

NUMBER 11

April 30th 2020

FLOURISHING DURING ON-LINE LEARNING – POSITIVE EDUCATION

Positivity

Positivity is one of the modules our students will learn about through Positive Education. Research states that when we experience positive emotions, our minds and awareness tend to broaden, or open up. We become more creative and are able to think 'outside the square'.

During this time of on-line learning we could all do with a dose of 'positivity'. One simple way of staying positive is to write down each night three things from our day that we are grateful for and one thing we are looking forward to during the next day.

'The bad news is nothing lasts forever. The good news is nothing lasts forever.'

J Cole

TEACHING IN 2020 – TERM 2



Teaching sure looks different right now.

Pictured left Mr Thompson is having a whole class Scavenger Hunt. On the right Mrs Arthur is holding a small group reading conference.



ADVICE FROM DAN ANDREWS – PREMIER OF VICTORIA

- Now more than ever, our kids need us.
- Not to become their teachers – but to be their parents and carers.
- To let them know that it'll be ok, that we love them, and that the world will keep turning – even if they don't finish all their schoolwork today.
- They don't need us to become experts in maths, science or PE. They've got their teachers for that. And let me tell you – their teachers are extremely good at it. No matter what happens in the coming weeks and months, they'll make sure our kids are still on track.
- But right now, our kids need us to take care of them.
- To watch out for changes in behaviour – to sleeping patterns, mood, and appetite.
- To make sure they're not being over-exposed to bad news and that they feel like they can ask questions.
- And to make sure that, if things start getting a bit overwhelming – we reach out and seek help.

MOTHER'S DAY STALL – Open Tuesday to Friday 8am to 4:30pm

Next week from Tuesday to Friday the Music room will be available for students to purchase gifts for Mother's Day. The room will be open from 8am to 4:30pm every day. Items will be labelled with prices. Please pay with gold coins. Each child is limited to \$6. One family allowed in the room at a time and only touch what you are purchasing.

ON-LINE LEARNING HIGHLIGHTS

Physical Activities

We are encouraging students to participate in at least 30 minutes of physical activities per day. This is not Physical Education, we are not trying to replicate what happens in a P.E. lesson at school.

For physical activity to be a successful over a long period of time we need to establish a routine that can be followed daily. For this to occur families/students need to establish the routines themselves after working out what works for them.

Below are a list of different ideas and resources that you can chose from to establish that daily 30 minute routine. But don't start with 30 minutes. You might start with 5 minutes and then build as the term progresses.

- **Take your workout online:** On YouTube there are endless free exercise videos to try, regardless of your fitness level or the size of your living room. From yoga and strength workouts to Pilates, high intensity interval training (HIIT) and more.

Here is some to look at to get you started;

Prep-2 https://www.youtube.com/watch?v=3_olssULEk0

3-6 https://www.youtube.com/watch?v=L_A_HjHZxfl

Yoga for Kids <https://www.youtube.com/watch?v=X655B4ISakg>

Breath mediation <https://www.youtube.com/watch?v=CvF9AEe-ozc>

- For more inspiration head to the Sport Aus [Find Your 30 campaign](#)
- If you have a Secondary School student in your home it can be a task for them to develop a routine for their younger siblings to follow.
- Personal trainers, dance instructors and other qualified fitness professionals are getting savvy and moving their classes online. So, you can join a class virtually, and get the social connection benefits of exercise too.
- For students who want to improve their skills in their favorite sport I would suggest having their favorite ball in their hands for long periods of time. If football is your sport bounce, kick, handball to yourself. If it is netball, then have a netball in your hand while watching TV, tossing it to yourself.

Throwing catching challenges https://www.youtube.com/watch?v=FYS9o-__Mwl

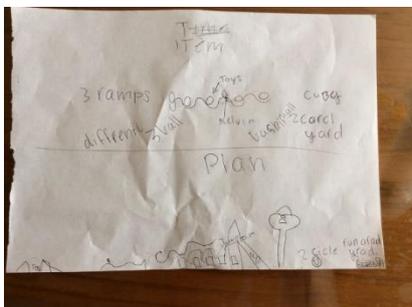
- Put on some music and dance. You can do this alone or with the family.
- Play time can be physical activity time. Play active games like Twister, charades, and hide-and-seek. Break out skateboards, roller blades, hula hoops, jump ropes, beachballs, and more. Toss around pet toys in the hallway or backyard and get the dog or cat involved, too. This way, everyone gets to have some physical activity fun!

<https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-move-more-anytime-anywhere>

Developing a physical routine has to be fun – it won't work if it is a drag.



I would love to see examples of what students are doing.
Feel free to e-mail photos/videos to me or even better
upload to our facebook page.



Pictured we have examples of our students being activity. Paddy Impey training for football. Ed Curran running and bike riding. Kelvin with a plan for his backyard Obstacle Course.

Chaplains' Corner – When the chips are down

It happens to all of us. Sooner or later. We hit the wall. Something goes terribly wrong for us, for our family. Life delivers a knockout blow. We may not be sure of the how or why. The virus has also been pretty good at delivering dark moments for many of us. Loss of our routines, the lock down restrictions, financial stress are just a few of many setbacks which come hunting for us.

And it's not just the virus. Situations develop, even within families, which are often beyond our control. Sure, sometimes we do dumb things and are then stuck with the outcomes. But it's the unfriendly circumstances that loom out of nowhere which throw us. We feel helpless. We look for a resolution which is off in hiding somewhere. A dark cloud descends. So, where to in these heavy times? Consider....

- **We can't dodge life's unkindness** – No matter how diligent we may be in doing the right thing in the right way, it's no guarantee that all will be well. If only. We will try to check how a crisis originated only to realise that the causes may lie way beyond any of our past words or actions.
- **Sometimes life offers us only two tough choices.** The first? We work hard to find a way through. So, we try. And we may kick goals. Very good. The second? If no fix shows up, we have to live with what we've never sought or wanted. It becomes part of our scenery.
- **If the first choice works, that's good** – We can learn from why that situation arose. What caused the stress? What might have been our role in it? Honest answers help us to modify our words and behaviours. We don't have to keep recreating trouble. We are now much wiser.
- **But what about that second choice?** – Without a way forward, we then have to figure out how we cope. We have to move beyond the "if only" stage. What's happened has happened. There's no point beating ourselves up. There is only one option now available. Acceptance.
- **Acceptance is usually a tough call but it's a brave one too** – The really testing situations that impact us are often relational ones. If all hope has gone for sorting out, we commit to an acceptance which holds no grudges (there's no point) and which frees us to think in new ways.
- **But not all our toughies are relational** – Sometimes it's more about what's going on inside us. We may feel alone or depressed. Or a health issue has shown up unexpectedly. Or we've lost a loved one. Any of these will help us hit the wall. It's that same helpless feeling though.
- **This is where we have to exercise kindness to ourselves** – Acceptance is not easy to come by with these either. The worst thing we can do is to hold all this stress and tension inside ourselves. We're not built to cope with this. This is what friends and counsellors are about.
- **Oddly, but perhaps understandably, we may find it hard to reach out** – So many of us have a misplaced self-pride. We want to be seen as people who can cope, who can roll with the punches, who don't need a shoulder to cry on. If so, we still have a big lesson to learn then.
- **And there are other options open to us** – Mindfulness invites us to be quiet and quit overthinking. Meditation invites us to silence. Prayer offers a resource beyond ourselves.

These are difficult days for all of us. There's nothing wrong in hitting the wall. But it is about making choices, of accepting unkind realities, of asking for support, of being grateful for those around us who want the best for us, of drawing upon the strength of our school community.

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