

NUMBER 5

25th FEBRUARY 2021

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK SIX: TERM ONE 2021

Friday February 26 th	<ul style="list-style-type: none"> Flourishing Friday
Monday March 1 st	<ul style="list-style-type: none"> Resilience Project Lesson – Empathy 2:30pm
Tuesday March 2 nd	<ul style="list-style-type: none"> District Swimming
Wednesday March 3 rd	<ul style="list-style-type: none">
Thursday March 4 th	<ul style="list-style-type: none"> Assembly 3pm
Friday March 5 th	<ul style="list-style-type: none"> Whole School Excursion

DIGITAL RESILIENCE PROJECT – EMPATHY & KINDNESS

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.

Empathy is the ability to understand another person's thoughts and feelings from their perspective.

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)!

Research shows that practicing empathy such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.

View Part 3: Empathy of the series here: <https://theresilienceproject.com.au/parent-and-carer-hub/>

Here's an activity to practise empathy and kindness:

1. Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
2. Make a plan for who you are going to gift an act of kindness to, and what you are going to do.
3. If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
4. Follow up with each other in a few days' time, to ask how it went!



WHOLE SCHOOL EXCURSION – Friday March 5th

We are going on an excursion to the Sawpit and Narrawong. At the Sawpit the students will split into 4 multi-aged groups lead by the student leaders. Each group will do the 'Whalers Lookout' walk. The students will also explore the Sawpit camping area.



At around 12pm we will travel to the Narrawong Oval and playground area. Students will have lunch here and play games on the oval, play on the playground and take a walk over the Surrey River to the beach.

Please fill out the attached permission slip and send back to school for your child/children to attend.



ASSEMBLIES REFLECTION & PURPOSE

We had our first assembly for about 12 months last Thursday. It looked a lot different from previous assemblies. Firstly it was held outside and was concluded with a mindful walk. The feedback for those who attended (students/adults) has been positive and constructive. Our next assembly will be on Thursday March 4th at 3pm.

After discussions with the student leaders it was decided that the purpose of our assemblies are as follows;

- To gather as a whole school to share information that will support all members to flourish.
- To improve the public speaking skills of our leaders while facing the challenges of dealing with stress and anxiety.

SCHOOL COUNCIL

Nominations for School Council are currently open. The timeline for the School Council Election Process is as follows;

- Friday 26th February Call for nominations
- Friday 5th March Nominations close.
- On or before Friday 12th March should nominations exceed the number of vacancies a ballot will take place. Ballot papers distributed.
- Thursday 18th March Close of ballot
- Friday 19th March Count of votes and declaration of the poll
- Wednesday 24th March School Council AGM

If you have any questions about this process please ring me or come into see me.

SEESAW APP

Attached to the newsletter are family log in details for Seesaw. You will need to download the Seesaw family app on your device (not the class app), or sign in via computer.

Please see classroom teachers if you need any assistance with this.



EXTRA-CURRICULA TERM 4 DATES

February	Thursday	25 th	-	Open Night
	Friday	26 th	-	Flourishing Friday
March	Tuesday	2 nd	-	District Swimming
	Friday	5 th	-	Whole School Excursion
	Monday	8 th	-	Labour Day Holiday
	Friday	12 th	-	Flourishing Friday
	Tuesday	23 rd	-	Rural Athletics – All Students
	Friday	26 th	-	Flourishing Friday
	Wednesday	31 st	-	District Athletics
April	Thursday	1 st	-	Parent Teacher Interviews (4pm – 7pm)
			-	Last Day of Term1
			-	Parent Teacher Interviews (8am-2pm)

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Chad Daniel who turns 11 on Tuesday.

BIRTH CERTIFICATES & IMMUNISATION RECORDS

This information is required for our records. If you have received a blue request slip with your newsletter today, please bring the necessary information into the office as soon as possible so Nicole can take a copy for the school records.

NEEDED FOR CLASSROOM ACTIVITIES:

- Old Buttons
- Empty/clean Coffee/Milo Tins

REMINDER BULB FUNDRAISER – Please return orders by 17th March.

