

NUMBER 15

20th MAY 2021

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK SIX: TERM TWO 2021

Friday May 21 st	<ul style="list-style-type: none"> • Flourishing Friday
Monday May 24 th	<ul style="list-style-type: none"> • Division Cross-Country in Warrnambool
Tuesday May 25 th	<ul style="list-style-type: none"> • Netball clinic Grade 3-6 • Maths Games Day
Wednesday May 26 th	<ul style="list-style-type: none"> •
Thursday May 27 th	<ul style="list-style-type: none"> • 2.30pm Parent Community gathering in Staff-Room All welcome • Assembly 3pm
Friday May 28 th	<ul style="list-style-type: none"> • Whole School Excursion

THE RESILIENCE PROJECT

Research findings on 'The Resilience Project'

Mindfulness

Several students experienced the benefits of practicing mindfulness regularly.

'... it (mindfulness) actually calms me a lot. Before I did it, I was stressed out about homework and stuff, so every night it helps me just relax.' – Grade 6 student

The Evidence behind Mindfulness

Practicing mindfulness for just 6 weeks increases children's ability to pay attention by 3 times.

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>

FLOURISHING FRIDAY TERM 2 EXCURSION – Friday May 28th

For our excursion this term the school will break into 2 groups and do the following;

- Tour of the Port of Portland
- Walk around the Lagoon/Gardens (weather permitting)
- Round Trip on the Portland Cable Tram

GRIP LEADERSHIP



Yesterday the student leaders (Jaemie Heinrich, Lou Impey, Charlee Coates and Xavier Buchanan) had a great day in Mt Gambier at the GRIP Leadership Day. The students learnt a lot about being a leader which they will be applying throughout the rest of 2022.

A big thank-you to Portland Aluminium who provided the funding for the cost of the tickets and the buses to and from Mt Gambier.

DISTRICT CROSS-COUNTRY



Congratulations to the 17 students who represented our school on Tuesday at the District cross-country. Zeppy Vallance, Xavier Buchanan, Charlee Coates, William Rethus, Matthew Rethus, Chad Daniel, Shantae Keegan, Aiysha Pollock, Hannah Rethus, Kekoa Vallance, Clancy Stirling, Kelvin Moore, Aiden Iddon, Paddy Impey, Ava Jacobson, Gracie Piergrosse and Zarah Bott. Well done to Ava (4th), Gracie (7th), William (7th) and Aiysha (7th) who all qualified for the Division event in Warrnambool on Monday.

EXTRA-CURRICULA TERM 2 DATES

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 Miss McDonald who will celebrate her birthday tomorrow and Ed Thompson who turns 12 on Saturday.

2021 PUPIL FREE DAYS

Friday June 11th

Friday December 3rd

One more day still to be decided

FRIDAY LUNCH ORDERS

We only have 2 more lunch orders for this term:-

Friday, 28th - No lunches due to whole school excursion

Friday, 4th June – Hot Dogs – helpers – John & Judith

Friday, 11th June – Student Free Day

Friday, 18th June – Pizza Slices – helpers Demi Jennings and 1 more helper needed just for serving.

Any parents who would like to volunteer with Friday lunches but who may feel they don’t have the confidence, please don’t let it stop you! New helpers will always be paired with a parent who has had previous experience and who will be more than willing to show new comers the routine.

If you would like to volunteer but are apprehensive, see Nicole in the office and let her know that you would like to be paired with an experienced parent.

BOOKCLUB – ISSUE 4

Book Club Issue 4 was handed out today and is due back at school by Friday, 4th June.

TIE-DYING in TERM 3

During Term 3 all students will be involved in Tie-Dying activities.

Student will need to bring a CLEAN, PLAIN WHITE, T-Shirt, with their name written on the inside of the collar, to school by the end of this term.

Chaplains' Corner – It's time to unload the baggage

May be sometimes we overlook it. Or we just forget it. It's about the way our past shapes today and tomorrow. For us and our kids. Our past is the lifelong collection of our memories and experiences. And hopefully there is a healthy balance between the joyful, positive moments and those which we would rather forget.

So, it's a good move to hang on to the great memories while we take action on our baggage. What baggage you ask? The memories we'd rather put paid to. We have our own list: like the unkind putdowns we've spoken in haste or anger, or decisions which created hardship for ourselves or our families, or damaging behaviours which we wished hadn't happened. All these sit like a cloud on our hearts and minds. They drain our energy. They may even sap our confidence. So, where to with all this? Consider....

- **Life doesn't have a delete button** – Failure is a fact of life. What's happened has happened. It's what we do with our past that counts. Some pressing questions wait for us. And they may provide a way to move forward.
- **Some baggage may be a blessing in disguise** – We all make wrong turns and flawed decisions. So, one big question: what can we learn from our mistakes? May be develop more patience, more insight, more understanding? Our baggage may produce growth.
- **One reality waits for us** – And we need a truckload of wisdom to handle it. Some mess ups can't be undone easily or if at all. We just have to live with these. Acceptance, courage and support are essential if we don't want past regrets to run our lives in the present.
- **We don't have to hit the brick wall** – Sure, some baggage may just sit there. But there's other baggage we can attend to. Relationship troubles often top the list. What's needed? Do we need to seek forgiveness? Or receive it? Do we need to stop blaming others for our own bad calls?
- **There's no need to rush** – It may take a while to work out what our baggage actually looks like. Our painful stuff can hide away and grab us without warning. It's pretty good at stalking us. Just when we think we're moving forward that unhappy memory grabs our attention. We can feel beaten.
- **There's a bonus then in making some brave calls** – We quietly sort out what we can work on. If apologies are needed, they are offered. If we've made financial errors, we set them straight. If we've been unkind and critical, we determine to be the opposite. We are now good news for our crew.
- **Dumping our baggage creates much more inner space** – Instead of being preoccupied with all that's gone wrong, we can become a new, happier and healthier person. We quit beating ourselves up. We put the past where it belongs. A welcome inner peace arrives. The lights go on inside us.
- **Reducing our baggage is good for us and our families** – With our focus now much more on the present, we greet each day as a new adventure. We no longer live under the cloud of our history of mess ups. We bask in the sunshine of the good things that are yet to be. It's a whole new world.

Baggage reduction frees us up to really enjoy our family. We opt for bringing out the best in our partner and kids simply because we've chosen to be the best that we can be. Joy is let loose. Listening is standard practice. We see the light of life rather than the shade. Got some baggage? Give it a shunt.

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