

The Jaara people are the traditional custodians of the land on which we live and learn.
We pay our respects to the elders and commit to working for reconciliation and justice.

"To live learn and grow in God's love."

Reminders

Thursday 2 May

- ☐ **School Open Week**
- ☐ Parent Information Session @ 7.30pm

Friday 3 May

- ☐ **School Open Week**
- ☐ Year 1 Unit Mass @ 11.45am
- ☐ Assembly @ 2.45pm – 5W presenting

Monday 6 May

- ☐ **Full winter Uniform to be worn**

Thursday 9 May

- ☐ Yr 4 Camp – Billabong Ranch Echuca
- ☐ Mother's Day Stall
- ☐ P&F Meeting @ 7.30pm

Friday 10 May

- ☐ Yr 4 Camp – Billabong Ranch Echuca
- ☐ Mother's Day Brekky @ 8am
- ☐ Mother's Day Mass- Yr 3, 5 & 6 @ 9.15am
- ☐ Assembly @ 2.45pm – 5K presenting

Sunday 9 May

- ☐ **Mother's Day**

Wednesday 15 May

- ☐ School advisory Council Meeting

Friday 17 May

- ☐ Deb Ball #1

Saturday 18 May

- ☐ Deb Ball #2

Sunday 19 May

- ☐ Deb Ball Clean Up @ 11am

Friday 24 May

- ☐ Enrolments Close @ 4.00pm
- ☐ Deb Ball #3

Saturday 25 May

- ☐ Deb Ball #4



Tuckshop 2024 – Term 2

Week 3

Fri 3 May

12:30pm-3pm
Bec Foster
Casey Simpson
Nicole Emmerson

Week 4

Thurs 9 May

12.30pm-3pm
Sarah Dean

Fri 10 May

12:30pm-3pm
Viv Bortolotto
David Perrin
Caroline Strachan

Week 5

Thurs 16 May

12.30pm-3pm
Anna Mudoti

Fri 17 May

12:30pm-3pm
Lisa Wills
Briana Cowan
Alicia Mansfield
Joelene McSwain

Weekend Maintenance

4-5 May

McMillan (2S),
Dickman (1AJ)
Hatzi-Moore (Fdn D)

11-12 May

Bowe (5ZD),
McKenzie (Fdn B)

18-19 May

Deb Ball Clean up
Jackson (2S)
O'Bree (6H)

25-26 May

Deb Ball Clean up
Lawrence (2S)
Deacon (6H)

"The deeds you do may be the only sermon
some persons will hear today."
St Francis of Assisi



Dear Families,

At St Francis of the Fields we try to teach our children how we can live sustainably with our world. In light of this, I share with you this beautiful Apache Blessing:

May the sun bring you energy by day;

May the moon softly restore you by night;

May the rain wash away your worries;

May the breeze blow new strength into your being;

May you walk gently through the world and

know its beauty all the days of your life.

Source unknown



Uniform Changeover

Please note that ALL students are required to be in the Winter uniform by Monday 6 May.

Mother's Day Stall

Our Parents & Friends are once again coordinating the Mother's Day Stall so that all children are able to purchase a gift for their mother's on Thursday 9 May.

Thanks again to those parents who have coordinated and assisted this day.

Mother's Day Mass - Friday 10 May @ 9.15am

The Year 3, 5, & 6 students (Year 4 students are on camp) will be hosting the Mother's Day Mass this year at **9.15am** in the shed. This will be a great time to celebrate mothers, grandmothers and special people in the children's lives. All are welcome.

Mother's Day Breakfast - Friday 10 May @ 8.00am

All mother's, grandmothers and special people in our children's lives are invited to enjoy a morning breakfast with their child/grandchild. Our staff will be preparing bacon & egg rolls for you all. All are most welcome.

