

TERM 4, WEEK 6 - NOVEMBER 13 2024

THE WIRAN

SWAN HILL PRIMARY SCHOOL

From Our Principal

Mrs Hayley Doyle

Today, was the last day of our school review. The review was very positive, with a range of data sets providing evidence we've made a great deal of progress in relation to the school goals, set five years ago. The interviews conducted with staff, parents and students also painted a really positive picture of what our school has achieved.

The review process has identified some areas we will continue to make a priority, as well as a couple of areas for further improvement. I look forward to sharing more of this information, once the school review report has been completed.

I'd like to take this opportunity to thank our staff, parents, students and school community for their input, support and hard-work over the last five years. I look forward to working with our wonderful team to continue making SHPS a great place to work and learn, over the life of the next School Strategic Plan.

What's On



- Tuesday November 19**
School Council Meeting
- Wednesday November 20**
Grade 5 Swimming
- Friday November 22**
Whole School Transition 9am-11am
- Wednesday November 27**
Grade 5 Swimming
- 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
- Tuesday December 17**
Grade 6 Graduation
- Friday December 20**
Last Day of Term

Congratulations!

We've had reports of some parents speaking inappropriately to the school crossing supervisors. Please make every effort to treat our crossing supervisors with respect. If you have any concerns, please report these concerns to the Principal.

Every staff member's
an asset at SHPS



Liam Bye

Mr Bye has been a wonderful addition to our team. His commitment to learning and improving is exceptional. His fun, caring attitude makes his classroom a wonderful place to learn.



Rachael Moloney

Mrs Moloney's smile is infectious. She's always checking in on others and supporting everyone around her. Her knowledge is powerful and we know the phrase "What would Mrs Moloney do?" is used in many households.

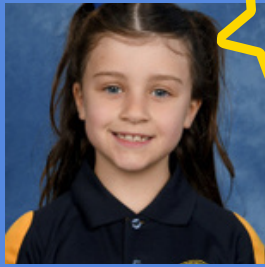
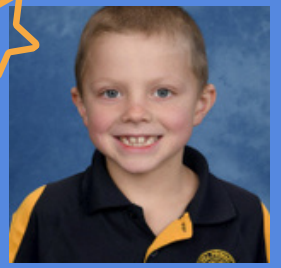
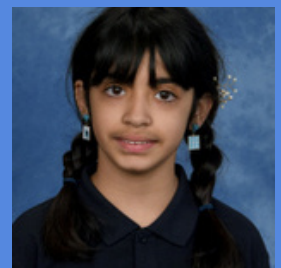
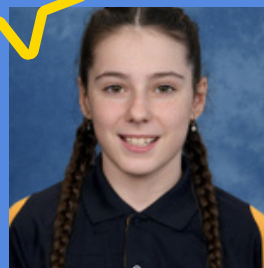
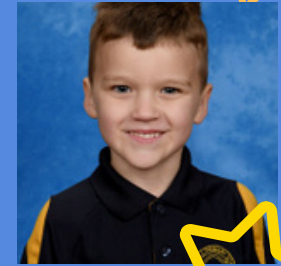
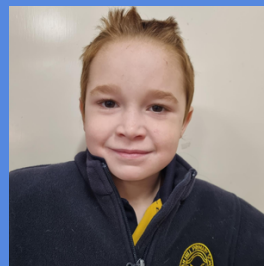


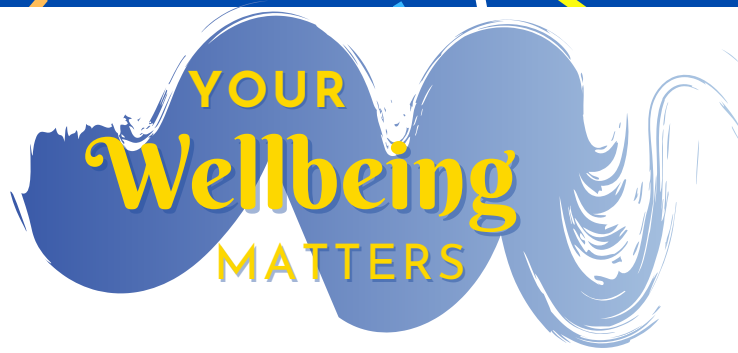
Students of the Week - Term 4 - Week 5

Prep J Ashanti
 Prep M Hudson
 Prep S Jed
 Prep T Flynn

1A Thomas
 1B Jackson
 1L Evan
 1M Sophia
 2C Charlie
 2E Almanzo
 2R 2R
 2W Lachlan
 3D Austin
 3H Hudson
 3M Isla

4B Hayden
 4G Charlie
 4H Ruby
 4K Matilda
 5B Jayla
 5C Maleeha
 5F Mayla
 6K Lily
 6M Alena
 6T Eisa
 Mental Health Arley
 Digital Learning Lachlan
 Auslan Dian
 Music Zoe
 PE Aisea
 Science Emmet





Wellbeing Term 4.

Week 5 and 6 Mental Health sessions with Mrs Moloney

Topic: Appreciating the uniqueness of others

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”

This fortnight we are aiming for students to recognise and appreciate the uniqueness of all people

We discuss - What are things that may make you smile, laugh, and cause you pain? Do you think those may be the same for other people, “whoever they are, wherever they are, all over the world?”

Ask students to describe those things that are different and the same about the children they know in the class.

Prep - Grade 6

We read “Whoever You Are” by Mem Fox. Discuss the front cover with the class. Discuss the title and the picture.

What are the people on the cover doing? Where are they going? Do the people all look the same? Discuss.

“Whoever You Are” by Mem Fox is a story which celebrates the differences between children everywhere. The story encourages children to realise that no matter what differences exist between people on the outside, inside they are just like them.

Meditation for the week

Sound Meditation

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

Brain Break and breathing

technique:

- Pause
- Tai Chi Walking

SOUND MEDITATION



- * Begin by focusing on your breath.
- * Begin noticing any sounds that you make with your breath.
- * Then notice any sounds that are close to you.
- * Now notice any sounds outside of the room.
- * Try to notice as many different sounds as possible – loud, soft, high, low, repetitive.

Sensing Meditations

PAUSE



- * Either sitting or standing.
- * Breathe in and raise up your left arm, pause and notice the tiny gap between breathing in and breathing out.
- * Breathe out and lower your left arm, pause.
- * Breathe in and raise your right arm, pause.
- * Breathe out and lower the right arm, pause.
- * Repeat twice for each arm.
- * Then raise both arms when breathing in and lower both arms when breathing out.
- * Make sure each breath matches the same pace as the arm movements.

Breath Meditations

TAI CHI WALKING



- * Walk slowly around the room or outside.
- * Pay attention to each foot moving on the ground.
- * After 2 minutes, move to Tai Chi Walking:
- * When you step forward, rock forward slowly on your front foot.
- * Then rock back on your back foot slowly.
- * With each step rock forward and then rock back.
- * Repeat with all steps.
- * Perform each step slowly and mindfully.

Mindful Movements

Mr Carroll's



Regional Cricket

We wish our Girl's Cricket team all the best at Fridays Regional Finals which will be held in Swan Hill.



State Athletics

Congratulations to Lachie Chalmers (High Jump) and Mayson Sceghi (Shot Put) who performed so well at the State Athletics Championships in Melbourne last Wednesday.



Grade 5 Swimming

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

