

TERM 4, WEEK 4 - OCTOBER 30 2024

# THE WIRAN

SWAN HILL PRIMARY SCHOOL

## From Our Principal

Mrs Hayley Doyle

On Monday, we had our first day of our school review. All schools are required to participate in a review every 4 years and the review process informs the development of the school's 4-year School Strategic Plan. The review process also checks the school's compliance with Curriculum and Student Learning Minimum Standards.

As part of the review process, the review panel, speak to a sample of staff, parents and students to get their perspective on how the school is performing, as well as gain input in relation to future improvements for the school. We have two more days of school review, scheduled to take place on Tuesday 12th & Wednesday 13th November.

Next Monday, is a student-free day. Teachers will be writing student reports on this day. Please note, our office will be closed on this day, and the following day - the Melbourne Cup public holiday.

## What's On



- Monday November 4**  
Curriculum Day - Student Free Day
- Tuesday November 5**  
Melbourne Cup Public Holiday
- Friday November 8**  
Colour Run 11.30am-12.30pm  
Grandparent's Day Lunch 12.30pm-2pm
- Tuesday November 19**  
School Council Meeting
- 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



**Uli Van Rensburg**

He is a positive character and a great role model for our students. Uli's friendly and respectful manner is contagious. He has a passion for learning more about teaching and learning and is a great support in classrooms.



**Belinda Free**

Mrs Free is extremely organised and compassionate in her role as Sub School Leader. She builds great relationships with students to support them with their wellbeing. Her friendly approach with staff makes her a valuable member of our team.



**COMMUNICATION SURVEY**

We are seeking Parent/Guardian feedback around our communication between school and home. We would appreciate if you could please fill out this very short 3 minute survey to help us improve.

Follow the link or scan the QR code.  
<https://forms.gle/ebfxLk8TGPZgB2VM7>

**No School**

Monday 4th Nov  
Office will be closed Tuesday 5th Nov



# Grandparent's Day

FRIDAY 8th NOVEMBER

Grandparent's and special friends are welcome to come along from 11:30am and watch students participate in the Colour Run on the school oval.

You are also invited to join us for a picnic lunch in the courtyard from 12:30pm - 1:30pm.

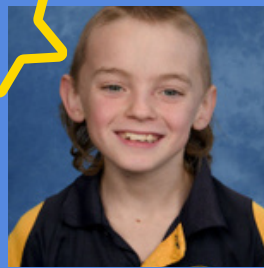
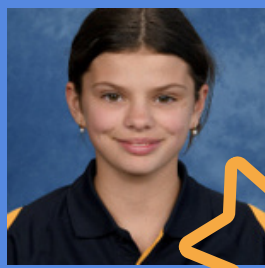
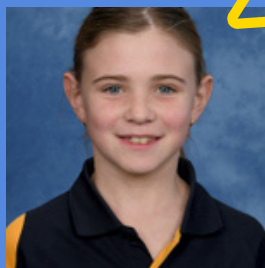
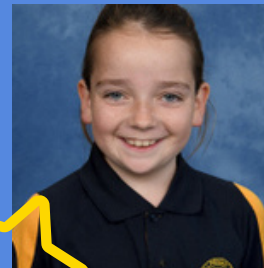
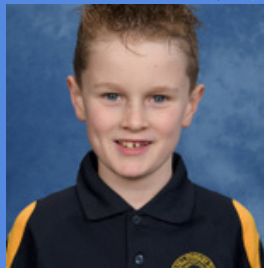
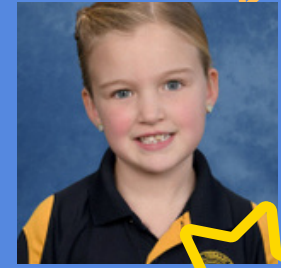
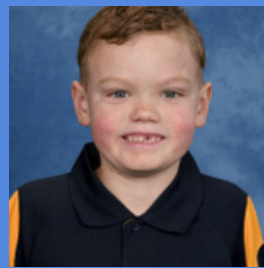
Please BYO Lunch



