

**NUMBER 18****June 18th 2020****PRINCIPAL'S REPORT****REMINDERS FOR WEEK NINE: TERM TWO 2020**

Friday June 19 th	<ul style="list-style-type: none">• Book Club Issue 4 – Due back
Monday June 22 nd	<ul style="list-style-type: none">•
Tuesday June 23 rd	<ul style="list-style-type: none">•
Wednesday June 24 th	<ul style="list-style-type: none">• School Council 7pm
Thursday June 25 th	<ul style="list-style-type: none">• Dress Up Day
Friday June 26 th	<ul style="list-style-type: none">• Last day of Term 2• Flourishing Friday 1:30 to 2:30pm• School finishes at 2:30pm

FLOURISHING FRIDAY – Friday June 26th 1:30 to 2:30pm

Due to Covid 19 we are unable to have Shared Lunch on the last day of Term 2. We will be replacing this with 'Flourishing Friday', giving our students a positive experience in the last hour of the term. 'Flourishing Friday' will run in the last hour of the day (1:30 to 2:30pm). School finishes at 2:30pm on the last day of term.

'Flourishing Friday' involves the students selecting an activity they wish to be involved in from a selection of 8. Activities will include Lego, outdoor games, music, art and mindful drawing. Groups will be no larger than 12 students.

DRESS UP DAY – Thursday June 25th

- **Come dressed as an 'essential' worker.**
- Bring a donation for not being in school uniform
- All money raised will be used to purchase coffee vouchers from 'The Brass Compass'.
- We will then pass the coffee vouchers onto our local essential workers.

Both 'Flourishing Friday' and our 'Dress-Up Day' are examples of our commitment to provide a positive school environment.

2021 Enrolments

Due to the current health crisis we are unable to conduct school tours for 2021 enrolments.

We are still available for contact via phone or e-mail in regard to 2021. Enrolment packs and forms can be accessed from the school or via our school website.

Phone: 55292375

E-mail - gibbons.lee.a@edumail.vic.gov.au

All schools in the Portland and District area encourage students to go to their local school. Your local school can be found at www.findmyschool.vic.gov.au

If restrictions are eased before the start of Term 3 school tours may return as an option.

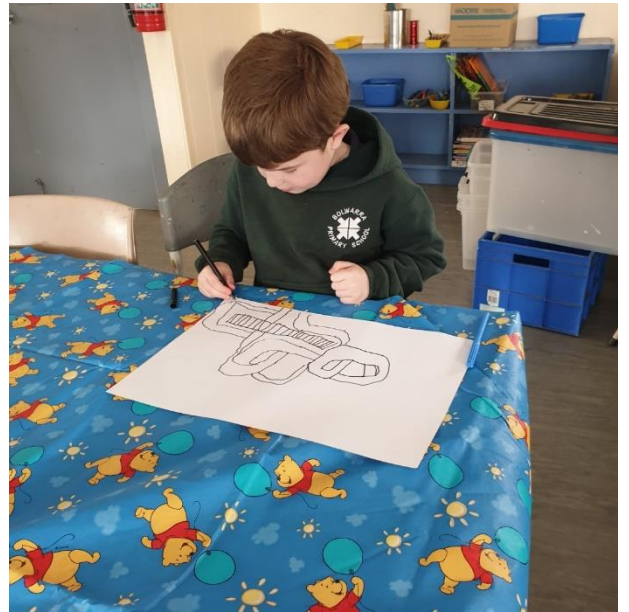
HAPPY BIRTHDAY to Max Bott who turns 7 on Sunday. Jack Starick also has a birthday on Sunday turning 8. Arlee Holmes-Wilson turns 9 next Monday and Henry Stirling turns 12 next Wednesday.

IMPORTANT UPCOMING DATES

Wednesday June 24th School Council 7pm

Friday June 26th Last day of Term

ACTION FROM THE ART ROOM



Chaplains' Corner – It's time to slow down

We have different ways of describing it. Like taking time out. Or catching our breath. Or staring at the wall. May be even just having a cuppa. It's about down time. About shifting out of the fast lane. About giving our hearts, minds and spirits some relief from all that's going on. Within us, within our family, within our circumstances.

We all have a too hard basket. The inner struggle we're not handling all that well. The family tension that won't go away. The breakdown we'd love to sort out if we could. The need to forgive another but we just can't do it. The hunger for encouragement, for support. It's not that life doesn't have its good days. Of course it does. It's just that they can be so easily lost when the hard stuff rolls in. So, how do we handle this as parents and families? Consider...

- **Every family has its own to-do list** – No exceptions. And they're not going away. Like preparing meals, keeping the washing machine busy, staying tuned to school needs, driving the family taxi, juggling the finances, working out what has to happen and what doesn't.
- **Routines and teamwork help out here** – Mums and dads are not the family servants. They are the team leaders. Everyone has their tasks. Getting ready for school, tidying up the bedroom, putting the rubbish out, dishes to the sink, feeding the pets.
- **Life still remains hectic** – Which explains why, even with good order, we can still feel overwhelmed at times. And it only takes one surprise stress to show up and we begin to feel overloaded and wonder how we will really cope. This can happen to any of us.
- **Our lives won't simply slow down** – As if. To find that quiet space, we have to make it happen. Too hard, you say? Answer, yes, usually difficult. But if we want to get a better handle on what's going on for us and our crew, we have to back off.
- **So, we need to get a tad smarter** – This quiet space in our lives will be missed if we allow that to-do list to run our days. Be brave. Try slowing down. Try sitting quietly for half an hour, cuppa in hand. Think about what's really going on for you as a person, as a parent.
- **Standing back and taking a deep breath delivers** – Stopping is a bonus. Let's slow up our racing minds. Let's look at the big picture. Let's actually evaluate what is essential and what isn't. It's so easy to clog up our lives with stuff that has far too much power over us.
- **Backing off for some genuine quietness is good for us** – It's not about just evaluating that to-do list either. It's about giving silence the hidden power to renew us, to refresh us, to heal us, to give us hope, to help us refocus on our lives and our circumstances.
- **We need regular quiet times** – Not the hit and miss kind. If we've always lived in the fast lane, shifting to park mode won't come easily. It takes practice. But the benefits will emerge if we are patient. We will discover an inner strength and resilience that may surprise us.

And our families will learn the value of slowing down too. Always being in a rush is a ticket to stress and fumbled relationships. So, try to help your kids to slow down, to discover and enjoy the benefit of life's quiet times and spaces. It's a transforming lesson for all of us.