



TERM 2, WEEK 2 - APRIL 24 2024

THE WIRAN

SWAN HILL PRIMARY SCHOOL

From Our Principal

Mrs Hayley Doyle

Our Grade 5 staff, students and parent helpers return from the Ballarat Camp today. From all reports, they've had a great time learning about the gold rush era and going back in time.

Tomorrow is ANZAC Day - a national day of remembrance in Australia and New Zealand that broadly commemorates all Australians and New Zealanders who served and died in all wars, conflicts, and peacekeeping operations and the contributions and suffering of those who have served.

Our School Captains will be laying a wreath, at the local ANZAC service tomorrow and students from other year levels are welcome to join us for the march. If your child will be participating in the march, please ensure they are dressed in school uniform. We will meet at the Dunlop Tyre Centre on McCrae St. at 10.20am and parents can collect their child/ren outside the former Tristar Medical Clinic, on McCallum St. immediately after the march.

ANZAC DAY
SHPS will be attending the Swan Hill ANZAC Day March. Students are welcome to join us for the march.
Please note the following details:
-Students wear school uniform
-Meet at Dunlop Tyre Centre, McCrae St. at 10.20am
-Parents to collect students immediately after the march, from outside the former Tristar Medical Clinic, corner McCallum & Campbell St.

LEST WE FORGET
ANZAC DAY
APRIL 25

What's On

- Thursday April 25**
Anzac Day Public Holiday
- Wednesday May 1**
Grade 5 Swimming
- Thursday May 2**
Senior Cross Country
- Wednesday May 8**
Grade 5 Swimming
Gr 6 Mackillop Transition
Book Fair Opens
- Friday May 10**
* Mother's Day Stall *
* Mother's Day Lunch *
- Tuesday May 14**
Book Fair Ends
- Wednesday May 15**
Grade 5 Swimming
- Monday May 20**
Junior Cross Country
- Tuesday May 21**
Visiting Performance
School Council Meeting
- Wednesday May 22**
Grade 5 Swimming
- Wednesday May 29**
Grade 5 Swimming

Issue 3 OUT NOW!

WELCOME TO Book Club

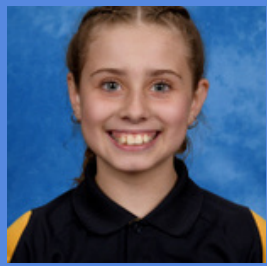
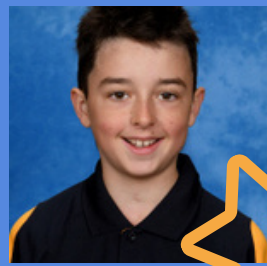
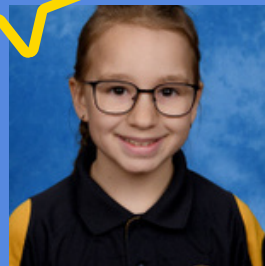
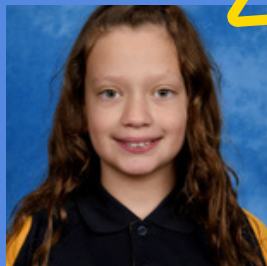
SCHOLASTIC

**CLOSES FRIDAY
26TH APRIL**

Students of the Week - Term 2 - Week 1

Prep J Audrey
 Prep M Mack
 Prep S Hadlee
 Prep T Matilda
 1A Willem
 1B Marlie
 1L Emmy
 1M Halo
 2C Drake
 2E Arley
 2R Lincoln
 2W Bonnie
 3D Dylan
 3H Oliver
 3M Jaxon

4B Hannah
 4G Charlie
 4H Leigha
 4K Milah
 5B Octavia
 5C Amber
 5F Billy
 6K Isabella
 6M Zophia
 6T Amelia
 Mental Health Liam
 Digital Learning Percy
 Auslan Aurora
 Music Jos
 PE Jayden
 Science Nate





Wellbeing Term 2

Week 1 and 2 Mental Health sessions with Mrs Moloney

Topic: Riding the waves of emotions

Sessions always start with a Check In and What Went Well

We must name our emotions to tame them in our bodies – “Name it to tame it”

What Went well: a gratitude practise that “trains our brains to see the good”

Emotion Focus - Compassion

Compassion - when you are deeply aware of distress, pain or suffering, and you want to help make things better.

