



Swan Hill Specialist School

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Principal: Graeme Scoberg Issue 29.09 9th September 2009

Wednesday	School Banking
Wednesday 9 th -11 th September	Mungo Youth Forum
Friday 11 th September	Christmas Catalogues Due Back
Wednesday 14 th -16 th October	Room 3 Camp to Shepparton
Wednesday 16 th September	Parents Club Meeting
Friday 19 th September	Last Day term 3
Monday 5 th October	First Day term 4
Saturday 24 th October	Swan Hill Specialist School Debutante

Principals Report

The Middle Years area redevelopment is progressing well. The Outdoor Learning Area has been concreted and the structure erected. Developments will continue for the remainder of the year and is expected to be completed for the start of the 2010 school year.

Today we farewell Casey Wynne. Casey has been employed by the accounting firm Richmond & Sinnot to work in their Bendigo office. We thank Casey for her past 14 months with us and wish her all the best for the future.

Graeme Scoberg

Parents Club Report

Next meeting will be held Wednesday the 16th of September, at the school.

Catering today was a big success I would like to thank Karen Illsley and Carol Beck for all their assistance. Congratulations to our winners of our Father's Day raffle last Friday.

Our winners:-

First:- Rebecca H
Second:- Chris Gill
Third:- Anne Webb
Pauline Wynne

CANTEEN!!!

Menu:- Chicken Schnitzel & Vegetables

:- Scroggin/Popcorn

:- Muffin

You Can Do It

Section One

Our section one You Can Do It award winner for this week is Elijah L. Elijah received his award for making great choices all week.

Well done, Elijah.

Section Two

Our section two You Can Do It award winner for this week is Sama S. Sama received her award for being extremely responsible in class.

Keep up the great work, Sama.

Section Three

Our section three You Can Do It award winner for this week is Stephanie F. Steph received her award for her great work in sensory last week.

Congratulations, Steph.

P.E Award

Our PE Award winner for this week is Chris W. Chris received his award for trying very hard and following all the rules.

Keep up the great work, Chris.

Art Award

Our Art Award winner for this week is Joshua Mu. Josh received his award for doing amazing work in art.

Bravo, Josh.

Healthy Values Award

Our Healthy Values Award winner for this week is Kaitlin W. Kaitlin received her award for her amazing cooperation shown all week.

Well done, Kaitlin.

Before School Award

Our Before School Award winner for this week is Zac F. Zac received his award for showing a very mature attitude on the bus.

Amazing work, Zac.

Room One News

Room One thoroughly enjoyed the school athletics sports and are still discussing events that occurred on the day.

They are becoming very adventurous in tasting a variety of foods on Tuesday when they undertake cooking. They are becoming proficient in labelling foods as GO, GROW and GLOW foods.

All students eagerly look forward to their work tasks and have made great progress with pre-writing and pre-reading skills.

The Friday swimming program has enabled students to consolidate and extend their skills in the pool.

Students have enjoyed participating in games that children in Thailand are involved in. Keep up the great work room 1.

Dietetics, Swan Hill District Health



Dairy: High in calcium, but high in fat

Dairy foods such as milk, cheese and yoghurt are important foods for your child. Dairy foods provide growing bodies with lots of calcium needed for strong, healthy bones and teeth. Children aged 4-11 years should have 3 serves of dairy each day, whereas those aged 12-18 years should have 4 serves each day. A serve is 1 cup of milk (250ml), 2 slices of cheese (40g) or 200g of yoghurt. Although some other foods also contain smaller amounts of calcium, the calcium from these foods is not absorbed by the body as well as that from dairy foods.

As dairy foods come from an animal, they are high in saturated fat- the bad fat for your child's heart. Dairy foods contribute more saturated fat to children's diets today than any other food type. For this reason, ensure your child drinks reduced-fat/lite milk from 2 years of age. Skim milk is also fine for children to drink from 5 years of age. Buy reduced-fat cheese, yoghurt and other dairy products whenever possible too. It won't take long for the whole family to get used to the new taste.

CHRISTMAS CATALOGUES
DUE BACK THIS FRIDAY. NO
LATE ORDERS WILL BE
ACCEPTED!



Head Lice

The warmer weather is the time of the year when head lice reappear. Please make sure you regularly check your child.