[Please RSVP if you would like to join us for breakfast using this form by Friday 26 April.](#)

Debutante Balls

A massive thank you to our Deb Committee members (Michelle Janssen, Deb Breene, Donna Stebbins and Jacqui Pethybridge) who have worked tirelessly to prepare our Year 11 & 12 debutantes.



Our Deb Balls are our major fundraisers for our Parents & Friends Community. We will hold our five Deb Balls in the "shed" on:

Friday 17 May | Saturday 18 May | Friday 24 May | Saturday 25 May | Saturday 1 June

I am hopeful that our parents and teachers would volunteer time to help set up, clean up and serve on the night. Your generosity will ensure our children receive excellent facilities to learn and play in. We are also in need of car parking attendants. If you can assist, please SMS Joelene McSwain on 0421 596 612 or email amorriisa@hotmail.com to clarify the time and day that you can support our school. The roster of duties is located at the end of the newsletter.

Trivia Night - Cancelled

Please note that our Trivia Night on Saturday 4 May has been cancelled. I thank the coordinators for the preparatory work.

EVENT CANCELLED

2025 Enrolment Process

Applications are called from parents wishing to enrol children in Foundation (Prep) and other classes at St. Francis of the Fields Primary School for the 2025 school year. Children may be enrolled to start school in February of the year in which they turn five, provided their birthday is on or before 30 April.

Applications can be dropped into the school office or alternatively emailed to office@sfstrathfieldsaye.catholic.edu.au (please note we will always reply upon receipt of your application email). If you do not receive a confirmation of your application email please contact the school office on 54393191.

School Open Week

- April 29th - May 3rd (9.00 - 3.20pm) Student led tours.

Principal Learning Tours

- Monday 29th April, 2024 @ 5.00pm. Meet at the office.
- Tuesday 30th April, 2024 @ 9.30am. Meet at the office.
- Wednesday 1st May, 2024 @ 12.30pm. Meet at the office.

Parent Information Evening

- Thursday 2nd May @ 7.30 pm in the school basketball stadium



If unable to attend our School Open week, please feel free to make an appointment to view our excellent teaching and learning environment. St. Francis of the Fields Primary School will be open from 8.30am to 5.00pm most days for any interested members of the public.

Parents are advised that enrolments close on Friday 24 May 2024 at 4.00pm.

Enquiries: School Office (03) 5439 3191

See our website www.sfstrathfieldsaye.catholic.edu.au for our Information Booklet and enrolment application forms.

Please note the following dates:

- Monday 15 April 2025 Enrolment's Open
- Friday 24 May **Closing date** for 2025 Enrolments
- Friday 7 June **Enrolment offers** made to all Bendigo Primary students
- Friday 21 June Bendigo parents must **accept/decline enrolments** by this day. Enrolment positions will be re-allocated if not accepted by this date.

Bendigo parents must **accept/decline enrolments** by this day. Enrolment positions will be re-allocated if not accepted by this date.

P & F Meeting – Thursday 9 May @ 7.30pm

We will hold our P & F meeting on Thursday 9 May at 7.30pm in our staffroom. The P & F committee does an amazing job of fundraising for our school, so that we can purchase resources for our students. All parents are welcome to attend. We look forward to seeing our existing members along with some new faces next week.



Term 2 Dates

29 April - 3 May School Open Week for 2025 enrolments
Monday 10 June King's Birthday Holiday

Assembly

5W will lead our next school assembly on **Friday 3 May from 2.45pm** in the Shed. All parents, grandparents and guardians are most welcome to attend.

Shed Unavailability –

Please note, the 'Shed' will be unavailable for training use on the following dates in Term 1:

- ☐ **Thursday 9 May** - Mother's Day Mass set up
- ☐ **Monday 13 May – Sunday 2 June** – Deb Balls

UNAVAILABLE

Christ has no hands but yours.

