Welcome to our final newsletter for Term 1.

We hope that everyone had an enjoyable Easter long weekend and have returned fresh and committed to finish the term on a strong and positive note.

The P&C met again last week for their AGM, with once again great ideas and many members offering to take up roles within the P&C. Congratulations to the following people who now hold the positions for 2013 of:

President: Kate Bender  
Vice President: Kellie Evans  
Treasurer: Janice Jennings  
Secretary: Louise Walton

The P&C is running a BBQ at Bunnings in Penrith on Saturday, May 26 and would appreciate as many helpers as possible to raise money for the canteen. On that subject, our canteen needs helpers urgently. If we wish for the facility to be available full time for our students, we would appreciate any support that could be provided. Please contact Kate Bender on 0400430504 for more details.

On Monday, March 25, the school held its celebration of Harmony Day at the Crystal Theatre. Students from Years K-10 attended. Our dance group performed as well as the band, “Skorba”. Our students and their behaviour received great reviews, congratulations to Miss Wilsmore and Mrs Conroy for organising the day. The school’s special guests for this event were Mr Alfred Dawson, student of Portland Central School in 1940, and his wife Margaret. They had a tour with both myself and Mr Castle, exchanged stories of the “good old days” and also exchanged some photographs (please look further into the newsletter). It was a delight to meet this former student of our school and he was absolutely thrilled to see the progress that the school has made over the last 70 years.

Please be aware K-6 Parent Teacher interviews will be conducted next week – from Monday 8 to Wednesday 10. This provides you with the opportunity to talk with your child’s teacher and see how they have settled into the new school year. A separate note will be distributed with more details. We look forward to seeing you next week.

The 10am appointments still continue, we are nearly half way through. The constructive and positive feedback has already assisted in initiating some new programs within the school. Regular weekly sessions are being held in Chess Club, Dance Group, Drama Group and very soon, Mechanics. These ideas came mostly from our students, and it is wonderful to see both the students and the staff come on board to widen the quantity of activities provided for our students.

Please be reminded that we have other important events to complete in Term 1. Our whole school Athletics Carnival will be held on Thursday, April 11 and the final day of school is the following day. We will be holding an Anzac day ceremony at school on this day, but I really want to see Portland Central wonderfully represented by as many students in uniform on Anzac Day, Thursday, April 25. Please support us in remembering those veterans, both from Portland and afar, in town, on that day.

Together we can and do make a difference.
In final, we would like to wish all students, families and community members a safe and happy holiday period. Get refreshed, enjoy some time with family and friends and return ready to make learning again your first priority on Wednesday, May 1.

MURRAY BORHAM – PRINCIPAL

As you are aware, our school has in place a Positive Behaviour for Learning (PBL) Program. This program focuses on teaching and supporting positive behaviour for all students. It is a program which supports students own personal development as well as helping them to understand what is required of them in order to create a peaceful, productive and harmonious learning community.

One of our targets is lunchtime. The expectations of our students include that they make wise food choices and healthy eating is an integral part of the curriculum that is taught from K-12. Here is some lunchbox inspiration that children could help prepare.

### Chinese Chicken in Lettuce cups

#### Ingredients

- 100g rice noodles
- 2 tablespoons olive oil
- 500g lean chicken mince
- 2 cloves of garlic, crushed
- 1 teaspoon grated ginger
- 1/3 cup (80 mls) mild sweet chilli sauce
- 1 tablespoon fish sauce
- 2 tablespoons soy sauce
- ½ cup coriander leaves, roughly chopped
- 6 lettuce cups

#### Preparation method

Pour boiling water over the rice noodles. Allow to sit for 5 minutes then drain. Cut into smaller lengths.

Heat a wok or non-stick pan over a high heat with the oil. Add the chicken mince and stir fry for 4 minutes or until cooked through breaking up with a wooden spoon.

Add the garlic and ginger and fry for a further 2 minutes. Toss in the noodles and stir until heated through.

In a small bowl combine the sweet chilli sauce, fish sauce and soy sauce and stir through the mince. Remove from the heat and stir through the coriander. Serve in the lettuce cups
Bree Bush and Eartha Gogos enjoying the Easter Hat Parade
An issue that we deal with most days at school is cyberbullying and this usually occurs outside school hours. Children can cyberbully each other in a number of ways including:

- abusive texts and emails
- posting unkind messages or images
- imitating others online
- excluding others online
- inappropriate image tagging
- imitating others online

Young people can be affected by hostile behaviour that is not cyberbullying. For example, a one off insensitive or negative remark posted online, or sent by text, may not be considered cyberbullying; but it can still have a negative impact on the young person.

Cyberbullying can happen to anyone, not just young people. However, it is more likely to happen to children who are also bullied offline. As with offline bullying, cyberbullying can have long lasting consequences and children need support to manage this.

