

NUMBER 8

24<sup>th</sup> MARCH 2022

## PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK NINE: TERM ONE 2022

Friday March 25 <sup>th</sup>	<ul style="list-style-type: none"> <li>Rural Athletics</li> </ul>
Monday March 28 <sup>th</sup>	<ul style="list-style-type: none"> <li>Resilience Project</li> </ul>
Tuesday March 29 <sup>th</sup>	<ul style="list-style-type: none"> <li></li> </ul>
Wednesday March 30 <sup>th</sup>	<ul style="list-style-type: none"> <li>BMX Show 10pm</li> </ul>
Thursday March 31 <sup>st</sup>	<ul style="list-style-type: none"> <li></li> </ul>
Friday April 1 <sup>st</sup>	<ul style="list-style-type: none"> <li>Flourishing Friday 2:30pm</li> </ul>

### VARIETY – the Children's Charity Victoria

This year we are supporting Wayne and Julie Boyd in their fundraising to participate in the Variety Bash. All money raised goes toward Variety – the Children's Charity which supports children and their families who are facing many challenges through sickness, disadvantage or living with a disability. Variety's work allows children to gain mobility and freedom, to get out and about in the community, to communicate, achieve independence and increase self-esteem, and where possible, assistance to help them integrate into mainstream schools and activities.

On Friday, Wayne and Julie visited Bolwarra, showing us their car and explaining where they will be travelling throughout Australia in August on the Variety Bash.

Our first fundraising day for the year raised over \$60. Anyone who wants to donate can go to the following link.

<http://fundraise.variety.org.au/fundraisers/wayneboyd/bash>

We will be keeping in touch with Wayne and Julie throughout the year as we raise more money through our casual clothes days.

### PARENT/TEACHER MENTAL HEALTH PLANS INTERVIEWS- MRS ARTHUR

Mrs Arthur will be available during parent/teacher interview times to discuss students' individual mental health plans. Please fill out the attached (green) form if you wish to have a time slot with Mrs Arthur.

- ❖ If you have already returned your Class Parent/Teacher Interview form, you can ring Nicole in the office to check your allocated times so you can choose a time slot to coincide.

### RURAL ATHLETICS –Tomorrow Nelson Park

Looking forward to a great day tomorrow. Students need to come ready for a fun day where they try their best when it's their time. Students need to be dressed appropriately for running, jumping and throwing.

- Parents are responsible for transporting their children to & from the Sports.
- Students to be at Nelson Park by 9.00am for a 9.15am Start.
- Students will need to bring their own food and water for the day.
- Please note that there will be **NO CANTEEN/TEA/COFFEE/FOOD for sale for parents or students.**



**BMX SHOW – Wednesday March 30<sup>th</sup> 10am**

Scott Hone leads students on a lifetime adventure made of dreams. Almost everybody has ridden a bike but no one rides a bike like Scott. Backwards on the front wheel. Frontwards on the back wheel. Frontwards on the front wheel, backwards and upside-down. Telling the story of his first bike all the way to joining the circus Scott demonstrates how thinking outside the box and trying new things can lead you on a grand adventure through life.

This is the story of how, when Scott was given his first BMX bike, he asked “Is there another way to ride this?” His determination to answer his own question led him first to join the Circus, then tour the world doing BMX tricks on stage in front of thousands.

This is a show about self-discovery designed to encourage students on their own life journey with a can do and what if I, questioning approach. With an incredible finale, six people on the bike at once, Scott’s BMX Trick Bike Show is certain to inspire the next generation.

Scott Hone is a father of two, BMX rider, juggler, acrobat, clown, photographer and teacher who started his performing career with Circus Oz and has gone on to perform at countless festivals around Australia and the world. He has performed in prestigious locations such as Broadway New York City, London's Royal Festival Hall and the Royal Albert Hall and Australia’s own Sydney Opera House. As well as teaching tumbling and acro at local dance and circus schools, Scott is a qualified school teacher who does casual relief teaching at local western Melbourne high schools.



**EXTRA-CURRICULA TERM 1 DATE 2022**

<b>March</b>	Friday	25 <sup>th</sup>	-	Rural Athletics
	Wednesday	30 <sup>th</sup>	-	BMX Show 10:00am
<b>April</b>	Friday	1 <sup>st</sup>	-	Flourishing Friday
	Tuesday	5 <sup>th</sup>	-	District Athletics
	Wednesday	6 <sup>th</sup>	-	Parent/Teacher Interviews 4pm - 6pm
	Thursday	7 <sup>th</sup>	-	Parent/Teacher Interviews 8am – 6pm
	Friday	8 <sup>th</sup>	-	<b>Last Day of Term 1 –Raffle Drawn</b>

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



**EASTER RAFFLE – DRAWN , FRIDAY, 8<sup>th</sup> APRIL**

**DONATIONS:-** Thank You to those families who have brought in their donation of an ‘Easter Themed’ item for our raffle..i.e. Easter Eggs, Easter colouring books, small Easter toys etc. Donations can be brought to the office.



