

NUMBER 28

2<sup>nd</sup> September 2021

## PRINCIPAL'S REPORT

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

### REMINDERS FOR WEEK EIGHT: TERM THREE 2021

Friday September 2 <sup>nd</sup>	<ul style="list-style-type: none"> <li>• Remote Learning</li> </ul>
Monday September 6 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Remote Learning</li> </ul>
Tuesday September 7 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Remote Learning</li> </ul>
Wednesday September 8 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Remote Learning</li> </ul>
Thursday September 9 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Remote Learning</li> </ul>
Friday September 10 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Remote Learning</li> </ul>

### REMOTE LEARNING

We are continuing with Remote Learning. There is some hope that Regional Victoria may come out of lockdown before the end of term. We need to continue to follow the rules, increase vaccination rates and hope that Delta doesn't enter our region.

Your family may be coping ok with the current lockdown but another family may be struggling. Can I ask that we connect with others during this time?

Organise for your child to connect with school friends via phone, WebEx or Zoom. I believe that most of our students are coping well but there are some that need to talk to their mates. Now is the time to reach out.



### FATHER'S DAY STALL

- Thursday & Friday 9am to 12:30pm
- Parents to remain outside school grounds. Students can come to the office. Nicole will take them to the stall to purchase their gifts.
- It would be appreciated that students have the correct money - 50c increments up to \$6.
- Only families who live within 5km of the school are allowed to attend under current restrictions.

Thanks to Sarah Rethus for organising the purchase of the goods and to Nicole for setting up and running the stall. We had many other parents volunteer to help out but under current restrictions this is not allowed.

**HAPPY BIRTHDAY** to the following students who will celebrate their birthday in the coming week:-  
 Ava Wood (9) and Aiden Iddon (10) celebrate their birthday tomorrow and Jordan Howson turns 8 on Thursday.

### PARENT SURVEY

**Thank you to those 25 families that completed the survey.**

### 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. Due to the current regulations we are unable to conduct school tours for 2022 enrolments.

**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>**

## **JOHN MARSDEN'S TIPS FOR PARENTS**

While we are in lockdown it is a good opportunity to reflect on the following thought-provoking statements.

- Give children space. Back off. Let them roam. Let them be bored. Don't over-plan their lives. Cut way back on the after-school activities programs.
- Don't take up all the space. If you are dominating, loud, forceful, your children are highly likely to become passive, lacking spirit and personality ... and/or sullen.
- Believe about 40 per cent of the dramatic stories your children tell you of the injustices, corruption and satanic practices happening at school.
- Teach them empathy. For example, after their jubilant victory celebrations when they win a sporting match, remind them that their jubilation was only possible because someone else – the losers – have been made to feel awful.
- Make sure they have regular jobs/duties at home and that those jobs are done to a consistently high standard.
- Don't whinge endlessly about the miseries of your adult life. A lot of children now are fearful about growing up because their parents paint such a grim picture of the awfulness ahead.
- Teach them to be very wary of people who Absolutely Know the Absolute Truth about Absolutely Everything! The colour of truth is always grey. Extreme positions are for the ignorant. Every creature, every person and every situation is complex. The universe is a wonderful mystery.”



## **TWILIGHT NETBALL COMPETITION 2021-22**

**Twilight Netball starts**  
Monday 4 October 2021

**Registration Night:**  
Monday 13 September 2021  
from 5 - 6.30

**GRADES AVAILABLE:**  
Open, Mixed, 16/U,  
13/U, 11/U &  
Net Set Go (Gr 3 & up)

(If you want to join a team please  
come see us on registration  
night or email us with  
your details)

**Contact us if you need more information or have questions:**  
Email [portland-netball-association@hotmail.com](mailto:portland-netball-association@hotmail.com)  
Phone Sue Muldoon on 0438 552 351  
Facebook Messenger [Portland Netball Association Inc.](#)

 Follow us on Facebook to stay up to date with all things Netball 

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

## Chaplain's Corner – Covid coping for mums and dads

At this moment the lockdown remains in place. We don't need news reports to remind us that parents are concerned about the wellbeing of their families. Our ten grandkids in Melbourne range in ages from twelve to twenty. All are students, from primary through to secondary and tertiary. They are finding the going difficult. Their parents, our boys and their wives, are having to cope with this Covid scourge.

So, the big deal stays with us. Just how do mums and dads soften the negatives of our current Covid climate? What are our fallback positions? We value enormously the hard work of teachers preparing resources for remote learning. And we are thankful for the helpers at school caring for those who need to be there. Thumbs up for them. But how do we keep our spirits up? As mums and dads? Consider....

- **Mums and dads have to cope like it or not** – But much easier said than done. On top of just keeping the family running, for many there is the stress of limited finance and energy. This stress stalks even the toughest of us. With the family at home all day, patience and calm are often in short supply.
- **So, where to for mum and dad?** – To put it simply, our own spirits need a recharge. We can't fill up every minute and expect to survive. What might work for you? Gardening? Reading? A cuppa while staring at the wall? Polishing the car? If you're a person of faith, why not a prayer or two?
- **It's about exercising self-care** – We can't manage our family if we are tied up in knots. Something will give and it probably won't be pretty. So, we need to back off for our own wellbeing, our own sanity. Partners need to cover for each other. One holds the fort while the other has time out.
- **Single parents don't have it easy** – Hopefully there is a grandparent not too far away, or a friend who can offer understanding and support. It's tough if there is no-one handy to share the heavy issues with. As a school community, let's be mindful of our single parents. It only takes a mobile call.
- **Help your family understand your needs** – Every parent wants the best for their offspring. But there's wisdom in helping them see your need for space, for down time, for catching your breath. Call it whatever, but mum and dad time is an easy tag. Train your kids to help you find the slow lane.
- **In a difficult lockdown world, it's easy to go under** – So, how about small talking with your kids about what's going right? Hunt for the positives, the blessings, the good things that happen. Make a list of the pluses that each day delivers. Put the daily list on the fridge door. Every detail counts.
- **Shine the light on what's going well then** – Give encouragement. Give your kids a pat on the back. Sure, all hell can break loose in the best ordered homes. But look for the bright spots. Tell your kids you're proud of what they've done around the place. This will lift your spirits too.
- **In going for the light you keep the darkness at bay** – When we're tired, feeling pushed to the limit, we usually find what's wrong before we see what's right. The dark stuff, the things that aren't going well, the pressures that stress us need the light of what's good, gentle and uplifting. Find that light.
- **So, how do we hang on and stay the course?** – By taking one day at a time. By doing well what has to be done. By putting the non-essentials off to the side. By accepting that life does get messy. By trimming our to do lists. By having those quiet times. By being thankful that we have a family to love.

This lockdown world is hard work for most of us. We wonder if life will ever be any different. So, let's recognise the need to care for ourselves as the best way of caring for our families. Try it and see.

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