

NUMBER 11

28th APRIL 2022

PRINCIPAL'S REPORT

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

REMINDERS FOR WEEK TWO: TERM TWO 2022

Friday April 29 th	<ul style="list-style-type: none"> • Flourishing Friday 2:30pm
Monday May 2 nd	<ul style="list-style-type: none"> • School Photos • Resilience Project 2:30pm
Tuesday May 3 rd	<ul style="list-style-type: none"> •
Wednesday May 4 th	<ul style="list-style-type: none"> •
Thursday May 5 th	<ul style="list-style-type: none"> • Mother's Day Stall am • Rural Cross-Country at Narrawong 1pm start
Friday May 6 th	<ul style="list-style-type: none"> • Division Athletics in Warrnambool

ANZAC DAY PARADE



A huge thank you to the students who marched representing our school on ANZAC Day: Jemma McFarlane, Chad Daniel, Hamish McDougall, Aengus McDougall, Shantae Keegan, Josh Clements, Elliana Clements, Jackson Warrener, Anna Warrener, Eddie Curran, Lily Curran, Charlotte Calderwood, Matilda Smith and Kaisa Hughes.



SCHOOL PHOTO DAY

MONDAY, 2nd MAY

All students to be at school by
9.00am

Students to wear proper school uniform
 Please make sure order envelopes are sent
 to school with your child on photo day (if not already returned)
 Please send correct money as change cannot be given.

PARENT COMMUNITY

We would like to revitalise our Parent Community group at a time that suits those who are interested.

The Parent Community is an opportunity to;

- meet other parents
- discover more about our school
- help out with Friday Lunches
- support Fundraisers

If you are interested in attending let me know what weekly time would suit you. E-mail me at lee.gibbons@education.vic.gov.au

Examples would include Monday 9am, Thursday 2:30pm or Friday 3pm.

UPDATED COVID GUIDELINES

The Victorian Government has announced some important changes to COVID Safe measures for schools that apply from the start of Term 2.

Face masks - Face masks, while recommended, are not required in any school setting. This means students in grades 3 to 6, staff and visitors in primary schools are no longer required to wear face masks. Any student or staff member who wishes to wear a mask may do so, including those who are medically at-risk.

Screening requirements - Students who have tested positive for COVID-19, and have completed their 7-day isolation period, now do not need to undertake rapid antigen test (RAT) screening for 12 weeks after their release from isolation. This was previously 8 weeks.

Household contacts - Students who are household contacts of a COVID-19 case are not required to quarantine. They may return to school as long as they undertake rapid antigen tests (RAT) 5 times during their 7-day period. They are required to notify the school that they are a household contact. Students aged 8 years and above who are household contacts are required to wear face masks when indoors at school unless they have a valid exemption. If a student household contact returns a positive RAT result, they must isolate for 7 days.

Vaccination requirements for visitors to schools - Parents, carers and other adult visitors (not performing work) are no longer required to show evidence of two doses of COVID-19 vaccine.

RAT screening program reminder - RATs will continue to be supplied for the first 4 weeks of Term 2 to support the early detection of COVID-19 in our school. The testing recommendations will remain the same this Term for students and staff – recommended to test at home twice a week

As we approach winter and flu season, the vaccination of children aged 5 to 11 and booster shots for students 16+ remains the best way to ensure protection for students and staff.

If you have any concerns about getting your child vaccinated, please get in contact with your GP or another health professional who can answer your questions.

Thank you for your ongoing support in keeping our school safe.



RURAL CROSS-COUNTRY – Thursday May 5th at Narrawong P.S.

Our Rural School Cross-Country is being held at Narrawong Primary School. We will have lunch at school and then a bus will transport the students to Narrawong for a 1pm start. We will arrive back at school by 3:30pm. Students can go home with their parents from Narrawong if their class teacher is aware of this.

Students are asked to wear appropriate clothing and footwear for long distance running. They will need warm and dry clothing before and after their run. Cross Country is a winter sport and as such is unlikely to be cancelled regardless of weather conditions.

All parents are invited to attend.

MOTHER'S DAY STALL – Thursday 5th May

Students will visit the Mother's Day Stall from 9.15 onwards.
Each grade will visit in turns and students will have a large variety of gifts to choose from.
Gifts are priced from 50cents - \$6 each.

Please send along a carry bag (so children can 'hide' their gift) as we do not have any at school.

