

ST. FRANCIS OF THE FIELDS

Newsletter No. 18 - Oct 20, 2022

(Term 4 - Week 3)

"To Live, Learn and Grow in God's Love"

Reminders

Friday 21 October

Yr 3 Unit Mass @ 11.45am

SOCKTOBER - Crazy Sock Day

Walking Path Opening Ceremony @1pm

Monday 24 October

Fdn – Yr 2 Swimming Program

Tuesday 25 October

Fdn – Yr 2 Swimming Program

Yr 6 Sovereign Hill Ballarat Excursion

Wednesday 26 October

Bendigo Cup Day Holiday

Thursday 27 October

Fdn - Yr 2 Swimming Program

Friday 28 October

Fdn – Yr 2 Swimming Program

Regional Basketball Yr6 - Swan Hill

Memorial Service @ 11.45am

Assembly @ 2.45pm Tuesday 1 November

2023 Foundation Transition Sessions

Wednesday 2 November

Palmers Gym - Yr 5-6

Thursday 3 November

Palmers Gym – Yr 3-4

Monday 7 November

2023 Foundation Transition Sessions

Tuesday 8 November

St Francis Instrumental Concert

Wednesday 9 November

Yr 6 Camp – Cave Hill Creek Thursday 10 November

Yr 6 Camp - Cave Hill Creek

Friday 11 November

Remembrance Day

Yr 6 Camp - Cave Hill Creek

Assembly @ 2.45pm

Tuckshop 2022 - Term 4

Week 3

Friday 21 Oct

12.30 - 3pm Kim Kelly

Renee Jet

Week 4

Thurs 27 Oct

12.30 - 3pm Sarah Dean

Friday 28 Oct

12.30 - 3pm Joelene McSwain

Kanji Jackson-Leahy

Week 5

Thurs 3 Nov

12.30 - 3pm Bec O'Sullivan

12.30 - 3pm Bree Bortolotto Chantal Bennallack

Weekend Maintenance

22-23 Oct Kanzamar (5K), Connolly

(40), Walker (3H)

29-30 Oct Stubbins (2P), Bowe (3M),

Marshall (5W)

5-6 Nov Cody (6W), Lynch (2S), Balic (4O)

FAX: 5439 3192

12-13 Nov Burns (5W), Wills (3H), Butcher (2D)

19-20 Nov Tuddenham (4Z), Norman (5D), Merrett (6FD)

26-27 Nov Gustavsson (5W), Djuric (4W),

Villani (2M)

PH: 5439 3191

"True progress quietly and persistently moves along without notice."



St Francis of Assisi

Dear Families,

Sometimes we complicate prayer. At its heart, prayer is about conversation with God. Sometimes when we talk to friends, we have very long, in-depth discussions. Sometimes we have the simplest and shortest of chats. So it is in our relationship with God. Prayer can be just a few sentences to God, or even just a few words.

When Stephen, one of the early disciples of Christ, was martyred for his faith, the bible records him uttering just five words: "Lord Jesus, receive my spirit!" (Acts 7:59)

I share with you a simple prayer for healing:

Father in heaven,

lask for your gentle touch upon my life That your healing hands may hold me.

Lift me up, restore me

That I may know your hand is upon my life I trust in you.

Amen.



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Bendigo Cup Holiday

Please note that our school will be closed on Wednesday 26th October for the Bendigo Cup Day. I hope you enjoy a lovely break!!



Bus Travelers

I have received confirmation today from the Department of Education that the Axedale Bridge, will be operational for one lane traffic, controlled with traffic lights each side. This will enable the Bendigo Country Bus Network to resume its **normal** bus routes and times commencing Thursday 20 October 2022.

This includes services:

- Christians 2, 3, 4 & 26
- Stebbins Toolleen 25

NOTE: It is at a reduced speed limit (40km/hr).



Please be aware that with the traffic light system at the Axe Creek bridge and the Axedale bridge it will impact 5 bus services times to their interchanges, thus connecting buses. This may impact the times the students get to school.

