

NUMBER 4

24th FEBRUARY 2022

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK FIVE: TERM ONE 2022

Friday February 25 th	•
Monday February 28 th	• 'The Resilience Project'
Tuesday March 1 st	•
Wednesday March 2 nd	•
Thursday March 3 rd	• District Tennis
Friday February 25 th	•

'THE RESILIENCE PROJECT' – Mindfulness

Mindfulness is about practising a moment-to-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment – with curiosity, and without judgement. Thousands of studies have proven benefits include reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

View **Part 4: Mindfulness** of the series

here: <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

Mindfulness can be practiced through meditation, yoga, flow-states and daily activities such as cooking.

PARENT WEBINAR WITH HUGH FROM 'THE RESILIENCE PROJECT'

You are invited to a Parent Webinar with Hugh van Cuylenburg on Wednesday **9th March, 6.30pm-8.00pm (90 minutes)**

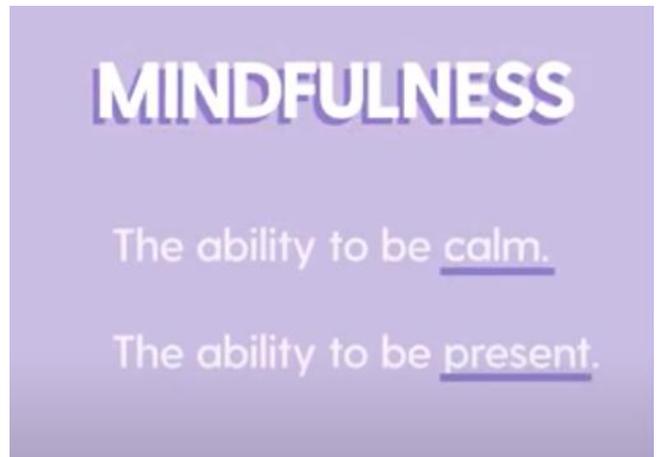
During this presentation, Hugh will share his experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

Parents will need to register using the following registration link:

https://us02web.zoom.us/webinar/register/WN_BSZQ7j8bQ5qAA7dfV6PgHQ

**Upon registration, registrants will receive a link to attend the webinar, along with a reminder the day prior.

Please note that the webinar will include parents from other Partnership Schools.



DISTRICT TENNIS – Thursday March 3rd

Any students interested in participating in the District Tennis should see me as soon as possible to receive extra information. To participate students must be turning 9 or older during 2022 and be able to participate in a rally while playing.

ACTIVE BANDS

New Free Program. I am super excited to launch Athletic Australia's Active Bands to our PE program, and at zero cost to our school community!

Active Bands has been created to get kids moving and increase physical literacy. Research continually shows active kids perform better in the classroom and maintain better health and wellbeing.

Combining a super cool wristband with an interactive app, Active Bands is a fun, FREE way for kids to keep active and be rewarded along the way. It can be hard to think of ideas to keep our kids active and having fun. Active Bands solves that problem by providing heaps of fun activities and challenges for kids to complete.

Best of all your child can use their Active Band at home and at school. We will be using Active Bands at school during selected physical activities, so let's capture all of their physical activity together!

Next week your child will bring home their new Weet-Bix Active Bands wristband. Please scan the QR code on the backing card, follow the easy prompts to download the app and register your child's wristband.

For more information go to weetbixactivebands.com.au



This is not a compulsory program. It is ok if student/families don't want to participate.

SCHOOL COUNCIL

Nominations for School Council are currently open. The timeline for the School Council Election Process is as follows;

- Friday 25th February Call for nominations
- Friday 4th March Nominations close.
- On or before Friday 11th March should nominations exceed the number of vacancies a ballot will take place. Ballot papers distributed.
- Thursday 17th March Close of ballot
- Friday 18th March Count of votes and declaration of the poll
- Wednesday 23rd March School Council AGM

If you have any questions about this process, please ring me or come into see me.

'TEACH THE TEACHER' – Student Leaders

Our student leaders worked hard yesterday at their first 'Teach The Teacher' session in Heywood. The session was led by VicSRC (Victorian Student Representative Council). The workshop equipped our student leaders with skills that will enable them to gather information on 'Engagement in School' from their fellow students at Bolwarra.

Student Leaders from Bundarra, Narrawong, Dartmoor, Heywood Consolidated, Portland North, Merino and Casterton also attended.



