



# ST. FRANCIS OF THE FIELDS

Newsletter No. 18 – November 4, 2021  
(Term 4 – Week 5)

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

Summer uniform must now be worn  
**Hats are now required**

### Friday 5 Nov

- ☐ Socktober - Crazy Socks Day



### Thursday 11 Nov

- ☐ Yr5-6 Gymnastics
- ☐ Remembrance Day

### Wednesday 17 Nov

- ☐ Yr 6 Camp - Anglesea



### Thursday 18 Nov

- ☐ Yr 6 Camp - Anglesea
- ☐ P&F Meeting 7.30pm

### Friday 19 Nov

- ☐ Yr 6 Camp - Anglesea
- ☐ Yr 3-4 Gymnastics

### Monday 22 Nov

- ☐ **Pupil Free Day** – Report Writing Day

### Tuesday 23 Nov

- ☐ **Pupil Free Day** – 2022 Planning Day

### Thursday 25 Nov

- ☐ Yr 5-6 Gymnastics

### Friday 26 Nov

- ☐ Blessing of the Animals & St Francis Awards  
**Facebook livestream @ 12.15pm**

### Wednesday 1 Dec

- ☐ School Advisory Council Meeting

### Thursday 2 Dec

- ☐ Fdn & Yr 4 Gymnastics

### Friday 3 Dec

- ☐ Yr 1-2 Gymnastics

### Tuesday 7 Dec

- ☐ Whole School Orientation Day

### Wednesday 8 Dec

- ☐ Yr 1-2 Gymnastics

### Thursday 9 Dec

- ☐ Fdn & Yr 3 Gymnastics

### Friday 10 Dec

- ☐ St Francis RAINBOW RUN



## Tuckshop 2021 – Term 4

(No parents helpers allowed as yet)

### Week 5

Friday 5 November

### Week 6

Thursday 11 November

Friday 12 November

### Week 7

Thursday 18 November

Friday 19 November

### Week 8

Thursday 25 November

Friday 26 November

## Weekend Maintenance

6-7 Nov Chambers (3L), Wright (3B),  
Anderson (2D), Whitford (6W)

13-14 Nov Bowe (2P), Anderson (1C),  
Stevens (5K), McDermott (5HM)

20-21 Nov Trimby (Fdn M), Pollock (3B),  
Freeman (4Z)

27-28 Nov Place (6FM), Jackson-Leahy (6FM),  
Dewhurst (6FM)

*“True progress quietly and persistently moves along  
without notice.”*



*St Francis of Assisi*

Dear Families,  
I share with you this beautiful reflection:

*If someone requires our time,*

*Help us to give it.*

*If someone asks for our patience,*

*Help us grant it.*

*If someone cries for understanding*

*Help us to find it*

*If someone argues for a different way*

*Help us to examine it*

*If someone needs a generous hand*

*Help us to offer it*

*If someone wants to bless our lives*

*Help us to receive it*

*Is someone struggles beneath a burden*

*Help us to carry it*

*If someone suffers from a wrong we have done*

*Help us to mend it*

*Help us to be open to growth in our lives*

*And to centre on you and your power working within us.*

*We ask this through your holy name.*

*Amen*



## Covid update

### Masks

All teachers will be wearing masks whilst indoors at school, though may need to take the mask off while teaching.



All Year 3-6 children are encouraged to wear masks indoors in accordance with the Chief Health Officers regulations. If children from P-2 would like to wear masks they are most welcome to do so.



## If unwell - stay home

We continue to ask parents to ensure that children with covid-like symptoms stay at home and to be tested. This will ensure our students, staff and parents remain as safe as possible.

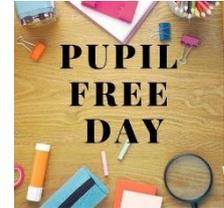
## Bookweek Dress Up Day

We were finally able to hold our Book Week Dress up day today from 9.15am. Thank you to all parents who helped dress up their children! They looked marvellous!