Chicken Pox alert

We have been informed of some cases of Chicken Pox in the Year 6 unit.

As this is a highly contagious condition, please keep a close eye on your child/ren over the coming days.

To assist you in understanding the symptoms of Chickenpox, please click on this link for further information.



https://www.health.vic.gov.au/infectious-diseases/chickenpox-and-shingles-varicella-herpes-zoster

Summer Uniform

All children are now required to be in their full summer uniform. As part of enrolling your child at St. Francis of the Fields P.S. it is expected that all children will wear the prescribed school uniform.

Please note that all students and teachers must wear hats when outside at recess and lunch, and during sporting activities.

Wedding bells!

We wish our music teacher, Kiara Cox and her partner, Oliver, all the very best for their wedding day on Saturday 29 October. I hope the sun shines!



Term 4 School Closure Days & Public Holidays

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

Upcoming School Closure and **Student Free Days**

- Wednesday 26 October Bendigo Cup Holiday
- Monday 21 November Pupil Free Day Report Writing Day
- Tuesday 22 November Pupil Free Day 2023 Planning Day
- Friday 16 December Pupil Free Day 2023 Planning Day (Last day of the school year)

Repeat - Tuckshop

Our Tuckshop will no longer be able to accept any cash payments from children as we need to adhere to our "no cash" on premises policy. This means children will not be able to pay separately for canteen items with any spare money they might have.



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Assembly

I am delighted to announce that our parents are most welcome to attend our Assemblies for the rest of the year.

Our assemblies will be held on:

- Friday 28 October at 2.45pm
- Friday 11 November at 2.45pm
- Friday 25 November at 2.45pm
- Friday 9 December at 1.00pm (before the Rainbow Run)

Feel free to come along and sit at the back of the audience.



Christ has no hands but yours.

Tim Moloney Principal

PH: 5439 3191

SOCKTOBER – Crazy Socks Day – tomorrow Friday 21 October

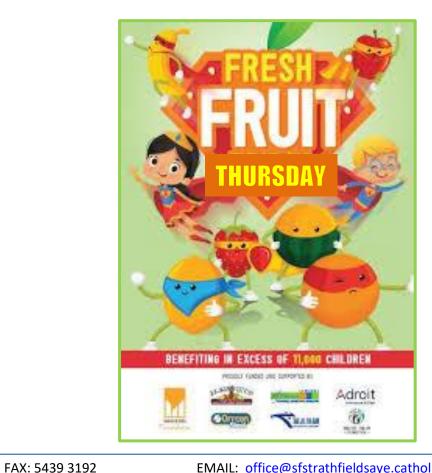
Everyone is invited to wear their favourite crazy socks to school tomorrow in support of Catholic Missions. We ask everyone make a gold coin donation towards this wonderful charity.







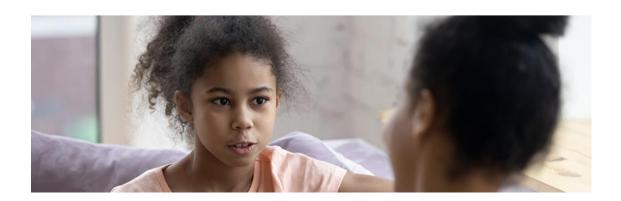
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Pastoral Wellbeing....

Tricky Friendship Days

By Michelle Mitchell
Theme: Wellbeing and Mental Health



Relatively small issues, like not being invited to a party, can arouse big, intense feelings in our kids. Because belonging is at stake, friendship challenges will always feel like a life-threatening experience – so be assured that most parents find themselves dealing with powerful tears and shattering disappointments after tricky friendship days.

It is easy for both parents and teachers to fall into the trap of trying to "dial down the drama" when our kids feel overwhelmed. However, minimising or dismissing strong feelings will only tend to ramp them up, because our tween's brains seek to be heard and understood in the process of regulating. I'd also like to suggest that it denies our children the opportunity to master these big feelings. Our kids need to feel to practise the emotional regulation strategies they need to navigate life well.

