



NEWSLETTER

Swan Hill Christian School



ENROLMENTS OPEN

Your recommendation will make a difference! We encourage you to invite your friends to check out our school. We have tours available with the Principal every Monday morning, and interested families can register through our website:

<https://shcs.vic.edu.au/book-a-tour/>



www.shcs.vic.edu.au

IN SHORT

Parent Library book review

Mental Health in Primary School
Program survey to complete

Cross Country for all students - Tuesday
7 May at Riverside Park

School prayer time Wednesdays at
3:30pm

FROM OUR BOARD CHAIR



It's footy season. Love it or hate it but you can't escape it. I love it. I've played, coached or umpired nearly my whole life, and now I'm a trainer.

"The Lord is my shepherd" (Psalm 23) is one of the most well known verses in the Bible, and all footy followers know what a shepherd is. It's when your teammate protects you from the opposition so you can have an uninhibited run with the ball, they put their body in the firing line so yours isn't.

Now I know David wasn't referring to footy when he wrote these words, but the biblical truth contained in the footy version of a shepherd is the same. We know Jesus took our punishment for us, and we may never know how many times God protects us from the opposition's attacks.

The Lord is my shepherd, the best teammate ever. - **Warrick Grey, Board Chair**

GET THE WORD OUT

Here at SHCS, we are proud of our community and we want to share what we have with all of Swan Hill!

As we are doing all we can to grow our wonderful school, we encourage you to join us by taking part in any way you can. You can regularly share and comment on our social media, and even take a few minutes to write a meaningful Google review. Just by doing this, more people will be able to find our school.

We hope that together, by sharing our love for our community, we will lead more families to join us!

COMMENT

LIKE

Share

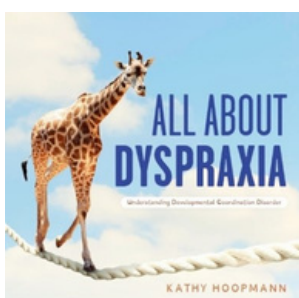
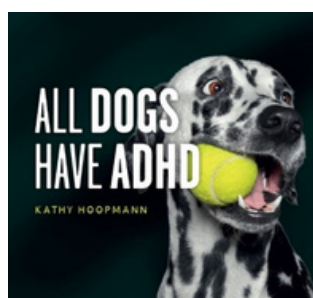
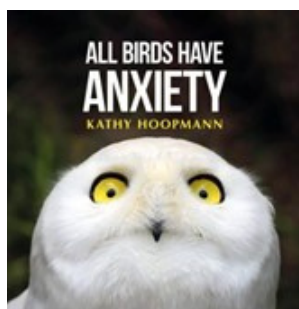
BOOKS BY KATHY HOOPMAN

Kathy Hoopman is a Christian author who lives in Brisbane. She began writing more than twenty years ago. Kathy's four photo books are read around the world and are translated into multiple languages.

Kathy's first photo book, originally titled *All Cats have Asperger Syndrome*, was written for children that they might feel understood. She also wrote the book for grandparents, teachers and others, to help them understand "why those with Asperger's did the things they did". Kathy comments on her website, "I wanted to write a quick, visual read that highlighted the positives without ignoring the difficulties of the syndrome ...".

Since the release of this first book in 2006, Kathy has created three more photo books. Kathy's books are highly recommended because they give the reader a glimpse into the experience of living with ADHD, anxiety, autism and dyspraxia.

Available now in our Parent Library.



CROSS COUNTRY TIMES

Our students are participating in the Small Schools Cross Country event at Riverside Park on Tuesday 7 May.

Parents/carers are welcome to attend, the race times for each age group are as follows:

10:00am - 12+ year olds (3000m)

10:20am - 11 year olds (3000m)

10:50am - 10 year olds (2000m)

11:10am - 9 year olds (2000m)

11:30am - 8 year olds (1000m)

11:50am - 7 year olds (1000m)

12:10pm - 5&6 year olds (500m)

1:00pm - Tug of War and

Presentations

A letter from Mr D with the details of what to bring is attached to the newsletter and posted on UEducateUs announcements.



ANZAC DAY

This week, our students have been engaging in activities in appreciation of the many lives that were impacted by war. From the meaning of ANZAC to making cookies and reading stories of men, women, children and even animals who did heroic things.

We often take for granted the small, even unseen acts of selflessness and kindness which our class read about this week. One quote grabbed us and we had to respond - 'Not all heroes get a medal'.

Who do you know that deserves a medal?

