



Swan Reach Area School
Newsletter



TERM 3

WEEK 5

22nd AUGUST 2018



Thursday 23rd
August 2018



PYJAMAS FOR FARMERS

Come dressed in your PJ's
Gold Coin Donation
to fundraise for 'Buy a Bale'



Friday 24th August 2018

Book Week

K-7 Activity Day

and Sausage Sizzle Lunch

(No dress up or payment required)

INTEGRITY - CARE - RESPECT - SUCCESS - PARTICIPATION

PRINCIPAL'S REPORT - John Robertson

Hello Swan Reach,

We commence our You Can Do It (YCDI) program focus on the foundation skill, also called a key for success, of **PERSISTENCE**. The YCDI definition of persistence is, *“sticking to work that seems hard or impossible.”* Like all well developed habits, persistence relies on thinking in ways that lead to successful actions. A persistent learner thinks more often that *“giving effort and trying hard leads to more success and that success is not caused by things like luck.”* The persistent learner also thinks consistently that *“working tough means doing things that aren't fun or easy.”*



Children's and adult's successes are usually through the application of persistence to stick at a skill or activity until it's mastered. Applying 'hard yakka' or 'working tough' is integral for greater success. One of Steven Jobs' key rules for life is that we need to realise and accept from an early age that *'life isn't easy.'* Persistence is a key habit to assist ALL through this reality.

WELCOME

We warmly welcome Mr James Yandell to SRAS. He takes on an ICT support role as our technology needs and demands, on our learners and staff to access and use ICT, continues to grow.

SURVEY APPRECIATION

Thank you for taking the time to complete and return the recent surveys outlined below:

- Pastoral support worker
- Mind Matters
- Change of school name



We appreciate your honest feedback and the data gained is vital for continuing growth and change. **Congratulations to the Taylor family** on winning the \$100 meal voucher to the Swan Reach Hotel for participating in the Mind Matters survey.

SKI TRIP

We applaud our students who demonstrated our values of Participation, Respect, Success, Care and Integrity, along with the YCDI foundation skills of, Getting Along, Persistence, Resilience, Confidence and Organisation during the recent ski trip. Feedback on their manners and efforts is terrific and a credit to our school, community and their families. Well done and thank you.

PRINCIPAL'S REPORT CONTINUED



NEW LOOK CANTEEN

It is pleasing to have the canteen up and running again this term. Students and staff are accessing the new menu along with traditional favourites. Students are requested to write their suggestions on the chalk board outside the canteen to have input into future menus. Some stock is being cleared before new ones are purchased. Thank you again to Ms Skye Sunman for dedicating her time daily to this valuable service and the excellent teamwork and support she receives from Ms Liz Woodgate. You

can find a copy of the new menu and specials in this newsletter. If you have some time to spare we are looking for volunteers to help in the canteen. Please contact the front office or Skye if you are interested and able to assist.



COMMUTER BUS SUCCESS

It is fantastic to see our commuter bus being used regularly for camps, excursions, Doorways-to-Construction and staff training. It is a terrific resource and acquisition. It is nearly up to its first 3,000kms. The pictures are of the K-5s, boarding for a Science excursion to East Murray Area School



THINGS TO SAY TO ENCOURAGE PERSISTENT BEHAVIOUR

- "You didn't give up!"
- "You kept trying. Great effort."
- "Making that extra effort will help you learn."
- "You sure do not give up easily."
- "Your effort is so important. It will help you succeed."
- "See, persistence pays off."
- "I see you understand that to be successful, you sometimes have to do things you do not feel like doing."
- "The more you practise, the better you become."



Front Office

The front office has a large range of information sheets for families and students. On display at the moment are the new Pedal Prix shirts and photos of their recent event.

Call in any time and say hello to Mrs Gierke or Mrs Williamson who are always there to help.

Please remember that all communication regarding your child **needs to come through the front office or your child's diary.**

You can contact the front office on the numbers below.

