



## PRINCIPAL'S REPORT

Motivation is defined as the "enthusiasm for doing something", so to stay motivated in our learning we just need to stay in a positive mindset and be enthusiastic. Sounds easy, but the reality is that motivation is hard especially when we are in "Remote Learning". The lack of human contact can often lead to reduced motivation to learn. Fortunately, there are a few simple things you can do to improve your motivation.

First and foremost, make the effort to be in contact with your peers and teachers. If there is a class activity then be present and make sure you interact with other participants.

Secondly, take care of yourself. Eat well, exercise and have a good routine for sleep. You will be amazed how much better you feel when you get these three things right. Keep to a routine - when you wake up have breakfast, shower and get dressed. Don't fall for the trap of waking up and slipping straight into a lesson.

Lastly be realistic. Most of us work best in 25 minute blocks. Work hard for 25 minutes then take a 5 minute break. This will keep your brain working more productively and stop you from burning out.

Andrew Sartori - Principal

## SWAN HILL COLLEGE CALENDAR 2020

August 26	Period 3 teachers present assembly powerpoint to their Year 10-12 classes
August 27	Bookings for PTI close
August 31	Parent Teacher Interviews via Webex: 12.30pm - 6.30pm. This will be a screen free day for students.
September 2	Period 4 teachers present assembly powerpoint to their Year 7-9 classes
September 9	Period 3 - Years 7-12 Student Attitudes to School Survey
September 16	End of Term Assemblies via Webex Period 3 - Years 10-12 Period 4 - Years 7-9
September 18	Last day of term
October 5	Term 4 commences
October 7	VCE Unit 4 GAT

## WELLBEING NEWS

### Foodbank Hampers

The Wellbeing Department has a limited number of Foodbank hampers. If parents and/or carers would like a food hamper dropped off please contact the front office. Hampers will be distributed on a first in best dressed basis.

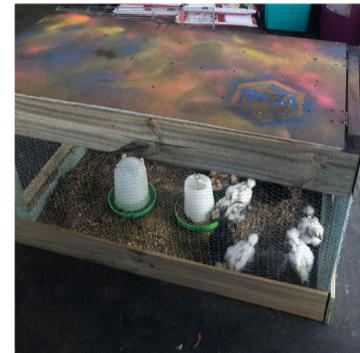
### Doctors in Schools

This program is still running from Swan Hill Primary Health. Students/parents can call 5033 9900 to make an appointment. **Remember to mention it is through the DIS program** to gain priority of bookings on any day of the week. If you need assistance, please contact the front office.

## VCAL PROJECTS

The VCAL program this year has had to adjust accordingly to the current climate. Whereas in previous years the program has been focused on community partnerships, we have moved to projects completed onsite at the College. Some of the projects include raising chickens for the sustainability program and building planter boxes for the new gardens around the school. The students have been working diligently to ensure the chickens are ready to move into the College coop in the coming weeks. We wish to thank those who donated succulents and plants and encourage anyone who would like donate to contact me at lsh@shc.vic.gov.au

Leigh Sheehan - VCAL Manager



## YEAR 12 SCHOOL CAPTAINS - REFLECTION ON 2020

With 2020 being like no other year, we have asked some of our School Captains how they have coped during this time and how the role has changed to reflect the current schooling restrictions.

**Q1. How has it been being a School Captain this year during the Coronavirus?** It has been challenging but very rewarding. During remote learning we were constantly thinking of ways to support students from home and ways to keep everyone motivated.

Jorja Brown

**Q2. What have you enjoyed about being a captain at Swan Hill College?** Anzac Day was definitely a highlight for me as well being a role model for the school community and being able to voice people's ideas to School Council. Having an input in the school review was also a rewarding experience.

Emma Jones

**Q3. What roles have you had as a Captain?** I'm a member of the Positive Behaviour Support (PBS) team and School Council. I assisted with school tours and the return to school after the first online learning stint finished, laid a wreath and recorded videos for facebook for Anzac Day, and recorded radio ads about the school.

Emma Jones

**Q4. What is your message for future applicants?** I encourage future applicants to prepare plans and ideas for initiatives prior to starting the school year or at least at the very beginning of the year. This ensures that you have a balance with your subjects alongside your project.

Milla Devlin

**Q5. What have you learnt about yourself individually or being part of a team?** I learnt that being part of a team can be really productive at the beginning of constructing a project. I found that other people's insight can ensure you are considering all members of the group, ultimately gaining perspective that will benefit the whole school.

Milla Devlin

**Q6. What has been the most interesting part of being in Year 12 this year?** While there seems to be nothing really going on in our personal lives, the world around us is constantly changing. Being a School Captain during this time has taught me a lot about the decisions the school must make to ensure our health and safety, as well as or education is a top priority. Being in Year 12 this year is also different as we aren't able to really have outside social gatherings so everyone has become closer as a year level as this is our main social outlet.

Jorja Brown

## VCAL WARRIOR

Congratulations to Lachie Rushton for winning this week's VCAL Warrior Wednesday Challenge. Lachie managed to outwit his competitors in a general knowledge Kahoot quiz about Swan Hill, Victoria and Australia. For his efforts, he secured the coveted Warrior Wednesday Shield for the Year 12 class and a "lockdown care package" for himself.

Jesse Day - VCAL teacher



## MINDFUL WEDNESDAY

Each Wednesday morning our staff are encouraged to attend weekly Moving Minds Sessions via Webex. The purpose of these sessions is for our staff to take time out to check in, converse with each other and complete a short meditation. It's an opportunity for staff to see each other outside of their key learning areas and

focus on developing some of the GEM (gratitude, empathy and mindfulness) principles, which contribute to greater happiness and overall wellbeing. These sessions have been initiated and facilitated by Whitney Kennedy and Maddie Hellings.

Whitney Kennedy