

NUMBER 27

3<sup>rd</sup> September 2020

## PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK THREE: TERM THREE 2020

Friday September 3 <sup>rd</sup>	<ul style="list-style-type: none"> <li>• <b>Pupil Free Day – no on-line activities</b></li> </ul>
Monday September 7 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Classroom on-line learning</li> </ul>
Tuesday September 8 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Classroom on-line learning</li> </ul>
Wednesday September 9 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Classroom on-line learning</li> </ul>
Thursday September 10 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Classroom on-line learning</li> </ul>
Friday September 11 <sup>th</sup>	<ul style="list-style-type: none"> <li>• 'Flourishing Friday' on-line learning</li> </ul>

### REMOTE LEARNING TIPS FOR SEESAW ACTIVITIES

- Deakin University education senior lecturer Elizabeth Rouse says that parents can be tempted to take over their child's learning. "As parents we're terrified our children are going to fall behind so we want to be in there to make sure they stay on top of things. Sometimes we can undermine the child by doing that." Showing your child that you're interested, but not taking over their work, will help them engage. You can say 'that's really interesting, I was listening when you were talking to the teacher about those koalas, I didn't realise you knew that'.
- There will be good and bad days for parents, kids and teachers, Elizabeth warns. "One day might go really well and the next will be a disaster so patience is really important. Allow yourself permission to do what you can do and not what you can't do – you can't take on the world. "When the kids do go back to school, if I was the classroom teacher, I'd just want the kids really happy to be with me, happy to be with each other, confident that they've done their best and are ready to move on. What's important is their wellbeing that they feel included, and they feel in control of themselves as a successful learner."

### KINDNESS CHALLENGE

1. Write a letter or send a picture to grandparents or a friend. Let them know how much you love and miss them.
2. Surprise someone in your house with breakfast in bed. Get the kids involved in cooking/preparation.
3. Bring your neighbour's rubbish bins or mail in. (Remember physical distancing rules.)



### CURRICULUM DAY –Tomorrow No School

### PARENTS NEED TO FLOURISH AS WELL

#### WHY IS SELF CARE IMPORTANT?

Today we're faced with an overwhelming amount of stress from different facets of life. Firstly there is a pressure to meet demands of work, to maintain meaningful relationships, dealing well with emotional issues/situations, changing environments and the list continues on. Secondly, to keep up with the enervating lifestyle we often place self-care on the back seat while driving ourselves into exhaustion. Not only is this lifestyle taxing it's unsustainable; our body's constantly face an overwhelming feeling of tiredness and over stimulation and this needs to stop. We need to focus instead on looking after ourselves for our physical, emotional and mental well being.

#### KNOWING HOW TO REST.

Resting well is something that is overlooked and usually forgotten. Although we enjoy the idea of taking a break: we find ourselves wavering towards the busyness of life. It's important to know how to rest because it reminds you and those around you that your needs are also important. (We're only human!)

#### ENCOURAGE A HEALTHY WORK/LIFE BALANCE

The World Health Organisation has recognised burnouts or 'working too hard' as an occupational phenomenon. We need to listen to the needs of our body. A good way to counteract work stresses is to make some time for yourself. What is your passion? Don't ever give up your passion, embrace it.

**SPRING TIME MURAL**



We were very excited to receive an invitation from Nicole Carr Executive Officer from United Way Glenelg to participate in a "Spring time" mural to brighten our older friends in nursing homes in the Portland area. Today our beautiful creations were collected.

I am very grateful to the children who put in the time and effort to produce amazing, colourful Spring time art.

Thank-you 😊 Sherryn Place



**HAPPY BIRTHDAY** to Ava Wood (8), Aiden Iddon (9) and Kate Hughes who all have birthdays today. Jordan Howson turns 7 next Wednesday.

**WELCOME WILLOW**

Exciting news for the Bolwarra school community with the arrival of Willow. Sister for Zeke and Xavier, and daughter for Tamara.

**HAPPY FATHER'S DAY**

*Why Father's yell sometimes.*



“Being a great father is like shaving. No matter how good you shaved today, you have to do it again tomorrow.”  
—REED MARKHAM RS



# ON-LINE LEARNING

On Flourishing Friday all students were asked to take a photo of a very small piece of nature as part of the appreciation of beauty and excellence.

*Anna Warrener*



*Charlie Arnold*



*Claire Munday*



*Daniel Goode*



*Diana Daroui*



*Jackson Warrener*



*Jaemie Heinrich*



*Julia Stiles*



*Makayla Arnold*



*Matthew Rethus*



*Seth Price*



*Zeke Roos*



## Chaplains' Corner – Lessons from the hedge trimmer

I'm more sure of it now than ever. That machines have a mind of their own. Got out the hedge trimmer yesterday. Judith's pride and joy, her glory vine, had just about taken over our entire front verandah. It was trim time. So, I got out my trusty 2 stroke hedge trimmer to do the job. Hadn't been used in a while. It was about to throw me a challenge or two.

Did all the right things. Primed it. Set to choke. Didn't start. Then I remembered it likes a couple of pulls on the choke but will then start by switching to run. Away it went. But it still wanted the last word. Job done, I pushed the stop switch. It kept running. Tried again, still going. Finally, I noticed one small lead had disconnected. Reconnected it. Motor stopped. I now think my trimmer offers some lessons about our families and life generally. Consider....

- **That slow start is not just a trimmer issue** – There are times when we want to talk with our partner or our kids but there's not much response. We may sense that something is up. We're a bit worried about it. We want to tune in to them. But nothing springs to life.
- **We may become a tad anxious** – Especially if the family is into swapping notes as a way of life. If one member is reluctant to engage, we know that something is amiss. We're thrown a little by this standoff. We realise there's a need for another approach.
- **Wisdom tells us to mix perseverance with patience** – An unusual combination really. That non-responding child may simply need to know that they are loved and cared for. The time for conversation will come. Let them know you are ready when they are ready.
- **There's no point getting flustered** – Let life continue on while you look for the right setting to talk. Like switching the trimmer from choke to run. Good things happen with the right timing. But getting uptight or trying to enforce an exchange just won't work.
- **May be look for something to do together** – Without worrying too much about the silence. A shared activity is a good option. Work with your child to finish that project, or jigsaw, or shoot a basket, or kick the footy, or go for a walk. All safe and enjoyable.
- **Strangely, the silent family member may be desperate to talk** – But they can't find the way to tell you what's on their mind. What's bothering them. Or they may worry that you will worry too. Or that it will not look good if they've done the wrong thing.
- **It's crucial to keep your own frustration in place** – There's no point in being critical when quiet moments arrive. Of putting down that silent child. Or of making accusations. Or getting uptight that you may have somehow said the wrong thing to cause it all.
- **So, adjust the switch** – Shift from frustration to love, from anxiety to acceptance, from stress to affirmation. Instead of seeing a problem child, see one who needs your encouragement. Let them know you are really proud of them. That it's fine to be quiet.

I had a lot of tough words for my non starting trimmer. But none got it going. Stay calm. Being critical and uptight closes off the openings for problem solving, the issue sharing times which every one of us needs. The quiet child will chime in when they are ready. Sooner or later there will be the connections you've been hoping for. And, like my trimmer, once started that child may not want to stop their sharing with you. A good problem, that one.

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