Whole School Dates to Remember
Feb 22nd Swimming Sports Yrs 5-12
Mar 12th PUBLIC HOLIDAY
Mar 30th Last day Term 1
Apr 16th Term 2 Begins

Flagstaff Campus Dates to Remember
Feb 24th Performance Tour at Swifts Creek Hall
Mar 6th Alpine School Visit at Dinner Plain
Mar 7th Visiting Author Christine Watts

Tambo Campus Dates to Remember
Feb 15th - 17th Later Years camp to Albury
Feb 19th-20th Yr 12 Chemistry workshop
Feb 21st Yr 9 Evolve Abselling at Falls Creek
Feb 21st Yr 9 Evolve Parent information meeting 5-6pm

Philosophy for Years 7-10 students
If you are in Years 7-10 and are looking for an extra challenge in your school year, then you might like to study Philosophy by Distance Education. Philosophy explores fundamental questions about ourselves and the world through the use of critical reasoning and logic. The course is done online, so you need to be willing to spend about two hours a week on a computer doing this course. If you would like to know more about this, please talk to Ms Napthine.

School Council Elections
As you are all aware School Council must hold elections each year. Our School Council consists of 12 members: 6 parent members, 2 community members and 4 DEECD members, one of which must be the Principal. Every member except the Principal is elected to Council for a two year term. At the end of the two year term they may renominate and either be elected or automatically returned to Council, depending on the vacancies on Council in that category and the number of nominations. At our Council meeting last night we needed to determine which of our current members would continue for another year and who would nominate to enter the election process for a two year term.

Of the DEECD members Rag Gallagher has put himself up to nominate for the election process. The three parents who have nominated to enter the election process are Janne Smith, Jenny Coy and Craig Diamond. Out of the two community members Roz Smith has decided to enter the election process.

This will mean that we will have a Council consisting of parents Anne O’Brien, Don Shaw, Gavin Murphy; community member Carla Smith; and DEECD members Barbara Napthine, Pauline Canfield and myself. The remaining members will be determined by the election process.

If there are other people interested in being on Council as well as those who are re-nominating, we will be in the very exciting position of holding elections. The period of nominations is open for two weeks from today. Nomination forms can be collected from the school office. Then, if necessary, we will hold elections and have all of our positions filled, with half our members from each category starting a new two year term, and half serving the final year of their two year term.

If you would like further information about School Council and what the role involves please contact me or have a chat with our current President Don Shaw.
Robert Boucher
Alpine School
This term we are happy to say seven students are attending the School for Student Leadership (Dinner Plain). During their time in Dinner Plain the students will be participating in a range of leadership building activities such as hiking expeditions, bridge building and cycling.
We congratulate Brodi, Cody, Josh, Sarah, Elizabeth, Jacinta and Emma for all of their hard work and participating in the program.
A reminder to parents and families that the visiting weekend is the 3rd of March 'til the 4th.
I hope that you have all been in contact with your children and that they are having a great time.
Nikki Murphy
Yr 9 Home group Teacher

Swifts Creek School Parents Group
The Tambo Valley Races are just around the corner so we need to organise workers for the day.
The Parents Group need to work with the Lions Club catering for the masses at the races.
We are very fortunate, thanks to the Tambo Valley Race Club Committee, that we have exclusive catering rights.
This is one of our major fundraisers for the year.
So please consider helping out with one or two shifts.
The races are on Sunday 8th April (Easter Sunday).
If you can help please contact Kathy Gallagher.
Times as follows: 11am - 1pm, 1pm - 3pm, 3pm - 5pm.

PE and Sports Report
PE and sport sessions have started very smoothly. It is great to see most students participating in these sessions. We have a couple of reminders for students which will help make these sessions even better. All students need to ensure that on their PE day they are dressed in the appropriate clothing and wearing sneakers. Tambo students, please ensure that you bring your bathers on your PE day as well. Flagstaff students are swimming on Tuesday and Friday afternoon for sport, so bathers are needed on these days. Thank you for your co-operation with this.
Susie Grinter

Swimming Sports
Our SCS swimming sports are on next Wednesday 22nd of February at the school pool. All students from both campuses are involved in this. Year 7-12 students will be participating in many of their events from 9-30 until 11. Flagstaff students events start at 11-20am. There are a series of events, including novelty events in which everyone can participate, so please come with your bathers. It is also great to see students dressed in their House colours and supporting their team on the day.
The House colours are green – Dargo, red - Wentworth, yellow - Timbarra (for Years 7-12 Tambo students).
Parents are most welcome to come along and we do have a staff/parent/student race at the end of the day, so if you are a swimming parent who would like to participate in this please bring your bathers.
We look forward to seeing everyone there.
Susie Grinter, Wayne Gaunt, John O’Neill

