

TERM 3, WEEK 6 - AUGUST 21 2024

THE WIRAN

SWAN HILL PRIMARY SCHOOL

From Our Principal

Mrs Hayley Doyle

This week, we celebrate Book Week. Students have been able to engage in a range of activities related to books this week, including a daily book quiz. I enjoyed reading one of my favourite stories in the Library at recess time today. Students who came along were rewarded with a sticker for being super attentive and respectful! We can't wait to see everyone's Book Week costumes at our parade this Friday.

Our Grade 4 students arrive home from camp today and we farewell our Grade 6 students for camp next Monday. Camps provide a wonderful opportunity for students to participate in a range of activities, interact with their peers in a different setting and develop independence. We hope all of our campers enjoy the experience and thank our amazing staff for all of their work in organising and attending camps.

What's On



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

Issue 6 Book Club Closes

Father's Day Lunch 12.30-2pm

Wednesday September 4

Grade 3 Swimming

Thursday September 5 - 6

Grade 2 Camp - Pioneer Settlement

Monday September 9 - 11

Grade 3 Camp - Camp Kookaburra

Tuesday September 10

School Council Meeting

*Every staff member's
an asset at SHPS*



Hannah Pay

Hannah brings a friendly and welcoming demeanour to SHPS. Her calm and positive approach with students helped her quickly form relationships with 6M students and the school community.



Bianca Brasser

Bianca creates great relationships with all our staff. She always takes an interest in the lives of her students and colleagues. She's highly experienced in the classroom and creates a welcoming and fun environment.

CANTEEN PARENT HELPER

11.30AM-1.30PM

This Friday 23rd August
and Friday 6th September

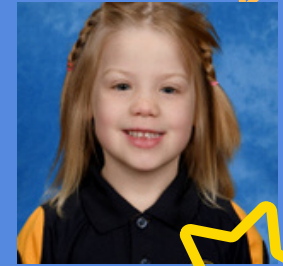
Please contact the office on
5032 1336 and ask for
Teegan if you can help.

Students of the Week - Term 3 - Week 5

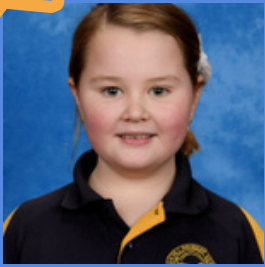
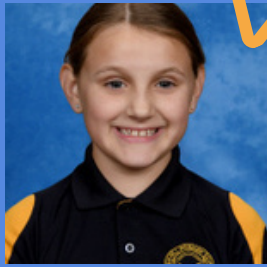
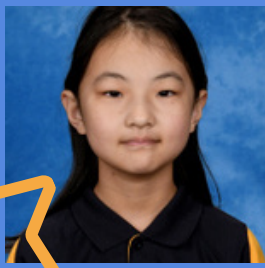
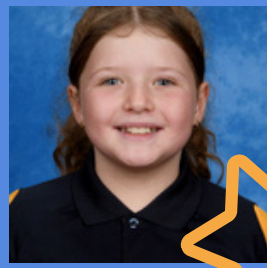
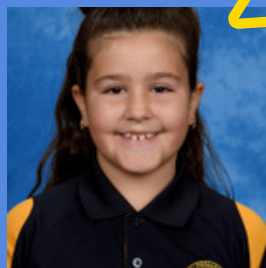
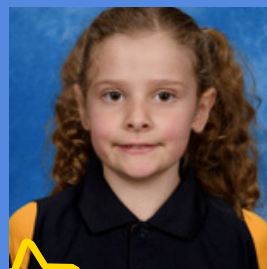
Prep J Finn
 Prep M Mack
 Prep S Hadlee
 Prep T Cruze

1A Shaylee
 1B Emerald
 1L Ava
 1M Huxley
 2C Harriet
 2E Korey
 2R Rory
 2W Layla
 3D Rhiinaya
 3H Skylah
 3M Kyan

