

TERM 4, WEEK 2 - OCTOBER 16 2024

THE WIRAN

SWAN HILL PRIMARY SCHOOL

From Our Principal

Mrs Hayley Doyle

We recently received the results of our Parent Opinion Survey. We had 45 parents complete the survey and we thank participants for their time in completing this survey.

The results of the survey are very positive, with high levels of positive endorsement in most areas.

The highest percentage of positive endorsement was in the following areas:

- Physical Environment - 93%
- High Expectations for Success - 93%
- School Connectedness - 92%

Areas with the lowest levels of positive endorsement include:

- Teacher Communication - 76%
- Student Motivation & Support - 79%

We will unpack this data set as part of our school review process and make plans for further improvements. Our school review will be taking place across three days - 28th October, 12th & 13th November. As part of the review process, the review panel will interview students, staff and parents as well as analyse a range of school data sets. At the conclusion of the review process, we will be developing a new School Strategic Plan.

We thank parents support for our Colour Run, scheduled to take place this Friday. The amount of money raised so far is substantial - thank you!

What's On



Friday October 18

Colour Run 11.30am-12.30pm

Wednesday October 23

Grade 4 Swimming

Friday October 25

Day for Daniel (wear red)

World Teacher's Day

Monday November 4

Curriculum Day - Student Free Day

Tuesday November 5

Melbourne Cup Public Holiday

Friday November 8

Grandparent's Day Lunch 12.30pm-2pm

Friday November 22

Whole School Transition 9am-11am

Friday November 29

Whole School Transition 9am-11am

Friday December 6

Whole School Transition 9am-11am

Tuesday December 10

Grade 6 MacKillop & Swan Hill

College Transition Day

Whole School Transition 9am-1pm

Friday December 20

Last Day of Term

*Every staff member's
an asset at SHPS*



Lauren Thoolen

Mrs Thoolen has been a great addition to the team, firstly as a CRT then stepping into 5B. She's enthusiastic and always has a smile on her face. We loving having Mrs Thoolen as part of our team.



Marlene Myers

Marlene is always the first to offer to help others. She builds great connections with the students and families she works with. Her laugh is infectious and can be heard all around the school.

Students of the Week - Term 4 - Week 1

Prep J Evie

Prep M Levi

Prep S Hope

Prep T Bobby

1A Tyrell

1B Scarlett

1L Isla

1M Isaac

2C Ryan

2E Luka

2R Will

2W Neil

3D Maddox

3H Charlie

3M Logan

4B William

4G Harriet

4H Harper

4K Lexi

5B Annalee

5C Emily

5F Georgia

6K Zahlee

6M Boyd

6T Lilly

Mental Health Olivia

Digital Learning Aisea

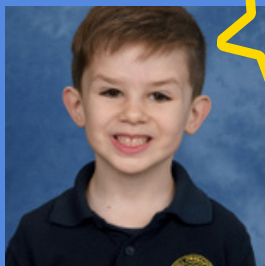
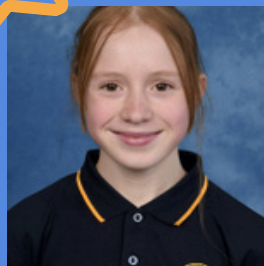
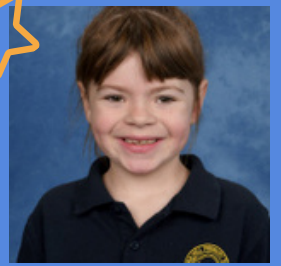
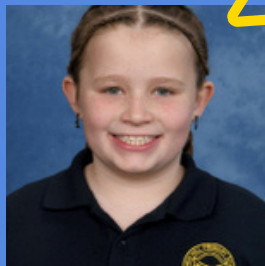
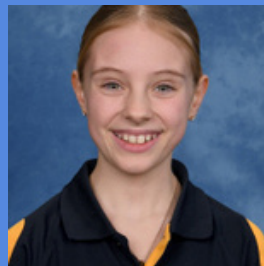
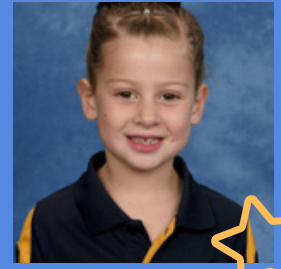
Auslan Paige

Music Cruze

PE Jasper

Science Evaline &

Jack



COLOUR RUN

FRIDAY 18th OCTOBER

11:30AM -12:30PM

PARENTS ARE WELCOME TO COME ALONG
AND CHEER ON ALL THE STUDENTS.

