



Swifts Creek

P - 12 SCHOOL

Courage, Joy, Kindness

June 12th 2019 - Week 8 Term 2

NEWSLETTER

Tambo Campus Dates to Remember

June 12th - GAT - Year 12

June 13th - Gippsland Cross Country at Lardner Park

June 17th-28th—Year 10 Work Experience

June 25th - EG Netball and Badminton at Bairnsdale

Whole School Dates to Remember

June 18th - Whole School Assembly hosted by Yr 5/6

June 19th - Pupil Free Day

June 28th-Last day of Term 2

Flagstaff Campus Dates to Remember

June 14th - Book Club due back

Direct Debit details

If you would like to pay online the following are the schools details: BSB: 083 519 (**please note change of BSB**)

Account number: 1661 64398 Reference: Surname

Excursion EG: Smith Caving

Great Victorian Bike Ride (GVBR)

At assembly on Tuesday I discussed with Tambo students the opportunity to take part in the GVBR at the end of this year. The GVBR is a fully supported event run by Bicycle Network Victoria since 1984. For some years the school took part in this ride on a semi-regular basis, but we were last involved in 2012 meaning no current student has had the opportunity to do the ride. This year it runs from Robe, SA along the Great Ocean Road to Torquay. It has proven in the past to be a good way to help develop physical fitness, dedication, and resilience in students.

For students that may be interested I will be running a meeting one day next week where further details will be discussed and any questions can be raised. Whether we proceed with the event this year will depend in a large part on the level of student interest indicated at this meeting next week. If you have any questions on the GVBR before this time you can contact me at the school.

John O'Neill

Mid-year Exams

Year 10, 11, and 12 students will be taking mid-year exams next week between Tuesday and Friday. These are a great opportunity for students to demonstrate their learning over the semester and development important skills for the vital end of Year 12 exams and future studies. All students undertaking a Year 12 VCE subject are also required to sit the externally assessed GAT next Wednesday.

While these mid-year exams do not determine whether or not students pass their subjects, they are still a very important part of the school year for our senior students. All students have been provided with a copy of their relevant exam timetable. Please encourage your child to show you their timetable and discuss their exams with them. Good preparation is necessary for success in exams, so all students will have plenty of study they should be doing over the next week or so.

John O'Neill, Later Years Coordinator

Reading Tips

Give your child lots of opportunities to read aloud. Inspire your young reader to practice every day!

Take control of the television.

Encourage reading as a free-time activity, and set limits on the amount of time your child spends watching television or playing video games. It's difficult for reading to compete with these distractions, especially when a child is still struggling to read fluently.



Doctors in Secondary Schools Swifts Creek

Just to remind you that we are back at Tambo campus again this year - Dr Kath and Nurse Sophie from the Doctors in Secondary Schools Program.

Accessing a Doctor or other health professional can be a daunting experience especially if you haven't navigated our complex healthcare system before. Your friendly Nurse and GP are here to help you! You don't have to be sick to come and see us, you might want a checkup or to ask questions.... about anything really.

One of our aims of working in the school is to improve the health literacy of students and their families. What we mean by this is helping you learn the skills you need to make better decisions about your health and well-being. This will empower you to access healthcare services when needed. We want you to feel comfortable asking for more information if you don't understand something. Often doctors use medical jargon that is hard to understand and we want you to feel comfortable asking us to use plain language to explain concepts in a manner that makes sense to you. Keeping this in mind, perhaps each week we can explain a few medical terms that it is handy to understand if you want to see a healthcare professional. We can also explain the roles of various different professionals so you have more idea of who to see for what. Remember your local nurse or doctor can always point you in the right direction.

So let's start with what/who is a GP? A General Practitioner is a doctor who works in a local clinic seeing patients of all ages from all walks of life. A GP has completed a 4-6 year medical degree at university and then a year of internship which is like an apprenticeship, usually in a large tertiary hospital. After this the doctor often continues training in a hospital in areas that interest them for a number of years and then when they decide they want to be a GP they go on to complete a 3-4 year training program based in clinics and hospitals in both cities and rural areas.

How can you prepare for an appointment with a GP?

Before an appointment it helps to jot down some questions so you remember all the things you want to ask. It can also be helpful to anticipate questions the health professional might ask; for example about your past medical history, family history, medications you take and any allergies.

Remember Sophie and Kath are here at Tambo campus every Thursday from 10am until 2pm. Talk to Ms Napthine or your Home Group teacher if you would like to have an appointment, or just come in and see us!