GORAE WEST COMMUNITY FUNDRAISING DAY

Attention stall holders, crafters, and anyone who has organised their house recently! The Gorae West Community Fundraising Day is looking for people to have a stall and sell new or second hand goods. The day has something for everyone, including a HUGE auction of donated goods and services, amazing raffle, CFA fire truck, SES vehicle, highway patrol, vintage car display, sprint car display, food and drinks, face painting, kids activities and so so much more! Money raised on the day is going straight back into the community. On the 13th of March, sites are \$20, time is 10-2 and the auction is planned for 12. We are following Covid safe practices. Please get involved, have a stall, come and enjoy the day!

For more information contact Cristin Smith on 0411603272 or smith.c.a17@gmail.com



Portland Hockey Club

Get started today with

HOOKIN2 HOCKEY

Join us for a 6 week program aimed at Primary School Students (5-12 Years)
Starting Sat 20th of Feb at 10am.
At St. Johns Lutheran Primary School, 43/55 Trangmar St, Portland.
Cost: \$30
Register at hookin2hockey.com.au
Enquiries: Jemma, 0448 729 218

NO PRIOR HOCKEY EXPERIENCE NEEDED

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PORTLAND SOCCER CLUB

MiniRoos is up and running on Saturday mornings
From 11am – 12pm for 4 – 9 year olds.
The sessions are for boys and girls – wear runners or soccer boots and bring a drink bottle. Come along to the Portland Soccer Club grounds and have some fun – Cnr. Glenelg and Percy Street Portland or for more information contact:
Les Horovitz on 0414559106

GLENELG SHIRE MAGIC STORYTIME

CEO Magic of Storytime runs the first Friday of every month during school terms from 11.00am at Glenelg Libraries Bentinck St. Portland.

Book and activity giveaways. Limited numbers, bookings essential – contact Glenelg Libraries on 5522 2265

Event link: <https://fb.me/e/177PDmJzy>

This is a Free Event

Chaplains' Corner – Celebrating our differences

It's true for every family. We accept it. We often wonder about it. We marvel at it. We can be mightily frustrated by it. Yes, it's our capacity as mums and dads to produce offspring who are just so different from each other. No two kids are ever the same.

Without quite knowing how, we raise introverts and extraverts. Thinkers and dreamers. Hands on kids and hands off. Lovers of books, music and art. Or outside types who always have a footy handy, or shoot baskets, or run in circles. While we love this curious mix of people we call our family, there are blessings and difficulties in about equal amounts. And we have to figure out how to make the most of this diversity....

- **Whatever their differences, we try to keep a balance** – As our families grow, we see each personality emerging in its own special way. We see different needs and interests. So we do our best to meet these for each child in evenhanded ways.
- **These different needs and interests need our wise responses** – This is where the going can get a bit tricky. In responding to one child in a way that has meaning for them may lead another to feel they are missing out on the same kind of attention.
- **There is always a need to be on the lookout** – The last thing we want is for some kind of competition between brothers and sisters, of each having to compete for our attention. It's only a step away from being accused of having favourites.
- **So we make the most of each other's differences** – Rather than trying to treat each child more or less in the same way, we make a big thing of each one being unique. We choose to celebrate different skills, abilities and interests.
- **Our love is best expressed through encouragement** – Offered freely and without limit. There's a hidden power here and our kids catch on. They learn that their family is the one place where everyone belongs regardless of what they can or cannot do.
- **And there's another discovery just sitting here** – Every person, adult and child, has a specific ability, a given capacity, a special way of making the home and the world a much better place. Parents have the privilege of working out what this gift is.
- **Every family can produce wonderful adults** – By celebrating and nurturing their differences and discovering those special gifts, families release into the wider world young adults who are quietly confident of finding their niche, of making their way.
- **These families are on about service, not selfishness** – If all we train our kids to do is to meet their own needs, we are in real trouble. Our privilege is to train up young adults who are sensitive to the needs of others and who respond accordingly.

The family that bravely accepts differences, not squashing them, produces big-hearted adults who make their own contribution in their own way to the wellbeing of those around them and the world in general. So, please, go ahead and celebrate their differences!

John – stay in touch revsimmo@gmail.com 0428 780 421, Andreena 0428 233 082

