



# BOLWARRA

# NEWSLETTER

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## NUMBER 6

4<sup>th</sup> MARCH 2021

### PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK SEVEN: TERM ONE 2021

Friday March 5 <sup>th</sup>	• Flourishing Friday Excursion to the Sawpit and Narrawong
Monday March 8 <sup>th</sup>	• <b>LABOUR DAY HOLIDAY</b>
Tuesday March 9 <sup>th</sup>	• District Swimming
Wednesday March 10 <sup>th</sup>	•
Thursday March 11 <sup>th</sup>	• Assembly 3pm
Friday March 12 <sup>th</sup>	• Flourishing Friday

### SOCIAL MEDIA

As parents and educators we will always need to be vigilant in what is happening in the social media world and how our children/students interact in it.

Attached to the newsletter today are some tips to stop cyber bullying. As always, the best advice I can give, is to communicate with the school any concerns you may have. Working together as a team will enable us to deal with any issues that may arise in this area of social media.

### SCHOOL LUNCHES

There is an open invitation to any parent who thinks they may be able to help out with school lunches. You may have a spare day and a lunch speciality that you could offer. If this is the case please contact us at school.

### FUNDRAISING FOR BEYOND BLUE

**Beyond Blue** is an Australian mental health and wellbeing support organisation. They provide support programs to address issues related to depression, suicide, anxiety disorders and other related mental illnesses.

The organisation works in partnership with governments, local health services, educational institutions, workplaces, media and community organisations, as well as the general community to raise community awareness about anxiety and depression and reduce the associated stigma. Beyond Blue was founded in 2000 by former premier of Victoria, Jeff Kennett. It is currently chaired by Julia Gillard, former prime minister of Australia.

Beyond Blue fits in very neatly with our Positive Education approach and our Digital Resilience Program.

To allow us to make all of our students aware of what we are raising money for we are having a '**Dress up in Blue**' day on Friday March 19<sup>th</sup>

### DISTRICT SWIMMING

Well done to Shantae Keegan, Ava Jacobson, Arlee Holmes-Wilson and Aiysha Pollock on participating in yesterday's District Swimming. Thanks to Janie Jacobson for looking after the girls.

Shantae placed 2<sup>nd</sup> in backstroke and 4<sup>th</sup> in freestyle, Aiysha 10<sup>th</sup> in back, Arlee 6<sup>th</sup> in both strokes and Ava 4<sup>th</sup> in backstroke. The girls combined for 2<sup>nd</sup> in the relay.



## **WHOLE SCHOOL EXCURSION – Tomorrow**

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 go to the 'Whalers Lookout' walk. 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 (no hot lunches for this day) and play games on the oval, play on the playground and take a walk over the Surrey River to the beach.

## **SCHOOL COUNCIL**

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

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

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

## **EARLY START FOR HOT LUNCHES/PIE HEATER**

At Bolwarra students have the option of bringing food for lunch which will be warmed up in the Pie Heater

- ❖ Food must be wrapped securely in foil – any containers must be heat resistant
- ❖ Students name and grade to be written clearly with black marker
- ❖ Food must be placed in the container in the classroom on arrival at school
- ❖ Grade 6 students will collect containers at recess, place food in the pie heater, and at lunch time will return container to relevant classrooms

## **EXTRA-CURRICULA TERM 4 DATES**

<b>March</b>				
	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
	Friday	19 <sup>th</sup>	-	Beyond Blue Dress Up day
	Tuesday	23 <sup>rd</sup>	-	Rural Athletics – All Students
	Friday	26 <sup>th</sup>	-	Flourishing Friday
	Tuesday	30 <sup>th</sup>	-	District Athletics
	Wednesday	31 <sup>st</sup>	-	Parent Teacher Interviews (4pm – 7pm)
<b>April</b>	Thursday	1 <sup>st</sup>	-	Last Day of Term1
			-	Parent Teacher Interviews (8am-2pm)

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

**HAPPY BIRTHDAY** to Jamie Heinrich who turns 12 next Thursday.

**BOOKCLUB - ISSUE 2** which was distributed today is due back at school by next Friday, 12<sup>th</sup> March.

## **NEEDED FOR CLASSROOM ACTIVITIES:**

- Old Buttons
- Empty/clean Coffee/Milo Tins

**REMINDER BULB FUNDRAISER – Please return orders by 17<sup>th</sup> March.**

## Chaplains' Corner – The repair kit every family needs

Take heart. It's not just your family. It happens to all of us. Yes, we all want to get along happily with each other. But sooner or later, there's a disagreement, a clash of personalities, our kids have a bust up. It lands in our lap. We have to find a way through. The last thing we want or need is a family crisis.

