

NUMBER 6

5TH MARCH 2020

PRINCIPAL'S REPORT



REMINDERS FOR WEEK SEVEN: TERM ONE 2019

Friday March 6 th	<ul style="list-style-type: none"> • 'My Dream Job' Dress-Up • Parent Community 2.30pm • Assembly 3pm • Disco 6pm – 8pm
Monday March 9 th	<ul style="list-style-type: none"> • Labour Day Holiday
Tuesday March 10 th	<ul style="list-style-type: none"> • Rural Athletics
Wednesday March 11 th	<ul style="list-style-type: none"> •
Thursday March 12 th	<ul style="list-style-type: none"> • Bridgewater Excursion 2pm • 'Flourishing at Bolwarra' 5pm
Friday March 13 th	<ul style="list-style-type: none"> • Division Swimming – Shantae & Charlee • Parent Community 2:30pm • Assembly 3pm

FORGIVENESS

(Positive Relationships)

Below is an extract from Neale Daniher's book 'When All is Said and Done'

Even though it's a big ask, we need to choose acceptance and forgiveness because it frees us to move forward: if we don't we run the risk of staying trapped in the past. We become the victim of circumstances, clinging to our entitlement to feel aggrieved.

The key to forgiveness is understanding that it's not the same as forgetting and it's different from reconciling. Reconciliation is about two parties coming together and having empathy for each other's position and finding common ground. Forgiveness is not about that: it's about acknowledging where the other person was coming from at that particular time, taking responsibility for your role in the situation and making a decision to move on. It's about changing your attitude, instead of plotting ways to exact revenge.

We can also be unforgiving of ourselves. But forgiving yourself means nothing unless you make a strong commitment to change your behavior, and that's hard too. Seeking to understand why you acted in a particular way, and learning from it, is far more productive than beating yourself up about it.

It's unlikely that anything positive will come of holding onto a grudge – if you don't forgive, you might as well hand over the key to the prison cell of the past and remain hostage to your wrongdoer's will. It's an open invitation to bitterness.

Finding the capacity for forgiveness doesn't mean allowing yourself to be walked over. Standing up for something you believe in is positive: putting another brick in your prison cell is negative. Similarly, if you are the victim of injustice, the courage to forgive doesn't negate the pursuit of justice – otherwise they keep on winning.

When we forgive, we create room for positive emotions to flourish. Think about it this way: you're not condoning anyone's behavior. You're doing this for yourself. You're letting go of the hurt, and walking away from self-pity.

SCHOOL COUNCIL 2020

We are still looking for two new School Council members. If you have any interest please see me.

FLOURISHING AT BOLWARRA

THURSDAY MARCH 12th 5pm to 6pm

Bridgewater Excursion 2pm to 4:45pm

Students will be involved in the presentation to parents from 5pm to 5.30pm

*Please see us if there is an issue with picking up students from school at this later time.

RURAL ATHLETICS – Tuesday March 10th Nelson Park

- Parents are responsible for transporting their children to & from the Sports.
- Students to be at Nelson Park by 9.00am for a 9.15am Start.
- Programme attached to today's newsletter
- Students will need to bring their own food and water for the day.
- Please note that there will be **NO CANTEEN/TEA/COFFEE/FOOD for sale for parents or students.**

As an added precaution, we ask that if any parents have a portable shade set/up, could they bring it Tuesday morning to Nelson Park and set them up. We will have the school ones that can be set up as well.

EXCEPTIONAL STUDENTS – 4/5A

Our Exceptional Students this week are Zarah Bott, Jaemie Heinrich and Gori Stellini



Zarah is an exceptional student because she has a smile for everyone and a positive attitude to every situation. Zarah cares about every member of our class. She has an understanding of how other people are feeling and will go out of her way to make people feel good. Zarah has the confidence to ask questions and to talk to anyone. Sensational effort Zarah!



Jaemie is an exceptional student because she is always kind and caring towards everyone. She notices when others are feeling down or worried and will actively do something constructive to help. Jaemie has a wonderful attitude towards learning, even when something is challenging she shows a growth mindset and will give everything a go. Jaemie, your constant smile and encouragement of others makes everyone's day brighter!

Gori is an exceptional student because he has shown remarkable confidence since his arrival at Bolwarra. Gori has immediately shown all the qualities of a great classmate. He listens to other people, he accepts us all with our many differences and he quietly helps others if he sees they need a hand. Gori has a wonderful attitude to learning as he is always ready to get started and to have a go at every task. Wonderful work Gori!



YOU CAN DO IT! STARS

Organisation – Caught 10 times Eddie Curran Jordan Howson Tayli Holmes-Wilson

Our Exceptional students will be presented with their awards at tomorrow's assembly at 3pm

Tomorrow at assembly, we will be highlighting the 'Character Strengths' of Hannah Rethus

'MY DREAM JOB' Dress-Up – Tomorrow

'LOVE YOUR SISTER' Gold Coin Donation

Whole School Parade at 9am

For many students being a scientist will be the job they aspire to. In recognition of this Alex will be conducting experiments at Lunch Time and then again at Assembly from 3pm.

Prizes for best effort to dress up will be given out at the 3pm Assembly.



DISCO – Tomorrow 6pm – 8pm

PARENT/TEACHER INTERVIEWS

Attached to today's newsletter is an 'Appointment Times' form. Please select your preference time block and return the form to school by Friday, 13th March.