Who is responsible for checking and treating head lice?

Like similar health conditions such as scabies, and ringworm, it is a parent or guardian's responsibility to treat and care for their child.

Do head lice live in carpets, clothes, hats or sheets?

No. Head lice very rarely fall from the head. They require blood to survive. Head lice feed 3-4 times a day and without blood, will dehydrate in 6 hours in a dry climate and 24 hours in a humid climate.

An egg requires warmth to hatch and is the reason why they are laid close to the scalp. The further away from the scalp, the less likely they are to survive.

Treatment Choices

- Chemical: Treat and comb to remove the head lice and eggs; and repeat in 7 days
- Non-chemical: Use conditioner and comb to remove the head lice and eggs; and repeat every 2 days until no live lice have been found for 10 days.

Footy Day

On the last day of this term we will be holding a fundraiser for 'Children for Chances' and Portsea Camp.

Next Friday students are to wear their favourite football team's colours. A BBQ will be held at the school for \$5. Please fill out the attached form and return to the school by next Wednesday with appropriate money.

We will also be running a colouring competition, a footy kicking competition and a handball competition. It will be a very fun day.

P.E News

ACTIVE AFTER SCHOOL

Our active after school program draws to a close tomorrow for this term. It has been a terrific term, full of lots of activity. On Mondays we have done cycling and added up the laps ridden for the past 6 weeks in a 30 minute session each week. Aarron L has cycled 41km, Elly-30km, Patrick-25km, Rian, Toby, Jesse and Mary Anne-23km, Kye and Seb-19km, Lachlan-16km, Katy and Tess-15km, Josh and Ryan -13km, Jonno-11km and Michael 4km. The students are having fun and keeping fit and active.

We have also had 2 MacKillop College students Maddie S and Brianna B take netball and ball games for us the last 3 weeks which has been fun. On Thursdays we have had 2 MacKillop College boys, Nathan and Ben who have been taking us for Aussie Rules football the past 3 weeks. We learnt some good skills and had fun as the picture shows.



ADVANCED SPORT

10 PIN BOWLING

We have only one more week to go of bowling. It has been terrific fun and the results are very close. Just who will take out the students and staff championships??

Aarron is our leader on 434, Michael -401, Brendan-391, Kye-372 and Brian on 366 followed

by Rhiannon, Joanne, Michelle, Kyrsty and Daniel who make up our top 10.

Mr Paynter is leading the staff on 490 followed by Ian-485, Mrs Allen-445 and Vicki-427.

Good luck to all-let's hope we get many strikes and spares next Monday

WHEELCHAIR BASKETBALL

We all had a great time listening to Jason Sleep talk about his experience as a paraplegic. He is a world champion water skier and also plays wheelchair basketball and snow skis. Jason spoke about the importance of thinking about all the risks involved in an activity before you do anything. As he explained one silly stunt on his motor bike has resulted in him losing the use of his legs and some of his left arm. The students all had a go at playing wheelchair basketball and using the special chairs and got a lot out of the session.

Debutante Ball 2009



Dear students, parents and carers,
We are now selling tickets for our Debutante Ball. The ball is on Saturday the 24th October at the Swan Hill Town Hall, starting at 7.30pm. The debutantes and their partners will be presented at 8pm. There are ten seats to a table and the tickets cost \$25.00 each (adults and children are the same cost)

If you would like to buy some tickets please complete the form below and return to Anne Webb. We will need payment by 16th October.

If you have any queries please contact me at school on 50 323683.

Regards
Annie Edgerton

SCAFFOLD

(Supporting children and families for all levels of Disability)

Dear members,

Next Swan Hill Parent Support Group meeting is on:-

Thursday 10th September
7.00pm for dinner
At Commercial Hotel
Swan Hill

Agenda:-

Girl's night out

RSVP ASAP for numbers

Thanks,
Pauline Wynne
Group Leader
50 30 2156 (Home)
0488 686 576 (Mobile)

Tickets for Debutante Ball 2009

Name.....

I would like to buy..... tickets.

Signed.....



Footy Day BBQ

Options are

- 1) Sausage, Donut and a fruit box
- or
- 2) Hamburger, Donut and a fruit box

Name:.....

Number of Orders:.....

Option 1 or 2:.....

Money Enclosed: \$.....

