



**NUMBER 2**

**9<sup>th</sup> FEBRUARY 2023**

## PRINCIPAL'S REPORT

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



### REMINDERS FOR WEEK THREE: TERM ONE 2023

Friday February 10 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Flourishing Friday 2:30pm</li> <li>• Parent Community 3pm</li> </ul>
Monday February 13 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Resilience Project 2:30pm</li> </ul>
Tuesday February 14 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Basketball Clinic</li> </ul>
Wednesday February 15 <sup>th</sup>	<ul style="list-style-type: none"> <li>• <b>No Preps at school</b></li> <li>• District Swimming</li> <li>• School Council 7pm</li> </ul>
Thursday February 16 <sup>th</sup>	<ul style="list-style-type: none"> <li>• <b>No Assembly</b></li> </ul>
Friday February 17 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Flourishing Friday 2:30pm</li> <li>• Parent Community 3pm</li> </ul>

## 'THE RESILIENCE PROJECT' - 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 what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.



View Part 2: Gratitude of the series here: <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

### PARENT COMMUNITY –Coffee & chat Friday's 3pm

### DISTRICT TENNIS – Thursday February 23<sup>rd</sup>

Any students interested in participating in the District Tennis should see me as soon as possible to receive extra information. To participate students must be turning 9 or older during 2023 and be able to serve and participate in a rally.

### EXTRA-CURRICULA TERM 1 DATE 2023

<b>February</b>	Friday	10 <sup>th</sup>	-	Parent Community 3pm	
	Tuesday	14 <sup>th</sup>	-	Basketball Clinic	
	Wednesday	15 <sup>th</sup>	-	District Swimming	
				-	Rest Day for Preps
				-	School Council
	Friday	17 <sup>th</sup>	-	Parent Community 3pm	
	Wednesday	22 <sup>nd</sup>	-	Rest Day for Preps	
	Thursday	23 <sup>rd</sup>	-	District Tennis	
	Friday	24 <sup>th</sup>	-	Parent Community 3pm	
<b>March</b>	Friday	3 <sup>rd</sup>	-	Parent Community 3pm	
	Tuesday	7 <sup>th</sup>	-	Football Clinic	
	Friday	10 <sup>th</sup>	-	Parent Community 3pm	
	Friday	17 <sup>th</sup>	-	Parent Community 3pm	
	Wednesday	22 <sup>nd</sup>	-	School Council AGM	

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Friday	24 <sup>th</sup>	-	Rural Athletics
Thursday	30 <sup>th</sup>	-	District Athletics
Friday	31 <sup>st</sup>	-	Parent Community 3pm

April	Wednesday	5 <sup>th</sup>	-	Whole School Excursion
	Thursday	6 <sup>th</sup>	-	<b>Last Day of Term 1</b>

**LEE GIBBONS.....PRINCIPAL**

### **Chaplains' Corner - Let hope win the day!**

When it comes to the start of a new school year, hope is never far away. Every parent hopes their child will settle in happily and make good friends right from the start of their school days. They hope that their offspring will not only enjoy school but will look forward to what the next school day holds.

But along with hope, we all know that fear is not too far away. Mum and dad fears. What if my little person doesn't settle in easily, or can't make friends, or finds learning difficult? And some of us by our own disposition are hope-filled people, always able to be positive. But others of us are experts in the worry department! So, we need to take a moment to ponder....

- **It's wise to start on the hope track** - This means putting to one side all the "what if" type anxieties. Hope is about looking forward with real expectations. That all will go really well. Sure, while there will be bumps along the way for young and old alike, they won't ruin the day.
- **Hope is about being genuinely optimistic** - Some of us are so positive we find it hard to think that anything in this life could come unstuck. But others among us are the exact opposite. When all is going well, we hold our breath waiting for the wheel to fall off. We brace for trouble.
- **Let's be aware of one reality** - Our kids are smart. They read us much better than we think. Both hope and fear are highly contagious without our ever having to say anything. So, be careful about your choice of words, your attitudes. Give plenty of room for hope and stifle fear as best you can.
- **Learn to ask the right questions** - What went really well for you at school today? What was the best thing that happened? What did you learn today? Remind me again, what are the names of your friends? Did you make a new friend today? What games did you play?
- **Getting the questions right is about keeping the focus right too** - Will every last thing go right for your child at school all the time? Probably not. And this doesn't mean that the world has caved in. Before taking sides, or looking for someone to blame, listen to what your child is telling you.
- **This is where some mums and dads trip up** - We are over protective. We want the best so when there's a hiccup in class or the playground, we want to know exactly what happened so we can take action. Beware, this is high risk. There will almost always be another side to your child's story.
- **A bit of quiet detective work is good for all** - Every child knows how to ring their parents' bells. They know how to get mum and dad on side. So, listen carefully. Look for another angle. Help your child to see if they may have helped create the issue. Be sympathetic but avoid rushing in to bat for them.
- **The parent with hope will want to turn a minus into a plus** - A setback at school, or in the family for that matter, provides an opportunity for problem solving, of developing coping skills, of trying to see another's point of view. This is a good starting point and just may show the best way forward.

So, time for a personal check up! Are you giving hope a chance to shape your family life? Or is fear getting in the way, may be even running your life? Along with the joys of being a family there are the down times, when things just aren't what they ought to be. Let hope move in and rewrite your script. Look trouble in the eye. Take a stand. Go for hope. Your kids will be forever grateful.

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

# HOOKIN2 HOCKEY

FIRST SESSION IS FREE!  
CALL OR EMAIL FOR DETAILS!  
ALL EQUIPMENT PROVIDED!



Club: Portland Hockey Club

Venue: St John's Lutheran Primary School – 43/55 Trangmar Street

Program Start Date: 18<sup>th</sup> February – 1<sup>st</sup> April 2023      Time: Saturday 9am – 10am      No. of Week: 7 weeks

Price: \$30

Coordinator Name: Bec Gould

Coordinator Email: [portlandhockeyclub@hotmail.com](mailto:portlandhockeyclub@hotmail.com)

Coordinator Phone: 0407 820 194

TO REGISTER GO TO  
[WWW.HOCKEY.ORG.AU/PLAY/HOOKIN2HOCKEY](http://WWW.HOCKEY.ORG.AU/PLAY/HOOKIN2HOCKEY)



