

NUMBER 4

18<sup>th</sup> FEBRUARY 2021

## PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK FIVE: TERM ONE 2021

Friday February 19 <sup>th</sup>	•
Monday February 22 <sup>nd</sup>	• Resilience Project Lesson – Gratitude 2:30pm
Tuesday February 23 <sup>rd</sup>	•
Wednesday February 24 <sup>th</sup>	• <b>No Preps at school</b> • School Council 7pm
Thursday February 25 <sup>th</sup>	•
Friday February 26 <sup>th</sup>	• Flourishing Friday

## DIGITAL RESILIENCE PROJECT - GRATITUDE

*Stay on this exciting journey with your children.*

Our students will have their opening lesson on 'Gratitude' next Monday. If you haven't already, please view the video below.

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

### OPEN SCHOOL EVENING

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

This is a chance to visit your child's classroom in a relaxed, friendly environment. All classes will be open to families from 3:30pm to 4:30pm.

Let this be an opportunity to;

- Learn more about Seesaw (if you have not joined we will help you)
- Learn more about the Resilience Project and why it is so important
- Let your child give you a tour of their classroom
- Have your child show you where they play in the school grounds
- Find out how you can volunteer at the school. Maybe help with lunches or work in the garden.
- Find out more about Gunditjmarra Cultural studies

Staff will be available to answer any of your questions.

### DISTRICT SWIMMING – Tuesday March 2<sup>nd</sup>

If your child is in Grade 3 or higher and is capable of swimming 50 meters and wishes to be part of the Bolwarra team for this event they will need to see me as soon as possible.

### LOCKDOWN 3 DAY BREAK FROM SCHOOL

Thank you to everyone for their positive support over our 3 days away from school.

We sincerely believe that none of our students would have fallen behind due to not attending school for the past 3 days.

The following is a great read on why parents should not be overly concerned about this short break from school.

# Kids will be learning a lot more than we think

**F**OR many of our school principals, Friday was an interesting day. By midmorning, their phones and email inboxes were pinging furiously as the rumours swirled of another lockdown and yet another switch to a version of remote learning yet to be determined.

For many, the best they could do for the families in their communities was to let them know they didn't really know what was going on and they'd let them know when they themselves had some insights.

Some had teachers frantically preparing work packs in the afternoon and some were transferring untaught online lessons from deep inside school servers to their desktops. Students were told to take home as many of their books as could be crammed into their bursting backpacks.

Departmental emails arrived with Victoria's government school principals almost at the same time as their students, backs straining under the weight of those bags, marched out of the school gates.

The news was unwelcome yet expected. Schools, as we know them, will be closed once more ... at least until Thursday.

For our educators, this lockdown incarnation came even more suddenly than the two previous versions. And as such, there's already commentary about that lack of preparation translating into some kind of debilitating educational disadvantage for Victoria's kids.

It's nonsense. Yes, it's disruptive and the exact duration of this



**ADAM VOIGT**

lockdown is uncertain, but Victoria's kids are going to be just fine and, in fact, might just learn a thing or two that's going to hold them in good stead for an uncertain global future.

Firstly, kids learn in a multitude of different ways and, for some, the traditional classroom isn't so suitable. I'm yet to find a teacher who didn't encounter at least one student who unexpectedly thrived through remote learning.

It makes sense. For struggling students, the classroom can be an emotional place. Even on those occasions when breakthroughs are made, there's always somebody faster or smarter to compare yourself unfavourably to.

Throw in a kid making the L-shaped signal on his forehead to reinforce the creeping belief that you, deep down, are a loser in the classroom, and that brief achievement-induced excitement quickly evaporates.

This poses the great question for Victoria's educators, emerging from the bin fire of 2020. Just how do we reduce the shame that so many struggling students feel in our classrooms, even when they make progress?

There's also the hysterical

commentary from the Chicken Little brigade that students are rapidly falling behind those in other states, stemming from a belief that students can't possibly be learning unless they are sitting forward-facing in a classroom with a professional spraying the curriculum over them like some well-dressed information sprinkler.

This is also untrue. In fact, our kids are learning plenty right now, just by watching the grown-ups.

They're learning about how to demonstrate resilience in the face of circumstances not of their doing and beyond their control.

Many of us bemoan the lack of resilience in young people "these days", yet trends toward helicopter parenting styles rob our kids of the chance to hone an ability to thrive despite risk. This week is just such an opportunity.

Our kids are also learning how to adapt their work to the conditions available to them, building within them a resourcefulness many studies indicate will be vital for future employment prospects.

They're learning how to



**They're noticing the adults who are swearing about their most-loathed politicians at the dinner table**

empathise by seeing how we care for our most vulnerable in times of crisis.

