



Swifts Creek
P-12 SCHOOL
Courage, Joy, Kindness

NEWSLETTER

March 16th 2022 - Week 7 Term 1

Whole School dates to remember:

30th March—Parent-Teacher Interviews

8th April—Last day of Term 1

Tambo Campus Dates to Remember

17th March— Years 8 & 9 Golf Trip

17th March—SSV Gippsland Swimming Carnival

23rd March— SSV East Gippsland Volleyball & Tennis

24th March— Years 7 & 10 Golf Trip

Principal's Message

Today we have sent home the next lot of RATs. Clearly we will continue to work with the guidelines around living with COVID. At present we are not seeing evidence that many people are being impacted by COVID in our community. However using the strategies that the government has set for us is important, so please use the tests twice a week to ensure that you know that students are coming to school COVID free. Remember if students are not well they are best to stay at home. Students at Tambo are not required to wear masks, however at Flagstaff students in Year 3 and above are to wear masks indoors, and for younger students it is recommended.

As we are racing through the term we can look forward to some more normal activities returning. A highlight for many students is Mum and Dad attending Parent - Teacher interviews with them. Week 9 is when we will be running this event this term. So please set aside this date so students are not disappointed about this opportunity being missed. Ideally all of the conversations will be face to face. If you are not able to make it we can organise a virtual conversation on that evening if that is of assistance.

Parents of Tambo students can look forward to collecting an Interim Report at the interviews. This is just a very quick piece of feedback about if students are on track and will be a helpful starting point for the conversation at the interviews.

Contained in the newsletter today is a piece about gratitude. Please, as parents, when you have the opportunity, have a discussion with your family about this and what it means for you. The manner in which we think about things does change the quality of the day we have. Your thinking is yours, and is influenced by the stimulus that you choose to have.

The School Council nomination period is still open and will close on 22 March.

Robert Boucher

The positive benefits of Gratitude

The concept of gratitude has become popular in recent times as research repeatedly highlights the range of positive impacts being grateful provides. Improved mental and physical health, lowered stress levels, increased resilience and better sleep are just a few of the gains associated with increased gratitude. So, what are the specifics of gratitude that are beneficial and how do we incorporate these into our daily lives? Gratitude is a social emotion that signals our recognition of what others have done for us. It refers to our ability to show appreciation and return kindness. The benefits of practising gratitude daily have been clearly demonstrated with many studies determining that gratitude changes the neural structures of our brain and leads to increased feelings of contentedness and happiness as well as better health and wellbeing.

When we express gratitude and receive it from others, our brain releases dopamine and serotonin which are both crucial neurotransmitters responsible for the emotions that make us feel 'good'. This process offers an immediate mood enhancing sensation – the feeling of being happy. By proactively practicing being grateful on a regular basis, we continue to use the same neural pathways and strengthen them, making a strong, permanent link to a neural network in our brain that increases our positive emotions. In other words, if we make a habit of being kind and grateful, we are changing the structures of our brain to allow us to focus on the positive things in our world, which in turn leads us to experience more positive emotions. These positive emotions, when experienced regularly, provide a range of positive health benefits.

Research has shown that the areas of the brain involved with gratitude are part of the neural networks which are activated when we socialise and experience pleasure. These same regions also share strong connections to parts of our brain responsible for controlling our basic emotional regulation such as heart rate and arousal levels and are associated with stress relief. In simple terms feeling grateful and recognizing help or kindness from others uses brain networks associated with stress relief and allows us to experience lowered levels of stress and a range of other positive health benefits. Our hypothalamus is an integral part of these networks which is involved in controlling many of our basic bodily functions including temperature, weight, and sleep. Studies have shown that gratitude, in the form of receiving and displaying simple acts of kindness triggers hypothalamic regulation in the area of sleep and allows for deeper and healthier sleep cycles. Similarly, our amygdala (or threat detector part of our brain) is positively activated when feelings of gratitude are felt. This results in us being able to regulate our emotional state much more readily.

The regular practice of gratitude has also been shown to increase our overall resilience and ability to manage challenging situations. Our ability to focus on the positive and be thankful broadens and builds our brain's capacity to overcome negative emotional states. Gratitude helps us to amplify the positives and focus our attention on them in a purposeful manner. It gives us the ability to attend to the positive rather than the negative. Attention is like a spotlight in the brain, whatever we repeatedly bring our attention to becomes stronger and brighter over time.

