

ST. FRANCIS OF THE FIELDS STRATHFIELDSAYE

School Bulletin – Thursday 17 September 2020

St. Francis of the Fields is a community united in faith and committed in action to live, learn and grow in God's love

Dear Families,

A massive well done to each of you for navigating the joys and challenges that Home Learning has brought. I am so pleased to be welcoming all students back to school on Monday 5 October - they have been troopers! I am incredibly proud of our staff who have remained connected with students and families, while managing new platforms. Finally, I congratulate all parents who have had the toughest job of balancing employment and supervision! Well done.



I share with you this reflection:

Finding the gifts that God has given you takes courage; it takes risks; it takes exploration; it takes failures as we stumble from one arena to another. We all come with a gift in our hand designed to make life a better place. The only question is whether we spend it on others or only on ourselves. Joan Chittister



School returns Week 1, Term 4!!

I am very pleased to be able to confirm that St. Francis of the Fields will be returning to “normal” school operation from the beginning of Week 1, Term 4. This means that all children and staff will return to classes as normal on **Monday 5 October**. We will also **finish school at 3.20pm each day**. Alleluia! Amen!

This “normal” school start still means a number of precautions must be taken by our community:

<p>Students</p>	<ul style="list-style-type: none"> ● Hygiene measures - <ul style="list-style-type: none"> ○ Hand sanitiser will be made available at entry points to classrooms and education will be provided on hand hygiene. ○ Playground equipment can be used by students. However, students should practise hand hygiene before and after use. ○ Schools should consider the necessity of using shared equipment at this time. If used, strict hand hygiene should be followed before and after use. There is no requirement for books to be placed aside for a given period after use or if loaned to students. ○ Students should bring their own water bottle for use at school as students should not drink directly from drinking fountains at this time. Taps may be used to refill water bottles.
<p>Staff</p>	<ul style="list-style-type: none"> ● Masks - <ul style="list-style-type: none"> ○ All school-based staff must wear face coverings at school, and when travelling to and from school. ○ Teachers and education support staff are not required to wear face coverings while teaching, but those who wish to do so, can. ○ Teachers should wear face coverings in other areas of the school when not teaching (for example, in the staffroom, on yard duty and when providing first aid or taking temperatures), and when travelling to and from school. ● All staff must ensure that they: <ul style="list-style-type: none"> ○ Socially distance, ○ Wear masks, ○ Sanitise hands ○ Use designated kitchen area.



<p>Parents</p>	<p>To help mitigate the risk of Covid-19 we ask the following of our parent community:</p> <p><u>If students feel unwell</u></p> <ul style="list-style-type: none"> • If students are feeling unwell, please keep all children home. • If symptoms of COVID-19 exist, please have your child/ren tested. • Students are able to return to school once they have tested negative to COVID-19. Please notify the office on 54393191 or office@sfstrathfieldsaye.catholic.edu.au. <p><u>Practice good hygiene</u></p> <ul style="list-style-type: none"> • Students and staff members are asked to wash their hands with soap and water for 20 seconds minimum. • Hand sanitiser is provided in all classrooms and office areas for students and staff. Regular use is encouraged. <p><u>Do not drink from drink taps</u></p> <ul style="list-style-type: none"> • All students must bring drink bottles from home that are filled with water only. • Students will be able to refill bottles from the designated taps only. <p><u>Parents, volunteers and visitors entering the school</u></p> <ul style="list-style-type: none"> • Parents must enter the school grounds only when essential. If they do have to be onsite, they must report to the office, practise physical distancing and minimise their time onsite. <p><u>Drop off in the morning</u></p> <ul style="list-style-type: none"> • Please either park in the gravel park or around the oval and have the children walk into class on their own, or with a friend; or • Drop children off in the drop off area - please have your children ready to move out of the car quickly. <p><u>Pick up at 3.20pm</u></p> <ul style="list-style-type: none"> • Please ensure your child knows exactly where you will pick them up from. • Remain in your car, whilst parking or in the pick up zone. • Have your name on the windscreen so staff can call your child up to the car quickly. This will assist in the flow of cars. • Remain patient - it will be busy!
<p>School</p>	<ul style="list-style-type: none"> • No camps or excursions can be held, at this stage. • Sport activities - held outdoors with hand sanitizing before and after • Visitors - must be limited to essential services, no volunteers, • Parent-teacher information sessions and interviews must continue to be replaced with online and video alternatives. • Tours - schools must not conduct on-site school tours for prospective students and their families at this time. • Cleaning - will continue twice a day.



Family Photos for Time Capsule Wanted!

We are still to bury our time capsule to be opened in 25 years time! We have collected some significant items but would like some school family photos.