Jesus promised that even giving a glass of water to the smallest of his followers, would be rewarded.

Lest We Forget!



MRS DICKINSON'S NEW ROLE – MENTAL HEALTH WELLBEING LEADER



Our school values each student and desires to meet their needs, whenever they arise. For this to happen, the Victorian Education Department offered training and resources to make sure that all students have the opportunity to learn and engage in life with a positive mindset. This is called **MHiPS** (Mental Health in Primary School).

This year saw Mrs Dickinson move out of the classroom for 1 to 2 days into the role designed to support students and staff with their wellbeing and integrate our approach into our daily lives.

This sees Mrs Dickinson working in each of the classrooms on these days, with Mrs Ellis (Student Wellbeing Officer) and with the services in our community.

Please feel free to ask any questions. If you do need support for your child, we have attached a Play Therapy flyer introducing Sarah Everett and her support services.

We would appreciate you taking a couple of minutes to complete a survey regarding the approach to wellbeing and mental health in our school. The link is below. This is done anonymously and will assist us in knowing how we can continue to support your child.

https://www.surveymonkey.com/r/TCRP_R2X

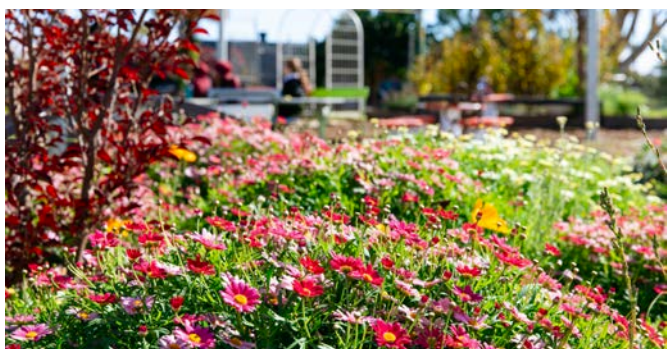
CARER GATEWAY

Carer Gateway is a government funded program to support all carers/siblings/parents of people with illness or 'disabilities', including students with ASD/ADHD etc. For more information see the attached flyer or their website

<https://www.carergateway.gov.au/>

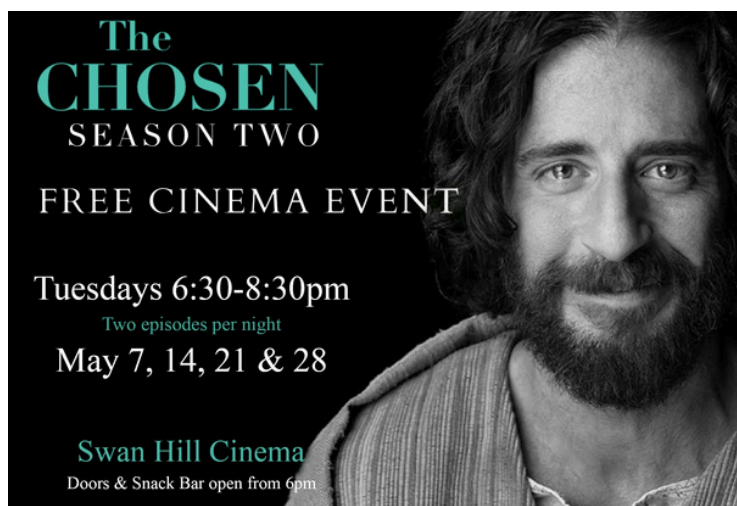
PRAYING FOR OUR SCHOOL

Please join us in praying for our school each Wednesday of Term 2 at 3:30pm in the Community Room.



ATTACHMENTS

- Auskick information
- School Nurse flyer
- Play Therapy Flyer
- Carer Gateway
- SHCS Library Flyer
- SHCS Cross Country letter



FREE MOVIE AT THE CINEMAS

After the success of the screening of Season 1 of the Chosen in Term 1, we see the next season available at the cinema during May.

What is THE CHOSEN? It is a multi-season series about the life and ministry of Jesus of Nazareth. Primarily set in Judaea and Galilee in the 1st century, the series centres on Jesus and the different people who met and followed or otherwise interacted with him.

SCHOOL NURSE

The district school nurse will be at SHCS on Tuesday 30 April to see the Foundation students. Their parents/carers have received an email and card with information on how to register.

If you have questions contact the office.

