

NUMBER 2

6th FEBRUARY 2020

PRINCIPAL'S REPORT



REMINDERS FOR WEEK THREE: TERM ONE 2019

| | |
|-------------------------------------|--|
| Friday February 7 th | <ul style="list-style-type: none">• Learning How To Learn program• Parent Community 2:30pm• Assembly 3pm |
| Monday February 10 th | <ul style="list-style-type: none">• Learning How To Learn program |
| Tuesday February 11 th | <ul style="list-style-type: none">• Learning How To Learn program |
| Wednesday February 12 th | <ul style="list-style-type: none">• Learning How To Learn program• No Preps at school |
| Thursday February 13 th | <ul style="list-style-type: none">• Learning How To Learn program |
| Friday February 14 th | <ul style="list-style-type: none">• Learning How To Learn program• Parent Community 2:30pm• Assembly 3pm |

Flourishing at Bolwarra

Empathy & Compassion

In today's Chaplain's Corner John explores how learning 'Empathy and Compassion' can help us flourish. Currently all students are involved in lessons that are trying to achieve the aims listed below in each grade level;

Prep

Interacts in relation to others with empathy, and expresses concerns for others

Grade 1/2

Demonstrates an ability for empathetic and sympathetic responses

Grade 3/4

Understands and responds appropriately to the viewpoints and feelings of others.

Grade 5/6

Understands the role of empathy and compassion in forming and maintaining positive relationships.

'We have two ears and one mouth so that we can listen twice as much as we can speak'
Epictetus

NEW DATE FOR INFORMATION NIGHT

We highly value the time that we spend with our families. As a result, we are currently re-thinking how our Information Evening will work. To give us more time to prepare we have cancelled the night that was set down for Tuesday February 18th

FIRST ASSEMBLY FOR 2020 – Tomorrow 3pm Come and meet our new Prep students

PARENT COMMUNITY – Tomorrow 2:30pm in the staff room

We had a great turnout last week for a chat and a cuppa. Join us tomorrow at 2:30pm in the staff room before our 3pm Assembly.

GARDEN NEWS

- Big thank you to those families who spent time in our garden over the holidays. They have ensured our students came back from their break to a thriving garden.
- Every 2nd week there will be produce from our garden available for sale at assembly.

Beetroot for sale at tomorrow's assembly (pictured)



WELCOME SHAKIAH & GORI

This year we have welcomed Shakiah and Gori Stellini to our school.



Shakiah is in Grade 6 and is in 5/6T.
Gori is in Grade 5 and is in 4/5A.

Both students have settled in to our school very quickly and have made many friends.



DISTRICT TENNIS – Thursday 20th February

Any students interested in participating in the District Tennis should see me as soon as possible to receive extra information. To participate students must be turning 9 or older during 2020.

DISTRICT SWIMMING – Tuesday February 18th

If your child is in Grade 3 or higher and is capable of swimming 50 meters and wishes to be part of the Bolwarra team for this event they will need to see me as soon as possible.

LEE GIBBONS.....PRINCIPA

ASTHMA

If your child is self-managing their asthma, or capable of taking their asthma medication independently, ensure that your child is always carrying their reliever medication (e.g. Ventolin, Asmol, Airomir and Bricanyl) as well as a spacer while at school.

- Ensure that you have provided your child's school/preschool with an updated Asthma Action Plan.
- Ensure that your child knows how to recognise early symptoms of an asthma attack and check to make sure they are using their reliever medication properly.
- Ensure your child will seek help from school/preschool staff if they experience asthma symptoms.
- Ensure that your child's asthma is being well managed and that their medication and management is reviewed annually by your GP (this is a good opportunity to also update the Asthma Action Plan required by your child's school/preschool).

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au

EXTRA-CURRICULA TERM 4 DATES

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|-----------------|-----------|------------------|---|--------------------------------|
| February | Wednesday | 12 th | - | No Preps |
| | Tuesday | 18 th | - | District Swimming |
| | Wednesday | 19 th | - | No Preps |
| | | | | - |
| | Wednesday | 26 th | - | No Preps |
| March | Monday | 9 th | - | Labour Day Holiday |
| | Tuesday | 10 th | - | Rural Athletics – All Students |
| | Monday | 23 rd | - | District Athletics |
| | Friday | 27 th | - | Last Day of Term1 |

LEE GIBBONS.....PRINCIPAL

STATEMENTS – Please find attached statements for 2020 School Fees. **Please note Grade 3/4 & Grade 5/6 camps ARE NOT included. The will be approximately \$180 and \$390** respectfully.

Families that have received CSEF in previous years, at Bolwarra PS, will not need to reapply. Any new or existing families with a new healthcare card, please see Nicole in the office.

Anyone wishing to make weekly/fortnightly/monthly instalments can do so via direct debit, bpay or cash. Any payment amounts are most welcome and help to ease lump sum costs. See Nicole in the office if further information is required.

