

NUMBER 19

23<sup>rd</sup> JUNE 2022

## PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK TEN: TERM TWO 2022

Friday June 24 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Assembly 12pm</li> <li>• Family Lunch 12:10pm</li> <li>• End of Term 2</li> </ul>
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### REMINDERS FOR WEEK ONE: TERM THREE 2022

Monday July 11 <sup>th</sup>	<ul style="list-style-type: none"> <li>• First Day of Term 3</li> <li>• Resilience Project 2:30pm</li> </ul>
Tuesday July 12 <sup>th</sup>	•
Wednesday July 13 <sup>th</sup>	•
Thursday July 14 <sup>th</sup>	•
Friday July 15 <sup>th</sup>	• Flourishing Friday

### JORDAN

We have had the pleasure of having Jordan Stone at our school for the past few weeks. Jordan, pictured with Hunter and Paddy, is visiting Australia with his Mum and Dad. His father, Rod, attended Bolwarra as a child.

At Assembly when being interviewed by our Student Leaders we found out that Jordan lives in Ho Chi Minh City. With a population of over 8 million people, it is a little bigger than Bolwarra.

Jordan has fitted into our school community wonderfully. He has already made a positive impression on students and adults. We look forward to having him at Bolwarra for a few more weeks in Term 3.



### RESILIENCE PROJECT – Connected Parenting Webinar with Lael Stone

Wednesday July 20<sup>th</sup> 6:30pm

Through our work with 'The Resilience Project' parents have a wonderful opportunity of accessing a 90 minute on-line workshop with Lael Stone. The Connected Parenting Workshop offers a valuable set of tools for parents aiming to raise children through positive connections and communication.

In this 90 minute workshop, Lael Stone will provide parents with:

- Guiding our children to become resilient adults.
- Practical strategies to build stronger connections with your children.
- Ideas to support your children when they are frustrated or going through challenging situations.
- Simple ways to create co-operation.
- Dealing with our own triggers as a parent.
- Understanding big emotions and feelings and assisting your kids in becoming emotionally resilient.

Lael Stone is an author, TEDx speaker, counsellor and parenting educator who specialises in navigating trauma and disconnection in families. She has spent the last 17 years working with families, as well as running programs in Secondary schools for teens on relationships and Well-being. She is a mother of three grown up children and the co-founder of Woodline Primary School - a new innovative school focused on supporting emotional intelligence in children.

To attend you need to register in advance for the webinar via the following link:

[https://us02web.zoom.us/webinar/register/WN\\_hqoOr0laQSQkDb3vewS93g](https://us02web.zoom.us/webinar/register/WN_hqoOr0laQSQkDb3vewS93g)

After registering, you will receive a confirmation email containing information about joining the webinar, and a reminder to attend.

## GUNDITJMARA STUDIES

We would love to get ideas on how our Gunditjmara studies are progressing in our school from your viewpoint. If you could complete this 5 minute survey it would be appreciated.

Parent survey- <https://forms.gle/Y8gUzwBJfveTtMrf6>

## LONG SERVICE LEAVE

I am taking leave on the first 3 weeks of Term 3. Fortunately, I can happily take this time without worrying due to our great students, staff and families. Janet Keller will be taking my specialist classes during the 3 weeks. She will also be replacing the teachers in their classroom when they have a day in my office as Principal on a weekly rotation.

## PREP 2023

Enrolments - We are now taking school tours for 2023 enrolments. If you require an enrolment pack for a sibling, pop into the school office. If any family or friends would like a tour of our wonderful school, please have them contact the office.

All schools in the Portland and District area encourage students to go to their local school. Your local school can be found by visiting <https://www.findmyschool.vic.gov.au>

## CASUAL CLOTHES DAY



## POLICIES PASSED AT SCHOOL COUNCIL

At our most recent School Council Meeting the updated *Homework, Camping and Child Safety Code of Conduct* policies were passed. They can be found on our school website <http://www.bolwarraps.vic.edu.au/> or we are happy to provide you with a paper copy on request.

Council also approved a Pupil Free Day on Monday September 12<sup>th</sup> when staff will be involved in a Numeracy P.D. day.

## EXTRA-CURRICULA TERM 3 DATES

<b>July</b>	Monday	11 <sup>th</sup>	-	First Day of Term 3	
	Friday	15 <sup>th</sup>	-	'Flourishing Friday'	
	Wednesday	20 <sup>th</sup>	-	Connected Parenting Webinar 6:30pm	
	Friday	29 <sup>th</sup>	-	'Flourishing Friday'	
<b>August</b>	Thursday	4 <sup>th</sup>	-	Magic Pirate – Arts Performance	
	Friday	5 <sup>th</sup>	-	Assembly 3pm	
	Wednesday	10 <sup>th</sup>	-	Grade 3/4 Camp (depart) School Council 7pm	
	Thursday	11 <sup>th</sup>	-	Grade 3/4 Camp	
	Friday	12 <sup>th</sup>	-	Grade 3/4 Camp (return) Flourishing Friday	
	Tuesday	16 <sup>th</sup>	-	Grade 5/6 Camp (depart)	
	Wednesday	17 <sup>th</sup>	-	Grade 5/6 Camp	
	Thursday	18 <sup>th</sup>	-	Grade 5/6 Camp	
	Friday	19 <sup>th</sup>	-	Grade 5/6 Camp (return)	
	Friday	26 <sup>th</sup>	-	Flourishing Friday	
	<b>September</b>	Thursday	1 <sup>st</sup>	-	District Basketball – Boys
		Thursday	8 <sup>th</sup>	-	District Basketball – Girls
Friday		9 <sup>th</sup>	-	'Flourishing Friday'	
Monday		12 <sup>th</sup>	-	<b>Pupil Free Day</b>	
Thursday		15 <sup>th</sup>	-	Whole School Excursion	
Friday		16 <sup>th</sup>	-	<b>Last Day of Term 3</b>	

