



# ST. FRANCIS OF THE FIELDS STRATHFIELDSAYE

## School Bulletin – Thursday 11 June 2020

St. Francis of the Fields is a community united in faith and committed in action, to live, learn and grow in God's love.

Dear Families,

I share with you a beautiful poem written by Arti Shah, a Speech Pathologist at Catholic Education Sandhurst, who has given her perspective on matters relevant today. I am grateful she gave permission to share her poem with our community.

### Skin Deep

The colour of our skin possesses and presents a remarkable narrative

The colour of our skin communicates where we may be from culturally and geographically

The colour of our skin may physically reveal scars, trauma, history, and the generational journey

The colour of our skin also hosts a suite of assumptions, presumptions, judgment, and finite conclusions

Dig a little deeper and actively participate in understanding the personal narrative

Dig a little deeper and actively participate in making small changes when things are unjust

Dig a little deeper and actively engage in topics that may be confronting

Dig a little deeper and actively learn about diversity, culture, and values

Dig a little deeper and actively practice human virtues of kindness, empathy, compassion, and ongoing learning

Humans Matter!



### Welcome back

It has been lovely to have the whole school back together! A massive well done to all students, staff and parents for coping so well during home learning! Thank you to our parents who completed the survey about how our school performed during home learning. I include the results for your benefit. Please click on this link – [Parent Feedback in Week 7, 2020 - Remote Learning](#)

### 2021 Enrolments

All existing families who wish to enrol their kinder children at St. Francis of the Fields for 2021 please do so - places are filling quickly. Simply log onto our website and complete the enrolment application.

Send the application to [office@sfstrathfieldsaye.catholic.edu.au](mailto:office@sfstrathfieldsaye.catholic.edu.au) ASAP.

The dates enrolment dates for Bendigo Catholic schools are as follows:

- Friday 17 July  
Close of enrolments for Bendigo Catholic Primary Schools
- Tuesday 21 July  
Catholic schools begin sending first round enrolment acceptance notifications

### Coronavirus updated information

#### Parents, volunteers and visitors entering the school

- Parents are asked to please avoid entering the school buildings, unless absolutely essential.
- If parents must enter the school, please sanitise hands immediately (sanitiser provided at front counter).
- The Department of Health insists that adults should not be permitted to go beyond the Reception area.

#### If children are unwell

Any child who comes to school feeling unwell or becomes unwell during the school day, they (or the emergency contact person) will be called to collect their child.



#### Water Bottles

Drinking fountains are not to be used by students. Each should bring water from home.

### Drop off and Pick up

#### Drop off in the morning - Beginning Week 10 & 11, Term 2.

- Parents may continue to use the coloured drop off zones at the front of the school from 8.30 - 9.00am.
- We urge parents to park around our school, where possible, and have the children walk into the classrooms. We hope this measure will alleviate some of the traffic congestion.

#### Pick up in the afternoon - Beginning Week 10 & 11

- We urge parents to park around our school (oval, gravel car park & behind the school), where possible, and have the children walk to your chosen pick up area. Please ensure the children can repeat back to you where they will be picked up each day.
- Week 10 & 11 - Pick up times are as follows:
  - 2.45pm - F/1/2
  - 3.05pm - Year 3/4
  - 3.20pm - Year 5/6
  - Older siblings will be picked up at the youngest sibling's pick-up time
  - Class teachers will supervise their Year level pick up

- Those parents who cannot pick up till 3.20pm - children will be supervised at the front of the school.
- Children riding a bike or walking home will leave at their allocated time above.
- Wet days - students and teachers will be standing at the front of the school under cover at their designated time.

### Dates to remember

#### Term 3

Friday 17 July **Pupil Free Day:** NCCD  
 Thursday 23 July Maths Parent Information night with Leonie Anstey via Zoom (see flyer below).  
 Friday 24 July **Pupil Free Day:** Mathematics with Leonie Anstey



Christ has no hands but yours.

Tim Moloney – Principal

## MATHS PARENT INFORMATION NIGHT

with Maths Consultant  
Leonie Anstey

THURSDAY 23rd JULY, 7PM  
VIA ZOOM

To register for the workshop,  
please email Amy Delaney or Kate Ellis  
[adelaney@sfstrathfieldsaye.catholic.edu.au](mailto:adelaney@sfstrathfieldsaye.catholic.edu.au)  
[kellis@sfstrathfieldsaye.catholic.edu.au](mailto:kellis@sfstrathfieldsaye.catholic.edu.au)

### Uniform Shop News.....

Thank you everyone for your patience and understanding during this affected time. Please note, we are currently **out of stock** of the following items - Long sleeve polo tops Size 12 and 14, Woollen Jumpers Size 12, Rugby Jumpers Size 12, Straight-leg track-pants Size 4. We apologise for this inconvenience.

The following comment has been received from Buxwear head office, 'As result of COVID, the supply of fabric has been a real problem and also our machinists have not been working over the lockdown period'.

We are hoping to receive delivery of these out of stock items in the next few weeks.

