

NUMBER 3

16th FEBRUARY 2023

PRINCIPAL'S REPORT

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



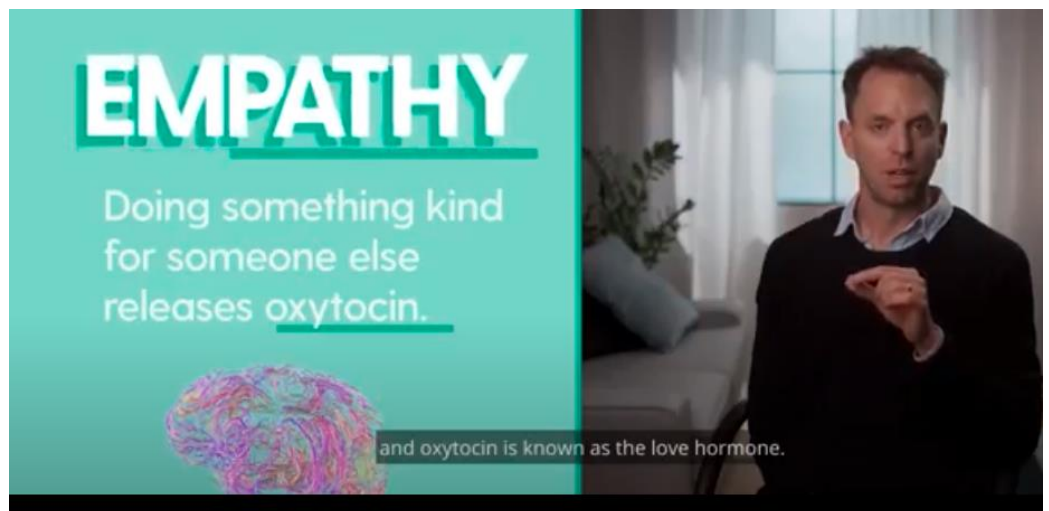
REMINDERS FOR WEEK FOUR: TERM ONE 2023

Friday February 17 th	<ul style="list-style-type: none"> • Parent Community 3pm
Monday February 20 th	<ul style="list-style-type: none"> • Resilience Project 2:30pm
Tuesday February 21 st	<ul style="list-style-type: none"> • Basketball Clinic
Wednesday February 22 nd	<ul style="list-style-type: none"> •
Thursday February 23 rd	<ul style="list-style-type: none"> • No Assembly
Friday February 24 th	<ul style="list-style-type: none"> • Flourishing Friday 2:30pm • Parent Community 3pm

'THE RESILIENCE PROJECT' – Empathy and Kindness

Empathy is the ability to understand another person's thoughts and feelings from their perspective.

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)! Research shows that practicing empathy such as performing acts of kindness, taps into our



brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-

based. View Part 3: Empathy of the series here: <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

PARENT COMMUNITY –Coffee & chat Friday's 3pm

PARENT HELPERS NEEDED FOR FRIDAY LUNCHES
 There is a roster in the office – pick your day!

OPEN SCHOOL AFTERNOON

Thursday March 2nd 3:30pm to 4:30pm

This is a chance to visit your child's classroom in a relaxed, friendly environment. All classes will be open to families from 3:30pm to 4:30pm.

Let this be an opportunity to;

- Let your child give you a tour of their classroom
- Have your child show you where they play in the school grounds
- Find out how you can volunteer at the school. Maybe help with lunches or work in the garden.

Do you need more information on:-

- 'The Resilience Project
- Wellbeing Plans
- Literacy/numeracy

PARENT/TEACHER INTERVIEWS – Monday April 24th (Day 1 of Term 2)

On this day students will be split into Multi-aged groups to enjoy a variety of different fun outdoor activities. Student leaders will be in charge of a group each.

SCHOOL COUNCIL

Nominations for School Council are currently open. The timeline for the School Council Election Process is as follows:-

- Friday 17th February Call for nominations
- Friday 24th February Nominations close.
- On or before Friday 3rd March should nominations exceed the number of vacancies a ballot will take place. Ballot papers distributed.
- Thursday 9th March Close of ballot
- Friday 10th March Count of votes and declaration of the poll
- Wednesday 22nd March School Council AGM

If you have any questions about this process, please ring me or come into see me.

