

NUMBER 8

19<sup>TH</sup> MARCH 2020

## PRINCIPAL'S REPORT



### REMINDERS FOR WEEK NINE: TERM ONE 2019

Friday March 20 <sup>th</sup>	<ul style="list-style-type: none"> <li>● <del>Parent Community 2:30pm</del></li> <li>● <del>Assembly 3pm</del></li> </ul>
Monday March 23 <sup>rd</sup>	<ul style="list-style-type: none"> <li>● <del>District Athletics</del></li> </ul>
Tuesday March 24 <sup>th</sup>	<ul style="list-style-type: none"> <li>●</li> </ul>
Wednesday March 25 <sup>th</sup>	<ul style="list-style-type: none"> <li>● <del>School Council AGM 7pm</del></li> </ul>
Thursday March 26 <sup>th</sup>	<ul style="list-style-type: none"> <li>● <del>Parent/Teacher Interviews 1:30pm – 5pm</del></li> <li>● <b>Drawing of Easter raffle</b></li> </ul>
Friday March 27 <sup>th</sup>	<ul style="list-style-type: none"> <li>● <del>Parent/Teacher Interviews 8am – 11am</del></li> <li>● <del>Assembly/Easter Raffle/Shared Lunch 12pm</del></li> </ul>

### VIRUS UPDATE

#### **Emotional Wellbeing:**

In light of everything happening around the world at present, it is important to consider our own wellbeing. Wellbeing is not just about physical health & reducing our risk of contracting COVID-19, but also our mental or emotional wellbeing.

In times of stress or high anxiety, we often discuss things we might not normally discuss in front of our children. With the pandemic being spoken about everywhere we go, it is essential we are only giving our children the facts or the information they need to know.

Reducing their anxiety & stress in relation to this is essential.

Some things you can do to assist with your own or your child's anxiety are:

- Reduce the time spent on social media &/or TV.
- Reduce the amount of news you watch or listen to – perhaps just once per day.
- Listen to music rather than the radio while in the car or at home.
- Go for a family walk & get fresh air.
- Practice gratitude.
- Mindfulness activities before bed.
- Reading or quiet activities in the evening, rather than watching TV.

#### **Possible School Closures:**

Many people are asking about school closures – the DET are not currently considering school closures in Victoria, for schools who have no cases of COVID-19.

At school, it is business as usual – as much as possible.

#### **What are we doing at school to reduce our risk?**

1. Assemblies have been cancelled
2. Lunch Orders have been cancelled (refunds will be given)
3. Parent/Teacher Interviews have been postponed
4. Shared Lunch has been cancelled on Friday March 27<sup>th</sup>. The Easter Raffle will go ahead on Thursday March 26<sup>th</sup>
5. Parent Community has been cancelled.
6. School Council AGM has been postponed.

We will continue to keep all school families apprised of the situation as it affects our school.

This is a great opportunity to put into practice what we have learnt through 'Positive Education'. Please show '**Empathy and Compassion**' during this unprecedented time.

# FLOURISHING AT BOLWARRA

## Positive Relationships– Empathy & Compassion Forgiveness

In 2020 our students have been learning about 'Empathy & Compassion' and 'Forgiveness'. Both of these come under the Domain of Positive Relationships. We are now learning about 'Leadership & Teamwork'.

### LEADERSHIP & TEAMWORK

This module focusses on developing the skills required to contribute to positive teams and relationships. Skills connected with communication, collaboration, inclusion and leadership are integral to working effectively in a team environment, and are foundational to this module.

Teaching students about collaboration helps them establish collective agreements, improve listening skills, learn the art of asking good questions and developing negotiation skills.

*'He who cannot be a good follower cannot be a leader'*  
Aristotle

### DIVISION SWIMMING

Shantae Keegan placed 3rd in the Backstroke and 18th in Freestyle. Charlee Coates placed 13th in Backstroke. Great work girls! Thanks to Shane for taking the girls to Warrnambool and supporting them. Shantae qualified in backstroke for the Region Swimming championships, but unfortunately they have been cancelled.

### PARENT INFORMATION SESSION

Thanks for the great turn out for our information session last Thursday. We have received great feedback about this evening. You can still have your say if you wish. Take this one minute survey;  
<https://www.surveymonkey.com/r/9CMGC3N>

### BRIDGEWATER EXCURSION



We had a great afternoon at Bridgewater last Thursday. We will look to having a similar excursion in Term 2. Next time we will have the students back by 3:30pm.

### ASBESTOS REMOVAL

Asbestos will be removed from the school on Saturday March 28<sup>th</sup> from 8am onwards. No persons are to be on the premises on this day. This includes any children/families who may think of playing on playground equipment.