Tim Moloney
Principal



Be your Best
Be Safe
Respect for All
Respect for Environment



Happy Families with Dr Justin Coulson The Secret to Co-regulation



Our default response to our children's dysregulated (or simply very big) emotions tends to be that we:

- Shut it down ("Stop it", "Calm down")
- Reassure ("You'll be fine")
- Require communication ("Use your words"), or
- Offer advice ("Just listen to me!")

Experienced parents know these strategies are ineffective - but often still try them anyway.

Imagine a train entering a long, deep tunnel. Would you worriedly watch the train disappear into the dark, and then use dynamite and diggers to make a hole in the top of the mountain so you could drag that train out of the dark?

Of course not. This approach would simply make a mess. You don't need to intervene. The train's coming out of the tunnel at the other end. That's how it works.

Emotions are the same (when they're functioning in healthy ways). Children are going to struggle with their emotions. They learn the most basic emotional regulation at age 3 (or thereabouts), and don't become reasonably proficient with it until age 9 (approximately). And being Hungry, Angry, Lonely, Tired, or Stressed (HALTS) will reduce their ability to regulate emotions.

To help kids regulate their emotions try these ideas:

1. Stay level, stable, and balanced yourself.
2. Use emotion-labelling tools (like an emotion chart) to connect, identify emotions, and understand one another better.
3. Ask, "Do you need a hug or do you want to talk, or would you just prefer some space?"
4. Encourage them to breathe (5 seconds in, hold for 5, and 5 seconds out).
5. Get active
6. Touch the grass - get some nature

For younger children, invite them to draw their emotions on paper or card stock. Distraction can be a useful tool too.

And don't - DON'T - try to fix everything until the train is out of the tunnel. Once the emotion has passed (and it will), problem solve solutions together.

These emotions are normal and healthy parts of being human. Learning to regulate them is a long process - one that many grown adults still haven't mastered.

Regards,
Grace Scalora
Deputy Principal - Pastoral Wellbeing.





Catholic Education Week 2024 at St Francis of the Fields

At St Francis of the Fields, we are celebrating Catholic Education Week. During this week, we give thanks for the education we offer and receive in Australia. At St Francis of the Fields, we have immense gratitude for all who came before us in Catholic Education - the students, families, parishioners, educators, religious and clergy. These people have worked with so much faith, commitment and love to ensure Catholic Education flourishes.

We look forward with hope, trust and faith in our loving God and a future that is brimming with the Good News. Our community will celebrate Catholic Education in our classrooms with students leading classroom prayer, school tours and our school information night.

Here at St Francis of the Fields Catholic faith is at the heart of all we do, as we carry on the mission of the church, care for each other and our world and live out the values of the Gospels. We are united in faith and committed to action to live, learn and grow in God's love alongside creation we know that the Risen Christ is alive and well!

Loving God,

*As we celebrate Catholic Education,
what it means to be Catholic and follow in Jesus' footsteps.*

*The story of Jesus' life and the love he showed
inspires us to live our lives with love, peace and kindness.*

Help us to see Jesus with us every day.

*May we feel the joy that comes when we follow his example
and live out his example of loving God and loving each other.*

*God of love, during this Catholic Education Week,
deepen our awareness of how lucky we are to be able to learn and grow.*

*God of love, help us in Catholic education
to become people of justice who strive to achieve dignity for all.*

*God of love, help us use what we have learnt at school
to better our lives and the lives of others in need.*

We ask this through Christ our Lord.

Amen.

ANZAC Day

On Thursday 25 April we commemorated Anzac Day. St Francis of the Fields was represented by two of our Year 6 leaders – Sienna Stratton and Kasey Djuric at the Bendigo RSL's ANZAC Day Commemorative Service. Our school leaders laid a wreath on behalf of our community to pay our respects to those who have died in wars and conflicts to ensure our freedom.

Thank you to Sienna, Kasey and their families for representing our school at this moving and meaningful service.