## Chaplain's Corner – The quicksand lessons!

I wasn't ready for it. It was meant to be a refreshing stroll along a beautiful beach the other side of Port MacDonnell. The sun was out. So was the tide. Seaweed was strewn everywhere. But the drama took just one step. I sank into quicksand right up to my waste. A surprise? Absolutely. Did I get out? No, not right away. It required only half a nano second to realise I was in real strife. The beach was deserted. The tide would be coming in before too long. Judith had no idea where I was. My phone was under the water, sand and seaweed in my pocket. I couldn't use it even if I tried.

The problem was that the more I pushed down to get out, the deeper I went into this heavy, all engulfing mixture of sand and seaweed. So, in state of shock, dismay and outright fear, I realised I'd have to find another way out. Since climbing out vertically wasn't working, I tried a more horizontal, sideways pushing movement with my arms and legs. Thankfully it worked but it took time. And when I finally got free, I couldn't walk. I was saturated from the arm pits down. I had to crawl to a rock ledge so I could lever myself into a standing position to walk. A local friend told me he'd been walking and running along that beach for thirty years and had never been caught in quicksand. However, there are some lessons here I think....

- **We all face the possibility of falling into quicksand** – No, not like the one on the beach. The kind that arrives without warning. Like the loss of a loved one, or a relationship, or a job, or good health. There are countless quicksand traps out there and we are bound to land in one some time. Guaranteed.
- **Life is about coping with the unexpected** – Like it or not, no matter how well organised we may be, our circumstances can and do change. Our kids have their own version of quicksand experiences. So we need to show our families how to handle their down times. Falling out with friends is a common one.
- **We don't have the control we'd like to have** – It's just life. We cannot insure ourselves against the quicksand of setbacks and disappointments. These often show up from left field in ways we could never have predicted. So, let's get smart and accept that there's little point in trying to be control freaks.
- **It's finding the ways out of our quicksand that count** – When we cop criticism, or feel let down, or our efforts are not valued, it's easy to either feel very sorry for ourselves or go into attack mode. Neither option has anything going for it. One leads to anxiety; the other leads to warfare.
- **So, what is our escape mode from our quicksand times?** – Strangely the best ways out are actually the most obvious. Work out how your quicksand moment arrived. Do nothing, say nothing unless you have identified carefully what it is you now have to deal with. A high speed reaction will cause a crash.
- **Discover the brilliance of ownership** – Mature people are not afraid to put their hand up and say, "Actually I may have created the issue here." Add another ownership statement, "Please forgive me for what's happened." Add another, "Let me know how I can set things right for you."
- **In other words, we can create our own quicksand moments** – And a mature response eases the pain of it all. But let's put some constraints in here. Keep anger in its place. Choose words that build up, not put down. Learn the power of humour, the comfort of a hug. Be constructive, not destructive.
- **Be there for your kids when their quicksand moments arrive** – Find out what's bugging them. Keep an eye on the one who likes to be alone. What's that isolation all about? Make the time to listen carefully. There might be a quicksand issue that you need to know about. Then progress can be made.

Well, I won't be walking along that part of the beach again. I only need one genuine, literal quicksand moment thanks very much. So, be wise when your own quicksand moments arrive as they surely will!

John – stay in touch [revsimmo@gmail.com](mailto:revsimmo@gmail.com) – 0428 780 421, Andreena – 0428 233 082





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**MRS ARTHUR – Mental Health plans Interviews  
WEDNESDAY 6<sup>th</sup> APRIL & THURSDAY 7<sup>th</sup> APRIL**

**These are normal school days for all children.**

FAMILY NAME .....

CHILDREN'S NAMES .....

.....

.....

Please select suitable time block/s and return this form to school by **Tuesday 29<sup>th</sup> March**.  
Appointment times will be sent out with the newsletter on Thursday 31<sup>st</sup> March.

**Interviews will be 15 minutes per student.**

**Wednesday 6<sup>th</sup> April**

4.00 pm to 5.00 pm

5.00 pm to 6.00 pm

**Thursday 7<sup>th</sup> April**

8.00 am to 9.00 am

9.00 am to 10.00 am

10.00 am to 11.00 am

11.00 am to 12.00 pm

12.00 pm to 1.00 pm

1.00 pm to 2.00 pm

2.00 pm to 3.00 pm

3.00 pm to 4.00 pm

4.00 pm to 5.00 pm

5.00 pm to 6.00 pm

These times do not suit. I will make alternative arrangements.

Bolwarra Primary School



“Nothing is Impossible”