

NUMBER 23

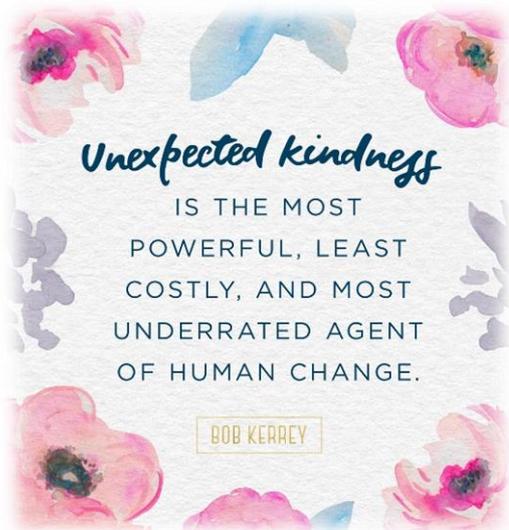
13<sup>th</sup> August 2020

## PRINCIPAL'S REPORT

**VISION** To provide a positive school environment that allows every individual the opportunity to flourish.

### ON-LINE LEARNING – PHASE 2

Stay connected, stay safe and keep flourishing!



### Remote learning survival tips

- 'Children are not being home schooled' points out Deakin University education senior lecturer Elizabeth Rouse. 'They're actually being schooled by teachers who are working really hard to make the learning as enjoyable and engaging as they can. They are the children's teachers and parents need to take a bit of pressure off themselves'.
- If possible stick to a normal school routine. Get up, get dressed and have breakfast. Ready to start school at the regular time.
- Set up a quiet and comfortable place to learn, ideally in a shared family space.
- Contact the teachers whenever you are confused about any of the work requirements.

### FLOURISHING DURING ON-LINE LEARNING – POSITIVE EDUCATION

#### **Gratitude**

The following is what I have been grateful for in the past week. For me it is;

- Receiving cookies from one of our parents. They were mouth-watering.
- A community that is following the 'tough' rules that have been put into place so that we all stay healthy.
- Due to the current restrictions, having my daughter and son back home with me.

#### **Looking Forward**

I am looking forward to seeing how our students respond to the Flourishing Friday activities that I have planned.

#### **Loss**

In this difficult time it's also good to recognise what we are missing out on. To acknowledge this helps us to understand and deal with any negative feelings we might be experiencing.

- Personally I am missing the social interactions that I normally have with the other Bolwarra staff members.

### FLOURISHING FRIDAY

Every Friday during on-line learning will be 'Flourishing Friday'. The activities on Friday's will all be connected to 'Positive Education'.

Tomorrow the students will be set an activity on gratitude, passion, physical wellbeing and health. They will also have read to self and listen to a story. I look forward to seeing their responses to these activities.

The activity around gratitude will require the students to think hard about the positive moments that they are having in their life. This is a great activity to do together as a family. You can work together to recognise the positives and then celebrate them together.

**HAPPY BIRTHDAY** to John Simpson who celebrates his special day on Monday.

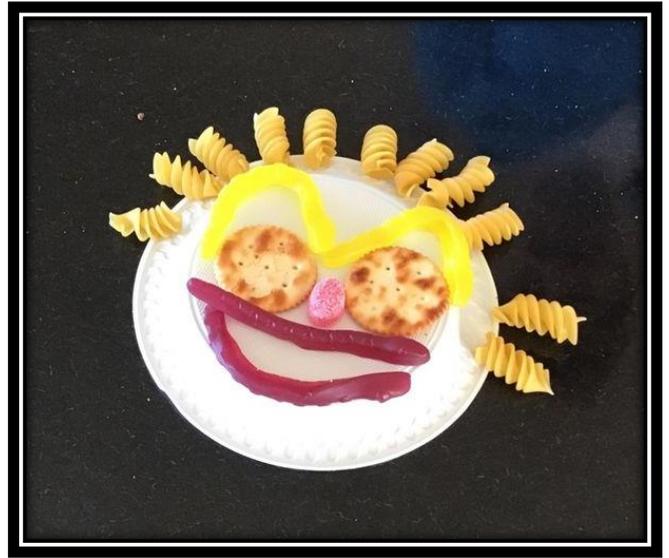
**ON-LINE LEARNING**

Prep/1 students were asked to create a 'Portrait Using Objects'.

