

NUMBER 23

6<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

- This week has been about getting our students into a routine to be able to complete their on-line learning.
- Next week from Monday to Thursday students will be back into full on-line learning days. With Fridays being 'Flourishing Friday' where all the activities will be around the wellbeing of our students.
- Don't feel you have to complete every activity, allow the class teacher to guide you in what is most important. Remember kids, like us, will have bad days. We need to recognise these times and not let these days become stressful. Maybe back off, have some fun and try again later in the day.
- A lot of learning can occur at home in many different ways. Play, exercise, cooking, gardening, walks, reading, family discussions and watching quality TV can all be incredibly valuable activities.
- 'Welcome the present moment as if you had invited it. Why? Because it's all we ever have'. Value this extra time that you have to share with your children.
- **I am available, along with my staff, to support you and your family in any way that we can.** We are all in this together. Let's support each other.

Stay connected, stay safe and keep flourishing!



### CAMPS 2020

We tried valiantly to keep the possibility of conducting our Grade 5/6 Cooriemungle and Grade 3/4 Port Fairy camps alive, but unfortunately with the latest developments we have no choice but to cancel.

We will explore the possibility of a local excursion and/or short camp in Term 4 if conditions improve.

Thank you to all of those parents who have offered to assist if we are able to have an excursion or camp in Term 4.

# FLOURISHING DURING ON-LINE LEARNING – POSITIVE EDUCATION

## **Gratitude**

Research conducted through 'Positive Psychology' has strongly supported the notion of the positive benefits of practicing gratitude. Through our Flourishing Friday activities beginning next Friday August 14<sup>th</sup> I will be encouraging all students to write down what they are grateful for. If we do this on a regular basis our brain will start to notice the good moments in our day as they occur, leading us to feel better about our lives.

Below I have outlined 3 positives in my work life since we have returned to remote learning, and one thing I am looking forward to next week.

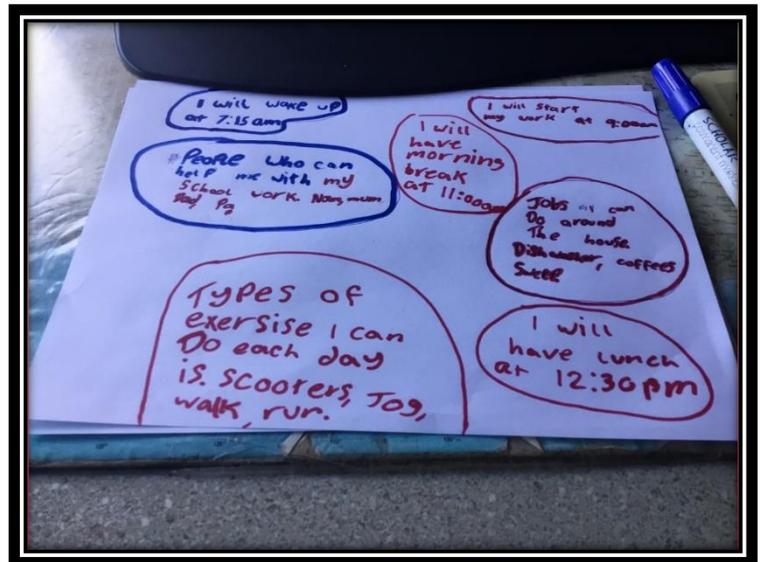
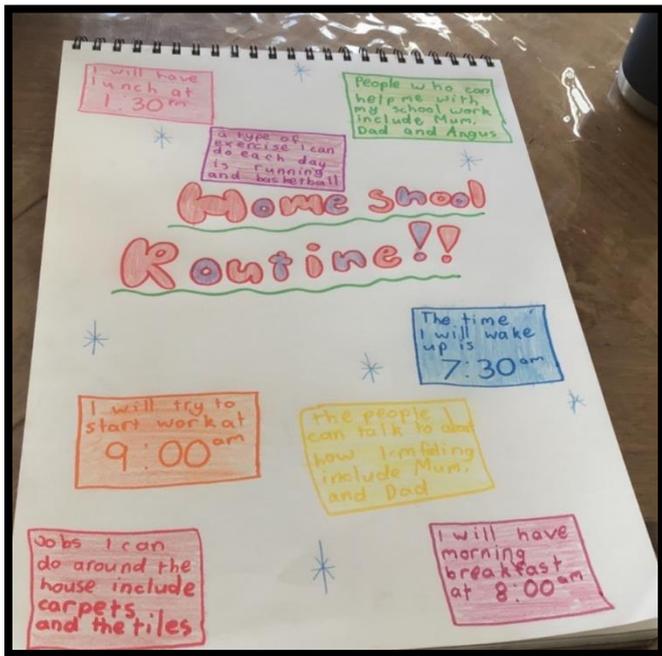
- Watching the classroom teacher announcements each day and then seeing the creative activities that the teachers set for their students.
- Viewing how the staff are caring for each other in this stressful time.
- Listening to the staff discuss how they can cater for all the different needs of our families.
- I am looking forward to watching the videos that our students post on seesaw which display their amazing skills in so many different areas.

