Newsletter
Swifts Creek School
June 2013

Courage  Joy  Kindness
Principal’s message
What a busy semester. It has been great to see so much change in our students over the last six months. The holidays have come at the right time and all students and staff need to enjoy the break and have a safe and relaxing time in preparation for the next semester of learning.
For our senior students a break is really important, but they also need to use the time away from school to prepare for their final semester of secondary education. The end of year exams are not far away and students starting term three refreshed but also prepared will really help in making the most of the time that remains.

Just in case you have forgotten these are some of the events that have occurred this semester are: Year 7 camp, VCE camp, VCAL camp, Outdoor Ed activities/camps, Evolve horse riding, hiking and camp at Typo, various interschool sports, swimming carnivals, Music Festival, Westside Circus, Bush Band and family dance, National Simultaneous Storytime, Middle Years Open Day, primary athletics, drama camp, author visits, cross country events, bike ed at Flagstaff, Pet Ownership program and Year 10 Work Experience.

These are some of the events that are be planned for the next semester: Swifts-Coota Cup, Book Week, Grade 3/4 camp, Grade 5/6 camp, Secondary Athletics, CSIRO visit, Party Safe program, Performance tours and a Careers Expo.

The courageous and joyous manner that people have worked together this semester has allowed much kindness to be shared. I trust that in reading the reports you will be see evidence that clearly shows students being the best they can be academically. By working together we can achieve a great deal. I would like to thank all members of the school community for the manner in which they have worked with me during the first half of this year, and I look forward to it continuing for the duration of the 2013.

Guess How Many Lollies In The Jar
Hi my name is Caroline Firus. In Middles Years we are working on community projects. My project is to raise money for the Swifts Creek School Parents’ Group. I am running a competition where you have to guess how many lollies in the jar. It costs $1.00 a guess and you can have as many guesses as you like. The numbers you can guess are between 100 and 500.

The competition will start from this week through to the third week in term 3 and I will announce the winner at the whole school assembly on Tuesday in week 3.

I hope to sell guesses at Tambo Campus when I am there for Middle Years program and also on Thursdays at the office. All other times I will be at the Flagstaff Campus.

Please support my project.

Thank you
Caroline Firus

Parents’ Group
Parents’ group are having a ‘Christmas in July’ raffle. We have a Santa sack of prizes but we could use some more. If you would like to donate something to the raffle to make it bigger and better, we would appreciate your generosity. Donations can be left at either campus office. The raffle will be drawn at the end of July. Tickets are $2 or 3 for $5. Also if anyone is interested in selling tickets outside the shops at Omeo or Swifts Creek please let Kathy Gallagher know. This has proven in the past to be a great help with ticket sales.

Swifts Creek Midgets
Please note there will be training on Thursdays only during the holidays. Training will happen as usual tomorrow.
Rewards Day-
Flagstaff Campus

On **Friday 28th June** we will be having our Rewards Day at Flagstaff Campus.

There are two options available to students for Rewards day

The term 2 physical challenge is a bike ride

Co-operative physical play at Caravan Park/Co-operative Games/Movie

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**Co-operative physical play at Caravan Park/Co-operative Games/Movie**

Students choosing the option of co-operative Games/movie and the **Young Guns** group are requested to bring a board game from home to share. They will begin the day walking to the caravan park and playing some physical games before returning to school for some board games and a movie.

**Bike Ride**

The term 2 physical challenge is a bike ride – three levels. Teachers in charge are Mr Hall and Mr G.

**Young Guns** – ride to Negoura turn off and return for a play at the Caravan Park (Mr G’s group). Non bike riders will be already at the camp park after walking around with Ms Canfield and Miss Welsh. These children will return to school for co-operative games with Ms Canfield and Miss Welsh.

**Cadel’s Off Road Wanderers** – (only available to those students in grade two and above who have proven their ability to ride long distances during Bike Ed) continue along the Negoura Road to Armit’s woolshed.

**Hall’s Hill-Climbers** – tackle the hill beyond Armit’s woolshed. (Mr G will have arrived in his ute to supervise those not wishing to proceed up the hill.)

