



# ST. FRANCIS OF THE FIELDS

Newsletter No. 12 – July 29, 2021  
(Term 3 – Week 3)

The Jaara people are the traditional custodians of the land on which we live. They have lived here for thousands of years. We commit to working for Reconciliation and justice for all Aboriginal people and to learning more about the Jaara

“To Live, Learn and Grow in God’s Love”

## Reminders

Thursday 29 July

- Learning Conversations

Friday 30 July

- Learning Conversations
- 3B & 3H Mass @ 11.45am

Monday 2 Aug

- Fdn – Yr2 Swimming @ KFlat
- Guest Speaker – Dr Michael Carr-Gregg @ 7pm

Wednesday 4 Aug

- St Francis Athletic Sports Yr3-6 9.30am-2.30pm @ LUBAC

Friday 6 Aug

- Unit 5 Mass @ 11.45am

Monday 9 Aug

- Fdn – Yr2 Swimming @ KFlat

Monday 16 Aug

- Fdn – Yr2 Swimming @ KFlat

Thursday 19 Aug

- Catholic Athletic Sports @ LUBAC

Friday 20 Aug

- Unit 4 Mass @ 11.45am

Monday 23 Aug

- Book Week
- Fdn – Yr2 Swimming @ KFlat

Tuesday 24 Aug

- Book Week

## Tuckshop 2021 – Term 3

**Week 3**

**Friday July 30**

**Week 4**

**Thursday August 5**

**Friday August 6**

**Week 5**

**Thursday August 12**

**Friday August 13**

## Weekend Maintenance

**31 July-1 Aug** Thorne (5D), Baker (5D), Oldham (5D), Mansfield (1M)

**7-8 Aug** O’Sullivan (3L), McLean (3GE), Austin (Fdn B)

**14-15 Aug** Fitzpatrick (5K), Hurford (3B), Svensen (Fdn B)

**21-22 Aug** Harrop (6FM), Higginbottom (2P), Burns (4Z), Waters (1SA)

**28-29 Aug** Lynch (1SA), Perry (6W), Connolly (3H), Villani (1R)

**4-5 Sept** **Father’s Day Weekend**  
Whitford (6W), Johnson (4Z), Lennon (2P)

“For it is in giving that we receive.” St Francis of Assisi



Dear Families,

I share with you a prayer for all who are challenged by the coronavirus outbreak. Our thoughts and prayers remain with our community at this time.

*Jesus Christ, you travelled through towns and villages “curing every disease and illness.”*

*At your command, the sick were made well.*

*Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.*

*Heal those who are sick with the virus. May they regain their strength and health through quality medical care.*

*Heal us from our fear, which prevents nations from working together and neighbours from helping one another.*

*Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.*

*Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.*

*Be with those who have died from the virus. May they be at rest with you in your eternal peace.*

*Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.*

*Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks.*

*May they know your peace,*

*as they work together to achieve it on earth.*

*Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare.*

*In place of our anxiety, give us your peace.*

*Jesus Christ, heal us.*



## Covid update

I am so pleased that our children are able to return to school and enjoy learning with their peers. I am particularly grateful for the work of each parent and carer who are balancing the demands of working, assisting with home learning and running a home during the latest state lockdown. Similarly, I am proud of the support that our teaching staff have been able to offer our community.

The updated covid requirements for our school community are as follows:

### Student Attendance at school

- If unwell, do not attend school. Have a covid test ASAP.
- Wash hands with soap for 20 seconds
- Sanitise hands regularly (provided by the school)

### Parents Onsite

- Unfortunately, non-essential visitors are not allowed on school sites for the near future. This means that parents are not able to help with the canteen.
- If parents need to enter the office area please:
  - QR code
  - Sanitise
  - Wear masks

### Community Groups

- Community groups are not permitted to use school facilities **during school hours** (indoor or outdoor).
- When used outside of school hours, a density limit of 1 person per 4 square meters must be applied to the spaces used. *This means basketball, netball and football teams may train inside and outdoors after school hours.*
- School tours should not be conducted on-site for prospective students and their families at this time.
- Non-essential meetings, and all school events, gatherings and assemblies should be deferred or held remotely.
  - This includes masses, liturgies, assemblies, etc
- Kinder to prep and Year 6 to Year 7 transition programs are not permitted at this time.

