Swifts Creek School Newsletter

May 15th 2014

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Principal: Robert Boucher

Whole School Dates to remember
May 19th, 20th, 22nd Music Festival at Orbost
June 3rd School Council

Flagstaff Campus Dates to remember
May 19th-23rd 5/6 camp

Tambo Campus Dates to remember
May 23rd Volleyball State Final
May 28th-30th OED Melbourne Camp

Auskick 2014 enrolment
We are starting Auskick in the next couple of weeks. Anyone who would like to enrol their child must do so online at: http://www.aflauskick.com.au/register/

If your child was enrolled last year and you don’t know their registration number, please contact Martina or myself as this makes the process quite simple.
Payment is made via credit card. If you require any help, please don’t hesitate to contact Martina at the library at Tambo Campus.
The Auskick packs will be mailed after payment directly to you.
When enrolments have been finalised, we will work out the most suitable day and time for Auskick training.

Ray Gallagher

Principal’s message
As you are no doubt aware our students in Years 3, 5, 7 and 9 have completed their NAPLAN tests this week. This is just another part of going to school, which has the exciting benefit of letting you know how you as a student are going on the day of the test compared with others around the state.
We as a school also have the opportunity to obtain some group data about how each of the cohorts is going.
It has been pleasing to see the calm manner that students have gone about the completion of these tests this week and is to me a clear indication of how misguided our media is with the hype they try and whip up around these tests.

Robert Boucher

Wanted
Senior School formal are looking for some glass jars. If you have any unwanted jars please send them into either campus.

Apprentice of the Year
Congratulations to former student Brandon Betts for winning the title “Victorian Apprentice of the Year”. This is a great achievement, so well done Brandon, and best wishes for the Australian title.

Ray Gallagher

Bakery Closure
Swifts Creek Bakery will be closed for two weeks starting May 18th, so there will be no lunch orders.
Dear Parents and carers,

In my time as Minister for Education, I have met many dedicated volunteers giving up their time and using their expertise to provide students and school communities with the very best learning and development opportunities.

As Australia celebrates the 25th National Volunteer Week from May 12-18, it’s an opportune time to recognise and celebrate the valuable work volunteers do in our school communities.

On behalf of the Victorian Government, I would like to sincerely thank all of you who donate your time and expertise to your school. It wouldn’t be the same place without your important contribution.

Yours sincerely

The Hon. Martin Dixon, MP
Minister for Education

Tips for Healthy Living

If your child is unwell:

This time of year is often a time when we are prone to coughs, colds and possibly the Flu. If your child is ill: to help reduce the spread of illnesses to other students, families and staff, we ask that you do not send your child to school until they have recovered from the illness.

The school is required to follow guidelines with regard to exclusion periods and more information can be found at www.nhmrc.gov.au/guidelines/publications/ch55.

Cold, Flu or throat infection, exclude until your child feels well and if treated with antibiotics until after 24 hours of treatment.

Diarrhoea and vomiting – Exclude until 24 hours after the last loose motion.

Impetigo (School Sores) - Exclude until antibiotic treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing.

Conjunctivitis - (Sticky eyes) – Exclude until discharge from eyes has ceased.

Chickenpox – Exclude until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunised children, but may be less in previously immunised children.

Head lice – Commence treatment before sending your child to school. There is no product available that prevents head lice. However, tying long hair back and checking weekly for lice, using the conditioner and comb method, can help prevent the spread. For more information: http://www.betterhealth.vic.gov.au

These are minimum exclusion periods, however a child may need to stay home for longer until he/she is well enough, to ensure their comfort and wellbeing.

To further help reduce the spread of germs, teach and remind your child to:

- Wash hands regularly—especially after going to the toilet, blowing their nose and before eating.
- Use tissues and dispose in the bin after blowing their nose or sneezing.
- Cough and sneeze into their elbow rather than hands.
- Ensure your child is fully immunised.

If unsure contact the school before sending your student to school.

For further information contact: Heather Daly, School Nurse.
Coughs, Colds and Asthma

Coughs, colds and the flu are one of the most common triggers of asthma. The common cold is caused by an upper respiratory tract infection and is a common illness for children and adults in Australia. As we approach the colder months, here are some tips to keep in mind to prevent and reduce the spread of coughs, colds and the flu:

- Avoid coughing and sneezing on or near others and wash your hands thoroughly to prevent the spread of disease.
- If your child is not feeling well, it is recommended that they stay home and rest, to reduce the spread of infections and to speed up their recovery process.
- Everyone should have the annual flu vaccination to ensure they are protected from this disease.

You or your child may be eligible for the free flu vaccination. Details about who is eligible can be found here and can also be determined by your doctor.

Prior to purchasing any medications or herbal and natural remedies, you should seek the advice of your doctor or pharmacist as some medications can react with asthma medications. Such as Aspirin, Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications), Beta Blockers tablet and eye drops (used for high blood pressure and glaucoma), and ACE inhibitors (used to control blood pressure).

Stay warm this winter!

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au

Parent and Carer Asthma Information Sessions

The Asthma Foundation of Victoria is funded by the Federal Department of Health to provide free asthma education sessions to groups of parents and carers. These sessions can take place at the school or at a location of your choice. The session runs for approximately one hour and covers:

- Asthma triggers
- Signs and symptoms
- Asthma action plans
- Asthma medication
- Asthma First Aid

If you are interested in attending a parent and carer asthma information session, please contact The Asthma Foundation of Victoria to arrange a session on 1800-ASTHMA or sdoherty@asthma.org.au

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au
Year 11 and 12’s are running a pancake stall! We are raising money for our VCE formal in July. Please support us in buying our pancakes, we hope they taste yummy!

Our prices:
1 pancake for $1
2 pancakes for $2
3 pancakes for $3 and
4 pancakes for $3.50

We have basic free topping which includes maple syrup, sugar and lemon and a gourmet topping which include strawberries, cream and nutella, which those are 50 cents each!

And we also will selling HOT MILO, for $1.00 a cup!

We will be selling pancakes and hot milo at lunch time in the amphitheatre!

So don’t forget to bring your money next Tuesday!