You can help your child to read in these ways:
Make the most of books your child brings home from school. Read them or parts of them, yourself and talk about them with your child.
Allow your child to re-read favourite and familiar stories, or to hear you re-read them. Knowing a familiar book will help them notice more about the words on the page and they will start to recognise the patterns in new words and stories.
Cervical cancer vaccine for girls in Year 7 vaccination will commence in the near future and a Consent form will be sent home for parents to sign.

The HPV vaccine prevents around 70% of cervical cancers and is provided to girls in their first year of secondary school. The vaccine is most effective if given to girls at age 12-13, before sexual activity starts and when they are able to create more antibodies. Girls in Victoria who commence the HPV immunisation course in Year 7 have until the end of Year 8 to complete the course free-of-charge.

The vaccine consists of three doses taken over a six month period, and all three doses are required for best protection against cervical cancer. However, a quarter of girls in Victoria have failed to complete the course by the age of 15.

Is your daughter in Year 8? Has she had all three doses of the human papillomavirus (HPV) vaccine?

Common barriers to having all three injections include pain and a fear of needles, plus a lack of understanding about what the vaccine is for.

Cancer Council Victoria has developed a new online video specifically targeted to girls who are yet to start or finish the HPV immunisation course. The video helps to clear up common misconceptions, answer frequently asked questions, and provide an easy-to-understand overview of cervical cancer, HPV and the vaccine, in a fun and engaging manner. The short video is accessible to view on the cervical cancer vaccine website (www.cervicalcancervaccine.org.au).

If your daughter has not yet completed the HPV immunisation course, or is due for her first dose, we strongly encourage you to access this new resource and watch it together. If you still have any questions or concerns afterwards, please contact your local Council immunisation service or call the Cancer Council Helpline on 13 11 20.

or Heather Daly – Adolescent Health Nurse 0428 119 501
Do you enjoy walking and meeting new people?
Then join Heart Foundation Walking!

We are looking for volunteer Walk Organizers to establish small groups of walkers in their local areas.

Heart Foundation Walking is a network of free community-based walking groups that gives you an easy way to look after your health.

**Walk Organiser Training**

**Wednesday 22\(^{nd}\) February, 10.30am-12noon.**
**Pink Palace, Omeo District Health.**

Resources provided
No Cost to Participate

If you are interested in participating in this training but are unable to make this time or for more information, please contact:
Lou-anne Mooney

**Expressions of Interest**
appreciated by: Monday 20\(^{th}\) February

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**10,000 Steps Challenge**

**Starting 5\(^{th}\) March 2012**

Pedometers available for loan from ODH
Loan deposit $20.00
(Return your pedometer and receive your deposit back)

The 10,000 Steps Challenge is a health promotion program aimed at increasing the amount of physical activity we do on a daily basis. It’s easy, available and affordable...no gym required and anyone can be involved!!!

The aim of the challenge is to strive to achieve 10,000 steps per day over the duration of 8 weeks.

**All you have to do is:**

- Register your expressions of interest with Omeo District Health by **Friday 17th February 2012** by contacting ODH reception on 51590100.
- Make an appointment with ODH to register and complete a health assessment. Appointments can be made when your register your interest. These will take place during the week of Monday 27\(^{th}\) February. Session will be available in Omeo and Swifts Creek.
- At this session you will receive your participant information pack and undertake a health assessment. The information pack includes program details and instructions, steps records sheets and guidelines for physical activity.
- Wear the pedometer (a small device that measures your steps) everyday for 8 weeks. *(If you have your own pedometer please feel free to use it otherwise you may loan one from ODH)*
- Keep a record of your daily steps (record sheets provided) and forward this to ODH fortnightly.

**To register please contact:**
ODH Reception:
Phone: 51590100
Or Email: health.promotion@omeohs.com.au

**Expressions of interest due by Friday 17th February 2012**

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**Swifts Creek Football Netball Club**
The club is holding its first meeting to plan the season ahead this Thursday at the clubrooms at 7.30pm.
All welcome.
Enquiries to Anne Richardson 51594419 or tve@net-tech.com.au