



Swifts Creek

P-12 SCHOOL

Courage, Joy, Kindness

NEWSLETTER

May 13th 2020 - Week 5 Term 2

PUPIL FREE DAY - TUESDAY 19TH MAY - All students are to have a day away from school work

Principal's Message

Face to face teaching is back.

Students in Years Prep, 1 and 2, with Years 11 and 12 students, will return on Tuesday 26 May. On June 9 all other students will return. If you are a Year 10 student studying a VCE subject you will need to attend school on those days that your VCE subjects run; if possible, just for that length of time. For students of essential workers who have been attending throughout, they will continue to be able to attend school.

Returning to school does not mean that we no longer need to worry about Covid 19. As the announcement from the Education Minister on Tuesday stated, we must make sure we are taking the necessary actions to protect ourselves as individuals. We are not back operating school as normal; there are guidelines that we are operating with.

A key part of this is making sure that you are fit and healthy. If you are not well please do not attend school. We want everyone to learn but we also want everyone to be healthy. That is why our lives have been so disrupted for the last seven weeks. For all of the changes that we have made during this time we do need to keep following the new normal and work within each of the rules that the government is putting in place to keep us all fit and well.

So for some students returning to school will be just like the best thing ever, whilst for others there is a chance that they may not be so excited. The reality is education is the golden ticket. It gives you choices in life so we just need to adapt to another change. That is one of the great things we do get some practice at in this community - adapting to the changes that are beyond our control.

One process that helps adapting to change is the self-talk which you use. If you have a script that gives you a level of control then you are better able to adapt to the different circumstance you find yourself in. An essential element of this is a positive disposition. For some students coming back to school will be about using the skills they have gained during this period of learning from home to help them be even more effective as a learner. It is easy to have self-talk that has too many things in it. So not only does it help to have positive self-talk, but also some simple actions to focus on. Even just two actions will be enough to assist you with the re-entry to school.

In the coming week students will be completing a self-assessment survey online. This, along with feedback from teachers, will be sent home. This will be a good place to start thinking about what actions will help during the next stage of learning as you settle into the face to face teaching program. Habits that you have developed during the last seven weeks may be behaviours that you need to continue as school return to a more normal program, or you may have to put significant effort into developing the new habits that allow for you to be successful with our change circumstances.

We are clearly racing through this term. At the end of term we will have end of semester reports for students in Prep to Year 10. These reports will also look a little different, following advice from the Department. Further details of this will be provided. VCAL reports and VCE reports will be completed at the start of Term 3 to reflect the changed semester dates that the VCAA has put in place for those in the later years. So the VCE and VCAL reports will be ready in Week 2 of Term 3. The reports for all of our students will be a critical part of the learning journey for the 2020 school year.

As we move to another stage of learning I would like to acknowledge the very good work that has been going on within our school community. Thank you to all for the significant effort that has been going into the complex work that has been happening. This has allowed us to have a focus on learning for all students and be confident that 2020 will be a year of success for all.

Robert Boucher

MINDFULNESS IDEAS TO HELP YOU AND YOUR CHILD STAY CALM, FOCUSED AND ENGAGED.



What is Mindfulness?

Mindfulness refers to the practice of purposely bringing one's attention to the experiences in the present moment without judgement. It is about maintaining a moment by moment awareness of our thoughts, feelings, sensations and environment. Research has shown that learning to be mindful on a regular basis increases our ability to attend to new information, increases our working memory, improves our ability to plan, think and reason and also allows us more control over our emotions and behaviours. This leads to less experiences of overwhelming emotional situations such as depression and anxiety as we maintain more control over our experiences and responses.

How do we become more mindful?

Like any skill, being mindful can take time to learn and the more we practice the easier it becomes. We generally become so busy in our day to day lives that we carry out most tasks in a 'mindless' fashion, not really attending to the details but just getting things done and moving onto the next task. To increase our ability to be more mindful we need to come off autopilot and start paying attention to things around us in a more concentrated fashion.

