



BOLWARRA

NEWSLETTER

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PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK FIVE: TERM TWO 2021

Friday May 14 th	•
Monday May 17 th	• NAPLAN – Conventions of Language Grade 3 & 5
Tuesday May 18 th	• District Cross-Country
Wednesday May 19 th	• GRIP Leadership
Thursday May 20 th	• NAPLAN – Numeracy Grade 3 & 5
Friday May 21 st	• Flourishing Friday

THE RESILIENCE PROJECT

Research findings on 'The Resilience Project'

Empathy and Kindness

Teachers reported the program helped create a kinder school environment.

'I've learnt it's good to ask more questions to find out how people are feeling and how we can help them. Rather than accepted the "yeah, I'm fine" when you know they are not.' – Grade 4 student

The Evidence behind Empathy and Kindness

Every time you do something kind for someone else, your brain releases Oxytocin. Oxytocin leads to increased self-esteem, confidence, positivity and happiness.

PREP 2022

Enrolments - We are now taking school tours for 2022 enrolments. If you require an enrolment pack for a sibling, pop into the school office. If any family or friends would like a tour of our wonderful school, please have them contact the office.

All schools in the Portland and District area encourage students to go to their local school. Your local school can be found by visiting <https://www.findmyschool.vic.gov.au>

DIVISION ATHLETICS



Outstanding performances from our students in Warrnambool on Friday at the Division Athletics. Charlie Arnold won the triple jump, Arlee Wilson won the shot put and Paddy Impey won the long jump.

Yarinda placed 12th in the 200 meters, Paddy came 5th in the 200 and 6th in the 100. Lou and Charlee helped their relay team into 7th overall.

Charlie, Arlee and Paddy have now qualified for the Greater Region Championship to be held in Ballarat in October.



POLICIES PASSED AT SCHOOL COUNCIL

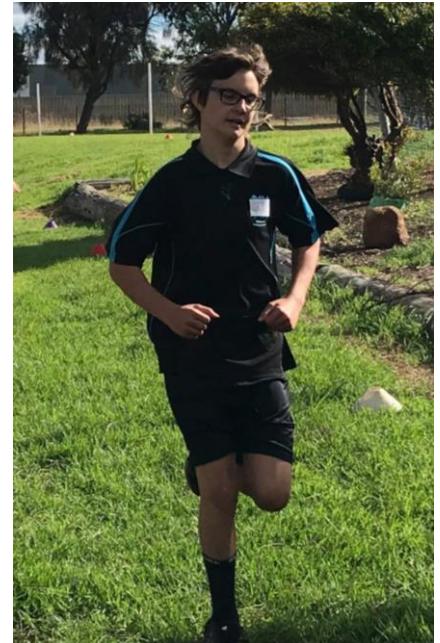
At our most recent School Council Meeting the updated Uniform and Child Safety Officer policies were passed. It can be found on our school website <http://www.bolwarraps.vic.edu.au/> or we are happy to provide you with a paper copy on request.

DISTRICT CROSS-COUNTRY – Tuesday May 18th

Students who have qualified for this event from yesterday's Rural cross-country will receive individual notes with further information on this event tomorrow.

RURAL CROSS-COUNTRY

As evidenced by the photos our students made the most of their cross-country day. All students who ran performed at their best. Well done!



FLOURISHING FRIDAY

Our students are enjoying Flourishing Friday every 2nd Friday. Pictured are last Friday's cooking group enjoying their work.

If you have an idea for Flourishing Friday please let us know.



EXTRA-CURRICULA TERM 2 DATES

May	Monday	17 th	-	NAPLAN – Grade 3 & 5 Conventions of Language
	Tuesday	18 th	-	District Cross-Country
	Wednesday	19 th	-	GRIP Leadership for Student Leaders
	Thursday	20 th	-	NAPLAN – Grade 3 & 5 Number
June	Wednesday	2 nd	-	Winter Series – Grades 4-6
	Friday	11 th	-	Report Writing – Day. Student free day
	Monday	14 th	-	Queen's Birthday Holiday
	Friday	25 th	-	Last Day of Term 2

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Mr Gibbons who will celebrate his birthday tomorrow; Charlie Arnold (12) on Saturday, Eddie Curran (8) on Monday, and Thomas Menzel (7) on Wednesday.

