

NUMBER 10

20<sup>th</sup> APRIL 2017

## PRINCIPAL'S REPORT



### REMINDERS FOR WEEK TWO: TERM TWO 2017

Friday April 21 <sup>st</sup>	• <b>ASSEMBLY 3pm</b>
Monday April 24 <sup>th</sup>	• ANZAC Day ceremony at 3:15pm
Tuesday April 25 <sup>th</sup>	• <b>ANZAC DAY</b>
Wednesday April 26 <sup>th</sup>	• Parent Teacher Interviews -all students to attend school
Thursday April 27 <sup>th</sup>	• Division Athletics in Warrnambool
Friday April 28 <sup>th</sup>	• <b>ASSEMBLY 3pm</b>

### BEHAVIOUR AUDIT – Term 1

The following students will receive Kindness Awards because of being named in the Behaviour Audit completed by all students from Grade 3 to 6 late last term;

Mitch Finck	Tiarna Keegan	Rebecca Goode	Lachie Compton	Janaya Grace	Luke Fidge
Harry Rethus	Abby McFarlane	Kade Perkins	Angus Impey	Lilly Swanson	Taya Field
Gina Shemeld	Ayden Perkins	Eli Herbertson	Zaidin Van Zyl	Samuel Herbertson	
Charlie Piergrosse		Annabel Sutherland			

Selection of comments from the Behaviour Audit.

*Great community.*

*I love this school and I will come back a lot.*

*This school has everything I need to be happy, thank you.*

*I like this school because people are funny and happy.*

*I like this school.*

*This school is nice.*

*I like this school because everyone is kind and helpful. It makes me happy how everybody treats each other.*

*It is a great school.*

*It is a fantastic school with great facilities and great teachers and I like it how we have a lot of sports equipment and that's why I think Bolwarra is a great school.*

*I love this school.*

*I love my school! It's the best school ever! Most people are so nice. People are so funny and the teachers are so cool.*

*I love the school!!!*

*It is a great school with great people.*

*I think this school is amazing. I love it.*

*I like the school and it's different then my old school.*

*That we have a great jokey teacher and Principal even when they are being serious and that there are no bullies.*

*There are good teachers and staff.*

*I love ga ga and the grey playground.*

*I love ga ga, tell & show. I like writing.*

*It is a super wonderful and a good class and the students, teachers, play equipment for the whole school.*

*No-one is to mean for me in ga ga. People share toys in the sandpit.*

*This school is very helpful. This school is good because it has good students.*

*No one has hurt me this year.*

*Callum is a great friend because he always helps with the thing I'm doing.*

*I love gaga, maths and playtime and ipads.*

### YOU CAN DO IT! STARS

**Academic Excellence – Caught 10 times** Alex Jacobson Lou Impey

**Organisation – Caught 10 times** Daniel Goode

## ANZAC DAY PARADE – Tuesday April 25<sup>th</sup>

### Remember our Diggers



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.

**On Monday our student leaders will conduct a brief ANZAC Day ceremony at school 3:15pm. All parents are welcome.**

## PARENT/TEACHER INTERVIEWS – Wednesday April 26<sup>th</sup>

The 15 minute time allocation will give you the opportunity to talk to your child's teacher specifically about your child's academic progress (mainly in literacy and numeracy) and social development (behaviour).

Students are expected to attend school on Wednesday as normal. The students will be split into 4 multi-aged groups and will have lessons in Music, Library, Art and Physical Education.

**\*\*\*Please find attached, the interview timetable indicating your time slot.**

## DISTRICT GOLF – Monday May 1<sup>st</sup>

Any students in Grade 5 or 6 interested in competing need to get information from Mr Gibbons.

## HOT LUNCHES

At Bolwarra in Terms 2 & 3 our students have the option of bringing food for lunch that will be warmed up in the Pie Heater.

**Food must be wrapped in foil with the name & grade of child clearly indicated.**

Students place their lunch each morning in their classrooms' 'pie heater tub'. Grade 6 students collect the tubs at Morning Tea and return them to the classrooms at lunchtime.

If sending food that requires spoons/forks, please send one along with your child. (plastic if preferred).

