Swifts Creek School Newsletter

June 13th 2012

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Whole School Dates to Remember
Jun 20th Transition Evening
Jun 29th Last Day Term 2
Jul 16th First day of Term 3
Jul 18th Pupil Free Day

Tambo Campus Dates to Remember
Jun 12th-15th Yr 12 Exams
Jun 17th-22nd Yr 9 Evolve expo
Jun 25th-26th Music Workshop Lakes Entrance
Jun 28th Gala Concert Lakes Entrance
Jun 25th-29th Yr 10 Work Experience

Swifts Creek School Transition Evening
Students in Year 6 and their parents are warmly invited to come to Swifts Creek School next Wednesday June 20th for information about the secondary program. The evening will commence at 7.30pm with a tour of the school, followed by a talk and presentation highlighting features of the Year 7 program and the years beyond. There will be time for questions, then the evening will conclude with supper at 8.30pm.

Reading Tips
Why is it important for my child to read?
The ability to read is vital. It paves the way to success in school, which can build self-confidence and motivate your child to set high expectations for life.

People read for many reasons:
- for pleasure and interest
- for work
- to obtain information that will help them make choices and decisions
- to understand directions (such as those on street signs and in recipe books)
- to learn about the world
- to keep in touch with family and friends

Great Victoria Bike Ride
Students from Yrs 7—12 who are interested in participating in GVBR later this year should give their names to Mr Boucher.

Winter Sports Netball
Due to the inclement weather we had last week, the Winter Sports Netball will be held this Thursday the 15th June.

Today, students brought home more information regarding the trip tomorrow.

Cake stall
On Tuesday the 19th June the VCE students will be holding a cake stall at recess and lunch time at Tambo Campus Food Room and lunch time at Flagstaff Campus Staff Room. Cakes are priced from 50 cents to $3 each.
May 31st was World No Tobacco Day (But any day is a good day to give up smoking or choose not to smoke)

Clearing the Air - Why should adults talk to their children about smoking?
In Australia, regular cigarette smoking causes many more deaths every year than alcohol, heroin and all other drugs put together. Most adult smokers begin smoking in their teenage years and most wish they could quit. Young people often don’t realize how quickly a person can become ‘hooked’ on smoking. Talking with them can help them gain confidence in their ability to make healthy, independent choices.

What can adults do?
- **Try to set a healthy example**: Don’t smoke or if you do, attempt to quit or cut down. Explain how difficult it is to quit due to being hooked. Show that you understand the danger that presents to you and your family and avoid smoking in enclosed places in front of children.
- **Set family rules about smoking**: discuss what will happen if the rules are broken. Young people who believe that their parents disapprove of their smoking are less likely to take up smoking.
- **Make your home and car smoke-free**.

**Talk with them (rather than lecture them) about smoking and other issues**:
- Explain what you would rather them do, after you’ve talked, encourage them to give you their opinion on smoking and make them aware you are listening and taking their view seriously.

**Help young people practice refusal skills**: Try asking questions such as “what would you say if someone offered you a cigarette?”

Here are some hints to help young people deal with someone offering a cigarette or pressuring them to smoke:
- “I don’t smoke anymore”.
- “Cigarettes cost way too much, I would rather spend my money on…….”
- “Dude not cool”.
- “No thanks, smoking makes you stink.”
- “No thanks it makes me sick”.
- “Seriously, it’s a filthy habit I’ve quit, so should you”.
- use "I" statements and be firm in what you say;
- practice using the word “No” and feeling confident saying it.
- Remember you can choose not to smoke.
- You can choose to stop smoking. Believe in yourself, you can do it.

For more information: call Quitline137848 or go to : OxyGen.org.au