4B Scarlett
 4G Leo
 4H Pace
 4K Harper
 5B Ruby
 5C Eli
 5F Aurora
 6K Hannah
 6M Josh
 6T Paige
 Mental Health Eloise
 Digital Learning Scarlett
 Auslan Milla
 Music Esther
 PE Sands
 Science Gracie



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.orima.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**

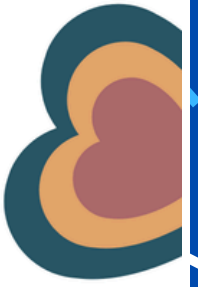


FATHER'S DAY Stall

FRIDAY / 30TH / AUGUST
9:00AM - 11:00AM

PLEASE SEND
ALONG A SMALL
AMOUNT OF MONEY
TO PURCHASE GIFTS

GIFTS RANGE FROM \$1 - \$6



FRIDAY 30TH AUGUST
12:30PM - 2:00PM

FATHER'S DAY LUNCH

Family and friends are invited
to come along to SHPS and visit
your child's class and enjoy a
special lunch together.

BYO LUNCH

Mr Carroll's



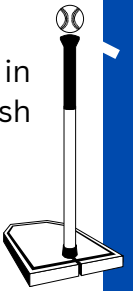
Senior Athletics

Congratulations to all of our age group champions at last weeks Senior Athletics.

Age Group	Boys Champions	Girls Champions
8/9 yrs	Atticus Harberger Sam Chalmers	Pippa Stewart Tris Abraham-Morgan Clancy Earle Kate Hall Lilly Young
10 yrs	Finn Frame Cooper Beard Hamish Pay Max Fielders	Brydie Hack Miyah Spirteri
11 yrs	Mity McInnes Sand Stacey Henry Dunn Blade Skelsey	Piper Frame Kiara Van Coller Ruby Grierson Leni Delmenico Danielle Horn Mollie Beard

T-Ball

Our girls T-Ball team will play in Bendigo this Thursday. We wish them well.



House Champions

1st Wiran 17.83	2nd Nyawi 16.68	3rd Kira 14.98	4th Milloo 14.39
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Relay Champions

1st Kira 9pts	Equal 2nd Wiran 10pts	Equal 2nd Milloo 10pts	4th Nyawi 11pts
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Grade 3 Swimming

