

NUMBER 30

8th OCTOBER 2020

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK TWO: TERM FOUR 2020,

Friday October 9 th	<ul style="list-style-type: none"> All students at school
Monday October 12 th	<ul style="list-style-type: none"> All students at school
Tuesday October 13 th	<ul style="list-style-type: none"> All students at school
Wednesday October 14 th	<ul style="list-style-type: none"> All students at school
Thursday October 15 th	<ul style="list-style-type: none"> All students at school
Friday October 16 th	<ul style="list-style-type: none"> All students at school Flourishing Friday activities 2:30pm

RETURN TO SCHOOL

It's has been wonderful to have our students back at school physically. Thank you to all of our families for remaining calm over the on-line learning period. The children have returned to school in great health, physically and mentally. The challenge though, is still with us to remain positive. Remember we are here to help our families in any way we can.

POSITIVE EDUCATION – Kindness & Connections

All students in Term 4 will be learning about *Kindness and Connections*.

Kindness and Connections explores different types of relationships and enables students to develop skills to improve the quality of their interactions. Hefferon and Boniwell (2011) are among many researchers who emphasise the importance of belonging. This 'need to belong' is both fundamental and universal. In a study measuring life satisfaction, 95 per cent of people in the four highest-ranking countries felt as though they had friends and family on whom they could rely. Conversely, in the four lowest-ranking countries, only 55 percent of people reported having this level of social support (Layous and Lyubomirsky, 2012). Research by Froh, Fives and Fuller (2007) shows that spending time in social settings enhances our levels of wellbeing.

'No act of kindness, however small, is ever wasted.'

Aesop

DEFIBRILLATOR (AED)

We are very proud to announce that the school has been given an AED, through the generous donation from Ambulance Victoria that can be accessed by any member of the public.

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

We are planning for the AED to be installed and ready for use by late next week.

There's
a new
lifesaver in
town!



There's a brand new AED in town, come and learn how to use it!

On Thursday 15 October at 7pm Ambulance Victoria will be running a free online training session. It'll cover how to perform CPR and how to use the new AED.

To attend, simply email your name and location to: community.engagement@ambulance.vic.gov.au

Our new AED is located

Bolwarra Primary School

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Jack Sajevec who turned 9 yesterday, and Matilda Smith who turns 7 on Tuesday.

BOOKCLUB ISSUE NUMBER 7 was distributed today and is due back at school by Friday, 16th October.

NEW SCHOOL BEANIES FOR SALE

These new, cool, comfortable beanies (navy & white) are available from the office at a cost of \$15.00 each. Various staff members may be seen around school sporting their new fashion item!



Expressions of Interest for Under 11 footballers

Westerns Football Netball Club is applying to enter an Under 11 team in the Greater South West Football League in 2021.

We are calling for expressions of interest from potential players for this new side.

Players must be aged 8 years of age and no more than 10 years of age on January 1, 2021, cannot have been registered with another GSWJFL club and both boys and girls are welcome.

For more information and to register your child's interest contact WFNC president Adam Hawke on 0429 809 668 or vice president Clarkston Ray on 0467 237 991



Be part of history in the inaugural Westerns Under 11 team!

Grades 5/6 have received a full copy of the following Information from Portland Secondary College



What Does Junior School Look Like?

Our Junior School Wing is a vibrant, creative place where the well-being of our students, along with our academic learning architecture, is at the heart of all of our studies.

Mentor sessions held every morning enable our students to instantly connect with a trusted adult and familiar faces and set the well-being and learning environment in place for the day.

By providing a wide range of extracurricular experiences, we aim to prepare our Junior School students for their academic and social life throughout our Middle and Senior years, as well as within our broader community.



Bell Times

MENTOR GROUP 8:50AM - 9:10AM
PERIOD 1 9:15AM - 10:05AM
PERIOD 2 10:05AM - 10:55AM
RECESS 10:55AM - 11:20AM
PERIOD 3 11:25 AM - 12:15PM
PERIOD 4 12:15PM - 1:05PM
LUNCH 1:05PM - 2:00PM
PERIOD 5 2:00PM - 2:40PM
PERIOD 6 2:40 PM - 3:30PM

Visiting the Library

The Library is open every Recess and Lunch Time and is set up ready for a range of quiet activities for individual or group enjoyment.

The Library remains open after school for students to study and has an assisted Homework Program on Tuesday, Wednesday & Thursday until 4:30pm.

More Information

Phone: (03) 5525 1344
Email: portland.sc@education.vic.gov.au
Website: www.portlandsc.vic.edu.au



Chaplains' Corner – Coping well in a lockdown world

At last! A welcome routine kicks in. Our school is back in business. Life is almost normal. Well, almost. As we know, there are still Covid19 rules out there. Not as many as in the big smoke though. Here in the bush we still have to be wise. This virus is no friend. So, how do we manage, how do we adjust to situations that limit our freedoms?

And here's the problem. We all want to be able to get on with life, to come and go as we please, to visit family and friends without "bubbles" to limit us, to play any sport or go to church, to travel for holidays without borders stopping us, to put our masks away. But this is currently the stuff of dreams. So, how do we cope with all this? Consider....

- **The ball doesn't always bounce our way** – The pandemic is teaching us lessons about community life that we never expected. Even twelve months ago, no one would have ever expected the lockdowns which run our lives now. Wouldn't even get close.
- **We now understand the blessing of freedom** – It's the old story really. We don't value our many freedoms until we lose them. We now find ourselves in a world that is not as friendly, not as easy to cope with, not as easy to adjust to.
- **And we observe friends battling stress** – Our town's small business owners are working hard to make ends meet, locked into basic survival mode, hoping for restrictions to become history, longing to be able to generate income to stay afloat.
- **Students are hoping for life to crank up again** – Especially VCE students who've had a very tough year. Year 12, once a rite of passage, has simply disappeared, the usual end of year celebrations a lost cause. Very sad for them.
- **And families are battling isolation too** – It's fine if the generations are in easy reach of each other. But no fun if they are removed from us by distance, border closures or the "ring of steel" around Melbourne. This lack of contact is hard to bear.
- **And there is a hidden price tag** – It's not just finance, or distance keeping us apart from loved ones. It's about what's going on inside us. Some of us cope no matter what. But that's not true for all of us. This lockdown creates deep internal turmoil.
- **It's that very lonely territory beyond the reach of words** – Now more than ever we have to be there for each other, staying alert to the signs of struggle, to the pain of not really coping. It's not about providing quick fixes. It's about being present.
- **These lockdown days are more than a passing inconvenience** – They are forcing us to find fresh wisdom, to plan for a much less than ideal world, to deliberately reach out to each other. We have to write a new script to live well.

So, where to from here? Our lockdown world is not changing any time soon. Hopefully a vaccine will arrive but it won't be tomorrow. There are no real choices beyond accepting what is best for all of us. Restrictions? Let's hope they are soon safely reduced. Let's stay tuned into each other's hopes, fears and dreams. Anything less will not be enough.

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