While the positive benefits of regular gratitude practice are now widely acknowledged, it is not always easy to stay focussed on the positives and remain thankful and grateful when things are challenging or hard. So how do we build regular gratitude into our daily life? Gratitude is not an inherent, natural behaviour, rather it is a learned behaviour that takes practice through action. Therefore, we need to build up our practice of gratitude over time and make it a habit. Some basic ways of building up our own or our children's practice of gratitude and embedding it into our daily routines can include the following:

1. Being more conscious or mindful in our interactions with others. Saying 'thank you' is something we often do without thinking about the meaning behind it. Becoming more aware of your daily interactions with others and especially when we are giving and receiving kindness helps us connect to those around us and assign meaning to our interactions which in turn activates the parts of our brain responsible for positive neural feedback.
2. Creating routines around gratitude practice. Making a regular time in your day to practice gratitude and sticking to this will build a routine and help to consistently activate the neural pathways associated with being grateful. Mealtimes can be a good starting point for such a routine and offers a consistent space to either reflect quietly or talk with family about what you are grateful for in the day or moment. This can be brief and simple and does not need to take more than a minute or two.

Continued over page

3. Written options can be helpful for some people in building their gratitude practice. Either keeping a journal each day of all the things - however small - that you are grateful for, or using written prompts in prominent places (i.e., on your bathroom mirror, fridge, computer screen, phone home screen) to remind you of small positives you can be grateful for and focussing on these each time you see the prompt.

People who intentionally cultivate gratitude show greater neural sensitivity and better outcomes in the areas of learning, rational thinking and decision making. If we take the time to build our levels of kindness, optimism, and overall gratitude in our daily lives we will benefit significantly.

Gratitude is a choice we can make that offers many positive outcomes for very little change.

Lauren Short

Psychologist
Connective Consulting
Possum on a Ball Play Therapy
Phone: 0458 958 514



State Schools' Relief is a not-for-profit organisation that improves the lives of tens of thousands of disadvantaged Victorian students, and their families, each year.

State Schools' Relief can support students by supplying them with regular uniform items, school shoes, socks and underwear, and bathers for school swimming programs. They also have items such as stationery packs, laptops and calculators, and they can subsidise the cost of textbooks for senior students.

If you would like to know more about accessing support from State Schools' Relief please talk to your child's classroom or Home Group teacher, or Mr Boucher, Ms Napthine or Mrs Guerin, and we will be happy to help you.



The Great Alpine Gallery warmly invites you to the launch of a beautiful new creative space behind the gallery,

The Gallery Courtyard

Friday 18 March, 5.30pm

to be launched by
The Hon. Darren Chester, MP

Refreshments provided.
RSVP:
greatalpinegallery@gmail.com /
0418221078

Generously funded by the
Australian Government's
Stronger Communities Program



A Career in Policing

Police Information Session Bairnsdale

When: Wednesday 23rd March 2022

Where: Bairnsdale Sporting & Convention Centre , 117 Great Alpine Rd, Lucknow 3875

Start: 6:00pm

Finish: 7:30pm

A Career in Policing

If you are seeking a stimulating, challenging and rewarding career and have values aligned to those of Victoria Police, we encourage you to consider a career in policing. Please join us at this session to learn about the Police role, the recruitment process, training at the Academy and policing in Bairnsdale.

Please note: all attendees will need to present photo ID to gain entry to this event.
Doors open at 5:30pm.

To find out more about the role of a Police Officer visit www.police.vic.gov.au/careers



MONASH
University

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MONASH RURAL HEALTH **APPLYING FOR MEDICINE WEBINAR**

Thinking about applying for
medicine at Monash University?
Register for our webinar to learn
more about our medicine program
and all the information you need
before applying.