All bike riders departing the school at 9.20am. Parents, Tambo students, friends welcome. Tambo students will need to book a spot by Thursday 1.15 pm so that we can be sure we have an appropriate ratio of adults to students.

All riders will need a helmet, a bike in roadworthy condition which includes air in the tyres, brakes that work, chains that have seen oil this decade, etc. A water bottle would be a good idea if the bike has the appropriate holder. A change of clothes left at school may also be handy if the weather does the wrong thing.

Morning tea and anything else you may need at the Caravan Park is to be left in your bag and placed in the back of Mr G’s ute before the ride begins. Sports equipment also to be put in the ute.
‘Why’s it called soccer, anyway?’ was the question on the lips of nearly every one of the Year 7/8 Boys Team which headed to Bairnsdale last Tuesday morning. ‘Is it something to do with socks?’

That mystery aside, the team seemed reasonably well prepared to do battle, having had a number of training sessions under the watchful eye of Gary ‘Fergie’ Johnston and Craig ‘Fozzie’ Evans. Lots of potential had been unearthed; it was now just a question of transferring it to the pitch.

Discretion demands that the exact result of our games against Bairnsdale Secondary and Nagle College remain secret but let’s just say that our new name for the team is ‘Swifts Creek Nil’.

Regardless of result, big shout outs have to go to our captain and defensive colossus TD, midfield dynamo Tom Lothian, stalwart full back Jarrod and goalkeeper Daniel Keating whose heroics saved us from a right pummelling.

Don’t worry boys, we’ll be back next year. Thanks to all who made it possible especially ace organiser Susie Grinter.

(Ps – Soccer is an abbreviation of its full name – Association Football).
Clay Target

Last Monday in very wet and cold conditions, our Clay Target team competed in the Howard and Schuback Gippsland Secondary Inter-schools Clay Target competition, at the Sale Field and Game Club. This event has been running for 32 years and this was the first year it has been wet!

Our team of Tom Darby, Tim Armstrong, Luke Hopkinson, Will Taylor, Erik Oliver and Melinda Armstrong competed against 35 other squads of students from 20 schools. The students compete as individuals in the Senior boys and girls and Junior boys and girls and also as a team. Overall our squad did exceptionally well with Tom Darby placing equal 3rd in the Junior boys with a score of 16/20 and Tim placing in the top 10 with 14/20. Melinda joined the Nagle girls squad for the team competition and they placed in the top 5 for the girls.

Overall winners for the day were Gippsland Grammar, with our squad placing 15th out of 35. This was a great experience for all of our students and we are grateful to our school for allowing us the opportunity to experience Clay Target as a competitive sport.

Primary Netball Bairnsdale

On Friday our Year 5/6 netball team travelled to Bairnsdale to compete in the District Winter sports mixed netball competition. We were unsure of how the weather would be as this had already been cancelled once due to rain and wasn’t looking promising. BUT we got to Bairnsdale and had great weather and a really great day. Our team of Catherine, Jai, Sam, Billy, Koby, Ronan, Cameron, Shelby and Jess were extremely competitive.

We had four games, the first being against Lindenow B team which we comfortably won 24-4. Jai and Catherine played brilliantly in the goals. The second was against Omeo and this was a tough, physical game which we won 10-5. Sam, Ronan, Cameron and Billy did a great job in defence and down the centre of the court. The third game was against the Lindenow A team which we won 13-0 Shelby, Koby and Jess playing really well, especially in defence. Our last game was against Gippsland Grammar and they, like us had been undefeated in their three games. This was the decider! Everyone put their hearts and souls into this game but we couldn’t match their really tall goalie who in the last 10 seconds of the game shot the winning goal for Grammar – score 10-11.

We had a really fantastic day and it was a pleasure to take a team of students who display such great team and sportsmanship. Well done to you all!
National Simultaneous Reading Year 8

IT'S A MAD WORLD
Primary Netball

Clay Shooting at Sale
Everyone's good at something! Supporting kids' confidence

Mateo really likes football but he's not sure about playing with the local team. He thinks: "I'm not as good as the other kids are. What if they don't pass the ball to me? What if I drop it?" Mateo often stops himself from having a go at new things. He doesn't want to look silly.

