

NUMBER 17

8<sup>th</sup> JUNE 2023

## PRINCIPAL'S REPORT

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

### REMINDERS FOR WEEK EIGHT: TERM TWO 2023

Friday June 9 <sup>th</sup>	<ul style="list-style-type: none"> <li>Report Writing Day –NO STUDENTS REQUIRED AT SCHOOL</li> <li>Mixed Netball team in Warrnambool</li> </ul>
Monday June 12 <sup>th</sup>	<ul style="list-style-type: none"> <li>KING'S BIRTHDAY HOLIDAY</li> </ul>
Tuesday June 13 <sup>th</sup>	<ul style="list-style-type: none"> <li></li> </ul>
Wednesday June 14 <sup>th</sup>	<ul style="list-style-type: none"> <li>School Council 7pm</li> </ul>
Thursday June 15 <sup>th</sup>	<ul style="list-style-type: none"> <li></li> </ul>
Friday June 16 <sup>th</sup>	<ul style="list-style-type: none"> <li>Casual Clothes Day</li> <li>Flourishing Friday 2:30pm</li> <li>Parent Community 3pm</li> </ul>

### ACTING PRINCIPAL FOR TERM 3

I have the great pleasure of announcing that Damien King will be Acting Principal in Term 3 at Bolwarra. Damien currently teaches at Portland North Primary School.

The position of permanent Principal of Bolwarra will be advertised sometime in August with the successful applicant starting in Term 4 2023.

### RETIREMENT – Gratitude

There is no way I could have lasted 34 years in education unless I had great supports around me. Portland is extremely fortunate to be blessed with many great educators who I have had the pleasure of working with over the years. During my time at Bundarra, Portland Special School (now Portland Bay) and Portland Primary I have had great mentors who showed me what caring, supportive educating looks like.

In the past 17 years as a Principal, I have had great support from my fellow Principals. As Principals we work very well together to ensure that all students in the Portland and District area flourish, not just those at our school. Personally, I have been able to use my colleagues to get through many difficult issues that naturally appear as a leader of a school. The quality of leadership in schools in our area is currently very high.

### CASUAL CLOTHES DAY – Friday June 16<sup>th</sup>

Come dressed as Mr. Gibbons

- This year we will be raising money to support children with Type 1 Diabetes
- Gold coin donation

### PREP 2024

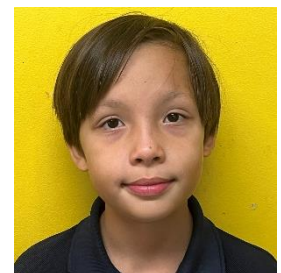
Enrolments - We are now taking school tours for 2024 enrolments. If you require an enrolment pack for a sibling, pop into the school office. If any family or friends would like a tour of our wonderful school, please have them contact the office.

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>

### WELCOME BACK JORDAN

Last week we welcomed back Jordan who lives in Ho Chi Minh City. In consecutive years he is visiting Australia with his Mum and Dad. His father, Rod, attended Bolwarra as a child.

Like last year Jordan has fitted into our school community wonderfully. He has quickly re-established the positive relationships with our students that he had started in 2022.



### HOT LUNCHES – Cup & Packet Noodles



Due to OH&S (occupational health & safety) we ask that you do not send your child to school with these noodles (that require boiling water) for their lunch. An alternative is to send them in a thermos already made up at home – they should stay hot enough for their lunch.



## HEALTH BEHAVIOUR STUDY (Grade 2, 4 & 6) - Information from coordinator

Dear Parent/Guardian,

The Southern Grampians and Glenelg (SGG) Health Behaviours Monitoring Study is an exciting study that is being conducted at your school. All Grade 2, 4 and 6 students at your school are being invited to participate. This study will examine influences on healthy weight and related behaviours (physical activity, sedentary behaviour, diet quality, sleep and wellbeing) among children and adolescents across the Southern Grampians and Glenelg region of Victoria. We ask that you please read the information carefully, so that you can make an informed decision about your child's participation. We ask that you **only return the OPT-OUT recruitment form should you and or your child decide NOT TO participate**. We are using an OPT-OUT recruitment process whereby your child's participation in this study is assumed unless you indicate via the return of the signed OPT-OUT recruitment form that you do not wish for your child to participate.

If you and your child agree to participate, we would like your child to complete the following activities:

- Complete a brief physical activity, sedentary behaviour, food intake, sleep and wellbeing questionnaire (**Grade 4 and 6 only**);
- Have their height and weight measured in a private and professional manner by trained health professionals and/or educators (**Grades 2, 4 & 6**);
- It is planned that all children will be asked to wear a watch-sized activity monitor (accelerometer like a Fitbit ) on their wrist for 7-days. They will need to return this monitor to school at the end of the 7 days (**Grades 4 & 6**).

All activities will be conducted throughout a normal school day, in school time. All data collection procedures have been developed in accordance with current COVID-19 safety protocols instituted by both Deakin University, the Victorian Department of Education and Training and in line with current Government advice.

