

NUMBER 31

15<sup>th</sup> OCTOBER 2020

## PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK THREE: TERM FOUR 2020

Friday October 16 <sup>th</sup>	<ul style="list-style-type: none"> <li>Flourishing Friday activities 2:30pm</li> <li>Book Club due back</li> </ul>
Monday October 19 <sup>th</sup>	•
Tuesday October 20 <sup>th</sup>	•
Wednesday October 21 <sup>st</sup>	• School Council 7pm
Thursday October 22 <sup>nd</sup>	•
Friday October 23 <sup>rd</sup>	• <b>Thank You Day in Victoria – No students at school</b>

### TERM 4 ACTIVITIES

Although we are all back at school we are still restricted in what we can do. The following is a summary of what we are expecting to occur;

5/6 Camp	YES	3 days/2 nights to Coorimungle
3/4 Camp	YES	Overnight at Bridgewater
Whole School Excursion	MAYBE	Excursion to new playground and Nuns' Beach
Grade 2 Sleepover	YES	Last Week of Term 4
Family Night	NO	Looking at replacing this with an on-line version
Swimming	NO	
Artist-In-Residence	NO	
Assemblies	NO	
School Photos	NO	We are looking at a creative way of getting class photos taken and distributed

- This where the situation stands right now. Please be aware this could change at any time. If you have any questions please let us know.

### POSITIVE EDUCATION – Kindness & Connections

#### *Why Does Doing Kind Deeds Make People Happy?*

*Plentiful evidence for the reasons for why helping brings happiness comes from psychological research. Being kind and generous leads you to perceive others more positively and fosters a heightened sense of interdependence and cooperation in your social community (e.g., "it takes a village to raise a child"). Doing kindness often relieves guilt, distress, or discomfort over others' difficulties and suffering and encourages a sense of awareness and appreciation for your own good fortune. In other words, helping others makes you feel advantaged and thankful. Indeed, providing assistance or comfort to other people can deliver a welcome distraction from your own troubles and ruminations, as it shifts the focus from you to somebody else.*

*'The How of Happiness' written by Sonja Lyubomirsky*

**'Before you speak, let your words pass through three gates:**

**is it true?**

**Is it necessary?**

**Is it kind?'**

*Rumi*

### PARENT SURVEY

On Monday all current families received an invite to participate in the Parent Opinion Survey via e-mail. There is another invitation attached to today's newsletter. The survey remains open until Friday November 13th.

**Thank you to the 6 parents who have already completed the survey.**

## DEFIBRILLATOR (AED)



We are very proud to announce that the school has been given an AED (defibrillator) through the generous donation from Ambulance Victoria. It has now been mounted (thanks Matt Hockley) outside the staff room for easy access for any member of the public.

A free online training session is available on the use of the AED this Thursday October 15th at 7pm. To attend, simply e-mail your name and location (Bolwarra) to: [community.engagement@ambulance.vic.gov.au](mailto:community.engagement@ambulance.vic.gov.au)

## EXTRA-CURRICULA TERM 4 DATES (All activities dependant on current Health advice)

<b>October</b>	Friday	16 <sup>th</sup>	-	Flourishing Friday activities 2:30pm
	Wednesday	21 <sup>st</sup>	-	School Council 7pm
	Friday	23 <sup>rd</sup>	-	Thank You Day in Victoria – <b>No students at school</b>
	Friday	30 <sup>th</sup>	-	Flourishing Friday activities 2:30pm
<b>November</b>	Tuesday	3 <sup>rd</sup>	-	<b>Melbourne Cup Holiday</b>
	Thursday	5 <sup>th</sup>	-	Local Excursion
	Friday	13 <sup>th</sup>	-	Flourishing Friday activities 2:30pm
	Wednesday	18 <sup>th</sup>	-	Grade 5/6 Camp
	Thursday	19 <sup>th</sup>	-	Grade 5/6 Camp
	Friday	20 <sup>th</sup>	-	Grade 5/6 Camp
	Monday	23 <sup>rd</sup>	-	Grade 3/4 Camp
	Tuesday	24 <sup>th</sup>	-	Grade 3/4 Camp
Friday	27 <sup>th</sup>	-	Flourishing Friday activities 2:30pm	
<b>December</b>	Friday	4 <sup>th</sup>	-	Report Writing Day – <b>No students at school</b>
	Friday	11 <sup>th</sup>	-	Flourishing Friday activities 2:30pm
	Tuesday	15 <sup>th</sup>	-	Family Night
	Wednesday	16 <sup>th</sup>	-	Decadent Day – Grade 3-6 Excursion – Prep/1/2
	Friday	18 <sup>th</sup>	-	Last Day of Term 4

**LEE GIBBONS.....PRINCIPAL**

**HAPPY BIRTHDAY** to Xavier Buchanan who turns 11 tomorrow; Makayla who turns 8 next Wednesday, and Melanie who turns 11 next Thursday.