If you would like to drop off a family photo to the office (please write something on the back of the photo identifying your family/names/a few words and date) in the next few weeks, we would appreciate them.



Pupil Free Day - Friday 9 October

A Pupil Free Day has been allocated for staff on Friday 9 October. After School Care will be provided if enough students use this service.

School Uniform

Please note that children may wear either their summer or winter uniform from Monday 7 September during the changeable weather conditions. All children will need to be in the correct Summer uniform by Monday 19 October.



Term 4 Trial: Newsletter change - Repeat



Over the past 4 weeks our Administrative Team has undergone an external review. As expected our Admin Team has excelled in all areas. The external review panel made a number of recommendations that the School Board has endorsed. One of these endorsements includes trialling a fortnightly newsletter. This will allow our Admin Team extra time to complete the necessary tasks associated with ICON - a new administration and accounting package.

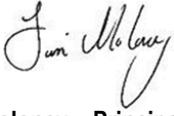
Subsequently, in Term 4 our newsletter will be distributed electronically each fortnight beginning Week 1 of Term 4.

End of Term 3

Term 3 finishes tomorrow, Friday 18 September, at 2.30pm. This means that all onsite children need to be picked up at 2.30pm from school. The school buses will be leaving at that time.

YMCA After School Care at St. Francis of the Fields will be operating from the earlier time of 2.30pm until 6.00pm.

Christ has no hands but yours.



Tim Moloney – Principal



Pastoral Wellbeing

Developing skills for independent living *By Michael Grose*



As a parent, the ultimate goal for adolescents is to achieve autonomy. This quest for independence shows in many ways, including frequent challenges to the family status quo, small acts of defiance and straight-out refusal to cooperate with parental ideas and suggestions. All exhausting for parents on the receiving end.

This boundary testing signals a readiness to begin developing your young person's independence and self-sufficiency skills. Not only is this good preparation for their life without you, but it gives them a chance to show that they are growing up.

Complicating the development of independent living skills is the fact that many young people believe that they are far older and more capable than they are, yet many parents believe their children are younger and less capable than they really are. Getting the balance right is the key. Let's get started.

Expectations

As your young person gets busier with school and activities outside home it's tempting to put less expectations on them to help at home. This may make life easier for them in the short term, but in the long term, your young person will benefit more from learning how to take care of themselves and by contributing regularly to their family's wellbeing. These activities include:

- Cooking a meal
- Shopping for supermarket items
- Washing their own clothes
- Regular chores such as emptying the garbage, mowing the lawn or cleaning up the garden
- Looking after younger siblings



Balance

School, peers, family, personal interests and part-time work can compete for your young person's attention, which can become overwhelming. Help your young person balance these competing priorities by encouraging them to:

Look ahead

Plan the week out at the start of the week so your young person knows what's coming up.

Keep a schedule

Teach them to use a schedule/planner to stay organised. This is a great way to help them to think ahead, keep track of time and commitments, and also reflect on what they have achieved. Whether it is a physical planner or an electronic one, encouraging young people to use them helps them to build confidence and independence in managing their time.

Allocate carefully

Help your young person allocate their time across all areas such as school, family, peers, interests and work rather than fill up one or two areas.

Plan for downtime

Ensure your young person has some downtime each day to help them relax and unwind.

Problem-solving

Problem-solving is a big part of adult life, so it's best to start when young people are under your roof rather than wait until they've flown the nest. Help your young person solve some of their current issues and dilemmas, which range from getting home by themselves after sports practice to being harassed by a peer at school. Here's how:

- Share your own stories and struggles
- Talk through options with them
- Encourage them to tackle problems when they are small
- Discuss when to enlist the assistance of a teacher or other adults

Getting around

Getting around on their own without being reliant on parents is a significant hallmark for independence for young people. Using public transport, negotiating timetables, budgeting and working out what happens when schedules change are important skills to learn. If your young person is reluctant then you can take some trips together by bus or train to help familiarise them.

Responsibility

Encourage your young person to take more initiative with their learning and study habits as they move toward the end of their secondary school years. Take on the role of a coach where you assist them to make sensible decisions about their education including choice of subjects, their homework and schoolwork habits.

As your young person moves through secondary school gradually step back and provide them with more opportunities to become self-sufficient at home, to take on more responsibility outside home, and to have greater influence over their own studies and work habits.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Regards,

Grace Scalora

Deputy Principal - Pastoral Wellbeing

gscalora@sfstrathfieldsay.catholic.edu.au



PE News.....

Virtual Track and Field

During week 10 of Term 3 and week 1 of Term 4, we are encouraging all students in Years 3-6 to complete in the Virtual Track and Field.

School Sports Victoria have engaged all schools in Victoria to compete and have students submit their best times via their website. The events that we will be hosting are Sprints 60m, 100m, 200m & 400m, Long Distance 800m & 1500m, Standing Long Jump and Standing Triple Jump, Tennis Ball Shotput and Walk 800m and 1500m.