**HAPPY BIRTHDAY** to Kekoa Vallance who turns 9 on Tuesday. Mr Thompson celebrates a birthday on Saturday and Mrs Arthur a special birthday on Sunday.

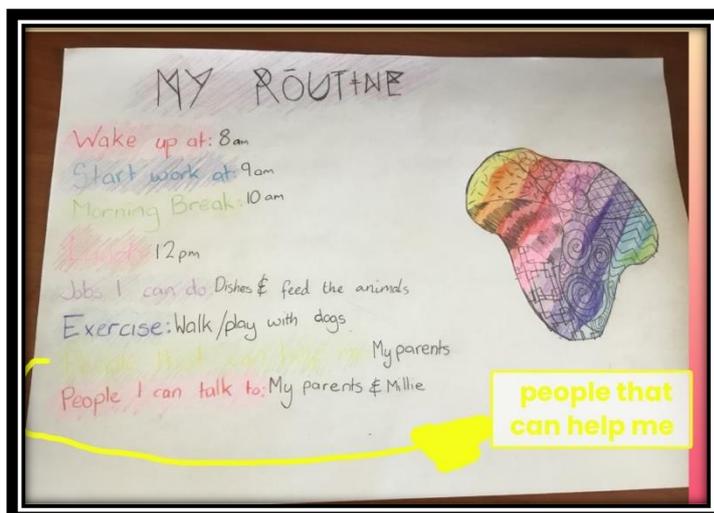
## ON-LINE LEARNING

**Grade 4/5/6 students were asked to present posters establishing their on-line learning routine.**

Lou Impey



Seth Price



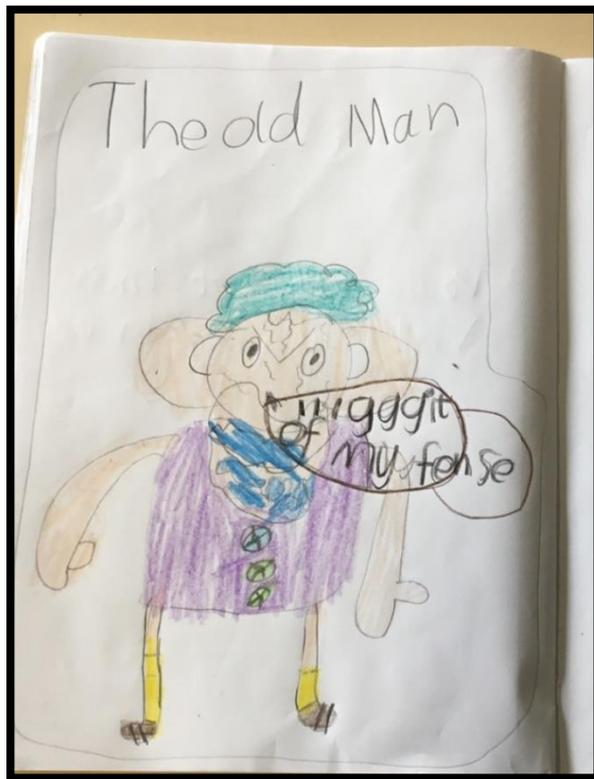
Shakiah Stellini

Prep/1 listened to a story and then had to respond with a picture of the old grumpy man.