**8570 2053 or
0439 833 424**



Information
sheets
Pedal
Prix



SAPSASA @ Unity



Selected Swan Reach students had a great day at the SAPSASA Athletics Day held at Unity College recently. Even with such a small team we were able to take out the small schools trophy for another year. It was great to see all students enjoying the day. Thanks to parents for getting their children to the event and for helping out throughout the day making sure students were on time to their events. Thanks also to Mrs Poole and Mrs Bolt for supervising. We must also mention the great speech from Kane and Shana when receiving the trophy. Well done to the whole team on your outstanding performances and behavior.



K-5 Science Excursion

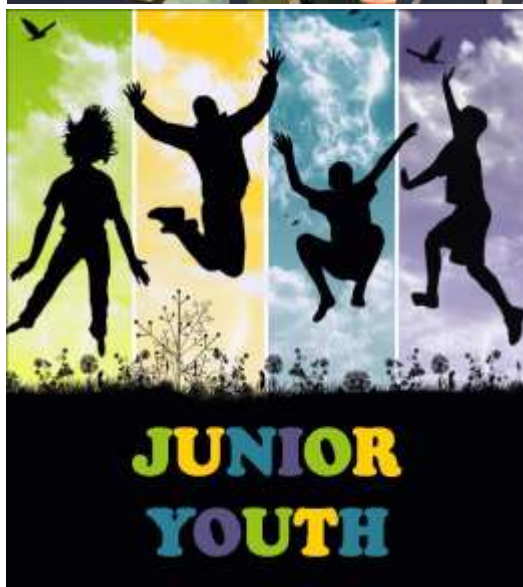
On Tuesday this week the K-5 classes travelled to East Murray Area School for a day of Scientific fun and learning. The students got to participate in some exciting experiments.

Everyone involved had a great day.

How to Make Science
Fun and Interesting



National Book Week 18th—24th August
Theme : Find your Treasure



FOR STUDENTS in YEARS 6-9
Friday 31st August
Friday 14th September

Cost \$1 per student

**At the Swan Reach
Lutheran Church Hall**

**For more information phone
Taryn Grieger 0427 702 377**

**Call into the
Swan Reach
Opshop for
some great
costume ideas for Book Week**





For Students

Reception to Year 5

3.15pm to 4.30pm

Next Session

Friday 24th August

Friday 14th September

At the
SWAN REACH LUTHERAN
CHURCH HALL

Cost \$1 per child

Includes after school snack

Bible Story & Activity

For more information

Phone - Taryn Grieger

0427 702 377

or

Kristy Castle

0438 857 721

'TOP OF THE TOWN'

OP SHOP

24 Anzac Avenue SWAN REACH Open Mon-Fri 10am-4pm

Sat 10am-1pm

Call 8570 2211 during opening hours for more information

1/2 price sale

On from 27/8—22/9



The Kangaroo Patch Crafters will be holding a Craft/Produce Market on Saturday September 29th (October long week-end) at the Purnong Hall from 10.00am til 3.00pm.

Sites can be hired inside (with table) for \$10 and outside (with own table and/or gazebo) for \$10. The hall can accommodate 14 tables inside.

Our aim is to promote local craft and produce (not Trash & Treasure) and your relevant information and phone number will be displayed.

Please contact Sue: 0457 357 333 or suerodney@outlook.com to book a site or for more information.

Swan Reach Area School

CANTEEN MENU – Term 3 2018

CANTEEN OPEN MONDAY TO THURSDAY

RECESS MENU

A selection of these delicious recess items are available everyday

Item	Price
Apricot Balls (a bag)	.50c
Apricot Bars	.50c
Finger Buns	\$1.50
Honey Soy Chips	\$1.20
Popcorn	\$1.00
Fruit in a tub	\$1.00

LUNCH MENU

All of our sandwiches, rolls, wraps and toasties are made fresh daily, with wholemeal or multigrain bread. You can add onion and/or tomato to your toasties for .20c each.

