



Tuesday 15 November 2022

Can you believe it's nearly Christmas?! The shops are full of lights and decorations to buy, the carols are playing, and people have begun shopping for gifts. What's missing, though, are the REAL Christmas Trees!

Launching in 2017 as an initiative of Son Centre, Swan Hill Christmas Trees provides real Christmas Trees to those in the local areas. With 100% of the profits being donated to the Swan Hill Salvation Army, we can support those who continue to be a huge blessing to those in need in our community.

Last year SCCC was able to donate \$3000 from this fundraiser, which is a huge effort. This year, we want to continue to help those in need by giving to the Salvation Army once again.

The Christmas Tree Farm has faced, like a lot of us, an inundation of rain, and only 5ft Christmas Trees are available this year. However, nothing beats the look and smell of a real Christmas Tree in the home at Christmas! If you, or someone you know, would like a real Christmas Tree this year, please order through the website [Swan Hill Christmas Trees](https://www.swanhillchristmastrees.com.au) or scan the QR code below.

**Kristy Wilson**  
Principal

**REAL CHRISTMAS TREES**

ORDER ONLINE  
BY 30TH NOV  
[SWANHILLCHRISTMASTREES.COM.AU](https://www.swanhillchristmastrees.com.au)

 ALL FUNDS RAISED SUPPORT THE SWAN HILL SALVATION ARMY





**Working Bee - Thank you!**

Thank you to everyone who lent a hand at our 2-hour Garden Transformation Working Bee. We went from an overgrown jungle that harboured extended families of mosquitoes to cleared gardening and learning spaces. To everyone who participated – THANK YOU.



**Son Centre on Facebook**

Our FaceBook page, [Son Centre Christian College](#) is a fantastic way to get a snippet into some of the great things that happen in our school. Our following is growing, and we encourage you to 'Share' our posts on your own page so that even more people get to see them. It's a great way to let the community know how awesome our school is!

**School Camp – Prep/1/2**



**Thursday 24 November**

The P-1-2 Class is having a camp (kind of!!). The whole class (P-1-2) will enjoy a camp dinner and a movie on Thursday night beginning at 5pm. Parents can **collect their Prep & Grade 1 children at 8pm.**

Grade 2 will stay at school overnight and camp in the library. Parents can **collect their Grade 2' at 8am** after breakfast on Friday morning as there is no school on the 25 November.

**Parents, Carers and Friends Committee**

We have made some changes to the Parents, Carers and Friends Policy in order to get the committee up and running after a break during COVID. You can find the new policy on our website ([Son Centre Christian College - Parents, Carers & Friends](#)) or contact the office on 5032 4199, and we can send you a copy.

If you would like to be a part of this committee, please contact the office. We'd love to hear from you!

**Grade 3/4 Joke of the week!**  
Why was the stadium so hot?  
Because all the fans left.



## Thanksgiving Service

Our end-of-year Thanksgiving Service is going to be held on **Thursday 8 December**. It will include a dinner and open classrooms from 5.30pm and then the formalities of the evening will begin at 6.30pm. See you there!

## From the Chaplain

### How to manage intense emotions in a healthy way:

1. Pause and perform deep breathing exercises. Aim for 3 big breaths without raising your shoulders and chest. Instead, inflate your “tummy” to breathe in through the nose, and squeeze your tummy in to breathe out through the mouth. Only do 3 deep breaths at a time to avoid getting dizzy. Follow by normal breathing.
2. Engage with your 5 senses (we will look at this in detail in the next newsletter).
3. Kind hand – This is an exercise that involves placing your hands on the area where you most feel the emotional pain. For example, if you feel a tight chest due to anxiety or a “knot” in your throat because of stress, place your hand on that area, invite God into the moment and ask Him to show you His kindness through your hand. Reflect and pause while you do this exercise. Allow His kindness and comfort to flow through to you in the area where you feel the pain. Let it defuse throughout your body as you continue to sit in silence. You can use this time to meditate on God’s promises via audio bible.
4. Talk to a friend to communicate a) your thoughts and feelings and b) your needs. If you don’t have someone to talk to, please reach out. I have listed some contact numbers below.
5. Journaling to reflect on your thoughts is helpful because sometimes we become quite consumed and “hooked” into difficult thoughts. This can cloud our judgement and dictate our actions – and sometimes not in a particularly healthy way. Journaling can help us to offload our busy minds and invite us to stand back to consider the severity of the situation before making the right action.

Some emergency contact lines if you wish to speak to someone:

Lifeline – 13 11 14 (open 24/7)

Careline (Christian helpline) – 9583 2273 (open 9am – 11pm)

Kids Helpline – 1800 55 1800

Until next time, take care!

**Tesha Anderson**

**Registered Chaplain**

**Registered Counsellor**

# CALENDAR

Term 4 Dates 2022			
7	Wed	16 Nov	Prep Transition Day
7	Wed	16 Nov	Assembly at 2:30pm
8	Wed	23 Nov	Prep Transition Day
4	Thu	24 Nov	P/1/2 Late stay and sleepover
8	Fri	25 Nov	<b>STUDENT FREE DAY</b>
9	Wed	30 Nov	Prep Transition Day
9	Wed	30 Nov	Assembly at 2:30pm
9	Fri	2 Dec	???Swimming Grades 3-6
10	Thu	8 Dec	<b>Thanksgiving Service</b>
10	Fri	9 Dec	???Swimming Grades 3-6
11	Wed	14 Dec	Assembly at 2:30pm
11	Wed	14 Dec	Student's Last Day - finish normal time



**Attachments include:**  
 BookClub Catalogue – **due back Friday 18 November**

## RICHARDSON DANCE STUDIO

*Annual Recital  
 Celebrating a HUGE 50+ years of dance!*



Saturday November 19th  
 1pm and 7pm  
 Swan Hill Town Hall