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

**HAPPY BIRTHDAY** to the following students and staff who will celebrate their birthday during the holiday period:- Mr Cummins (30<sup>th</sup> June); Gracie Piergrosse (11) and Freddie Phillips (1<sup>st</sup> July) and Lexi Quinn (10<sup>th</sup> July).

### FROZEN MEALS:

- ❖ All our families and friends now have continuing and easy access to an ongoing frozen food supply.
- ❖ These can be accessed during school hours. Nicole will happily give you access as needed.
- ❖ Each container will feed at least two adults with frozen soup also available. The meals are professionally prepared and are distributed by the Baptist community to schools, churches and service groups around town.
- ❖ A gold coin donation for each meal will go to the support of the Parent Community.





# Connected Parenting

**We all want our children to grow up equipped with emotional awareness, empathy, resilience and confidence.**

This [Connected Parenting Workshop](#) offers a valuable set of tools for parents and carers aiming to raise children through positive connections and communication.

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Facilitated by educator and parenting expert Lael Stone, this 90 minute workshop provides parents and carers with:

- Practical strategies to build stronger connections with children
- Ideas to support children when they are frustrated or going through challenging situations
- Simple ways to create co-operation
- Dealing with our own triggers as a parent
- Understanding big emotions and feelings and assisting kids in becoming emotionally resilient



**Lael Stone** is an educator, author, mother and parenting counselor who has been working with families for over 17 years. As an Aware Parenting Instructor, she facilitates workshops and support groups that empower parents to create connections and stronger relationships with their children. She is also the co-creator of Woodline Primary School, an innovative new school based on emotional wellbeing and connection. Lael is a TEDx speaker, co-host of The Aware Parenting Podcast, and a sought-after public speaker who talks candidly about her experiences and her great passion; creating wellness in families through connection and communication.

Book or find out more. Limited workshops available.  
[enquiries@theresilienceproject.com.au](mailto:enquiries@theresilienceproject.com.au) | (03) 9113 9302

## Chaplains' Corner – Those annoying little things

It usually happens when you're out of time, or energy, or both. They creep up on you. And tie you up in knots before you realise what's happening. And to cap it all off it's not the big stuff. It's the little things that catch us out. Where are the car keys? Who's taken my shopping list? Why can't you put the socks in your drawer? Whose towel is that on the bathroom floor? Don't you ever put anything away? Where's the top of the milk bottle? What have you done with your other shoe?

It's these so-called "little things" that turn up the heat. Especially if they hunt in packs as they usually do. And they carry a king hit if we are weary from a long day, or just worn out trying to manage all our family's comings and goings. These little things might end up running our lives if we're not careful. So, it's a smart move to be ready for that next unexpected little thing to arrive. Take a moment...

- **There's no rock solid guarantee that our family life will run smoothly** – We all know that it won't. Every family has a wonderful mix of personalities, preferences, priorities and ways of doing things. This is what makes a family such a unique experience with its marvellous mix of highs and lows.
- **We don't need to go to water when the wheel falls off** - As it will pretty constantly. The trick is to identify the regular little things in the family that trip us up. And then figure out how to limit their continuing nuisance value. We want to keep the family wheel on, not have it falling off.
- **So, let's find ways to reduce the little things** – Some training will help, like, "Hang up your towel after your shower," or "Pack your school bag before you go to bed," or "Let's keep the car keys in the same place," or "Keep your shoes together", or "Use the drawers for storage, not the floor."
- **The benefits of taming the little things list** – This will free us up to attend to the big deal issues our family has to manage. When mums and dads are stretched or stressed, the little things can easily lead to raised voices, great frustration and outright annoyance. They have their own subtle power.
- **Within most of us there is the desire for basic order** – True, some of us thrive on mess and are happy with chaos. But most of us enjoy the benefit of understood routines and ways of doing things. It's not about perfection. It's about giving our families effective processes for getting things done well.
- **There's a huge plus in planning ahead** – True, some things you can't predict, like coughs and colds which simply arrive unannounced. But there is wisdom in noting future demands, appointments and events. All it takes is keeping a simple planner up to date and accessible.
- **To have the next few weeks all sorted keeps the little things at bay** – We give ourselves and our families the clarity needed as to what is important and what isn't. As we focus on the really significant, have-to commitments, the little things drop off into the background. They lose their grunt.
- **We then discover the sometimes hidden value of what is really important** – A common mistake any family can make is to give every demand equal value. This will tie us up in knots. If we focus on the really important family activities, we will give much less attention to the little stuff.

Where to from here? Let's make the big decision not to let the little things spoil us and our families. Yes, they need to be addressed so we can strike them off the list. We need to keep the house moderately tidy and it helps to be able to find the car keys without losing the plot and our cool. But it's much better and wiser to hunt down the little things so we can enjoy the really good times as a family.

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