1. Slow down and pay attention to the sensations and feelings associated with your daily tasks. This might be focusing on the feeling of warm water on your hands while doing dishes or the texture of your clothes while getting dressed.
2. Practice mindful eating. Rather than just eating our meal without really thinking about the tastes, textures and other sensations, pay attention to each bite and focus on smells and textures.
3. Pay attention to your breathing for 2 minutes or longer each morning before you get out of bed or at different times during the day. Focus on breathing in and out slowly and letting other thoughts go during this time.
4. Practice taking three long breathes in and three long exhalations while paying attention to how this changes your body.
5. Stop multi-tasking and simply focus on one task and what it involves.
6. Practice being mindful whenever you are waiting. Rather than feeling frustrated about losing or wasting time, use this as an opportunity to focus on your breath or your surroundings in a more attentive and mindful way.



Being mindful does take practice and effort and for many of us means a change in how we approach day to day tasks. It is a way for us to consciously participate in our own health and wellbeing and leads to significant gains in a range of physical and emotional areas if we persist.

Further resources:

Daniel Siegel books – "The Mindful Brain" or 'The Whole Brain Child'
smilingmind.com.au
headspace.com

Careers News

The Australian Defence Force Gap Year Applications are still open if Year 12 Students are looking to take a paid Gap Year, with the option of continuing in the Defence Force, or discontinuing and doing something else such as University study in the following year.

The Australian Defence Force Gap Year program provides an opportunity for young Australians who have finished Year 12 to experience military training and lifestyle whilst gaining new skills and pay over their Gap Year in the Army, Navy or Air Force.

You will earn more than \$45,000, have subsidised accommodation and full medical and dental coverage. The following roles still have spaces for applicants:

Army

- Air Defence Operator
- Warehouse Coordinator
- Administration Assistant (closes 15/05/2020)
- Officer (closes 05/06/2020)
- Driver (closes 31/05/2020)
- Infantry Soldier

Air Force (applications close in June)

- Airbase Protection & Security
- Warehouse Storeperson
- Airfield Defence Guard
- Administration Assistant
- Aviation Support Technician

Navy (applications close in July)

- Electronics Engineer
- Electronics Engineering Submariner
- Helicopter Pilot
- Marine Engineer
- Marine Engineer Submariner
- Maritime Aviation Warfare Officer
- Maritime Logistics Officer
- Maritime Warfare Officer
- Maritime Warfare Officer Submariner
- Sailor

For more information and to start your application, go to <http://bit.ly/1dVvxxV>

Careers News

Virtual Careers Expos

If you missed out on the Virtual Careers Expo organised by Torrens University last week, you can see recorded presentations here:

- 1) Go to <https://bit.ly/2zgTe45>
- 2) Register for an account
- 3) Follow the instructions in the email
- 4) View the list of recorded information seminars
- 5) Watch the videos you are interested in.

VCE & Beyond - Virtual Careers Expo

This virtual expo is being coordinated by InspirED and is for students and their families. You will be able to:
Connect with Universities

- Visit virtual booths from over 80 University and Higher Education providers!
- Access faculty-specific information
- Ask live questions or book a video chat with student advisors
- Early admission information, scholarship applications and other relevant topics

Connect with VCE Experts

- Pick and choose daily webinars
- Specific career strategies for success
- Dealing with stress, maintaining motivation
- Parent-specific tips to support your child

When: 10 – 14 June, 2020

Information and RSVP: <https://bit.ly/2XMrz5r>

Year 13 Careers Expo

Investigate different jobs and explore different career options during the week of the 18th to the 21st of May. They have some competitions to win \$5000, some mentorships and work experience opportunities if you complete their Year13 Passport. For information and to RSVP: <https://bit.ly/2Kle3rC>

