



PRINCIPAL'S REPORT



REMINDERS FOR WEEK FIVE: TERM ONE

Friday February 24 th	• Assembly 3pm
Monday February 27 th	• Swimming 11am 1/2E & 4/5A 2pm 2/3C
Tuesday February 28 th	• Swimming 2pm 5/6T & PrepM
Wednesday March 1 st	•
Thursday March 2 nd	•
Friday March 3 rd	• Assembly 3pm

EXCEPTIONAL STUDENTS – Grade 4/5A

Our Exceptional Students this week are Annabel Sutherland, Charlie Piergrosse and Gina Shemeld.



Annabel is an exceptional student because she is determined to do her best in every aspect of her work. She is a wonderful role model in our class as she doesn't let anything distract her from completing her tasks and is always ready to help out or encourage her classmates. Annabel loves a challenge and quietly works to achieve her goals. Great work Annabel.

Charlie is an exceptional student because he is a quiet achiever who puts in his best effort every time. When others need a helping hand Charlie is always ready to encourage and help out. Charlie leads others by example, making sure he is following instructions and making great choices in all aspects of his school life. What a great start to the year Charlie, well done!

Gina is an exceptional student because she just quietly works away and is super organised. Not only does she get everything of her own completed she also works alongside others making sure they are able to understand and complete their tasks. Gina takes on any job with enthusiasm and is always friendly and gets along with every member of our class. Well done on a fantastic start to the year Gina!

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

GRIP LEADERSHIP

On Tuesday the student leaders had a great day in Mt Gambier at the GRIP Leadership Day. They will give an oral report at tomorrow's assembly.

Thank you to Portland Aluminium. They provided the funding for the cost of the bus and our tickets to attend.



RURAL ATHLETICS – Tuesday March 14th Nelson Park

- **Parents are responsible for transporting their children to & from the Sports.**

It will be great to see everyone at our Sports day on Tuesday March 14th. Students in the 9, 10 11 & 12 year old age groups are eligible for the District Athletics on Wednesday March 22nd

We are looking forward to seeing all children participate to the best of **their** ability. We celebrate students giving 100% whether they come first, second or 39th.

Please ensure that your child has a **water bottle, hat and sunscreen**. As an added precaution in the case of hot weather we ask that if any parents have a portable shade set/up could they bring it Tuesday morning to Nelson Park and set them up.

If a child has a legitimate reason for not attending the sports day they still may make our athletics team.

VOLUNTEER INTEREST SURVEY

Please provide us some information about your family's interests, talents and times you are available to help out. Please complete the attached form and return it to the school by Friday March 3rd. The aim of this is two-fold; to increase the number of parents participating while decreasing the amount of time parents need to volunteer. There are some jobs that do take more time, and some less. We realise, however, that each of our families is unique - with its own priorities, needs, talents, and time constraints - and so we try to provide as many different kinds of opportunities for parental involvement as possible.

- One of jobs that need doing is to replace a piece of cement sheet on the outside wall of the Grade 4/5 room. Anyone who can do this (seemingly small job), call into the office and speak to Nicole.

DISTRICT TENNIS

Tonight we have 5 students representing our school at the District Tennis. We will let you know how Eli Herbertson, Samuel Herbertson, Kade Perkins, Ayden Perkins and Morris Richardson enjoyed their evening through next week's newsletter and tomorrow's assembly.

STUDENT ACCIDENT INSURANCE ARRANGEMENTS

Parents are reminded that the Department does not provide personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs. Student accident insurance policies are available from some commercial insurers. These cover a range of medical expenses not covered by Medicare or private health insurance. They can be obtained by parents/guardians for individual students.

PATERNITY LEAVE – MR CUMMINS

Mr Cummins will be taking paternity leave next week after the birth of his son, Nash, in January. Grade 2/3C will be taken by Mr Steve Whitehead. Steve has been a teacher for over 30 years and has been a regular Casual Relief Teacher at Bolwarra over the past 2 years.

IMPORTANT TERM 1 DATES

March	Wednesday 8 th	-	Division Swimming
	Monday 13 th	-	Labour Day Holiday
	Tuesday 14 th	-	Rural Athletics – All Students
	Wednesday 22 nd	-	District Athletics
	Friday 31 st	-	Last Day of Term

LEE GIBBONS.....PRINCIPAL

HAPPY BIRTHDAY to Lachlan Compton who turns 11 tomorrow; Elliot Munday who turns 8 on Sunday and Chad Daniel who turns 7 next Thursday.

PARENTS CLUB

- ❖ **LUNCH ORDER** Lunch Roster **tomorrow** is Jacci Piergrosse and Nicki Mets.
- ❖ **HELPERS** – To enable us to run Friday lunches we need at least 2 helpers each Friday between approximately 12 and 2pm and approximately 1/2 hour on a Wednesday to collate orders. The roster is in the office at the start of each term, and we need to have volunteers slotted in within the first week or two so as to determine whether or not we can offer lunches on each Friday of term.
If helpers are not available for any given date we will have to cancel that scheduled lunch order.
- ❖ Any parents who would like to help but are unsure of what is required, please call into the office and Nicole can explain.

JUNIOR TRIATHLON - 1st MARCH at the YMCA

The junior triathlon has 2 age groups. The first is 7-10 year olds and the second is for 11 and 12 year olds.

The 10 and under category will complete a 50 meter swim followed by a 1km run and then finish with a 2km bike ride around the lagoon.

The 11-12 year olds will complete a 50m swim followed by a 2km run and then finish with a 4km bike ride around the lagoon.

No roads are used during the event to keep everyone safe.

Registration is from 5.30pm.

Race starts at 6pm.

For more information please call Terry Ward on 0447 385 395 or see our Facebook page

www.facebook.com/portlandytri

Chaplain's Corner – How good is your balance?

