

ST. FRANCIS OF THE FIELDS

Newsletter No. 11 – July 15, 2021

(Term 3 – Week 1)



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 15 July

St Francis Disco



Friday 16 July

Pupil Free Day – NCCD & Wellbeing Staff PD

Monday 19 July

Dental Health Clinic

Tuesday 20 July

Dental Health Clinic

Wednesday 21 July

Dental Health Clinic

Thursday 22 July

P&F Meeting @ 7.30pm

Friday 23 July

3L & 3GE Mass @ 11.45am

Monday 26 July

Learning Conversations

Division Girls Football – Yr6

Fdn – Yr2 Swimming @ KFlat

Tuesday 27 July

Learning Conversations

Division Boys/Mixed Football – Yr6

Wednesday 28 July

Learning Conversations

School Advisory Council Meeting @ 6pm

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

Tuckshop 2021

Week 2

Thursday July 22

12-3pm Vicki Brown

Friday July 23

12-3pm Chelsea Baker | Nicole Emmerson | Sally Arundell

Week 2

Thursday July 29

12-3pm Jacinta Creek

Friday July 30

12-3pm Kellie Gibson | David Perrin | Keysha den Hartog

Week 3

Thursday August 5

12-3pm Christine Patchling

Friday August 6

12-3pm Lisa Wills | Briana Cowan | Lisa Phillips

Weekend Maintenance

17-18 Jul Fidler (FdnM), Kirke (5K), Merrett (5K)

24-25 Jul Myers (FdnA), Stevens (5K), McDermott (5HM)

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

14-15 Aug Deb Ball (Clean-up help required on Sunday 11am PLEASE)

Fitzpatrick (5K), Hurford (3B), Svensen (Fdn B)

21-22 Aug Deb Ball (Clean-up help required on Sunday 11am PLEASE)

Harrop (6FM), Higginbottom (2P), Burns (4Z), Waters (1SA)

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



Dear Families,

The prayer below is a timely reminder that life’s challenges are very necessary lessons that help each person develop resilience. As parents, we do a disservice to our children by trying to resolve issues that are actually necessary developmental stepping-stones. It is useful to remind your child about the Catastrophe Scale. I remind myself that...

- 100 is the worst catastrophe imaginable – think Tsunami flooding islands and leaving thousands dead and homeless.
- 90 is both my parents dying,
- 10 is missing out on something you set your heart on,
- 5 is someone giving me dirty looks or being unkind to me occasionally,
- 1 is Essendon losing yet another game of football (I do feel that this could be higher at times!)

When children realise that their problems are “ant” problems and they treat them accordingly then they are able to move on quite quickly.

Dear Lord,

Thank you for the challenges in life that help to build my strength.

Thank you for the times when my lack of resources reminds me of the value of resourcefulness.

Thank you for the mysterious people who confound, frustrate and annoy me, teaching me patience and the art of forgiveness.

Thank you for the moments when I am in desperate need of a miracle, and at the very last moment, from an unexpected source, one arrives.

Thank you for the difficult path that only I can walk, the challenging problems that you have prepared for me to solve and the purpose that you have for my life.

Thank you for the moments of courage that you give me so that I can live a life of meaning, not comfort.

Thank you for the moments when I am aware of my many faults, not so that I can wallow in guilt, but so that I can tap into your grace and mercy.

Thank you for building my resilience and teaching me to hold on to what is good.

Amen.



Learning Conversations

I ask all parents to please book a Learning Conversation appointment with your child's teacher in a little under two weeks. Learning Conversations are an opportunity for our students, parents and teachers to come together and reassess your child's academic and social and emotional learning, and set new goals.

The Learning Conversations will be held from Monday 26 July to Friday 30 July.

Please note that if you have participated in a PSG meeting with your class teacher in the past 4 weeks you will not need to attend a Learning Conversation as goals have already been set.

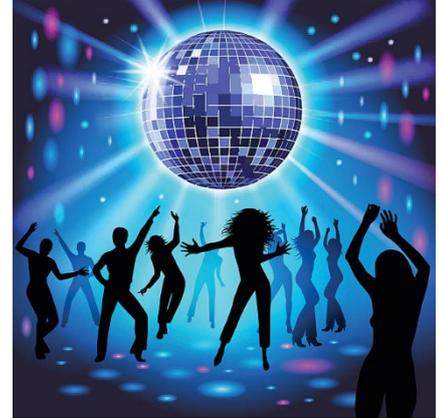
School Disco

Our children are talking excitedly about tonight's school "Summer Vacation" disco. The time for the disco is:

- Fdn - Yr2: 4.00 - 5.30pm
- Yr.3 - 6: 6.00 - 7.30pm

Parent helpers would be appreciated for the evening. Adults will need to:

- QR code if they are helping indoors,
- Sanitise before entering,
- Wear a mask at all times.