## FAREWELL LEAH PERKINS

Leah has been working with us as an Education Officer for 2 hours per day. She has recently accepted a fulltime position at St Laurence Employment Service. We wish Leah all the best and thank her for her contribution to our school.

Jake Davies who has been working at our school for 2 hours per day will now be working 4 hours per day.

## IMPORTANT EXTRA-CURRICULA TERM 2 DATES

<b>April</b>	Tuesday	25 <sup>th</sup>	-	<b>ANZAC Day-no school</b>
	Wednesday	26 <sup>th</sup>	-	Parent/Teacher Interviews-all students to attend school
	Thursday	27 <sup>th</sup>	-	Division Athletics in Warrnambool
<b>May</b>	Monday	1 <sup>st</sup>	-	{ District Golf Parents Club 9am
	Tuesday	9 <sup>th</sup>	-	NAPLAN – Literacy
	Wednesday	10 <sup>th</sup>	-	NAPLAN – Reading
	Thursday	11 <sup>th</sup>	-	NAPLAN – Numeracy
	Friday	12 <sup>th</sup>	-	{ Mother's Day Stall a.m. Rural Cross-Country p.m.
	Monday	15 <sup>th</sup>	-	School Photos
	Wednesday	17 <sup>th</sup>	-	District Cross-Country
	Friday	26 <sup>th</sup>	-	Division Cross-Country in Warrnambool
	Wednesday	31 <sup>st</sup>	-	Winter Series (Football, soccer & netball – Grade 5/6)
<b>June</b>	Monday	5 <sup>th</sup>	-	Parents Club 9am
	Friday	9 <sup>th</sup>	-	Report Writing Day – <b>(Student Free Day)</b>
	Monday	12 <sup>th</sup>	-	<b>Queen's Birthday Holiday</b>
	Friday	30 <sup>th</sup>	-	Last Day of Term 2

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

**HAPPY BIRTHDAY** to the following students who will celebrate their birthday in the coming week:-  
Chantelle Shemeld (8) on Saturday; Matilda Cashin (6) on Sunday; Gina Shemeld (10) on Monday, and Annabel Sutherland who turns 11 next Thursday.

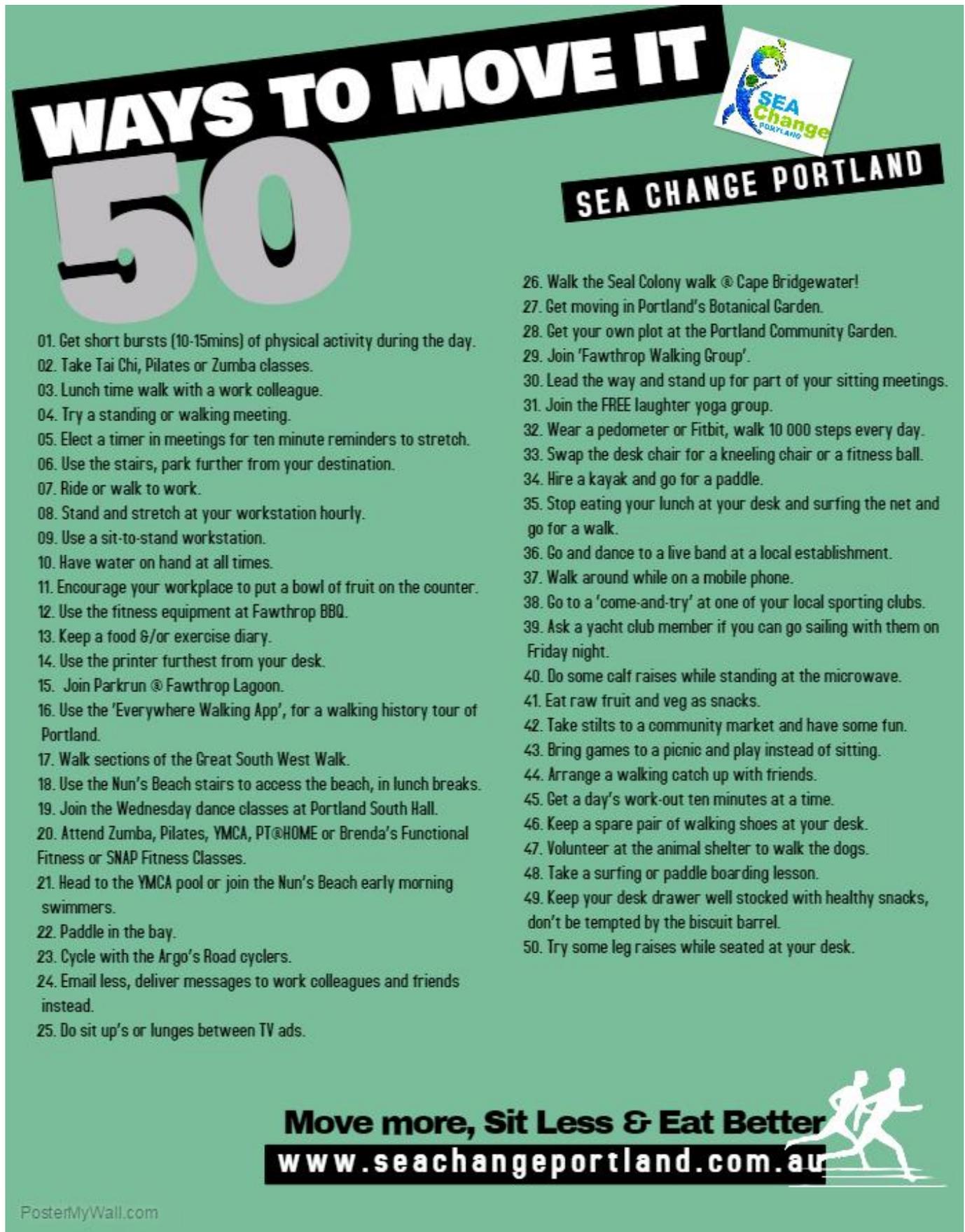
We also wish Jake Davies a belated Happy 18<sup>th</sup> Birthday for last Monday.