He would rather let others go first so he can watch what they do. At school when the teacher asks him a question he often says "I don't know" even if he does know the answer. Mateo doesn't want to get things wrong. When he makes a mistake on his homework he gives up and says, "I can't do it."

His parents want him to try. "You've got to have a go," his dad says, "otherwise, how will you learn?"

Children who lack confidence in their abilities sometimes try to avoid even having a go at some things. This can get frustrating for parents and carers. It can also stop children from developing the skills they need to tackle tasks confidently.

How confidence develops

For most children starting school means spending more time on learning and less on play. It also means more expectations of them – from parents, carers, teaching staff and also from themselves.

Primary school children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They also see how other children and teaching staff respond to what they do.

These things influence children’s confidence in their abilities. They also influence how willing they are to have a go in situations where they feel unsure.

How parents and carers can help

Confidence improves through building on small successes. Parents, carers (and teaching staff) can help by:

- explaining to children that skills develop with practice
- encouraging children to persist when they don't succeed straight away
- praising effort, persistence and improvement
- making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- being ready to help when necessary, without taking over

Encouraging children to have a go and valuing individual improvement support children's confidence.
Tips for Healthy Living

Heather Daly: Adolescent Health Nurse

During Term 3 students in Years 9 & 10 will be involved in a Party Safe program that will involve the Police, health services and the local community. Students will also be participating in classroom activities that will increase their knowledge about the risks of alcohol and drug use and explore ways of preventing or reducing the risks of harm to themselves.

The negative consequences of underage and drug use include a range of physical, academic, and social problems. Perhaps most frightening, alcohol is the leading contributor to injury death, the main cause of death for people under age 21. However, alcohol also plays a powerful role in risky sexual behavior, including unwanted, unintended, and unprotected sexual activity.

To assist parents in dealing with this issue, the following information may be useful. For those without computer access written information will be available for parents at Swifts Creek school.

Parents get ready for “The other Talk”.

A national first, the Australian Drug Foundation has launched a new resource: a site that is helping parents to have ‘The Other Talk’ with their children - about alcohol and other drugs. The new resource, www.theothertalk.org.au is a first port of call for families, with information that can make having The Other Talk easier.

John Rogerson, CEO of the Australian Drug Foundation, said: “The Australian Drug Foundation has been working closely with parent groups who have told us they want one place with all the information about alcohol and other drugs. Parents are familiar with the talk about sex, now it’s time to have The Other Talk.

"We all want our children to grow up healthy, and having The Other Talk can help prevent future problems.”

Research shows that one in five 16 and 17 year olds drink risky amounts of alcohol at least once a month and 36% of 12-17 year olds drink to get drunk every time they consume alcohol.*

Parents are the greatest influence on their teenagers: they can deter adolescent drinking and play a vital role in drug prevention. In partnership with schools and the community, families and parents can prevent, delay or reduce the risks of harmful drug use in their young people.

“The facts have changed, we know more about the effects of alcohol and other drugs and they are more harmful than previously thought. Young people’s brains are still developing and drinking early can cause irreparable damage.”

“Drugs are often still a taboo subject within families. We want to make it easier for parents to feel comfortable enough to initiate the conversation about alcohol and drugs, and feeling informed is a big part of that.”

“Our new initiative provides parents with all the information they need so they feel able to talk openly with their kids about alcohol and drugs.”

‘The Other Talk’ initiative also features a YouTube advertisement and will run across print, radio and social media.

2011 Australian School Students Alcohol and Drug (ASSAD) survey

Source: Australian Drug foundation. Adf.org.au
MONSTER

School Holiday Activity

Monday 8 July 1.00 pm – 2.30 pm
Omeo Service Centre

Sessions will also be held at other locations, contact Service Centre staff for more details
# July 2013
Swifts Creek School

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### School Holidays

**School Holidays**

### Further Events

- **Aug 6th** - Party Safe day
- **Aug 12th—16th** Year 9 Evolve camp
- **Aug 28th**—CSIRO visit

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**Swifts Creek School**

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