

NUMBER 25

18<sup>th</sup> AUGUST 2022

## PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK SEVEN: TERM THREE 2022

Friday August 19 <sup>th</sup>	<ul style="list-style-type: none"> <li>Grade 5/6 Camp (return approx.. 5.30)</li> <li>Parent Community Group 3pm</li> </ul>
Monday August 22 <sup>nd</sup>	<ul style="list-style-type: none"> <li>Science Games Day in Heywood</li> <li>Resilience Project 2:30pm</li> </ul>
Tuesday August 23 <sup>rd</sup>	<ul style="list-style-type: none"> <li></li> </ul>
Wednesday August 24 <sup>th</sup>	<ul style="list-style-type: none"> <li>Music Festival</li> </ul>
Thursday August 25 <sup>th</sup>	<ul style="list-style-type: none"> <li></li> </ul>
Friday August 26 <sup>th</sup>	<ul style="list-style-type: none"> <li>Flourishing Friday</li> <li>Parent Community Group 3pm</li> </ul>

### CONNECTED PARENTING WORKSHOP WITH LAEL STONE & THE RESILIENCE PROJECT

In the workshop Lael explained the science that says that 'meltdowns are good for the brain'.

*'Time and time again children are reprimanded for committing the offence of crying or being angry. Let's get this straight: emotions are not bad behaviour. Emotions don't hurt anyone. Suppressing children's emotions does, on the other hand, cause them harm: over time, if done repeatedly, it unbalances their brain chemistry, it stresses their immune and digestive systems, and it undermines their ability to relate to others.'* Robin Grille (Psychologist, Psychotherapist, Relationship Counsellor and Parent Educator)

Lael says that we must say 'NO' to the behaviour and say 'YES' to the feelings.

### 5/6 MELBOURNE CAMP

Our 5/6 students are currently on camp. They have a super busy itinerary. Day 1 included an MCG tour, tea at Universal Restaurant in Lygon Street and Bounce. Day 2 was visiting Scienceworks, Werribee Zoo and then evening camp activities. Today they were at Sovereign Hill and tonight they will be attending the Aura Sound and Light Show. Tomorrow they will be involved in activities at their Log Cabin Camp before returning home. See more photos further in this newsletter



### SCHOOL MAINTENANCE

Over the past 2 years we have found it difficult to get the services of certain trades in a timely fashion to complete some maintenance jobs around the school. In order to overcome this issue, we have put together a folder of small jobs that we believe some parents may be capable of completing.

If you are interested, please see Nicole and take a look at the list of jobs that need to be completed. If you can't personally complete the job you may have valuable advice on who could.

### PARENT SURVEY

On Tuesday all current families received an invite to participate in the Parent Opinion Survey via e-mail. The survey remains open until Sunday August 22<sup>nd</sup>.

**Thank you to those 10 parents who have already completed the survey.**

### MUSIC FESTIVAL – Wednesday August 24<sup>th</sup>

We have 33 students working very hard to be ready for their Music Festival performance. We are incredibly fortunate to have Jake Davies and Beth Arthur both volunteering their time to work with the students.

The students will travel by bus to the Civic Hall during the day on Wednesday for their rehearsal. The rehearsal is at 10am

## SCIENCE GAMES DAY – Monday August 22<sup>nd</sup>

Next Monday we have students involved in a Science Games Day at Heywood Secondary with other students from the local primary schools. Bolwarra will be represented by Chad Daniel, Clancy Stirling, Zarah Bott, Yarinda Intaraksa-Thomas, Dakota Oliver, Lexi Quinn, Ellie Bott and Gracie Piergrosse. They will be accompanied by Mrs Arthur and Karen Meredith. Karen is currently completing a student/teacher round in 5/6T.

## ACTIVE WILDLIFE AT BOLWARRA



## EXTRA-CURRICULA TERM 3 DATES

<b>August</b>	Friday	19 <sup>th</sup>	-	Grade 5/6 Camp (return)
	Wednesday	24 <sup>th</sup>	-	Music Festival
	Friday	26 <sup>th</sup>	-	Flourishing Friday
	Wednesday	31 <sup>st</sup>	-	Grade 5/6 Arts Performance
<b>September</b>	Wednesday	7 <sup>th</sup>	-	Netball Clinic at Basketball Stadium – Grade 3/4/5/6
	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	14 <sup>th</sup>	-	District Basketball - Boys
	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 Hunter Jennings who turns 8 on Sunday, and Scarlett Clark who turns 12 on Monday.