## School Closure Days

Please note that our school will be closed on the following days:

- Monday 22 November - Report Writing Day
- Tuesday 23 November - 2022 Planning Day
- Friday 17 December - 2022 Planning Day (Last day of the school year)



## Facilities Update

### School Oval

The new sprinkler system has now been installed. We have found a leak that needs to be repaired - hopefully today!

The Bendigo Council will aerate the ground, fertilise and top dress the oval before adding the plugs of grass. We expect the football oval to be ready for use by February/March 2022.



### Path around Football Oval

The footpath around the school oval was to be repaired at the start of November. This has now been pushed back to mid December. I hope our path will be fully reinstated for the start of the 2022 school year.

### New building

Fairbrother has appointed our builders for the building of the 8 new classrooms. The following timeline will assist with understanding the different phases of building preparation:

- Phase 1
  - Builders will be onsite on Monday 22 November to begin setting up the site
  - Fences will be set up behind the OASIS to begin footings, and trenching for services (power, etc)
  - This setup will take 2 weeks.
- Phase 2
  - Thursday 2 December and Friday 3 December teachers remove furniture and place them in their allocated rooms.
- Phase 3
  - Portables moved on Monday 6 December (Week 10)
- Rooms allocated to teachers for last 2 weeks of the year
  - Community Centre - 5HM & 5D
  - Chapel/Indonesian - 5W (remove Indo furniture and store in container)
  - Library - 6D
  - Art Room - 6FM
  - Music room - 5K
- Phase 4
  - Building works commence on new buildings from Monday 20 December
  - Building works are expected to be completed by late September 2022.



## Tuckshop

Orders will be able to be ordered each Thursday and Friday from the tuckshop.



Christ has no hands but yours.

Tim Moloney  
Principal

## Helping your family manage uncertainty

By Maggie Dent



Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability.

The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked.

### The lesson of being real

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.

## Normalise uncertainty

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

## Make choices that ease fear and anxiety

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

## Focus on the things you can control

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

## Encourage your kids to have a 'gratitude attitude'

Though times are no doubt really tough for many, you can choose to feel grateful for the things you have, and the people love, and you can model this mindset with your children.

## Maintain hope

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility.

Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.

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



## Lost Property

We have quite a large amount of unnamed lost property currently at school. If you think you might be missing something, please email us at [office@sfstrathfieldsaye.catholic.edu.au](mailto:office@sfstrathfieldsaye.catholic.edu.au) and we will have a look for you. Could you please make sure all items brought to school are clearly named? This way we can deliver items back to students when found.



# Supporting Children Through Change and Uncertainty

Join the free online seminar for *Parents and Carers or Professionals in Victoria*.

The last couple of years has brought many changes and losses for children, young people, and families all around Australia. There are so many questions about the impacts of the pandemic, natural disasters, and life changes such as bereavement, family separation and relocation - and how we can best support the children and young people in our lives.

## Overview

### Common questions:

- How can I talk about what is happening?
- What kind of reactions can I expect from my young person?
- How can I best support my young person?

### Attendees will have the opportunity to:

- Consider the range of impacts the pandemic is having on young people
- Explore ways of managing reactions of young people
- Hear about some creative ways of providing support



## Join Us

### for this free online seminar

to discuss helpful ways to support children and young people adversely affected by change and loss events.

### For Professionals

Tuesday 9 November - 3.30 to 4.30pm

### For Parents & Carers

Tuesday 9 November – 7 to 8pm

**\*Click the time to access bookings**

The Seasons for Growth suite of programs equip school and other professionals to support children and young people, parents/carers and other adults in sharing their experiences of change and loss in safe and creative ways, understand and attend to their feelings, and learn skills for adapting and recovering.

## Get in touch

The MacKillop Institute,  
Seasons for Growth Programs

## Children's Chatter Matters!

Language Learning activities to have a go at home.



