

NUMBER 9

25th MARCH 2021

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK TEN: TERM ONE 2021

Friday March 26 th	<ul style="list-style-type: none"> • Flourishing Friday 2:30pm - Disco
Monday March 29 th	<ul style="list-style-type: none"> •
Tuesday March 30 th	<ul style="list-style-type: none"> • District Athletics
Wednesday March 31 st	<ul style="list-style-type: none"> • Parent/Teacher Interviews from 4pm
Thursday April 1 st	<ul style="list-style-type: none"> • Parent/Teacher Interviews 8am-2pm • Last day of Term • Dismissal 2:30pm
Friday April 2 nd	<ul style="list-style-type: none"> • GOOD FRIDAY

THE RESILIENCE PROJECT - Monday 2:30pm

All students, staff and parents have now been introduced to the concepts of Empathy, Gratitude, Mindfulness and Emotional Literacy.

On Monday all students will be involved in a lesson on Emotional Literacy. The Grade 5/6 students will be working on Character Strengths. They will be learning to identify their own character strengths.

As part of the lesson they will do the following; name different character strengths, explain the difference between different character strengths, identify their own character strengths and list their top five character strengths

2021 NEW STUDENTS



Today we introduce Rosie and Jordan who are new to Bolwarra in 2021.

Pictured left is Rosie Clark. Rosie joins her sister, Scarlett, at our school.

Pictured right is Jordan Araldi who joins his sister, Lexi.



DISTRICT ATHLETICS – Tuesday March 30th

Students who have made this team have been notified and have extra information about the day.

REGION SWIMMING

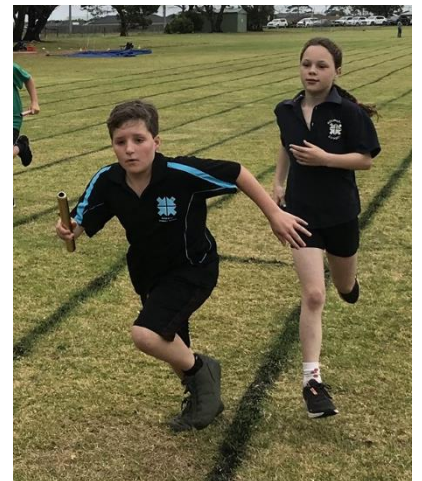
Shantae Keegan placed 7th in the Backstroke at the Region Swimming championships that were held in Horsham. Great swimming, Shantae.

PARENT/TEACHER INTERVIEWS

On Thursday Mr Cummins will be holding his interviews in the meeting room next to the Staff Room while Miss McDonald will be in Mrs Arthur's classroom – enter door at the far end of the corridor, and Mrs Arthur will be in her own room – enter at the door closest to the front of the school. Mr Thompson will be in their own room.

❖ **See attached timetable for interviews times.**

RURAL ATHLETICS DAY



We had a great day on Tuesday at the Rural Athletics. It was superbly organised, wonderfully supported by the parents and the students gave their all.

Despite this, I believe we could provide an even better day for our students if we think seriously about improvements that we could introduce. Do you have any suggestions? If you do I would love to know.

2021 PUPIL FREE DAYS

Friday June 11th

Friday December 3rd

One more day still to be decided

EXTRA-CURRICULA TERM 4 DATES

March	Friday	26 th	-	Flourishing Friday -Disco
	Tuesday	30 th	-	District Athletics
	Wednesday	31 st	-	Parent Teacher Interviews (4pm – 7pm)
April	Thursday	1 st	-	{ Parent Teacher Interviews (8am-2pm) Last Day of Term1

LEE GIBBONS.....PRINCIPAL

EASTER RAFFLE

DONATIONS: Thank You to those families who have brought in their donations. Any donations can be left at the office with Nicole and tickets need to be returned to school by Tuesday.

SCHOOL PHOTO DAY is TUESDAY, 4th MAY

Attached to today's newsletter is your child's/children's individually named and coded order forms. These can be sent along to school any time prior to photo day (with money enclosed as per instructions on order form) and will be held at the office then distributed on photo day. Alternatively they can be sent to school with your child **on the day**.

Chaplains' Corner – Tried your parking mode lately?

It's probably one of the hardest things we need to do. How many families have time to burn, to slow down, to back off the accelerator of life? For most families the days are full with to-do lists getting longer, not shorter. But putting our lives into parking mode even for a short period brings a bonus. So, it's worth checking out what this is all about.