2021 PUPIL FREE DAYS

Friday June 11th

Friday December 3rd

One more day still to be decided

FRIDAY LUNCH ORDERS

Tomorrow is the start of our Friday lunches with Pasta Bake. We will have 4 more Friday lunches for this term; thank you to those people who have volunteered their time for these days.

Suggestions for lunch ideas are most welcome. If you have a favourite that you would like to make please see Nicole in the office.

A reminder that we are a nut free school, and this policy must be adhered to with all Friday Lunches. All food must be cooked at school, and ingredients purchased from the Bolwarra IGA account.

Keep an eye on the newsletter and Bolwarra Facebook page for up-coming parent meetings.

A roster will be drawn up for next term for volunteers to put their name down on a Friday that suits.

Most lunches require 2 – 3 helpers for preparation, serving and cleaning up.



Win a Go Pro camera or tourist vouchers!

Enter our photo competition for your chance to share in around \$3000 worth of prizes.

Students need to take a photo that captures how they value water in south-west Victoria.

More details: wannonwater.com.au

Entries close 27 May 2021.

Proudly sponsored by

**Wannon Water
and
Glenelg Hopkins Catchment Management Authority.**

Chaplains' Corner – When family chaos arrives

One thing is guaranteed for every family: we don't know what's going to happen next! We can't predict what tomorrow will deliver. Yes, our daily routines help us to get on and do what usually comes next. A big plus. But it's the unexpected interruptions which are so good at creating chaos. The dramas which invade our lives without warning. And usually out of left field.

The possibilities for upsetting our routines are endless. The running nose, the sore throat, the cough are stock standard. But it's those big deal interruptions which head in from all angles that bring chaos into our lives: a major health scare, an accident, the loss of a loved one, a job that disappears, a friendship that crashes, a plan that falls apart, a hope lost. So, where to when these close in on us? Consider....

- **Families are about chaos** – Our partner and kids are not robots. They're not machines. They have their ups and downs as we do. Differing ages and personalities, differing interests and preferences, differing choices all combine to create chaos, both joyful and stressful.
- **Chaos is not a sign we've lost the plot** – Chaos is what families are good at. It's about how we respond to what's happening around us. There's no need to panic, or fall in a heap. Joyful chaos is a delightful bonus. Stressful chaos requires thought, wisdom and patience.
- **Try to figure out the origin of our current chaos** – Let's be honest with ourselves. Sometimes we generate our own chaos. Being a mum or dad doesn't mean we'll always say or do the right thing. If only. We have to face the situations we create.
- **But it takes courage to wear our own chaos** – We have to put our hand up. There's no point blaming the family. Instead, how about a truckload of wisdom and humility? May be apologies too? Do we need to quit raising our voice, or curtail our anger? What's needed?
- **Chaos arrives from outside us too** – These are the tensions and stresses which we can't easily control. They often spring from difficult relationships, both within and beyond the family. Add in anxiety about health, finance, housing, employment. It could be a long list.
- **Where to then in managing our chaos?** – That first step is working out the origins of what's keeping us awake at night. If it's our stuff, then what repair work is required on our part? If from external sources, we need to work out what we can and can't do.
- **It's wise to accept some realities** – Perhaps some chaos just won't go away any time soon. Difficulties have a way of helping us become more adequate human beings. We learn to cope; we develop empathy; we find new ways to respond; we learn not to give in.
- **We help our families too** – Our kids have their times of chaos, of colliding with situations that stress them. These are golden opportunities to show them how to deal with their upsets, how to create solutions, how to keep their cool, how to be patient.

To ignore our chaos is not clever. Whether it arises from within us or outside us, chaos requires our attention. To press on as if nothing is astray invites more drama to complicate our lives. Then family life enters the war zone stage. There are no winners. So, let's look our chaos in the eye and find ways to move on, or at least learn as much as we can from our setbacks.

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