

Dear Families,

Welcome back in what promises to be another fantastic term. While you are reading this, I'm lucky enough to be taking an extra week of long service leave. Right now, I should be cycling through the Flinders Ranges in South Australia. I'm touring around with two really good mates, setting up our tents in the outback and cooking by the campfire. Each year I try to do a cycle tour, and this one will be the most time I've spent away on a bike.

During the last week of term, I heard from a few sources that some of the year three and four students were a little nervous of participating in the cross-country run at the beach on the last day of term. I spoke to all the kids and asked them two questions. Firstly, who is a bit nervous about the cross-country? Quite a few hands went up. Then I asked if anyone thought that running 'wasn't their thing'. More hands went up. I shared that I thought I wasn't a particularly good runner, but that's okay. It's alright to not be good at everything, but we should still have a go. If the kids were not too keen on running, they had the opportunity to walk the course along the beach. And who wouldn't want to spend a day 'at school' with their friends enjoying the beach with such amazing weather too?

I was so proud of all those kids who felt some nerves or thought they weren't good runners, but they still participated. They still turned up and had a go. What a resilient bunch of kids we are all producing together. And I take my hat off to all the parents who supported their kids to participate too. We can't do it without you.

Thanks for all your continued support,
Andy McNeilly
Mental Health and Wellbeing Coordinator