UPCOMING EVENTS

- Tue 30 Apr - Grade 6 students attending GRIP Leadership Conference
- Tue 30 Apr - School Nurse to see the Foundation students
- Wed 1 May - Assembly at 2:30pm - all are welcome
- Wed 1 May - Prayer in the Community Room at 3:30pm
- Thu 2 May - Come & Try Day 9-10am
- Tue 7 May - Cross Country at Riverside Park

Parents/Carers can find the full calendar on uEducateUs.



PLAY

FOR
the
KICKS

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











Free health, wellbeing and development checks for prep students

The Primary School Nursing Program is a free health and wellbeing service offered to all Victorian students in their first year of school.

The program aims to assist with the early identification of children with potential health, wellbeing or development concerns which may impact on their education and offers screening which may include:

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|--|---|---|---|---|--|
| 
Hearing | 
Vision | 
Speech | 
Dental | 
Motor Skills | 
Behaviour and social skills |
|--|---|---|---|---|--|

The Primary School Nurse also provides advice, information and referrals to other health and support services.
Your Primary School Nurse is Kerrie McCosh
T: 0428319636
E: Kerrie.Mccosh@education.vic.gov.au

Please remember to complete:

The Online School Entrant Health Questionnaire (which can be accessed through this QR code or link on your mobile device or computer)



<https://students.educationapps.vic.gov.au/sehq/s/>

Completing the School Entrant Health Questionnaire online is preferred. A paper copy may be available on request.

PLAY THERAPY



What is it?

Play therapy is a developmentally appropriate, child-lead approach, designed to support children 2-12 years old, in their emotional and psychological well-being.

Play Therapy allows children to play out their thoughts, feelings and experiences in a safe space through this powerful yet gentle approach.

The result: children who can process trauma, heal from hurts and thrive in their everyday life.



How it can help

- Increase your child's ability to regulate emotionally
- Enhance your child's well-being and self-awareness
- Support your child to process traumatic experiences
- Enhance social interactions and play skills
- Grow attachment and relationship between child and caregiver/s
- Increase child's self esteem and sense of self
- Build healthy connections with peers and family
- Fosters and increases decision making and problem solving

To book or find out more



Phone: 0499 64 22 76



Email: hello@flourishwithin.au



www.flourishwithin.au

Who Does it help?

Children going through difficulties associated with:

- Low self-esteem and self-confidence
- School and social difficulties
- Situational mutism
- Trauma or attachment issues
- Divorce and separation
- Anxiety and depression
- Grief and loss
- Angry and aggressive behaviours
- Chronic illness
- Bullying
- Sexual or physical abuse
- Gender variance
- Sleep
- Out of Home Care
- plus more

Children with a diagnosis of:

- Autism
- ADHD
- AuDHD
- Global Development Delay
- Cerebral Palsy
- Down Syndrome
- PTSD
- plus more...

Where carers can find support



Sargoon, carer to his daughter.

A carer is someone who looks after a family member or friend with disability, a medical condition, mental illness, or someone who is frail due to age.

If you are a carer, you can get help and support through Carer Gateway.

What is Carer Gateway?

Carer Gateway provides in-person, phone and online services and support to Australia's 2.65 million unpaid carers.

Carer Gateway has many services that can help you with any daily challenges, emotional and financial stresses that you may experience in your role as a carer.

How do I use Carer Gateway services?

You can talk to a Carer Gateway service provider by calling **1800 422 737** Monday to Friday between 8am and 5pm. Carer Gateway staff will talk through what you need and help you to find services and support. If you want to talk with someone in your language, you can phone the Translating and Interpreting Service on **131 450**. The Translating and Interpreting Service provides access to interpreters who speak more than 160 languages. The service is available 24 hours a day, 7 days a week.

Carer Gateway also has a national website (carergateway.gov.au) that has online services and information to support you as a carer.

Carer Gateway provides many services, including:



Coaching

If you want to learn new ways to manage stress and improve your wellbeing, the self-guided coaching courses on the Carer Gateway website can help you.



Counselling

If you are feeling stressed, anxious, sad or frustrated, a professional counsellor can talk through your worries and help you. You can talk one-on-one, in-person with a professional counsellor in your area or on the phone in the comfort of your own home. If you want to talk with someone in your language, you can phone the Translating and Interpreting Service on 131 450.



Respite care

'Respite' or 'respite care' is when someone else takes care of the person you care for. You might need emergency respite care if you suddenly find you can't provide care, for example if you are ill or injured. You can also plan respite care so that you can have a break. To arrange emergency respite care, or planned respite care, call Carer Gateway on 1800 422 737 to talk about options in your area.



