

NUMBER 32

20th OCTOBER 2022

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK FOUR: TERM FOUR 2022

Friday October 21 st	<ul style="list-style-type: none"> • Maths Games Day • Flourishing Friday 2:30pm • Parent Community 3pm
Monday October 24 th	<ul style="list-style-type: none"> • Resilience Project 2:30pm
Tuesday October 25 th	<ul style="list-style-type: none"> •
Wednesday October 26 th	<ul style="list-style-type: none"> • Swimming 11:45am – Prep/1/2M 12:30 - 5/6T 1:15pm – 3/4C
Thursday October 27 th	<ul style="list-style-type: none"> • Dinosaurs...traces of the past Prep/1/2
Friday October 28 th	<ul style="list-style-type: none"> • Parent Community 3pm

GRATITUDE

Gratitude is being thankful and expressing appreciation for what one has – as opposed to focusing on the lack of something.

Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden thinking and increase physical health through improved sleep and attitude to exercise.



Amazing spring flowers in our school yard.

PARENT COMMUNITY – Friday's at 3pm

Just a reminder that our Parent Community meet every Friday at 3pm. Always happy for anyone to attend for a cuppa and a chat. Young children are also welcome.

MATHS GAMES DAY

Tomorrow we have four students – Jemma, Clancy, Chad and Yarinda – representing our school at the Maths Games Day at Heywood Secondary College.

3 BAYS – Sunday October 30th

There are spots still available for any students interested in joining our 3 Bays team.

UPWELLING PARADE – Saturday October 29th

The Up-Welling parade is back on this year. Families who wish to participate in the parade on the Saturday morning are more than welcome. Attached to today's newsletter is a permission form for children who wish to participate in the street parade.

Adam Hardcastle will be at school on Monday to teach the students the chants they will use during the parade.

NAPLAN RESULTS

We have received the Naplan results for our Grade 3 and 5 students. If you would like to receive your child's results, please arrange a time to meet with your child's classroom teacher.

EXTRA-CURRICULA TERM 4 DATES

October	Wednesday	26 th	-	Swimming
	Thursday	27 th	-	Dinosaurs...traces of the past Prep/1/2
	Saturday	29 th	-	UpWelling Parade
	Sunday	30 th	-	3 Bays
November	Tuesday	1 st	-	Melbourne Cup Holiday
	Wednesday	2 nd	-	Swimming School Council
	Monday	7 th	-	Pupil Free Day
	Tuesday	8 th	-	Girls basketball in Hamilton
	Wednesday	9 th	-	Swimming
	Wednesday	16 th	-	Swimming
	Thursday	17 th	-	Grade 2 Sleepover
	Wednesday	23 rd	-	Swimming
	Friday	25 th	-	Book Day
	Wednesday	30 th	-	Swimming
December	Friday	2 nd	-	Report Writing Day
	Wednesday	7 th	-	Swimming School Council
	Tuesday	13 th	-	Orientation Day Family Night
	Wednesday	14 th	-	Decadent Day Grade 3/4/5/6 Prep/1/2 Excursion
	Monday	19 th	-	Whole School Excursion/Last Assembly/Colour Run
	Tuesday	20 th	-	Last day of the school year

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Aiysha Pollock who turns 12 tomorrow; Melanie Price who turns 13 on Saturday, and Makayla Arnold who turns 10 on Tuesday.

BOOK CLUB – ISSUE 7 is due back at school by tomorrow, Friday, 21st October.

FRIDAY LUNCHES – HELPERS

- ❖ Lunches for tomorrow is Party Pies & Milkshakes. **Laura and 1 or 2 Helpers** are needed.
- ❖ The following is a list of proposed lunches for the term; **1 or 2 more helpers** are needed each day. If you can help please add your name to the roster for any Friday you are available.

- ❖ 21st October - Party Pies & Milkshakes - Laura Treloar - 1 or 2 helpers needed
- ❖ 28th October - Pancakes & Jelly Cups - Andreena - 1 or 2 helpers needed
- ❖ 4th November - Chicken Burgers & Cookies - Laura - 1 or 2 helpers needed
- ❖ 11th November - Muffin Pizzas & Icy Poles - Kate - 1 or 2 helpers needed
- ❖ 18th November - Sausage Rolls & Icy Poles - Andreena & Laura (only for Gr. 3-6)
- ❖ 9th December - Chicken wraps or hot dogs & Icy Poles - Kate - 1 or 2 helpers needed
- ❖ 16th December - Sausage in bread & icy poles - 2 Helpers needed



MUFFIN MONDAYS are back!!!

Grade 6 students are once again running Muffin Mondays at recess from next Monday, 24th October.

For \$1 each, students can purchase a muffin at recess. No orders forms necessary.

Chaplains' Corner - From Calamity to Community

There's really no adequate way to describe it. Let's just say the current floods around Victoria are very distressing. And we can't stand in the water-logged shoes of those whose homes are now flooded. Everything lost, damaged beyond repair. Heart breaking. People who have just moved into their new home, or have just finished renovations now back to square one. We stop and think, how would we cope if that happened to us? Probably just like the homeowners in television reports who have turned away in tears.

We're all pretty familiar with the old saying that often out of bad things, good can come. And this is happening in a genuine Aussie way. Volunteers arriving to help make and distribute sand bags. Neighbours moving each other's mud and grime from their homes and garages. In the middle of total grief, we see pain filled people becoming a community, united by each other's hardships and willing to go much more than the extra mile. Where calamity generates community. So, what can our families learn from the awful setbacks of our neighbours up north of here? Consider....

- **It's hard to get the full force of this disaster** - Our homes are not flooded. Our lights and fridges work. Our toilets flush. We come and go without a second thought. We simply don't know what inconvenience looks like here in our world.
- **We take too much for granted** - It's not until we suffer serious loss that we realise just how blessed we have been. It's time for us to stop and be thankful for our homes, for all that makes them comfortable, our cars, all our material stuff. A life of gratitude is a good way to live each day.
- **We need to keep things in perspective** - Sure, we need our homes and plenty else to function but they are still things. These awful floods have shown us that, in certain circumstances, all things have a use by date. Even the best collection of stuff won't give us lasting protection.
- **So, tough times arrive, what do we really value?** - The floods are showing us that relationships and commitment really do count. We are comforted that our neighbours and the emergency services will be there for us too should awful times arrive. And we need to make that commitment too.
- **The reality is that commitment is costly** - A wonderful sense of community simply doesn't just happen. It's not about flicking a switch somewhere. It's about making the time, exercising the effort to stay tuned to what's going on around us. It's about keen observing and listening.
- **Curiously sometimes we resist the blessing of community support** - We think we can cope on our own. That it's a sign of weakness to put up our hand for help. Or we don't want to put others out by wasting their time. This rugged independence may look good but it's not clever or wise.
- **If we read our own signals, we can read the signals of others** - May be a checklist of our own mental, emotional and physical health might give us a grasp of what those around us are dealing with. The reality? When we struggle, perhaps we have a better grasp of the struggles of others?
- **Our families can be beacons of light** - It's not about winning every inner battle, or staying on top all the time, of being the perfect family. It's about being real. Of looking our stuff in the eye while still being free to reach out to the families and friends who need our support and encouragement.

May these terrible times remind us that our families, our school, our networks can be wonderful communities provided we have big hearts, listening ears and hold each others' hands.

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

