allergy)

Severe allergic reaction - ANAPHYLAXIS

- Difficult/noisy breathing
 - Swelling of the tongue
 - Swelling or tightness in the throat
 - Difficulty talking or hoarse voice
 - Wheeze or persistent cough
 - Persistent dizziness or collapse
- Pale and floppy (young children)

9 foods cause 90% of food allergies. These foods are:

- Egg
- Sesame
- Milk
- Soy
- Peanut
- Fish
- Tree nuts (cashew, almond, pistachio etc) • Crustacea (prawns, lobster, crabs etc)
- Wheat
- Peanuts





From Mrs Pritchard Cont'd..

Peanuts are the leading cause of severe allergic reactions, followed by tree nuts, shellfish, fish and milk. Adrenaline (epinephrine) is the first line treatment for severe allergic reactions and can be administered via an injector.

To learn more about anaphylaxis and food allergies, go to www.allergyfacts.org.au and www.allergy.org.au

Child Safety...

This week included in our newsletter is a Cyber resource about instant messaging that includes tips for keeping children safe when they are communicating online, from Leading Senior Constable Lee-Anne Nelson, Youth Resource Officer, Portland.

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



Devotion...

ENCOURAGE GOOD HABITS

"Warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone." 1 THESSALONIANS 5:14 NIV,

An important thing for anyone to learn is good study habits. This includes how to listen, how to read and comprehend, and how to apply what we learn. These are lessons that will help us throughout our lives. What an easy task it is to encourage those who are eager to learn!

It can be difficult to watch children who are disruptive or lazy in class or at home. It can be one of many frustrations, but motivating children to learn and having higher expectations of them is in their best interests. Bad habits tend to get worse as time goes on. Teach your children good habits and watch them thrive.



Lord, help me to have the courage to help my children. Let me encourage those who need more motivation. Thank you for giving me the opportunity to infuse your Word in these lives. Give me wisdom to be a good role model. Amen



Student Awards

WEEK 5—RECIPIENTS

Foundation

- ☆ Amelia Carlyon
- ☆ Aston Tozer

Year 1/2

- ☆ Amber Hein
- ☆ Maximus Carr



WEEK 5—RECIPIENTS

Year 3/4

- ☆ Arlee Hogan
- ☆ Fynn Treble

Year 5/6

- ☆ Chaz Hann-Robb
- ☆ Jai Wombwell



Story of the week

STORY OF THE WEEK

Read or view the video at

www.lca.org.au/sow

GOOD NEWS
story of the week



Sun shines on hearts of gold



'Encourage one another...'

1 Thessalonians 5:11

Read your GOOD NEWS Story of the Week at www.lca.org.au/sow

Croc Award Recipient



Chelsea Tonkins

Fact sheet

Instant messaging



i This fact sheet includes information for parents and carers about instant messaging.

What is instant messaging?

Instant messaging (or 'IM') apps are categorised by the ability to send and receive messages in real-time. This is also known as direct messaging ('DM') or private messaging ('PM').

How does it work?

Instant, direct or private messaging allows for a more private conversation to take place between users. For example, **users can communicate in 'private', directly with each other**, rather than on a public wall or forum. Some instant messaging also allows for a group chat where multiple users can be in the same conversation.

Instant messaging apps have expanded beyond being purely text based, with **many apps now featuring video and audio** call capabilities.

Popular examples include KIK, WhatsApp, Telegram, Viber, Discord and WeChat.

Many platforms, including social networking, gaming, image and video sharing apps, also have an in-built chat function or a complementary messaging service to allow for users to communicate directly. Popular platforms with a complementary direct message feature include Instagram, Snapchat, Facebook and TikTok.

What are the challenges?

With the ability to share pictures, messages and videos across various platforms, meeting people and interacting online **can present challenges for safety and wellbeing**. Additionally, many parents or carers may not be aware that the platform their child is using contains a message function.

Interactive platforms such as direct message or chat function can be used by offenders as a **gateway to initiate contact** with children online. Without secure privacy settings, it can be possible for anyone to make contact using direct message.

Some instant messaging apps or functions may have perceived 'anonymity', with limited verification required to create an account or begin using a service. In these situations **it can be difficult to verify another user's identity** and who they say they are.

Instant messaging group chats or conversations might include various users, including people your child may or may not be 'friends' with or be on their contacts list, allowing them to communicate with people they don't really know.

There are also apps which **allow for 'secret' conversations** which means the messages are locked to one device, rather than the account, and sometimes require a password to see them.



Similar to instant messages, content over video chat can be screen captured or recorded, sometimes without the other person's knowledge.

Video chats can be unpredictable and content can be surprising, shocking or even inappropriate, particularly if the chat involves people you don't know.



