

NUMBER 22

22<sup>nd</sup> JULY 2021

## PRINCIPAL'S REPORT

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

### REMINDERS FOR WEEK THREE: TERM THREE 2021

Friday July 23 <sup>rd</sup>	<ul style="list-style-type: none"> <li>• Remote Learning</li> </ul>
Monday July 26 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Remote Learning</li> </ul>
Tuesday July 27 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Remote Learning</li> </ul>
Wednesday July 28 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Return to School</li> </ul>
Thursday July 29 <sup>th</sup>	<ul style="list-style-type: none"> <li>•</li> </ul>
Friday July 30 <sup>th</sup>	<ul style="list-style-type: none"> <li>• 'Flourishing Friday' 2:30pm</li> </ul>

### REMOTE LEARNING

Like learning at school every child will be having a unique remote learning experience. The amazing skill that our teachers have is their ability every day to cater for every individual child in their classroom. This is much more difficult when they are separated by the physical distance of a lockdown.

How are we going? Is the work challenging? Too challenging? Is there enough work? Not enough for your child? Normally the teacher will know the answers to these questions from all the regular observation they do throughout a regular school day.

In remote learning we require you as the parent to give us feedback. Please contact your child's teacher if your children requires more work or less work. More challenges or less challenges, or if everything is going ok.

We all hope that we are back at school on Wednesday but we must also prepare for the unpleasant possibility of a lockdown extension.

### THE RESILIENCE PROJECT – Podcast 'The Imperfects'

The Academy of Imperfection - Dr Billy Garvey, Paediatrician

Go get your pens and notebooks everyone! In this edition of The Academy of Imperfection, students Hugh, Ryan, Josh sit down with famed paediatrician, Dr Billy Garvey of The Royal Children's Hospital. Currently, Billy regrettably has a two and a half year waiting list to see him in person, but is keen to reach as many of you as possible NOW. And with all the talk on our podcast about parenting recently, we felt this was a very necessary episode. Billy may not look like one of Australia's most respected and in-demand paediatricians, as we speak about in the episode, but gee whiz, he sure does talk like it!

- [Apple Podcasts - Click Here](#)
- [iHeart Radio - Click Here](#)
- [Spotify Podcasts - Click here](#)
- [Stitcher - Click Here](#)

### WORDS FROM BEN CROWE – Ashley Barty's Mind Set Coach

There are two expectations that are kind of killing performances all over the world. One is expectations of outcome which you can't control and the other one is expectations of others which you also can't control. And focusing on something you can't control but wanting to control it is the definition of anxiety or stress or pressure or worry. The process is about accepting the things you can't control and letting them go and focusing back on the only thing you can control, which is how hard you train and your intention and also the words which represent the best version of you.

### PARENT SURVEY

On Tuesday all current families received an invite to participate in the Parent Opinion Survey via e-mail. The survey remains open until Sunday August 22<sup>nd</sup>.

**Thank you to those 8 parents that have already completed the survey.**

# FLOURISHING AT BOLWARRA

## REMOTE LEARNING

My favourite activity being tackled by classes this week is the following;



*Some of the elderly in Portland have been particularly isolated due to COVID-19. They loved your letters last year, so we will send some more out to them. Tomorrow you will write the letter. You will only give your first name, and no really personal information. We would like you to include in your letter something that you are passionate about. Something you already know a lot about. It might be cars, a sport, a hobby, an animal, your pets- whatever you like. Today, all you need to do is have a think- what passion would you like to write about? Then, plan your letter. Write all the details that you are going to include in your letter.*

Some of the letters that have already been sent off are extraordinary. Students are really thinking hard about what may put a smile on someone else's face.

## 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>**

## EXTRA-CURRICULA TERM 3 DATES

### July

Friday 30<sup>th</sup> - 'Flourishing Friday'

### August

Wednesday 4<sup>th</sup> - School Council  
Thursday 5<sup>th</sup> - Assembly 3pm  
Friday 13<sup>th</sup> - 'Flourishing Friday'  
Thursday 19<sup>th</sup> - Assembly 3pm  
Friday 20<sup>th</sup> - Whole School Excursion  
Friday 27<sup>th</sup> - **Pupil Free Day**

### September

Thursday 2<sup>nd</sup> - District Basketball – Boys  
Thursday 9<sup>th</sup> - District Basketball – Girls  
Friday 10<sup>th</sup> - 'Flourishing Friday'  
Thursday 16<sup>th</sup> - Assembly 3pm  
Friday 17<sup>th</sup> - **Last Day of Term 3**

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

# FLOURISHING AT BOLWARRA

## Chaplain's Corner – Coping with our lockdown world

By any measure these are not the easiest of days. Covid has interfered with so much of our day-to-day activities. Our usual routines have all been interrupted. Remote learning is not a novelty anymore. Our local sporting fixtures have been upended. Families are concerned about their grandparents. Likewise their young adults working away from home. So much has changed. And not for the better.

It's hard to think what a new "normal" might look like. But some things are clear. We now have to live with uncertainty. How far can we plan ahead? How many more lockdowns will we have to cope with? Can we really set up that holiday we've been hoping for? And what about our ongoing employment and business? Wherever we look these are hard times for so many of us. May be it's time to take five and reflect a little....

- **For our families home schooling is the big reality** – And it's a challenge for mums and dads, students and teachers. Some families cope well; others find the going stressful. There's a big drain on time and energy for all players. Teachers work hard to make the on line contact friendly and interesting.
- **There is a plus hidden away here** – While there's no real substitute for the classroom, the on-line connection keeps the teacher-student connection alive and well. And those students who do need to attend school enjoy the informality of limited numbers. Some positives are still there.
- **And there's something else we need to take note of** – We may not be aware of it but our spirits can be shaped by the weather. The relentless onslaught of rain and wind subtly dampens our outlook on life. We can't change the weather so we really do need each other's help to keep our spirits up.
- **We also need to count our blessings** – In all the upsets of our Covid world, what's actually going right for us? Try family and close friends for starters. And keeping food on the table. Or what about just getting up in the morning? And hopefully a warm lounge room on these cold days?
- **What's getting us down?** – For some of us, the positives may be few and far between. If our income is lost or limited, that's a huge stress. If our business is struggling, we carry that burden every moment. If we're not coping very well, it may be wise to share our needs with someone we trust.
- **The loss of hope is high price** – This is the real cost of these Covid days. We have to cope with unfriendly limitations. It's no wonder that we can lose heart and feel that the world is stacked against us. Hope for better times disappears. Which is why we need each other for mutual support.
- **Reaching out to our wider family and friends brings relief** – And it doesn't matter how this happens be it via text messaging, emailing or phone calling. Our own tired spirits are re-energised when we make the move to be there for others. When we place their needs as a priority, we are also blessed.
- **Our kids are tech savvy so put them to work** – Why not set up a zoom meeting with friends, or at least get into face timing? Social media has its downside as we all know but at times like this it can be put to good use. Just keeping up with others and sharing our stories is a good use of time.

Let's make sure these Covid days don't rob us of good family times. So, spend as much time as you can with each other. Get out that board game, or read a book together, or tackle a jigsaw, or get down on the floor to do Lego with the kids, or play a new video game, or watch a family movie, or go for a walk or a ride. Let's stay on top in these difficult times. We need each other's love, company and support.

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