Lest We Forget



Mother's Day Mass - Friday 10 May @ 9:15am

This year our Years 3, 5 and 6 students will attend the Mother's Day Mass on Friday 10 May at 9:15am (**Year 4 students will be at camp**). We will also have a **breakfast at 8am** to celebrate our mothers and those people who are like mothers in our lives – all mothers are invited to our breakfast and Mass.

Our Years 3, 5 and 6 children will be helping to lead our liturgy with Fr Jake as our celebrant and our Year 5 students will be celebrating these special people in our lives with a song.

The Foundation and Years 1 and 2 students will help to lead our Father's Day Mass.

[Please RSVP if you would like to join us for breakfast using this form by Friday 26 April.](#)

Mother's Day Mass & Breakfast
Years 3-6
Friday 10 May

- Breakfast - 8:00am
- Mass - 9:15am

We invite you to our Mother's Day Mass

St Francis of the Fields' Primary School

Staff Spirituality Day

Last Friday, on the 26th of April, our school community gathered for a profound journey into the heart of the Church's mission and Pope Francis's vision. Our annual Staff Spirituality Day took a unique turn this year as we delved into the themes of synod and synodal processes, guided by esteemed guests: **Kate Fogarty**, the newly appointed Executive Director of Catholic Education Sandhurst Ltd, **Fr Jake Mudge** our newly appointed Parish Priest, and the Bishop of Sandhurst **Shane Mackinlay** DD.



Fr. Jake Mudge, with his insightful reflections, led us through an exploration of the Church's history of the synod, the Second Vatican Council and the current synodal journey, emphasising the importance of taking time to build our prayerful and reflective practices, to listening to diverse voices and encountering Christ in one another. His words resonated deeply with all present, giving us many practical ways as educators that we live out this call from Pope Francis.

Bishop Shane Mackinlay shared his experiences of being in Rome for the Synod gathering in October 2023 and the Australian Plenary Council. His wisdom on the synodal processes unfolding under the guidance of Pope Francis – courageous speaking and humble listening gave us great hope for the future. He emphasised the Holy Father's call for a "listening Church," one that is open to the promptings of the Holy Spirit, attuned to the signs of the times and the need for dialogue in our world with open hearts and curious minds.

As a Synodal Church we:

- Listen to one another in order to listen to the Holy Spirit
- In a spirit of prayer, grounded in liturgy and the Word of God
- A way of being Church, not a one-time event
- An experience shared with one another (communion)
- Discerning together so that decisions are made for the good of all (participation)
- To renew our prophetic witness to the human family (mission)



Kate Fogarty, provided an insight into the need for synodal processes in our Sandhurst schools. She shared as educators we must strive for encounter, listening, discernment and then move to action. Kate spoke about the challenges we can face but how we can overcome the challenges as a community that journeys together to bring about the reign of our loving God in our world today.

Throughout the day there were times for meaningful discussions, prayerful reflections, moments of quiet contemplation with a forum and plenary that enriched our understanding of synodality

as a pathway to renewal and mission. We were reminded that each member of our school community has a vital role to play in building a Church that is inclusive, merciful, and responsive to the needs of the world.



As we concluded our Staff Spirituality Day, we left inspired and reinvigorated, carrying with us a renewed commitment to walk together as pilgrims of faith. We thank our presenters Kate, Fr Jake and Bishop Shane for sharing their time, knowledge and wisdom with us so generously. May the spirit of synodality continue to guide us on our journey, as we heed Pope Francis's call to be a Church that listens humbly, discerns and accompanies all God's people.



Fr Andrew Parish Farewell

Important Update re Fr. Andrew's Farewell – **Sunday 19 May.**

- 10.30am Mass at St. Therese's Church
- 11.30am will be the Official formalities in the Church (approx. 30 minutes).
- 12.15pm onwards a light catered lunch (gluten-free sausages/veggie burgers, coleslaw, bread, tea/coffee, refreshments etc.) will be served in Welcoming Area.

