



Swifts Creek

P-12 SCHOOL

Courage, Joy, Kindness

NEWSLETTER

November 24th 2021 - Week 8 Term 4

Whole School dates to remember:

Dec 8th - Flagstaff Campus Celebration Night

Dec 9th - Tambo Campus Celebration Night

Dec 14th—Pupil Free Day

Dec 14th - School Council

Dec 15th - Last Day For Students

Tambo Campus Dates to Remember

Nov 24th - Year 6 to 7 Information evening

Dec 1st - Year 11 finish

Dec 3rd - Year 10 finish

Dec 6th-8th - Year 8/9 camp to Summit

Flagstaff Campus Dates to Remember

Nov 24-26th - Year 3/4 Camp to Beechworth



Friendships

Building friendships can be tricky at the best of times but especially for children and young people as they are still learning who they are and their space in the world. The required skills for making friends, such as listening and sharing, rely on us having experienced positive relationships previously and having been taught or shown how to interact in a reciprocal relationship. Sometimes our kids need clear messages about how to learn and do these things.

The other factor in how we form friendships is the opportunities we have to meet a wide range of people and find those that we share something in common with or feel a connection to. For our children these opportunities primarily occur within the school setting, and this is where they usually have their first experiences of friendship making and breaking.

Given the diversity of interests and identities that our communities present it can sometimes take a while for us to find 'our people' and this is especially true in smaller communities where we do not have as large a group of people to interact with. This can leave some children feeling isolated or disconnected if they don't find the right connections or try to force connections which aren't quite right. Talking through and modelling the following points with our kids may help them understand the roles of friends and offer them reassurance around how to be and have good friends.

What makes someone a good friend?

Similar likes – A friend usually has some things in common with us. They might like to do the same things, play the same sports or games, or just like to hang out together and talk about the same things. Thinking about what you have in common with someone or what you do together that feels fun and makes you happy might help you choose who your closest friends are.

Continued over page

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Listening – Good friends take it in turns to listen to each other, even when they may not feel like it or have something they want to say themselves. Listening helps us understand what is happening for our friends and is a good way to learn about what is important to them and what makes them happy. If our friends feel happy that often helps us feel happy.

Accepting and kind – A good friend will always try to be kind in how they think about, talk about and treat their friends. They will also try and accept the different ideas or ways of doing things that their friends might have rather than trying to make their friend be or do things just like them.

What do I do if I don't like the choices a friend is making?

Communication – It's okay to tell a friend that you don't agree or like what they are doing or choosing. It's best to do this kindly and try not to be angry. They might not agree with you or want to change their choice, and this is okay. It's best to talk directly to your friend in these cases rather than use social media or talk to lots of other people about it first.

Kindness – Remembering to be kind is really important in friendships, even if you don't like what your friend has done, said or chosen. Sometimes there may be other things happening for someone which we don't know or understand and if we act with kindness, we might be able to help rather than make someone else angry or upset.

Choice – We can choose to not follow or agree with our friends whenever we like. This doesn't mean we don't like them or don't want to be friends; it just means we can make our own choices to do what feels right and okay for us. Sometimes our friends need us to help them make good choices and they may choose to follow what we do. Good friends can remind each other what is a good choice and what is a poor choice!

What if I don't really get along with the people in my class/school?

Be patient - Sometimes it takes a while to find friends who we feel comfortable with or who are 'our' kind of people. It's okay to have a group of people we spend time with at school but not feel like any of them are our 'best friend'. We will meet more people as we grow and will eventually find 'our' people.

Doing things on our own is okay – We don't always need to be with other people to feel happy and okay. Sometimes we can find fun things to do on our own that we really enjoy and make us happy. We can find a quiet place to sit or play a game on our own and this helps our brain feel calm. There is nothing wrong with spending time alone.

Talking to parents, teachers or other helping people – If we feel a bit lonely or haven't found the right friends it sometimes helps to talk to an adult about other things we can do to feel connected and what we can do to make sure we feel happy and okay.

Lauren Short
Psychologist



Dear All

ODH partnered with Skill Invest with the intention of recruiting young people from our region as apprentices.

These are paid roles in areas of workforce shortages for ODH. People also get a qualification at the end of this as well. If the partnership goes well, we will then bring on other disciplines such as allied health and facilities.

All 3 positions are now advertised on Seek & our website, please see the below links for your reference.

Commercial Cookery Apprenticeship-

<https://www.seek.com.au/job/54841134?type=standout#searchRequestToken=3625359a-d627-4e42-bdc2-5c1c050fca8f>

Community Services Traineeship-

<https://www.seek.com.au/job/54841382?type=standout#searchRequestToken=3625359a-d627-4e42-bdc2-5c1c050fca8f>

Reception/ Administration Traineeship-

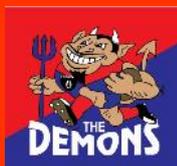
<https://www.seek.com.au/job/54841650?type=standout#searchRequestToken=3625359a-d627-4e42-bdc2-5c1c050fca8f>

Any questions, let me know

Regards

A/Prof Arish Naresh

Chief Executive Officer



Swifts Creek Football Netball Club Inc.