Cyberbullying differs from face-to-face bullying in the following ways:

- it can give the person doing the bullying a sense of being anonymous, so they may behave in ways they wouldn’t offline
- it can occur 24/7 and be difficult to escape
- it is invasive, impacting students’ social worlds at school and home, online and offline
- it can have a large audience—readily shared with groups or posted on public forum
- it is very difficult to delete bullying comments and images.

Signs that your child may be experiencing cyberbullying include:

- changes in their general behaviour
- a decline in physical health
- changes in friendship groups
- change in sleep patterns
- avoiding school or clubs

If your child shows any of these indicators, and especially if their behaviour is new and out of character for them, talk to them about your concerns and keep a close eye on their online and offline behaviour.

It’s important to keep your child connected to supportive friends and family both online and offline. Our Year 10 students recently completed some excellent posters about cyberbullying. We have posted these around the school to remind young people about the implications of entering the cyber world.
Positive Behaviour for Learning (PBL) in Action!

From the grapevine to the table – Sean Raics, Jade Hughes, Roxanne Huckstadt, Courtney Cameron & Daniel Doherty

Thank you to Brendan Robertson of Year 8 for his kind donation of a drum kit. The kit will be put to good use in the Music Department.

Connor Williams and Kane Lucas being safe respectful learners

Quality teaching, excellent facilities and enriching programs
FROM THE ASSISTANT PRINCIPAL - JODIE MASON & JACQUELINE DOUBLE

It has been a busy first term for 2013 and some wonderful work has occurred in classrooms throughout the term. Thank you to everyone for working hard and always trying their best. We are sure you and your parents are pleased with your progress already made this year.

A gentle reminder to all students; (especially big brothers and sisters) that all students at Portland Central School, need to feel safe.

There have been a few incidents where older siblings are being less than kind to younger brothers or sisters. It is to be remembered that ALL students need to feel safe at school with no excuses. Telling a teacher that the child is a family member, will not affect the consequences of either bullying or unsafe behaviour.

Congratulations to all participants of the Easter hat parade. Fantastic job everyone. We wish everyone a safe and relaxing holiday and look forward to you returning to school Wednesday May 1.

David Peachey Cup - Mrs Francis, Trent Lane and Blake Collins have been working hard to get our teams ready to participate in David Peachey this Thursday at Kremer Park. We are sure the boys would love to see you there on the day supporting their efforts. We wish you all the best; play hard and have a great time.

Parent Teacher Afternoon - K-6 will be holding a Parent Teacher Afternoon next Tuesday along with other times specific to each teacher during the week. This provides you with the opportunity to talk with your child’s teacher and see how they have settled into the new school year. A separate note will be distributed but please ring the school to make an appointment. We look forward to the valuable opportunities and hope to see you all during the afternoon and other available times.

Athletics Carnival and Mini Carnival for K-2 - Students from Years 3-6 will join the secondary students at Kremer Park for our annual Athletics Carnival next Thursday. This is always a great day and it’s wonderful to see the full participation of our students during the day. It would be wonderful to see parents come along and support their child and enjoy the fun of the day.

K-2 will have a Mini Carnival with fun events held back at school on Level 3 from about 1:15pm next Thursday. This is always and enjoyable time seeing the students manipulate sack in the sack race, jump the hurdles and try and be quick but steady in the egg and spoon race. Please come and join us and cheer on your children.

ANZAC Day Ceremonies - Due to ANZAC Day falling in the holidays we will be holding our school ANZAC ceremony Friday April 12 at 10:20am in Secondary Court.

Students are also encouraged to participate in the town ANZAC Day ceremony. Simply meet at the Vale Street gate at 10:50am April 25 in full school uniform to proudly represent our school and remember the fallen.

Upcoming Events

- 04/04/13 - Whole School Assembly 12.15
- 05/04/13 - K/1 Assembly Presentation
- 11/04/13 - Athletics Carnival & K-2 Mini Carnival
- 12/04/13 - Anzac Ceremony
- 04/04/13 - David Peachey Cup
- 09/04/13 - Parent/Teacher Afternoon
- 28/05/13 - School Photographs K-12

Ms Mason & Ms Double - ASSISTANT PRINCIPAL
PCS recently had a visit from a former student - Alfred Dawson and his wife Margaret. Alfred brought a photograph with him and remembered some of his classmates of 1940 – Les Straney, Ken Smith, Stan Gray, John Glazebrook and Greg Kearns. If you can help with naming some of the students in the photograph – please contact the school on 63 555 233. Alfred also reminisced about his time spent at Portland Central School and was surprised how it had changed over time. Alfred and Margaret were given a tour of the school accompanied by Riley Walsh - student and great grandson of Ken Smith and teacher Mr Castle. On the tour Kindergarten was visited and Alfred’s advice to them was “to try hard @ school”. To finish off both attended the Harmony Day performance noting some changes to the Crystal Theatre followed by a morning tea.