# Students of the Week - Term 4 - Week 3

Prep J Aubree  
 Prep M Sophie  
 Prep S Sabastion  
 Prep T Liam  
 1A Jax  
 1B Charli  
 1L Benjamin  
 1M Yahia  
 2C Eloise  
 2E Dania  
 2R Aiden  
 2W Filey  
 3D Jack  
 3H Jordi  
 3M Emma

4B Jimmy  
 4G Lance  
 4H Freya  
 4K Tully  
 5B Mackenna  
 5C Maddy  
 5F Indi  
 6K Izzy  
 6M Khloe  
 6T Tirath  
 Mental Health Jasmine  
 Digital Learning Maddi  
 Auslan Lenny  
 Music Lance  
 PE Jaxon  
 Science Henry





# COLOUR RUN

FRIDAY 8th NOVEMBER

11:30AM - 12:30PM

GRANDPARENTS DAY - GRANDPARENTS & 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.





# Mr Carroll's



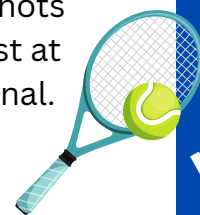
## Softball



Regional Softball will be played in Swan Hill at Ken Harrison Sporting Complex on Friday. We wish our boys and girls teams all the best.

## Hot Shots

We wish our girls Hot Shots Tennis Team all the best at tomorrows Regional Final.



## Division Cricket

Our boys and girls played in the Division Cricket last Friday. Our girls were our stars winning all their games and will now play in the Regional Finals in Swan Hill on the 15th of November. Our boys played very well and just missed out on the finals. A big thank you to Mr Cameron who supported the students.



## Grade 5 Swimming

Dates:	10.55 am	11.35 am	12.10 pm
Wed 6th Nov	5F	5C	5B
Wed 13th Nov	5B	5C	5F
Wed 20th Nov	5F	5C	5B
Wed 27th Nov	5B	5C	5F





# Wellbeing Term 4.

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

### Topic: Being Resilient

*Resilience is Advancing despite adversity –not avoidance, continuing to step forward, if we don't step forward that is avoidance. Advancing becomes very important to help us grow, we needs tools to help us move forward.*

This week is about students being able to identify and describe personal attributes important in developing resilience.

Being resilient is our ability to get through the hard things that come our way instead of collapsing in a meltdown, avoiding taking on challenges, or expecting others to make things better for us. Resilience is built in moments of struggle.

**We discuss - What coping strategies do you use to help you be resilience?**

**Prep - Grade 2**

**Students watch - Smiling mind Creek EP 13** – Mud Koalas. Wes and Maali build a mud koala without Tam, which makes Tam really upset. Our friends discover how to take a moment when they're upset and choose how to respond, which helps everyone feel good. These are fantastic series with lots of different scenarios if you are interested. Type 'Smiling mind Creek' into google.

**Grade 3 - 6**

Students watch this clip on resilience, attached below for your interest.

<https://www.youtube.com/watch?v=8vjQAbnQlpk>

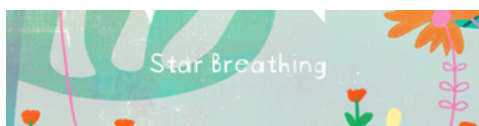
### Meditation for the week

#### Tense and Relax Meditation

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:

Star breathing

Colour moves – yellow – slow, red fast, green low to the ground (very small), blue is high to the sky, orange is BIG).





# SWAN HILL SCOUTS

YOU CAN DO

## ANYTHING & EVERYTHING

#BEASCOUT



### JOIN SCOUTS TODAY!

Scouting actively engages and supports young people aged 5-25 in their personal development, empowering them to make a positive contribution to society.



**Contact:** Stuart Rice Mob. 0437 870 231

**Joey Scouts:** 5-8 years: Tue 5.30pm – 6.30 pm

**Cub Scouts:** 8-11 years: Tue 6.40pm – 8.10pm

**Scouts:** 11-15 years: Tue 6.40pm – 8.10pm

**Scout Hall:** Ken Harrison Reserve, off Yana St, Swan Hill

**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.

**AFL Superkick**

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**



# 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