

June 2011

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WHERE WAS SUE IN MAY?????

Presentations

Sue recently presented 'Swimming to a Safe Place' both at the World Conference on Drowning Prevention in Danang, Vietnam and again at the National ASCTA conference in Queensland. Both presentations were very well received by world authorities in safer swimming.

Vietnam

14 children under 5 drown everyday in Vietnam so there are several volunteer groups in Danang teaching children to swim, using portable pools set up in some schools or even in the street! It was fascinating watching them practice their skills at 5am at the beach in a tiny roped off area between rips. In Bangladesh they are taught in the local rivers in areas marked out with bamboo poles bound together (see photos on noticeboard).

Conference Summary

1. It is important to transfer calm warm pool conditions to cool, rough, open water in crowds (we try to simulate this in **swimSAFER Week**).
2. If you fall in, **FLOAT!!** and keep your clothes on as they trap air for warmth and buoyancy (more layers trap more air, especially in cold water).
3. Including more floating with distance swimming (our **HACKY Week** will now include more floating).
4. Supervision must be **ACTIVE**, **VIGILANT** and **CONSTANT** ie. no looking away, talking, reading, going to get a drink etc.
5. Breath holding is important for buoyancy for survival, rather than bubble blowing.

6. **RIPS** - more information will be available in our beach safety lessons
 - invincible 25 - 34 year old males were happy to deliberately take risks therefore they chose to swim in rips
 - many people didn't know how to recognise rips
 - most swimming choices are decided by convenience, nearness to their accommodation etc rather than walking to swim between the red and yellow flags
 - more information on rips can be found on the internet at -

www.ripcurrents.com.au



PREVENTING
CHILD DROWNING
IN THAILAND

ILLNESS

If your child is ill, don't force them to swim so you can get your moneys worth. If the child is unwell they won't enjoy it and it will give them a negative attitude for future development.

Also if the child is infectious they will spread the germs to others.

This is why we offer voucher swims.

See Health regulations on the noticeboard for gastroenteritis.

Diary Dates: **2011**

TERM 2: Mon 2/5 - Sat 9/7

TERM 3: Mon 25/7 - Sat 1/10
10 week term

TERM 4: Mon 17/10 - Sat 17/12
9 week term

Term 3 2011

Swimming Lessons

10 week term fee

\$165.00 for 1st child

\$157.00 for 2nd child

\$149.00 for 3rd+ child

Aquarobics

\$11 per 1 hour session

Lap Swimming

\$5.50 standard rate

\$4.40 concession rate

Pool hire - for 1/2 hour

\$16.50 up to 9 swimmers

\$27.50 for 9+ swimmers

COURSES COMING UP

SAT

General Teacher Accreditation

Sept 11 at Sue's Pool

TERM 3

Sue is starting to plan **Term 3** and would like to know **ASAP** (by mid June) what your needs are for next term?

Please let the office staff know if you -

- 1) wish to stay the same for Term 3
- 2) wish to change times for Term 3

BOYS AND COMMUNICATION

Your son communicates very well, it's a matter of understanding his language.

Boys communication is often more physical than verbal. It's not that he doesn't know the words, he just bypasses words.

Boys know there is a conspiracy. There's a conspiracy by adults to make boys behave like adults.

Every boy knows that. He's known it since he fell over and was told not to cry. He's known it since he learnt to control his flatulence and gave a loud and rather musical 'performance'.

On each occasion he's been told to stifle his exploration of his body, to stifle his sense of humour.

We might as well say he's been told to stop acting like a child. That's pretty tough on a child.

When a boy is emotionally hurt or challenged he steps into the 'silent zone'. He will withdraw and want to be alone and silent. He's thinking things through and his brain is very active.

When he is ready to talk you'd better not miss it because that a readiness will not last forever. There is a 'talk zone' that he steps into and if nobody joins him there he steps out and gets on with life.

If we try to discuss an issue and the boy is not in the 'talk zone' then we might label him 'switched off' or 'lacking emotional intelligence'.

The truth is that he is as emotionally sensitive as anybody, but the language of that emotion is often missed by adults around him.

Boys communicate better when looking in the same direction as the other person. Go face to face and you get a chess match.

You ask about something that happened, let's say a broken window. His eyes wander around and he begins to answer and you say 'Look at me when I'm talking with you.' Wrong move. He can't find the truth without looking to the memory shelf, nor can he construct a decent fib.

If a boy can't get physical in his communication, it is unlikely the message will get through.

If you really want to communicate with your boy be prepared for silence and be prepared to get physical.

SUE MEETS SOPHIE EDINGTON

Sue Pryor and some of her teachers recently attended the recent Australian Age Championships at the new Aquatic Centre at Marion (courtesy of Swim Australia).

Sophie Edington is a former World Record holder, Olympian and Commonwealth Games backstroker, originally from Loxton, and she demonstrated (both dry and in the pool) her favourite drills, stressing the importance of the *catch and the underwater technique*.

For more information see the link to Sophie Edington on our website



PFD - WEEK 8

swimSAFER week for Term 2 will be on Personal Flotation Devices (PFD). If you have any of your own please bring along to class so others can see them and your child can get used to wearing them

Week 8 will also be swimming in clothing - Yellow and Green Levels in wind-cheaters and Red Level in wind-cheaters and long pants.

BINS

Use correct bins as marked....

ALL BINS are outside

- 1/ **Blue Lid** – General Rubbish
- 2/ **Small Metal Bin** – for General Rubbish when **Blue Lid** bin is out for collection
- 3/ **Yellow Lid** – Recycle, papers, coffee cups, frozen yoghurt tubs
- 4/ **Small Plastic Bin with hole in top** – for Deposit bottles, containers etc
- 5/ **Small Plastic Bin with WORM** – food and paper wrappers used for compost
- 6/ **Red Bin** – Lost Property ONLY

If in doubt, look at the pictures on each bin.

Please put all USED Nappies in the **General Rubbish Bins** as marked. Bins in baby change room and shower room for paper towels ONLY!!!

SIDS - WEEK 9

Once again this year we are supporting this worthy cause. There is merchandise available for purchase inside. Come in and have a look, we have pens, bracelets, **RED** noses, lip balm, soft toys, lapel pins.