Tuesday 22 May, 2022

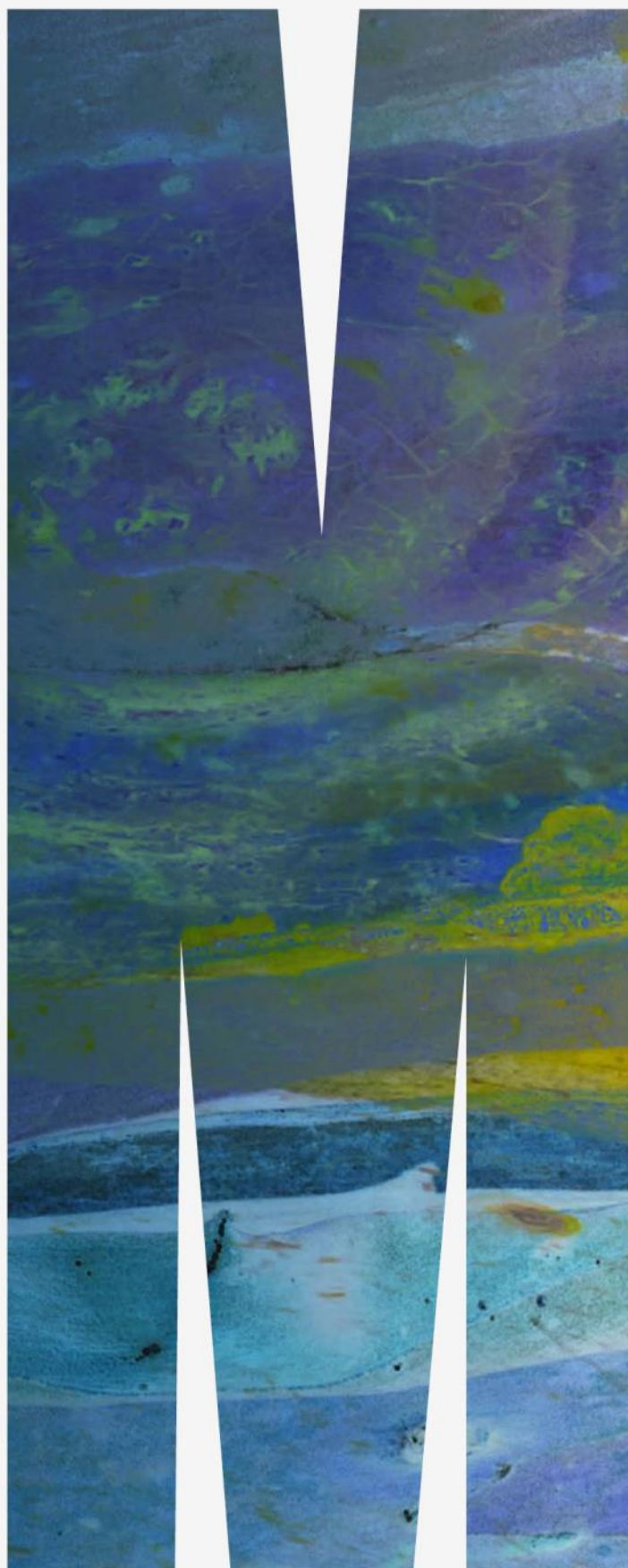
5 – 6.30pm

Zoom

Learn about pathways, opportunities to study
regionally and how being from rural Victoria
could boost your chances of getting into
medicine at Monash.



CRICOS provider: Monash University 00008C



The Australian Electoral Commission is currently seeking registrations of interest for temporary election work for the upcoming Federal Election. Elections are a fundamental part of our democratic process in Australia, and election-day work offers a unique experience. Positions will be available in polling places on election day and will include COVID-19 safety measures and on the job training and support.

For more information on how to register your interest to work and pay rates and conditions, please go to www.aec.gov.au/employment/working-at-elections/ or contact the Division of Gippsland Office on 03 8639 4823.



100,000 temporary election jobs

Register your interest to work
at the 2022 federal election.



Earn extra money



Training is provided,
no experience required

Register today at



13 23 26

aec.gov.au/electionjobs



keyassets
SERVING CHILDREN, FAMILIES & COMMUNITIES



**COULD YOU
FOSTER A
CHILD?**

We **URGENTLY** need **Foster Carers**
in your area. Enquire now on how
you can help change a child's life.

Canifoster.com.au | 1800 932 273

Key Assets Victoria is a foster care agency operating in the East, North, South & West of Melbourne.

FOSTER CARERS NEEDED

If you have thought about foster care, please get in touch and ask the questions you have always wanted to.

Ring: Key Assets 1800 932 237 or 1800 WE CARE

Email: info@keyassets.com.au

Web: canifoster.com.au or keyassets.org.au

What will happen: Interested families would receive a brochure, information and no pressure!

Kind Regards

Linda Lippens - Recruitment Officer



Colour & Creativity Workshop

Join Madelaine and Aaron for a fun afternoon connecting with your creative side. Using acrylic paint on stretched canvas and coloured ink on paper we will explore, create and play.

CatholicCare Victoria's Bushfire Community Recovery Service provides mental health and wellbeing support to communities across East Gippsland. Art is a fun and therapeutic activity great for calming the mind and body, developing self-awareness, and cultivating mental wellbeing.

