

**NUMBER 19****June 25<sup>th</sup> 2020****PRINCIPAL'S REPORT****REMINDERS FOR WEEK ELEVEN: TERM TWO 2020**

Friday June 26 <sup>th</sup>	<ul style="list-style-type: none"><li>• Last day of Term 2</li><li>• Flourishing Friday 1:30 to 2:30pm</li><li>• <b>School finishes at 2:30pm</b></li></ul>
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**TERM 3 AT BOLWARRA**

At this stage we will continue to operate in Term 3 as we have been doing since returning from on-line learning. We will continue to be guided by the State Government and our situation could change over the holidays. Any changes made will be communicated to you via e-mail and our facebook page.

One thing that won't change is our commitment to our school vision (see below)

**VISION & VALUES FOR BOLWARRA PRIMARY SCHOOL**

At our most recent School Council Meeting the vision and values for our school were approved.

**VISION**

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

**VALUES**

- **Positive & Respectful Relationships**
- **Positive Emotions**
- **Positive Health**
- **Positive Engagement**
- **Positive Accomplishment**
- **Positive Purpose**

Our commitment to our vision and values have played an important role in our school being able to meet the challenge of Covid 19. We will continue to encourage all of our families to draw on 'Positive Psychology' in all areas of their lives.

**FLOURISHING FRIDAY – Tomorrow 1:30 to 2:30pm**

All of our students will be involved in 'Flourishing Friday' in the last hour of Term 2. Students will either be involved in Art, Bolwarra's Got Talent, Karaoke, Lego, Outdoor Games, basketball or Mindful Coloring. The groups range from 7 students to 14 in size and are multi-aged.

**SCHOOL FINISHES AT 2:30 PM TOMORROW****All buses will run 1 hour earlier (including the Bolwarra bus)****CAMPS**

After discussions with School Council it has been decided to wait and see on the prospects of camps going ahead this year. Ideally we would like that our students were involved in camps in 2020 but the health and safety of our staff and students comes first and will not be compromised. Early in term 3 we will re-evaluate the situation and canvas the views of all parents.

## **REPORTS**

Students have received their modified reports today. Teachers will be available for a parent/teacher interview via the phone or Webex in the first 2 weeks of Term 3. If you require an interview please contact the office.

## **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

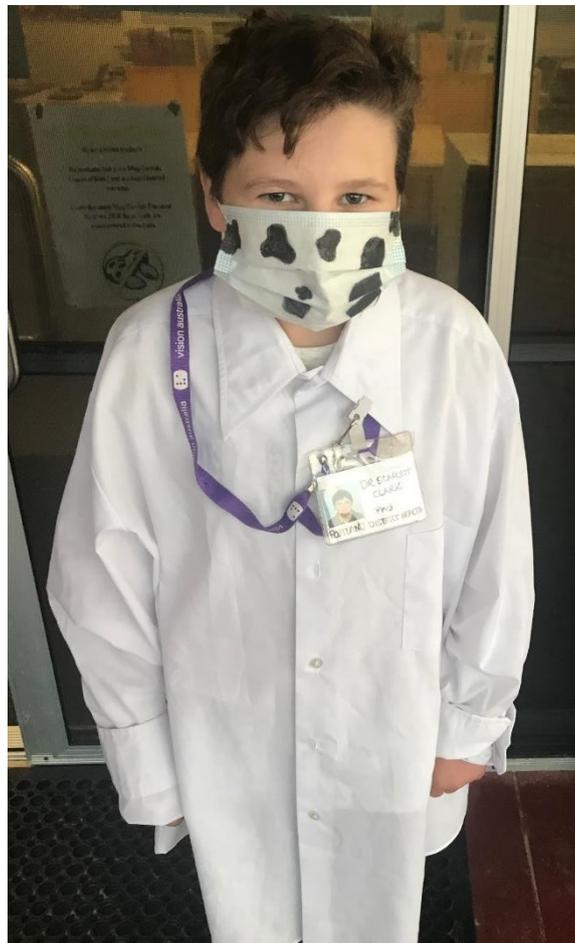
E-mail - [gibbons.lee.a@edumail.vic.gov.au](mailto:gibbons.lee.a@edumail.vic.gov.au)

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](http://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 Anthony Price who turns 12 tomorrow. Over the holidays Kiah Cashin will turn 12 on Saturday July 4<sup>th</sup> and Lexi Araldi-Box turns 9 on Friday July 10<sup>th</sup>. Mr Cummins (Tuesday June 30<sup>th</sup>) and Freddie (Wednesday July 1<sup>st</sup>) also celebrate birthdays on the holidays.

