

NUMBER 9

30th MARCH 2023

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK TEN: TERM ONE 2023

Friday March 31 st	<ul style="list-style-type: none"> Casual Clothes Day – Gold Coin Donation Parent Community Group
Monday April 3 rd	<ul style="list-style-type: none">
Tuesday April 4 th	<ul style="list-style-type: none">
Wednesday April 5 th	<ul style="list-style-type: none"> Whole School Excursion
Thursday April 6 th	<ul style="list-style-type: none"> Last Day of Term 1 Assembly including Easter Raffle 12pm
Friday April 7 th	<ul style="list-style-type: none"> GOOD FRIDAY

PARENT/TEACHER INTERVIEWS – Monday April 24th (First day 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.

- If you haven't returned your interview time slot choice, please do so as soon as possible.

RURAL ATHLETICS

Last Friday was a great day of Athletics. Students from Bolwarra, Narrawong and Dartmoor were outstanding all day. Thanks to those parents who helped. Big thank you to Andreena and Matt Hockley for organising lunches on the day.



WHOLE SCHOOL EXCURSION – Wednesday April 5th

A separate note will go home with information on our excursion next week.

CASUAL CLOTHES DAY – Friday March 31st

Come dressed as your favorite sports team/player or in your favorite sporting uniform

- This year we will be raising money to support children with Type 1 Diabetes
- Gold coin donation
- Student leaders will be holding an hour of sporting activities from 2:30pm to 3:30pm for all students.

LAST DAY OF TERM – Thursday April 6th

12pm –Assembly including Easter Raffle Draw.

12:30pm – Lunch.- Adults and students eat with everyone at the front of the school.

- Parents are able to take children home after lunch.
- All buses will be running 1 hour earlier than normal.

VIC KIDS EAT WELL

As part of the [Vic Kids Eat Well](#) Initiative, we had some healthier lunch order days last Thursday. Kerrie (school volunteer) and Maddi (Portland District Health, Health Promotion Officer) treated the students and staff to a yummy fried rice lunch, using the [Healthy Eating Advisory Service's](#) recipe.

They received some great feedback from students and staff:

"It was yummy & filling"


"It was really good"

"Looks amazing, great colours. Very tasty"

"It was good and had my favourite foods in it"

"Lunch was absolutely beautiful"

"Full of veggies, I loved it!"

Students and staff also provided some great suggestions for future healthy lunch order days, with spaghetti, stir fry and Mexican bowls/nachos being the most popular suggestions. 

You can find the recipe here:

<https://heas.health.vic.gov.au/schools/recipes/fried-rice>



EXTRA-CURRICULA TERM 1 DATES 2023

March	Friday	31 st
April	Wednesday	5 th
	Thursday	6 th

- Casual Clothes Day – Gold Coin donation
- Parent Community 3pm
- Whole School Excursion
- **Last Day of Term 1**

EXTRA-CURRICULA TERM 2 DATES 2023

April	Monday	24 th
	Tuesday	25 th
	Friday	28 th
May	Monday	1 st
	Thursday	4 th
	Friday	5 th
	Thursday	11 th
	Friday	12 th
	Friday	19 th
	Thursday	25 th
	Friday	26 th
	Tuesday	30 th
June	Friday	2 nd
	Friday	9 th
	Monday	12 th
	Friday	16 th
	Friday	23 rd

- Start of Term 2 – Parent/Teacher interviews
- **ANZAC DAY**
- Parent Community 3pm
- **School Photos**
- Rural Cross-Country at Narrawong pm
- Division Athletics in Warrnambool
- Parent Community 3pm
- District Cross-Country am
- **Pupil Free Day**
- Division Cross-Country
- Parent Community 3pm
- Winter Series
- Parent Community 3pm
- Somers Camp starts
- Parent Community 3pm
- **Report Writing Day (Pupil Free Day)**
- **King's Birthday Holiday**
- Parent Community 3pm
- **Last Day of Term 2**

LEE GIBBONS.....PRINCIPAL

SCHOOL PHOTO DAY – 1st MAY

Students' photo order envelope/forms have been sent home today with 'How to Order' information. Students may return their envelopes with correct money (change cannot be given) to their teacher anytime before photo day – late orders incur a surcharge. 'Family Photo' order forms can be obtained from the office

HAPPY BIRTHDAY to Kelvin Moore who turns 12 on Sunday.

FRIDAY LUNCHES – Tomorrow - Friday – 31st March – Dim Sims – 2 Helpers needed please.



EASTER RAFFLE: Thank you to the families who have brought in donations for our raffle. All donations, raffle tickets and money should be brought to school by Wednesday morning please. The prizes will be made up on Wednesday 5th April, and the draw will take place at assembly on Thursday, 6th April (the last day of term).