All children are required to remain inside where they can be monitored. ***This will mean parents will need to enter the gymnasium (shed) to pick their children up. Please be on time.***

School Fees

We have sent out reminders to all families in the last week of Term 2 to ensure payment of school fees. If payment of fees is proving a challenge please speak directly with Tim Moloney ASAP so that a payment plan can be developed. If I have not heard from you we will email a reminder to families. If at the end of this process we still have not heard from you we will proceed with our Fee Collection protocols.

Pupil Free Day

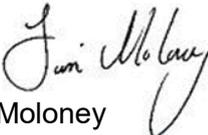
Please note that we will be holding a Pupil Free Day tomorrow, Friday 16 July. All staff members will take part in a Wellbeing & NCCD PD. I hope all families enjoy the long weekend and look forward to seeing you again next week.

Covid update

I have not yet received any update from CECV in regards to school life other than the requirement that all adults should wear masks while indoors. Teachers may remove the masks while teaching and eating.

I will send out a separate covid update once it is received. Take care and stay safe.

Christ has no hands but yours.


Tim Moloney
Principal



Prioritise Learning Time - Appointments are not an excuse

- non-urgent appointments made before/after school or during holidays
- disrupted learning time disrupts learning

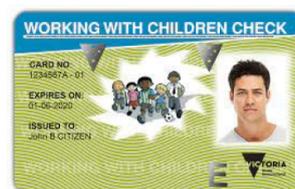
Pastoral Wellbeing Volunteers at St. Francis of the Fields

During 'normal' (non Covid times), we are so fortunate to have so many parents, grandparents and members of our community who come into our school to volunteer. All of our volunteers **MUST** complete the relevant documentation before coming into the school and helping out.

In order to meet the Child Safe Standards, the school requires all volunteers in our school to complete the Engagement of Volunteers documentation. (Please see the school's website for Engagement of Volunteers Information Pack)) Part of the requirement is to attend an interview process at the school. (This is an informal chat in the staffroom with either Tim Moloney or Grace Scalora)

During the interview process you will:

- Complete the Engagement of Volunteers documentation (you are able to complete the paperwork before the interview session, if you download it from the school website)
- discuss and sign the school's Code of Conduct document
- discuss the school's Child Safety Policy.
- we will answer any concerns or queries you have.
- complete the short interview process (informal chat)



What do you need to bring?

- The *Working with Children Act 2005 (Vic)* requires that any person doing child-related work, must have a valid Working with Children Check (WWCC). The school already requires that all school volunteers are required to apply for and pass a WWCC. There is no cost for volunteers applying for a WWCC. See the link below to apply for a WWCC <http://www.workingwithchildren.vic.gov.au/home/applications/>
- Proof of Identification eg. driver's licence.

Please see the dates below for you to attend one of these sessions. Once you have attended one of these sessions, you will receive an official letter via email stating that you are a volunteer in our school.

*Wednesday, 14 July @ 3.45 - 4.15pm
Monday, 19 July @ 8.15 - 8.45 am
Tuesday, 20 July @ 8.15 - 8.45am
Tuesday, 27 July @ 3.45 - 4.15pm
Wednesday, 28 July @ 8.15 - 8.45am and 3.45 - 4.15pm
Thursday, 29 July @ 8.15 - 8.45am*

If you can't make any of these times, please contact Grace Scalora via email to make alternative arrangements. (gscalora@sfstrathfieldsaye.catholic.edu.au)

After this short process, you will be able to help in and around the school. This process sounds like a difficult or lengthy one however, it isn't and it is ensuring that the safety of our students is at the forefront of everything that we do. We are not able to run events or school activities without the help of our community. We are asking all our parents and carers to please complete the necessary application form. We are extremely grateful for the support and help of our parent volunteers in our school.

Regards,
Grace Scalora
Deputy Principal - Pastoral Wellbeing.

School TV
SPECIAL REPORT: COVID Fatigue & Youth Mental Health



The physical impact of the pandemic has mostly spared our young people, however as the nation remains to be on alert and in various stages of lockdown, restrictions continue to be mandated. The pandemic has had a great affect on our young people with many paying a heavy emotional and developmental price. Psychological disorders are on the rise and emergency interventions have skyrocketed.

As hard as it is being a young person today, it's also draining being the parent of one. It has been reported that many parents are struggling to keep their child's mental health afloat, often proving it is difficult to juggle parenting responsibilities whilst at the same time providing much needed emotional support for their children.

Unlike the coronavirus itself, the emotional blowback of the pandemic cannot be vaccinated away. Psychologists are seeing more depression and anxiety across all age groups, but in adolescents it seems to be on steroids, with some choosing to self-medicate using alcohol or other drugs. When they look into the future now, they're looking at one that wasn't what they envisioned before.