I want to share three practical strategies that parents can do to support their tweens during these moments. Friendship challenges are an incredibly rich platform to help kids learn emotional regulation strategies, as well as social skills, and we want to capitalise on both as we coach them forward.

Strategy 1: Let's not fight the intensity

The more I learn about emotions the more I am in awe of our body's way of coming up with solutions to discomfort, anguish and pain we experience. It doesn't make any sense to judge that process but rather appreciate it. That's why we want tweens to know there are no bad or good emotions. There are only healthy emotions, and each one of them is an acceptable and necessary part of being human. Ideally, we want tweens to feel safe to feel, without shame or guilt. This means accepting emotions within our home, in the same way we accept anything else about ourselves (or our experiences) that we cannot change - our age, our height, freckles or ears.

Strategy 2: Ask questions that empower

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Although it's tempting (and much quicker) to offer children prescription answers to friendship problems, it won't help them in the long term. The problem with childhood conflict always being followed by adult intervention, is that kids can get into the habit of projecting their wishful thinking onto someone else who they perceive as being more powerful than they are.

If our children focus their energy on recruiting support rather than problem-solving, they miss vital learning opportunities. We are best to ask questions that express a sense of curiosity and empower them to take ownership.

Strategy 3: Find a positive expression

Whereas there are times that we suppress our painful emotions for our own survival, emotions are far better off moving through our kids rather than festering inside them.

One of my dearly loved local psychotherapists wisely tells me that children who have imaginations become their own play therapists. Play is a distraction that pulls kids out of their heads and into their bodies. Any type of play including immersing themselves in craft, participating in drama, dance, or sport, or building forts, slides and adventure courses are all helpful..

In closing

Home really is the hero in kids' lives. It is the emotional shield from all that hurts us, bothers us, and tires us. It's a place where love is tangible, and we are cared for in ways that make it easier for us to move back into the world with a soft heart. It's the Utopia that we all yearn for and strive towards. When they feel disappointed, lost, afraid or disoriented it will be the predictability of home that continues to welcome them with open arms and wise words. As you implement these strategies, know you are offering your tween the home they deserve.

Michelle Mitchell presents: Handling tricky friendship days

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Handling tricky friendship days' at no cost.

About:

In this webinar, Michelle Mitchell offers a set of practical guiding principles to help empower children to handle tricky friendship days.

When:

Wednesday 2 November 2022 8:00pm AEDT

To redeem:

- 1. Click this link: https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-handling-tricky-friendship-days
- 2. Click 'Add to cart'
- 3. Click 'View cart'
- 4. Enter the coupon code FRIENDS and click 'Apply Coupon' Your discount of \$39 will be applied.
- 5. Click 'Proceed to checkout'
- 6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
- 7. Click 'Place Order'

This offer is valid until 31 December 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

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 Be your Best
Be Sofe
Respect for All
Respect for Environment

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RE News.....

Catholic Identity Dates for Term 4:

- Year 3 Unit Mass Friday 21 Oct @ 11:45am
- Socktober Crazy Sock Day for Catholic Missions Friday 21 Oct
- Sacramental Program Reconciliation Begins Week 1 24, 25 & 27 Oct @ 7pm
- Memorial Ceremony Friday 28 Oct @ 11:45am
- All Saints Day Tuesday 1 Nov
- All Souls Day Wednesday 2 Nov
- Remembrance Day Friday 11 Nov
- Foundation Unit Mass Friday 18 Nov @ 11:45am
- First Reconciliation Tues & Wed 22 & 23 Nov @ 7pm
- Just Leadership Day Year 5 Friday 25 Nov
- Advent Reconciliation Year 3-6 Wed & Thu 7 & 8 Dec
- Graduation Mass Wednesday 14 Dec @ 7pm
- Thanksgiving Mass Thursday 15 Dec @ 9:15am

Caritas Project Compassion - Thank you!