Sarah, Jade & Stacy – Uniform Shop Staff

## Pastoral Wellbeing

### Helping kids tolerate discomfort

By Michael Grose



Few right-minded people want children or young people to experience hardships or difficulty. However, growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

#### Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situations such as school camp. These are the sorts of everyday situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

#### Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

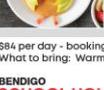
#### It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Regards,  
 Grace Scalora  
 Deputy Principal - Pastoral Wellbeing  
[gscalora@sfstrathfieldsaye.catholic.edu.au](mailto:gscalora@sfstrathfieldsaye.catholic.edu.au)

# SCHOOL HOLIDAY PROGRAM WINTER 2020

WEEK ONE 29 JUNE - 3 JULY		WEEK TWO 6 JULY - 10 JULY	
<b>CHILL OUT DAY</b> Mon 29 June  Come in your PJ's for a chilled day as we sit back and relax for our Beauty and Barber experiences. From creating fake nails to paint and decorate to making funky hair models to cut and style. Then we'll be relaxing with a movie.	<b>AROUND THE WORLD</b> Mon 6 July  We start with making your own mini plane and imagine flying off to the rainforests of Brazil. Then we head to China and Italy before we come back home for some cool Aussie activities.		
<b>ALL ABOUT NATURE</b> Tue 30 June  We're getting back to nature by designing a mural using rocks for paint and a wide variety of natural materials we have on site as well as some we'll go exploring for. Then we're going to grow grass heads in eggshells.	<b>COME JOIN THE CIRCUS</b> Tue 7 July  Come one, come all for a fun filled day. Learn circus tricks and try your luck in the arcade games. You can even make your own juggling balls.		
<b>WEIRD SCIENCE</b> Wed 1 July  From paper cup phone experiments, straw rockets and volcanoes. This will be a science day with a difference!	<b>WOOL WEDNESDAY</b> Wed 8 July  So much wool and so many projects! Create your own dream catcher and learn to knit using only your fingers. These are just a few of the fun activities we will do with wool.		
<b>LET'S GO ON SAFARI</b> Thur 2 July  Dress ready for a safari! We're making our own binoculars and heading outside to spot the hidden objects. Create your own animal mask and explore the many footprints left in our animal kingdom.	<b>WOODWORK WORKSHOP</b> Thur 9 July  We're getting crafty with wood and you get to design, build and decorate your very own bird feeder to take home.		
<b>ART WITH FOOD</b> Fri 3 July  Did you know that you can use food to make art? Make shapes with bread, try out pancake art and create fun food stamps.	<b>CAMPING PARTY</b> Fri 10 July  Let's get active with our fun relay races and bush activities. Enjoy a toasted marshmallow at the campfire and Pizza will be supplied for lunch.		

\$84 per day - bookings can be made through your My Family Lounge account  
What to bring: Warm hat and coat, drink bottle, lunch, snacks.

## BENDIGO SCHOOL HOLIDAY PROGRAM

Lightning Reef Primary School | 74 Holmes Rd, North Bendigo VIC 3552  
p: (03) 5444 6666 | e: bendigo@bymca.org.au | w: childrensprogram.ymca.org.au





# DISCOVER YOUR WAY

WHERE ARE YOU HEADING?



**ENROLMENTS FOR YEAR 7, 2021**  
We welcome enrolments from all families in our region. Enrolments for Year 7, 2021 close Friday 12 June, 2020.  
**VIEW PROSPECTUS | DOWNLOAD ENROLMENT FORM**  
[www.cmc.vic.edu.au](http://www.cmc.vic.edu.au)

Get the Catherine McAuley College App from App Store/Google Play

**COLLEGE TOURS & ENQUIRIES**  
Please contact Audra Petri, College Registrar, for details of future College Tours and for all enrolment enquiries.  
☎ 5449 3466 ■ [info@cmc.vic.edu.au](mailto:info@cmc.vic.edu.au)  
A Ministry of Mercy Education Ltd



### SEASONS FOR GROWTH - a program for children who have experienced grief

Change and loss are issues that affect all of us at some stage in our lives. At St Francis of the Fields we recognise that when changes occur in families through **death, separation, divorce** or related circumstances, children and young people may benefit from learning how to manage these changes effectively.

We are, therefore, offering a very successful education program called '**Seasons for Growth**'. This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practice new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision making, effective communication and support networks.

**Seasons for Growth** runs for eight weeks and each weekly session is 40-50 minutes during school hours. This program is being offered to all students.

**Seasons for Growth** will commence the second week of third term. If you think your son or daughter would benefit from **Seasons for Growth**, we would encourage you to talk to him/her about this. Please fill out the 'interested' slip and return before Friday 17th July.

If you would like more information please email me:  
[moconnor@sfstrathfieldsaye.catholic.edu.au](mailto:moconnor@sfstrathfieldsaye.catholic.edu.au)

Yours sincerely,  
Maree O' Connor - Seasons for Growth Site Coordinator



### SEASONS FOR GROWTH - a program for children who have experienced grief (please return slip to Maree O' Connor before Friday 17th July, 2020)

Child's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent Phone/Email: \_\_\_\_\_