BIG CHILDCARE – For any further information regarding the attached flyer, please either email or call the following contacts: Ph: 0484 110 571 or email: bolwarra@bigchildcare.com

POSTER ART

GLENELG THE FUTURE

CASTERTON LIBRARY
 WEDNESDAY 12 APRIL
 10:30AM - 12:00PM
 PH: 03 5554 2444

HEYWOOD LIBRARY
 THURSDAY 13 APRIL
 11:00AM - 12:00PM
 PH: 03 5527 0666

PORTLAND LIBRARY
 FRIDAY 14 APRIL
 11:00AM - 12:00PM
 PH: 03 5522 2265

FREE - AGES 5 +
 BOOKINGS ESSENTIAL

PORTLAND ARTS CENTRE

Paper Cup Weaving

CASTERTON Library
 Tuesday 18 APRIL
 12:30PM - 1:30PM
 PH: 03 5554 2444
(Following on from the PAC The Fish That Wanted to Fly Kids Show at 11:00AM)

PORTLAND Library
 Friday 21 APRIL
 11:00AM - 12:00PM
 ph: 03 5522 2265

HEYWOOD library
 Thursday 20 APRIL
 11:00AM - 12:00PM
 PH: 03 5527 0666

FREE - AGES 5-12YRS
 BOOKINGS ESSENTIAL

CLIPPER LIBRARIES

flagstaffhill

AUTUMN ADVENTURES

FRIDAY 7- SUNDAY 23 APRIL, SCHOOL HOLIDAYS

Spent your school holidays in an enchanting maritime village that is alive with kids activities, farm animals, yummy food, fresh air and ocean views PLUS follow the Bunny Trail through the village and claim your share of over 10,000 Chocolate Easter Eggs!

www.flagstaffhill.com
 To book and for full event details

The Fish That Wanted to Fly

Did you ever dream of doing something that seemed impossible?

School Holiday Special:
 \$15 each | \$12 each families of four or more
 \$10 each Portland Arts Centre Members

Portland Arts Centre
 Monday 17 April, 10:30am

Heywood Community Hall
 Monday 17 April 2:30pm

Casterton Town Hall
 Tuesday 18 April 11am

PAC to go

BOOK NOW!
www.portlandartscentre.com.au
 03 5522 2263 or scan:

Little Wing Puppets

goodFriday appeal THE ROYAL CHILDREN'S HOSPITAL

belgravia foundation

CASH ONLY

JOIN OUR GIANT EASTER FUNDRAISER

SUNDAY 9TH APRIL
 12PM TILL 6PM
 AT PLACE
 22 BENTINCK ST

GOLD COIN ENTRY

Easter Egg Hunt
 Raffle Prizes
 Sausage Sizzle
 Group Fitness on the grass
 Pool Inflatables & more

RAISING FUNDS FOR THE GOOD FRIDAY APPEAL & THE BELGRAVIA FOUNDATION

Chaplains' Corner - A lesson from the train track

It happened quite a while back. On a train trip between Brisbane and Rockhampton. It was on the tilt train which had the happy knack of leaning when it was rounding corners. Very clever. Good on-board service too with excellent meals and refreshments. But when it slowed and stopped for no apparent reason, there a rather interesting announcement, "This is a scheduled delay." And the delay was to allow a train travelling south to go by. Which duly happened.

It has often struck me that there's a pretty good lesson or two sitting right here. Most of us aren't all that flash when it comes to delays. We like to get things done. We don't like being held up. Every minute, every moment counts. Most of us probably are not too good at being quiet, of heading for life's slow lane. Of deliberately stopping for the simple purpose of, well, stopping. We're not into scheduled delays. So, how might a regular, scheduled delay help us?

- **We all need quiet moments** - The kind where we make time just to be alone, or have down time with our partners and kids. Not to do stuff. Not to tick more boxes. Just to be. To create a scheduled delay for no other purpose but to be mentally and physically still.
- **We pay a high price for constant motion** - It's not a matter of age, fitness or personality type. If we go for always being on the run, we pay the price. Call it weariness, burnout, fatigue, whatever. We seriously kid ourselves if we stay on the go all the time.
- **What might be the benefits of a scheduled delay?** - They are actually numerous. When we switch our hearts and minds into neutral, we give our inner system time to catch up. We recall promises made but still unfulfilled, or jobs around the house we'd forgotten.
- **We stumble on to ways of being that we hadn't considered** - The scheduled delay gives us the opportunity to consider and reconsider. Is that plan really worth the effort? When did we last encourage that problem child? Are we spending our money wisely?
- **Are we making space for others?** The scheduled delay was to allow another train to pass. Our delays could deliver quality time to take into account the needs of those around us, family and friends. We apply our brakes to do something for another in need.
- **There are no prizes for constant motion** - In fact, the price may be hard to pay. What about words said or actions taken that we now regret? Simply because we were frustrated, worn out, not coping with our own issues so unable to manage those of the family.
- **The scheduled delay gives us time to shift direction** - There's no point insisting on ways and means which are not helping our family. A pig-headed parent is a first-rate pain. It takes wisdom and inner strength to admit that we need to do different things in new ways.
- **And other good things can happen** - Like waking up to the reality that we need to forgive those around us rather than hanging on to grudges. Of ditching our critical spirit. Of quitting the rush to judge of others. Of being brave enough to seek forgiveness too.

The scheduled delay shapes our manner. Instead of being wound up like a spring, we meet each day with a genuine calmness, a willingness to bring a peaceful spirit to all that the day will hold. We gradually learn the power that flows into the lives of others from a settled spirit, a loving heart, a thankful mind. Instead of rushing ahead mindlessly, we pause to bless others.

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