Thank you to all of our community for their generous support of our Caritas Ks Project Compassion fund and awareness raising support. We raised \$6 857.35 for Caritas' work in communities around the world.

A message from Kerry Stone - Sandhurst Diocesan Coordinator Caritas

Nationally, Project Compassion raised \$8.6 million which is about 15% less than the \$10.1 million raised last year. However, when we consider that the Ukraine Appeal was running concurrently and has raised \$4.3 million and that, just prior to the launch of Project Compassion, we had appeals for Tonga following

the volcanic eruption and the Philippines following Typhoon Rai, then the Australian community has been incredibly generous.

Sandhurst Diocese can be very proud of its contribution \$499,630.98 which is a decrease of 5% but, for the same reasons as above, is a great result. There have been so many great efforts to promote this campaign. **THANK YOU** for your particular part in this.





Memorial Ceremony - Friday 28 October

The annual Memorial Ceremony that takes place each November will be held on **Friday 28 October - 11:45am.** We will come together to remember and celebrate the lives of those who have died, with a special prayer liturgy. We have invited the family members of those named on the wall and welcome them to share this occasion with us. Students in each class will create a page for our school Memorial Book. They will include special people and pets that have died. We will gather to remember and pray for our loved ones who have died and will always hold a special place in our hearts.

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October Month of the Holy Rosary

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The month of October is dedicated to the Holy Rosary, one of the best known of all Catholic devotions. October is also the month in which Mary appeared for the last time to the shepherd children in Fátima, Portugal urging them to "say the rosary every day to obtain peace for the world". The liturgical feast of Our Lady of the Rosary is celebrated annually on October 7.

The Rosary appeals to many for it is simplicity. The constant repetition of words helps create a calming atmosphere which can counterbalance our often stressful lifestyles. We sense that Jesus and Mary are with us in the joys and sorrows of life. We grow in our ability to be centred and we learn to trust that God will bring us through difficult times to inner peace. The Rosary is a prayer that can be prayed by the family or individually. During October, it might be an opportunity to introduce or reintroduce your family to the Rosary. Here is a musical resource from Maria Ford - CES Education Officer: Spiritual Encounter and Music Ministry - to help younger children understand the Hail Mary.

FAX: 5439 3192



Sacramental Program - Reconciliation



Students from Year 2 and above are invited to continue their sacramental journey by making their First Reconciliation during Term 4. The program to prepare for the Sacrament of Reconciliation will begin next week - Monday 24 October, Tuesday 25 October and

Thursday 27 October with Our Times Together Session 1 - Loving.

The second family information night (children do not need to attend this information session) has been rescheduled to Thursday 20 October - 7pm at St Joseph's Church, Axe Creek.

First Reconciliation ceremonies will be held at St Therese's Church, Kennington on Tuesday 22 Nov and Wednesday 23 Nov at 7pm.

We thank the teachers of St Francis of the Fields and St Therese's for facilitating these sessions for our students and their families.

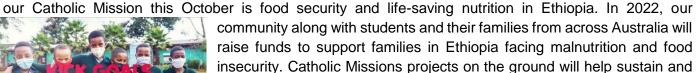
Please contact Lisa Hitchcock lhitchcock@sfstrathfieldsaye.catholic.edu.au or Kristy Ryan stsacraments@gmail.com for more information or to enrol.

Catholic Missions 2022 Socktober - Crazy or Favourite Sock Day - Kick goals for good!

Tomorrow, **Friday 21 October**, students can wear their crazy or favourite socks to school and bring along a **gold coin donation** for Catholic Missions.

October is Missions month. Catholic Mission, as the Australian agency of the Pontifical Mission Societies, contributes funding and provides project support to critical church-run initiatives in Africa, Asia, Oceania and South America as well as remote dioceses within Australia. The goal for





enrich the lives of vulnerable children who are in need of our support.

