

NUMBER 2

10th FEBRUARY 2022

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK THREE: TERM ONE 2022

Friday February 11 th	<ul style="list-style-type: none"> • Learning How To Learn program • 'The Resilience Project' – Empathy 2:30pm
Monday February 14 th	•
Tuesday February 15 th	• District Swimming
Wednesday February 16 th	• No Preps at school
Thursday February 17 th	•
Friday February 18 th	• Flourishing Friday 2:30pm

'THE RESILIENCE PROJECT' - 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.



View Part 2: Gratitude of the series here: <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

WELCOME NEW STUDENTS

This year we have welcomed 12 new students to our school. In Prep we have Zoe Arthur, Lily Curran, Ulla Domburg, Carter Hodgins, Mila Holmes-Wilson, Kaiser Hughes, Leo Rundell and Issy Treloar.

We also welcome Charlotte Reardon, Aengus McDougall (Grade 2), Joshua Clements (Grade 3) and Elliana Clements (Grade 6). Pictured are Charlotte and Aengus.

2022 STUDENT LEADERS



We are very pleased to present our 2022 School Leaders; Shantae Keegan, Zarah Bott, Chad Daniel, Jemma McFarlane and Yarinda Intaraksa-Thomas.

OPEN SCHOOL EVENING

Thursday February 24th - 3:30pm to 4:30pm

This is a chance to visit your child's classroom in a relaxed, friendly environment. All classes will be open to families from 3:30pm to 4:30pm.

Staff will be available to answer any of your questions.

COVID UPDATE

It's been really fantastic to see such excitement around the return to school and we want to keep it that way. A crucial part of that is getting as many students vaccinated as possible.

Alongside ventilation and other vital COVID Safe steps such as regular rapid antigen testing, supporting as many students as possible to be vaccinated will help make our school as safe as possible.

Bookings for children aged 5 to 11 to receive the paediatric Pfizer vaccine are open and we encourage parents and carers to get your child vaccinated, if you haven't already done so.

The [Pfizer vaccine is safe and recommended for children](#). The vaccine will help protect your child from getting sick from COVID-19, help to reduce the spread of COVID-19, and help ensure kids can have more time at school and playing with their friends.

Vaccinations for children aged 5-11 years old are delivered at 2 appointments, 8 weeks apart. Children with specific medical vulnerabilities can access their second dose 3 weeks after their first dose.

If you'd like more information about this, you can read a recent statement from the Australian Technical Advisory Group on Immunisation (ATAGI): <https://www.health.gov.au/news/atagi-update-following-weekly-covid-19-meeting-19-january-2022>

RESTORATIVE PRACTICES

At Bolwarra we have 2 Rules that cover both students and adults.

- Treat others as you would like to be treated
- Do no harm

EXTRA-CURRICULA TERM 1 DATE 2022

February	Tuesday	15 th	-	District Swimming
	Wednesday	16 th	-	Rest Day for Preps
	Wednesday	23 rd	-	Rest Day for Preps
	Thursday	24 th	-	Open School Evening
March	Thursday	3 rd	-	District Tennis
	Friday	11 th	-	Flourishing Friday Excursion
	Friday	25 th	-	Rural Athletics
April	Monday	4 th	-	BMX Trick Bike Show
	Tuesday	5 th	-	District Athletics
	Friday	8 th	-	Last Day of Term 1

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Paddy Starick who turns 7 on Sunday, Katie Aldridge who will celebrate her birthday on Tuesday, and Kasia Hughes who turns 6 on Wednesday.

BOOK CLUB ISSUE 1

Issue 1 Orders, together with correct money, are due back at school by Friday, 18th February.

Portland Secondary College

Creating the opportunities

Thank you Bolwarra Primary School, your hard work and dedication to your students is greatly appreciated.

The students that have come to us from your school are amazing, and have had a fantastic start to their secondary education.

We look forward to sharing some of their experiences with you.



"The best thing about Portland Secondary is making new friends and meeting different people"
CHARLIE ARNOLD

"My highlight of PSC was the very fun P.E class, because me and my friends have a lot of fun"
CALLUM RICHARDSON

"The highlight of my first week here was the foreshore BBQ and the canteen".
ZEPELIN VALLANCE

"The best thing about Portland Secondary is how nice the people are!"
GORI STELLINI

 For further information about opportunities at PSC contact our General Office on 5523 1344 or our website @ www.portlandsc.vic.edu.au

Healthy Lunch Box Ideas

Portland Library
6:00pm - 7:00pm
Thursday 10 February



Healthy Lunchbox Week
6- 12 February 2022
Kickstart the year with healthy lunchboxes they will love!
#healthylunchboxweek
www.healthylunchboxweek.org

Join Dietitian Bec Deroon for FREE diet specific information and cooking session



Chaplains' Corner – The Fathering Project, especially for Dads!

This week's column is for everyone and especially for our dads. With the new school year now underway, we are teaming up with Narrawong Primary to join The Fathering Project (TFP). Dads with email addresses will have received information about TFP last week. Thanks to the dads who have signed up. For dads without emails listed with the school, here is the information about TFP....

The purposes of The Fathering Project:

- We want to change children's lives by supporting their dads and father figures to be the best parents they can be.
- It's not only about dads. Stronger families and communities mean brighter futures for our children.
- TFP positively impacts fathering behaviour and fathers' engagement with children through evidence-rich programs and resources that engage, equip and support fathers, families, schools, employers and community organisations.
- We recognise that fathers, and father figures, play a vital role in children's lives. The evidence demonstrating fathers' potential to positively influence their children's health and mental health, social success and academic achievements is now robust, indisputable, and compelling.
- Absent, disengaged, ill-equipped or busy fathers is a significant social issue damaging the lives of Australian children and young people.
- We're living through a time of rapid social change, where community views of fatherhood are actively changing.
- Many fathers and father figures are struggling to fulfil the joys, challenges and responsibilities of being an engaged dad.
- Many Dads are struggling alone, contributing to poor mental health outcomes and higher rates of suicide and domestic violence.
- Delivering engaging prevention and intervention programs and research-based resources will equip fathers with the skills to be the best Dad they can be and improve the lives of fathers, children and families for generations to come.

The Fathering Project is an evidence-based organisation that aims to promote positive fathering behaviours and fathers' engagement with their infants, preschool, primary school and adolescent-aged children. We're proud to be the first intervention program to be implemented in Australia which focuses on the fathers of all children.

How to join the Bolwarra-Narrawong Dads' portal....

<https://thefatheringproject.org/dads-group/bolwarra-narrawong/> Just click on this address or the QR code below and then provide your contact details. You will then receive fathering tips via the address you provide.

Once we have, say, 20 plus dads signed up, a formal launch event will be arranged to which all dads and their children will be invited. So, make a point of signing up this week! And contact John direct if you are needing more information or help. We value our school dads and see TFP being a great way to help you in the hugely important role which you are playing in the life of your children.

John – stay in touch revsimmo@gmail.com – 0428 780 421, **Andreena** – 0428 233 082

