Swifts Creek P-12 School Newsletter

June 3rd 2015 - Week 8 Term 2

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Whole School Dates to Remember
June 8th Public Holiday
June 11th 'Feel good' clothing day
June 17th Pupil Free Day
June 26th CSEF Application forms due
June 26th Last Day Term 2 - early finish

Tambo Campus Dates to Remember
June 12th GAT
June 9th-12th Yrs 10,11,12 Exams
June 16th Netball/Soccer at Tambo Campus
June 19th Defence Force talk
June 15th-26th Year 10 Work Experience
June 22nd Intermediate music students Lakes Entrance
June 23rd Junior music students Lakes Entrance
June 25th East Gippsland Gala Music Festival

Flagstaff Campus Dates to Remember
June 4th Winter Sports Netball in Bairnsdale

Exams
A reminder that all students in Years 10,11 and 12 were given individual timetables to take home last week for their exams next week. These exams will be held from Tuesday 9th to Friday 12th June, with the GAT on Wednesday 10th June.
John O'Neill

Parent and Carer Tips
Learning and Time
Teaching children to organise their time is another way to support them at school.

- **A successful morning begins at night.** Before your child goes to bed, have them set out everything they will need for school the next day, lunch, drinks, readers and permission slips. Check they have completed any homework.
- **Set alarm clocks 15 minutes earlier.** An earlier start allows enough time to dress, eat a healthy breakfast and do the necessary chores without too much stress.

Tambo Campus netball/soccer
Tambo netball/soccer interschool sport will be held of June 16th. Notes have been distributed for this event. Please be sure that you return them as soon as possible.
Kate Bradbury

Flagstaff Campus Netball
Reminder to Years 4,5 and 6 students participating in the interschool netball tomorrow: please wear your school polo, blue shorts and runners. Be sure to bring lunch, snacks, a water bottle and warm clothes. We will be leaving school at 9am and arriving back in time for buses.
Kate Bradbury
Tambo cross country
Congratulations to the students who participated in East Gippsland Cross Country last Monday. The following students qualified for Gippsland cross country. The students all completed a 3km race at Lakes Entrance golf links, against six other schools. Gippsland Cross Country will be held on June 18. Please help encourage these students as they train for their upcoming race.

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Jade Clarke</td>
<td>16.2</td>
</tr>
<tr>
<td>Kelsey Neville</td>
<td>16.56</td>
</tr>
<tr>
<td>Morgan Jones</td>
<td>13.26</td>
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<tr>
<td>Indi Hambrook</td>
<td>14.3</td>
</tr>
<tr>
<td>Lewis Moss</td>
<td>13.06</td>
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<tr>
<td>Daniel Cook</td>
<td>15.04</td>
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<tr>
<td>Lloyd Jones</td>
<td>12.1</td>
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<td>Peter Ross</td>
<td>18.22</td>
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Lunch Order List
Albion Hotel
- Swifts Creek bakery plain pie $4
- Hotdog with sauce $3
- Ham & salad roll $4.50
- Salad roll $4
- Sweet chilli chicken wrap $5.50
- Hot chips $2.80
- Hot chip snack packs $4.50 all come with tomato sauce
  - Nuggets & chips
  - Mini dimsims & chips
  - Mini spring roll & chips
  - Calamari rings & chips
- Dimsim $1.20
- Potato cake $1.20
- Fruit salad $4.50

DRINKS
Prima $2
Water $2
Nippys $2.80

For Sale
Sports polo shirt. Available at Tambo Campus office.
(House Colours but logo out of date)
$10 each
See available sizes below

Dargo
Size 12 - 5
Size 14 - 5
Size 16 - 3
Wentworth
Size 14 - 3
Size 16 - 5
Timbarra
Size 12 - 4
Size 14 - 5
Size 16 - 4
Reading at Swifts Creek School

We are continuing our focus on strategies that help students to be better readers, and better learners. These strategies, or High Reliability Literacy Teaching Procedures, are being used throughout the school, from Prep through to Year 12.

The next procedure is:

Paraphrasing

Paraphrasing means to say what you are reading in another way; that is, to put it into your own words. This can be done at the end of each sentence, each paragraph or each page, depending on the text and the age of the reader.

The rationale behind the importance of this activity is that when you paraphrase, you are converting the meaning into a form that you will be able to remember because it has meaning for you.

As you paraphrase, you will also visualise, or picture, the meaning. This will help to link new information to the knowledge you already have. Again, this will make it easier to remember.

What you can do at home:

As you listen to your child/ren read aloud, ask:

Can you say that another way?

What picture does that make in your head?

For a reader who is having difficulty paraphrasing, you can suggest this process:

- Chunk the sentence
- Think of synonyms – or words that mean the same – for the key words
- Make a new phrase for each chunk
- Link the chunks together again

The same process will apply for longer texts, eg, chunk the chapter into sub-headings; the sub-headings into paragraphs; and the paragraphs into sentences.

If you would like to know more about the High Reliability Literacy Teaching Procedures, please just ask the classroom or home group teacher, or Ms Napthine.
Tips for Healthy Living:

We see hundreds of images everyday telling us what we should look like and what body shape and size we need to be. The messages to people around being slim, skinny or muscular are very strong, pervading and make vulnerable people feel insecure, worthless and anxious. The ever growing message that comes forth year after year from the Mission Australia Youth Survey is that one of the top three areas of concern for our young people is **BODY IMAGE**!

Body dissatisfaction and poor body image not only causes considerable distress in its own right but also contributes to the development of low self-esteem, depression, unhealthy weight loss or muscle building behaviours and clinical eating disorders.

- 90% of 12-17 year old females are on a diet of some type
- Nine out of ten girls feel pressured to be thin
- 25% of people with body image & eating disorder issues are males

Young people are growing up, living their lives feeling like they are not worthy, valued or accepted for who they are but that they are judged on how they look!

We know that negative body image and low self-esteem can be a serious, high risk contributing factor to developing an eating disorder, and that negative body image is often perpetuated by the experience of being judged or shamed about our looks by others, as well as ourselves.

The Butterfly Foundation is interrupting the conversation and taking a stand against the practice of disrespect based on appearance, body shape and size – whether that is towards oneself or others. We are joining together with our supporters all across Australia, in our national campaign saying enough with appearance based judgement and shaming...**Don’t DIS My Appearance!**

(source: the butterflyfoundation.org.au)

For more information go to: [www.thebutterflyfoundation.org.au](https://www.thebutterflyfoundation.org.au)
[https://www.dontdismyappearance.org.au](https://www.dontdismyappearance.org.au)

To support the campaign, student leaders will be delivering information at Whole School Assembly and organizing a day on which students are encouraged to give a gold coin donation and **wear a ‘feel good’ article of clothing, celebrating their own individual style and complimenting their beautiful body shape.**

Free painting of a finger nail in their favourite colour will be offered at lunchtime. Thursday 11th June.

*Heather Daly, Adolescent Health Nurse*