



Swifts Creek

P-12 SCHOOL

Courage, Joy, Kindness

NEWSLETTER

August 25th 2021 - Week 7 Term 3

Tambo Campus Dates to Remember

25th Aug - East Gippsland Athletics—Postponed

3rd Sept - Senior Years Formal—Postponed to 8th October

Flagstaff Campus Dates to Remember

23rd Aug - Western District Athletics—Postponed

Whole School Dates to Remember

26th Aug - Snow Program day 4—Cancelled due to COVID

23rd-27th Aug - Book Fair at Flagstaff—Postponed

Principal's Message

Welcome to our next switch to remote and flexible learning. Our thanks are extended to all of the people who have responded to the various messages that we have been sending. My apologies for the blank text messages that were sent on Sunday, we now have that sorted.

As we are all aware this lockdown is seeing more expectations around how we do business and ensuring our personal wellbeing is not being impacted by COVID. Again thanks for your understanding and cooperation with this.

Some ridiculous facts that you may not be aware of:

7 more school weeks left before Year 12 start exams

No act of kindness however small is ever wasted.

The average life span of an elephant in the wild is 56 years but for one in captivity it is 17.

In England one in four 15 year olds have a reading age of 12 or lower.

Average starting salary for university graduates in Australia in 2020 was \$ 60000.

Of the 190 000 people in Apprenticeships in Australia under the age of 25, 100000 of them are teenagers.

So please use these facts in your conversations when you have the opportunity to sit down and chat about a lot of completely different things.

If during the next stage of this lockdown there are any problems, please get in contact with the school and we will follow up. I am aware that the internet is still an issue for a small number of families and we are letting the Department know about this.

Each time we plan an event at the moment we are factoring in a Plan B or Plan C so when we do not get to run with Plan A we have options that might work. At this stage we will be missing the final day of our Snow Program so that will be on hold until we see what lockdown and the weather brings.

Clearly in a year without disruptions we would be talking much more about transition but at this stage but DET have that on hold. Once we are good to go we will get that process underway in terms of transition into, through and out of the school in preparation for the 2022 school year.

Robert Boucher

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SELF-CARE, PURPOSE AND CONNECTION

At the moment, our lives are disrupted in many ways and we are trying to create a new sense of normal. Routine, particularly within our families, can give us a sense of stability and structure. Our routines provide a pattern for our daily lives and support us to do the things we need and want to do. Though this routine may need to be reshaped and reworked during a lockdown, we may continue to prioritise our self-care, purpose and connection.

SELF-CARE

Self-care involves looking after ourselves and our space. It includes meeting our basic physiological needs of sleeping, eating and moving, which can often be sidelined when there are many other things happening in our lives.

SLEEP is important for helping our bodies to re-charge, restore and strengthen. Many of us may be experiencing more difficulty falling or staying asleep, having increased nightmares or not feeling as energised when we wake up in the morning. Good sleep habits help us to relax and feel safe, giving us the best chance of a refreshing sleep. These strategies will be unique to each person, and it is about finding the routine that works for you. These things may seem straightforward and simple, but can often be neglected when our everyday routine seems to change so quickly!

1. Try to go to bed and wake up at the same time each day
2. Create a relaxing and comfortable sleep space. This might involve changing the temperature of the room or adjusting your pillows, blankets and pyjamas
3. Consider whether you prefer complete darkness or small bits of light in your bedroom
4. Have a warm caffeine-free drink prior to bed
5. Try and include regular exercise in your day, particularly outdoors in natural light
6. Write down anything on your mind on paper or in a journal before going to bed
7. Avoid eating, working or taking phone calls in your bedroom, as your mind begins to associate this space with these activities rather than sleeping
8. Try not to have any food or drinks with caffeine close to sleep

NOURISHING ourselves with a variety of healthy food choices is important for fuelling our bodies and minds. It is recommended that we eat a range of vegetables, fruit, wholegrain carbohydrates, meat and dairy to ensure we have enough energy each day. This 'plate' may provide a guide of some different options we can choose from each food group.

When we find ourselves at home more, it can be tricky to eat a range of food at regular times. This may be an opportunity to eat together as a family, explore and try new recipes together, or make healthy foods fun (see activity below).



Ants on a log

Ingredients:

- Celery sticks
- Peanut butter
- Sultanas

Method:

Wash celery sticks and shake off excess water. Cut into 6-10 cm lengths. With a teaspoon or butter knife, put peanut butter into the hollow or inside of the celery stick. Top with sultanas along the top of the peanut butter.



Replace celery with carrot, cucumber or banana as the base. Peanut butter may be switched out for cream cheese or dip. Sultana can be traded for raisins, corn kernels, olives, cranberries, green peas, blueberries or a trickle of honey (or anything else you have in the cupboard or fridge!)

EXERCISE and opportunities for movement may be less available when we are learning and working from home. The benefits that come through getting up and about – moving our bodies, seeing new outdoor spaces, feeling fresh air and sunshine – are all essential in helping our bodies and minds to feel safe and strong throughout the day. Are there new or different types of exercise that you might like to try at the moment? Walking your dog, riding a bike, throwing a ball, or trying a free online fitness class – there are plenty of ways we can meet our activity needs.

PURPOSE AND CONNECTION

A few weeks ago, Lauren shared with us the importance of a sense of connection and belonging for increasing our resilience. Sometimes our regular family activities are disrupted in lockdown periods and we need to move to new ways of spending time together. If you're looking for some new ideas, why not give these a try?

- o Acts of kindness – as a family, brainstorm different ways you can help/show kindness to members of your family or community. Some ideas include: writing a letter to someone, making a cup of tea for a family member, leaving a bunch of flowers, calling a friend
- o Cubby fort – Make a cubby house with items from around your home
- o Boardgames – Play a boardgame together
- o Touch-base time – each child has a scheduled time (5-10 mins) with a parent to share the good and bad things that are happening for them, or do an activity together

It may help to write down your family routine on a shared timetable or schedule. This can create an element of predictability and safety, whilst creating time for those things that give us hope and joy.

Sophie Barker

Mental Health Practitioner

August 2021



Expressions of Interest for Pfizer vaccine for 16 to 39 year olds.
Please ring Swifts Creek Bush Nursing Centre on 5159 4210
Looking at vaccinating on the 9th and 10th September.

Swifts Creek P-12 School Parents' Group

Father's Day Stall

Giddy students and Parents, due to the latest lockdown we will be unable to have our Father's Day stall on Friday September 3rd but I am hopeful we can still do this at a later date. We wouldn't want to disappoint the dads and the shoppers. Your children love to go shopping.

Phonebooks

A big thank you to the community for getting behind our phonebook fundraiser and purchasing our books. We still have some available so if your post office has run out, please ring or email me and we will find a way to get one to you.

rkgags@bigpond.com or 0427594431

Members

We really need more active members to continue Parents Group into 2022. As there are only a few of us, we don't have a packed fundraising schedule. Our fundraisers are usually the Tambo Valley Races, Local Phonebooks (every 2nd year), Mother's and Father's Day Stalls and Christmas raffle. We have minimal meetings and we are a very friendly group.

This year with the Race Club's permission we passed our catering job at the races to the Swifts Creek Football/ Netball club because frankly, we just couldn't manage it. Without more people willing to be involved we may not be able to do this fundraiser again.

We contribute to the school by purchasing items that directly help or improve the students' schooling. So please think about stepping up and being a contributor.