

NEWSLETTER

February 3rd 2021- Week 2 Term 1

Whole School Dates to Remember

February 16 Tuesday—Whole School Assembly at Tambo hosted by Year 8

February 17 Wednesday—Swimming Sports

Tambo Campus Dates to Remember

February 15 Monday—VCE Excursion

Flagstaff Campus Dates to Remember

February 8 Monday - Bookclub is due back today

Principal's Message

Welcome back to a new school year. It was with a great deal of pleasure we were able to welcome our students back to school last week. It is terrific to see people again and so nice that we are all on site setting up for a year of learning.

As you are aware from the media and information on the school website, we are operating with the latest information regarding our COVID normal. Students do not have to wear masks but if they would like to they may. If they are unwell they do need to stay at home, and if they have any symptoms they should get a COVID test. The higher the rate of testing in the community the better the contract tracers can do their work. This keeps us as safe as possible from COVID.

If students do need to cough or sneeze they must ensure that they use appropriate hygiene to ensure they are not spreading any germs.

Hand hygiene is important and students are encouraged to regularly use the hand sanitiser which is available around the school. As a school we are being asked to keep a register of visitors who come on site so please fill that out if you are on the school grounds.

We are optimistic that we will be getting back to running some of the events that we would normally hold so we do have planning underway for our Swimming Carnival on February 17, and for a Year 7 camp and a VCE camp later in the term.

If you are finding uniform difficult please make contact as we may be able to assist in a variety of ways. For our students Years 7 to 10, wearing the uniform is just another part of preparing for success now and into the future. It also allows the decision making about what to wear each day to be very simple, and ensures your good gear is not being worn out quickly. If you are not sure about what the uniform requirements are, they are listed in the diary that the students have, on the website and on the next page.

For our Later Years students, the decision around them being in neat casual clothing is to help them with the transition out of school. However, they do need to remember that the dress code for them is very clear. Dressing for school is not the same as dressing for the beach or a nightclub.

Phones are great as we all know. However, the Minister for Education is very clear that all students are to manage without their phones during the school day. So for our students this means that they put their phone in the phone locker at the start of the day and then collect it when they leave. It is a simple concept that is part of how all students are required to do business when attending on site. For parents who need to get in contact with their child please contact the office so they can facilitate this.

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Students have one job: that is, they are to learn. The more they learn, the more choices they have. Choice does enable people to be happy. A happy life is a good thing. So it is simple: students just need to come to school and learn lots, and then they can have a happy life.

Learning is academic and is also about the people skills that are required to operate successfully in the adult world. The government is conscious of the disruption that we had during the 2020 school year and has invested significant money in ensuring that schools have additional resources this year to support students who may have gaps in their learning from 2020. At our school we will use this resource to have a focus on literacy as this impacts on learning in all subjects. In some English classes this year we will be in the fortunate position of having two teachers working with students. This will be tweaked a little across the school depending on the age of the students.

We are pleased to have a positive start to the 2021 school year and look forward to a year of learning together.

Robert Boucher



Welcome to our first newsletter for 2021.

We expect that all families will read and enjoy the newsletter each week. The newsletter will keep you up to date with latest happenings and ideas, and let you know about upcoming events. Student work is also featured in the newsletter, often accompanied by photos.

During 2020 we stopped producing paper copies of the newsletter and instead sent it to all families and students via email. A copy is added to the website each week.

In the interests of our environment, we would like to continue with electronic means of newsletter distribution, but the main thing we want is for every family to receive and read the newsletter.

If, for your family, that means that you would like to have a paper copy of the newsletter brought home by your son or daughter every Wednesday, please just let Julie or Amanda in the office know and we will be happy to organise this for you.

Camps, Sports and Excursions Fund applications

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts this year are \$125 for eligible primary school students and \$225 for eligible secondary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please contact the school office and ask for an application form.

You can also download the form, and find out more about the program and eligibility, on the Department of Education and Training's Camps, Sports and Excursions Fund web page.