### Face Masks

- To be worn at all times except for teaching and eating/drinking

### Swimming pools

- Outdoor and indoor pools can be used.
- There is no limit on participant numbers where there is exclusive use of a pool facility by a single school at any one time for educational purposes

### Physical education and intraschool sport

- Outdoor and indoor contact and non-contact physical activity is permitted.
- Interschool sport is not permitted at this time (this means regional and divisional sports)

### Camps, playgrounds, pools and other school facilities and activities

- School camps and overnight stays can take place across Victoria with no travel restrictions. Bookings must be limited to single schools. Multiple schools can attend camps providing school groups remain separated and do not share common facilities at the same time.
- Mixing of staff and students between different schools is not permitted.

### Excursions/Incursions

- Incursions are not permitted at this time.
- Excursions are permitted with students from a single school only

## Learning Conversations

I thank our students, staff and parents for coming together to celebrate the learning that has taken place throughout the past semester. These learning conversations are a wonderful opportunity to reassess future learning goals - both academic and social and emotional.



## Michael Carr-Gregg Presentation - Postponed

Unfortunately, due to covid restrictions we have had to postpone the Michael Carr-Gregg Presentation. We are waiting for further dates and will communicate those with the community. If any parent would like to be reimbursed for the ticket cost please speak to the office on 5439 3191.

## School Disco

It is hard to believe that we were able to hold the School disco a fortnight ago. Special thanks to Georgina Stevens, Megan Merrett, Kate Fraser, Nicole Emmerson and all volunteers who assisted with the P-2 and Yr. 3-6 discos.

At last week's P & F meeting we considered whether the discos should be 60 minutes in length, rather than the 90 minutes.



## Building Update



I am pleased that we have now moved to the tender process today for the building of our 8 new classrooms, toilets, meeting rooms and amphitheatre.

The tender process closes on Thursday 26 August at 2pm.

We are hopeful that our building contractors will be onsite from mid-September 2021 to September 2022.

We expect that our portables will be moved to their final destination in the September holidays. Students and teachers from Year 5 & 6 are expected to be relocated to other learning areas for two school weeks while the decking and external space is made safe.

These short term challenges will be well worthwhile once our children are enjoying the beautiful learning spaces that will be built.

I am very grateful to the Building Team who have worked tirelessly throughout this process. Thank you Lisa Hitchcock, John Deane, Grace Scalora, Julie Langdon, Kaine Perry and Adam Place.

Christ has no hands but yours.

Tim Moloney  
Principal

**Every  
minute matters**

Start of Day Matters

- aim to be at school by  
8.45 am  
for a  
9.00 am start

## Engagement of Volunteers

All parent interview sessions have been cancelled due to the latest Covid restrictions. We will set new dates as soon as we are permitted to have our parent community onsite.

Thank you for your patience and understanding.

Grace Scalora

Deputy Principal - Pastoral Wellbeing.

# Establishing digital boundaries for a good night's sleep

By Dr Kristy Goodwin

Themes: Education/Learning, Technology and Parenting, Wellbeing and Mental Health



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study\*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

## Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

### Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

### Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

### Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

### Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

### Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

\*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night (Source: <https://aifs.gov.au/sites/default/files/publication-documents/lac-asr-2018-chap4-sleep.pdf> )

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



### Attending the Early Years = Greater chance of success

- establishes positive habits
- builds positive relationships
- maximises opportunities to learn
- supports problem solving skills



## Building Resilient and Happy Young People in a Post-COVID Environment

### A PRESENTATION FEATURING DR MICHAEL CARR-GREGG

SchoolTV's Dr Michael Carr-Gregg comes to Strathfieldsaye to share his insights on how best to support young people and what important things to tell them to help build resilience and happiness in a post-COVID environment.

Michael will outline some simple steps that parents and adult carers can implement to help young people cope with some of the challenges they currently face. This will include tips on how to deal with school refusal and adjusting to being back at school.

