Principal’s Day
On Friday 5th September, Principal’s Day, please take a moment to think about the wonderful work the leaders of our school do. As President I would like to extend a big thanks to Robert, Barb and Pauline for their tireless efforts looking after the school and our pupil’s best interests, not to mention their other valuable contributions to the wider community.
Thank you
Janne Smith, School Council President

Swifts Creek Flagstaff Campus visit to Omeo Primary School
On Thursday the 11th of September all students from Flagstaff Campus will be visiting Omeo Primary School for a day of activities. This coincides with the ‘Kids Teaching Kids’ program facilitated by the Grade 5/6s from Omeo Primary School. Students will be engaging in literacy, numeracy, art, sport and science activities throughout the day. Permission forms will be distributed shortly.

School website
A reminder to all that you can always access our newsletters on our website at www.swiftscreeksch.vic.edu.au.

Parent Teacher Interviews
Thursday September 18th
All teachers are keen to talk to parents and students about student progress so far this semester.
Teachers at Flagstaff campus will be available for interviews from 3.30pm to 6.00pm. Parents have already been invited to request suitable interview times. If you have not received this information, please contact the Flagstaff office.
Teachers at Tambo campus will be available for interviews from 4.00pm to 7.00pm. No appointment is required. Students are strongly encouraged to attend and participate in these interviews, so that they can enjoy the positive feedback, and agree on suggestions for improvement.
Tambo campus students will, in the meantime, receive written Interim Reports. These brief reports provide an overview of student progress in each subject area. Parents can follow up the information in the Interim Reports at the Parent Teacher interviews.
We look forward to seeing many parents at the interviews so that we can work together to maximise the learning outcomes for all of our students.
RUOK? Day – Thursday 11th September. R U OK? Day is a national day of action held annually to encourage and empower all people to regularly and meaningfully ask ‘are you ok?’ to support those struggling with life. On this day, it’s important that schools promote meaningful conversations and ongoing support.

Signs that could mean a friend/family member isn’t ok.
A number of factors can contribute to someone feeling low. It isn’t always easy to know whether someone is not ok, particularly if they haven’t talked about it. However there are some signs you can look for which could show that a friend or family member may need your support.

When people feel low, they often:
• Withdraw from their friends or their family.
• Lash out at people and get angry or upset really easily, including towards the people they care about.
• Cry often or become emotional.
• Lose interest in activities and things they usually love.
• Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as in the middle of the day).
• Have a changed appetite. They could be eating more than usual, or less.

How do I know they need help?
If someone’s been showing a few or all of the signs of a low mood for two weeks or more, it could mean that they aren’t ok and need support.

Talk to a family member, your doctor, a school counsellor, school nurse, teacher or an adult you trust your concerns and how to help them.

By giving teenagers the confidence to start conversations regularly and with real care, they can be the generation that transforms the way we look out for anyone struggling with life. www.ruokday.com

Tips for Healthy Living
Heather Daly. School Nurse

The DEECD has produced a series of newsletters of useful information for parents. We will include excerpts from these in future newsletters.

More on How can I help my child to develop a strong sense of identity?

• Older children will be able to understand that some people have differing needs and they learn to respect the rights, feelings and efforts of others. As they grow they will be able to behave appropriately in a range of social situations and begin to develop and exhibit appropriate behaviours for maintaining positive social relationships.

• Talk to your child about how each of us has similarities and differences to help them be comfortable and confident in who they are.

• Encourage your child to take pride in their home language and culture and encourage early childhood professionals to include your children’s languages, relevant images, books and resources in their work.

• Encourage your child’s interests and abilities – these are important ways for your child to express who they are. As children grow they can begin to appreciate the similarities and differences between individuals and groups including the language, cultural and religious groups that make up society.

• Give your child the opportunity to explore identity through dress ups and dramatic/pretend play.

If you would like to access the full range of DEECD newsletters, the link is http://www.education.vic.gov.au/childhood/professionals/health/Pages/newsletters.aspx or just search the DEECD website.