Moniga Bisogni

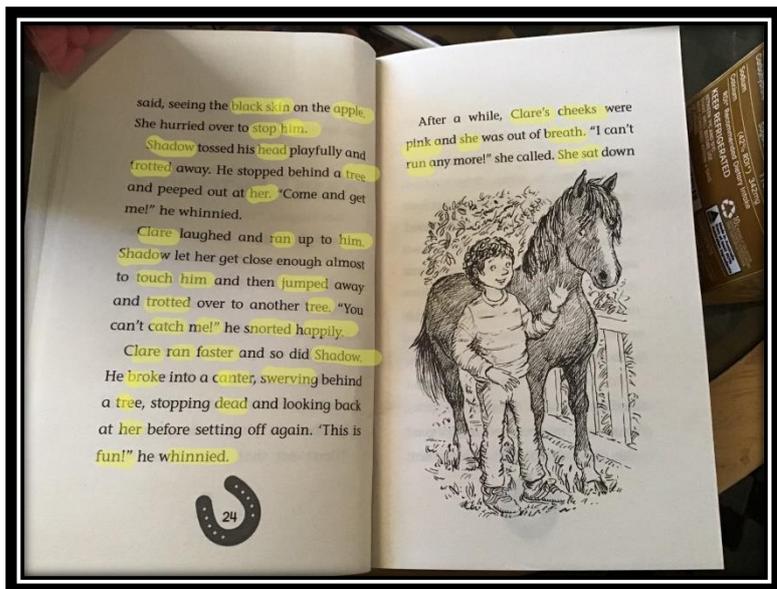


Hayes Moore

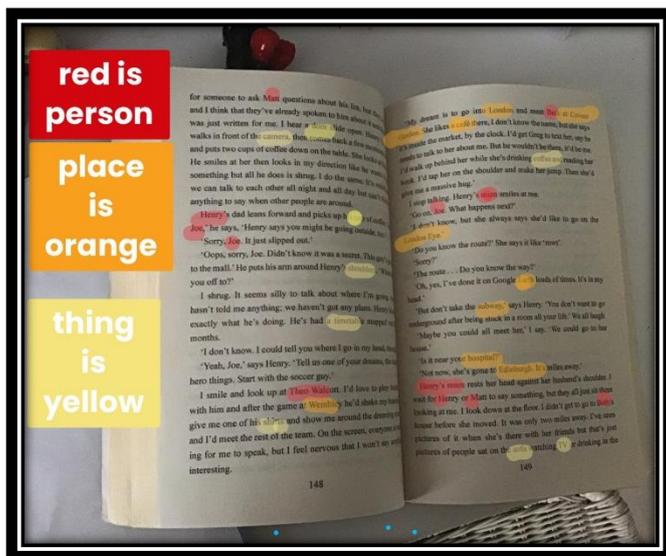


Students are asked to highlight different parts of the book they are reading. Sometimes they are highlighting nouns or adjectives, or it may be very interesting words.

Abby Saunders



Charlee Coates



LEE GIBBONS.....PRINCIPAL

## Chaplains' Corner – Lessons from our masks

Well, at least I tried. Making a mask that is. A good mate sent me a link on how to make a mask out of a sock. Just had to give it a go. And the commentary was in German too. Learnt German at school but that didn't help one bit. Yet the process was pretty obvious. You guessed it. We now have a couple of badly mauled socks on our lounge room floor. And no workable face mask. Well, not from socks anyway.

This mask business is not just about ruining socks though. For mask wearing is all about a very serious pandemic. One which has brought great sadness and trouble to countless people. Good folks who have lost a loved one, or have seen their business go broke, or who have lost their job, fellow Aussies who meet each day wondering what else could go wrong. The awful reality? This upset could go on for months. Who knows how long? So, it's time to back up and reflect a while....

- **We all have to do our little bit** – And it's not rocket science. With our families we can do the right thing. We can mask up. We can have sanitizer handy. We can wash our hands. We can keep social distancing. All simple actions. And all very important.
- **But it's not just about doing the right things** – That's the easy part really. For most of us, probably all of us if the truth be known, have deeply held concerns, anxieties even, about where all this mask wearing is taking us. About what this pandemic may yet deliver.
- **We are now in brand new territory** – Here in country Victoria we've been shielded from the dramas in the big smoke. But not any more. The virus has arrived. And has taken a toll already. We'd be foolish indeed to be off hand about what could happen. No question.
- **This is why just under the surface we are anxious** – It's not about resilience. About adjusting to mask wearing and being careful. We can all do that. It's about bumping into our real fears about a very uncertain future. About our own long-term wellbeing.
- **So, there's now a new question to deal with** – How much do we accomplish by worrying? By dreaming up all that could go wrong? The short answer is – nothing. All the worry department offers is a terrible feeling of being helpless.
- **So, we have to think in new ways** – Our hearts and minds need a new compass setting. We have to switch from "W" for worry to "E" for engagement. Worry turns us into the victims of a fear filled future. Engagement turns us into bearers of hope and support.
- **Why do we engage?** – This is the easy one. Stop and think about family members or friends who live alone, who are caring for an ill or elderly relative, or who have trouble managing on their own, or a family of strugglers who find even ordinary times difficult.
- **Our engagement provides a pathway to their survival** – Once we quit worrying about our own issues, we are set free to throw a supportive lifeline to others. Make a list of people to call, or send a text. Reduce their isolation with your loving concern. You can do it.

So, as a closing thought, it's not just our faces we cover, it's our anxiety and our fears too. But as we reach out to others who are doing it tough, we move from being helpless and fearful to being the bearers of hope. As choices go, this one's pretty straightforward, isn't it?

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