Item	Price
Toasted Sandwich (Ham and Cheese)	\$2.00
Ham and Salad Roll	\$4.00
Chicken and Salad Roll	\$4.00
Chicken Nuggets and Salad	\$3.50
Crispy Flathead and Salad	\$3.50
Cup of Wedges and Salad	\$3.50

HOT FOOD

Item	Price
Pumpkin Soup and Roll	\$1.50
Ham and Pineapple Pizza	\$2.20
Cheese and Bacon Pizza	\$2.20
Twista Pasta	\$2.80
Spaghetti Bolognese	\$2.80
Pies	\$3.00
Sausage Rolls	\$2.50
Hot Ham and Cheese Roll	\$3.00
Hot Dog	\$3.50
Sweet Chilli Chicken Roll	\$2.50
Chicken and Mayo Roll	\$2.50

PLEASE MAKE SURE YOUR ORDERS ARE IN BEFORE 10AM!!! IF YOU FORGET YOUR LUNCH PLEASE SEE YOUR HOME GROUP TEACHER

A SELECTION OF HOME MADE CANDIES/GUETTES WILL BE AVAILABLE EACH DAY FOR \$1.00-\$1.50

DAILY SPECIALS & MEAL DEALS

If you feel like something special choose from our tasty daily specials below

MONDAY Nacho's \$5.00
(Pita, beans, cheese and sour cream)

TUESDAY Hot Chips and Gravy \$4.00

WEDNESDAY Sushi \$4.00
(White Rice)
Chicken Teriyaki & Cucumber or Avocado
Cooked Tuna & Avocado or Cucumber

THURSDAY Chicken \$5.00
Leg or Wing x2 with Salad or Chips
(Honey Soy or BBQ)

MAKE IT A MEAL DEAL WITH A BOTTLE OF WATER AND X FRESH PIECE OF FRUIT FOR AN EXTRA \$1.00

DRINKS

Rehydrate with water or one of our other drinks

Water 500mL	\$1.00
Farmer's Union Flavored milk 375mL	\$2.40
Chocolate or Strawberry	
Big M Flavored milk 250mL	\$2.00
Chocolate or Strawberry	
Fruit juice 200mL	\$1.50
Apple or Apple & Blackcurrant	
Cup of Milo (Hot or Cold)	\$1.00

ICE CREAM / BLOCKS

100% Juicies	.50c
Icy Pole	\$1.00
Moosie	\$1.00
Paddlepop	\$1.00
Vanilla ice cream cup	\$1.50
Milo cup	\$1.80

Specials

Pizza singles 2 for \$2

Pie \$2

Sausage roll \$2

Twista pasta and Bolognese \$2

Available until sold out!

I found this article recently and want to share it with you. I'm sure all parents can relate to it in some way (and many of us can relate to both sides of the story).

Have you noticed that in the past few weeks, there have been more and more videos about how parents have this "joy of sending kids back to school" because life will be easier? I keep seeing posts about how so many parents are tired of being a parent, or how they are frustrated and annoyed with their kids.

As a mom of four kids, I know that days can be hard. However, on the same day that I saw all of these Facebook posts complaining about kids, something else came across my Facebook feed.

My friend, Sharla, wrote this:

"Perspective can change so quickly. I get to plan a birthday party for my son while a friend has to plan a funeral for hers. So many of the things I often think of as a chore are actually an incredible privilege."

How incredibly true. Being a mom is a privilege. I'm blessed to be called Mother by four beautiful children and not a day goes by that I don't remember that and recognize it. I struggled with fertility, and I miscarried a child, so being a mom is not something that I take lightly.

I want my children to feel loved. I want them to know that I am happy to have them around. I want them to understand that their very existence brings me such joy.

The sad part is that at any point, any parent out there could wake up tomorrow and realize that it is gone.