Dates:	10.55 am	11.35 am	12.10 pm
Wed 28th Aug	3M	3D	3H
Wed 4th Sept	3H	3M	3D



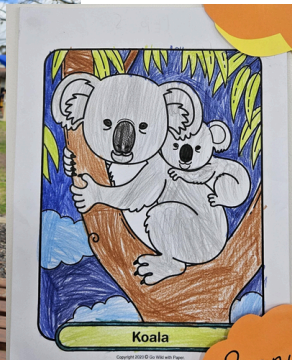


NATIONAL SCIENCE WEEK 2024

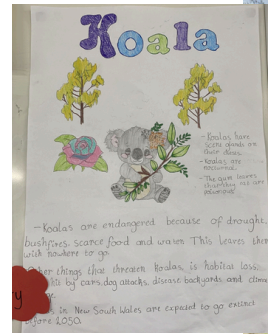
scienceweek.net.au

10-18 AUGUST 2024

POSTER COMPETITION WINNERS



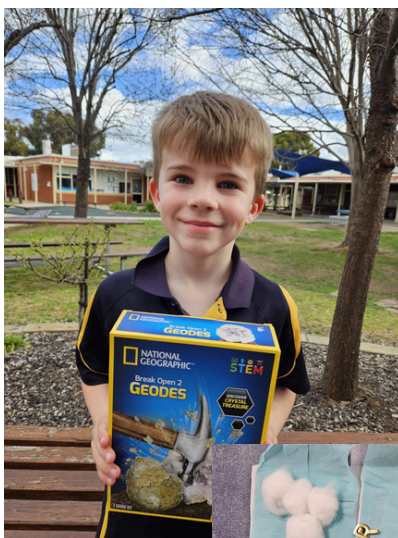
Prep - Poppy Parsons



Honourable Mention - Ruby Grieson



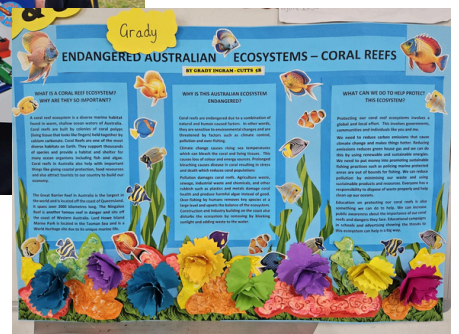
Grade 3/4 - Ruby Calder



Grade 1/2 - Will Considine



Grade 5/6 - Grady Ingram-Cutts



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.





Wellbeing Term 3, Week 6

Week 5 and 6 Mental Health sessions with Mrs Moloney

Topic: No difference between us

Sessions always start with a Check In and What Went Well

We must name our emotions to tame them in our bodies – “Name it to tame it”

What Went well: a gratitude practise that “trains our brains to see the good”

Emotion Focus - Dread

Dread - To feel an intense fear, or be extremely worried about something that is about to happen, which could cause harm or misfortune. It can give you a feeling of pending doom.

Identity: Your identity is who you are. Gender: the word gender is used to talk about the ideas that people have about what it means to be a boy or girl.

We are all human – everyone has hopes and dreams. Little differences make us unique but it doesn't change the big ways we are the same. It used to be that women weren't allowed to do certain jobs, but today women can do any job, and we're all glad about that and some people say that **boys shouldn't cry**, but in our school we know that it's healthy to feel your feelings. **It's important to know that it is ok to be yourself.**

We discuss: What are some of the things about you and your friends that are different? What are some things that are the same?

Prep - Grade 2 - We read the novel “No difference between us”

Grade 3 - 6 - We read the novel “We're all wonders”

Meditation for the week

Breath Meditation

This meditation can be done for a few minutes before bed to help calm your child and encourage them to relax before sleep.

Type Ten Mindful Movements into you tube or here is the link below:

<https://www.youtube.com/watch?v=E-gEO12BVNU>
OR

GUIDED EXPLANATION: (helps to self regulate when you have big feelings)

5 things you can see

4 things you can hear

3 things you can feel (touch them)

2 things you can sniff

1 thing you can taste

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

'Breath Meditation'

Brain Break and breathing technique:

Ask your child to teach you either of these techniques

-Long out breath (in for 4, out for 6

-Heart beats

HEART BEATS



- * Jump up and down for 1 minute doing star jumps.
- * Sit down and place a hand on your heart area.
- * See if you can count your heart beats in a minute.
- * If you can't find your heart beat, then find the pulse in your neck.
- * Close your eyes and focus in on your heart beat.
- * Then follow your heart beat, and see if it changes as you rest. Notice if it slows down.

Mindful Activities

LONG OUT BREATH



- * Begin by focusing on your breath for 1 minute and simply notice how your breath feels.
- * Now keeping your focus on your breath, try to make your out breath twice as long as the in breath.
- * Take as much air in as you breathe out.
- * Do this for 2 minutes.
- * Return to your normal breathing and simply notice the natural flow of breathing for a few minutes.

Breath Meditations

AFL PLAY

FOR THE KICKS



come find your awesome

SWAN HILL PRIMARY
TERM 3 AUSKICK CENTRE

Time: Lunch Break (1:05pm - 1:55pm) on the school oval

Starting Wednesday 28th August

for 5 weeks

play.afl/auskick



JUNIORS WANTED
EXPRESS INTEREST
NOW!



Juniors Wanted 2024/25 Cricket Season

We are seeking players to join our junior grade competitions

Are you aged between 9 - 13, passionate about trying a new sport?
Want to join a supportive and competitive club?

