**Swifts Creek School Newsletter**

March 3rd 2012

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**Whole School Dates to Remember**

Mar 12th PUBLIC HOlIDAY  
Mar 13th Crazy Hair Day  
Mar 26th Purple Dress up Day  
Mar 29th Parent/Teacher interviews  
Mar 30th Last day Term 1  
Apr 16th Term 2 Begins

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**Flagstaff Campus Dates to Remember**

Mar 9th Delegates Speeches

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**Tambo Campus Dates to Remember**

Mar 21st EG Golf Bairnsdale  
Mar 21st-23rd Mallacoota Camp

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**Premier’s Active Families Challenge**

*More active, more often*

Please find attached the information for this activity which runs from March 19-April 30. It involves families registering to do 30 minutes of exercise each day for 30 days. Many of you would find that you do this anyway, so why not register? There are rewards in the form of sports vouchers for schools with 10% or more of their students registered. For more information please contact Susie Grinter at school or simply fill out your registration form and send it back to school.

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**Student Delegates - Flagstaff Campus**

On March the 9th at 9.00am we will be having election speeches for those students who wish to nominate to become a Student Delegate. We have investigated the qualities of a leader in class and students have worked on persuasive texts for their election speeches. We have emphasised that all students in the 5/6 class act as leaders, but some will be elected by their peers to represent this campus. We encourage parents to attend assembly on the 9th of March in support of all students. Louise Welsh

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**District Swimming Secondary**

Due to exceptionally inclement weather last Thursday, the district swimming at Orbost was cancelled and rescheduled for yesterday. Congratulations to all participants on a really terrific day. Well done to Bonnie Fitzpatrick on a 2nd place in the 100m freestyle, 3rd on the 50m butterfly and 3rd in the 50m backstroke and Daniel O’Brien who came 2nd(by a touch) in the 50m breaststroke. We also had a number of fourth places which was pleasing to see. Special thanks to those students from our school who helped to gopher. We were really proud of you for offering to assist in this way. A job well done!

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**Yr 7 & 10 Immunisation Cards**

There is still a number of outstanding Immunisation cards due back. Please send these into the school office by 9th March. Students will not be able to be immunised through the school program after this date.

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**Triathlon**

We have decided to postpone the triathlon until further notice, as the weather is still looking bleak for this week. We apologise that we have had to do this, but in everyone’s best interest we need to run it on a nice day. Please stay tuned as it will happen!
**Parent Tips**

We all know that good sleep habits are important for children. Children aged five to twelve need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities.

- In addition, school aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep.
- In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

In the next few weeks we will look at things you can do to set the scene for a good night’s sleep.

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**Swimming Sports Results**

We had a fantastic turn up for the 400m and Super K events. Well done to all students who participated in either or both events. We were able to finalise the points and come up with results for what was an exceptionally close finish. The House Swimming Sports final scores were:

- Timbarra in 3rd place with 505 points,
- Wentworth in 2nd place with 551 points
- Dargo in 1st place with 553 points.

Congratulations to Dargo on a great start to the House competition. Well done to Wentworth and Timbarra for making it such a close event.

Congratulations also go to individual age group champions:

**Junior Boy** - Daniel O’Brien - Dargo - 66 points
**Junior Girl** - Laura Firus - Dargo - 56 points
**Intermediate Boy** - Tom Boucher - Timbarra - 62 points
**Intermediate Girls** - Bonnie Fitzpatrick - Wentworth - 88 points
**Senior Boy** - Tom Lawlor - Wentworth - 58 points
**Senior Girl** - Rachel Cook - Dargo - 46 points

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**Outdoor Ed**

Again due to very wet days last week, the Outdoor Ed walk was postponed. We have rescheduled this excursion for this Friday 9th March, so all students need to ensure that they come prepared for this activity. Hopefully the weather will be kinder to us this week!

Susie Grinter

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**Swifs Creek Midget Netball**

Midget netball training starts on Thursday 29th March at the Swifts Creek Recreation Reserve from 3.30 - 4.30 pm.

I will walk up with the players this first time from Flagstaff Campus.

We will not be stopping at the shop on the way past so if parents could pack an extra snack for after school it would be great.

Belinda Neville

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**Missing**

2 Cockatiels who answer to Romeo.

Reward if found.

Please phone Karen Ennis 5159 4355

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**Swifs Creek Football/Netball Club**

Netball training—Tuesday and Thursdays.

Juniors 4pm—5.30pm. Seniors 5pm start.

First training day Tuesday 13th March

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**Reminder for Speech and language luncheon**

To all Parents there will be a free lunch at the Albion Hotel, Swifts Creek on Wednesday 21st March at 12.30pm — 2.30pm.

Guest speaker is Toni Seiler, Speech Pathologist.