



NUMBER 10

5th APRIL 2023

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK ELEVEN: TERM ONE 2023

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

REMINDERS FOR WEEK ONE: TERM TWO 2022

Monday April 24 th	<ul style="list-style-type: none"> Parent/Teacher Interviews –Students attend school
Tuesday April 25 th	<ul style="list-style-type: none"> ANZAC DAY
Wednesday April 26 th	<ul style="list-style-type: none">
Thursday April 27 th	<ul style="list-style-type: none">
Friday April 28 th	<ul style="list-style-type: none"> Flourishing Friday 2:30pm Parent Community 3pm

RESILIENCE PROJECT –

Parent & Carer Authentic Connection presentation (with other schools) on Tuesday 9th May from 6:30pm - 7:30pm

What you can expect.

Through emotionally engaging stories and practical strategies, this session will help parents and carers understand the benefits of letting go of shame, perfection, ego and control. It will combine powerful research with candid storytelling, along with a few laughs to help support what is arguably the toughest job in the world... being a parent or carer!



Why a Parent & Carer presentation?

When building positive mental health in schools, we know the best impact happens when we work together.

The 'Authentic Connection' presentation helps do just that by sharing those same evidence-based strategies being taught in the classroom, so they can be also practised at home and beyond. Attendees will also be reminded of the importance of their own wellbeing - we bring the best versions of ourselves to our family and community, when we make time to look after ourselves.

Parents and Carer will need to register for the webinar using the following

link: https://us02web.zoom.us/meeting/register/tZrcuuqrzopE9UMICJTFys_ljv0r2feHHMq

****Registrations are essential****

BOLWARRA SCHOOL COUNCIL 2023

President: Anna Impey
 Parent Members: Zoe Calderwood
 Laura Treloar
 Marty Starick
 Shannon Curran
 Ben Menzel
 Jai Petch
 Staff Members: Nicole Chapple
 Kylee McDonald

- Parents are encouraged to pass on any suggestions or concerns to any School Council Member.

DISTRICT ATHLETICS

Outstanding day at the Districts Athletics last Thursday. Rurals won the Handicap Trophy. Thanks to Narrawong and Dartmoor for being part of our great team.

Our individual results are below.

Jackson Warrener	4 th in Long Jump - 2 nd in Relay
Nathan Rethus	1 st in Shot Put and 100 metres 2 nd in Long Jump, Relay and Hurdles - 4 th in 800m
Eddie Curran	4 th in Relay
Paddy Impey	1 st in Triple Jump - 2 nd in Long Jump - 4 th in Shot Put
Arlee Holmes-Wilson	3 rd in Shot Put and Discus
Dakota Oliver	1 st in High Jump and 100m - 3 rd in Triple Jump
Max Bott	4 th in Relay and 800m
Jack Starick	2 nd in Relay

Dakota was the overall 12/13 Year Girl Champion. She also broke the record in the High Jump with an incredible jump of 1.36metres.



Dakota (100metres, 200 metres and high Jump), Nathan (100metres, 200 metres and shot Put) and Paddy (triple Jump) have qualified for the Division Athletics in Warrnambool on Friday May 5th.

ANZAC DAY PARADE – Tuesday April 25th

Our school has been invited to participate in the ANZAC Day ceremony in Portland. The students will march from the RSL Clubrooms to the memorial Triangle (in front of the Council Offices in Cliff Street) for the ceremony. Students attending will need to meet me at 10.15am at the corner of Gawler & Percy Streets wearing their school uniform. They may wear their deceased relatives' medals on their right breast if they wish.

Students will need a coin in their pocket for the collection for Legacy. School representatives will lay a wreath during the official ceremony.

This is a great opportunity for our students to represent Bolwarra and show respect for their country and the fallen.

I hope that you will consider joining us.

Remember our
Diggers



25th April



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.

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.

EXTRA-CURRICULA TERM 1 DATES 2023

April Thursday 6th - Last Day of Term 1

EXTRA-CURRICULA TERM 2 DATES 2023

April	Monday	24 th	-	Start of Term 2	
	Tuesday	25 th	-	ANZAC DAY	
	Friday	28 th	-	Parent Community 3pm	
May	Monday	1 st	-	School Photos	
	Thursday	4 th	-	Rural Cross-Country at Narrawong pm	
	Friday	5 th	-	Division Athletics in Warrnambool	
				-	Parent Community 3pm
	Tuesday	9 th	-	Resilience Project Parent Presentation	
	Thursday	11 th	-	District Cross-Country am	
	Friday	12 th	-	Pupil Free Day	
	Friday	19 th	-	Division Cross-Country	
				-	Parent Community 3pm
				-	Winter Series
June	Thursday	25 th	-	Parent Community 3pm	
	Friday	26 th	-	Parent Community 3pm	
	Tuesday	30 th	-	Somers Camp starts	
	Friday	2 nd	-	Parent Community 3pm	
	Friday	9 th	-	Report Writing Day (Pupil Free Day)	
	Monday	12 th	-	King's Birthday Holiday	
Friday	16 th	-	Parent Community 3pm		
Friday	23 rd	-	Last Day of Term 2		

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to the following students who will celebrate their birthday during the holiday break:- Fletcher Hodgins (8); Zach Price (11) and Leo Rundell (7).



EASTER RAFFLE: Thank you to the families who have brought in donations for our raffle. Any raffle tickets and money should be brought to school first thing tomorrow morning please. The draw will take place at assembly tomorrow Thursday, 6th April (the last day of term).



Coaster Hoops Registration Now Open!!

