Purple Day
Due to a change in date for the Interschool Volleyball and Tennis to Monday 26th March the ‘Purple Day’ has now been rescheduled to Tuesday 27th March.

Sleep and School-aged Children
Given the fact that time together for so many households starts at around 6 or 7 o’clock or even later in the evening on a school night, it can be tough to set an early bedtime. And since experts say school-age children roughly need about ten hours of sleep -- which means they need to go to bed around 8 or 9 o’clock -- that doesn’t leave much time for anything besides dinner, homework and reading one short book chapter together.
But it can be particularly important for school students to get enough shut-eye.
Try this tip to help your child sleep well:
Keep their room comfortable for sleeping.
Bedrooms that are quiet, dark and cool are optimal for a good night’s rest.

Cricket Clinic
The Cricket Clinic which was originally organised for today in Active After School time has been postponed until next Wednesday 28th March. Students from Flagstaff and the Year 7 and 8 students who are interested will be participating in this in session 6 on Wednesday at the Tambo campus. There will still be Active on Wednesday.
Midget Netball Training
Midget netball training Thursday 29th March at 3.30pm at the Swifts Creek Rec. Reserve.
I will walk up with the players this first week as a group. We will not be stopping at the shop. Can parents ensure they pack an extra snack for their child to eat after school.
There will be no training the following Thursday (5th April) due to the Easter break, however training will resume from the following Thursday (12th April) which is the second week of the school holidays.
Swifts Creek’s first game is a home game on Saturday 14th April against Lindenow South. Lindenow South do not have a midgets netball team so there will be no game for our midgets on this day. It would be great for our players to come along and support our junior and senior teams.
My phone number is 0427444493 if you need to talk to me or just leave me a message.
Belinda Neville

Outdoor Ed
The Outdoor Ed students, Mrs Grinter and Wayne Gaunt have headed off to Mallacoota this morning for a 3 day bushwalking and surfing camp. We hope that the weather stays pleasant for this trip. They will be returning by 5.00 on Friday night. Please ensure that if you have a student attending this camp, that they have made arrangements to be picked up at this time. Thank you.

School Crossing
Just a reminder that the school crossing is for all students from Prep to 12. Please ensure that all students use the crossing and set a good example for other students.

Volleyball and Tennis Summer Sport Secondary School - IMPORTANT
Next Monday 26th of March we have teams participating in the Summer sport competition in Bairnsdale.
Permission notes for this have gone out and we are asking that they be returned to school by this FRIDAY as we need to finalise numbers and teams on Friday. If notes are not back, we cannot count those students in final numbers. All students will be leaving school at 9.00 and returning by 3.25. The volleyball is at the BARC and tennis at the Bairnsdale tennis courts.

Advance TAFE offers a wide choice of study options across a large number of industries and careers. Courses being offered locally now:

**Responsible Service of Alcohol** (bookings essential)
- **When:** Monday 2 April
- **Time:** 5pm-9pm
- **Cost:** $70.00
- **Where:** Pink Palace, Omeo District Health
- **Tutor:** Mark Shelton, Commercial Coordinator, Hospitality & Service Industries & Equine, Advance TAFE

**First Aid (level 1&2) CPR** (bookings essential)
- **When:** Thursday 10 May and Friday 11 May
- **Time:** 9.00am to 4.30pm
- **Cost:** $175.00 First Aid Level 1 & 2
  - $70.00 CPR Update - Thursday 9.00-12.00 only
- **Where:** CFA/SES Building, Swifts Creek
- **Tutor:** Dale Porter, SEAMEC, Advance TAFE

**Safe Food Handling Level 1**
- **Expressions of interest now**

Interested in developing skills, taking a short course or gaining an extra qualification? Advance TAFE offers more than 350 courses, short courses through to certificates, diplomas and pathways to university. Our vocational training will help you gain skills that are critical when seeking employment. Our flexible approach means that you can study full-time, part-time, day or night, on weekends or flexibly online. (All courses subject to numbers)
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