This report explains the current state of youth mental health in a post-COVID era and offers guidance on how best to support young people today. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If this Special Report raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your special report

https://sfstrathfieldsaye.catholic.schooltv.me/wellbeing_news/special-report-covid-fatigue-youth-mental-health

Regards,

Grace Scalora

Deputy Principal - Pastoral Wellbeing



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 their kids deal with some of the challenges they currently face. This will include tips on how to identify and manage anxiety, school refusal and adjusting to being back at school.

Even before the coronavirus transformed our lives and social landscape, 1 in 4 young people struggled with their wellbeing from time to time. Now in a post-COVID landscape, a combination of financial hardship, social isolation and uncertainty as to what lies in the future has created significant levels of stress and anxiety for some young people affecting their overall health and wellbeing.

Because parenting doesn't come with instructions, this presentation offers practical, evidence-based strategies to build resilience at this difficult time.

SUITABLE FOR: PARENTS, GRANDPARENTS AND ADULT CARERS

DURATION: 45 MINUTE PRESENTATION FOLLOWED BY 15 MINUTES QUESTION TIME

 **DATE:**
MONDAY
2 August, 2021

 **TIME:**
AEST
7.00pm - 8.00pm

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

\$15
PER ADULT

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.....

Regional Cross Country

On Tuesday the 13th of July, Charlie Harrop, Maurice Nihill, Aydan Hand, Sam O'Bree, Max Perkins, Jed Willis, Jorja Cunningham & Alexis Arundell competed at the Regional Cross Country in St Arnaud. It was an overcast day with a bit of rain. The year 6's went first. They had to run 3km. "The track was hard and very hilly," said Charlie. In the end Maurice came first followed by Charlie coming second, then Aydan came 15th and Sam came 22nd. All the boys had fun and ran their best. Next up were the 11 year old girls. Both girls did their very best with Alexis sadly having to pull out with an injury and Jorja ran strongly to finish in 19th. Last up we had the 10 year boys and Jed ran unbelievably to come 5th and make it to the State championships. Max also competed hard and ran a fantastic race coming in at 42nd.



We had a great day and thank Mrs Coates for her time in coaching us in the lead up to the event.

Written by Maurice Nihill 6D & Charlie Harrop 6FM

Results:

- Maurice Nihill 12/13 boys- 1st
- Charlie Harrop 12/13 boys- 2nd
- Aydan Hand 12/13 boys- 15th
- Sam O'Bree 12/13 boys- 22nd
- Alexis Arundell 11 year girls- DNF
- Jorja Cunningham 11 year girls- 19th
- Max Perkins 10 year boys- 42nd
- Jed Willis 10 boys- 5th



Congratulations to all the children that competed and all the very best to Maurice, Charlie and Jed for the State championships on Thursday 5/8.

Division Soccer

Congratulations to both the Yr 6 Girls and Boys teams for winning the Division Soccer competition last term. A huge thank you to the coaches, Rhys Zera and Jacob Morrissey, for all the training sessions and leading the teams to victory.

Mrs Coates - PE Coordinator



Elmore Interschool Qualifier

During the holidays St. Francis of the Fields had three riders represent the school at the Elmore Equestrian Club Interschool Qualifier. Despite the horrible weather, Anna Bridge (1M), Lily Diss (3B) and Tilly Favoloro (5W) all committed to their sport and rode in the harsh conditions. The three girls all rode their mounts successfully competing in the Dressage, Show-jumping, Showing, Handy Mount and Novelties events. This prestigious event saw riders competing from schools from all over Victoria with around 190 riders competing. The three girls even in competition still displayed our school expectations by being their best and showing respect to the other competitors. Congratulations to Anna, Lily and Tilly for doing so well at such a big event. They all represented St. Francis well! Congratulations girls, I am so proud of you and your achievements.

Morgan Maud



On the school holidays I competed for our school at the Elmore Equestrian EA Interschool Qualifier. It was the first time I have represented my school on my pony called Merlin and I had the best time.

It was my first time jumping in an indoor arena and it was so much fun. I came fourth in both show-jumping events. I also competed in two dressage tests and came second in the first test, fifth in the second test and third overall in the jackpot. I also competed in the handy mount class where you work as a team with your pony to complete an obstacle course. Merlin was such a good boy and my favourite part was riding him through the ball pit. I came fifth in this event.

On the second day of competition I rode in my first showing class, for the first time and was judged. I was very nervous because I didn't understand what was expected of me and have learnt a lot for next time. It was very cold, we kept Merlin in a stable and my mum and I slept in the horse float for the first time which was very exciting. The other riders that were competing for our school were Tilly Favoloro and Anna Bridge. They both rode really well and we had lots of fun together. It was a great experience and we have all qualified to compete for St Francis again in the Interschool State Championships. Miss Maud was our team manager. She was very kind and did a great job of encouraging us all weekend as well as helping to organise the event.

