

TERM 3, WEEK 4 - AUGUST 7 2024

# THE WIRAN

SWAN HILL PRIMARY SCHOOL

## From Our Principal

Mrs Hayley Doyle

We have several events scheduled for this term, including a Pyjama dress up day scheduled for this Friday 9th August to raise money for our sponsor child. Next week, is National Science Week as well as National Week of Action Against Bullying and Violence.

We acknowledge the traffic becomes quite congested at drop off and pick up times around the school, but ask parents to please drive safely and adhere to the road rules. We encourage parents to consider parking a block away, if your child is able to utilise the school crossings, to alleviate the congestion, or for younger students, ask parents to walk to collect their children from the school grounds, if they are able.

We've had several reports of parents double parking in the Yana Street car park, which presents a safety concern for our students and school community.

Please also refrain from using our staff car park for school drop-offs or pick-ups, unless you require the use of the Accessible Park.

*Every staff member's  
an asset at SHPS*



**Erin Garnham**

Erin is hardworking and dedicated, always going above and beyond for her students. SHPS is lucky Erin made the move back to Swan Hill and joined our team.



**Rach Sheehan**

Vibrant in colour and in personality, Rach's fun and enthusiastic approach in the classroom ensures students love coming to school each day. Her creative and innovative approach makes her a champion of change.

## What's On



**Friday August 9**

Casual Dress - Pyjama Day

**Saturday August 10-18**

National Science Week

**Monday August 12 - 16**

National Week of Action

**Tuesday August 13**

ICAS Assessment - English Gr 3-6

School Council Meeting

**Wednesday August 14**

Senior Athletics

**Monday August 19 - 21**

Grade 4 Camp - Echuca

**Wednesday August 21**

Grade 3 Swimming

**Friday August 23**

Book Week Parade 9.05am

**Monday August 26-28**

Grade 6 Camp - Campaspe Downs

**Tuesday August 27**

ICAS Assessment - Math Gr 3-5

**Friday August 30**

ICAS Assessment - Math Gr 6

Father's Day Stall

**Wednesday September 4**

Grade 3 Swimming

**Thursday September 5 - 6**

Grade 2 Camp - Pioneer Settlement

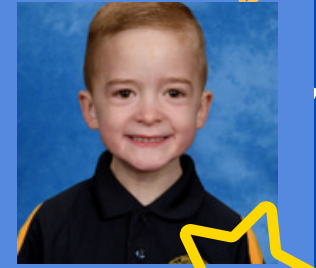
**Monday September 9 - 11**

Grade 3 Camp - Camp Kookaburra

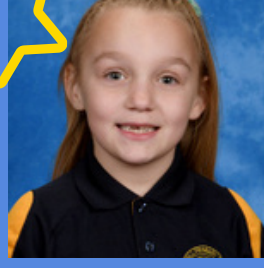
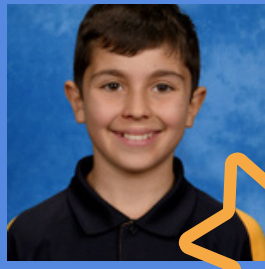
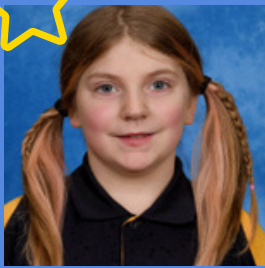
# Students of the Week - Term 3 - Week 3

Prep J Lottie  
 Prep M Archer  
 Prep S Poppy  
 Prep T Hunter  
 1A Lexi  
 1B Easton  
 1L Jaxon  
 1M Yahia  
 2C Levi  
 2E Marlee  
 2R Eve  
 2W Lachlan  
 3D Jaxson  
 3H Alex  
 3M Fletcher

4B Zack  
 4G Aleah  
 4H Cortney  
 4K Cody  
 5B Grady  
 5C Eveline  
 5F Dayne  
 6K KAyla  
 6M Rylan  
 6T Luke  
 Mental Health Claire  
 Digital Learning Jos  
 Auslan Edward  
 Music Lottie  
 PE Addison  
 Science Chloe



WAY to GO!



## 2024 Parent / Caregiver / Guardian Opinion Survey:

### WE WANT OUR PARENTS / CAREGIVERS / GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting the annual Parent / Caregiver / Guardian Opinion Survey offered by the Department of Education and is seeking your feedback. The survey is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement. The survey is optional, but we encourage and appreciate your participation.