We ask for RSVP for catering purposes only to kennington@sandhurst.catholic.org.au All welcome.



We are also taking up a collection for a gift for Fr Andrew by CASH ONLY. This is an optional addition to the day for those who may choose to participate. Please place in an envelope (clearly labelled Fr. Andrew gift) which can be given at any Mass Collection over the next 3 weeks, left with the Parish Office or there will also be a collection on the day.

Farewell

To the wonderful St Francis of the Fields Community,

As I sadly bid farewell, for the next 13 months, to this incredible community, I am filled with gratitude for the cherished memories and profound moments we've shared together. Having the privilege to be a teacher and the Catholic Identity Leader has been such an honour beyond measure.

Throughout my time here, I've witnessed the unwavering spirit of love, compassion, hope, joy and faith that defines our St Francis Family. I have loved every aspect of working with students, families, colleagues, Fr Andrew, Fr Jake, Fr Henry, the parishioners and the community.

As I embark on my new journey, I carry with me the invaluable lessons and blessings bestowed upon me by each one of you. Though I may be leaving for 13 months, know that I will carry in my heart the wonderful people and experiences that have been such a gift to me during my time at St Francis of the Fields.

I extend my deepest appreciation to the dedicated leaders and staff, supportive parents and, most importantly, the remarkable students who make our school such a truly joyful and life-giving place to be.

May God continue to bless each and every one of you abundantly.

With heartfelt gratitude and love,

Lisa Hitchcock
Catholic Identity Leader



Creative Arts News...

Axedale Quick Shear & Family Fun Day

A number of children had art work displayed at the Axedale Shearing Day. Congratulations to all the students that participated.

A special mention to **Charlie Wills** and **Mitchell Bobin** for receiving first place for their artwork.

Carmel Fitzgerald
Art Teacher



PE News...

Upcoming Sporting Dates

- Region Cross Country - St Arnaud- 28th May
- Palmers Gymnastics (Foundation) - 5th, 12th, 19th, 26th June
- Palmers Gymnastics (Year 1 & Year 2) - 6th, 13th, 20th, 27th June

SSV Basketball & Netball Trials:

Last week was busy for SSV trials. We had Colby O'Bree & Willow Wardell trial for the State side in basketball, both girls competing exceptionally well, with Willow moving through to the next stage.

In the netball Colby fronted up again alongside Macey Nielsen, with Macey progressing to the next stage.



I would like to congratulate all three girls on their effort and attitude throughout the process. To put themselves out there in what can be a nerve wracking and challenging experience speaks a lot to their character and willingness to take opportunities with both hands, knowing that the outcome might not always be what they hoped for. We're very proud of you girls and all the best Willow & Macey at the next level.



Cross Country





Cross Country Preparation

This will continue throughout term 2 and as our successful year 4-6 students progress through the competitions (divisional, regional and state cross country) we will have more targeted sessions to help prepare these students. However, any student is still welcome to join, they don't have to be competing at these school competitions to come along.

Students are encouraged to check the PE notice board outside the shed for days and times.



State Swimming

Josh Rodda competed at the State swimming championship on Friday 19th April. It was a hotly contested race, with the eventual winner breaking the state record. Our Josh swam exceptionally well and finished in 8th place. We hope you're so incredibly proud of your efforts Josh! To be in a State final is certainly an achievement to be proud of!



Divisional Cross Country

On Wednesday, the 1st of May we had a number of students head off to the Bendigo race course to compete in the divisional cross country. All children are to be congratulated on their efforts, and for representing our school so wonderfully.

We had many outstanding performances, and 8 children qualified for the next stage. To do so, they needed to be in the top 12 place getters for the Sandhurst division (noting that the 9 year olds do not move on). We also had quite a few students narrowly miss the top 12, which shows great depth and excites me with athletics coming up next term.

