**Dear Students & Families,**

There was an exciting buzz in our therapy area yesterday, as students and staff accessed our new spa for the first time. Over the school holidays extensive works were conducted in our workshop space to install the spa. Hydrotherapy is an essential element of a number of our students’ therapy program. Due to the refurbishment of the Warragul Leisure Centre, we decided to install a spa so these students are able to continue this important program. From the looks on the faces of students who accessed the spa today the new spa is a success.

On another exciting note, we are lucky enough to be holding two ‘Victoria’s Journey of Remembrance’ shows at our school on Tuesday, August 18th. This is a Victorian Government centenary initiative for secondary schools to encourage and support Victorians across the state to learn more about their World War One history, to research their own personal connections, and to work within their local communities to ensure that we share Victoria’s stories. These will be held for our Senior and Middle Years students. Parents are welcome to attend. Invitations will be sent out shortly.

Last Thursday students participating in the Inspire and Awesome Adventurers Programs went to Mount St. Gwinear. They had a fantastic time, tobogganing and playing in the snow. Though it was cold, students and staff thoroughly enjoyed themselves.

A group of our Senior students are currently on camp at Lakes Entrance. The camp was organised by the students in conjunction with staff. Students booked their accommodation and travel. We have heard that students and staff are having a lovely time.

Nicole
Despite the recent cold weather, Bluearth sessions have continued to be as exciting as ever. We have learnt great new games such as stop ball along with individual exercises or poses. We have recently learnt the ragdoll pose described below. Why not give it a try at home.

**RAG DOLL**

- Stand with your feet hip width apart, your heels and toes aligned.
- As you exhale, slide your hands down your legs and fold forward at your hips taking hold of your elbows with each hand.
- Allow your arms to hang over your head with the weight acting as a gentle pull on your hamstrings.
- Ensure that your head and neck are free from tension or holding.
- Soften your knees and breathe deeply - spend time in the pose allowing your elbows to fall towards your feet on each out breath - consciously relaxing and surrendering.
- To come out of the posture, bend at the knees while straightening your upper body gently rising up to finally release your arms back alongside your body.

**Benefits**

- Lengthens hamstrings, calves and hips.
- Calms the mind and improves blood flow to the brain.
- Stabilises thighs and knees.

**Beginners Advice**

- Begin with ‘soft’ (slightly bent) knees rather than locked knees.
- Spend short amounts of time in the posture to begin with.
- Practice ‘letting go’ when you are in this posture.
- Practice by using a wall behind as support in the posture.

**Challenge**

- The major challenge in this posture is to fully let go in the posture while also having the added challenge of balance.
- Face a wall with your feet about 20cm away. Go into Rag doll pose and slide your back down the wall on exhalation. The wall provides feedback and adds to the intensity of this posture.

**Adjustments / What to look for**

- Excessive backward lean. Ideally a straight line from centre of ankles, knees and hips.
- Soft neck and head hanging.
- ‘Holding on’ and not fully letting go in the posture.
- Not breathing slowing, evenly and deeply.
Sign of the Week

Wet

Sue C
Room 8

Alex
Room 1

Max
Room 4

Raffle Winners

Seth
Room 3

James I
Room 8

Noah C
Room 11

Wade
Room 16

Raffle Winners

Abby
Room 2

Students of the Week
Please return any school clothes that your students have been sent home in. Our supplies are getting low.

Thank you

****FOUND****

It may not be sunglasses weather at the moment but once the sun shines you may be looking for these.

They were left at school on our celebration of 100 Days of School.

Please call the office if they belong to you, 5623 1385.

This year we will be participating in the Woolworths Earn & Learn program. Through the program we will be able to get new educational resources for our school. From Wednesday 15th July to Tuesday 8th September, we will be collecting Woolworths Earn & Learn Stickers.

You will receive one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the Collection Box school.

If you’d like to know more visit woolworths.com.au/earnandlearn

BUS PHONE NUMBERS

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Neerim South 0428 235 370
Trafalgar 0409 525 420
Poowong North 0429 499 557
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