### Focus: Building longer and more complex sentences

Ten activities will be provided over term four to help your child think a little bit deeper about the world around them and to use longer and more complex sentences. Expanding your child's oral language use will lead to significant improvements in their writing also. You may need to adjust the activity to suit your child's level:

4. Encourage your child to include the following parts when retelling a story/ experience: *who/ where/ when/ what happened/ feelings/ why*. Encourage them to use some joining words such as *because, if, when, but, so, however, until, or, unless, then, consequently, before, after as, instead of*. You might like to start a sentence for them to finish.

e.g. Just after breakfast, my brother and I had a fight. He used my Spongebob toothbrush. Yuck!!! I hate it when he uses my Spongebob toothbrush because his breath stinks. Mum wasn't very pleased with us and said we couldn't have a treat after school.



Your teacher will have access to each of these cue cards for you to print off and use to guide your child's language at home.

5. If your child has Show and Tell or News in their class, practice what they will say the day before. Use these picture prompt to guide their language.



For example: Who gave it you? Where do I use it? What do I do with it? What's it like? (Encourage a detailed description) Use joining words to describe why I brought this item along today. For example: "I like my *brand new* Spongebob toothbrush because it's *really soft* and doesn't hurt my gums.

6. It is important for your child to make longer sentences by joining two smaller sentences together. This can be achieved by using conjunctions/joining words. We use the conjunctions *but, however, whereas* help to *compare* two things. Play 'spot the difference' with your child and get them to generate sentences while comparing the pictures. For instance:



This picture has 2 sheep **HOWEVER** that picture has 1 pig and 1 sheep.  
This picture has chickens **WHEREAS** this picture has eggs.

Spot the difference books can be purchased from newsagents or go to [www.spottedifference.com](http://www.spottedifference.com) for extra resources.

## RE News....

### Catholic Missions Fundraiser Socktober



Socktober for Mission Month encourages students across Australia to make a difference in the lives of vulnerable children. Students at St Francis can wear their favourite or craziest socks tomorrow - Friday 5 November. Please bring a gold coin donation to support this cause.



### Blessing of the Animals & St Francis Awards

The Blessing of the Animals and St Francis Awards Ceremony will take place on **Friday, 26 November**. The day will begin at **11:45am** with Fr Andrew celebrating the **Blessing of the Animals Liturgy**, which will be streamed to the classes. The **St Francis Award Ceremony** will be **streamed on Facebook Live at 12:15pm** for all of our families to view.



We are praying that next year we can have our community gather together for a wonderful celebration of St Francis of Assisi's Feast Day.

### Remembrance Day

**Next Thursday, November 11**, is Remembrance Day, which marked the end of World War 1 over a hundred years ago. Although it was a long time ago, it is an opportunity to remember all those who have died in wars and conflicts since then. We pray that we value the freedoms that we enjoy today and commit ourselves to create peace in our world by recognising that peace begins in our own families, classrooms, schools and communities, and it begins with us. Each one of us can work to make a peaceful world.

The whole school will be commemorating Remembrance Day with a prayer reflection and one minute silence.

### *The Ode*

*They shall grow not old, as we that are left grow old,  
Age shall not weary them. Nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.*



Loving God,

Who weeps during times of human conflict, nurture within all humanity the will to reconcile  
And rebuild the bridges of trust and of hope for a future.

Through the enduring love of our Prince of Peace, Jesus Christ our Lord.

Amen

## Sacramental Program Reconciliation

The Parish Sacramental Program for Reconciliation has commenced. The students have begun their preparation for the Sacrament of Reconciliation at school and home. This week they have Our Times Together, Choosing.



Thank you to our Year 2 teachers for their generous support in helping to prepare the children at school.

Please keep these children and their families in your prayers as they continue their Sacramental journey supported by our faith community.

If you would like further information about the Sacramental Program please email Kristy Ryan - [stsacraments@gmail.com](mailto:stsacraments@gmail.com) or Lisa Hitchcock - [lhitchcock@sfstrathfieldsaye.catholic.edu.au](mailto:lhitchcock@sfstrathfieldsaye.catholic.edu.au)

Lisa Hitchcock  
Catholic Identity Leader

## P&F News...

### Rainbow Run – Friday 10th December



Rainbow Run booklets will be coming home this week. All money raised will go towards resurfacing the shed floor. (Target \$20,000) Follow the information in the booklet and register your child

at [myprofilepage.com.au](http://myprofilepage.com.au)



Fundraising opens from now and needs to be completed by 26th November.