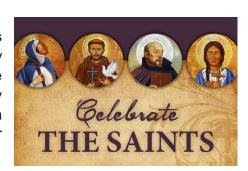
If you would like to donate or find out more about Catholic Mission or Socktober please visit their website - https://www.socktober.org.au



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On Tuesday 1 November we celebrate the Feast of All Saints Day. It's important for us to remember that those we call 'saints' were ordinary people just like us! But although they were like us, many of these people achieved extraordinary things. How did they do it? It was because they knew how much they were loved! These generous men and women set a great example for us today. We call upon them now to help us grow stronger and more mature in our faith and more generous in our love.



Let us pray

O God, Lover of all humanity, you lavish your love upon us in so many simple ways. Like the saints, may we learn to appreciate your great love. May we trust this love completely, ever delighting in your generosity.

May we reach out, in turn, to those who need such love.

We ask this through Jesus Christ, your Son, who loves us with an everlasting love. Amen.

All Souls Day

On Wednesday 2 November, we celebrate All Souls Day. We remember all who are part of the Church – those who have died and are with God, and those of us still here on earth. Through Jesus' death and



Resurrection, we believe that we can be with God forever, and our faith brings us comfort when we are sad and filled with grief.

The Feast of All Souls is a significant day in our Liturgical Calendar because it gives us an opportunity to remember and pray for all those who have died over the past year; those who have died because of the Covid-19 pandemic; those who have died in conflict or because of a natural disaster; those members of our own family and our circle of friends. We gather as one in holding all these people in our heart and prayers.

Let us pray

Merciful God, You have prepared a place for us after our earthly life has ended. May that promise of salvation strengthen our hope and trust and soften the grief we feel in losing our loved ones. We pray through Jesus, the Resurrection and the Life.

Amen

Lisa Hitchcock **Catholic Identity Leader**

Literacy News....



Throughout the term, teachers will be introducing their students to the language of the Seven Steps, so hopefully the students will be talking about these at home. These steps will also be shared

with you through our newsletters each

Action Activity:

Next time you are watching a movie with your children, see how the movie begins with lots of action to grab your attention. Action movies (e.g. James Bond) are especially good at this.

Sevensteps



Children often start their stories at the beginning of the day, the start of the week or even the first day of the school holidays. Encourage them to start where the action is or at a moment of change.



OASIS News.....

Energy Review

PH: 5439 3191

I have attached last year's electricity report for you to look over. Our school is saving a great deal of energy during the Summer months but in the Winter we are exceeding our savings target. Our Green Team this term will focus on finding solutions that could potentially lower our electricity consumption during these months.

Matt Butcher - Environment & Sustainability Teacher

FAX: 5439 3192





Thank you so much for supporting our school, especially through fundraising. This term, we are hosting a RAINBOW RUN to help us fundraise for new basketball/netball facilities. To achieve our goal, we need to raise \$25,000 to go towards the project.

Did you know? Students raise 3x times more when they fundraise online! Visit www.australianfundraising.com.au to create your child's cybersafe fundraising profile. Instructions are in your child's sponsorship booklet. You have until 18/11/2022 to fundraise, so make sure you get cracking!

When is the Colour Explosion School Fun Run? We will be hosting our Rainbow Run on Friday 9th December 2022. Make sure students wear a WHITE shirt and old clothes. They will be covered in non-toxic, biodegradable colour powder from head to toe!

Is the powder safe? The non-toxic colour powder is made of high-quality corn starch and permitted food colours, so it's safe for skin and eyes. Students with asthma are advised to be careful in their decision to participate.

How does my Child fundraise? Fundraising for our basketball/netball facilities is easy – simply follow the instructions outlined in your child's sponsorship booklet. Your child can accept donations online by creating a cybersafe fundraising profile at www.australianfundraising.com.au . NO CASH PLEASE. ALL ORDERING AND FUNDRAISING IS ONLINE ONLY.