Early Entry Programs to University in 2021

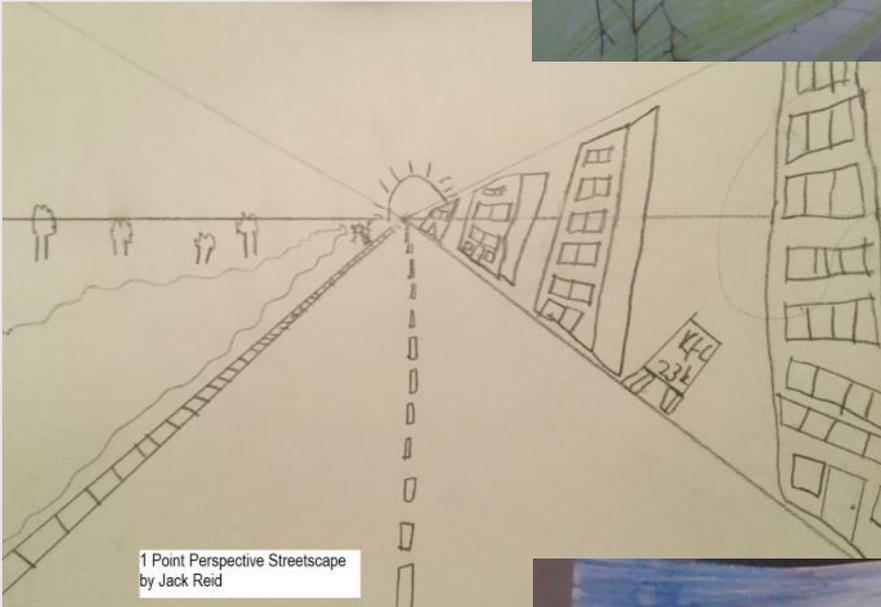
There are a number of early entry programs which have opened to Year 12 Students. These include: Latrobe University, Australian Catholic University, Victoria University, Southern Cross University, Australian National University and the University of New England. They each have different closing dates, so please refer to the Careers Newsletter I have emailed to you for more information about their programs and closing dates.

Suzanne de Vries-Fitzpatrick
Careers Coordinator

1 Point Perspective Streetscapes by Grade 5/6



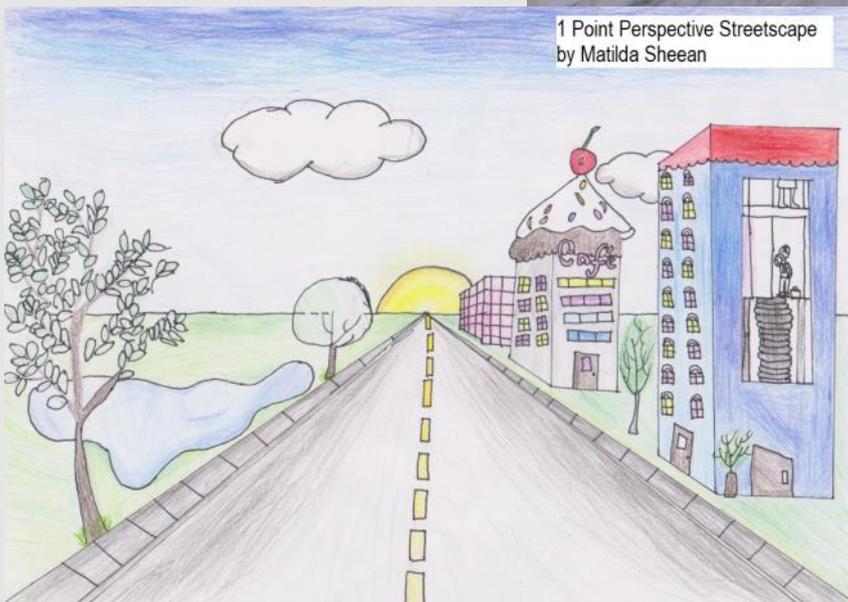
1 Point Perspective Streetscape
by Hugh Smith



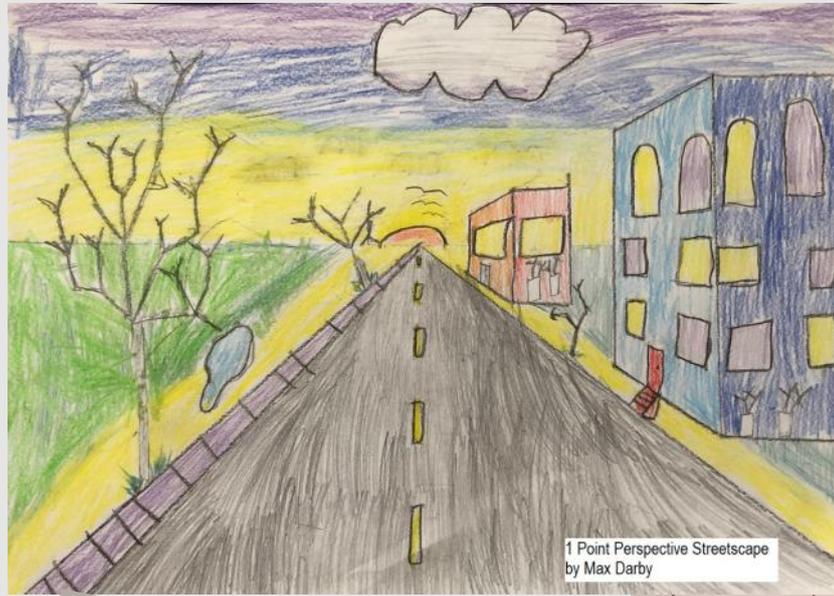
1 Point Perspective Streetscape
by Jack Reid