Even before the coronavirus transformed our lives and social landscapes, it was important to support their wellbeing from time to time. Now in a post-COVID landscape, the challenges are even greater, with social isolation and uncertainty as to what lies in the future. This has led to increased anxiety for some young people affecting their ability to attend school.

Because parenting doesn't come with instructions, Dr Carr-Gregg will share practical strategies to build resilience at this time.

**SUITABLE FOR:** PARENTS AND ADULT CARERS  
**DURATION:** 45 MINUTES  
**PRESENTATION TIME:** 7.00pm



**VENUE:**  
St Francis of the Fields Community Centre

**Postponed**

Tickets are on sale now!

Click [here](#) to purchase your ticket online or simply scan the QR code



### WHO IS PRESENTING?

**Dr Michael Carr-Gregg** is one of Australia's highest profile psychologists, author, broadcaster and specialist in parenting, children, adolescents and mental health. He wrote his PhD at the University of NSW on adolescents with cancer and in 1985, he founded the world's first national teenage cancer patients support group, Canteen. He has been part of SchoolTV since its launch in 2016 and also works in private practice in Melbourne. He is the Commonwealth Government representative on the Board of the Australian Children's Television Foundation and is the Consultant Psychologist to Australian Boarding Schools Association.

## PE News.....

### State Basketball Trial- Stage 3:

On the 28th to the 29th of June, Lexie Fennell and Rhyllie Jones participated in the final stage to get into the Under 12 girls State Basketball team. We headed down to Casey, Melbourne, on the 27th because we had the all-day camp the next day going from 10am to 3pm. There were about 70 girls there and only 10 girls which included me and Rhyllie were from country Victoria the rest were Melbourne or the Melbourne area. We were put in teams then we would train for half an hour then play for half an hour and that's all we did for those two days. It was a great experience and we met heaps of new people, learned new things from great coaches and saw all the great basketballers out there. We are very proud of ourselves for making that far. And we are very grateful for the opportunity we were able to participate in.

By Lexie Fennell 6T

### Fdn – Yr2 Swimming

Swimming **will** go ahead on Monday 2 Aug.

Under current COVID school protocol, **no parents will be able to attend** the lesson in any capacity. If this changes we will notify you.

We are yet to find out if our missed lesson on Monday 26 July will be replaced or cancelled.



### Yr3 – 6 Athletics Sports



We are excited that our school athletics will be going ahead on Wednesday 4 Aug. Unfortunately, parents will not be able to attend, we understand this is disappointing.

It appears there is a very high chance of rain on Wednesday. As athletics is an all-weather sport, we will be competing. If the rain looks as if it will continue, we will **ONLY** do the track events on Wednesday and attempt to do the field events at school on another day. Please note, rescheduling the sports is not an option, as the athletics track does not have any spare days before the next level of competition.

Please send your child with appropriate clothing (wet weather gear and a spare set of clothes).

### Year 3 parents:

Please note, your child's age group is only eligible for 4 events at the Catholics sports: 100m, 80m Hurdles, Long Jump and Shot Put. They also do not progress from the Catholic level.

## OASIS News....

### Wonder Bread Bag Collection

Thank you to everyone for contributing to the Wonder Bread – Bread bag recycling rewards program. This has now finished and we have sent away our bags to be weighed. We look forward to receiving some great resources for our children to enjoy using.



### OASIS Website

Be sure to check out our website to catch up on all the news and events that is happening in OASIS at the moment. [OASIS Website](#)



### Matt Butcher

Environment and Sustainability Teacher/OASIS Coordinator

## RE News....

### Feast day of St Mary of the Cross Mackillop

On Sunday - 8 August, we celebrate the Feast of St Mary of the Cross MacKillop. Mary holds a special place as Australia's only saint. She was canonised in 2010.

Mary was born in Fitzroy in 1842 and died in Sydney in 1909. Mary dedicated her life in the service of God and others. With Fr Julian Tenison Woods she began the Sisters of St Joseph Religious Order. Mary began by educating the children in poor rural communities that did not have opportunities for education. She expanded this work with her sisters to towns and cities in Australia and New Zealand with those in most need. Today, the Josephites continue Mary's work in Australia and around the world.