✓ No experience necessary

✓ Free workshop

All materials supplied

Swifts Creek Community Centre

Date: 4th Thursday of the Month
March – July

Commencing **Thursday March 24th**
3.30pm – 5.30pm

RSVP

Swifts Creek Community Centre
Email: ccswiftscreek@gmail.com
Leanne or Janne: 51 594 477

- All materials supplied
- Registrations at Community Centre
- All age groups
- No experience necessary

Under current Covid safe settings for Neighbourhood Houses, masks must be worn while indoors and all participants aged 18 and over must be doubled vaxxed. Thank you for your understanding.

*Presented in
partnership with:*



Bushfire Community Recovery Service
Gippsland, VIC
T 1800 522 076

www.ccam.org.au



4 **FREE** Parent webinars by child psychologist: Learn to support your primary school aged child with worry, frustration, managing impulses and tricky behaviour. Zoom into 1 or all 4 – 1 hr duration

1) Tuesday 15th of March 2022 at 7pm (AEST) - “Helping Children through the Emotional Challenges of Primary School” - learn about the challenges children experience with emotions, learning and friendships during primary school - and what they need from parents/caregivers to succeed.

Click here: <https://us02web.zoom.us/j/83297305374?pwd=Uzg0REpiN2ZzTG1xRWE3eThrTHJPZz09>

Zoom Meeting ID: 832 9730 5374 Passcode: 732897

2) Monday 28th of March 2022 at 7pm (AEST) - “Calm and Confident Kids” - learn to help children with a tendency towards worry or anxiety - or who are dealing with difficult life situations.

Click here: <https://us02web.zoom.us/j/88695370225?pwd=cVhac2JNVUxuVEZqUzVnR1owell1UT09>

Zoom Meeting ID: 886 9537 0225 Passcode: 719597

3) Wednesday 11th of May 2022 at 7pm (AEST) - “Calm and Connected Kids” – learn to help children to develop positive friendships and manage peer difficulties which often arise in primary school.

Click here: <https://us02web.zoom.us/j/81238889177?pwd=NIrNlVpJbXJxR3R3a1FvYUdjZFBFZz09>

Zoom Meeting ID: 812 3888 9177 Passcode: 159022

4) Wednesday 8th of June 2022 at 7pm (AEST) – “Calm and Co-operative Kids” – learn to help children who have a tendency towards frustration, have difficulties managing impulses or feeling unco-operative.

Click here: <https://us02web.zoom.us/j/87172614896?pwd=K0YxWU5YYy9aYnZqcjlsakw1RXNRZz09>

Zoom Meeting ID: 871 7261 4896 Passcode: 276561

No RSVP necessary but “zoom in” quickly as only 100 zoom spots available each session.



Presented by clinical child psychologist Kirrilie Smout. Kirrilie has had 25 years experience in working with children and families, is the author of two books about children and mental health and regularly consults with national bodies about child mental health concerns. She is the Director of Calm Kid Central, an online program of courses to help children manage emotional health challenges. www.calmkidcentral.com (Free using FIRSTYEAR access code).

Any questions please contact Sandra on: sandra@developingminds.net.au

Funded by Gippsland Primary Health Network (GPHN)



High Country Social Cricket Match Ensay Rec Reserve

Ensay-Doctors Flat Road, Ensay

FREE Social Cricket Match with

- ✓ Live Music
- ✓ BBQ with yummy salads
- ✓ Fruit platters
- ✓ Water & Soft drinks also supplied
- ✓ Bring a Chair
- ✓ Free Bus from Omeo to Ensay Return
- ✓ Woolworths Cricket Blast is Back 30min session and more!

Everyone, young and old!

Grab your friends, come along to join a team for a fun game or simply come to cheer! Open to all ages and capabilities, children welcome. It doesn't matter if you can't play cricket, it will be fun.

Fun Prizes—Best/funniest Dressed, Best Hit, Best Catch, Best Drop and so many more!

10am-2:30pm, 3rd of April, 2022

Phone: 0412 015 824—Sally Kendall



Windermere®
everyone is someone
in our community

BLAST IS BACK



Omeo Region
Community Recovery Association
recover & prepare

Swifts Creek
P-12 SCHOOL
Caring for Kids

NATIONAL RIDE2SCHOOL DAY

Friday 25 March 2022



Ride, scoot, skate or walk to
school
Spin bikes will be available at
school!
Group ride from school at
Bamf



FREE HEALTHY
BREAKFAST
FOR ALL
PARTICIPANTS!



Bike Ed program for
Flagstaff students
in the morning
immediately after!



Free bike maintenance
offered Tuesday,
Wednesday and Thursday
before!