DISTRICT SWIMMING

Well done to Arlee and Ava for representing our school at the District swimming yesterday. Results as following. Thanks to Janie for looking after the girls, much appreciated.

Arlee placed 2nd in Breaststroke, 3rd in Backstroke and Freestyle.
Ava placed 2nd in Backstroke.
Great performances!



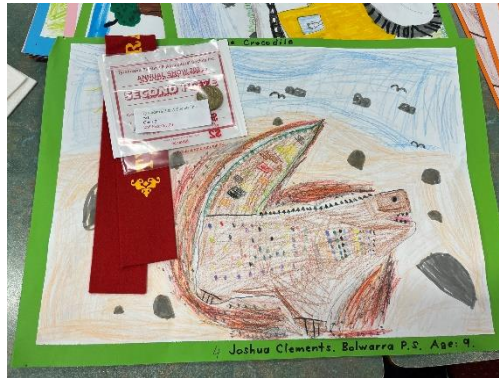
FLOURISHING FRIDAY

Last Friday we had our first 'Flourishing Friday' for the year. Pictured are students on "Bushie". We also had outdoor games, Lego, planks, dress-ups, mindful colouring and puzzles.

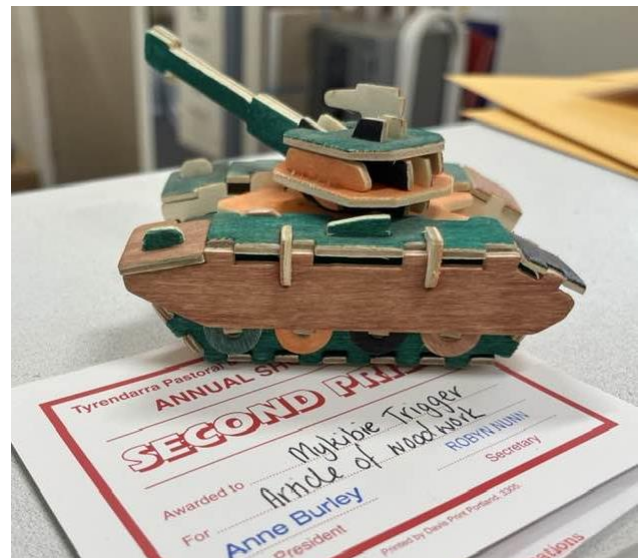
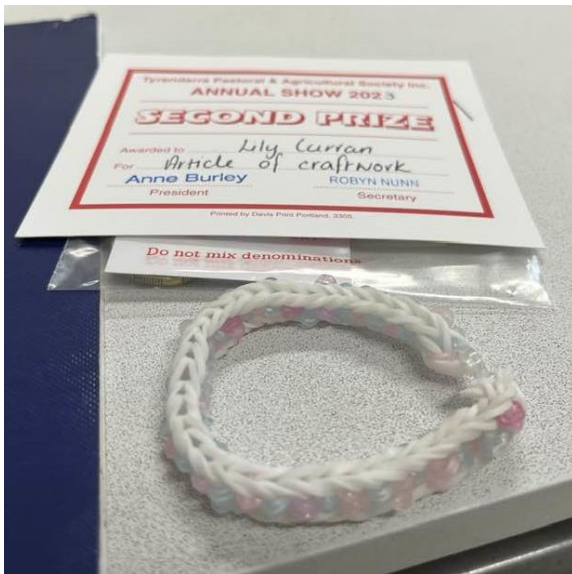


TYRENDARRA SHOW

Congratulations to our winners in the poster competition from the Tyrendarra Show. First to Kelvin Moore and Fletcher Hodgins. Second to Josh. Special mentions for Dakota, Aiden, Shanum, Grayson, Fletcher Menzel, Ayla and Jimmy.



In other categories we had prize winners with Mykibie and Lily.



