



NUMBER 3

11<sup>th</sup> FEBRUARY 2020

## PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK FOUR: TERM ONE 2021

Friday February 12 <sup>th</sup>	<ul style="list-style-type: none"><li>• Flourishing Friday</li></ul>
Monday February 15 <sup>th</sup>	<ul style="list-style-type: none"><li>• Resilience Project Lesson – Gratitude 2:30pm</li></ul>
Tuesday February 16 <sup>th</sup>	<ul style="list-style-type: none"><li>•</li></ul>
Wednesday February 17 <sup>th</sup>	<ul style="list-style-type: none"><li>• <b>No Preps at school</b></li><li>• School Council 7pm</li></ul>
Thursday February 18 <sup>th</sup>	<ul style="list-style-type: none"><li>• School Assembly</li></ul>
Friday February 19 <sup>th</sup>	<ul style="list-style-type: none"><li>•</li></ul>

## DIGITAL RESILIENCE PROJECT - GRATITUDE

*Stay on this exciting journey with your children.*



Gratitude is being thankful and expressing appreciation for what one has – as opposed to focusing on the lack of something.

Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.

View Part 2: Gratitude of the series here: <https://theresilienceproject.com.au/parent-and-carer-hub/>

There are many ways in which you can practice gratitude, including starting a [Wellbeing Journal](#). In the image below are a few ideas to get started.

# GRATITUDE

- Write down three things that went well.
- Think about or write down something you're looking forward to tomorrow.
- Write down who you are most grateful for and why.

# COVID LEARNINGS

## OPEN SCHOOL EVENING

**Thursday February 25<sup>th</sup> 3:30pm to 4:30pm**

It's important that we reflect and learn important lessons from the difficulty of 2020. One thing I believe we learnt was that our time is very valuable and can easily be eroded by activities/commitments that are not as important as we thought. I am committed to trying and ensuring that we as a school don't waste anyone's time and we maximize the positive experiences we can give our families.

We do want to give our families the opportunity to visit their child's classroom in a relaxed, friendly environment. On Thursday February 25<sup>th</sup> all classes will be open to families from 3:30pm to 4:30pm. More details will follow.

## ASSEMBLIES

Assemblies in 2021 will look different. Our first school assembly will be held next Thursday at 3pm. Parents are welcome to attend but will be subjected to Covid restrictions (signing in at the office and wearing a mask if assembly is held inside). The 2021 student leaders will be trying different formats for the assembly including the first one to be held outside - weather permitting.

## SOMERS SCHOOL CAMP – April 20<sup>th</sup> to April 28<sup>th</sup>

This year our Grade 5 & 6 students will have the opportunity to put their name down to be considered to attend this amazing camp. The cost of the 9 day camp will be \$260. Somers Camp is situated on Westernport Bay, 80km from Melbourne

The camp provides an opportunity for social interaction between children drawn from many schools and presents a variety of challenging situations through outdoor education and contact with the local environment.

To find out more about Somers visit <https://www.somersschoolcamp.org/> The bonus of visiting this site is the photo on the home page of an ex-student enjoying Somers (sister of a current student).

## DISTRICT TENNIS – Thursday 25<sup>th</sup> February

Any students interested in participating in the District Tennis should see me as soon as possible to receive extra information. To participate students must be turning 9 or older during 2021 and be able to participate in a rally while playing.

## EXTRA-CURRICULA TERM 4 DATES

<b>February</b>	Friday	12 <sup>th</sup>	-	Flourishing Friday
	Wednesday	17 <sup>th</sup>	-	No Preps
	Wednesday	24 <sup>th</sup>	-	No Preps
	Friday	26 <sup>th</sup>	-	Flourishing Friday
<b>March</b>	Tuesday	2 <sup>nd</sup>	-	District Swimming
	Friday	5 <sup>th</sup>	-	Whole School Excursion
	Monday	8 <sup>th</sup>	-	<b>Labour Day Holiday</b>
	Friday	12 <sup>th</sup>	-	Flourishing Friday
	Tuesday	23 <sup>rd</sup>	-	Rural Athletics – All Students
	Friday	26 <sup>th</sup>	-	Flourishing Friday
	Wednesday	30 <sup>th</sup>	-	District Athletics
<b>April</b>	Thursday	1 <sup>st</sup>	-	Last Day of Term1

**LEE GIBBONS.....PRINCIPAL**

**BOOK CLUB** is due back at school by tomorrow, 12<sup>th</sup> February.

## TESSELAARS – SPRING BULB - FUNDRAISER

Attached to today's newsletter is a catalogue. All proceeds will go towards the creation of the school Sensory Garden.

There are 2 order/payment options:-

1. **Credit Card** orders on-line only - see green note on back of catalogue. On-line orders will be delivered directly to your home at a small delivery cost.
2. **Cash only** orders through school; use attached order form and return to Nicole in the office by Wednesday 17<sup>th</sup> March. These will be ordered as a bulk order and delivered to school for distribution.

## Chaplains' Corner – The fresh seasons of life

New things happen to us all the time. When our kids are little, we wait for those first words, that first step they take on their own. Then it's kinder time, then primary school. The years pass. Along comes secondary education. After that? Who knows? They become young adults with the larger stage waiting for them to enter and make their mark.

But it's not just our offspring dealing with all these new stages. So many new things wait for us as parents too. Life has its seasons. We do well to make the most of today while preparing for tomorrow. We can't stop it arriving. These new seasons require us to think and act in new ways. And there's a choice here. We either welcome these new ways of thinking and acting, or we try to hold tight to what we've always known and done. Consider....

- **As our children grow, we give them more space** – The playpen gives way to the backyard, or the park down the road. We happily increase their freedom of movement to match their abilities. It all comes pretty easily in these early years.
- **And we give more rope to play with when school arrives** – And look forward to them mastering the skills of getting along with other students, of reading and mathematics, of making decisions, of learning how to be and do their best.
- **Young adulthood introduces a very new season** – For our kids and for us. We encourage greater freedoms. They have decisions to make. About further study. About possible career paths. About moving out of town for study and work.
- **This new season drives home a basic truth** – Once a parent, always a parent. We learn to live with the decisions our young people make. Here's the tough bit. They may make choices which we have reservations about. But they are their decisions.
- **So, we have actually arrived in a new season ourselves** – It's not just our families moving into new turf. We are too. Hands on parenting becomes hands off. We become listeners, consultants, sounding boards, encouragers. A big change.
- **The rewards of this new season are special** – To see our young adults making the most of their opportunities, of choosing to do well, of studying or working hard, of sharing their joys and their pains with us. This is a truly satisfying time of life.
- **This new season is a curious mix really** – It's a balancing act. And not an easy one. We want the best for our family. But our idea of best and wise may at times be very different from theirs. We will happily support directions which make good sense.
- **But we have to hang loose when things go astray** – This is the hard part of this new season for parents. On the one hand we hope they will hold to the values we have tried to pass on. But they may choose otherwise. And we can only observe.

So, we have to allow them to have their seasons of life too. Hopefully, there will be much in the joy department. For them and for us. The big task for us is to release them into the world, all the while being quietly present with our love, our support and our wisdom.

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