### EXTRA-CURRICULA TERM 4 DATES

March Friday 27<sup>th</sup> - Last Day of Term 1

### 2020 PUPIL FREE DAYS

Friday April 24<sup>th</sup> .....Friday June 5<sup>th</sup> .....Friday December 4<sup>th</sup>

LEE GIBBONS.....PRINCIPAL

**HAPPY BIRTHDAY** to Lou Impey who turns 11 on Tuesday.

**PARENT COMMUNITY NETWORK - CANCELLED**  
**FRIDAY LUNCH HAS BEEN CANCELLED**

### **EASTER RAFFLE**

**EGG DONATIONS-** A reminder that these donations need to be in by Wednesday 25<sup>th</sup> March. We hope to have multiple draws but need the donations in order to make up a variety of hampers. Please support this fundraiser. The draw will take place on Thursday.

### **COOKBOOK RECIPES – FUNDRAISER**

We have so far received just a few recipes. We would love to have a lot more so ask grandparents and friends for their favourite recipes and they too can have their named recipes in print! Please send them to [bolwarra.ps@edumail.vic.gov.au](mailto:bolwarra.ps@edumail.vic.gov.au) before the end of term.

We have support, by way of sponsorship, from a few of our local businesses, and with your support, should have this cookbook out for sale in term 2.

### **FREE - EX LIBRARY - RECIPE BOOK**

There are still a number of recipe books, which have been taken off our library system, in the office foyer.

Parents are welcome to take whatever they want or if you know of someone who would like some, please feel free to take them. We would like to see them all gone by term end..

### **GLENELG SHIRE COUNCIL – EASTER HOLIDAY**

The Glenelg Shire Council wishes to advise that all operating events and public meetings for the near future, including the Easter Holiday Program, have been cancelled until further notice.

### **NOTICE FROM COMMBANK SCHOOL BANKING**

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been temporarily paused from 20<sup>th</sup> March until the start of Term 2. Please don't bring your deposit book with your weekly banking into school and we will notify you when banking will recommence.

## Chaplain's Corner – Raising a switched on generation

The big story is that life is not just about my needs, my hopes, my way of seeing things. Mind you, when you take a look around, you could be forgiven for thinking that this is the way many people seem to tick. They can't see beyond what is happening for them. They just don't grasp the needs of others, their hopes, their way of seeing things. Their world is very small simply because it's all about them.

So, as mums, dads and the school community, we want to get a much bigger picture across to our kids, our students. Together we want to train up an exciting generation of switched on young adults tuned into all that's happening around them. Great young people who have a heart for those doing it tough, those who struggle, those for whom life is unkind; young people who want to make this troubled world of ours a happier place. Consider....

- **It's all too easy to be self-centred** – It requires no effort to focus on where we are at and what's going on for us. Obviously we have to attend to our personal and family needs. Essential. The problem comes when this is all we give our attention to.
- **We get the big picture when we look beyond ourselves** – And this takes time and effort. It's hard because the more we become aware of the needs of those around us, the more we see. We wake up to the immense difficulties which others are quietly trying to manage.
- **So, we have to make a tricky call here** – On the one hand, we don't want to be intrusive, to be nosey, to be seen to prying into the lives of those around us. Good point. But it's about how we show our interest and support constructively, helpfully.
- **What's the passport to being a real people helper?** – It's about helping our kids to be really good listeners. To know how to ask the right questions. To be sensitively aware of the landscape of the lives of friends and relatives who are doing it tough.
- **Our world desperately needs good listeners** – For a very simple reason. It's the listeners who know how to reach out with encouragement, empathy and compassion. They've taken the time to work out the best way to make a difference in the life of a friend.
- **Listeners have a natural big picture approach to life** – Sure, they have to attend to their own needs. Not to do so is foolish. But they create the space for others. They are not ruled by an uncontrolled busyness which cuts out their capacity to be there for others.
- **Look out for the hidden blessing** – Kids who are alert to the problems faced by others discover a deeply rewarding benefit. For in working out how to help others cope, they find a real purpose, a real direction in life for themselves, a deep satisfaction.
- **Selfish people miss out on this blessing** – Just because they do not see the powerful effect of a kind word, an encouragement gently offered, the gratitude of a hurting person thankful that someone has made the time to listen to them. And to care for them.

So, let's get our collective act into gear here. In our homes and our school. Let's determine to show our offspring how to be there for others. How to value others and what they are going through. How to make a difference. How to meet needs. How to turn hopes into realities. We can and must do this together, here and now.

**John** – stay in touch [revsimmo@gmail.com](mailto:revsimmo@gmail.com)