

NUMBER 6

9th MARCH 2017

PRINCIPAL'S REPORT



REMINDERS FOR WEEK SEVEN: TERM ONE

Friday March 10 th	<ul style="list-style-type: none"> • Assembly 3pm
Monday March 13 th	<ul style="list-style-type: none"> • LABOUR DAY HOLIDAY
Tuesday March 14 th	<ul style="list-style-type: none"> • Rural Athletics at Nelson Park
Wednesday March 15 th	<ul style="list-style-type: none"> •
Thursday March 16 th	<ul style="list-style-type: none"> •
Friday March 17 th	<ul style="list-style-type: none"> • Discovery Day at Bayview • Assembly 3pm • Disco

EXCEPTIONAL STUDENTS – Grade 1/2E

Our Exceptional Students this week are Banjo Taylor, Charlie Arnold and Claire Munday.



Banjo is an exceptional student because he is super resilient, always persistent and has the ability to get along with others. Banjo is always fair and inclusive. He has an enthusiastic approach to all tasks, always working to the best of his ability. Banjo has a wonderful sense of fun and enthusiasm for school life. Well Done Banjo!

Charlie, my Mr Reliable. I'm always confident that you are doing the best you can. You are organised, caring, take pride in your work, ask for help when you need it and will help others in need. Charlie you are showing greater confidence in everything you do and you are now becoming a class leader. Way to go Charlie!

Claire is an exceptional student because she has such a positive attitude; she is always happy and bubbly. Claire is a friend to everyone; she is always thinking of others and helps all her classmates. Claire likes to be organised, she is always listening, always begins her work straight away and always tries her best. I love your cheeky sense of humour! Great Job Claire!

Our Exceptional students will be presented with their awards at tomorrow's assembly at 3pm

RURAL ATHLETICS – Tuesday March 14th Nelson Park

- Parents are responsible for transporting their children to & from the Sports.
- Students to be at Nelson Park by 9.00am for a 9.15am Start.
- Programme attached to today's newsletter.

FUNDRAISING 2017 - COMPASSION

This year the student leaders have decided to put their fundraising efforts into Compassion.

In some countries life is really hard; Food can be rare; children have to work to earn food. Some people are so poor that they have to abandon their children. Compassion helps these children; Compassion gives them food and clean water; Compassion provides the proper supplies for education. But they can't help all the children alone.

Sponsorship – Health care with medical check-ups; dental care and vaccinations; Key life skills and vocational training to get a job; School supplies and assistance with school fees as needed; Nutritious meals as required.

Cost is \$576 for a whole year.

The first fundraiser for 2017 will be PJ Day on Friday March 31st.

BOLWARRA SCHOOL VALUES

As a follow up from the GRIP Leadership Day which our student leaders attended in Mt Gambier, they are currently reviewing the values of our school. The first value they looked at was – respect for each other and our environment. They then worked out what that means for our school.

Respect for each other and our environment

- Litter
- Don't hurt people; physically or emotionally
- Don't harm our environment
- Respect other people's property
- Listen to others and consider their ideas

DRINKING WATER

At Bolwarra we are constantly reminding the students to drink water. Below are seven very good reasons to boost your water intake:-

1. You'll digest your food better.

If you're spending a bit too much time and effort on the toilet, you could probably use a glass (or two!) of pure water. The body is very wise: it knows that the vital organs need essential nutrients more than the rest of your body.

If you're dehydrated, however, your body will take what's available. Hence constipation. Water-depleted stools are hard to pass —and they can be there for days! As a result, your stomach feels bloated with the overgrowth of fermenting bacteria and yeast. Not fun!

2. You'll stay sharp.

If you prefer being upbeat and focused, you need to drink water. If you're feeling confused and forgetful, try drinking more water before going to see the doctor. Dehydration can [trigger brain fog](#).

3. You'll love what you see in the mirror.

If you love what you see in the mirror every morning, good for you! Keep doing what you're doing! But if you struggle with a puffy face and sunken eyes with dark circles, you're being warned that your kidneys are in distress. You are not drinking enough water.

The kidneys filter toxins, salts, and water from the bloodstream. If the body is dehydrated, then the kidneys can't function properly. If the kidneys are overloaded, this will show in your face. Maybe you ate too many salty snacks — or maybe you've been getting a bit too much sodium from take-out. Whatever the reason, the result is written all over your face.