EXTRA-CURRICULA TERM 1 DATE 2023

February	Friday	17 th	-	Parent Community 3pm
	Tuesday	21 st	-	Basketball Clinic
	Wednesday	22 nd	-	Rest Day for Preps
	Thursday	23 rd	-	District Tennis
	Friday	24 th	-	Parent Community 3pm

March	Thursday	2 nd	-	Open School Afternoon 3:30pm
	Friday	3 rd	-	Parent Community 3pm
	Tuesday	7 th	-	Football Clinic
	Friday	10 th	-	Parent Community 3pm
	Friday	17 th	-	Parent Community 3pm
	Wednesday	22 nd	-	School Council AGM
	Friday	24 th	-	Rural Athletics
	Thursday	30 th	-	District Athletics
	Friday	31 st	-	Parent Community 3pm

April	Wednesday	5 th	-	Whole School Excursion
	Thursday	6 th	-	Last Day of Term 1

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to the following students who will celebrate their birthday in the coming week: Paddy Starick turns 8 on Monday, Deon Murphy turns 12 on Tuesday, and Kaisa Hughes turns 7 next Thursday.

BOOK CLUB – Orders are due back at school by tomorrow.

FRIDAY LUNCHES – 1 Helper is needed for tomorrow’s lunches. If you can help please let Nicole know first thing tomorrow morning. There is a roster in the office for up-coming lunches.

Chaplains' Corner - How's your family cruise going?

As you know, a cruise ship dropped by Portland last week. Always a great sight. And on board were some relatives of ours, Judith's cousin and hubby. Hadn't seen them for a few years. They hadn't been to our beautiful town before. So, we did the usual circuit around town, the lakes and the Cape. They were impressed. It was a real plus hosting them.

They are cruise-aholics. They've lost count of the cruises they have been on. Another one to London mid-year, then Antarctica around Christmas. Phew. But take note. We are all on a cruise but not on fancy boats. We pull up anchor every morning, get the family out of bed, pack the lunches, and aim to berth at the school gate on time. Then school sets sail for another day. Maybe there are a few things to ponder here....

- **We are all on a journey as families** - And each day brings its own collection of ups and downs. Raising a family is hard work. Mums and dads want their crew to function happily but this is no guarantee that we will always be cruising through calm waters. Far from it.
- **We always have to trim the sails** - To meet the joys and difficulties of each day. We want peaceful waters but storms do show up, like it or not. Heavy weather in our families can be exceedingly hard to get through. If we're not careful, there will be casualties.
- **It's wise to know what bad weather looks like** - It can show up unannounced and catch us out. So, look for the signs. Like ongoing weariness, a breakdown in family teamwork, financial stress, taking each other for granted, only doing what we want.
- **Don't lose anyone overboard** - There's a high price for not paying attention to the bad weather. Relationships falter, especially between mum and dad, tension mounts, listening stops, voices are raised, the kids are on edge, the winds are all against us.
- **So, we need wisdom to cope with the high swells** - We need to keep our inner compass set on the right direction. What's that, you ask? Simple really. We want to maintain family unity; we want to show our kids how to cope with life's difficulties.
- **The family ship requires accurate navigation** - Remember your kids will be storing away a cargo load of memories. So, what do you want them to remember? A family that sank or one that held together no matter what the sea of life delivered?
- **Where's the safe passage we're hoping for?** - It actually lives within you as a mum or dad. There's a huge price to pay when we stop listening to that inner voice which tells us to stop, to listen, to apologise, to forgive and be forgiven, to locate what's best for all of us.
- **The quieter waters of life bring their own blessings** - Of course we cannot dodge the storms which arrive, but as we pilot our way safely through them the benefits emerge. We enjoy each other's company, we love to listen to each other, we affirm, we encourage.

It's not the storms of life that are the big deal. Take these for granted. As a mum or dad, you have to plot your course through them or around them. They don't need to have the final word. So, take heart. Be brave. Work hard, protect your teamwork, always keep sailing towards life's calmer waters where love, care and compassion are waiting for you.

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

