



PRINCIPAL'S REPORT

At Swan Hill College this term we have been working towards improving the "Mindfulness" of our staff and students. As you may have heard on our latest set of radio ads, two of our year 12 students spoke about our "Moving Minds" program. This simple set of activities encourages our students to focus on things which they are grateful for, which promotes a more positive mind-set. As part of this program we have also been using assemblies to encourage students to spend less time in front of electronic devices and more time in the real world.

Parent Teacher Interviews

Thank you to the parents who attended the Parent Teacher interviews last week. It was lovely to see so many families around the school. If you were unable to attend and your student is in Years 7 or 9 your NAPLAN and interim reports have been mailed home. For all other year levels, the interim reports were sent home with your student. The interim reports are also available on DayMap along with the other assessment feedback from all subject areas.

School Captains

The process for finding the 2019 Senior School Captains is now completed and the Junior School Captains will be finalised by the end of this term. The feedback from the interview panels has been that the students have been amazing and we were all extremely proud of the speeches which the students gave to the student body. Obviously not every applicant will get the opportunity to be a School Captain, but those who have missed out should be very proud of what they have achieved.

Andrew Sartori – Acting Principal

HOMELESS SLEEPOUT AND FUNDRAISER

After spending the term learning about homelessness, last week our Year 12 VCAL students completed their final project for Personal Development which was a fundraising event for homeless people in our local community. They organised and ran a mini fete at lunchtime, with a cake stall and lots of activities for students to participate in while donating money. They received tickets for participation and got to exchange them for lucky dip prizes. Thank you to all of the staff who donated cakes and slices to make our cake stall so successful. We were able to raise over \$180 on the stall thanks to those delicious treats.

On Wednesday night 18 VCAL students and three staff participated in a homeless sleepout at school. The students made soup and invited staff to join them for dinner. They set up their boxes, sleeping bags and pillows and prepared for a long night experiencing (in a

small way) what it might be like to sleep rough on the streets.

In total the group raised \$505 that will be used to purchase swag bags, tents and sleeping bags to donate to local people dealing with homelessness.

We would like to say a huge thank you to the following local businesses for their very generous support of this project by donating all of the food and prizes for the event. Please support those who support our school: Pioneer Settlement, Bakers Delight, Leisure Centre, Sports Power, Tripodi and Taverna, Bakker and Glen, Bake House, Lenards, Voyage Fitness, Coles, Bikes and Trikes, Axis Employment, Woolworths, Headspace, Swan Hill Soccer Club, Allison Lewin and Helen Watkins.

Lea Charnock – VCAL Manager



Sleeping rough



Student participating in the Oreo challenge

STATE NETBALL

Our Open girls' netball team proudly represented the school at the State Finals on Monday. The girls only missed out on finals by percentage and were excellent ambassadors for SHC. A great team effort. Thanks to Mr McGregor and Mrs Dedinì for taking the girls to Melbourne.



Pictured: back l-r: Laura Anderson, Holly Hogan, Bridie Gardner, Chloe Taylor. Front: Nichola Miliano, Sarah Hawley, Dee Palmer, Bridget Dedinì (coach), Carlie Taylor, Elyssa Burton and Georgie Murray.

SWAN HILL COLLEGE CALENDAR 2018

September 17	School Council meeting
September 17-20	Clontarf Year 8/9 Phillip Island Camp
September 20	Staff V Year 12 netball game Assemblies Period 1 – Year 7 Period 2 – Year 8 Period 3 – Year 9
September 21	Last day of Term 3 – 2.15pm finish Staff V Year 12's football match Assemblies Period 1 – Year 10 Period 2 – Year 11 Period 3 – Year 12
October 8	Term 4 starts
October 11	LMR Athletics
October 12	Mental Health lunchtime activities
October 15	School Council meeting
October 17	Year 11/12 exam assembly
October 18	Year 7 immunisations
October 19	Clontarf Cancer Council Relay for Life
October 22	State Athletics Minyip Field and Game school shoot
October 23	Year 12 teacher night
October 24	Whole School Assembly period 2 at the Leisure Centre
October 25	LMR Basketball and Hockey
October 29	LMR Cricket
October 31-Nov 21	Year 12 Exams
November 1-3	Clontarf Victorian Cricket Carnival, Melbourne

SWAN HILL DIVISION ATHLETICS - AGE CHAMPIONS

On Wednesday, the 29th of August, our students competed at Kerang in the Swan Hill Division Athletics.

In magnificent conditions the competition was fierce. Well done to all students for their efforts and behaviour.

First placed competitors will compete in Bendigo on the 11th of October. Thanks to all staff and helpers involved for their efforts manning the Long Jump and Javelin events.

Congratulations to the following record breakers:

Emma Berg	17G Shot Putt 15.51m, Javelin 42.71m and Discus 40.02m
Sara Berg	15G 1500m 5:49.52 min
Dante Miliano	13B Shot Putt 12.16m
Jackson Hopkins	13B 800m 2:31.65 min
16B 100m relay	50.52 secs (Isaiah Bull, Darcy McGregor, Zac Guymer and Callum Dickinson)



13G Bridie Curran



15G Sara Berg



15B Karl Fedele



16G Emma Jones