**BOOKCLUB ISSUE NUMBER 7** is due back at school **by tomorrow**, Friday, 16<sup>th</sup> October.

## RECIPE BOOK FUNDRAISER

This Fundraiser Recipe Book is coming soon!! Featuring lots of delicious, fun and easy to follow recipes from some of our parents and staff. More information and cost to follow in next week's newsletter.

BOLWARRA  
RECIPE BOOK  
*Watch this  
Space*  
FUNDRAISER

**GRADES 5/6 have received a full copy of this information from PSC on their newsletter today.**



### College Values:

We embrace a progressive culture that champions School Wide Positive Behaviors, leadership and creative thinking through student engagement and socially inclusive activities. Open communication and respect for positive change are always encouraged. The school community works together to challenge its members to exceed expectations for achievement in all areas.

**Be Respectful**, and treat others as you would like to be treated yourself.

**Be Successful**, and strive to be the very best that you can be.

**Be Resilient**, as you have the right to feel safe, and to learn

**Be Creative**, and have a positive impact as a global citizen

### Assistance Available at PSC:

The program for students with disabilities, student welfare services, doctors in Secondary Schools and catch up programs are intensive services provided by Portland Secondary College. Students benefit greatly from the care, expertise and flexibility of our student services team. Assistance includes classroom support across all curriculum areas, health, nutrition and hygiene needs, paramedical arrangements, counselling and connecting with the community, follow up assistance, excursions, sport and timetables.

**Junior School Education Support Staff**  
Jodie Hollis and Sarah Watson

**Program for Students with Disabilities**  
Christine Hart

**Student Wellbeing** – Tania Beard

**Doctors in Sec. Schools and Student Services**  
Michelle Cobles

**School Nurse** – Nicky Grayson

**External Agencies** – Headspace, SSS, Portland District Health, CAMHS, DHMS, NDIS provider

**MYLMS** – Mallory Fleming

**Numeracy Support (Quickmark & ORIN)**  
Donna Chapman

**Additional Literacy Support** – Nancy Outtram

**Literacy Support and Macqill program** – Ely Foster

**Careers and Indigenous Support** – Suzanne Patterson



## Corner – When my computer beat me

Just had a fight with my computer. I lost. All I was trying to do was to link Judith's rewards card to her online grocery account. Didn't happen. Sent our correct email address for the link as requested. Many times. No response. Almost memorized her 13 digit card number just by entering as required. Also many times.

Finally got to chat with a robot. Didn't work. Then robotically referred to a breathing person somewhere in this wide world. Informed me that Judith's address was incorrect on their file. Really? Meltdown, mine that is, was only moments away. Then an email finally arrived with the magic link. Another simple step and all was good. Felt as if I'd just climbed Mt Everest. I think there may be some ideas lurking around here. Consider....

- **Sometimes we just can't get the quick outcome we'd like** – It takes great patience to set up workable family routines. Like getting out of bed, having breakfast, getting the school gear on, packing lunch, leaving for school on time.
- **Frustration is never far away** – We love things falling into place. Nothing wrong with this. But the family member who only wants to do their own thing will press the wrong buttons. This selfish carry on desperately needs corrective attention.
- **It's a bit like chatting with a robot sometimes** – We get our words right with our families. But the problems remain. The clothes are still dumped on the floor. The rubbish is beside the bin, not in it. No one ever knows where the keys are.
- **So, we have to find new ways to make the links** – We have to move beyond the robot stage. It's about the problems being owned. It's about working with our kids to activate solutions. About putting agreed, workable strategies into action.
- **Be sure you understand what's going on** – I was sending the correct email address but didn't know that the wrong address was in the system and wasn't changing. So, with our families, listen up. Is there something we've overlooked?
- **Look out for the messages you might be missing** – And they may be hidden in odd ways. Some kids go silent while others blow up like a volcano. Be wise, try to check out what's behind these behaviours. Is there something there you've missed?
- **There's no point rushing to judgment** – Parents who are constantly critical of their families have much to learn. Regular put down ruins a child's sense of self-worth. There may be a hidden fear which no amount of yelling is going to fix.
- **Invest time in listening and encouragement** – When family life is hard going, stay the distance with warmth and acceptance. That annoying behaviour may be aimed at getting your attention. Sit down, count to ten, quit your busyness, tune in.

Behind most issues there lies a calm way out. All in fights to the last one standing create tension and disaster which your kids will probably never forget. Opt for kindness, go for teamwork, take your time. Working on the hard stuff together builds great memories.

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