I look forward to riding with kids from our school and competing together again in the future.



Lily Diss 3B

RE News....

St Vincent de Paul - Kennington Conference Winter Appeal

Thank you to all of St Francis of the Fields school community for the very generous donations to the Vinnies' Winter Appeal. Once again your kindness and generosity will help those who need support in our community.



Please see below a thank you from the St Vincent de Paul Kennington Conference.

We would like to sincerely thank the principal, staff, students and families of the St Francis of the Fields' School Community for their generous contributions to our winter appeal. Your donations of food items enabled us to "give a hand up" to over fifty households in our parish who are experiencing some difficulties at present.

A special thank you to Mrs Hitchcock for her co-ordination of the collection of food.

We wish you all the best for the new term.

In appreciation,

St Therese's Conference St Vincent de Paul Society of Victoria



Greg McGrath from St Therese's Kennington Vinnies' Conference, with Thomas Coman, Grace Monk and Amelia Kelly.



Lisa

Hitchcock
Catholic Identity Leader

OASIS News....

Working Bee

On Sunday 20 June, some parents from our school community offered their time to help move the greenhouse down to the Environment Centre. I would like to thank the following families and invite any other families to come and join in next time:

The Rodda Family
The Mitchell Family
The Perkin Family
The Jones Family
The Norman Family



Please think of DAVID JONES if you are looking for any plumbing work at home.

Why Water?



Our bodies are made of about 70 per cent water – it's what makes up the majority of our blood, digestive juices and sweat, and it's found in our organs and muscle cells.

Water is used to metabolise fuel, regulate body temperature and digest food. Water enables our bodies to carry out all of its functions in the day, it continually moves about and is lost in urine, sweat, tears, blood and the air we breathe. Children, in particular, need to make sure they re-hydrate, as water is the primary way they regulate their body temperature.

Water contains no energy, and in most States of Australia, tap water has been fortified with fluoride to help protect against tooth decay. Australia's water supply is one of the safest and cheapest in the world, so drinking tap water is cost effective and good for your health.

Please ensure you child continues to bring their named, reusable drink bottle to school each day.

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

Tuckshop News.....



The current Term 3 Menu and Roster is on our school website - [Term 3 Tuckshop Menu and Roster](#)

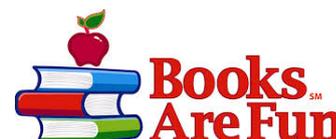
Remember to place individual orders for each child. Do not combine the orders under one child's name.

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

Issue #5 has been sent home with children yesterday. Orders need to be returned to school or ordered via LOOP by **Friday 23rd July**.



If you would like your books to be left at the office for collection, please send an email to 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.



**St Francis of the Fields
Primary School**

**Pupil free day
Friday
16th of July**

8am – 6pm

The YMCA will be operating full day care on this day.



To secure your place log into My Family Lounge and place a casual booking or contact us on **0459 988 313**



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 16th 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 16th July, 2020)

Child's Name: _____

Parent's Name: _____

Parent Phone/Email: _____



Community News....

ASSISI KINDERGARTEN
Strathfieldsaye

Enrol now for 2022

46A Blucher street, Strathfieldsaye 3551 | E: assisi.kin@kindergarten.vic.gov.au | W: assisikindergarten.weebly.com

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

Bendigo Bowling Centre
159 Hargreaves Street
Bendigo Vic 3550

Starting:
4.45pm Monday 19th July
4.15pm Tuesday 20th July

For more information or to register go to www.bowlpatrol.com.au

KELLY SPORTS

WICKED WINTER SPORTS!

LEARN NEW SPORTS SKILLS IN TERM 3

Have heaps of fun with your friends while playing a range of dynamic and active sports over the term.

BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU

FOR THE LOVE OF SPORTS 25 YEARS

COVIDSAFE + COVIDSAFE

INFORMATION

FOR PARENTS

MULTI-SPORT PROGRAMME

Programmes run weekly on one day a week for one hour.

This term we will focus on the following sports:

- ✓ Soccer
- ✓ Basketball
- ✓ Cricket
- ✓ Circus Skills
- ✓ AFL
- ✓ Hockey
- ✓ Athletics
- ✓ Netball

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For Prep – Grade 4 students.

\$130 FOR 10 WEEKS!!

School: St Francis of the Fields P.S.
Day: Friday's
Start Date: Friday 16th July
End Date: Friday 17th September
Time: 3.30pm-4.30pm

BOOK EARLY & SAVE

Use the voucher code 'earlybird' before 10th July to save!

Website: kellysports.com.au/bendigo
Contact: Beau Cross
Email: Beau@kellysports.com.au
Phone: 0428 326 924
Facebook: #KellySportsBendigo

KELLY SPORTS
BOOK ONLINE NOW AT KELLYSPORTS.COM.AU