All information obtained in connection with this research that can identify your child will remain confidential. Your child's data will be made anonymous during analyses, and therefore your child will not be identified in any report, publication or presentation.

Results of this study will provide information about effectiveness of current efforts to improve the health of Victorian children and adolescents. Specifically, this information may be used by local health promotion units, educators, policy makers and researchers in current and future efforts to improve the health of Victorian children and adolescents in the South Grampians and Glenelg regions.

This study has received Deakin University ethics approval (DU-HREC 2023-002)

If you require further information or have any problems or concerns regarding this research, you can contact Penny Fraser.

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### EXTRA-CURRICULA TERM 2 DATES 2023

June	Friday	9 <sup>th</sup>	-	Report Writing Day (Pupil Free Day)
	Monday	12 <sup>th</sup>	-	King's Birthday Holiday
	Friday	16 <sup>th</sup>	-	Casual Clothes Day Parent Community 3pm
	Friday	23 <sup>rd</sup>	-	<b>Last Day of Term 2</b>

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

HAPPY BIRTHDAY to Jett Treloar who turns 8 on Tuesday, and Ava Jacobson who turns 12 on Wednesday.

Do you want free fresh  
fruit back in schools?

Scan the QR Code below to answer a few quick questions

Surveys close Friday 23rd June

Prize pack up for grabs for one lucky school!

Parents



Students



Dear Mr Gibbons,

Thank you for being a fantastic principal. We have been very lucky to have had you as the boss of our school for 17 years and we are very grateful.

Thank you for being our library teacher. We love listening to you read us stories. You have taught us how to use a library and how to take care of books.

We love going to PE with you. You have taught us athletics, ball skills, jumping, football, goal shooting and running. You have kept us fit and healthy.

We are grateful that you organise special activities for us like excursions, dress up days, book day and Flourishing Friday.

You are a kind person and you have taught us to how to be kind to each other. You are very funny, and you make us laugh.

Thank you for looking after us, being our principal and keeping us safe. We will miss you.

From the prep/1 class.

P.S We think your hoop trick is amazing.

## Chaplains' Corner - A roadside lesson

I like to do it as often as I can. And only when it's safe to do so obviously. Whenever there's a delay at a roadworks site and a long wait, I leave the car and wander up to the person holding that Stop/Slow sign. Happened last week on the way back from Nelson. Quite a wait. So, I did my thing and strolled up to the bloke holding his sign. I thanked him for his effort in standing out there in all weathers to keep the rest of us safe.

His reaction was unexpected. To say he was surprised is something of an understatement. He gave me a big smile, then expressed his thanks but in ways which are not suitable for a school newsletter. Let's just say he was very appreciative. He told me he is never thanked. Most of the time he cops criticism and abuse from road users when he's simply doing his bit to keep us all in the right place at the right time. All this reminded me yet again of the awesome power of encouragement. Consider....

- **We can so easily take each other for granted** - This oversight can happen in families, even among friends, in the workplace, in the church, in the community generally. We all get locked in to doing our stuff without pausing to appreciate that so many others make life workable for us.
- **This oversight can happen in our families if we're not careful** - When was the last time we made a special point of thanking the family chef for that beautiful meal? Or the kids for trying to make their bed, or tidy up, or do that odd job without being asked? Or our partner for just being there?
- **We all know the power of encouragement** - When a family member or friend takes the time to thank us for this or that, we instantly feel good. We feel valued, that our being around the place is actually making a difference of some sort. It keeps us going.
- **The failure to encourage carries a big price tag** - It's all too easy to feel undervalued. That whatever we do won't be right. That our efforts won't make a difference. That the time we've invested to help our partner or child has gone completely unnoticed. We reach the point of wondering, why bother?
- **Each day offers a thousand and one opportunities to encourage** - How about a sincere "Thank you" to the young person at the checkout, or servo, or store? Too often their assistance is not noticed. After all they're just doing their job aren't they, so what's the big deal?
- **The absence of encouragement has another great family value** - When we take the time to thank our kids for something they've done for us, we affirm this helpful behaviour. Sure, they may not have got the job done perfectly, but they've made the effort. They feel good about it.
- **And encouragement heads off less than helpful behaviours** - If we miss the moment, if we keep taking our family's efforts for granted, they will find other ways to be noticed. And these probably won't be in their interests or ours. We may even lose the plot and become energetic faultfinders.
- **We want our kids to enjoy what they do** - It's not about turning them into people pleasers, of just doing things to be noticed, or to get a pat on the back. It's about teaching the value of a job well done, of sticking at a challenge because it will probably develop a new skill and also a new attitude.

Encouragement is probably one of the most under-rated tools for helping all of us function well, parents and kids. Make sure you encourage each family member at least once a day. And see what happens.

**John** – stay in touch [revsimmo@gmail.com](mailto:revsimmo@gmail.com) - 0428 780 421, **Andreena** - 0428 233 082