Students will learn about how to ride the wave of emotions as a way of dealing with how to cope positively and how to help move big feelings through their bodies. As well as soothing speech to calm themselves. “May I be calm, May I be safe, May I be grounded”

Riding the Wave of Emotions

**Name the emotion
you are feeling**
‘What am I feeling
right now?’
Give the feeling a
name.

**Notice the feeling
you are having
without trying to
change it**
Remember emotions
are normal and it’s OK
to feel this way.

**Tune into how you
are feeling in your
body**
Where do I feel this
in my body?
What sensations can
I feel?

**Sit with the
emotion for a few
minutes**
Just notice the
sensations you are
having in your body.
Remember that
emotions do pass.

**Take a few Mindful
Belly Breaths**
Then just notice your
breathing for a few
minutes.



Meditation for the week

Mindfulness of Feeling

https://www.peacefulkids.com.au/uploads/4/8/2/8/48287831/breath_meditation_mixdown_17.mp3

· This meditation can be done for a few minutes in bed to help calm your child and encourage them to relax/sleep, if the link doesn’t work. Type ‘Peaceful kids’ into google > select ‘meditations’ > click on ‘Mindfulness of Feeling’

Brain Break and breathing technique:

Ask your child to teach you either of these techniques.

- Figure 8 breathing- Imagine drawing a sideways figure 8 on your arm, your leg or anywhere that feels lovely. Breathe out, then as you draw the first belly of the 8, breathe in for 3, when you get to the middle of the 8 hold it for one, then as you trace the second belly of the 8 breathe out for 3.
- Butterfly taps – can move big feelings in our bodies and helps us feel good.

Mr Carroll's Sport Report



Grade 5 Swimming

Grade 5 swimming commences next week.

Senior Cross Country

Senior Cross Country will be held on Thursday 2nd of May. Students aged 8, 9 and 10 will run 2km's up to Ken Harrison Reserve and back. Students aged 11 and 12 will run 3 km's, up to Ken Harrison Reserve, around the soccer fields and back to school. 11 and 12's will run at approximately 11.40 a.m. 8-, 9- and 10-year-olds will run at 12.05 p.m.

State Swimming

Well done to Amy "Olympics" Bail who swam so well at Friday's State School Swimming event. Amy finished 5th beating her best time by over two seconds. An amazing effort Amy!!



Mother's Day Lunch

Friday 10th May

12:30pm - 2:00pm

*Family and friends are invited
to come along to SHPS and visit
your child's class and enjoy a
special lunch together.*

PLEASE BYO LUNCH

Mother's Day Stall

**FRIDAY 10TH MAY
9:00AM - 11:00AM**

Please send a small
amount of money with
your child, for them to
purchase gifts.

Gifts range from \$1 - \$6.

Are you the parent or carer of a child aged between 0-6 years?

We would love to hear from you!



In 2019 Swan Hill Rural City Council (Council) developed its Municipal Early-Middle Years Plan (MEMYP). Since then, the Plan has worked to improve the wellbeing, health, educational and developmental outcomes of all children aged 0-12 years in the Swan Hill municipality. In fact, 1,200 people fed their ideas into the Plan – you may have been one of them!

In the years since the Municipal Early-Middle Years Plan Council has worked to understand the needs of individual communities and areas across the municipality including the Woorinen and Manangatang areas (2021-2022) and most recently Robinvale and surrounds (2023).



Council is now focussing on hearing from the Swan Hill and surrounding communities through the Swan Hill Early Years Services Consultation which will take place through to August 2024.