*Tayli Wilson-Holmes*



*Eddie Curran*



*Matilda Smith*



*Moniga Bisogni*



*Paddy Starick*

## Chaplains' Corner – Don't let change scare you!

Some things stick out like sore thumbs. Especially with life being so different at the moment. As in this current lockdown. Mask wearing is not exactly joyful. The no visitor rule is no fun at all. Sure, we know there are good reasons behind the rules. And the reality hits home when we least expect it. A friend in Melbourne is now in ICU with this wretched infection. Dad and three kids anxious beyond telling. Dreadful.

It's not just the up-front rules that change our days. It's what happens inside us. We recognise that our time, our energy, our ability to bounce back are all hugely tested. Resilience is great yet this too has limits. It's all too easy to feel behind the eight ball. To lose hope. To feel that we have lost control over our circumstances. So, we need to stop and think a little....

- **It's easy to change when we're in charge** – We do it our way. When it suits us. But we don't have any say with the lockdown changes. These are have-to items. For the greater good. So, life becomes a whole new ball game. And it's a tough one to manage too.
- **If you find all these lockdown rules difficult, join the club** – Many families are back into on-line schooling. Some students lap it up, but others struggle. Some parents enjoy their coaching role. For other mums and dads, it's too much, too stressful. But we're all in it.
- **And it's not just families trying to cope** – It's a mountain of change for our teachers. They love their students, the give and take, the quiet moments, the conversations, the rough and tumble, the friendships. All part of classroom life. But it's all different now.
- **The switch to on-line schooling is a big-time change** – The classroom connections give way to screen connections. Yes, it's certainly a whole lot better than nothing. Yes, the friendships still remain. But the personal, teacher-student link of the classroom is not a goer.
- **And it's hard for the students who are at school** – They too are coping with changes. The shorter school day, the loss of classroom time, the absence of friends. Well served as they are by friendly helpers, it's still a very different ball game.
- **We need to be alert to the hidden cost of these changes** – With our normal family routines mostly gone out the window, we can easily feel we are losing our grip on life. An inner unease can haunt us. We may be invaded by a real insecurity and uncertainty.
- **On the one hand we help our families cope with the changes** – Yet, on the other, we may be having a real struggle. With no end date in sight, with infection rates still high, with local clusters now, there's a truckload of reasons to bother us. Inside us we are worried.
- **Where to from here then?** – We look the changes in the eye. We stare them down. Instead of falling apart, we take charge and create new routines, new responses, new ways of managing the changes. It's not just about coping. It's about finding enjoyment in the chaos.
- **So, create the new routines** – Tell yourself and your kids that today will be a great day. Whether on line or at school. Get the jigsaws out, or go for a walk, or talk more, or turn off the TV, or start a project, or tell stories of your childhood, or call up the grandies.

We're not meant to live "under the circumstances." We're meant to live on top of them. Take control. Find new ways, new routines, fresh ways of being a family. It's worth the effort.

**John** – stay in touch [revsimmo@gmail.com](mailto:revsimmo@gmail.com) 0428 780 421, Andreena 0428 233 082



**Attention all Year 7 Families attending Portland Secondary College in 2021**

Students attending Portland Secondary College in 2021 should have received a letter from me last week. Please take the time to read this letter as there is important information that will help with any queries you may have.

Students from Government Primary Schools do not need to fill out an enrolment form; all enrolment information will be imported electronically. Students from Non-Government Schools will have an enrolment form attached to their acceptance letter. Please ensure you complete this form and return to your Primary School office for me to collect.

Again, we have excellent numbers, and based on the scholarship applications I have had to process, an incredibly talented group of students! I am looking forward to an amazing year with a group that is so full of potential!

If your child did not bring a letter home from me, it means they are not on my radar and you will need to either let your Grade 6 Teacher know or contact me personally by email: [kirsten.mitchell@education.vic.gov.au](mailto:kirsten.mitchell@education.vic.gov.au) or by calling the Secondary College on 0417 526 748.

Kind regards,



**Ms Kirsten Mitchell**

Junior Sub-School Assistant Principal

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