Check with Amanda in the office if you are unsure, and please return completed forms to the school office as soon as possible.

Important information regarding School Uniforms.

Years 7 - 10

Students in Years 7-10 are required to wear full school uniform.

If they cannot do so on occasion they must bring a note from home to explain why.

There should be no decoration or emblems on any item of uniform except the school logo.

- Pants: Navy blue (not jeans)
- Shorts: Navy
- Shirt: Navy or white short or long sleeved polo shirt with school logo
- Jumper: Navy – windcheater, jumper, rugby top or polar fleece; with school logo
- Socks/tights: Optional – navy
- Skirt: Optional – navy
- Dress: Optional – blue school dress
- Jackets: Navy polar fleece jacket with school logo, or navy blue windbreaker jacket with school logo.
- Footwear: Black or brown covered footwear
- Hats: All students are encouraged to wear a ‘Sun Smart’ hat whilst outside. Suitable hats with school logo are available.

VCE and VCAL

VCE and VCAL students are not required to wear school uniform but are expected to dress appropriately for school, with due consideration for safety, and respect for all members of the school community.

Years Prep – 6

Uniform is not compulsory for students at the Flagstaff campus. However, many students like the sense of belonging that wearing a uniform creates, and many parents find it convenient and economical to have uniforms for school.

Flagstaff students wear red polo shirts, as distinct from the blue polos worn by Tambo students. Flagstaff students need to have a broad brimmed hat to play outside in Terms 1 and 4.

*All uniform items are available for purchase from:
Gippsland Work Wear and Safety Supplies
469 Princes Hwy
Bairnsdale Vic 3875
Phone 03 5152 5900 Fax 5153 2112
TRADING HOURS – Monday to Friday : 8.30am – 5.30pm*

ATTENTION OMEO BENAMBRA JUNIOR FOOTBALLERS

Training starts 4:30pm Tuesday 9th Feb
All Boys & Girls are welcome to attend

For further info call Dave 0488332482

Please bring your own drink bottle

Sun Bus coming to Swifts Creek

On Saturday 13th March, the Sun Bus will be coming to Swifts Creek Recreation Reserve for a family movie night.

It is a drought funded event by East Gippsland Shire Council and the event will be family friendly.

It will also be at Omeo Friday 19/2 and then in Benambra on the Saturday 20/2.

So families will be able to go to all 3 events if they like, or anywhere else in East Gippsland for that matter.

More information will be available soon.

ROTARY JUNIOR COMMUNITY AWARDS 2020

Congratulations to Katarin Weaver and Matilda Sheen for achieving their Rotary Junior Community Awards in 2020. Both students successfully completed a program of Community Service, Physical Recreation, Social Experience and Personal Skills. This award is a fine achievement any time, but in the COVID year it is especially to their credit that Katarin and Matilda completed the program. Well done, Matilda and Katarin.



Reading Tips

Get your child off to a good start by instilling a love of reading in them.

There are many things you can do to help with their reading.

Between the ages of 4 and 7, many children will begin learning to read, but you should still continue to read to them as often as possible.

Remember, children learn at different paces. Be patient with your child. If they get stuck, encourage them to make a guess by looking at the pictures and remembering what has happened in the story.





SCHOOLS AS HUBS



Rhyme Time With Tracy Killeen returns.

Tracy has had a long career in the Australian Country Music Industry, has worked in child care and as a nanny for 17 years. She has also done jazz ballet for eight years.

Join in with Tracy for a fun, interactive music session aiding and enhancing development in your child.

All Pre-School families including babies are invited to come along.
Sessions are no cost.

Swifts Creek School Flagstaff Campus Library – 10.30 – 11.00 a.m.