How do I order my Child's incentive prizes? You can order your child's prizes online www.australianfundraising.com.au between 19/11/2022 and 25/11/2022. Order one prize based on the total amount of dollars raised, or mix and match smaller prizes.

<u>Electric Scooter</u> Each Student that raises \$100 or more will go into the draw to win an electric scooter. The lucky winner will be announced at the run on the 9/12/2022.

Share in \$200,000 worth of extra prize credit! Achieve bigger prizes by helping your child earn bonus credit on their online profile. By creating an avatar, sharing your page with friends and reaching milestone donations, you can share in \$200,000 of extra prize credit!

<u>Monstar Madness.</u> There are heaps of prizes you can win when you fun-raise with Monty! Create your fundraising page in the next 7 days, and you will receive a Holographic Monty Sticker! Check out your sponsorship booklet for more awesome Monty prizes up for grabs, like a Monty Plush toy, a bag tag or a high-bounce handball!

<u>Win a \$10,000 JB Hi-Fi Shopping Spree.</u> Do you think you can top our school's leader board? The highest fundraising student in our school will go into the draw to win a \$10,000 JB Hi-Fi Shopping Spree, including your choice of televisions, laptops, phones, home accessories and more! Start fundraising at <u>www.australianfundraising.com.au</u> for your chance to win.

<u>Fund-Razor of the Year Award.</u> Do you think you can top the national leader board? Australia's highest fundraising student in Australia will win a Razor Prize Pack, worth \$3,000!

Thanks in advance for your support, and happy fundraising!

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Uniform Shop



To assist the Uniform Shop staff, when ordering uniform online, **please add your child's name and class in the 'Any Notes' section** when you are selecting items. This cannot be done at the payment stage of the order.

Orders will be processed on Monday's, Wednesday's & Thursday's.

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 strancis@ymca.org.au.



ST FRANCIS BASKETBALL AND NETBALL CLUBS



invite you to help us fundraise at

'Dinner for the Kids'

FRIDAY 25th NOVEMBER 2022

Red Energy Arena (Bendigo Stadium Bistro)

lt's simple -

- *1 Everyone needs to eat.
- *2 A night out of the kitchen is always welcome!
- *3 Lots of us families will already be there for sporting commitments.

There really is NO EXCUSE not to join.

Red Energy Arena (Bendigo Stadium) are on board and offering our clubs a 20% rebate for all food purchased between 5pm and 9pm on this date.

There will be two sittings (5pm - 7pm) and (7pm - 9pm).

RSVP with approximate numbers via the survey link below by Monday 21/11/2022

https://www.surveymonkey.com/r/7LTDY2V

Menu attached, check it out in advance.

Red Energy Arena Winter Menu 2022 (bendigostadium.com.au)

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Community News....



INFORMATION FOR PARENTS

BASKETBALL BONANZA

Our Basketball Bonanza sessions will run each Saturday for 6 weeks.

Our Basketball Bonanza will focus on the following skills:

- ✓ Playing as a team
 ✓ Skill development
 ✓ Passing
- ✓ Specialised shooting ✓ Defence ✓ Expert coaching

The weekend sports fun continues with our Basketball Bonanza! This program will be run by our coaches with significant basketball experience as players & coaches, ensuring that each child will be delivered expert coaching that will help improve their game. Whether you're a beginner looking to try the sport, or an up and coming star that is looking to enhance your game, this program has something for everyone.

For Prep - Grade 6 children

\$150 FOR A 6 WEEK PROGRAM

Start Date: 22nd of October

Concluding Date: 26th of November Venue: St Liborius PS Sports Stadium

Session times:

9:30am - 10:30am (6 - 8 years)10:30am - 11:30am (9 - 12 years)

BOOK EARLY & SAVE

Sign up before the 10th of October to save 10% off your program booking.

Website: kellysports.com.au/bendigo

Contact: Beau Cross

Email:beau@kellysports.com.auPhone:0428 326 924Facebook:#KellySportsBendigo





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