PO Box 100, Swifts Creek VIC 3896 | Cassilis Rd, Swifts Creek
Email: swiftscreekfnc@hotmail.com

Annual General Meeting

Thursday 25th November, 2021

7.30pm

Swifts Creek FNC Clubhouse

Vacancies requiring nominations

(All positions will be made vacant)

President, Vice President, Junior Vice President, Secretary, Treasurer

2 x ODFNL Delegates (Football and Netball)

Canteen Manager, Bar Manager, Social Co-ordinator, Sponsorship Co-ordinator

Executive positions will be elected at the AGM.

NEW MEMBERS ALWAYS WELCOME

Please forward any nominations to the club contact below.

General Committee Meeting will follow the AGM.

CONTACT:

Neil Crabtree – President

Phone: 5159 4498

Journey of Hope Caregiver East Gippsland

Understanding and coping with stress

A free online workshop is now available for parents and caregivers of children to help understand stress and hardship, the effect it has on our body, and strategies to help us cope.

**Do you have or care for children and young people?
Would you like to:**



- Learn about how to deal with stressful events
- Develop your resilience and coping strategies
- Learn how to support children and young people with their own stress
- Learn with other parents and caregivers who want these things too

What is The Journey of Hope Caregivers program?

- An evidence based, proven program that strengthens parent and caregiver skills and confidence to improve children's social and emotional behaviour
- 1 session for 2 hours, held on November 30th

This program is FREE!

FREE!!

For more information please contact:

Alyssa Gissara, Senior Facilitator
alyssa.gissara@savethechildren.org.au

Louise Vaccaro, Facilitator
louise.vaccaro@savethechildren.org.au



**Limited
places, so
register
TODAY!**

DATE: Tuesday 30th November 2021

TIME: 10.00am to 12.00pm

Registration is essential! Use the QR code provided to register.



To register for this session please go to <https://events.humanitix.com/helping-caregivers-cope-workshop-5hl40eoq-fu5hj26s>



NOW TAKING EXPRESSIONS OF INTEREST 2022

Term 1: Mon 31st January – Mon 4th April 2022

TK'S Dance for Groovers has been providing Dance & Movement for boys and girls (inc Jazz Ballet) classes for the region since 2019.

Tracy trained under the Southern Federation of Dance syllabus. Tracy loves to incorporate her love of music into classes. Children learn dance and movement in a caring and fun environment, where self-expression is encouraged.

"My two girls (5 & 6 years) loved Tracy's dance classes. Tracy is so engaging and brings such positive & fun energy to the room. She is great at what she does, you can see she loves sharing her love of music & dance with the kids.

Highly recommend." Alison Rault- Parent

Classes on offer:

Pre-Kindy Groover (4 – 4.30 pm): 2-3 years

Little Groover (4.35 – 5.05 pm): 4-5 years

Primary Groover (5.10-5.40 pm): 6-8 years

Classes @ Swifts Creek Hall, Mondays *in accordance VIC School Terms

***Dance & Movement is not only great physical exercise for children, but fosters better breathing, helps co-ordination, balance, flexibility, spatial awareness, listening skills, self- confidence, and imagination.**

Contact: tracyleekilleen@hotmail.com

<https://www.facebook.com/tksdanceforgroovers>



The Omeo Region Community Recovery Association (ORCRA) was formed to voice our community's needs in preparation, response and recovery. Populated localities that make up the Omeo District include Anglers Rest, Benambra, Bindi, Bingo Munjie, Brookville, Bundara, Cassilis, Cobungra, Doctors Flat, Ensay, Ensay North, Glen Valley, Hinnomunjie, Livingstone Valley, Omeo, Omeo Valley, Reedy Flat, Shannonvale, Swifts Creek, Tambo Crossing, Tongio and Uplands.

SWIFTS CREEK | CASSILIS

FREE EVENTS

<https://www.facebook.com/ORCRAInc> for full details and updates

Everyone is very welcome to all events

Swifts Creek

27 November 6pm – 10pm

Swifts Creek Recreation Reserve (Football Club)

Live music with *Defunked* followed by *Dream Horse*, a family friendly movie (courtesy of The Sun Bairnsdale and the Red Cross)

Free BBQ, drinks at the Football Club bar and a guest speaker

BYO chairs would be useful

Cassilis/Brookville

28 November, 12.30pm - 2.30pm

Cassilis Recreation Reserve

Free picnic lunch and live music with *Justin Berlasconi* and a guest speaker.

A circus performer and a face painter will be there for children of all ages.

COVID regulations apply

Our community survey is still open <https://ourrecovery.com.au/omeo/survey>



Australian Government





Join the ParentZone teams for the official launch of the ParentZone Podcasts

A resource for parents, carers and those who support others with their parenting

DATE: Wednesday 24th November, 2021

TIME: 3:30 pm - 4.15pm

VENUE: Zoom - register for meeting link at <https://www.trybooking.com/BVLUF> or scan QR Code

Contact Joanne Templeton at ParentZone Eastern for further information on Joanne.Templeton@anglicarevic.org.au or 0428 296 573



PARENTZONE