Our school will use the survey results to assist in identifying areas for improvement and professional development needs in the school, to target school planning and improvement strategies.

The Parent / Caregiver / Guardian Opinion Survey will be open online from **Monday 29 July to Friday 30 August 2024.**

All families are invited to participate in the survey.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones.

The online survey will be available in English and 10 other languages including Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese. Resources are also available in additional languages to assist parents / caregivers / guardians who speak a language other than English at home. Please reach out to your child's teacher, or the school directly for survey guides in your language.

The survey results will be communicated to parents / caregivers / guardians through annual reporting or via Wiran.

Please speak to your child's teacher if you would like more information.

To access the survey, follow the link below:

<https://www.orida.com.au/parent>

All parents / caregivers / guardians at our school **use the same six-digit PIN** to access the survey.

Your school's generic PIN is : **155266**

# Poster Competition

To celebrate Science Week at SHPS, the ELFs (Environmental Leaders of the Future) are running a poster competition. To enter, simply design a poster at home and hand it in to the Science room no later than Thursday 8th of August. Posters will be shortlisted, with the top 5 for each category being displayed in the library during National Science Week where classes can vote for a winner.

The poster categories/topics are:

- Grade Prep**—Colour the Australian Animal (supplied)
- Grade 1 & 2**— Your favourite Australian animal
- Grade 3 & 4**— A threatened or endangered animal
- Grade 5 & 6**—Threatened or endangered animal or ecosystem

Great Prizes to be won!



# Pyjama Day

Join us for pyjama day to raise money for our Sponsor Child Inosensius  
Remember to bring a gold coin donation

Term 3, Week 4  
9th of August



# Our Sponsor Child!



**Inosensius and his family:**

Full name: Inosensius Kebu

Age: 14 years old

Education: Inosensius attends secondary school. It takes less than 30 minutes to reach school. Inosensius's favourite activity is PE/sport.

Health: According to the family, Inosensius has been healthy and not suffered from any serious illness. The nearest health facility is about 30 minutes away.

Family: There have been some changes in Inosensius's family. Mother: Yostina Jik, is now a housewife.



**Project activities in Nagekeo over the past year:**

- Activities that promote protection of children from abuse, exploitation and neglect
- Training of health workers to improve service delivery
- Training of parents and caregivers on early childhood care and development, concepts and strategies, including gender-responsive parenting and early stimulation
- Training of youth peer educators to share information on sexual and reproductive health and rights
- Promoting registration and issuance of birth certificates for children

What does your gold coin donation do to support Inosensius?

# Mr Carroll's



## Senior Athletics

Senior Athletics for grade 3-6 students will be held at the Ken Harrison Sporting Reserve on Wednesday 14th of August. The day normally starts at 9.25 and finishes around 2.45. Parents, grandparents and friends are encouraged to come and support the students.

## Regional Soccer

We wish our boys all the best at tomorrow's Regional Soccer which will be held in Swan Hill. Our first match is at 10.30 a.m.

## Futsal

Good luck to our Futsal team that plays in the Grand Final tonight at 6.00 p.m. at the Leisure Centre.

## Grade 3 Swimming

<i>Dates:</i>	<i>10.55 am</i>	<i>11.35 am</i>	<i>12.10 pm</i>
Wed 14th Aug	3D	3H	3M
Wed 21st Aug	3M	3D	3H
Wed 4th Sept	3H	3M	3D



## September 6th - 21st

Stars in the making Izzy, Milah, Freya and Kenzie are looking forward to hitting the stage in the Swan Hill Theatre production of Annie.



# YOUR Wellbeing MATTERS

# Wellbeing Term 3, Week 4

## Week 3 and 4 Mental Health sessions with Mrs Moloney

### Topic: Focusing on what I can and can't control

Sessions always start with a Check In and What Went Well

- Must name emotions to tame them in our bodies – “name it to tame it”
- What Went well: a gratitude practice that “trains our brains to see the good”

Emotion focus: Disgust – A feeling when you find something offensive, unpleasant, revolting, or distasteful. Often it's your senses that make you feel disgust, like when you smell something really bad.

We discuss: Practice asking for help with the little things, so when the big stuff happens you know what to do. Remember, no matter how big or small the issue might be, asking for help is a good skill to have!