Congratulations to: Max Nielsen, Quade Baker, Lottie Childs, Eadie Willis, Lenny Anderson, Milanke Haasbroek, Lyla Edwards & Solly Baker for qualifying for regionals. Special mention to Milanke & Lottie for winning their age group in the blue section!

Blue Group Top 12 Individual Results:

12/13 year boys - 12th Solly Baker
11 year boys - 12th Lenny Anderson
11 year girls - 1st Milanke Haasbroek
11 year girls - 2nd Lyla Edwards
10 year boys - 3rd Max Nielsen
10 year boys - 9th Quade Baker

10 year girls - 1st Lottie Childs
10 year girls - 5th Eadie Willis
9 year boys - 9th Brodie Murphy
9 year boys - 12th Hudson Rooney
9 year girls - 3rd Airlie Intamanon

Red Group Top 10 Individual Results:

10 year boys - 1st Xavier Connolly, 3rd Ryder Singh, 4th Tom Mason, 5th Aiden McDermott, 8th Henry Harrington
10 year girls - 1st Matisse Wardell, 3rd Scarlett Booker, 4th Tess Oldham, 5th Matilda Sharples, 6th Adele McKinley
11 year boys - 1st Connor McCormack, 7th Ned Bowe, 8th Archie Intanamon
11 year girls - 2nd Lilah Maddern, 8th Mackenzie Jackson, 9th Layla Hand
12 year girls - 1st Cammie Fitzgerald, 3rd Colby O'Bree, 4th Jade Hayward, 5th Livi Warfe
12 year boys - 2nd Alex Kelly, 5th Xavier Tyrell, 7th Jimmy Fishley, 8th Nate Malone, 9th Brady McDermott

The children were prepped and told about the opportunity to win the team events! This is where the 5 top finishing children from each age group and section are calculated, and the school with the lowest 5 placings wins an award. We managed to take out a number of these!!! We had spoken to the children about ensuring they gave their all right to the finish line, regardless of place. Knowing that they will help their team to potentially pick up a team award. This was something many children were pretty excited about, and we could see the effort they

gave and that is exactly why we were so successful in this area. A great lesson to all the children, that sometimes regardless of personal placement, being part of something bigger and being part of a team can be pretty fulfilling.

Team Event Age Group Winner:

10 boys blue group - Max Nielsen 3, Quade Baker 9, Leo Mason 29, Nash McMaster 30, James Shadbolt 47

10 boys red group - Xavier Connolly 1, Ryder Singh 3, Tom Mason 4, Aiden McDermott 5, Henry Harrington 8

10 girls blue group - Lottie Childs 1, Eadie Willis 5, Poppy Baker 18, Eloise Rodda 45, Bella Hope 57

10 Girls red group - Matisse Wardell 1, Scarlett Booker 3, Tess Oldham 4, Matilda Sharples 5, Adele McKinley 6

11 boys red group - Connor McCormack 1, Ned Bowe 7, Archie Intamanon 8, Nash Dickson 13, Daniel Gleeson 18

12/13 girls red group - Cammie Fitzgerald 1, Colby O'Bree 3, Jade Hayward 4, Livi Warfe 5, Millie Balic 14

12/13 boys blue group - Solly Baker 12, Hamish Baker 16, Will Shadbolt 17th, Josh Prowse 19, Tommy Harrop 51

12/13 boys red group - Alex Kelly 2, Xavier Tyrrell 5, Jimmy Fishley 7, Nate Malone 8, Brady McDermott 9.

3rd Place Team Event Age Group Winner:

9 girls blue group - Airlie Intamanon 3, Ada Emmerson 19, Adelaide Ciano 26, Frankie Black 44, Lucy Fidler 49

9 boys blue group - Brodie Murphy 9, Hudson Rooney 12, Will Campbell 34, Riley Djuric 39, Toby Chandra 65

Our children continue to give us many examples and moments to be proud of! We had a year 6 boy finish the race in 1 shoe, with his teammate closely behind holding it!! We had other students turn up and run despite not being 100% and no one would have blamed them for sitting this one out, but their competitive nature took over and them joining the race was a win in itself. The Spirit, effort & attitude that our students' makes me tremendously proud and so privileged to teach and work with these outstanding young people.