ON THE DAY

STUDENTS NEED TO WEAR AN OLD WHITE SHIRT.
BRING A SCHOOL SHIRT TO PUT ON AFTERWARDS.
BRING A PAIR OF SUNNIES TOO!

PLEASE NOTE:

Coloured Powder is made of Corn Starch and
Food Dye. It washes out of hair and clothes.



School Saving Bonus

Dear parents and carers,

As shared with you previously, parents and carers of every child enrolled in a Victorian government school in 2025 will receive the one-off School Saving Bonus \$400 support.

In the coming months, the Department of Education will send you 2 email communications for each of your children enrolled in Victorian government schools.

By Friday 18 October 2024, please ensure that your child's 2025 enrolment is completed and that your contact information is up to date.

The 2 emails from the Department of Education will:

1. Confirm your email address between mid-October and late-November.
2. Provide you with your unique \$400 School Saving Bonus code by the end of November.

If you do not receive a confirmation email from the department by late-November, please check your spam or junk folders and contact the Office if needed.

You can read more about the School Saving Bonus on the Department of Education website, with key information now available in 14 different languages.

Kind regards,

Hayley Doyle

Mr Carroll's



Junior Athletics

Junior Athletics for the Prep-2 Students was held today at school. The students all had a great day. It was fantastic to see so many parents at the sports cheering the Olympians of the future on.



Regional Aths

Well done to all the children who participated in the Regional Athletics in Bendigo on Monday. Ruby Gracia came third in the 1,500 metres. A big congratulations to Lachlan Chalmers who came second in the high jump and Mayson Sceghi who came second in shot put. Both boys qualified for the State Finals in Melbourne.



Grade 4 Swimming

Dates:	10.55 am	11.35 am
Wed 23rd Oct	4B & 4K	4G & 4H





Canteen Menu

Term 4, 2024

Orders need to be placed through the Spriggy Schools app, available from the AppStore/GooglePlay Store.

Spriggy
Schools

ORDERS MUST BE
PLACED PRIOR TO
9.15AM, WE
RECOMMEND
ORDERING THE NIGHT
BEFORE.

SANDWICHES/ROLLS

BREAD IS MULTIGRAIN, ROLLS ARE WHITE

Vegetemite <u>or</u> Honey	\$3.00
Vegetemite & Cheese	\$4.00
Plain Cheese	\$4.00
Ham & Cheese	\$4.50
Egg & Lettuce	\$4.50
Chicken, Cheese & Lettuce	\$5.00
Salad Roll	\$7.50

TOASTED

Cheese <u>or</u> Ham	\$4.00
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Cheese & Tomato	\$4.50

HOT FOOD

TOMATO SAUCE	\$0.40
Dim Sim	\$1.20
Chicken Nuggets	\$1.00
Sweet Chili Tender	\$2.50
Pie	\$5.50
Sausage Roll	\$4.50
Pizza Single (Cheese & Bacon / Ham & P'apple)	\$3.50
Sweet Chili Tender Roll (with Lettuce & Mayo)	\$7.00
Chicken Burger (Lettuce, Mayo & Cheese)	\$7.00
Corn Cob	\$1.50

SNACKS

Muffins	\$1.50
Jam donut	\$2.00
JJ Crisps (Chicken or Salt & Vinegar)	\$2.00
Honey Soy or Sea Salt Chips	\$2.00
Grainwaves	\$1.50
Popcorn	\$1.00
Jelly Cup	\$1.00

DRINKS

Bottled Water	\$2.50
Juice (Tropical/Orange/Apple/Apple Black Currant)	\$3.00
Nippys Milk (Strawberry/Choc)	\$3.50
Hot Chocolate	\$2.50
Slushie - Large	\$2.50
- Small	\$2.00