**BOOKCLUB** – ISSUE 3 which was distributed today is due back at school by Friday, 28<sup>th</sup> April.

### **PARENTS CLUB FUNDRAISER – FRESH LOCAL POTATOES**

10Kg Bags of potatoes - \$14.00 per bag. These will be available from the office next week.

If a full bag is too much, perhaps you may like to split a bag with family, friends or other parents.



# WAYS TO MOVE IT

# 50

**SEA CHANGE PORTLAND**

01. Get short bursts (10-15mins) of physical activity during the day.
02. Take Tai Chi, Pilates or Zumba classes.
03. Lunch time walk with a work colleague.
04. Try a standing or walking meeting.
05. Elect a timer in meetings for ten minute reminders to stretch.
06. Use the stairs, park further from your destination.
07. Ride or walk to work.
08. Stand and stretch at your workstation hourly.
09. Use a sit-to-stand workstation.
10. Have water on hand at all times.
11. Encourage your workplace to put a bowl of fruit on the counter.
12. Use the fitness equipment at Fawthrop BBQ.
13. Keep a food &/or exercise diary.
14. Use the printer furthest from your desk.
15. Join Parkrun @ Fawthrop Lagoon.
16. Use the 'Everywhere Walking App', for a walking history tour of Portland.
17. Walk sections of the Great South West Walk.
18. Use the Nun's Beach stairs to access the beach, in lunch breaks.
19. Join the Wednesday dance classes at Portland South Hall.
20. Attend Zumba, Pilates, YMCA, PT@HOME or Brenda's Functional Fitness or SNAP Fitness Classes.
21. Head to the YMCA pool or join the Nun's Beach early morning swimmers.
22. Paddle in the bay.
23. Cycle with the Argo's Road cyclers.
24. Email less, deliver messages to work colleagues and friends instead.
25. Do sit up's or lunges between TV ads.
26. Walk the Seal Colony walk @ Cape Bridgewater!
27. Get moving in Portland's Botanical Garden.
28. Get your own plot at the Portland Community Garden.
29. Join 'Fawthrop Walking Group'.
30. Lead the way and stand up for part of your sitting meetings.
31. Join the FREE laughter yoga group.
32. Wear a pedometer or Fitbit, walk 10 000 steps every day.
33. Swap the desk chair for a kneeling chair or a fitness ball.
34. Hire a kayak and go for a paddle.
35. Stop eating your lunch at your desk and surfing the net and go for a walk.
36. Go and dance to a live band at a local establishment.
37. Walk around while on a mobile phone.
38. Go to a 'come-and-try' at one of your local sporting clubs.
39. Ask a yacht club member if you can go sailing with them on Friday night.
40. Do some calf raises while standing at the microwave.
41. Eat raw fruit and veg as snacks.
42. Take stilts to a community market and have some fun.
43. Bring games to a picnic and play instead of sitting.
44. Arrange a walking catch up with friends.
45. Get a day's work-out ten minutes at a time.
46. Keep a spare pair of walking shoes at your desk.
47. Volunteer at the animal shelter to walk the dogs.
48. Take a surfing or paddle boarding lesson.
49. Keep your desk drawer well stocked with healthy snacks, don't be tempted by the biscuit barrel.
50. Try some leg raises while seated at your desk.