Under 11's is played on Friday Nights
Under 13's is played on Saturday Mornings

Commencing in October!

If that is you or someone you know, Please click on the link below and fill out the form!

<https://www.jotform.com/form/212707256719056>

Swan Hill

MDAS

For all parents with ATSI children 0-5 Years

EARLY YEARS
PLAYGROUP

Wednesday

Cooking / Craft
playgroup
10am - 11am

Thursday

Walking Group
meeting River
side
Park Rotunda
11.30am till 12pm

MDAS Hall
70 Nyah Road
Swan Hill
Transport available

Friday
Playgroup Activity
Session
9.30am - 10.30am

LIGHT SNACK PROVIDED

Did you know we also run parenting programs such as
Tuning into Kids & Circle of Security?

These programs support mothers, fathers, and carers to be confident,
strong families with healthy and happy children.



Contact: Mal 0427998104

PASSION AND PURPOSE DANCE
COMING TO MDAS PLAYGROUP
STARTING TUESDAY 20TH AUGUST
70 NYAH ROAD SWAN HILL
TIME: 10AM TILL 11AM

For all parents with ATSI children 0-5 Years

Contact: Mal 0427998104
For more information



JUNIOR PATHWAY



From Woolworths Cricket Blast through the Junior Cricket stage, all kids can advance their skills and discover how awesome it is to be part of a team through fun game-based activities. The stages have been developed based on academic research, testing and community feedback.

This includes consideration for physical, mental and emotional development. Participation and progression through the stage is based on ability level, therefore the ages are indicative only. Players are encouraged to participate at a stage appropriate for them.

FREE CRICKET TOTE, AND BALL - REGISTER NOW
JOIN WITH FRIENDS
PLAY TOGETHER

CRICKET VICTORIA FREE- ALL GIRLS CRICKET BLAST
SWAN HILL PRIMARY SCHOOL
MONDAY 26TH AUG, 2ND, 9TH AND 16TH SEPT
TIME: 3.30PM-4.30PM
SCAN THE QR CODE TO REGISTER!
*******PARENTS MUST ATTEND THE FULL SESSION*******



	SKILLS BASED FIRST CRICKET EXPERIENCE LEARN THE SKILLS THROUGH FUN, PROGRESSIVE GAMES PREPARE KIDS FOR JUNIOR CRICKET	DURATION 60-90MINS	LEARN THE SKILLS THROUGH GAMES UP TO 10 YEARS <small>Age is indicative only</small>
	JUNIOR CRICKET 1	7 PLAYERS 90M PITCH 20OVERS	40M BOUNDARY DURATION 2HRS
	JUNIOR CRICKET 2	9 PLAYERS 90M PITCH 20OVERS	40M BOUNDARY DURATION 2-2HRS
	JUNIOR CRICKET 3	11 PLAYERS 90M PITCH 20OVERS	40M BOUNDARY DURATION 2.5-3HRS

Q Play Cricket

OFFICIAL KIDS PROGRAM



Q Play Cricket

PROUDLY PRESENTED BY



L2P DRIVER MENTORS NEEDED!

ARE YOU INTERESTED IN HELPING YOUNG PEOPLE WITHIN THE COMMUNITY GET THEIR P PLATES!?

FREE MENTOR TRAINING

WHEN: SUNDAY 15TH OF SEPTEMBER 2024
TIME: 10AM - 2.00PM (MORNING TEA & LUNCH PROVIDED)
WHERE: MURRAY MALLEE LLEN OFFICE (73 BEVERIDGE STREET, SWAN HILL)



RSVP by 13th of September for catering purposes to:
 Genna King (Swan Hill) | (03) 5033 2017 or email g.roadno@mmullen.com
 Mark O'Dowd (Kerang) | 0473 545 482 or email m.oda@mmullen.com



Department of Transport