1 Point Perspective Streetscape
by Katarin Weaver



1 Point Perspective Streetscape
by Matilda Sheean



1 Point Perspective Streetscape
by Max Darby

1 Point Perspective Streetscapes by Grade 5/6



1 Point Perspective Streetscape
by Seth Mills

Prep & Art



Tree Python by Audrey



Tree Python by Charlotte



Tree Python "Pythie"
by Sonny

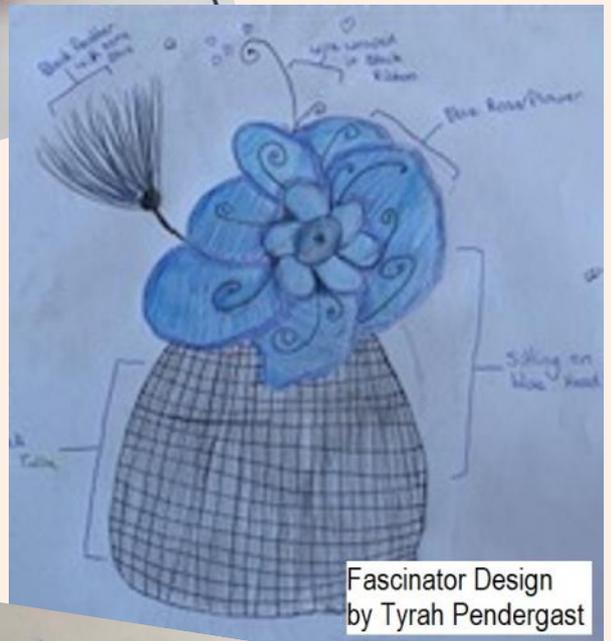
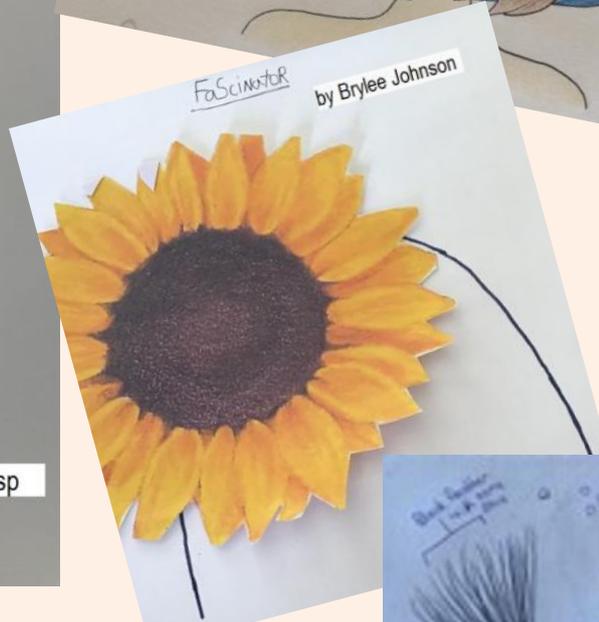