The rainbow run will take place at school on the 10th December, Each child will get a headband and sunglasses on the day.

## Annual Poppy Appeal

The Bendigo District RSL Sub-Branch Inc., as part of the Annual Poppy Appeal, will place honesty boxes with Badges and Tokens in our school office during the period of Friday 29 October – Tuesday 16th November 2021 inclusive. Children and parents may purchase from the office or make a donation using the QR code on the flyer during this time.



REMEMBRANCE DAY  
*Left We Forget*

# Poppy Appeal

Purchases can be made via our online store  
<https://appeals.bendigorsl.com.au/>

Donations can also be made directly by scanning this QR Code

# Book Week 2021

## 'New Worlds, Old Worlds, Other Worlds'

Well it took three attempts, but our patience was rewarded with beautiful weather and a wonderful day! Maybe it was our best Book Week yet..?! Thanks to all families for getting behind the day with costumes and happy children! Below is a list of prize winners. We'll follow up with some great pics from our great parade, very soon!...Margaret Hand, Librarian

**Congratulations to all our  
Writing and Art Award Winners!**

CBCA Early Childhood Book Winner 2021  
'How to Make a Bird' by Mea McKinlay and Matt Ottley

### Writing Awards:

#### Foundation

Piper Wade  
Sophie O'Neill  
Brownyn Fisher  
Harvey Edgley  
Hannah Miller

#### Grade 1/2

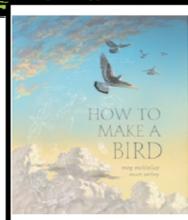
Milla Sherwell  
Isla Hogan  
Joshua Fisher  
Archie Dickson  
Elsie Bennallaek  
Milanke Haasbroek  
Chloe McSwain  
Taryn Goddard

#### Grade 3/4

Sylive Booker  
Millie Balic  
Sienna Stratton  
Zachariah O'Meara  
Zara Grieve  
Oscar Barber

#### Grade 5/6

Ned Johnson  
Xavier Mannes  
Eliza Evans



### 'Art Awards'

Theo Neilson  
Lily McLean  
Sophie Bateson  
Darcy Rodda  
Ivy Parker  
Billy Harrop  
Harper Lockhart

### Special Mentions

Madi Lamprell  
Jordan Sherwell  
Harper Gordon  
Kasia Angovae  
Brayden Allan  
Elena Spicer  
Temperance Johnson  
Lilly McMaster

### 'Lucky Draw'

#### Winners

F: Xavier Bateson  
Gr. 1: Max Nielsen  
Gr. 2: Daniel Gleeson  
Gr. 3: Eliza Main  
Gr. 4: Olivia Rooney  
Gr. 5: Sam Johnson  
Gr. 6: Van Bortolotto

### 'Mystery Reader, Mystery Book' Competition

#### Reader 1

Mr. Ryan reading 'by  
'Norton & the Bear' by  
Gabriel Evans

#### Reader 2

Mr. Morrissey reading 'Not  
Cute' by Philip Bunting

#### Reader 3

Mr. Taylor (with Lexie and  
Alec) reading '*Your  
Birthday was the Best*' by  
Maggie Hutchings

*Winning Class 5D*

## 2022 Bendigo School Bus Travel – Mandurang Bus travellers only



Applications for country bus travel must be made online and approval granted for travel using the online platform, School Bus Management System (SBMS).

In this information pack you will find SBMS Quick Reference Guides to assist you with making an application for country bus travel, together with general advice relating to public services. To do a Pre-Application Check, go to: <https://schoolbus.educationapps.vic.gov.au>

NB. This step is not an approval for travel process. Pre-Application Checks provides you with information about the SBP services available to you. It does not assess eligibility.

**Applications for 2022 SBP travel open in Term 4, 2021.** To avoid disappointment, new and returning families are encouraged to apply/renew travel for 2022 as early as possible in Term 4. Application processing will occur late December.

