



NUMBER 4

23rd FEBRUARY 2023

PRINCIPAL'S REPORT

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

REMINDERS FOR WEEK FIVE: TERM ONE 2023

Friday February 24 th	<ul style="list-style-type: none">• Flourishing Friday 2:30pm• Parent Community 3pm
Monday February 27 th	<ul style="list-style-type: none">• Resilience Project 2:30pm
Tuesday February 28 th	<ul style="list-style-type: none">•
Wednesday March 1 st	<ul style="list-style-type: none">•
Thursday March 2 nd	<ul style="list-style-type: none">• Assembly 3pm• Open Evening 3:30pm to 4:30pm
Friday March 3 rd	<ul style="list-style-type: none">• Parent Community 3pm

'THE RESILIENCE PROJECT' – Mindfulness

Mindfulness is about practising a moment-to-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment – with curiosity, and without judgement. Thousands of studies have proven benefits include reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

View **Part 4: Mindfulness** of the series here:

<https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

Mindfulness can be practiced through meditation, yoga, flow-states and daily activities such as cooking.

PARENT COMMUNITY –Coffee & Chat Friday's 3pm

Our Parent Community is for all our parents, grandparents and other friends. This is a friendly drop in time for everyone. Bring your little people too – we have toys for them to play with. And here's what we are on about:

1. We drop by any time in this half hour for a cuppa and refreshments. You are our guest! Just come and go to suit your timetable.
2. We catch up with other mums and dads (grandparents/friends) just for the pleasure of it.

INCLUSION

"Diversity is a fact. Equity is a choice. Inclusion is an action. Belonging is an outcome"

OPEN SCHOOL AFTERNOON

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

FREE BBQ FOR PARENT & STUDENTS AVAILABLE

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



BASKETBALL CLINICS



EXTRA-CURRICULA TERM 1 DATE 2023

February	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
	Monday	13 th	-	LABOUR DAY no students or staff at school
	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 Grayson Moore who turns 6 on Wednesday.

RELAY FOR LIFE – 25th March 2023

Any parents/carers interested in organising a team to participate, please contact Lee or Nicole.

FRIDAY LUNCHES – Tomorrow 1 Helper is needed (just for serving 1.15pm –1.45pm)

3rd March – Pasta Bolognese – 2 helpers needed

10th March – BBQ Sausages – 2 helpers needed

17th March – Beach House Pizza – 1 helper needed for serving

STATEMENTS

Attached to today's newsletter is the 2023 Parent Payment Policy, as well as your current statement. Any outstanding credits have been put towards the 2023 Extra Curricular Items & Activities amounts.

Summary of payments are as follows:

Grade P – 4:

- Extra-Curricular Items & Activities \$190 Invoiced on current statement
(Details of Grade 3/4 camps to follow, parents will be invoiced in the future)
- Curriculum Contributions \$180 } Parents may choose to make a part or full
- Other Contributions \$ 40 } voluntary contribution

Grade 5-6:

- Extra-Curricular Items & Activities \$190 Invoiced on current statement
(Details of Grade 5/6 camp to follow, parents will be invoiced in the future)
- Curriculum Contributions \$156 } Parents may choose to make a part of full
- Other Contributions (see policy) \$ 40 } voluntary contribution

Any invoiced and voluntary contributions can be made via BPAY or direct deposit (details for both on statement). Any queries please contact Nicole in the office. Thank you.



ENTER VIA
FAWTHROP
STREET

MARCH 18
10.AM-2.PM

BUNDARRA

SCHOOL FETE

RAISING MONEY FOR SCHOOL CAMPS

MUSIC PRIZE DRAW FOOD DRINKS FACE PAINTING
PIE FACE MARKET STALLS

BUNDARRA PRIMARY SCHOOL: CORNERS FAWTHROP AND EDGAR STREETS



TYRENDARRA

Twilight Cinema

Mrs. Doubtfire

6PM - 10PM
FRIDAY 17, MARCH 2022
TYRENDARRA RECREATION RESERVE

ADULTS: \$5 CHILDREN: \$2 FAMILY: \$15

MUSIC FROM TELEAH ARMISTEAD FROM 6PM
DARYL BARR AMUSEMENTS WITH \$5 WRISTBAND
NO BYO - FOOD AND DRINKS AVAILABLE

THANKS TO OUR SPONSORS!
BREWSTER WALSH WATERS PARTNERS, ALLENS FREIGHT, ROB & ERICA MATHER, DARCY JONES, KNOWLES DAIRY, TYRENDARRA LIME, PORTLAND AIR CONDITIONING, RHYS SMITH EARTHMOVING, AXIS EMPLOYMENT, NARRAWONG POST OFFICE, AND JASPER BUSES

Chaplains' Corner - What happened outside Coles

As little families go, there was nothing too remarkable about them. Just like any other family around the place. Mum, dad and a couple of kids, one in a pram. Neatly dressed. They had just left Coles with their shopping done. We were parked beside them in a nearby town.

And then it happened. Something went astray in the process of getting back into their car. Not uncommon with manoeuvring kids into car seats and belts. With a high decibel delivery, Mum yelled at one of these little people, "You idiot!" Dad, not to be outdone, launched into an angry tirade which, as the old saying goes, would make a sailor blush. It was not nice stuff. It was also very upsetting. For all sorts of reasons really....

- **Good on them for providing for their family** - Here they were obviously stocking up supplies to feed the gang. They had set the required time aside to keep the food chain in operation. Something that every family has to do.
- **And they were doing it together** - Never an easy call with little people in tow. Maybe they had run into some family hassles while shopping? A big store has many temptations for the younger brigade. Perhaps by the time they arrived back at the car, they were frazzled?
- **Clearly something happened while loading up bags and kids** - Who knows what the actual trigger was? A kind observation would allow for mum and dad to be worn out a tad with some annoying kid behaviour hitting the wrong button for them.
- **Every family has to cope with annoying situations** - There's no escaping this reality. No matter how careful the planning or how plentiful the supply of parental patience, the oversight of one small detail can easily upset the family apple cart.
- **It's how mums and dads react that counts** - Even in the heat of the moment, we need to find ways of controlling our own words and feelings. Simply blowing our tops every time the family wheel falls off is a recipe for creating stress and tension within our kids.
- **Name calling is a no-go zone** - Who knows how often this mum had labelled her little family as idiots? Probably too often sadly. And dad's performance with his dreadful foul language is calculated to ruin the self-confidence and inner security of those kids.
- **No family should be a war zone** - The price is too high. And it's always the kids who are the main casualties. While mum and dad throw around criticism and put downs, our kids suffer terribly even if the tough outbursts are not always directed at them.
- **In addition, we need to think about the example we are setting** - Let's get one thing straight. Our kids see just about everything. What they don't see, they hear. They are in a switched-on learning mode every moment of their lives. Mum and dad are their models.

So, let's get real. Let's show our kids how to handle stress, ours and theirs, in the best possible ways. Let's cut out the putdown and give encouragement. When the temperature is high, go for listening. Be kind people dealing with the real joys and pains of family with love, care and understanding. Let's hope that little family who had just completed their shopping will find much more loving ways to get their kids back into their car, even when tangled with seat belts.

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