\* We also discuss the poster on things we can and can't control and discuss. See below.

P-2

We read the book Giraffe Asks for Help and discuss how and when we can ask for help.

3-6

Everybody could use a little help. Kids Helpline is here for you 24/7 and they can help you with any issue, anytime. Give them a [call 1800551800](tel:1800551800), start a [WebChat](#) or [email](#) them today. **Have a look at the KIDS HELPLINE website together and show the students how to navigate it.**

If time allows have upper students will have the opportunity to google: **If you find yourself or a friend in a time of need here are some services that can help: Youth Beyond Blue, Headspace Swan Hill, Kids Helpline.**



### Meditation for the week

‘Mindful Belly Breathing Meditation’

[https://www.peacefulkids.com.au/uploads/4/8/2/8/48287831/breath\\_meditation\\_mixdown.mp3](https://www.peacefulkids.com.au/uploads/4/8/2/8/48287831/breath_meditation_mixdown.mp3)

· This meditation can be done for a few minutes in bed to help calm your child and encourage them to relax/sleep, if the link doesn't work. Type 'Peaceful kids' into google > select 'meditations' > click on 'Mindful Belly Breathing Meditation'

· Brain Break and breathing technique:

· Ask your child to teach you either of these techniques.

- Finger breathing
- PACE brain gym

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# BOOK WEEK PARADE

FRIDAY 23RD AUGUST AT 9.05AM

It is time to start getting your costumes sorted. Perhaps you can come as something magical or your favourite book character.

All parents and guardians are welcome to attend in the courtyard.



**EVERYONE  
BELONGS**

**Bullying No Way  
National week of action  
12-16 August 2024**

# Bullying No Way National week of action

Swan Hill Primary School is participating in the Bullying No Way: National week of action – 12 to 16 August 2024.

By working collaboratively within our community, we can collectively help reduce bullying.

Parents and carers play an important role in helping your child understand bullying, and know how to respond to it.

If your child tells you about things at school, or you observe something in public that involves conflict or bullying, take the opportunity to talk about what bullying is. You can learn more about what defines bullying at [bullyingnoway.gov.au](https://bullyingnoway.gov.au).

Questions you could ask:

- What do you think bullying is?
- Have you seen it? How did you feel?
- Have you ever felt scared at school because of bullying?
- As well as me, who are the other adults you would talk to when it comes to things like bullying?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

Remind your child that bullying is never okay and discuss how they can respond safely if they experience or witness it.

Encourage them to seek help from a trusted adult and keep seeking support if needed.

By promoting open communication, we empower children to stand up against bullying and create a safer environment where everyone can feel that they belong.

For more information, visit [bullyingnoway.gov.au](https://bullyingnoway.gov.au).



# Aussie of the Month



Congratulations to our Aussie of the Month students for July. These deserving students were chosen for being responsible, respectful, hard working and helpful.

Junior: Evie PJ  
Senior: Molly 6T

Well done to you both!

## Rural Youth Awards 2024

**Celebrate your community:**

**Nominate for a Rural Youth Award!**

**Do you know someone who's done amazing things for mental health, disaster resilience, media, or something else in your community?**

The 2024 YACVic Rural Youth Awards recognise the incredible achievements and stories of young people and youth workers in rural and regional Victoria.

Winners get a cash prize of **\$1000!**

### Who can you nominate?

Anyone from rural or regional Victoria who is:

- A young person (age 12-25)
- A youth worker
- A group who created a project for young people

You can also nominate yourself!

### How do you nominate someone?

Nominations open on Monday 1 July and close on Sunday 14 July. Submit your nominees at [YACVic.org.au/nominate](https://www.yacvic.org.au/nominate) –or scan the QR code!



**RURAL**

## Dad's Riverside Coffee Stay and Play

**For Dads and male carers with children from birth to 6 years.**

Join us for fun mat play and ball activities for you and your children.

Meet other dads and enjoy a **FREE** hot drink!

**Time:** 12pm to 1pm

**Dates:** Thursdays 5th September  
12th September  
19th September

**Venue:** Grass area outside House + Bean Cafe  
Riverside Park, 1 Monash Drive, Swan Hill.

**For more information please contact Courtney at 0418 157 923.**

**Weather disclaimer:** If there is bad weather stay and play with move inside House + Bean Cafe for kids story and colouring in activity.