HAPPY BIRTHDAY to Tom Compton (11) and Clancy Stirling (9) who will celebrate their birthday on Sunday.

PARENT COMMUNITY NETWORK

FRIDAY LUNCH HELPERS ROSTER– 2 Helpers are needed each Friday for approximately 2-3 hrs. (depending on what the orders are) to prepare and serve lunches.

Please add your name to the roster in the office. New parents are most welcome and will be shown what to do. The rostered parent/s will need to collate orders on a Wednesday afternoon/Thursday morning and will need to purchase the necessary supplies. We cannot run lunches unless we have the helpers.

For further information please see Janie Jacobson.

The following is a list of lunches for term 1:-

Tomorrow – Dim Sims – Helpers are Kylie and Belinda

14th Feb - Wraps – Helpers.... Kylie & Janie

21st Feb - Pancakes – Helper.... Tara - **2 more helper needed**

28th Feb - Pizza Muffins – Helper....Tara – **1 more helper needed**

6th March – Chicken Schnitzel – Helper...Janie – **1 more helper needed**

13th March – Fried Rice – **2 Helpers needed**

20th March – B.B.Q. Sausages & Hamburgers – **2 helpers needed**

NEEDED FOR ART ROOM – APRONS

- If you have any aprons you no longer need we would be very grateful to have them for the art room. These can be left in the box in the office foyer.



JUNIOR HOCKEY PROGRAM

Running Thursday afternoons 4.15pm to 5.15pm.

For 6 weeks starting February 13th to March 19th.

St. Johns Lutheran Primary School, 43-55 Trangmar Street, Portland @ Tennis/Basketball Crts.

For ages 5 to 12 years.

Hockey sticks and shin pads supplied. Players must have their own mouth guards.

Cost \$30

For more information contact Jemma - 0448 729 218

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PORTLAND LAWN TENNIS CLUB

HOT SHOTS



TAKING REGISTRATIONS NOW



**TERM 1 (6 WEEKS)
STARTING MONDAY
10TH FEB**

FUN

LEARN BASIC TENNIS SKILLS

AGES 4-6 RED BALL

7-8 ORANGE BALL

9-12 GREEN BALL

Contact Kellie Wakely on 0428271863
or visit

Portland Lawn Tennis Club on facebook

Chaplain's Corner - Empathy, the quiet life giver

A simple reality – every family has its struggles. We all have personal and family stresses which just hang around. It's entirely possible to feel helpless. Even to look for ways out of situations which have trapped us. So, it's hard for families to flourish, to capture the joy and energy which we long for. Where to then?

The breakthrough comes when the right penny drops. When we realise that what's happening for us is happening, albeit in different ways, for the families around us. That other mums and dads have their struggles too. No exceptions. Our tendency is to keep our tricky stuff under wraps. And forget what's happening for others, even those close to us. This is where offering empathy offers a mysterious, life-giving power. Consider....

- **Empathy is looking beyond our own needs** – Yes, we all have needs, some of them pressing. But if we can grasp that what's true for us is also true for others, we will find ways of being there for them. Of stepping outside our own issues.
- **It's not about being intrusive** – Of poking our nose into the private business of others. It's about finding the knack of listening to each other, of just being there for them, of not feeling the need to “fix” what they may be coping with.
- **Empathy is about gentle support** – Of offering a kind word, of finding sensitive openers, “You seem to be a bit down today,” or “Is something bothering you?” or “Drop by for a cuppa some time.” There's no need to push for a response.
- **Empathy is community building** – Taking the time, making the effort to be on deck for others in quiet ways creates and maintains connections. Others feel valued that we are taking an interest even though they may not open up and share much with us.
- **Empathy blesses us too** – As we are attentive to what's going on around us, we see our own hassles in a different light. We find a whole new perspective on what's going on for us. Especially when we realise that others may be battling more than we are.
- **A fresh angle frees us up** – No longer being consumed with our own setbacks, we can share in ways that we hadn't anticipated. We may find it easier to relate how we have worked on some of our family issues. And this will encourage other parents.
- **Empathy opens the doorway to compassion** – To be able to tune into the pain and distress of others brings relief and hope to them. The next step is to figure out how we may be able to offer wise and appropriate practical support, to be genuinely compassionate.
- **Compassion is really an investment** – Of a very special kind. Of actually going out of our way to help that other family, of giving them time, may be a meal, may be baby-sitting, just whatever makes the day a little easier for them to cope with.
- **Compassion is doing the simple things** – Firing in an SMS just to let them know you are thinking of them, are happy to help if needed. Of knocking up a cuppa, may be a meal or a treat of some sort. It's not big deal stuff that's required.

Want your kids to flourish? Your family to function in great new ways? This world needs all the empathy and compassion it can muster. We can all make a life changing difference.

John – stay in touch revsimmo@gmail.com