Tips for staying safe

- **Talk to your child** about their online interactions, who they might be communicating with and how.
- Encourage your child to **question suspicious accounts or users**, as well as unknown, random or unsolicited friend or follower requests.
- **Strong privacy settings**, including limiting direct message functions, can be key to preventing unwanted or inappropriate contact.
- If you aren't sure how an app works, research and download it yourself and learn its features, or sit down with your child and ask them to show you how it works. This can help you understand the potential challenges these apps might have and what precautions to put in place for your child.
- **Report and block inappropriate contact** on the apps, games and sites your child uses, should an issue arise.



Encourage your child to question suspicious accounts or users, as well as unknown, random or unsolicited friend or follower requests.

Getting help

Online child sexual exploitation, including **grooming** and **extortion**, can be reported to the **Australian Centre to Counter Child Exploitation** (accce.gov.au).

The **ThinkUKnow website** (thinkuknow.org.au) has information and resources to prevent online child sexual exploitation as well as how to report and get help.

If a child is in immediate danger, call 000.

If you become aware of explicit content that has been posted online, including child sexual abuse material, report the site to the **eSafety Commissioner** (esafety.gov.au). They have a range of powers to take action to have content removed.

Kids Helpline (kidshelpline.com.au) is a free, confidential telephone and online counselling service for young people between 5 and 25 years old.

Program partners



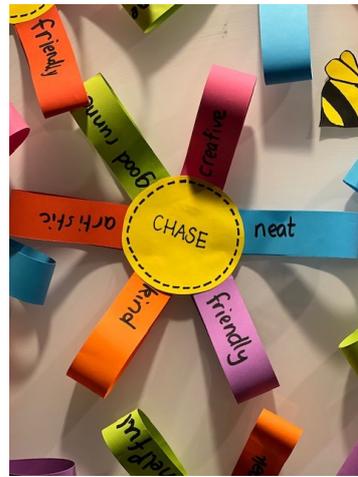


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Around the School





What's coming up ...



OUR SCHOOL CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 7	14 MARCH Labour Day - public holiday	15 MARCH	16 MARCH Foundations begin full time Playgroup 9am-11am	17 MARCH Playgroup 9am-11am Foundation/1/2– Teddy Bear Picnic Day	18 MARCH 9am Chapel & Assembly PSC Open Day and Scholarship Testing	19/20 MARCH
WEEK 8	21 MARCH	22 MARCH Book Club is due	23 MARCH Playgroup 9am-11am	24 MARCH Playgroup 9am-11am	25 MARCH 9am Chapel & Assembly SCHOOL ATHLETICS 	26/27 MARCH
WEEK 9	28 MARCH	29 MARCH	30 MARCH Playgroup 9am-11am	31 MARCH Playgroup 9am-11am	1 APRIL 9am Chapel & Assembly Grandparents Day	2/3 APRIL
WEEK 10	4 APRIL	5 APRIL District Athletics	6 APRIL	7 APRIL	8 APRIL Term 1 ends– Students Dismissed at 2:15pm	9/10 APRIL





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Community Notices...



Mini Roos Soccer
Saturdays at 11.00 AM
Portland Soccer Club
For boys and girls aged 5-9

Please bring water and a hat.

Register at www.playfootball.com.au/miniroos
(Search for Mini Roos Kickoff at Portland)

Ring Les 0414 559 106 for more information.




PORTLAND AUSKICK CENTRE

WHERE: HANLON PARK, PORTLAND, VIC
WHEN: WEDNESDAY NIGHTS
DATES: APRIL 27TH TILL JUNE 29TH (1.0 SESSIONS)
TIME: 5:00 PM—6:00 PM
COST: \$89.00 INCLUDES AUSKICK PACK , ALL SESSIONS TERM 2 , 2022

[REGISTER ONLINE](https://play.afl/auskick)
<https://play.afl/auskick>
[Portland Auskick Centre](#) | [PlayHQ](#)

CONTACTS:
EMAIL: portlandauskickcentre@gmail.com
COORDINATOR: Michael Carr 0411 841 562

Portland Football Netball Cricket Club
Hampden Junior Registration now open.



Under 12s
When: Wednesdays
Where: Hanlon Park
Time: 4:30 - 5:30 pm

Under 14s & 16s
When: Mon & Weds
Where: Hanlon Park
Time: 4:30 - 6:00 pm

Contact: Darren Burns 0407 949 441

Portland Hockey Club

Get started today with
HOOKIN2 HOCKEY

Join us for a 8 week program aimed at
Primary School Students (5-12 Years)
Starting Sat 5th of March at 10am.
At St. Johns Lutheran Primary School, 43/55
Trangmar St, Portland.
Cost: \$30
Register at hookin2hockey.com.au
Enquiries: Jemma, 0448 729 218

NO PRIOR HOCKEY EXPERIENCE NEEDED

Aligned with Hockey Australia



GIRLS ONLY NAB AFL AUSKICK PORTLAND TIGERS JFC

Please Note: In 2022 we have shifted Auskick to Friday afternoon.

