



Swifts Creek

P-12 SCHOOL

Courage, Joy, Kindness

NEWSLETTER

September 15th 2021 - Week 10 Term 3

Whole School dates to remember:

17th September—End of Term 3 School finishes at 2:30pm

Principal's Message

Congratulations and well done all. We have got Term 3 just about done.

If you are a big kid in the final year of your school life clearly you will need to have a plan for the term break which does include some relaxing, refreshing and revitalising along with some school work.

For others the refresh, relax and revitalising are the key actions for this break.

In a recent newsletter our Mental Health Practitioner, Sophie, shared with us some useful tips for self-care around the themes of Sleep, Nourishment & Exercise, and Purpose & Connection. She has now made a short video around each of these topics which are fun to watch and full of good ideas for self-care. These are on our school website and you will find them under the banner of COVID 19 Response, Student Wellbeing, or you can go straight to them via this link:

<https://www.swiftscreekp12.vic.edu.au/wellbeing-1>

You will also find, while you are on our website, a video about Optimism which was created by Lauren Short, our psychologist, that is well worth a re-visit.

Just a reminder that you have until Friday to complete the Parent/Caregiver/Guardian Opinion Survey, if you haven't already done so. Thanks to those who have.

We have not seen the plan for next term yet. As soon as we have the plan we will share it with you.

So please enjoy your break and we look forward to what adventures next term may bring us.

Robert Boucher

COVID Vaccine

Following the recent COVID-19 Vaccine rollout, the Victorian Department of Health has established a COVID-19 Vaccine Champions program. The purpose of the program is to provide the school community with timely, accurate, evidence-informed and factual information supplied by the Department of Health. Should you or your child have any queries with regards to receiving the vaccine, our nominated Vaccine Champion, Anna Davies, is available to discuss any of your questions or concerns.

Please contact her by email at anna.davies2@education.vic.gov.au or via the Tambo campus office.



Breast screening—finding cancer early could save your life

Over 50? Visit BreastScreen Victoria's Mobile Screening Service:



Free



Takes 10 minutes



No need for
doctor's referral



With a female
radiographer



Available near you
throughout Victoria

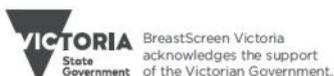
25 October – 9 November 2021

OMEQ DISTRICT HEALTH

12 EASTON STREET, OMEQ VIC 3898

PSTR MISS/MB

Book at breastscreen.org.au or call **13 20 50**



TTY
13 36 77



Interpreters
available
13 14 50