It would be wonderful if parents could assist their children in ensuring the distances and technique are accurate before the children submit their data. Next week, children will be given the details from their teachers for uploading their information to SSV.

There are prizes available to lucky entrants. I look forward to seeing all students participate. I thank you for your assistance and encouragement.

Matt Butcher
PE Coordinator

RE News....

St Francis Feast Day Celebrations

The new date for our St Francis Feast Day celebrations will be **Friday, 30 October**. More information about the celebration, the St Francis Award Ceremony and Blessing of the Animals, will be shared early next term.

Memorial Ceremony

November is the month of Remembrance.

At this time each year, we gather in the Memorial Garden and celebrate and remember those who have died and have left a special place in our hearts - especially those who are honoured with a plaque on our Memorial Wall.

This year is a little different as we are unable to mark this occasion with a whole school liturgy.

This year, we will hold a peaceful prayer reflection with our classmates and teachers in our classrooms.

We will talk and reminisce and remember with love those who have died – our friends, family members and pets. And we look forward to a time in the future, when we are once again able to come together as a school community with the families of those honoured on the memorial wall.



Tuckshop in Term 4



The school canteen will continue to operate each Thursday and Friday during Term 4 with several small modifications. Unfortunately, we are still unable to have parent helpers volunteer their time and expertise due to the COVID-19 restrictions. Subsequently, the specials will be removed from the Canteen Menu to ensure Donna and Fiona the time to prepare and serve the meals for our children. Please note, previous specials items, School Pies, Sausage Rolls and Chicken Balls, will be available to order individually from the menu. Please check the Term 4 Menu List on PAM.

St Francis Basketball - Summer 2020/2021

We are now taking expressions of interest for players for the Summer 2020/2021 season

For new players - If your child wishes to play please email enquiries to Rebecca at stfrancisbball46@gmail.com and a registration form will be emailed to you.

Returning players please make contact with your current team managers who can then advise us of your teams plans for the season.



YMCA ASC

Parents are encouraged to book their children in NOW for the After School Care program for the **Pupil Free Day on Friday 9 Oct**. Unless there are enough booking, this service will not be available on this day.

Hazel would also like to remind parents to check their junk mail as she has been sending out several emails and has not been getting responses from everyone. Thank you.

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



St Francis of the Fields

Primary School

**Pupil free day
Friday 9th October**

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**



The Orangutan Project Orang-Artan Competition for Children Aged 3 to 11

Children aged 3 to 11 are invited to take part in an international art competition and go in the running for fabulous prizes. At the same time, your registration fee of \$5 per child will help young orphaned orangutans develop the skills they need to survive in the wild.

Visit <https://www.orangutan.org.au/art-competition/> to register your child in one of three age ranges: 3 - 5, 6 - 8 or 9 - 11. We will award first, second and third prizes in all age groups.

How your registration fee helps orphaned orangutans like Popi



Help me learn how to climb

Young orangutans usually stay with their mothers until they're 8 or 9 years of age, learning everything they need to know to survive. So when they lose their mothers, orphans need 24/7 care in order to survive. This is where we come in.

We support orangutan care centres in Sumatra and Borneo, which provide round-the-clock care to orphaned orangutans. Your support will help us teach orangutans like Popi how to climb a tree, build a nest, and forage for food - so that one day she can return to the wild.

Important dates

- Entries accepted from Wednesday 19 August to Wednesday 30 September
- Judging takes place from 1 October to 1 November
- Winners will be announced at a ceremony on Wednesday 11 November, during Orangutan Caring Week
- Prizes and award certificates will be sent to winners and runners-up in each category by December 2020

Any questions? Simply email us at competition@orangutan.org.au and we'll get back to you within two business days.

We look forward to seeing artwork from your young artists!



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wildlifeconservationinternational.org
theorangutanproject.org
internationaltelephanproject.org