FROZEN FOOD

Icypole	\$0.70
Frozen Yoghurt (Raspberry/Mango)	\$3.50
Pineapple Ring	\$0.50
Watermelon Slice	\$0.50
Orange Quarter	\$0.20



**Once in
a while**
Occasional
Everyday





Wellbeing Term 4, Week 1 and 2

Week 1 and 2 Mental Health sessions with Mrs Moloney

Topic: Understanding our sensations to understand our emotions

Students learn about how our feelings determine how we behave. “Behind every behaviour is a feeling”

Understanding our sensations (BODY CLUES) helps us to better understand our emotions. When we understand the emotion we are feeling it helps us to figure out what we need in that moment. Recognizing and understanding sensations leads to regulating your emotions.

There are a wide variety of different sensations that we can notice. However, there are several sensations that tend to be related to emotional states and that we can readily change/alter. These sensations below are a great starting point for you child/ren:

- Heart rate - place your hand over your heart to feel your heart beating (younger children may need help finding their heart)
- Breathing - place one hand on your stomach and one hand on your chest. Notice the rise and fall as you breathe in and out
- Muscle tension - we have muscles all over our body.
- Temperature - our body has its own temperature. We might be feeling hot, cold, or just right.

Sensations give us important information about how we're feeling. Often changing sensations are some of the first signs that our emotional states are changing. Understanding our sensations helps us to better understand our emotions. A solid comprehension of the emotion we are feeling helps us to figure out what we need in that moment. Recognizing and understanding sensations is the foundation that ultimately leads to emotional regulation.

Emotional regulation – understanding that my body can become really loud and noisy and for me to know that there are names I can give to that and when I give that a name just by naming it, I am valuing what I am experiencing and it is in that process that “My mind goes you got me that’s exactly what that is” a calming comes with that, then the next step for me is to use that information and communicate emotionally.

Students will learn: “I need to understand what is going on in my head or my body and that makes me no longer afraid of it.” (We need to learn about what is happening on the inside)

Meditation for the week

Mindfulness of Feeling

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

Here is the link:

<https://www.peacefulkids.com.au/meditations1.html>

Brain Break and breathing technique:

Ask your child to teach you either of these techniques.

Figure 8 breathing: Imagine drawing a sideways figure 8 on your arm, your leg or anywhere that feels lovely. Breathe out, then as you draw the first belly of the 8, breathe in for 3, when you get to the middle of the 8 hold it for one, then as you trace the second belly of the 8 breathe out for 3.

Butterfly taps: hug and tap

CHOOSE YOUR

FOOTY ADVENTURE

SUMMER FOOTBALL IS COMING TO SWAN HILL!

SWAN HILL REC RESERVE - THURSDAYS - 5 WEEKS
STARTING 31ST OF OCTOBER - \$55 INCLUDES A FOOTBALL



nab AFL Auskick



4-6 year olds

Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.




7-12 year olds

Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.




VISIT PLAY.AFL

Australian Red Cross
Lifeblood


We're coming to town

Give life. Give blood in Swan Hill.
4 to 15 November



We're rolling in to Swan Hill:
Curlewis car park (opposite Swan Hill Train Station)
Curlewis St, Swan Hill 3585
See website for opening hours

Book your donation now



13 14 95
give blood

JUNIOR TENNIS

Saturday mornings



**LOW-COST MEMBERSHIP!
NO WEEKLY BALL FEES!**

COME AND TRY ON SATURDAY OCTOBER 12TH AT 9:30AM

BRING A FRIEND ALONG!!

FREE COACHING FRIDAY NIGHTS IN OCTOBER FOR THOSE REGISTERED!

Contact: Naomi Bowd 0428330062

HOTSHOTS TENNIS GET A GRIP

Start playing tennis today!

Time 4:15 -5:00 (Preps-Two) Max Carroll
Time 4.15-5.00 Grade3's-6's) Caleb Beggs



Swan Hill Lawn Tennis Club



5-week program beginning:
Wednesday 23rd of October

Cost: \$50 per child

Racquets can be supplied or bring your own.



Bookings Essential

Contact Max Carroll on 0448 303 366
Contact Caleb Beggs on 0438 882 204