## 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 available here - [Term 4 Tuckshop Menu](#)

**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.

## 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).



### St Francis of the Fields

### Primary School

**Pupil free day  
Monday and Tuesday  
22<sup>nd</sup> and 23<sup>rd</sup> of November**

**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**

# St Francis YMCA After School Care



What a start to Term 4! At ASC we have hit the ground running with all the activities we have done so far. This term we have done box craft, where some truly spectacular robots and box cars were made. As the weather is so nice lately we have been going for many picnics, which the children really enjoy. However, with the hail storm happening last Thursday some of us were able to make hail balls, and there may have been a sneaky taste test. Our skills on the playground have been improving and some children often like doing flips and tricks (which gives the educators a heart attack).

A few of the children at ASC also have been completing their homework with the help of educators. Whether it be lending an ear during reading or be a timer during math homework! During ASC our cooking skills are through the roof and we are practically Master Chefs at this point. Any of the children can whip up a pizza, though there is a great debate amongst the tiny chefs to whether pineapple belongs or not on a pizza.



With Halloween just passing we have made some spooky spiders to hang in our window! Maybe if you are walking by you can spot them. We also made some Halloween suncatchers as well as had a mummy wrapping contest. Some truly mysterious snacks appeared, such as eyeball biscuits and mummy hotdogs. Some upcoming activities are sand volcanoes, slime and water play. Some of which have been long requested for a return.





# J CYCLE PROGRAM

7 week program for children 7 years and above to learn track skills

**Sunday 7 November to  
Sunday 18 December**  
10:00am - 11:00am



**COACHING** - coaching for the J Cyle program is provided by Noel Sens. Noel is a renowned para-cyclist who has won 16 National Championships and Captained the 2000 Sydney Paralympic Games Cycling Team. Noel is supported in the program with other club coaches and club members.

**EQUIPMENT** - Bikes will be provided to new first year attendees to be used and housed at the Bendigo Cycling Club track. Those who have attended previously are welcome but will need to supply their own bike. A helmet must be provided by each participant which is in good order and is clearly identified as approved with Australian Standard sticker.

**REQUIREMENTS** - Auscycling Race Licence is a must (no free trial licence) From \$50.00 depending on age....[www.auscycling.org.au/membership/race-all-discipline](http://www.auscycling.org.au/membership/race-all-discipline)

**PARENTS** - there must be a parent or guardian present at all training sessions for the duration

**REGISTRATION** - Registration is at the first session on Sunday 7th November from 9:00am-10:00am.

**ARRIVAL** - after the first week, riders must arrive 9:30am for 10am start.

All enquiries to Noel Sens  
0488 435 130

Noel is an accredited Level 2  
Cycling Coach and Paralympian

## BE THE NEXT ELLYSE PERRY & HAVE FUN..... GRADES 4 TO 6 SCHOOL GIRLS CRICKET

**Monday Nov 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>**

**3:45 to 4:45pm @ Strath Primary School Oval**

**NO Experience Required**

**NO Gear Required**

**Bring Your Friends**

**Contact Your school PE Teacher or  
Brent Yates for info 0434730711**



# ORGAN & BRASS CONCERT

Presented by  
**VICTORIA BRASS**

Conducted by  
Dr. Matthew van Emmerik

Guest Soloists  
Dr. Calvin Bowman - Organ  
Matthew Little - Vocals/Narration



*Venue:*  
Sacred Heart Cathedral, Bendigo ~ 27<sup>th</sup> November 7pm  
St Andrew's Church, Brighton ~ 28<sup>th</sup> November 7pm

*Tickets:*  
Phone: 0449 186 916 to pre-order tickets  
Email: moniqueelliott@hotmail.com

*Prices:* Family: \$50 • Adults: \$20 • Conc: \$15 • Child: 12-18 \$10, under 12 free



## L'Arche Christmas Market

- Plants
- Produce
- Christmas Cakes & Puddings
- Cakes & Slices
- Craft
- BBQ
- L'Arche Artwork
- Vintage Kitchenalia
- Raffle

And much more



At  
**The Good  
Loaf**

404 Hargreaves Street,  
Bendigo

Sunday  
November 28, 2021  
10am—2pm