**Move more, Sit Less & Eat Better**  
[www.seachangeportland.com.au](http://www.seachangeportland.com.au)



PosterMyWall.com

## Chaplain's Corner – Potholes we need to deal with

It's happening at long last. The pothole dodging challenge through Bolwarra is about to come to an end. Well, hopefully anyway. We've watched those potholes get deeper and more dangerous. They get filled in occasionally but it's always short term. A broken up road creates safety issues and repair bills. And after rain, you can't pick the difference between puddles and crater lakes.

The only real fix is to rebuild the road. We all use the highway. We share it with all others including those majestic B-doubles. And the rebuilding process affects all of us, cars and trucks alike. When it's down to one lane, we accept the inconvenience. The waiting, the dust, the noise are all part of the process. All this is a simply window into family life actually. Think about these....

- **It's not just roads that have potholes** – Families have them too. Quite a different kind, of course. Touchy topics that we don't discuss. Relationship breakdowns. Prolonged disagreements. Put down and criticism. Discouragements and disappointments. A long list.
- **We dodge around our potholes** – Our attempts to repair our family connections and problems often seem short-lived and ineffective. We may try but still feel stuck with issues which won't go away. A bit like filling in potholes which soon reappear anyway.
- **Family repairs carry a cost** – We get tired of fixing family potholes, of short-term solutions. Real repairs are a bit like being reduced to one lane. We have to be patient. It takes time. It will probably be inconvenient. We have to slow down. We wait for others going in a different direction.
- **Teamwork is the key** – There are many skills required for road repairs. From holding the signs to operating heavy machinery. It's all hands on deck. Family repairs require teamwork too. A common purpose. A readiness to work together to find better ways forward.
- **So choices have to be made** – We need to move on from our potholed living to doing something about it. Oddly, some of us prefer not to change. We live with stress and tension because it seems easier than facing our own responsibilities for given situations.
- **Life's repair work requires maturity** – Many of us have it in truckloads. But not all of us. Effective family rebuilds require us to think in new ways, to consider what is best for our family and not just what is best for us personally. The big picture is about what is best for all.
- **We have to start somewhere** – Road rebuilding obviously requires assessment and planning, getting the right equipment and skills. We need to assess where we are as a family. What do we need to be attending to? Where will we start? What help might we need?
- **Making progress on family issues is very achievable** – Provided we are willing to be honest about our own shortcomings: the ways in which we may have complicated life for others, our readiness to recognize our part in creating some of our family potholes.
- **Rebuilt families are an inspiration** – They demonstrate that patience, inconvenience, accepting responsibility, refusing to blame others are powerful rebuilding tools. Rather than skirting around issues, we look them in the eye and go for the long haul of repair work.
- **Our families need to see mums and dads being bold** – Being willing to share in getting things right, going for teamwork, making space for each other, not just filling in family potholes but going for the full rebuild of fresh acceptance, tolerance, forgiveness and love.

Yes, it will be great to have our roads minus the usual potholes. Let's learn as families that we need to deal with our potholes so that we can enjoy smoother and more enjoyable times together.

**John** – stay in touch [revsimmo@gmail.com](mailto:revsimmo@gmail.com)