Six friends of mine have lost their children over the past several years. You never know what the future holds.

So while motherhood may be hard today:

- You might pack four lunches that no one eats.
- You might make a dinner that looks great, but your kids complain because it isn't what they wanted.
- You might have to change your child's shirt because they spilled milk on it right before they left the house.
- You might be exhausted because three of your four kids woke up last night (all true stories), but do you know what?

We have these children... they are ours.

They are here, and I get to talk to them and hug them and tell them how much I love them every single day.

How amazing is that, just in itself?

My grandma used to say "If you aren't going to enjoy being with your kids... why have them?" She said it all of the time. I took it in, even before I had kids, and it has stayed in my heart all these years.

I know that every single day, I am given a choice to enjoy the life in front of me and to enjoy my time with our children or to just go through the motions. I choose joy.

To read the entire blog (have your tissues ready!) and other thought provoking articles, visit - www.yourmodernfamily.com/enjoy-being-with-our-kids/



Swan Reach Spring Fair

Many different stalls for you to
look at and purchase from—arts,
crafts, food and drinks
Dog show to be held at
approximately 1pm—Great prizes
for all participants



**Sunday 30th
September 2018
10am—2pm
Len White Reserve
Swan Reach**

Organised by Swan Reach Progress Assoc. Inc.

PO Box 70
Swan Reach SA 5154

PARENT-CHILD MOTHER GOOSE (PCMG)



Swan Reach Area School



PCMG sessions are a relaxed environment to help parents and carers connect and communicate with their babies and young children. Through the power of songs, rhymes and stories, adults are bonded to their children in a simple and fun way. Make connections with other parents/carers of young children at these sessions which are **free** for families and led by 2 trained facilitators, Kristy and Claire.

All young children can enjoy these sessions, but very young children 0-2 will particularly reap many developmental benefits. Siblings are of course welcome (below school age).

**Thursday mornings 10-11am
Arrive from 9:45am for a 10am
session start followed by play,
coffee and chat.**

PARENT-CHILD MOTHER GOOSE PROGRAM 2018

Early Learning Centre, Swan Reach Area School, Showground Rd Swan Reach

Term 2 (Week 6) 7th June, (Week 8) 21st June,
(3 sessions) Week 10 [5th July]

Term 3 (Week 2) 2nd August, (Week 4) 16th August,
(5 sessions) (Week 6) 30th August,
(Week 8) 13th September, (Week 10) 27th September

Term 4 (Week 3) 1st November, (Week 5) 15th November,
(3 sessions) (Week 7) 29th November

For more information call/sms Kristy on 0438 857 721

Supported by MMFC www.midmurrumbidgeerfamilyconnections.com.au

THE TERM AHEAD

Week	Mon	Tues	Wed	Thurs	Fri
WK 5	20th	21st K-5 Science Day @ EMAS	22nd	23rd Primary Fundraiser Pyjamas for Farmers	24th Primary Book Week Activity Day
WK 6	27th	28th	29th	20th	31st
Wk 7	3rd	4th FootSteps	5th	6th Student Free Day	7th School Closure
Wk 8	10th Governing Council Meeting	11th	12th	13th	14th

Upcoming events

20th September Primary Assembly
 21st September R-5 Camp sleepover
 24th September to 5th October Japanese Trip
 28th September Last Day Term 3

MID MURRAY IMMUNISATION PROGRAMME

10.30am - 11.00am

at the Swan Reach Area School/Community Library

3rd Tuesday of each month except December.

FREE Pneumococcal Vaccination is available for infants up to 2 years

Please book through the Cambrai Council office on 8564 6020

Swan Reach Area School P.O. Box 31, Swan Reach, S.A. 5354

Phone: 8570 2053 Fax: 8570 2325

www.swanrchas.sa.edu.au

or email: dl.0423.info@schools.sa.edu.au

Swan Reach Community Library: Phone: 8570 2298