

NUMBER 26

25th AUGUST 2022

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK EIGHT: TERM THREE 2022

Friday August 26 th	<ul style="list-style-type: none"> • Flourishing Friday • Parent Community Group 3pm
Monday August 29 th	<ul style="list-style-type: none"> • Resilience Project 2:30pm
Tuesday August 30 th	<ul style="list-style-type: none"> •
Wednesday August 31 st	<ul style="list-style-type: none"> •
Thursday September 1 st	<ul style="list-style-type: none"> • Assembly (including Music Festival Performance) 3pm
Friday September 2 nd	<ul style="list-style-type: none"> • Parent Community Group 3pm

MUSIC FESTIVAL

The performance of our students last night was outstanding. The pure joy of the students on stage was captivating. Thanks to Mrs Arthur and Jake for providing the students with this great experience,

They will be performing again at assembly for the whole school on Thursday September 1st.



SCHOOL MAINTENANCE

Thank you to those parents who have viewed our maintenance folder over the past week. One of the jobs was completed over the weekend.

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

A reminder that the Parent Survey is currently open. Last year we had 22 respondents. I would love to match or beat that number this year. The survey remains open until Friday September 16th.

Thank you to those 16 parents who have already completed the survey.



BOOK DAY????

It is Book Week this week and lots of schools throughout Victoria have had their Book Day dress/ups. With camps, teacher professional development days and the music festival our schedule became too busy to hold the day this week.

After much encouragement from the Grade 6 students, we have decided to hold our Book Day in Term 4

SCIENCE GAMES DAY

Gracie, Yarinda, Dakota, Chad, Clancy, Ellie and Zarah had a wonderful day on Monday at the Science Games Day at HDSC. The two teams had lots of fun and worked hard completing the challenges throughout the day. Thanks to Mrs Arthur and Karen (student/teacher) for helping the students on the day.



EXTRA-CURRICULA TERM 3 DATES

August	Friday	26 th	-	Flourishing Friday
	Wednesday	31 st	-	Grade 5/6 Arts Performance
September	Wednesday	7 th	-	Netball Clinic at Basketball Stadium – Grade 3/4/5/6
	Thursday	8 th	-	District Basketball – Girls
	Friday	9 th	-	P.J. Day 'Flourishing Friday'
	Monday	12 th	-	Pupil Free Day
	Thursday	14 th	-	District Basketball - Boys
	Thursday	15 th	-	Whole School Excursion
	Friday	16 th	-	Last Day of Term 3

LEE GIBBONS.....PRINCIPAL

BOOK CLUB ISSUE 6 is due back at school by tomorrow, Friday, 26th August.

FATHERS' DAY STALL – FRIDAY 2nd SEPTEMBER 9.00am.

Students will have the opportunity to purchase something for their dad for Father's day at the stall which will be set up in the Library. A range of gifts, up to the value of \$6, are available to choose from. Students will go in their class groups from 9.00 am onwards. Students may like to bring a bag to carry their purchase home in. We do not have any carry bags available at school.

OPERATION CHRISTMAS CHILD

- ❖ Reminder that these boxes will be collected in the next couple of weeks
- ❖ Your donation should be placed in the box/es supplied in each classroom.



VICTORIA POLICE INFORMATION SESSION

When: 6:00pm - 7:30pm on Wednesday 14 September 2022

Where: Portland Arts Centre - Anderson Theatre, Crn Glenelg & Bentinck Streets, Portland

Roles: Police Officer

Register: www.police.vic.gov.au/police-information-sessions

For more information visit



police.vic.gov.au/careers



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VICTORIA POLICE

group fitness LAUNCHES



Dress in sports colours. Prizes. Giveaways

Friday 9th September

5pm RPM

Saturday 10th September

8.15am BODYPUMP

9.15am BODYSTEP

10.15am BOXING

11am MOVEMENT & STRETCH—includes relaxation

Sunday 11th September

10am QUEENAX

3pm AQUA

4pm BOOGIE BOUNCE

5pm MAT PILATES



ALL CLASSES FREE

Join us for Members Brunch on Saturday from 9am—12pm

* WIN FREE MEMBERSHIPS *

Spaces are limited for RPM, Boogie Bounce, BODYPUMP and BODY STEP. Please book through the Active World App.

Chaplains' Corner - Is your family doing too much?

Some of us have it. Some of us don't. Those who have it are the super organised types. Those who don't just stand back and throw. At the basketball ring? No, at the car boot, the ute, the caravan, the trailer, whatever needs to be packed. There's an art form to packing well. Every bag, parcel, case has its own special location. The keen packer has certain basic rules. If space is no problem, just fine. Chuck your bag in and we'll get going. But if there's a truckload, then rules apply. Like, let's first see every item that has to be loaded. And no last-minute boxes when the packing is all done, thanks very much.

Families spend every day trying to pack things in. Not loading the boot or the ute. Just working out how to be in half a dozen different places at once. How to fit this game in, buy the bread and milk, visit Granny, cook tea and pay that bill. Every family has a list of some sort. It's either on paper, or the fridge door or, dangerously, only in the mind of one or more family members. We all know what it's like for our head to hit the pillow last thing, then realise we forgot that credit card payment. So, what might we do about this busy, daily routine that we are all pretty familiar with?

- **Our families give us two opposites at once** - They give us the joy and excitement of watching our kids grow, start school, play sport, and have sleepovers. The opposite? We spend a lot of time behind the eight ball. How on earth can we get all these terrific activities done today?
- **Some families thrive on the busy stuff** - Bring it on! So what if we have to do some serious planning? We love tearing around in circles. That's what the family taxi is for. Do we get stressed occasionally? Sure, that's the price of the full life. We'll happily wear ourselves out for good causes.
- **But being super busy is not for everyone** - Nor should it be. We all have our limits, busy families included. The truth is we can't do everything. And there's no point trying. It's about being kind to ourselves and our kids. If we try to kick every goal, stand by for increased stress and short fuses.
- **Here's the chance to teach your kids some great lessons** - The first? Mum and dad are not super heroes, capable of doing everything. The second? Let's work together then on what we can and can't pull off. Get these two right and you set your kids up to make their own wise choices.
- **And busyness is not all it's cracked up to be** - It can be the subtle enemy of what's really good for us as families. If every moment is accounted for, when do we catch our breath? When do we listen to each other? And share our needs? And give our hearts, minds and spirits catch up time?
- **And why do we value the busy life anyway?** - Especially when endless commitments, all of which may be good in themselves, push us to the wall? The more children in the family, the longer the list of boxes to be ticked, the greater the pressure in trying to be everywhere at once.
- **Many of us need a better way of managing our days** - Why not accept the reality that we can't open every door, or meet every need? Come to terms with these and we begin to value the quiet moments, the times when we stand back a pace and decide what's really important.
- **It's a big step to grasp the power of stillness and silence** - It's about stopping long enough to tune in to our own needs. And being freed to meet some of these. Being still and silent will also free us to tune into what's going on for each family member, on what's happening for them under the surface.

Be in no doubt, it's great to have a full life. What we need though in our busyness is a good dose of wisdom, of knowing when to pull the plug and slow up a tad. Be at peace. Just try it today.

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