At Council we want to better understand what early years services are needed and what should be included in a Children and Family Hub with the Maternal and Child Health service. BUT we also understand that Swan Hill CITY is growing and many of our smaller communities come here for important services and supports too.

So, whether you live in or around Swan Hill, or you come to Swan Hill for services we need to hear from you. Please help us plan for the future so we can get this right for ALL our children, families and communities.

To share your ideas, experiences and knowledge please complete the short survey by scanning the QR code or using the link. You can then go into the draw to win 1 of 5 x \$50 gift cards.

www.surveymonkey.com/r/shrccEarlyYrs



Thank you to our generous families that have been donating their **Container Deposit Scheme** refunds directly to our Science program. We can't wait to start seeing this money being used for additional resources for our students. In order to donate your refunds to the school, all you have to do is present the barcode to the left when you take in your cans, bottles and cartons.

Donate your 10c deposit to SHPS

Robloc Recycling Swan Hill - 3 Quin Drive
Open Mon-Sat, 8.00am - 4.00pm



C2000009130



AFL PLAY



come find your awesome

JOIN YOUR LOCAL AUSKICK

Plenty of Fun for Boys and Girls 5-12 years of Age
Meet new friends, be involved in the community, the chance to play at half time at an AFL Game and receive a AFL Pack, delivered to your home
Register/search for your nearest Centres or Scan the QR Code



play.afl/auskick



TAC L2P PROGRAM

L2P DRIVER MENTORS NEEDED!

HAVE YOU GOT 1-2 HOURS SPARE A WEEK TO HELP YOUNG PEOPLE WITHIN THE COMMUNITY GET THEIR P PLATES!?

FREE MENTOR TRAINING

WHEN: SUNDAY 19TH OF MAY 2024
TIME: 10AM - 2.00PM (MORNING TEA & LUNCH PROVIDED)
WHERE: MURRAY MALLEE ILEN OFFICE
(73 BEVERIDGE STREET, SWAN HILL)



RSVP by 15th of May for catering purposes to:
Meagan McGregor (03) 5033 2017 or email lzp@mmilen.com
Kym McIntosh (Kerang) 0473 545 482 or email lzp2@mmilen.com

