

NUMBER 22

30th JULY 2020

PRINCIPAL'S REPORT



REMINDERS FOR WEEK FOUR: TERM THREE 2020

Friday July 31 st	•
Monday August 3 rd	•
Tuesday August 4 th	•
Wednesday August 5 th	•
Thursday August 6 th	•
Friday August 7 th	• 'Flourishing Friday' 2:30 to 3:30pm

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

COVID-19

Thank you to our families for continuing to manage these difficult times with such positivity and understanding. With so much uncertainty in the local community at present, please remember to always act with kindness and empathy. If your child is unwell with any cold or flu like symptoms, please do not send them to school. If you are unsure whether you should have your child (or yourself) tested, contact your local GP or the PDH Covid Clinic for advice. Again I would like to thank everyone in our community for staying calm, logical and caring during these difficult times.

SOUTH WEST GOVERNMENT SCHOOL VIDEO

On the Bolwarra Primary School website, <http://bolwarraps.global2.vic.edu.au/>, you can find, on the front page, the video titled 'Welcome to your Local Schools'. This video showcases our wonderful local State Schools. Many of our students are featured.



LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Jemma McFarlane who turns 10 on Tuesday. Apologies to Shantae who turned 10 last Tuesday and not 11 as was printed in the newsletter.

STATEMENTS Attached to today's newsletter are statements. Payments can be made via BPAY or direct deposit – please remember to include family name so payment can be allocated to correct account.

FLOURISHING FRIDAY



Chaplains' Corner – Let's enjoy today

Not a day has gone by now without the C19 virus being front-page news. We can't dodge the statistics, or the suffering of those who've lost loved ones. It's all too easy to point the finger when it seems that leaders have made what looks like a bad call. This virus is a nasty type and will remain so until a vaccine arrives.

In our heads we can accept that, with all the right precautions, we will be able to remain free of the danger. But our heads don't always rule the roost. There's another part of us which talks a different language. That quiet part of us which makes room for uncertainty and outright fear. As careful as we may be, we worry that we will fall victim to this infection and come out losers. So, how do we cope with this disconnect between our head and this nagging, nervous inner voice? Let's take a moment then....

- **We need to hang on one day at a time** – We only have to function for today. Tomorrow will come when it's time. Today requires us to attend to the demands of the here and now. For families there are routines that shape each day. We stay with them.
- **We stay away from the “what if” questions** – Some of us are skilled in creating situations which are worrying, unsettling and bound to bring upset with them. So, what's the point of giving them the time of day? There is none.
- **Instead, let's stay with the “what is” matters of life** – Let's keep our hands washed, observe social distancing (which is easy to say but often hard to observe), be careful with keeping hands from faces. Let's help our kids master these basic protections.
- **And we need to do what we feel is best for us** – The wearing of masks in Melbourne is now standard. We haven't had to mask up in this corner of the world. But if wearing a mask is something which helps us cope, wear it. Whether others are wearing them or not.
- **We need to stay informed** – Here in our Shire we've been blessed without virus cases – up until the past week, that is. Now we have some. Not a landslide but enough to remind us that we have to be careful. Facts become friends and keep us on our toes.
- **Fear is a subtle customer** – It has ways of taking up residence without our permission. It can begin to run our lives and become a preoccupation. The catch is that our fears as parents can readily transfer to our kids. What bothers us will end up bothering them too.
- **Our ally is a good dose of practical wisdom** – It's about being careful. About regular coaching in cleaning hands and all the rest. It's about meeting each day well. About getting on with life with a cheerful, we-will-cope-with-this no matter what.
- **And it's also about reaching out** – Think about the people around us who are on their own. Single people. Our older friends. The ones who don't have someone alongside. Send a text, make that call, drop by for a cuppa, or invite them home for one.

The blessing is that, in reaching out, we benefit. As we offer care and encouragement to others, we cope a little more effectively with our concerns. We understand their hassles because we have them too. And we help them to see that today is worth living after all.

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