4. You'll have youthful skin.

Dry and wrinkled [skin](#) occurs for two big reasons: (1) water retention and (2) a lack of subcutaneous fat. If you want to boost your natural fillers and look more youthful, with glowing skin, do three things:

- Splash cold water on your face several times every morning
- Gently pat your skin dry
- Drink a big glass of chilled water on an empty stomach.

Make sure that you drink more than two liters of water during the day, and eat fat every day! By *fat*, I mean pure and unprocessed plant oils from foods like organic flax seeds, butter from grass-fed sources, and organic coconut oil! Fat binds the water to the dermis skin layer and functions as a natural filler. You don't ever need botox! The fat (mainly from the butter) will store in the fat layer that prevents that hollow look that often appears with age.

5. You'll lower your body fat.

This will probably surprise you, but being dehydrated can make you gain weight! As I mentioned earlier, the body will use all other fluids available when it's dehydrated. By pulling water out of the bloodstream, excess glucose will remain until it reaches the liver, where it's supposed to be stored as glycogen for later use.

6. You'll curb your appetite.

Do you constantly feel hungry? Do you have cravings for sugar and wheat? Drink a glass of water. Pure water acts as an appetite suppressant. When feeling hungry, I suggest you drink a big glass of water before you act upon that sensation. If you need some taste, you can add a bit of lemon juice, or a splash of açai or pomegranate juice (without any added sugar).

7. You'll help your body do its job.

There's a reason why they call water the source of life — our blood is 90% water. The bloodstream provides your cells and organs with oxygen and nutrients, and takes away any waste products. As you can see, blood is essential and important.

As I said before, the body will tap the water from cells and blood if needed to help counter [dehydration](#). The blood will become thicker, increasing the risk for clotting, and making it harder to pump it through the system. This can have a serious impact on blood pressure and [heart disease](#). Lack of water is also linked to headaches, pain and tension in muscles and joints. It even causes stomachaches and heartburn. Everything is connected throughout the body, and it's important not to neglect one of its fundamental tools.

MUSIC ROOM –Parents' Club

The parents' club continue to work very hard to raise funds for our school. New carpet is being laid in the Music Room (the old Art room). This is being paid for by the Parents' Club. Thanks.

SCHOOL COUNCIL – 12 Month Vacancy

We currently have a 12 month vacancy on our School Council. If you are interested please see me as soon as possible.

IMPORTANT TERM 1 DATES

March	Monday	13 th	-	Labour Day Holiday
	Tuesday	14 th	-	Rural Athletics – All Students
	Friday	17 th	-	Disco
	Wednesday	22 nd	-	District Athletics
	Friday	31 st	-	PJ Day
			-	Assembly/Shared Lunch/Easter Raffle 12pm
			-	Last Day of Term

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Xavier Russell who turns 6 tomorrow.

PARENTS CLUB –

- ❖ **LUNCH ROSTER tomorrow** is Nicki Mets and Andreena Hockley. Our Pizzas are now being ordered from SPITFIRE PIZZA in Portland
- FRIDAY, – 17th** – Fiona and Anitha. Lunch orders are (**Nut-Free**) Chicken Pesto Pasta Salad with a slice of French Stick (bread).

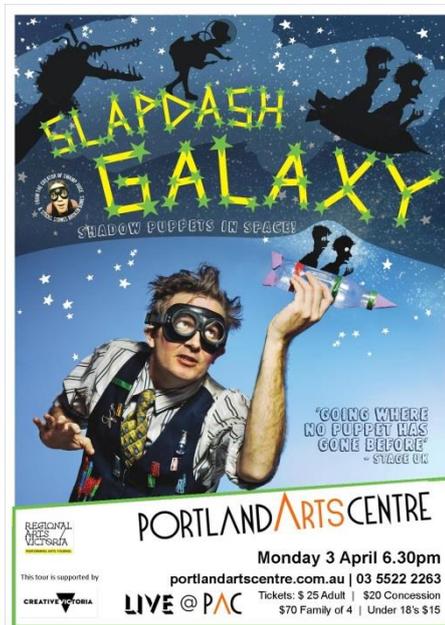
EASTER RAFFLE

- **EGG DONATIONS –** Each family is asked to donate towards our raffle; Donations of eggs can be left in the office and will be made up into hampers to be drawn at our shared lunch assembly on the last day of term. These can start coming in from now on and will be kept in an air-tight sealed container.
- Attached to today's newsletter is a raffle book of 30 tickets (use both sides please). These must be returned to school, together with money by Wednesday, 29th March.