ST. FRANCIS SCHOOL CALENDAR - Term 4: 2020

Updated 17/09/2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 St. Francis Feast Day 4 Oct	Oct-5 Term 4 resumes Hats to be worn when outside PLC Meeting	Oct-6	Oct-7 Staff Meeting	Oct-8 Newsletter Day Tuckshop	Oct-9 PUPIL FREE DAY	Oct-10	Oct-11
Week 2	Oct-12 PLC Meeting	Oct-13	Oct-14 Staff Meeting	Oct-15 TREE PLANTING DAY Tuckshop P&F Meeting 7.30pm	Oct-16 Tuckshop	Oct-17	Oct-18
Week 3 Book Week	Oct-19 Dental Health Clinic Students to be in full summer uniform PLC Meeting	Oct-20 Dental Health Clinic	Oct-21 Dental Health Clinic School Board Staff Meeting	Oct-22 Newsletter Day Dental Health Clinic Tuckshop	Oct-23 AFL Grand Final Holiday 	Oct-24	Oct-25
Week 4	Oct-26 PLC Meeting	Oct-27	Oct-28 Bendigo Cup Day Holiday 	Oct-29 Tuckshop	Oct-30 Blessing of the Animals & St. Francis Awards Tuckshop	Oct-31	Nov-1 All Saints Day
Week 5	Nov-2 All Souls Day with Memorial Service VRQA Review PLC Meeting	Nov-3 Melbourne Cup Day	Nov-4 Staff Meeting	Nov-5 Newsletter Day Tuckshop	Nov-6 Tuckshop	Nov-7	Nov-8
Week 6 NAIDOC Week	Nov-9 PLC Meeting	Nov-10	Nov-11 Remembrance Day Staff Meeting	Nov-12 Tuckshop FIRE Carrier Ceremony	Nov-13 Tuckshop	Nov-14	Nov-15
Week 7	Nov-16 PLC Meeting	Nov-17	Nov-18 Staff Meeting	Nov-19 Tuckshop Newsletter Day P&F Meeting 7.30pm	Nov-20 Tuckshop	Nov-21	Nov-22
Week 8	Nov-23 PUPIL FREE DAY Report Writing Day	Nov-24 PUPIL FREE DAY 2021 Planning Day	Nov-25 Staff Meeting	Nov-26 Tuckshop	Nov-27 Tuckshop	Nov-28	Nov-29 1 st Sunday of Advent
Week 9	Nov-30 PLC Meeting	Dec-1	Dec-2 School Board Staff Meeting	Dec-3 Newsletter Day Tuckshop	Dec-4 Tuckshop	Dec-5	Dec-6 2 nd Sunday of Advent
Week 10	Dec-7 PLC Meeting	Dec-8 Whole School Orientation Day	Dec-9 Staff Meeting	Dec-10 Tuckshop	Dec-11 Tuckshop	Dec-12	Dec-13 3 rd Sunday of Advent
Week 11	Dec-14 PLC Meeting	Dec-15	Dec-16 Thanksgiving Mass & Yr. 6 Graduation 7pm	Dec-17 Tuckshop Newsletter Day Last day Term 4 for students (3.20pm)	Dec-18 Last day of Term 4 for teachers	Dec-19	Dec-20 4 th Sunday of Advent
Week 12	Dec-21 PLC Meeting	Dec-22	Dec-23	Dec-24 Christmas Eve	Dec-25 Christmas Day 	Dec-26	Dec-27

St. Francis of the Fields - Term 4 Healthy Kids Tuckshop - Summer Menu 2020

Hot Food

School Pie	\$3.50
Sausage Roll	\$3.50
Spinach & Ricotta Roll	\$3.50
Chicken Balls	\$4.00
Pizza Moon Rock	\$3.00
Cheesymite Scroll	\$3.00
Dim Sims	\$1.00
Homemade Spaghetti Bol.	\$4.00
Plain Pasta	\$4.00

Snacks

Homemade Fruit Muffin	\$2.00
Anzac Biscuit	\$1.50
Gingerbread Biscuit	\$1.50
Homemade Choc Chip Biscuit	\$2.00
Vanilla Yoghurt	\$1.50
Frozen Pineapple Ring	.50
Fresh Fruit Salad	\$3.50
Icy Pole	.50

Drinks

Organic Orange Juice	\$1.50
Cold Pressed Apple Juice	\$1.50
Chocolate Milk	\$1.50
Strawberry Milk	\$1.50
Milk (Plain)	\$1.50
Slushy in Cup	\$1.50

Gluten Free

Steamed Corn	\$1.00
Bag of Popcorn	\$1.50
Gluten Free Hot Chocolate	\$1.50

Extra

Tuckshop Reusable Bag	\$9.00
Paper Bag	\$0.20

St. Francis Tuckshop Notice Board

Our School Tuckshop is coordinated and managed by Donna Stebbins and Fiona Thompson.

COVID-19 Restrictions

Unfortunately, due to the COVID-19 restrictions, we are not permitted to have volunteer helpers in the tuckshop. We thank you for your patience and look forward to welcoming volunteers back again soon.

Dietary Requirements

If your child has any dietary requirements which this menu does not cater for, please contact Fiona to discuss options.

Product Information

Whilst we endeavour to provide home cooked, locally sourced, free-range products, some items do contain artificial colours, flavours and preservatives.

If you have any queries regarding the menu, please feel free to contact us.

Fiona Thompson	0400 072 311
Donna Stebbins	0408 051 979