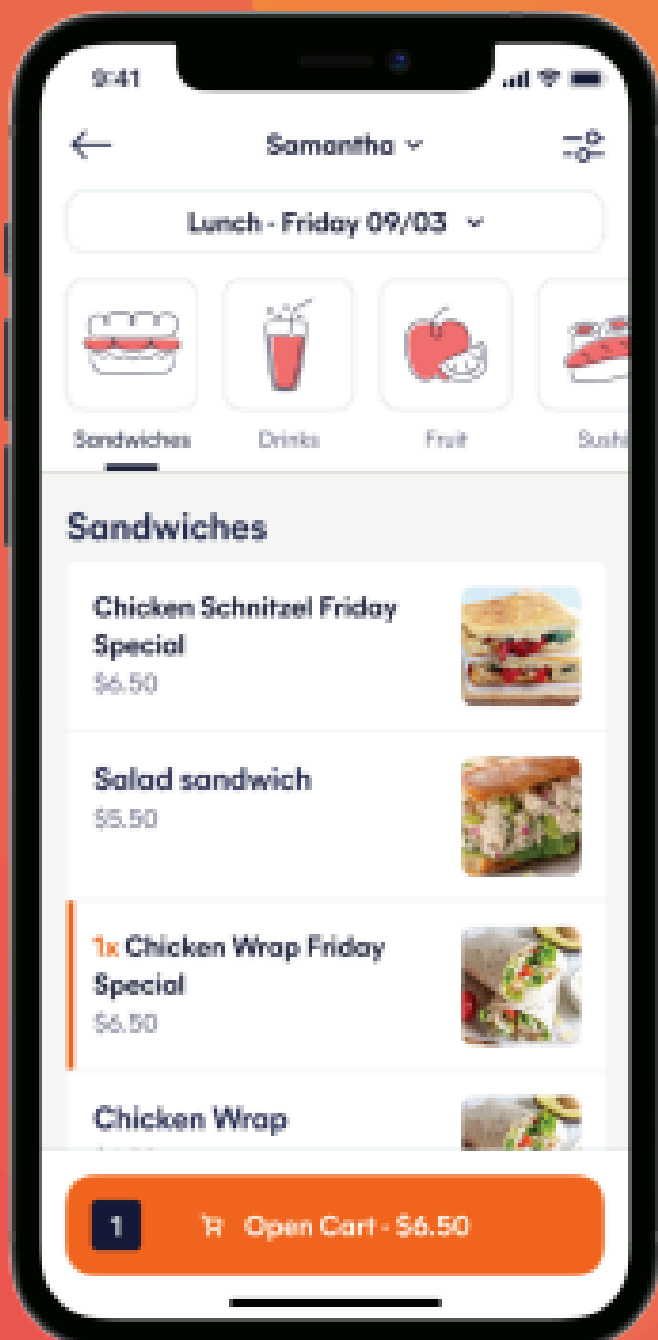


Department of Transport

Spriggy Schools

Pay for lunch online!

The canteen has partnered with Spriggy Schools to make online ordering easy.



Easy

View the full menu with all options and dietary labeling

Simple

Quickly place orders from any device in minutes

Convenient

Set and forget by ordering in advance



Download the app now!



Spriggy Schools Pty Ltd (ABN-83 650 483 819), based in Sydney, Australia is the issuer of the Spriggy Schools. Spriggy Schools does not hold an AFS licence but operates in accordance with ASIC Instrument 2016/211 (Non-cash payment facilities). Please consider the Terms and Conditions and the Target Market Determination to ensure the product is right for you. See full terms at www.spriggy.schools.com.au.



Canteen Menu Term 2, 2024

Orders need to be placed through the Spriggy Schools app, available from the AppStore/GooglePlay Store.



ORDERS MUST BE PLACED PRIOR TO 9.15AM, WE RECOMMEND ORDERING THE NIGHT BEFORE.

SANDWICHES/ROLLS

BREAD IS MULTIGRAIN, ROLLS ARE WHITE

Vegetemite <u>or</u> Honey	\$3.00
Vegetemite & Cheese	\$4.00
Plain Cheese	\$4.00
Ham & Cheese	\$4.50
Egg & Lettuce	\$4.50
Chicken, Cheese & Lettuce	\$5.00
Salad Roll	\$7.50

TOASTED

Cheese <u>or</u> Ham	\$4.00
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Cheese & Tomato	\$4.50

HOT FOOD

TOMATO SAUCE	\$0.30
Dim Sim	\$1.00
Chicken Nuggets	\$1.00
Sweet Chili Tender	\$2.50
Pie	\$5.50
Sausage Roll	\$4.00
Pizza Single (Cheese & Bacon / Ham & P'apple)	\$3.50
Sweet Chili Tender Roll (with Lettuce & Mayo)	\$6.00
Chicken Burger (Lettuce, Mayo & Cheese)	\$6.00
Corn Cob	\$1.50

SNACKS

Muffins	\$1.50
Banana Bread	\$1.50
JJ Crisps (Chicken or Salt & Vinegar)	\$1.50
Honey Soy or Sea Salt Chips	\$1.50
Grainwaves	\$1.50
Popcorn	\$1.00
Jelly Cup	\$1.00

DRINKS

Bottled Water	\$2.00
Juice (Tropical/Orange/Apple/Apple Black Currant)	\$2.00
Nippys Milk (Strawberry/Choc)	\$2.50
Hot Chocolate	\$2.50
Slushie - Large	\$2.50
- Small	\$2.00

FROZEN FOOD

Icypole	\$0.70
Frozen Yoghurt (Raspberry/Mango)	\$2.50
Pineapple Ring	\$0.50
Watermelon Slice	\$0.50
Orange Quarter	\$0.20



Once in
a while
Occasional
Everyday