**BOOK CLUB ISSUE 6** which was distributed today is due back at school by next Friday, 26<sup>th</sup> August.

**FATHERS' DAY STALL** – FRIDAY 2<sup>nd</sup> SEPTEMBER 9.00am. . More information in next week's newsletter.

## OPERATION CHRISTMAS CHILD

- ❖ Reminder that these boxes will be collected in the next 3 weeks
- ❖ Your donation should be placed in the box/es supplied in each classroom. ie: if your child is a male in grade 3/4 an item appropriate for a male child of similar age will be placed in the green shoebox!



# GRADE 3/4 HALLS GAP CAMP





## Chaplains' Corner - When the lights go out

Thankfully it doesn't happen too often. It always catches us by surprise. Especially if it happens at night as it did last week. Yes, you've guessed it. The good old fashioned power outage. During the day? No problem. But at night? Oh dear. Where are the candles? The gas light? Who's got the torch? Switch on your mobile light. And if you live in the bush, lose your power and you lose your water supply too. Let's get the generator going.

But families know about another kind of power outage too. We often find ourselves in the dark when a major stress arrives without warning. We hunt for ways to cast light on finding a way forward. Most families cope well with the day-to-day routines. It's the unexpected drama that throws us. We lose power; we lose control. We're not sure where to go; we're in the dark....

- **Every family has its dark moments** - It's called life. Situations get out of hand. The light goes off. We thought we were coping. But we're not anymore. We don't know where to turn. We run out of words. Whatever harmony we had has gone away without leave. Family darkness is heavy stuff.
- **This family darkness is more than upsetting** - When circumstances take over, we lose the power to keep perspective, to maintain our internal balance, to pick the difference between reacting and responding. Anxiety kicks in. Losing power means losing our ability to cope as we usually would.
- **Family darkness may hit us with a bang** - The loss of a loved one, or a bad report from the doctor. May be mounting bills we can't manage. We now know we have specific issues that won't go away. They are clear cut. We can't do a work around. We have to look this darkness in the eye.
- **But there's a subtle side to this family darkness** - There are issues that don't hit us with a bang. We live with tension and upset without realising that we are on a downward spiral. That all is not well. We think that argument will go away, or that misunderstanding will sort itself out. They won't.
- **The big need is for personal courage** - Of the real kind. To be brave enough to accept that we are actually dealing with genuine family darkness. To admit that we have a family issue that can't be dodged any longer. That we have to enter into the darkness, the big issue, and deal with it.
- **So, how do we regain the power to cope?** - There are no switches to flick. If only. Rather, just as we reach for the torch and the candles when the house goes dark, we need to reach for ways that will cast light on what we're dealing with. And these ways are within our reach.
- **So, what will bring illumination to our family darkness?** - What's the equivalent of our torches and candles? What will shed light on this time of grief, of loss, of the brick walls we can't jump? There are ways of regaining control. And they are within our reach. It's more about where to start.
- **It's not about clever strategy, it's about love** - Yes, good old-fashioned love, the kind that values relationships above arguments, that values harmony above who's right or wrong, that values teamwork above competition, that wants the best for all of us, not just for this one or that one.
- **And love only works when there's commitment** - To express love through listening, to bring healing through apologies and forgiveness. To bring comfort when a loved one has left us. To work out what really meets everyone's needs in these dark moments when we feel truly vulnerable.

How are the lights at your place these days? Do your bit as a mum and dad to be bearers of light when these dark times arrive. Don't let the darkness have the last word. There's no need for that.

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

# CALLING ALL JUNIOR CRICKETERS...



Interested in playing cricket in the upcoming season?

The South Portland Cricket Club is looking for **Under 13's** to join our great club and learn the fundamentals of cricket.

For more information please contact  
Troy 0418 527 073

