

NUMBER 3

17th FEBRUARY 2022

PRINCIPAL'S REPORT

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



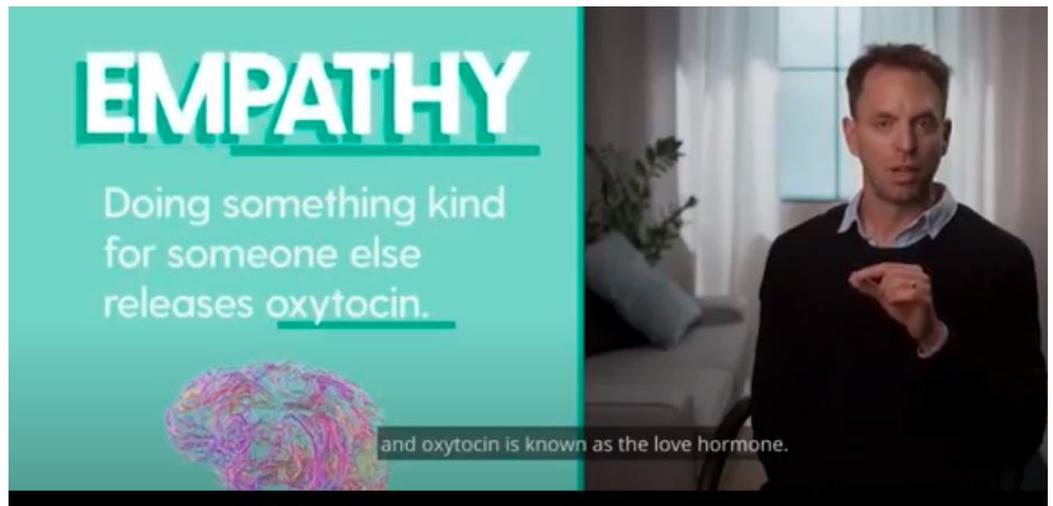
REMINDERS FOR WEEK FOUR: TERM ONE 2022

Friday February 18 th	<ul style="list-style-type: none"> Flourishing Friday 2:30pm
Monday February 21 st	<ul style="list-style-type: none"> 'The Resilience Project' – Mindfulness 2:30pm
Tuesday February 22 nd	<ul style="list-style-type: none"> Stomp Dance
Wednesday February 23 rd	<ul style="list-style-type: none"> No Preps at school 'Teach the Teacher' workshop – Student Leaders at Heywood
Thursday February 24 th	<ul style="list-style-type: none"> Smiling Minds 2:30pm Open School Evening 3:30 to 4:30pm
Friday February 25 th	<ul style="list-style-type: none">

'THE RESILIENCE PROJECT' – Empathy and Kindness

Empathy is the ability to understand another person's thoughts and feelings from their perspective.

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)! Research shows that practicing empathy such as performing acts of kindness, taps into our



brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-

based. View **Part 3: Empathy** of the series here: <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

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.

Let this be an opportunity to;

- Let your child give you a tour of their classroom
- Have your child show you where they play in the school grounds
- Find out how you can volunteer at the school. Maybe help with lunches or work in the garden.

Do you need more information on:-

- 'The Resilience Project'
- Mental Health Plans
- Smiling Minds
- Active Bands

PREPS & THEIR BUDDIES



Carter Hodgins Hamish



Jess Issy Treloar Yarinda



Matthew Leo Rundell Clancy



Zarah Kaisa Hughes



Lilly Curran Gemma



Mila Holmes-Wilson Elliana

FLOURISHING AT BOLWARRA



Ulla Domburg Chad

MENTAL HEALTH PLANS

Led by Mrs Arthur, we are currently developing Mental Health Plans for all students. These plans will include a major focus for every student. If you would like to have input into your child's plan, please book a time with Mrs Arthur by e-mailing her at elizabeth.arthur@education.vic.gov.au

SWIMMING TIME-TRIALS

Aiysha, Ava, Arlee and Shantae represented our school at the District Swimming Time Trials on Tuesday. Thanks to Janie for supervising the girls. From the trials, Shantae has qualified for Division Swimming to be held in Warrnambool on March 4th.



EXTRA-CURRICULA TERM 1 DATE 2022

February	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 the following students and staff who will celebrate their birthday in the coming week (not last week as printed in the newsletter in error). Paddy Starick who turns 7 on Sunday, Katie Aldridge who will celebrate her birthday on Tuesday, and Kaisa Hughes who turns 6 on Wednesday.

BOOK CLUB ISSUE 1

Issue 1 Orders, together with correct money, are due



MiniRoos Soccer
Saturdays at 11.00 AM
Portland Soccer Club
For boys and girls aged 5-9

Please bring water and a hat.

Register at www.playfootball.com.au/miniroos
(Search for MiniRoos Kickoff at Portland)

Ring Les 0414 559 106 for more information.



PSSRC PORTLAND SOCCER CLUB
2022 PRE-SEASON LAUNCH

SOCCER TRAINING

Under 12 and Under 14
Thursday nights - 5 - 6pm
Every Thursday during February

Under 17, Women and Men
Wednesday nights - 6 - 7:30pm
Every Wednesday during February

MiniRoos
5 - 9 year olds
Saturdays at 11am
Contact Les 0414 559 106

Friendly Society Park - Glenelg St
Contact David for more information 0409 419 813

back at school by tomorrow, 18th February.

JUNIOR NETBALL PRESEASON 2022

We are excited to announce that our U11, U13 & U15 preseason training will commence on Thursday February 24th at 5pm at the HFNC Reserve.

We welcome all current, new & returning players to join us for some fun & fitness as we prepare for the 2022 season.

Enquiries can be made by contacting Steph on 0408 524 915.

Senior training will follow this at 6pm



Chaplains' Corner – A follow up to last week – Especially for our Dads!

Last week I ran by our families the news about The Fathering Project – a special initiative to support our school dads both here at Bolwarra and also Narrawong.

- *It struck me as worthwhile to provide this follow up page. So, dads, if you missed seeing last week's page, read this one. In signing up you will receive weekly Fathering Tips and details of future events.*
- *Once we have an active core group of dads, we will set up an event each term for dads and their kids. So, a good sign-up response will help to get the wheels moving.*
- *It's easy to join the online portal which has been set up for us. Here's the web address....*
<https://thefatheringproject.org/dads-group/bolwarra-narrawong/>
- *Or you can use the QR code at the bottom of this page.*

Also, as a reminder for you, here are the purposes of The Fathering Project (TFP):

- 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.

Once again, 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 a strong core group, a formal launch event will be arranged with Rodney Eade. Rodney has had a long career with the AFL including his 200 plus games playing for Hawthorn. He is a Regional Leader for The Fathering Project.