Mary was a person who showed complete trust and faith in God. She always relied on the providence of God. Mary focused on the things that really mattered. Mary loved the poor deeply and believed God would provide all that was needed for her and her Sisters of St Joseph. Even when times were very tough, Mary trusted in God. One of her notable sayings, which is a wonderful guide for living a life of service is, "Never see a need without doing something about it."

Next week, classes will celebrate the Feast of St Mary of the Cross with a prayer service in their classrooms.

*Gracious God,*

*through your Son Jesus, you told us that we can always trust in you. May we be inspired by the life of Mary of the Cross, always assured that you love us and care for us. Help us to keep our gaze always outward, looking to see what we can do to help others. Help us to be faithful people who place our trust in you.*

*We ask this prayer in Jesus' name.*

*Amen*



### Feast day of Assumption of Mary

On Sunday - 15 August, we celebrate the Feast of the Assumption of Mary, the Mother of God. We celebrate Mary's passing from this world into the glory of God. When we remember Mary, we think of her deep faith and constant trust in God. In Mary, we are given a model of discipleship of faith and trust and hope for our future.

Classes will celebrate the Feast of the Assumption with a prayer service in their classrooms.

*God of love, inspired by Mary's example, may we live as your faithful and trusting disciples. We pray for the strength and courage we need to be hope-filled and generous people, ready to reach out to others just as Mary did.*

*We ask this prayer through Jesus Christ, your Son.*

*Amen*



Lisa Hitchcock – Catholic Identity Leader

## Tuckshop News.....

Please note: Currently we are unable to have helpers in our tuckshop. We will let parents know when this is possible again.



Menu and roster available here - [Term 3 Tuckshop Menu and Roster](#).

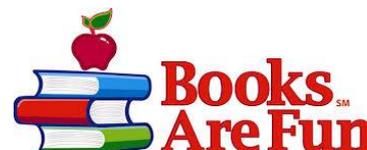
Remember to place individual orders for each child. Do not combine the orders under one child's name.

We are also happy to have a chat with any parents who may have concerns about their child's food related allergies and our current menu options.

Fiona (0400 072 311) & Donna (0408 051 979) Tuckshop Coordinators.

## Scholastic Books

If you would like your books to be left at the office for collection, please send an email to [office@sfstrathfieldsaye.catholic.edu.au](mailto:office@sfstrathfieldsaye.catholic.edu.au) and we will let you know when the items are available for collection.



Thank you for your continued support.

Michelle Janssen & Stephanie Wade, Scholastic Books Coordinators

## YMCA – After School Care

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 [stfrancis@ymca.org.au](mailto:stfrancis@ymca.org.au).



## Community News....

### BOWL PATROL A NEW WAY TO LEARN TO BOWL

Bowl Patrol is a program for primary school aged children to learn the basic skills of tenpin bowling.

- Bowl with a qualified coach
- Inclusive support resources
- Vouchers accepted where applicable
- \$99 for 8 weeks
- Bowl Patrol T-Shirt, Cap & Drink Bottle included



Jason Belmonte  
World Number One &  
Bowl Patrol Ambassador



Does your family have a Health Care or Pensioner Concession Card?  
You may be eligible for \$200 to help your child play sport.  
Find out more at [getactive.vic.gov.au](http://getactive.vic.gov.au)

**BOWL PATROL WILL BE HELD AT:**  
Bendigo Bowling Centre  
159 Hargreaves St, Bendigo VIC 3550  
Starting Tuesday 4:15pm 3<sup>rd</sup> August

For more information or to register go to [www.bowlpatrol.com.au](http://www.bowlpatrol.com.au)

## JUNIOR PENNANT

BENDIGO TENNIS ASSOCIATION 2021/22



BEGINS  
OCTOBER 8-9

# SIGN UP NOW



<b>A GRADE</b>
FRIDAY 4.30 PM
<b>B GRADE</b>
SATURDAY 10.30 AM
<b>C GRADE</b>
SATURDAY 8.30 AM