Dates for Term One are:

Thursday 25th February

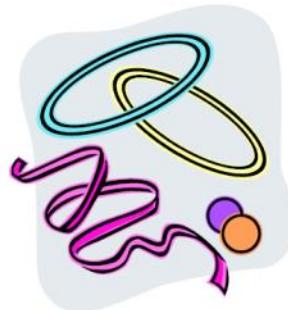
Thursday 25th March



Phone: Rowena Turner
Schools as Hubs Coordinator
High Country
Ph: 5159 4323



SCHOOLS AS HUBS



Kinder Gym with new presenter Gemma King

**At the Swifts Creek
Hall.**

**Thursday 11th February 2021
Thursday 11th March 2021**

Time: 10.30 – 11.30 a.m.

Pre-School families including babies are invited to come along.

Rowena Turner - Schools as Hubs Coordinator - High Country
Ph: 5159 4323

*Schools as Hubs is supported by Communities for Children East Gippsland.
The Communities for Children program is funded by the Australian Government
Department of Social Services and is facilitated in Gippsland by Uniting
Gippsland.*



International Food—Yrs 8,9,10 Pathways Subject.

Last week in International Food the students had the opportunity to make and try Mexican Pita Toasties, Sweet Chilli Chicken Kebabs and a Cool Cucumber Salad. Whilst some of the dishes weren't quite to everyone's taste, everyone had a great time making and trying the different foods. Each week we will be trying out new dishes from countries around the world so keep an eye on this space for what we cook up next.



Recipe of the week –

Meat Kebabs

Preparation: 20 mins

Cooking: 5 - 7 mins

Ready In: 25 - 27 mins

Ingredients

1 zucchini

1 small tin pineapple

1 capsicum

300g meat; chicken, beef or kangaroo

2 tbs sweet chilli sauce

2 tbs soy sauce

Spray oil



Directions

1. Place skewers in a shallow dish of water and soak for 5 minutes.
2. Cut pineapple, zucchini, and capsicum into bite sized pieces.
3. On a separate board, cut meat into bite sized pieces.
4. Thread zucchini, capsicum, pineapple and meat onto skewers.
5. Place sweet chilli and soy sauce in shallow dish and mix together. Coat kebabs in sauce mixture.
6. Spray frypan with oil, cook kebabs for 5- 7 minutes. Remember to turn the kebabs so the meat cooks evenly.
7. Enjoy.

Swim Training

**Starts
Feb 1st
Monday
nights
4pm**

**Lessons with
Kylie Krause**

**Must be able to swim 50
metres/ Pool membership
needed**

**Fun and Great Exercise
No Fee**

**Become Confident
With Every Stoke
Supported By One
Good Community
Wellbeing Grant PHN
& Studio 20 Massage,
Beauty, Fitness**

**Please Register On
0401230941**



headspace

National Youth Mental Health Foundation

free online services to support young people in your centre

By creating an account on the headspace website, young people and their families can access an integrated range of services to help them proactively manage their mental health. It complements headspace centres by providing additional support for young people who might be seeking information, between sessions or waiting for an appointment.

An integrated ecosystem of care

headspace's digital services enable a integrated stepped care approach by offering multiple ways that young people and their families can get the support they need.



young people access our digital offering in multiple ways





MENTAL
HEALTH
FIRST AID
Australia
Accredited Instructor



FREE TRAINING OPPORTUNITY IN FEBRUARY 2021

The 14-hour Youth Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to adolescents experiencing a mental health problem or crisis.

LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in young people
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation
- Become an accredited Mental Health First Aider

The Traralgon Rotary Club along with sponsors are proud to bring you this opportunity

Date: Thursday 11th AND Friday 12th February 2021
Venue: Traralgon Greyhound Club, McNairn Rd, Traralgon
Time: 9.00am – 4.30pm both days
BYO: Lunch & Snacks

Further information can be found at www.traralgonrotary.com/mhfa

Register on Eventbrite at the following link:

<https://www.eventbrite.com.au/e/youth-mental-health-first-aid-training-traralgon-location-2-x-7-hours-tickets-133028013369>



"I found the course to be truly beneficial and useful to me as I interact with secondary school students on a daily basis. I have gained the necessary tools to recognize and help those in need." - Luca