Tree Python by Siale

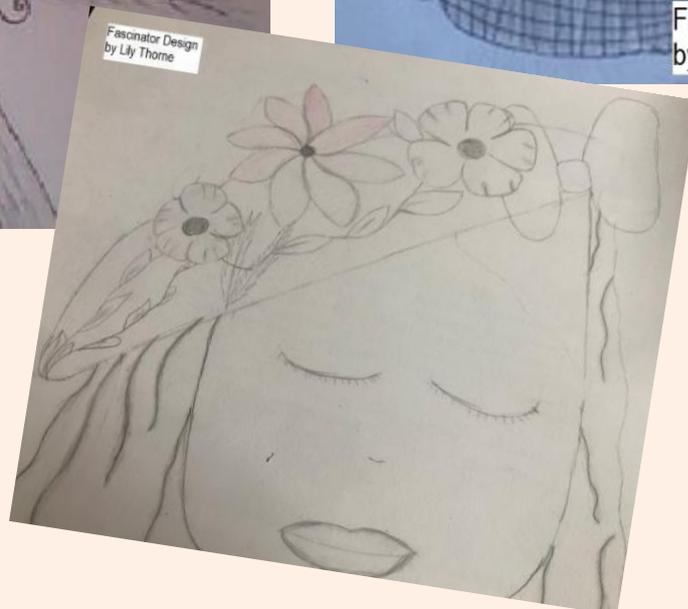
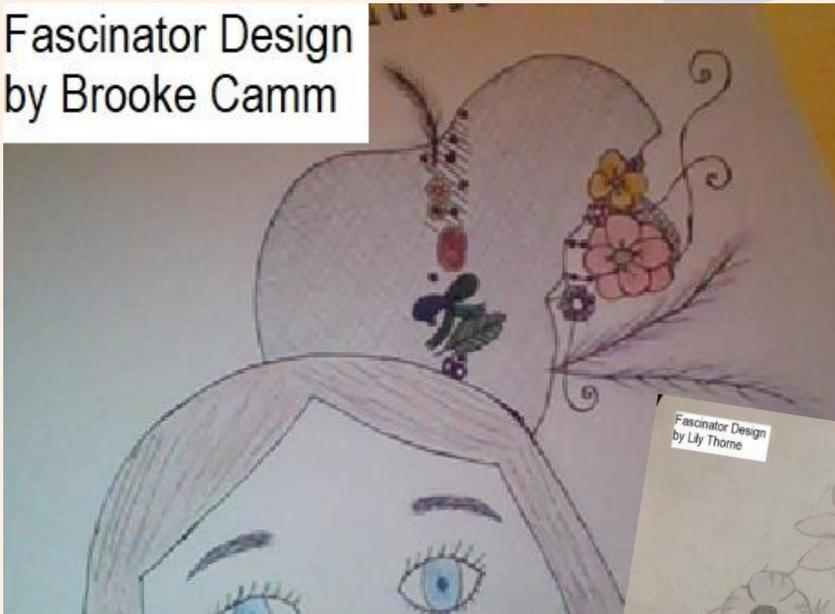


Tree Python by Evelyn

Fashion and Design



Fascinator Design by Brooke Camm



Outdoor Education

Astronomer

Make a replica of the solar system out of materials found at home.



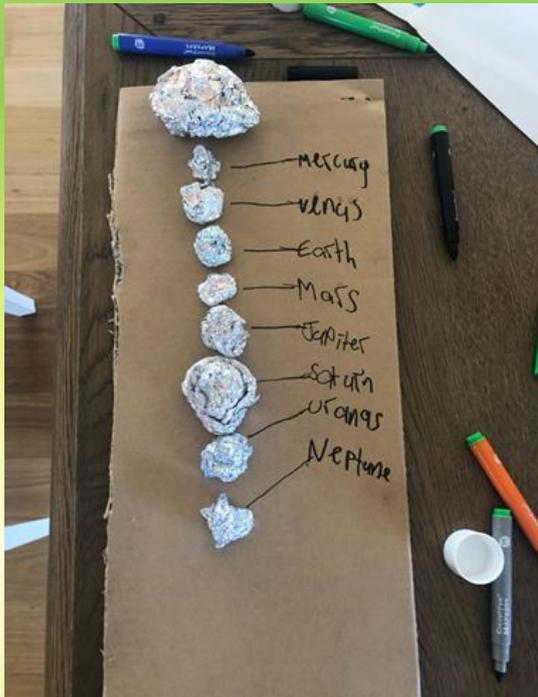
Emma Airs



Nathan Sutherland



Olivia Walker



Jack Batty



Ruby Newton



Outdoor Education

Bushcraft

Learn how to make a satisfactory shelter for two people using either natural materials or only those materials available to you.



Emma Lavery



Jack Batty



Evie & Olivia Walker



Emma Airs



Sam Guy