Coaster Hoops Program (5-7 years)

Coasters Hoops is the PBA's introductory to basketball program, providing a fun, supportive and inclusive Basketball experience for 5-7-year olds. Coasters Hoops is also open to 7-9 yrs that are completely new to basketball. Our Coasters Hoops program is designed to introduce kids to the game of basketball with planned skills and activities that will lead to modified game play and leading to match ready participants who will then easily transition into our local junior competitions. Coasters Hoops is run by Coasters Coaches supported by rep Coaster players.

Wednesday Nights @ Bundarra Primary School
 Beginners 4 - 4:40pm
 Advanced 4:50 – 5:30pm
 Starts first wed of school term 2

For more info or to register visit www.portlandbasketball.com.au/domestic or scan QR code



You're Invited!



Do you have a child aged between 8 and 16 thinking about playing football?

GSWJFL Clubs are looking for extra players for the 2023 season commencing 15th April. If you require further information please email portlandjfa@gmail.com or text 0417 353 673.



Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarming, **one in seven** primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude, Empathy and Mindfulness (GEM)**.

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.

Chaplains' Corner - Just go ahead and be a blessing!

It happens all the time. We see variations all over the place starting with our own families. It's the tussle between right and wrong, between encouragement and criticism, between caring for others or just looking out for myself. And it's not just true for families. We see the same tensions wherever there are people, be they living around us, in our town, in our country, in our world. The bottom line holds for every setting. A child, a parent, a community leader, a president are all able to make good things happen. Equally, they are also able to bring confusion, stress and outright unhappiness.

So, this time of the year invites us to think about our directions and priorities as families. We can't fix the problems of the world but we can do some pretty good things on the home front, in our school and among our friends. It's just a matter of choosing what's best rather than doing without thinking. So, how do we bring some real blessing to the people around us? Consider....

- **Every action has an outcome** - It's pretty basic really but we often forget it. To bless others requires us to understand what's happening for them and the support they need. It just takes a bit of time and a dose of kindness. Loving actions produce wonderful outcomes. A simple equation.
- **But good outcomes don't just happen** - Mums and dads are the key players. They model the good stuff but it takes maturity of the best kind. Choosing what is best, what is helpful, what will bring joy and growth to the family calls for a big heart, a gentle spirit, a sensitive commitment to wellbeing.
- **A caring child or parent are world changers** - As in bringing harmony to their families and networks. They are stand out figures. People like being around them. They are sought after for company, advice, encouragement, listening. They can be counted on to find good ways forward for others.
- **But there is a dark side** - The unfortunate reality is that some parents never grow up. They cannot think about the needs of other family members. It always has to be about them, their needs, their preferences. They are emotionally crippled souls incapable of helping their own families.
- **Our families need a road map to being world changers** - And the direction into becoming people who bless others hinges on mum and dad doing their bit to show the way. It's not about being perfect people. It's about trying to think constantly of what is best, caring, sensitive and helpful.
- **There's a tough reality sitting right here** - If this generation of parents get it right, the blessing flows on to the next generation. But if they miss it, if they just do their own selfish thing then get ready for another generation of selfish losers, of kids who were robbed of the signposts of hope and light.
- **So, let's face it, it's not easy blessing others** - It's about the sacrifice of our time, our energy and may be our finance too. It's about service, not selfishness. It's about giving a hand up to our kids and families when they hit the tough times, about being a steadying influence just when required.
- **The choices remain the same** - If we want to be people who can be depended upon, it's still about choosing what's best even when that may cut across what we had planned. It's about that strength of character which perseveres, which is patient, which doesn't look for quick returns.

May we then, as the Easter weekend and holiday season approaches, determine to do our little bit to make life just that little bit easier and happier for those around us. In so doing, our tiny bit of this world will become a happier, stronger, better place to be. And our kids and friends will indeed be blessed.

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

TIMETABLE FOR PARENT / TEACHER INTERVIEWS on Monday 24th April

24/4	Prep/1-Miss McDonald	Grade 2/3/4C-Mr Cummins	Grade 5/6T-Mr Thompson
8.00			
8.10	Mila Holmes-Wilson		Paddy Impey
8.20		Tayli Holmes-Wilson	
8.30	Ayla Jennings		Arlee Holmes-Wilson
8.40		Hunter Jennings	Nathan Rethus
8.50			Deon Murphy
9.00	Ulla Domburg		Aiden Iddon
9.10		Fletcher Hodgins	
9.20	Carter Hodgins		Kelvin Moore
9.30	Grayson Moore		Mykibie Trigger
9.40		Hayes Moore	
9.50		Niklaus Moore	
10.00	Leo Rundell		Charlotte Calderwood
10.10	Jimmy Calderwood		
10.20			
10.30			
10.40			
10.50			
11.00			
11.10			
11.20			
11.30			
11.40			
11.50			
12.00	Issy Treloar		
12.10	Jett Treloar		
12.20			

	Prep/1M - Miss McDonald	Grade 2/3/4C – Mr Cummins	Grade 5/6T – Mr Thompson
12.30			
12.40			
12.50			
1.00		Evie Crellin	
1.10			
1.20			
1.30			
1.40			
1.50			
2.00			Ava Jacobson
2.10			
2.20			Dakota Oliver
2.30	Lily Curran		
2.40		Eddie Curran	
2.50	Shanum Saiyad		
3.00			Jack Starick
3.10	Zara Petch	Paddy Starick	Sophie Sharrock
3.20	Kaisa Hughes	Rosie Clark	Ellie Bott
3.30	Maddie Conrades	Max Bott	Scarlett Clark
3.40			Zach Price
3.50			
4.00	Chaska Verons	Ava Wood	
4.10			
4.20			Asher Witchell
4.30		Thomas Menzel	Jackson Warrener
4.40	Fletcher Menzel	Anna Warrener	
4.50			

