



ST. FRANCIS OF THE FIELDS STRATHFIELDSAYE

School Bulletin – Thursday 16 July 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,

Thankfully all students and staff are able to return to school to enjoy the beginning of a new term. In these tricky times I share with you a small reminder about how our mindset can affect those we meet during the course of our days.

Think about the people you encounter during each 'duty'; a student on the playground,
a member of the club you supervise,
the parent who comes to soccer practice,
or the parish council member who comes late to a meeting?

Your attentiveness to each person is a witness; it can affect how the people you touch with kindness live the rest of their day – and whether they pass the kindness on to another. The world can be a better place depending on how you do your 'other duties as assigned'.

Carole Eipers



Covid-19 Cancellations

The coronavirus pandemic has impacted our normal school practices in many ways. We must ensure the safety of all students, staff and parents subsequently we have been forced to make the following adjustments to our normal school practices:

Term 3, 2020 Activities	Adjustments to normal practice
School Assemblies	<ul style="list-style-type: none"> We will notify parents about our Students of the Week via Facebook posts.
School, Zone & Regional Athletics	<ul style="list-style-type: none"> As part of Yr. 3-6 student PE lessons all children will complete athletics events and have times, lengths and heights recorded.
Zone and Regional Netball, Football, Soccer and Basketball Championships	<ul style="list-style-type: none"> Unfortunately these events have been cancelled.
Instrumental Concert	<ul style="list-style-type: none"> This event has been cancelled as we are required to avoid gatherings.
Father's Day Mass & Stall	<ul style="list-style-type: none"> We will not be able to hold our Father's Day Mass as we avoid gatherings. We will also be unable to provide the Father's Day Stall as we are unable to bring volunteers into our school.
Debutante Balls	<ul style="list-style-type: none"> The 4 Debutante Balls have been postponed till 2021.
School Masses	<ul style="list-style-type: none"> Unfortunately, we are unable to hold whole school masses. Parents and students can access masses online https://www.sfstrathfieldsaye.catholic.edu.au/downloads/current-newsletters
Camps, excursions and incursions	<ul style="list-style-type: none"> No camps, excursions or incursions will be held in Term 3.
Morning drop off between 8.30 - 8.55am	<ul style="list-style-type: none"> Please park around the oval, gravel car park or behind the shed and have the children walk into class. Drop the children off at the front of the school, as long as they are able to exit the car quickly.
Pick up in the afternoon	<ul style="list-style-type: none"> Pick up times remain as follows, though I am hopeful this will return to normal time soon:

	<ul style="list-style-type: none"> ○ 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 <ul style="list-style-type: none"> ● 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.
Parents, volunteers and visitors entering school	<ul style="list-style-type: none"> ● 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.

Term 3 Canteen - Repeat



The school canteen will continue to operate each Thursday and Friday during Term 3 with several small modifications. Unfortunately, we are still unable to have parent helpers volunteer their time and expertise due to the COVID-19 restrictions. Subsequently, the specials will be removed from the Canteen Menu to ensure Donna and Fiona the time to prepare and serve the meals for our children. Please note, previous specials items, School Pies, Sausage Rolls and Chicken Balls, will be available to order individually from the menu. Please check the Term 3 Menu List on PAM.

Term 3 dates

Friday 17 July
Thursday 23 July
Friday 24 July

Pupil Free Day: NCCD
Maths Parent Information night with Leonie Anstey via Zoom.
Pupil Free Day: Mathematics with Leonie Anstey



Christ has no hands but yours.

Tim Moloney – Principal

CSEF - Camps, Sport & Excursion Fund – Applications 2020

Please note closing date is next week - Friday 24 July
CSEF Information and Application forms are available from our website – see downloads/forms
<https://www.sfstrathfieldsaye.catholic.edu.au/downloads/forms>



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
kellis@sfstrathfieldsaye.catholic.edu.au



Pastoral Wellbeing

Pick Your Battles Wisely

Michael Grose



Three-year-old Sam was tired and cranky. He refused his mother's request to put his plate in the sink after a snack. Elsa, Sam's mother, who was usually quite firm didn't insist that her son comply. She knew that when her son got into 'one of those moods' it was best to leave him alone.

"You've got to pick your battles," said an exasperated Elsa to the other parents in the room. She also added, "You've got to pick the timing of your battles."

Tired and emotional kids are incapable of processing what a parent is saying. Reason goes out the window. This was a smart piece of parenting by Elsa. She could have easily locked herself into a battle of wills with her son, but it would have been a fairly pointless exercise. She may have won the battle, but at the cost of an agitated son and ongoing resentment.

Is winning your aim?

Often the battles we have with kids are about bigger issues such as power ("You should do as I say!") and control ("This is the way things should be.") rather than immediate issues such as cleanliness and tidiness. Good sense goes out the window when we get locked into disputes with children.

Do you choose the right time?

Like all parents, Elsa wants to develop good habits in her child, but wisely she picks the time and place to do so. The best time for productive teaching and habit-forming is when parents and kids are fresh and on good terms. Spending enjoyable one-on-one time with kids is such a wonderful opportunity for relationship-building and teaching.

What battles do you pick?

The battles you have with your children reveal a great deal about your parenting values. If you find that you stand your ground over a child's disrespectful behaviour toward a sibling or friend then respect is a strong value you hold. If you always insist that your child uses good manners even when they are tired, then fair treatment and good manners are strongly held values. If you insist that your child is kind and generous to others, and you find yourself bristling at their selfishness, then generosity is more than likely a trait you value highly. We tend to fight hard for the values that we hold dearly, and become upset when our kids don't follow suit.