EXTRA-CURRICULA TERM 1 DATE 2022

March	Thursday	3 rd	-	District Tennis
	Friday	4 th	-	Division Swimming
				Flourishing Friday
	Wednesday	9 th	-	Parent Webinar with Hugh 6:30pm
	Friday	11 th	-	Flourishing Friday Excursion
	Monday	14 th	-	Labour Day Holiday
	Friday	18 th	-	Flourishing Friday
	Wednesday	23 rd	-	School Council AGM 7pm
	Friday	25 th	-	Rural Athletics
	Wednesday	30 th	-	BMX Show 9:30am
April	Friday	1 st	-	Flourishing Friday
	Tuesday	5 th	-	District Athletics
	Friday	8 th	-	Last Day of Term 1

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Chad Daniel who turns 12 on Wednesday.

STATEMENTS:- Parent Payment Policy and Statements are attached to today's newsletter.

Any existing credit balances from 2021 have been allocated to this years' Extra-Curricular Items and Activity charges.

Please read the Parent Payment Policy (last page) for an explanation of all charges.

Please contact Nicole if you have any queries regarding your statement and/or the Parent Payment Policy.

Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarming, **one in seven** primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude, Empathy and Mindfulness (GEM)**.

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.

Portland Secondary College

Creating the Opportunities



Information Night Monday 7th March

Family information session commencing at 6pm in the Junior Wing Building.

Open Day & Scholarship Testing Friday 18th March

Current Grade 6 students are invited to spend the day at PSC. Students interested in applying for scholarships are invited to remain at school for testing (for a 4.30 pick up).

Academic, Arts, Community Involvement/Sporting & Leadership Scholarships will be available for Year 7 students in 2023.

Junior School Showcase

Monday 9th May

Current and perspective families are invited to join us at the Junior School Showcase as we celebrate exceptional Year 7 & 8 student & faculty work that has taken place over term 1. Community members are encouraged to attend.

For more information about the exciting opportunities at Portland Secondary College or to book an alternative tour or scholarship time please phone Sally Dunstan on 5523 1344.

Please register for our Open Day and Scholarship Testing here:



Join the Bolwarra-Narrawong School Dads' Group

... where fathers and father figures can gather, share, learn and laugh - with each other and their kids.



In partnership with
the fathering project

Chaplains' Corner – Investing in your child's memory bank

Never underestimate the power of memory. It's amazing what comes floating back from the past often without warning. In the last few weeks, several good friends have left this life and have passed on. Their Thanksgiving Services have been live streamed so it's been easy to participate although at a distance. What has been striking are the memories which family members have recalled. Some very amusing, some very touching. All very real.

Isn't it interesting how much we learn about a friend who's just left us? Things we wish we'd known while they were still here. Years ago I attended the funeral of a very good friend. He was a very quiet person but had the happy knack of getting alongside others. A great listener with a warm heart. No wonder that people liked being around him. It was only at the funeral service that I learned that he had played for the New Zealand All Blacks and had been a squadron leader of Lancaster bombers during the Second World War. I could hardly match up my quiet mate with such extraordinary achievements. So, what does this mean for mums and dads? Consider....

- **You are making deposits in your child's memory bank** – Be assured that so much of what happens at your place will be stored away, probably for their life time. So be warned! What happens today is a deposit in their memory bank. And once deposited, you can't make easy withdrawals.
- **We need to think about the quality of our deposits** – Are the memories we give our children joy-filled and positive? Or are they of a darker kind? The kind which carry the pain of heated exchanges, of yelling matches, of broken relationships?
- **We can't get everything right** – Who can? Being human means that for every good call we make, we're bound to get something messed up. That's life. But we can show our kids how to apologise, how to forgive, how to make amends, how to rebuild our connections. Great memories right there.
- **Special moments are always remembered** – That camping trip, the holiday to a distant place, going to the footy together, the surprise celebration for a birthday, painting the bedroom, putting new pedals on the bike, getting a puppy. An endless list of truly memorable moments. We craft them.
- **It's not the material stuff that is remembered** – It's mostly about relationships. About how we treated others. About encouragement. About coping with setbacks. About embracing situations, including the difficult ones, and learning from them. Bank balances don't cut it. Be assured.
- **Creating great memories requires wisdom and time** – Be careful about constant busyness, of the family getting the dregs of your energy. Of being worn out by work with nothing left for the crew. Make it a priority to read to your kids, or have them read to you. Of asking about today at school.
- **Help your kids to feel important** – Ask for their advice on family matters. Like, what do you think? How can we fix this? Can you help us plan the holiday? Where do you think we should plant these cuttings? Would you be able to help wash the dog! Again, endless possibilities.
- **Introduce them to the wider world** – You don't have to be an expert on current affairs. But even our youngest children will know something of what's going on in the world. So, talk about global peace, or how to care for our planet, or why so many in our troubled world are homeless, without hope.

Never, repeat, never underestimate the power of memory. Be attentive to the memories you are creating for your families. Be in no doubt, for better or worse, they will last a life time.

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