

NUMBER 12

29<sup>th</sup> APRIL 2021

## PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK THREE TERM TWO 2021

|                               |                              |
|-------------------------------|------------------------------|
| Friday April 30 <sup>th</sup> | •                            |
| Monday May 3 <sup>rd</sup>    | •                            |
| Tuesday May 4 <sup>th</sup>   | • <b>School Photos - 9am</b> |
| Wednesday May 5 <sup>th</sup> | • School Council 7pm         |
| Thursday May 6 <sup>th</sup>  | •                            |
| Friday May 7 <sup>th</sup>    | • Mother's Day Stall         |

### THE RESILIENCE PROJECT - GRATITUDE

In the next few weeks all students will be involved in lessons on Gratitude.

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.

## 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.

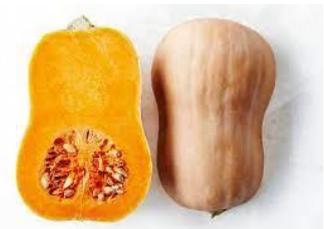
### ANZAC DAY



Thanks to Charlee Coates for representing our school at Sunday's ANZAC Day ceremony and laying a wreath on our behalf.

### PUMPKIN SOUP/SCONES – Tomorrow

Tomorrow we will be using pumpkins from our garden to make soup and scones which will be available to the students for their lunch. (no cost).



### BEANIES

We have had a big take up of our beanies, so much so that we have sold out. An order has been placed for more and should be here in about 3 weeks. Sorry for any inconvenience.

**SCHOOL PHOTO DAY**  
**Tuesday, 4<sup>th</sup> May**  
**All students to be at school by**  
**9.00am**  
**and to wear proper school uniform**  
Please make sure to send order envelope  
to school with your child  
on photo day.  
Follow instructions on envelope for orders  
(exact money - change cannot be given)

**EXTRA-CURRICULA TERM 2 DATES**

|            |             |                  |                  |  |
|------------|-------------|------------------|------------------|--|
| <b>May</b> | Tuesday     | 4 <sup>th</sup>  | -                | School Photos a.m.                           |
|            | Wednesday   | 5 <sup>th</sup>  | -                | School Council                               |
|            | Friday      | 7 <sup>th</sup>  | -                | Division Athletics in Warrnambool            |
|            | Monday      | 10 <sup>th</sup> | -                | Primary School Golf Tournament               |
|            | Tuesday     | 11 <sup>th</sup> | -                | NAPLAN – Grade 3 & 5 Writing                 |
|            | Wednesday   | 12 <sup>th</sup> | -                | Rural cross-country at Narrawong p.m         |
|            | Thursday    | 13 <sup>th</sup> | -                | NAPLAN – Grade 3 & 5 Reading                 |
|            | Monday      | 17 <sup>th</sup> | -                | NAPLAN – Grade 3 & 5 Conventions of Language |
|            | Tuesday     | 18 <sup>th</sup> | -                | District Cross-Country                       |
|            | Wednesday   | 19 <sup>th</sup> | -                | GRIP Leadership for Student Leaders          |
|            | Thursday    | 20 <sup>th</sup> | -                | NAPLAN – Grade 3 & 5 Number                  |
|            | Wednesday   | 26 <sup>th</sup> | -                | Winter Series – Grades 4-6                   |
|            | <b>June</b> | Friday           | 11 <sup>th</sup> | -  |
| Monday     |             | 14 <sup>th</sup> | -                | <b>Queen’s Birthday Holiday</b>              |
| Friday     |             | 25 <sup>th</sup> | -                | Last Day of Term 2                           |

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

**HAPPY BIRTHDAY** to Rosie Clark who turns 7 on Sunday.

**BOOK CLUB ISSUE 3** is due back at school by tomorrow, 30<sup>th</sup> April.

**2021 PUPIL FREE DAYS**

Friday June 11<sup>th</sup>  
Friday December 3<sup>rd</sup>  
One more day still to be decided

**MOTHER’S DAY STALL – Friday, 7<sup>th</sup> May**

There will be a variety of gifts, up to the value of \$6.00, to choose from; the stall will be set up in the music room and each grade will take it in turn for students to make their purchase. Please send along a carry bag (so children can ‘hide’ their gift) as we do not have any at school.

## Chaplain's Corner – Consequences, a great tool for life

Here's a fact of life for all of us. No exceptions. What's that, you ask? Our words, our actions, our intentions all have consequences. Flow on effects. Either, positive and helpful, or exactly (and often sadly) the opposite. We simply don't live to ourselves. In the small community we call our family, what we do and say has outcomes for each of us. These may be immediate or long term. So, it's quite surprising that we often give limited attention to the power of consequences.

But with a little bit of effort, we can help our kids understand how consequences can deliver for them and for us too. A healthy grasp of how kind and thoughtful behaviour builds up those around us is a powerful tool. And, equally, a healthy grasp of how unkind and uncaring behaviour makes life difficult for others will hopefully save us from hurting each other. Consider....

- **It's wise to practise thinking ahead** – Hasty actions and quick words can lead us into trouble. Especially if we are stressed and not coping. To hold our breath long enough to choose the right words and to act with care will save us serious heartache later.
- **Pick the winners as a priority** – It's about stopping to ask, "Will these words or these actions help or hinder my family?" Get the right answer. If the outcome will be helpful, go for it. If there's a chance of simply creating stress, upset and argument, it's better to think twice. And start counting.
- **Consequences have an inbuilt power** – Especially when you are doing your best to develop a sense of responsibility and care in your family. "Thank you for doing that" is a loving consequence. "You did a great job in helping me tidy up the yard." These mean a lot to the child who is keen to help.
- **Consequences also apply to behaviours which are unsettling** – When a family member is acting up, creating stress, refusing to co-operate and generally being painful, it's time to wheel in other consequences. Think first before you decide which will be the most effective though.
- **A workable consequence is one which draws a line in the sand** – None of us has the right to do whatever we please whenever we happen to feel like it. Parenting is about giving our kids structures and routines which require their co-operation and commitment and which have outcomes.
- **Agreed outcomes kick good goals** – This is family teamwork at its best. Even little people can understand being a team player. More complex tasks can be negotiated as age increases. To agree on these roles and routines creates joint ownership. Responsibility becomes the name of the game.
- **And agreement can be reached in simple ways** – The sharing of what is needing to be done opens the way for the kids to come up with solutions. "How can we be sure Bluey is fed each night?" or "What's the best way to keep the wood supply handy?" Our kids will dream up ways and means.
- **But there comes a time when it's right to act** – If agreed responsibilities are not being acted upon, some privileges need to be wound back. It's called discipline. We are not our child's mates. We need their help to run the home. Consequences are activated when agreed roles are unattended to.

Consequences have another great benefit. The young person who's worked out the connection between actions and their outcomes is on the road to great wisdom. They are learning the big difference between beneficial and destructive behaviours, about what is right and good and what isn't. Weighing up the consequences is a powerful tool for effective living.