The term "mindfulness" is often used to describe life's park position. Its real meaning and benefits may take a little getting used to. Largely because we're not in the habit of taking time out. Meditation is another helpful signpost and, for people of faith, prayer is an obvious description. So, what does this park position offer us as parents and families then? Consider....

- **Family life is filled with endless demands** – It's about keeping the house running, putting food on the table, taming the laundry basket, putting toys away, doing the shopping, feeding the dog. This is how most families try to stay on top. All good.
- **And there is more yet** – What about the family taxi trips to footy and netball practice, then the weekend games, sometimes near, sometimes well out of town? Add visits to the grandparents. Again, all good things to do. No doubt about it.
- **And there is still more** – Try the demands of employment, of earning the finance to do what you need or want to do. You can't just skip work whenever you feel like it. A regular, healthy income stream requires time, effort and commitment.
- **But these necessary activities carry a price tag** – The full life has a down side. Call it fatigue, being worn out, running in circles, having a scrambled brain. All greatly complicated when a health issue shows up or we lose a loved one without warning.
- **This is why we need to choose the parking mode** – To put things to one side for a short period at least, to back off long enough to think about priorities, to be a little more selective about what we can and can't manage. And you have to make time for this.
- **Park mode delivers real benefits** – It's when you stop that you finally realise that you're human, that you can't tick all the boxes. That some things have to be set aside. When you give your mind the chance to slow down, your spirit heaves a sigh of relief.
- **Choose your own version of park mode** – Whatever works, the quiet cuppa, the favourite chair, the moment to be just you. Park mode helps you to find a better inner balance, to look at both the blessings and trials, to give yourself a break, to genuinely relax.
- **Why not keep a record of what's going on for you?** – A kind of working list, some call it a journal. A way of being thankful for what is going well. But also of looking at your fears and failures, of taming the struggles, of accepting what you can and can't change.
- **Backing off helps to create a fresh confidence and clarity** – These quiet moments of thinking, of meditation, of prayer – whatever is helpful – provide us with unexpected insights into how we can manage better, that we don't have to solve every difficulty.

Once we've tried our park mode, we realise what we've been missing – the ability to exercise a wiser, more achievable approach to each day. Of giving ourselves permission to succeed and fail, to be more in charge of who we are, of what we are about. And we bless our family too.

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

TIMETABLE FOR PARENT / TEACHER INTERVIEWS on Wednesday 31st March & Friday 1st April

	Prep/1/2-Miss McDonald	Grade 3/4-Mr Cummins	Grade 5/6A-Mrs Arthur	Grade 5/6T-Mr Thompson
31/3	<u>WEDNESDAY</u>			
4.00	Matilda Smith	Makayla Arnold - Belinda	Gori Stellini	Clancy Stirling
4.15	Fletcher Hodgins	Dakota Oliver	Charlie Arnold - Belinda	Xavier Buchanan
4.30		Mykibie Trigger		
4.45		Makayla Arnold - Glenn	Aiysha Pollock	
5.00			Charlie Arnold - Glenn	
5.15	Jett Treloar	Jackson Warrener	Shantae Keegan	Julia Stiles
5.30	Anna Warrener	Ava Jacobson	Melanie Price	Chad Daniel
5.45	Edward Curran			
6.00	Thomas Menzel	Matilda Cashin	Yarinda Intaraksa-Thomas	
6.15				
6.30				
6.45				
1/4	<u>THURSDAY</u>			
8.00	Tayli Holmes-Wilson	Paddy Impey	Jemma McFarlane	William Rethus
8.15		Arlee Holmes-Wilson	Hannah Rethus	Lou Impey
8.30	Niklaus Moore	Asher Witchell		
8.45	Hayes Moore	Gracie Piergrosse		Callum Richardson
9.00	Patrick Starick	Kelvin Moore		Zeke Roos - Tamara
9.15		Jack Starick		
9.30		Aiden Iddon		Charlee Coates
9.45				
10.00	Jordan Araldi			
10.15		Lexi Araldi		
10.30				
10.45				
11.00				
11.15				
11.30				
11.45				
12.00				
12.15				
12.30				
12.45				
1.00				
1.15				
1.30	Rosie Clark			
1.45		Scarlett Clark		

Max Bott

Ellie Bott

Zarah Bott

Matthew Rethus

Nathan Rethus

ANOTHER DATE TBC:

