

# Fishy News

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## A message from the Principal

### School Council

On Tuesday we had our School Council AGM where our school council for 2023-24 was elected. I would like to announce and congratulate Howard Prosser who will be continuing on as our school council President, with Helen Sammonds taking on the role of Vice President. I would also like to Welcome Brent Moran, Katie Hamilton and Andrew Rodda who have joined our school council team. A big thank you must go to our previous school council team for all their work and effort over the last 12 months. I would like to especially acknowledge the work of Cath McGlead, Paula Smith and Jess Murray who have stepped off school council for this year. They have done an amazing job for the school and school community and always had the best interests of the students at heart.

### Swimming

Congratulations to our two superstar swimmers in Daisy and Marlow who competed in the all Gippsland swimming finals today. They both did an amazing job with Daisy winning her butterfly event: she will now go through to the state championships later in the year. Marlow came second in her backstroke event by the narrowest of margins. Well done girls we are all super proud of your efforts.



### Whole School Bike Ride

Next Friday (24<sup>th</sup> of March) we will be having our whole school bike ride, it will be run different to other years, with the event starting early in the afternoon this year. The event will start at 1:50 with students and families going for a ride/walk on the rail trail. They will return to school for a BBQ at approximately 2:45. It would be great to see lots of students and families at the event. More details of the event have been sent via signmee.



### Naplan

Our grade 3s and 5s commenced their NAPLAN testing yesterday. All students did a tremendous job and were all giving their best efforts with their writing test. Our students now get a bit of a rest before completing their final 3 Naplan tests next week.

Cheers  
Dale



## FISH CREEK & DISTRICT PRIMARY SCHOOL

Hoddle Road  
Fish Creek VIC 3959  
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### IMPORTANT DATES

<b>March</b>	<b>2023</b>
Fri 24th	Whole School Bike Ride
Mon 27th— Thu 30th	P/1 Swimming
Wed 29th	Bunnings Visit
Thu 30th	Garden Busy Bee
Fri 31st	Cluster Athletics Day
<b>April</b>	<b>2023</b>
Mon 3rd	Responsible Pet Visit P-2
Mond 3rd— Thu 6th	P/1 Swimming
Tues 4th	Parent Teacher Interviews
Wed 5th	District Athletics
Thu 6th	Last Day of Term

### PRIMARY WELFARE

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## Primary Welfare

My family went to Martin Heppell's presentation in Leongatha last week. For those who do not know Martin is a partner in The Resilience Project.

He told stories about the need to be our authentic selves, to be kind to others, grateful for what we have and to rest our brains regularly.

One of his stories lead to screen use and that horrible feeling of not belonging and the kids feeling disconnected with their peers when they do not have access to their screens. As he told the story my stomach filled with dread as I recalled those years with my eldest where we battled our different ideas around screens, I looked at my 11-year-old daughter and thought – we are nearly there again, what will I do differently? When my eldest daughter was in those years, she was the last of her friends to get a phone and our limits were stricter than her friends. I always felt like I was swimming against the tide and was forever questioning my instincts.

My eldest daughter wrote me a letter when she left home, in the letter she thanked me. Among thanking me for food, shelter and education, she surprised me with thanking me for always picking her up from parties because at the time she always argued to stay. Another surprise was that she thanked me for 'making her read books' at night and setting limits with the screens – I can absolutely promise you that she was not remotely grateful for those limits when they were occurring!

So, what would I do differently about screen time with my younger two? I hope that when the time comes for them to have a device I am more confident in the limit setting around screens, I hope that I can teach them more about setting those limits themselves but until they can, I help. I hope that I can give them many opportunities to connect with their mates out of school, so that they feel full, connected and happy.

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## Garden Busy Bee

We would love to invite all green-fingered or aspiring green-fingered parents and carers to join us on Thursday the 30<sup>th</sup> of March for our School Garden Busy Bee.

The Busy Bee will run over the entire school day so feel free to drop in and help out when it suits you. It will also be a great chance to have a cuppa and meet other members of our school community.



## Easter Hamper Raffle



Our PnF is holding an Easter Hamper Raffle and seeking a donation of 1 Easter egg per family to go into the hamper. Please have your donations to the School Office by Thursday 6th April. Raffle tickets will be sent out sometime next week.

Raffle drawn 6th April.

## Icy Pole Fridays

Reminder that our JSC will be selling Quelch icy-poles tomorrow at lunchtime for \$1.00.



## Rebuild the Brights

Dear School Community

As you may or may not be aware, one of our families' homes was destroyed by fire late last year.

To assist Charlie, Hamish and their dad Adam in the journey ahead of rebuilding and getting their lives back on track, a GoFundMe page and bank account have been set up. If you would like to contribute, please see the following link and details.

An enormous, heartfelt thank you to all who have so generously donated to date. Your kindness is so genuinely appreciated.

Bank Account:  
Name: Bright Fundraising Committee  
BSB: 633 000  
Acct: 201 177 060

GoFundMe: <https://gofund.me/3db25954>

## Cotton School Uniform

The office has had some enquiries from parents about the availability of cotton school polos. There will be a Signmee distributed later in the week seeking expressions of interest to place an order.