Do you sweat the small stuff?

Sometimes children and young people can display a multitude of annoying behaviours and attitudes when going through difficult times. For instance, a young person may leave their bedroom messy, repeatedly sleep in, pick fights with siblings, continually argue with their parents and always come home late from school. If a parent fights with their child over everything then they are in for an emotionally draining time and a deterioration in their relationship. It would be better to ignore most of the minor misbehaviours and focus on the more significant behaviours such as how a young person treats others.

If, for instance, a young person continually swears at and is critical of a younger sibling, would you pick up on the swearing or the put down? I'd suggest that the put down is far more harmful than swearing and should be the focus of your attention. Often, we focus on the minor stuff at the expense of the more significant issues because it's easier and less stressful that way.

Do you avoid all battles?

As much as we'd like to always maintain good relationships with our children, this doesn't have to come at the expense of good child-rearing. The parent who never goes into battle with their children is generally not doing them any favours. This is known as the Laissez-faire or permissive approach where parents are high on relationship-building and low on firmness and boundaries. It's far better for kids if you adopt a collaborative or authoritative approach where there's a healthy mix of relationship-building and firmness. Parents who use this approach are generally adept at picking their battles, specifically those that should be ignored and those that are worth spending time and energy on. They also have spent a great deal of time building up enough goodwill with their kids that enables them to survive disagreements that they may have.

So, pick your battles wisely. Avoid using up energy and goodwill by fighting with kids over minor stuff, or when they are obviously tired and cranky. On the other hand, make sure you pick them up on the really important stuff regardless of their moods, which is where your parenting values come in.

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



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

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: _____



Sandpiper Publication

Sandpiper e-News from the Diocese of Sandhurst. Here is the new format for our Sandpiper paper and is now available to view on our website. Click [here](#).



SANDPIPER

St Francis Basketball News

A huge thanks to the school community for their support for the Thermomix Fundraiser - 300 tickets went quickly and the winner, Debra Spear, should receive the machine this week!

Thanks to the last boost of funds during the holidays, we were able to install the brand-new adjustable rings. These are an amazing asset for all the kids at school to use in sport and play - let's hope it encourages more budding stars to emerge on our grounds.

A big thanks to the current committee and past committees who have fundraised \$10,000 to contribute to these.

Junior basketball competition has returned this week - and training on the outside school courts. Team managers please ensure your teams comply with all regulations, so we can continue to safely play the sport we all enjoy.

Thanks to Coaches and Team Managers for assisting the committee to enable our return to play during this modified season.

Also remember we will post on St Francis Basketball private group Facebook page for any urgent updates:

<https://www.facebook.com/groups/1081236251980337/?ref=share>

Please request access if you haven't already.

Singlet top allocation – Team Managers (or one parent from each team only please) to contact Fiona Horan 0438411678 or fionajodiemorgan@hotmail.com to arrange collection/swaps. Please do not contact individually.



Weekend Maintenance Roster – Term 3

1	18-07-20	19-07-20	Van Dillen (5T), Rodda (Fdn WM), Davis (6W), France (5T)
2	25-07-20	26-07-20	Baker (Fdn M), Wharton (FDN A), Shelton (Fdn A), Lennon (1FM), Kanzamar (3GH)
3	1-08-20	2-08-20	Harrop (5K), Templeton (4HJ), Hurford (2D), McDermott (Fdn M)
4	08-08-20	09-08-20	McKern (Fdn B), Connolly (2M), Emmerson (4H), Behrens (4W), Duffy (2D),
5	15-08-20	16-08-20	Tuohey (4Z), Jackson-Leahy (5B), Orr (5B), Butcher (Fdn M)
6	22-08-20	23-08-20	Barnes (Fdn M), Pattinson (6D), Jackson (1R), Allan (2D), O'Sullivan (2P)
7	29-08-20	30-08-20	Howman (6FD), Waters (Fdn A), Gordon (3L) Bortolotto (5K), Burns (3H)
8	5-09-20	6-09-20	Stuart (Fdn B), Dyer/Cavallaro (5W), Mansfield (Fdn B), Wagner (6D) (Father's Day W/End)
9	12-09-20	13-09-20	Dickson (5W), O'Bree (5W), Mulready (Fdn WM), Whitty (4HJ), Evans (5B)
10	19-09-20	20-09-20	TERM 3 BREAK
	26-09-20	27-09-20	NO MAINTENANCE
	3-10-20	4-10-20	Stubbins (Fdn A), Singh (Fdn A), Balic (6G), Finney/Neave (5T)

YMCA ASC – Term 3 Pupil Free Days

Please note: the YMCA ASC program will NOT be available for tomorrow's pupil free day.

Bookings are still open for the pupil free day scheduled for next Friday 24 July. Please make your bookings in the My Family Lounge App to ensure a spot for your child/ren. Bookings are essential.

The YMCA operates an After School Care Program at St Francis of the Fields Primary School. The program operates every school day for children aged 5-12 years. The YMCA also provides care on days of school closure. Families can contact the service on 0459 988 313 or visit 'My Family Lounge' where you can register your child in advance for any bookings. any questions please contact Hazel stfrancis@ymca.org.au.