## **ESSENTIAL WORKERS**







## Chaplains' Corner – Winter, our friend, helper, teacher

At this time of the year we become the weather conscious brigade. Winter happily dishes out its many surprises for us. So, you'd like a sunny day? Fine, then the up front price is a freezing night and a very cold morning. Worried about your tanks? No problem. I'll flood the place for you whenever I feel like it. And if it gets a bit boring, I'll mix up showers and sunshine for good measure.

But we can miss a subtle link here. It's the connection between the weather and our wellbeing. A grey day can very easily produce a grey spirit. Dark clouds passing can so easily give birth to dark moments, those times when our circumstances seem too much for us. So, if we're going to be weather conscious, we need to be wellbeing conscious too. Consider....

- **We accept Winter for what it is** – We expect and cope with the cold and the damp. There's no point lodging a formal complaint. We dry the washing inside. We postpone that outing. We put on the thick jacket. We change plans if we have to. No big deal.
- **Winter calls for us to be resilient** – And we're pretty good at working out what can and can't be done. What's interesting is that we adjust our priorities and to-do lists without a second thought. We tell ourselves it's just this time of the year. Resilience wins the day.
- **Winter reminds us of hope** – When our family activities have to be reworked or postponed, we know without even thinking about it that Spring is coming. That there will be relief. May be not tomorrow or next month. But brighter days are guaranteed.
- **So, Winter becomes our teacher** – If we find ourselves feeling down and dispirited, Winter offers us some great advice. Like the power of acceptance, of looking our difficulties in the eye, of knowing there will be a way forward, that the clouds won't last forever.
- **Winter is all about growth** – Without the rain, drought becomes the awful reality. Our pastures will dry up, our farmers will hit the hard times. Moisture blesses our crops and our flocks. Growth depends on the arrival of those dark clouds and what they carry.
- **So, what's the lesson for us then?** – As individuals and families we need the hard times to help us mature, to grow in wisdom and understanding. The tough times teach us how to respond rather than react, how to listen rather than to rant, how to build up not tear down.
- **And we need to be careful** – If we miss what Winter teaches us, we will have to pay a price. Without making that weather-wellbeing link, we will be easy prey for troubled times. We won't be accepting; we won't be hope-filled; we won't be growing in wisdom.
- **Our families need our help with this** – Ever stopped to think that the chills of Winter can dampen the spirits of our families? That even the youngest will feel restricted and frustrated by having to play inside? That they too may lose the capacity to cope?

Winter can become our unexpected ally then. As we recognise the ways in which the cold and damp can affect us as parents, we are able to help our families learn acceptance, resilience, being hopeful and how they can grow through their own Winter of difficulties and setbacks. Now, where did I leave my jacket?



## COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS		COVID-19	COLD	FLU
		Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
<b>Fever</b>		Common	Rare	Common
<b>Cough</b>		Common	Common	Common
<b>Sore Throat</b>		Sometimes	Common	Common
<b>Shortness of Breath</b>		Sometimes	No	No
<b>Fatigue</b>		Sometimes	Sometimes	Common
<b>Aches &amp; Pains</b>		Sometimes	No	Common
<b>Headaches</b>		Sometimes	Common	Common
<b>Runny or Stuffy Nose</b>		Sometimes	Common	Sometimes
<b>Diarrhea</b>		Rare	No	Sometimes, especially for children
<b>Sneezing</b>		No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) don't go to work. You need to self-isolate and to be assessed by a medical professional. You may need testing for COVID-19. You must not return to work until cleared by a medical professional. You need to ensure that the people you care for are protected and safe.