Health literacy for consumers

60% PEOPLE **LOW HEALTH LITERACY**

Having low health literacy means someone doesn't have the knowledge they need to find, understand and use information about their health and health care.

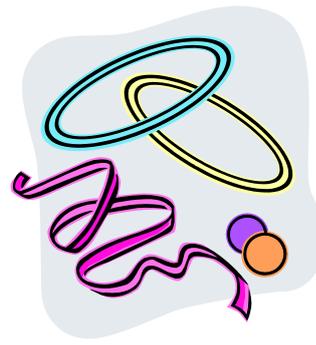
What can I do... to understand my health better?

- seek information
 - ask for information
 - educate yourself
- make sure you understand
 - prepare & ask questions
 - bring relatives or friends to appointments
- be open and honest
 - ask about your options
 - talk about your values & preferences
 - speak up if you are unhappy with your care
 - give all your medical details
- ask for things to be explained differently
 - request an interpreter

AUSTRALIAN COMMISSION ON SAFETY AND QUALITY IN HEALTH CARE

www.safetyandquality.gov.au

SCHOOLS AS HUBS



Announcing a new Kinder gym with Elisha Airs. At a new venue, the Swifts Creek Hall.

The first session will be held on Thursday 13th June.

Time: 10.30 – 11.30 a.m.

Sessions will be held on the 2nd Thursday of every month (during Term time)

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

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

Tracy is back with Rhyme Time

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 P-12 School Flagstaff Campus Library – 10.30 – 11.00 a.m.

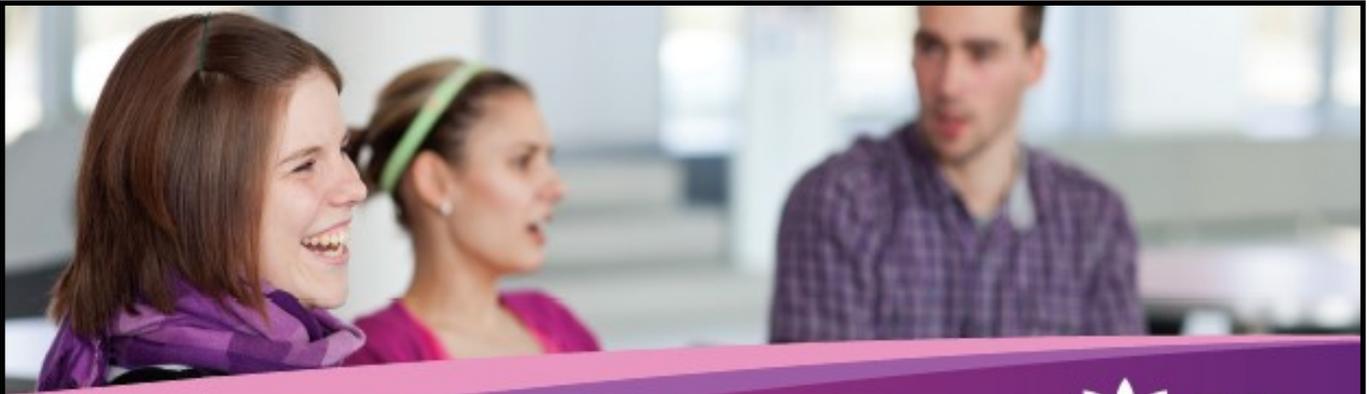
Dates for Term Two are:

Thursday 27th June

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



Uniting



**MENTAL
HEALTH
FIRST AID**
Australia

BECOME A MENTAL HEALTH FIRST AIDER

to support young people aged 12 to 18.

About 1 in 4 young Australians experience a common mental illness each year. Youth Mental Health First Aid (MHFA) training will teach you practical skills to support an adolescent with a mental health problem. Make a real difference to the young people in your community.

YOUTH MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.

ANY ADULT CAN ATTEND.

Ideal for parents/guardians, grandparents, school teachers, health professionals, coaches, mentors & committee members.



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

This is a 14-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

Participants must register at <https://omeo-sc-ymhfat-aug-2019.eventbrite.com.au/>
Participants **MUST** attend all 4 sessions.
More information call EGPCP 5153 0149.
This training has been made possible through the support of the Alcohol & Drug Foundation of Australia

DATES Aug- 13th, 14th, 20th & 21st

TIMES 5.30pm-9.00pm- 4 nights

COST Free!

VENUE Alternating between Swifts Creek Bush Nurse Centre & Omeo District Health.

FACILITATOR/S

Jane Ireland

Light supper provided.

For more information, visit mhfa.com.au/courses



@MHFA_Australia



@mentalhealthfirstaid