Misunderstandings, cross words and upsets arrive in the best ordered families. Yet, we don't have to fall for flared tempers, high decibels, foot stamping or worse. So, we need a family repair kit to help us sort things out. And what does a family repair kit look like? Here are some hints....

- **There is just one important reality to begin with** – As mums and dads we have pretty clear ideas about what is acceptable behaviour and what isn't. And if a child crosses the unacceptable line, it's time for correction and consequences, not time for negotiation.
- **So now, what about the family repair kit?** – There are three great tools in the box: the need to identify the problem, then to come to an agreed action, then to exercise forgiveness. And each tool requires our oversight, effort and time as mums and dads.
- **The first tool – identify why there's an upset** – Sounds pretty easy but don't bet on it. It'll only take a minute to realise that each person has their own strongly held view of what's gone wrong. And they are sure to be very different. And they may want to hold their ground too.
- **How do we action this first tool then?** – Be warned, there won't be any peace or progress until all players grasp why the other person is upset. It's not enough to defend your own position. The hard yards are to understand why others are upset. This is a crucial key.
- **It's time to wheel in a truck load of empathy** – With a dash of love and kindness. To stand in each other's shoes gives the big picture. Then it's possible to really identify the upset and begin to work on it. It's not about defending my turf. It's about looking after each other.
- **The second tool – agree on the action to be taken** – Mums and dads can help the family check out the options. Help to repair that broken toy, or clean up the mess in another's bedroom, or give extra chances in that game, or promise not to put that other child down.
- **There's power in that action** – Whatever it be. For investing time and thought in correcting a situation provides a sense of satisfaction, the achievement of actually creating a fresh climate between those who have not been getting along. It's like the dawning of a new day.
- **The third tool is forgiveness** – With the upset identified and the corrective action taken, it's time for forgiveness to be sought and accepted. This tool is just as demanding as the others. There is no point holding on to past failures, mistakes and stuff ups. Life is too short.
- **Forgiveness sets us all free** – We become more understanding; we modify our behaviour to avoid further upsets; we move into new and fresh ways of getting along with each other. Forgiveness is not the easy way out. It calls for courage, humility and caring on all sides.

If there's one lesson worth hanging on to it's this one: use the repair early and often! Don't let hassles fester away. Problems hidden under the carpet have a habit of returning and bringing awful tension, stress and breakdown. Don't let that happen with your crew.

**John** – stay in touch [revsimmo@gmail.com](mailto:revsimmo@gmail.com) 0428 780 421, Andreena 0428 233 082

## Expert's tips for parents to stop cyber-bullying

Publication Date: 17/11/2014 5:00 PM

Social media is more accessible than ever – with the rise of smartphones and tablets, it has never been easier to jump online.

For young people, it means being more connected than any other generation – friends are never more than a tweet away.

Unfortunately this has also led to a rapid increase in cyberbullying – to the point that at least one in 10 children are cyberbullied each year.

Cyberbullying can be very different from traditional bullying, and many parents can feel ill-equipped to respond if their child is being cyberbullied.

Susan McLean (pictured right), a former police officer and Australia's leading cybersafety expert, said even if parents have no experience with social media, by following a few basic steps, parents can effectively support their children to be safe online.

'Parenting in the 21st century requires you to be able to parent in the digital space,' Ms McLean said. 'Technology is firmly entrenched in our lives and that of our children so we need the tools to deal with issues as they arise.'

'It's really important that if your child is being cyberbullied, you don't cut them off from social media and take their technology away - the vast majority of kids won't tell a parent if they are bullied and harassed online for fear of losing access. They would much rather put up with the bad to keep the good.'

Ms McLean said when confronted with their child being cyberbullied, parents should follow the cyberbullying quick response checklist:

- Reassure and comfort
- Don't respond
- Block and delete bully
- Report to the site
- Keep a copy
- Tell school (or relevant place) and seek action
- If ongoing inform police
- Support your child as they have done nothing wrong

The Department's [Bully Stoppers website](#) has a range of advice for parents, students and teachers about how to respond to all types of bullying.

Susan McLean is Australia's leading cybersafety expert and was a member of Victoria Police for 27 years. She was the first Victorian Police officer appointed to a position involving cybersafety and young people. She was one of several experts who authored the *Bully Stoppers Resource* and is a published author. Her book *Sexts Texts and Selfies - how to keep your child safe in the digital space* is available now.



# Portland Secondary College

OPEN DAY  
Parent  
Information Night  
& Scholarship  
Testing  
Monday 15th  
March



6pm Junior Wing Building Family Information session and testing (will be open from 5.30pm)  
2022 year 7 Academic and Leadership positions available.

Alternative Tour Times:

Tuesday 16th March, 9-10am

Wednesday 17th March, 9-10am

Thursday 18th March, 2-3pm

To arrange one of these times please phone

Sally Dunstan 55231344