BOOKCLUB ISSUE 2 is due back at school by tomorrow, Friday, 10th March.

EASTER SCHOOL HOLIDAY PROGRAM

Please see Nicole in the office for a Registration Form for Kids Can Sew!



CENTRAL JUNIOR FOOTBALL CLUB

Are you interested in playing junior football?

Central Junior Football Club is chasing players for its under 12 team this year. If you turn 9 before the 1st of April and are not older than 11 on the 1st of January 2017 then you are what we are looking for. Games are played on Sunday mornings at 10 am and training is Tuesday and Thursday nights from 4:30pm. Our home ground is located at Henty Park- behind the swimming pool. If you would like to play or would like more information, please contact Jamie Walsh on 0419582882 or come down to training on Tuesday or Thursday nights. Players in u14 and u16.5 are also welcome.

We would love to have you as part of our club.

Chaplain's Corner – How's the power at your place?

In our corner of the world, we are used to wind farms. Sure, they generate power. But they also generate arguments too. Between renewable energy and base load power. As we all know, our smelter lost power recently with disastrous results. It's a tricky one, isn't it? We want to preserve our environment but trouble arrives when the wind departs.

Strange as it may seem, there are some pretty important lessons here for all of us, parents and kids. No family can survive for a day without power. And it's not the kind that comes when you push a switch. It's the kind that's needed when small children interrupt our sleep, when the school day dawns and there is a bus to catch, when sporting commitments take us to distant towns, when staying on top of bills, health and who knows what else simply drains mums and dads. Weariness hunts for all of us in different ways and times. Consider....

- **We all need to renew our energy** – A simple fact of life. It comes down to getting sleep, diet and exercise in the right balance. The tricky bit is that this balance is very easily lost. And the outcomes are not all that flash.
- **Lose the balance and energy decreases** – Hopefully there are ways of catching up on lost sleep. But get the diet wrong, the weight increases. The energy essential for exercise disappears so our general health is at risk. We lack the get up and go that each day needs.
- **The statistics are telling a bad story** – Childhood obesity is on the rise. No question. Fast foods are obvious culprits as are a horde of snacks. Thankfully many parents are wising up to this. Fruit is making a comeback for snacking. But not all parents have cottoned on.
- **And energy loss is often tackled the wrong way** – For some the great temptation is for short cuts, to rely on energy drinks which are usually sugar laden. That's bad news too for our system. Even so called fruit juices have just as much sugar in them as soft drinks.
- **So, what about renewable energy for the family?** – It comes in all sorts of ways. Try getting the gang to bed a bit earlier (include yourself!). Reduce screen time after tea – it makes sleep a lot harder if you don't. Learn to wind down at night, not wind up.
- **And try a few other strategies too** – Energy goes up in leaps and bounds when we simply enjoy each other's company. Do fun things together. Play after school. Share board games. Swap stories. Work on a project. Laugh together. These build the parent-kid connection.
- **The energy poor family is an accident waiting to happen** – Chaos is always just around the corner. Tempers flare. Decibels go up. Worse, physical violence may erupt. The energy is not there to listen, talk, resolve, build up, encourage. It's all too hard and who cares anyway?
- **What about base load power?** – The kind that sees us through when all other energy sources have dried up? Without base load power, our communities grind to a halt. Our switches become wall decorations. Everyone loses. Call it what you will, it's poor planning.
- **And families need base power of a different kind** – Try love, try practical support, try thinking ahead, try hugging, try forgiving, try leaving the past where it belongs, try thinking in fresh ways, try praying. These flood the family with hope and joy, be in no doubt.

Our families need both renewable and base load power. Try to strike the right balance at your place. It's not hard actually. Yes, it does require thought, conversation and effort. Of course. But the rewards are worth the investment. You'll produce a very happy environment.

John – stay in touch revsimmo@gmail.com