Connect with other carers

If you feel alone or want to get advice from other carers, Carer Gateway can help you meet with people in similar caring situations to share your stories, knowledge and experience. You can meet local carers in-person and share advice and learn from each other in a safe space. The Carer Gateway website also provides an online forum that you can join and become part of a supportive online community with other carers.

'A significant amount of time and energy goes into caring for someone, but you also need to take time for yourself.'

Sargoon, carer to his daughter.



Online skills courses

You can learn new skills through short interactive online courses on the Carer Gateway website. The courses will help you in your caring role and provide information on how to take care of your own wellbeing, deal with stress and legal issues.



Financial support

As a carer, you may be able to get financial help. There are two financial support packages available to eligible carers through Carer Gateway. You may be able to get funding to buy a one-off practical support in the form of equipment or an item to assist you in your caring role. You may also be able to get funding for a range of ongoing practical supports, such as planned respite or transport, provided over a twelve-month period.

How do I contact Carer Gateway?

Carer Gateway offers a national website at www.carergateway.gov.au or you can phone **1800 422 737** Monday to Friday between 8am and 5pm.

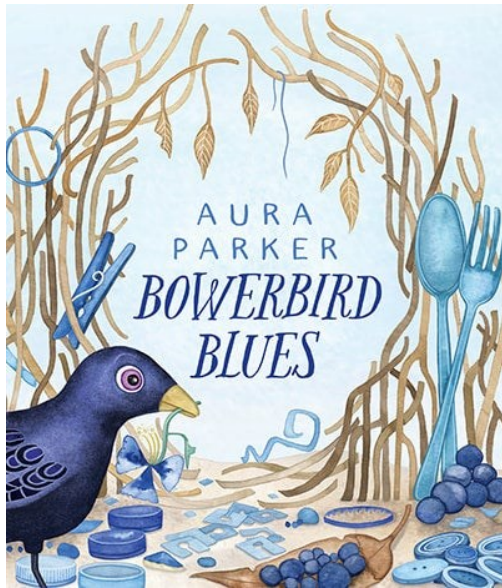


carergateway.gov.au

Connecting carers to support services

Library News

Term 2 2024



Join us for National Simultaneous Storytime on Wednesday May 22 at 12pm when we will read the book *Bowerbird Blues* by Aura Parker. Parents and younger siblings of our school students are welcome. Flyers will be sent home and we encourage you to invite friends to join us too.

All children are encouraged to bring to the storytime something that is blue to add to our display. Please write your child's name on the object, if it is something that you want to take home again. How many different blue objects will we collect?

After the storytime, students will participate in group art or craft activities. Younger children are also welcome to stay and participate in these activities. The activities will conclude before 1pm.



The Flick > Pick Fiction collection in our school library supports students in their transition from reading picture books and classroom readers to reading longer fiction books. The books selected for the Flick > Pick Fiction are all less than 100 pages. An example is the series by Sally Rippin about Billie B Brown. Sally wrote these books when her own son was struggling to learn to read. Using words that children can easily understand and a simple sentence structure to tell stories about relatable characters, these books help students to build confidence in their reading.

In Term 2, students in the Year 2/3/4 class will be encouraged to read Flick > Pick Fiction books. There is a range of titles in the collection with something to interest all students. Reading at home is an essential part of students' progress in their reading, especially during the middle primary years at school. Parents are encouraged to take an interest in their children's reading. Try these questions as conversation starters:

Do you like the main character in your book?
Why or why not?

What is the main conflict that the character in your book must face? Can you remember a time that you faced a similar situation?

Got a question? Please contact Sharyn McCann, Teacher Librarian at Swan Hill Christian School.

Flick > Pick Fiction



26/04/2024

Dear Parents/Carers,

RE: Swan Hill District Small Schools Cross Country

Please see below for reference to the details of this event.

What: Small Schools Cross Country Races

Organisers: Lake Boga Primary School (on behalf of Swan Hill District Small Schools)

When: Tuesday 7th May

Where: Riverside Park

Depart: From school at 9:30am

Return: To school at 2pm

Note: Please send your child/ren to school as usual. We will leave and return during normal school hours.

Transport: Swan Hill Bus Company

Dress: School uniform, running shoes, hat, jumper

Bring: Recess, lunch, water bottle, warm clothes, a book to read

Note: There will be no food available at the venue

Contact Mr Dickinson if you have any questions.

Yours sincerely,

Jono Dickinson
Sports Co-ordinator
Swan Hill Christian School