As artificially intelligent robotics further absorb jobs of a manual and repetitive nature, it'll be the human roles left behind in abundance for young people. And so, being skilled in understanding and discriminating human needs is another important skill for the future.

And finally, our kids are most certainly watching the way that the grown-ups are behaving under pressure. In fact, they are watching this intently. They're noticing which adults are caving in to their frustration and refusing to comply with restrictions.

They're noticing the adults who are swearing about their most-loathed politicians at the dinner table and those who are filling their social media feeds with abhorrent abuse aimed at anyone who dares to disagree with them.

And our kids are most certainly noticing the grown-ups who speak positively, stoically and optimistically to those who need to know that everything is going to be OK, eventually.

Yep, the schools might be closed this week, but that certainly doesn't mean there are no lessons being taught.

In actuality, the lessons on resilience, adaptability, empathy and collaboration might just be the best education a young person can get in this age of rapid change.

**ADAM VOIGT IS A FORMER SCHOOL PRINCIPAL AND SPEAKER, AUTHOR AND MENTOR**

## EXTRA-CURRICULA TERM 4 DATES

<b>February</b>	Wednesday	24 <sup>th</sup>	-	No Preps
	Thursday	25 <sup>th</sup>	-	Open Night
	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	31 <sup>st</sup>	-	District Athletics
<b>April</b>	Thursday	1 <sup>st</sup>	-	Last Day of Term 1

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

**HAPPY BIRTHDAY** to Paddy Starick who turns 6 on Saturday, and Katie Aldridge who will celebrate her birthday on Monday.

## Chaplains' Corner – Coping with lockdowns

Another lockdown. More remote learning. May be most of us are pretty resilient. Been there and done that, we might say. But there's a cost to this which does not sit on the surface. It lingers on deep within. No, it may not touch everyone. But it's real even if not expressed.

Call it what you will: may be anxiety, or being unsettled, or worried about what's next. It's probably about coping, with the family at home, with not knowing what tomorrow may bring, of having to manage with reduced income, of needing space but not having it. It's one thing to roll with the punches that life delivers. It's quite another to get to the end of the day and stay moderately sane. What does all this mean? Consider....

- **When the unexpected happens, what's next?** – We like to have control over our circumstances but this vanishes with lockdowns. We understand the need for caution but this can trigger off uncertainty about what tomorrow will bring.
- **And our concerns last longer than a lockdown** – We like the predictable, the security of planning ahead. But what about holiday plans which have fallen over? Or family events which have crashed? May be there's no point in any planning?
- **This absence of certainty is costly** – We can no longer live and plan in ways we used to. May be no big deal for most of us. But it's the not knowing part which creates stress, of knowing what we need to do with no guarantee of being able to do it.
- **So, maybe we have to think in new ways?** – Rather than giving stress the last word, we figure out what is do-able. Can we make more time for conversation and play with our families? Are there jobs around the house waiting for our attention?
- **Might there be a different way of being and doing?** – There is no cure-all for the uncertainty of our times. May be we need to look our stresses in the eye and turn down their volume? Of creating new responses, new ways of coping?
- **The way ahead is clearer when we share our frustrations** – Hopefully we have a family member or friend who is happy to be our sounding board. Someone we can sound off to. And maybe they need us to be their listeners, their sounding boards too.
- **In other words, we cope more easily when we share our issues** – This is not as easy as it looks though. May be it's hard to even put into words our dismay, stress and anxiety. But it's worth a try anyway. A good friend will be able to tune in.
- **Accepting our strains and stresses helps our families too** – As we identify our issues as mums and dads, we are more able to be sensitive to what our children and young people are feeling too. Their worlds have also been upended. They need our help to cope.
- **We need that slightly bigger picture** – As we give our families the chance to speak about their upsets and disappointments arising from a lockdown, we are then better able to offer them support and encouragement. It's not just about our needs only.

We may not be able to change the wider world. But let's work well on our own. This helps to reduce the impact of lockdowns as they come and go. And helps our families too.

**John** – stay in touch [revsimmo@gmail.com](mailto:revsimmo@gmail.com) 0428 780 421, Andreena 0428 233 08

### PLAYERS WANTED!

Are you interested in playing Australian Rules Football?

Heathmere Junior Football Club are currently inviting both male and female players to register in

Under 11's and 14's for the 2021 season.

Games are held every Sunday from April through to August with training nights on Thursdays from 5pm

At the Heathmere Recreational Reserve. Registrations will be held on the 18<sup>th</sup> and 25<sup>th</sup> February so come along.

Any enquiries can be forwarded to Casey Taylor on 0408 292 212 alternatively email [heathmereifc@gmail.com](mailto:heathmereifc@gmail.com) or keep an eye out on the Heathmere Junior Football Facebook page for updates.