It's odd, if not a tad confusing. By any measure, we've got a good thing going here in the bush. We don't have clogged freeways, crowded public transport and gangs breaking into our homes. Most of our daily needs can be met locally and easily. Being part of a community means we are on friendly terms with the people we bump into around town. We have so much to be thankful for.

But why then the stresses, the tensions, the anxieties which plague so many of us? What has happened to hope? Who has stolen the simple joys of life? Why do some families go through serious upsets and fail to get along well? Why do we find it so hard to unwind, relax and slow our systems down? Without breathing space and balance, life does really become a constant burden even though we don't want it this way. Consider....

- **Our families have to deal with constant change** – There's no way around this. Kids have a habit of maturing. The hormones will start running sooner or later. As little kids, we couldn't keep them in bed in the morning. Wait a few years and you can't get them out of bed!
- **Nothing is really straightforward** – Well, the shopping probably is provided you don't leave your list at home. But managing the family budget, juggling commitments, coping with health issues, keeping peace around the place all have a price tag. There are few short cuts.
- **The danger is we lose our way** – Everything becomes too hard if we are not careful. We may even go into denial, that some issues just don't need to be tackled. Priorities are lost. It all seems to be too much. Hope disappears. We may even start looking for a way out.
- **A tricky tussle emerges** – In our desire to meet the needs of our families, we don't meet our own. It's even possible to resent the effort and time required to run our families. Not good. Sooner or later the sheer busyness of life can wear us out. It all becomes too much.
- **So, how do we find a way forward?** – It's about recovering a sense of balance, for ourselves and our families. We can all cope with stress for a period but not forever without making some changes. First up, we need to be brave enough to see that we need a rethink.
- **The hard part is sorting out our priorities** – And this may mean putting a few things lower down the list. Not easy to do if we are locked into fixed routines. It will also mean pushing some things up the list, the things that have been frozen out but which are important.
- **What does a balanced life begin to look like?** – Balance includes meeting our family's needs and not just the material stuff. It's about showing love, giving encouragement, playing games, listening to readers, enjoying each other's presence. Important priorities here.
- **And balance includes meeting our personal needs too** – Mums and dads need to have the time to engage in a pet project or two. To unwind, to accomplish a few favourite goals. Your call – gardening, sewing, reading, car washing, a cuppa down the street. Endless options.
- **Restoring a balance recovers what is missing** – When personal, couple and family needs are being met even in simple ways, enjoyment is bound to return. Stress backs off a little. We talk and listen more. We're not afraid to say Yes and No as the occasion requires.

It's about reshaping our way of doing things. We aim to meet our family's needs and our personal needs too. We hunt for a much better balance. In the process, our stresses, fears and anxieties give up some of their hold on us. Hope and joy are quietly rediscovered. Family tensions melt a little. So, opt for balance. Give it a go!

John – stay in touch revsimmo@gmail.com

Primary School Parents Club Volunteer Interest Survey

Bolwarra Primary School



"Nothing is Impossible"
Academic Excellence

Please provide us some information about your family's interests, talents and times you are available to help out. Please complete this form and return it to the school by Friday March 3rd. The aim of this is two-fold, to increase the number of parents participating while decreasing the amount of time parents need to volunteer. There are some jobs that do take more time, and some less. We realise, however, that each of our families is unique - with its own priorities, needs, talents, and time constraints - and so we try to provide as many different kinds of opportunities for parental involvement as possible.

I would like to be involved in the following:

- Attend Parents Club—this is not member-based, attend as frequently or infrequently as suits.
- Volunteer to help in your child's classroom.
- Volunteer for Friday Canteen.
- Chaperone a field trip, event or camp.
- Volunteer at working bees.
- Volunteer to do odd jobs/maintenance work as it arises.
- Start/lead/ participate or aid students in a school club/committee.
- Organise/get involved in a school fundraiser.
- Volunteer at special events i.e. cross country, intra-school sports, concerts, 3 Bays, Fair etc.
- Other _____

YES/NO I am aware of the volunteer activities happening/needed at our school

YES/NO I access the school's Facebook Page and Website to keep up to date

YES/NO There needs to be more communication around these types of activities and needs

Volunteering on the following days/times are best for my family: (Please check all that apply)

- The School Day
 - At School
 - (Weekday) Evenings
 - After School
 - From Home
 - Weekends
- I am happy to make contact myself when I can volunteer my time
 - I would like to see a roster system put in place for some activities and am happy to be put on it
 - I am happy for direct contact when volunteers are being sought for different activities

Your Name: _____

Child's Name: _____

Contact No: _____

Email: _____

For a description of opportunities available go to our website calendar, check out Facebook (leave a comment/ask a question) or see the notice board in the office foyer or just pop in or call.

Please see the back of this survey for a chance to give more specific information about yourself.

Generalised Information

I HAVE A TRADE/QUALIFICATION THAT COULD BE UTILISED (food handling cert, carpenter, plumber, bus licence etc.)

I HAVE A TALENT OR SKILL THAT I'D LIKE TO SHARE (photographer, artist, cook, sport, music etc.):

I HAVE ACCESS TO A UNIQUE RESOURCE THAT MIGHT BE A GREAT FIT/USE FOR THE SCHOOL:

WHAT I WOULD LIKE TO SEE CHANGE/IMPROVE:

I CAN DONATE A NEEDED ITEM: Strapped for time or have multiple children? Donate a needed item to the school. See the *School Needs List* for items your child's teacher or other staff members need.

**There is something to fit everyone's time & talents! Thanks for your participation.
We will be sure to contact you about how you can help.**

Bolwarra Primary School



RESILIENCE

"Nothing is Impossible"

Academic Excellence