

NUMBER 13

11th MAY 2023

PRINCIPAL'S REPORT

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



REMINDERS FOR WEEK FOUR: TERM TWO 2022

Friday May 12 th	<ul style="list-style-type: none"> • Pupil Free Day
Monday May 15 th	<ul style="list-style-type: none"> • Resilience Project 2:30pm
Tuesday May 16 th	<ul style="list-style-type: none"> •
Wednesday May 17 th	<ul style="list-style-type: none"> • School Council 7:30pm
Thursday May 18 th	<ul style="list-style-type: none"> • Assembly 3pm
Friday May 19 th	<ul style="list-style-type: none"> • Flourishing Friday 2:30pm • Parent Community 3pm

MISS McDONALD ON LEAVE

Miss McDonald is on Long Service Leave for the following 2 weeks plus one day. This is well overdue due to the amazing service she has given to Bolwarra over the past 20 years. She had planned to take a term of Long Service Leave in 2020 but the pandemic got in the way!

We are very fortunate to have Mrs. Arthur available to take over the teaching duties in Prep/1M. Mrs. Poehland will be taking over Mrs. Arthur's role during this time.

PREP 2024

Enrolments - We are now taking school tours for 2024 enrolments. If you require an enrolment pack for a sibling, pop into the school office. If any family or friends would like a tour of our wonderful school, please have them contact the office.

All schools in the Portland and District area encourage students to go to their local school. Your local school can be found by visiting <https://www.findmyschool.vic.gov.au>

MUSIC



Last Monday we welcomed Fleur from 'The Song Room'. She will be with us for the next 10 Monday's. Initially she will be teaching music and then she will be supporting Mrs. Arthur and Mr. Cummins in providing music lessons for our students.



RETIREMENT

On reflecting on my 17 years at Bolwarra one of my proudest achievements has been to introduce 'The Resilience Project' into our school. I believe that teaching our students GEM (Gratitude, Empathy, Mindfulness) has had a positive impact on their lives. Personally it has impacted on me and made me a happier, more satisfied person.

ABSENTEES

Just a reminder that if your child is going to be absent the Education Department require the school to know this on the day of the absence. Nicole will ring parents from 10am if we don't have this information.

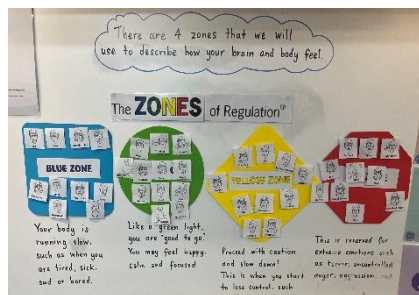
THE NATIONAL BESTSELLER
"Widely inspiring and transformative schools, the best have embraced the Resilience Project."
 MISTY HIGGINS



YOUTH MENTAL HEALTH FIRST AID – Tomorrow for Bolwarra staff

PUPIL FREE DAY

ZONES OF REGULATION



All students this week started learning about the 'Zones of Regulation'. This will help students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities.

This week they learned that there are 4 zones that we will use to describe how our brain and body feel.

Blue Zone – Your body is running slow, such as when you are tired, sick, sad or bored.

Green Zone – Like a green light, you are 'good to go'. You may feel happy, calm and focused.

Yellow Zone – Proceed with caution and slow down! This is when you start to lose control, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious or surprised.

Red Zone – This is reserved for extreme emotions such as terror, uncontrollable anger and aggression.

RURAL CROSS-COUNTRY

Well done to our students who completed the cross-country last Thursday at Narrawong. Winners of their respective age groups were Max Bott, Hunter Jennings, Grayson Moore, Ellie Bott, Kelvin Moore and Ava Jacobson



DIVISION ATHLETICS IN WARRNAMBOOL

Congratulations to Paddy, Dakota and Nathan for participating in the Division Athletics last Friday. Nathan placed 2nd in Shot Put and 10th in the 200. Dakota was 3rd in the 100 and 5th in the 200. Paddy was 4th in the Triple Jump. Nathan and Dakota have now qualified for the Region Athletics in Ballarat on Friday October 6th.

FRIDAY LUNCHES – Helper needed for Friday, 19th. If you can help please let Nicole know. Any parent available to help with lunches on Fridays please add your name to the roster in the office.

EXTRA-CURRICULA TERM 2 DATES 2023

May	Friday	12 th	-	Pupil Free Day –Staff Curriculum day
	Friday	19 th	-	Division Cross-Country
			-	Parent Community 3pm
	Tuesday	23 rd	-	Winter Series
	Friday	26 th	-	Parent Community 3pm
June	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 Mr Gibbons who will celebrate his birthday on Sunday; Eddie Curran (10) and Ayla Jennings (6) who will both celebrate their birthday on Wednesday.

Chaplains' Corner - What traditions do you have at your place?

It was even bigger than the footy! The coronation of King Charles III. You may or may not be into kings and queens but the event was filled with history, with traditions which go back hundreds of years. This well-rehearsed moment with all its pageantry seems a long way from life here in Bolwarra. And, indeed, it certainly is. No doubt about that. But there's a lesson tucked away there for us as families.

What on earth, you may ask? It's pretty straightforward actually. It's not about coronations; it's about your family. What traditions are you creating for your kids? What are the memorable moments that your own kids may one day want to repeat with their families come the time? Without even thinking about it, the chances are very good that you may already have your own family traditions. Consider....

- **Let's start off with the obvious ones** - How do you celebrate birthdays at your place? Do you have a routine? In our family, one tradition is that the birthday person has to share some highs and lows from the past year. Always a very interesting list, often with surprises tucked away there.
- **Some more about birthdays** - It's pretty safe to say that most families do something special for their birthday person. The giving of a present, the writing of a card, the planning of a special event are some of the possibilities. These are just some ways to make the day that little bit different.
- **It's not just about presents these days** - Rather than hunting up a gift of some sort, families are choosing an event, an experience, something that can be done together. It doesn't have to be expensive. Just a way of making the birthday person feel important. They are the focus.
- **And you can go one better** - Rather than trying to make such a moment a surprise, why not ask the birthday person what is something they'd really like to do? It doesn't have to be a six-week cruise on an ocean liner. May be a meal out, or a visit to someone or to somewhere special.
- **The payoff is that experiences have a lifetime value** - The best gifts may one day be lost, broken or simply not useful anymore, no matter how much thought was put into them. But a great experience, that overnight camp out, the day trip to Halls Gap Zoo, the meal out remain as great memories.
- **This is how we start generating our own traditions** - If each family member comes up with their own special event, their moment, this can be done from year to year. It is not meaningless repetition. It is what we do with them each birthday. Their preference then becomes a family tradition.
- **There's another value tucked away here too** - At the end of the day, gifts are things of value to the birthday person. That's how it should be. But experiences are shared times which everyone enters into and enjoys with the birthday person. There is a greater value in the doing, not just the giving.
- **Family traditions go from one generation to the next** - The way coronations are conducted are shaped by the centuries. The way we celebrate our birthdays and anniversaries with our crew may well shape what they then do with their families, that next generation.

Most families live very full lives. It's not just school; it's taking the kids to their footy, netball or whatever. It's juggling the shift work. It's maintaining the house and block. We need our birthdays and anniversaries to keep our feet on the ground, to make each person feel very special on their day, of taming our busyness. So, get to and start making your traditions work, if you haven't already!

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