2020 PUPIL FREE DAYS

Friday April 24thFriday June 5thFriday December 4th

EXTRA-CURRICULA TERM 4 DATES

March	Friday	6 th	-	- { 'My Dream Job' dress-up - Disco 6 pm
	Monday	9 th	-	
	Tuesday	10 th	-	Rural Athletics – All Students
	Thursday	12 th	-	- { Whole School Excursion - Information evening
	Monday	23 rd	-	
	Wednesday	25 th	-	School Council AGM 7pm
	Thursday	26 th	-	Parent/Teacher Interviews p.m.
	Friday	27 th	-	- { Parent/Teacher Interviews a.m. - Last Day of Term 1

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Jaemie Heinrich who turns 11 on Wednesday.

PARENT COMMUNITY NETWORK

FRIDAY LUNCH HELPERS ROSTER–

Tomorrows HelpersChicken Schnitzel – Helpers...Janie & Sarah
13th March – Fried Rice – Demi Jennings & Melissa Smith
20th March – B.B.Q. Sausages & Hamburgers – Justin – Lucas - Harry

EASTER RAFFLE

EGG DONATIONS- Thanks to those who have brought in their donation. These can be left at the office. More raffle tickets are available from the office as well.



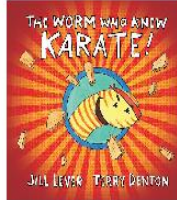
The Portland Basketball Association is thrilled to announce that NBL1 Men's preseason action is coming to Portland!

The Castec Rural Supplies Mount Gambier Pioneers will square off against the Fuse Advisory Geelong Supercats in a preseason hit out ahead of the 2020 NBL1 season.

Date: Saturday March 21st
Time: Tip off time 5:30pm
Where: The Lighthouse, Portland
Cost: \$5 entry, kids under 12 are free

With the NBL1 season kicking off in early April, both teams will be bringing strong squads to Portland as they look to finish off preparations for the season proper.

CEO Magic of Storytime



The worm who knew karate

Written by Jill Lever & Terry Denton

Join us as
Ron Jorgensen from Portland Aluminium
 shares the story
The worm who knew karate

A funny and empowering story for about finding courage and facing one's fears.

Book giveaways & fun craft activities.

Attend this event for a chance to win a copy of the book.

THIS IS A FREE EVENT

CEO storytime will run the first Friday of every month (except School holidays) from 11.00am at Glenelg Libraries Portland. A partnership with United Way Glenelg, Portland Aluminium and Glenelg Libraries it supports the Dolly Parton Imagination Library, a program to kick start a lifelong love of reading in the Glenelg Shire region.

Glenelg Libraries it supports the Dolly Parton Imagination Library, a program addressing issues relating to early literacy and school readiness in the Glenelg Shire region.

DATE
 Fri 6 March
 2020

TIME
 11.00am

PLACE
 Glenelg
 Libraries
 Portland



Chaplain's Corner – When forgiveness goes missing

No one likes to carry baggage. The stuff that worries us, causes us anxiety, ties us up in knots. Forgiveness both offered and received is a great way to put misunderstandings, mistakes and general unhappiness in the past – where it rightfully belongs. It's a great way, a healthy way to reduce the baggage load.

But what happens when forgiveness is not activated? When what should be in the past lingers on into the present? When an active record is kept of who did or said the wrong thing? When the air is never cleared and a fresh beginning is just a dream? It's worth pausing a moment to ponder the outcomes....

- **First up, let's check the benefits of forgiveness** – We give each other a fresh start. We release each other from the gap created by harsh words, angry actions or just straight out mistakes not deliberately intended. Forgiveness creates a new day.
- **But when forgiveness is withheld, it's a very different story** – The harmony and lessons learnt via genuine forgiveness obviously go missing. The past becomes the present. When forgiveness falters, caring relationships are the first casualty.
- **Withholding forgiveness becomes a power play** – If we choose not to forgive, we hold the upper hand. We keep reminding the person who has offended us of their bad judgment or weakness. We manipulate situations to keep them in their place.
- **And the same applies when we fail to seek forgiveness** – If we deny that we have caused an upset in some way, the tensions continue. Reason and wisdom are absent. We refuse to recognise that we have hurt another. There is no empathy.
- **Refusing to forgive or to seek forgiveness creates the same results** – Our refusal either way is a short trip to holding grudges and becoming super critical of the other person. In families this is dynamite. Our homes become war zones.
- **Withholding forgiveness or refusing to seek it will damage us** – If we collect grudges and keep an active record of the failures of another person, we are on a quick trip to having a bitter spirit within us. We carry our own dark cloud.
- **So, where to then?** – The breakdown, the ongoing grudge holding has to stop. If inner healing and the renewal of family and other relationships is to be rekindled, someone has to make the first move. The starting point? "I'm really sorry about this."
- **We can only do what we can do** – We can make the move to sort things out. Be it the offering of forgiveness or the receiving of it. Hopefully, the other person will respond with the same spirit. But we can't pressure them to act in the way we'd like.

The last thing we need is for forgiveness to go missing. Families stay well glued together when forgiveness is part of the home scenery. When forgiveness falters, the door is opened to sadness, disruption and breakdown. It's not pretty. Don't go there.

John – stay in touch resimmo@gmail.com