We do need a couple of helpers for the stall. Please contact Nicole if you can assist.



EXTRA-CURRICULA TERM 2 DATES 2022

May	Monday	2 nd	-	School Photos	
	Thursday	5 th	-	Rural Cross-Country at Narrawong 1pm	
	Friday	6 th	-	Division Athletics in Warrnambool	
	Tuesday	10 th	-	GRIP Leadership in Mt Gambier	
					NAPLAN - Writing
	Wednesday	11 th	-	NAPLAN – Numeracy	
	Thursday	12 th	-	District Cross-Country am	
	Monday	16 th	-	NAPLAN – Conventions of Language	
	Wednesday	18 th	-	NAPLAN – Reading	
	Monday	23 rd	-	Division Cross-Country	
	Wednesday	25 th	-	School Council 7pm	
	June	Wednesday	1 st	-	District Winter Series
		Thursday	9 th	-	Report Writing Day (Pupil Free Day)
Friday		10 th	-	Professional Practice Day (Pupil Free Day)	
Monday		13 th	-	Queen's Birthday Holiday	
Friday		24 th	-	Last Day of Term 2	

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Asher Witchell who turns 10 tomorrow, and Rosie Clark who turns 8 on Monday.

BOOKCLUB ISSUE 3 was distributed today. Orders to be returned by Friday, 13th May.

Chaplains' Corner – Is there a perfectionist at your place?

I know it's pretty weird but there's not much I can do about it. I've tried to change but without success. Just odd behaviour which probably has some super fancy name to describe it. Just in case you're wondering, here it is. I'm the king of our dishwasher. I do allow Judith, family and friends to walk past it if they want to take that risk but no one, repeat no one, dare attempt to load it. That's what I'm good at. Some people paint wonderful portraits, or cook up stunning roasts or tune up cars to sound like thunder. Not me. My gift is packing our dishwasher. And I'm very good at it.

Every time I stack it I feel I should take a photo and enter it for the Archibald Prize. But they only deal with faces, not dishwashers. Very restricted scope there. I can get more into our dishwasher than was ever intended by the people who made it. And it all comes out looking like a treat. Just like Christmas every time I open the door. And a careful prewash in a large bowl saves constant inspection of the filter. I've got all this down to a fine art, believe me. But, let me admit, it's only the dishwasher where this strange obsession runs rampant. Thank goodness....

- **Families don't need a perfectionist in power** – Because no household runs perfectly. The problem is people, both parents and kids. We're programmed to make a mess. We drop things. We put things down and then can't find them. Like keys, wallets and mobile phones. We make and lose lists.
- **A happy family is about getting along, not getting it right** – Sure, it helps if every decision, move or strategy ticks all the boxes. But we're too human for that. Let's be satisfied with getting half of what we do to work and live with the other half which can usually be sorted out later.
- **And, let's be clear, your perfectionist loves power** – Over everyone that is. They want the world, that is your place, to run like a smoothly oiled machine. If only. They can't stand that wet towel on the floor, or a used tissue on the bench, or the remote control not in its correct place on that table.
- **And many perfectionists, if not most, seem to have a short fuse** – Their standard war cries: How many times have I told you to do this or that? Don't you ever listen? I've just tidied the lounge room and now look at it. Keep your fingers off that. With these you know that rage is not far away.
- **Perfectionists can create hell on earth** – And not just for others but for themselves as well. When most things are wrong, misplaced or untidy, you can bet that your perfectionist is stressed to the max. And when that happens, everyone has to tread carefully. It's basically unworkable.
- **So, is there a way forward?** – Well, yes and no. Yes, if our perfectionist can reduce their interest to just one or two areas of family life. Like the dishwasher for example. Or their own study or shed. But no if they continue to pile on the pressure just to meet their own fixed need for order.
- **Which means that there is hope for everyone** – Let's face it. There's a special joy, a real relief in not having to have everything perfect, or in its proper place, or recently polished. It's about putting the health and happiness of the crew where it should be – the number one priority.

So, if you're a helpless perfectionist do yourself a favour. And the family too. Start backing off. Leave that towel on the floor. Don't make a headline of it. Look for what's right and be grateful for the good times. Say Thank you more often. Compliment the kid who tidies up without having to be asked. Give yourself and your family a break. Have to stop now. Got a dishwasher to stack.

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