WHERE: HANLON PARK, PORTLAND, VIC
WHEN: FRIDAY March 4th, 11th, 18th, & 25th also April 1st.
TIME: 4:30 PM—5:45 PM
COST: \$85.00 INCLUDES AUSKICK PACK ,
and REGISTRATION FOR BOTH GIRLS ONLY SESSIONS AND REGULAR AUSKICK SESSIONS WITHIN LOCAL AREA FOR 2022.
REGISTER ONLINE search clubs & centres (Portland Tigers (all girls) Auskick Centre)
Contact: portlandtigersjfc@gmail.com
M. Sealey 0417 592 969



Pre season training starts for 2022

Starting from the 15th March
Tuesdays and Thursdays
Alexandra Park
4: 30 pm to 5:30 pm

The GSWJFL
Portland Tigers JFC
are looking to field 3
sides in 2022

Under 11s
(U11s, must be 8-10 years at Jan 1st 2022)
Under 14s
Under 17s

Pre-season training, Tuesdays and Thursdays from March 15th.
All past and new players welcome, bring a mate have a kick, all abilities welcome no experience needed.
BYO drinks etc, follow COVID guidelines please do not attend if feeling unwell.

For more details please contact
email:portlandtigersjfc@gmail.com
Simon: 0409 521 789

STATEMENT OF DEMOCRATIC PRINCIPLES

St John's Lutheran Primary School Ltd is committed to the principles of a liberal democracy.

- We believe in an accountable, democratically elected government.
- We respect and observe the rule of law and believe that no person is above the law.
- We believe in equal rights for all before the law, regardless of race, ethnicity, religion, sexuality, gender or other attributes.
- We believe not only in the freedom of religion, but also the need to practise tolerance and understanding of others' beliefs.
- We believe in the value of freedom of speech and freedom of association, but also acknowledge that we have the responsibility not to abuse this freedom.
- We believe in the values of openness and tolerance, and value and respect all members of the School community regardless of background.



How to enrol in Valuing Safe Communities: Volunteers

Lutheran schools seek to ensure that each member of the school community enjoys a positive, safe, healthy and respectful place of learning. To meet this expectation, school staff and volunteers are obliged to meet the requirements of the LCA Safe Place Policy, which requires the completion of the Valuing Safe Communities (VSC) program.

This handout provides information about how volunteers can complete the Valuing Safe Communities training. Please note that to participate in this course, there is a two-stage process which is required to ensure the integrity and safety of the training content. The first stage is registering on the training system: iLearn (Part 1) and the second stage is enrolling in the training module (step 7 and 8).

Stage 1 *Note: if you have already registered through iLearn before and have a username and password then skip straight to Stage 2*

Step 1: Visit the following website: vscvolandrs.lutheran.edu.au

Step 2: Click on the button that looks like this. →

Create new account

Step 3: Complete the registration form, including the fields under the title 'Valuing Safe Communities'. If the fields are hidden, click on the title ('Valuing Safe Communities') to reveal them, otherwise select your school.

Step 4: Click on the button that looks like this. →

Create my new account

Step 5: Check your inbox for an email from 'iLearn Support' <ilearnsupport@alc.edu.au>
Subject: iLearn – Australian Lutheran College: account confirmation

If you can't see it in your inbox, check your junk or spam folder.

Please note that delivery times vary and it may take from a minute to a few hours to receive the confirmation email. Click on the **confirmation link** contained in the email.

Step 6: After you click the confirmation link in the email, iLearn opens to confirm your registration. Before commencing Stage 2, please 'log-out' from the dashboard (top left-hand corner).

Stage 2

Step 7: Once you have registered OR if you have registered previously with 'iLearn', visit the following website: vscvolandrs.lutheran.edu.au

Step 8: Log in to 'iLearn' entering your username and password.

Step 9: Click on 'Staff Training VSC' under the Enrolment options

Step 10: Enter the Enrolment Key: **VSC3_Volunt33r**

Step 11: Commence the training by following the online prompts. Once the training is completed you will receive an electronic copy of a certificate. **You can print a copy for your records and your completion date will be saved in the system.**

If you require any help during this process please email ilearnsupport@alc.edu.au

Thank you for taking part in this important training.