PE Awards

Each assembly week, we present a tuckshop award.

The criteria for receiving these awards is very straightforward. Students demonstrating outstanding sportsmanship, effort and attitude will be the prime candidates for these awards.

Congratulations: Sam Palmer & Xavier Connolly

You will receive your award at the next assembly!

Sporting News:

Parents, if you news that should be shared in the newsletter, please let me know by emailing dcoates@sfstrathfieldsaye.catholic.edu.au

Danielle Coates & Shannon Baird

PE Coordinators

Performing Arts News...

Lunchtime Concerts

Our lunch time concert series is continuing while the weather allows. It has been fantastic to see lots of prep students getting up and having a go!



Upcoming Music Dates

Mother's Day Mass	Friday 10 May	Grade 5 Performance
Bendigo Choir Competition	Wednesday 22 May @ Ulumbarra Theatre	Choir students
Feast of the Sacred Heart	Friday 7 June	Choir students

If you know of any events or student achievements we can share in the newsletter, please share with Mrs C by emailing kcameron@sfstrathfieldsaye.catholic.edu.au

Kiara Cameron
Music teacher

Science News...

Grade 1

Light and its sources has been the focus in Grade 1 so far this term. We've looked at materials that block some light, all light or a bit of light. In the coming weeks, students will be making shadow puppets.



Foundation

The children received a letter from Mrs Honey who was wanting the children to help her find some materials to add to her fancy hat for a party that was happening on a rainy day. The children excitedly tested the materials and gave Mrs Honey some ideas.



Your trash is our treasure! Thanks a bunch for your help so far! It's much appreciated.

Please keep sending anything you think might be handy. Reminder - please don't purchase anything, we are just after items you no longer need.

We are still on the hunt for:

- CDs
- film canisters and empty plastic soft drink bottles.
- gift boxes
- corrugated cardboard and interesting packaging material - packing beans, polystyrene bits, cardboard etc
- gloves - wool, ski, gardening, evening, rubber, latex, fire-fighting, butcher (or anything else occupation specific), riding gloves and oven mitts.
- golf balls
- Sinkers and rubber ducks
- old towels and tea towels, rags
- unloved toys that pull, toy boats, marbles, small race cars, and a wagon
- any bits and bobs - we are exploring materials and their properties so anything different or unusual would be welcomed.
- craft pieces

Many thanks,
Jess Widdicombe & Emma Jensen
Science Teachers



Year Level - Unit Newsletters

Click on these link to view the Term 2 Unit newsletters.



[Foundation - Term 2, 2024](#)

[Year 1 - Term 2, 2024](#)

[Year 2 - Term 2, 2024](#)

[Year 3 - Term 2, 2024](#)

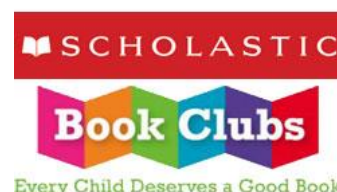
[Year 4 - Term 2, 2024](#)

[Year 5 - Term 2, 2024](#)

[Year 6 - Term 2, 2024](#)

Scholastic Book Club

The issue 3 catalogues for Book Club were sent home this week. All orders must be placed using the LOOP ordering system. Orders will close tomorrow, **Friday 3rd May**.



P&F News....

P&F Meeting

Everyone is welcome to attend the next P&F Meeting which will be held in the Staffroom on Thursday 9 May @ 7.30pm.

Music Trivia Night - Cancelled

Due to insufficient numbers, the Music Trivia night scheduled for Saturday 4 May has been cancelled. Those people who have already made payment will receive an email with instruction for receiving their refund. We apologise for the inconvenience.

Mother's Day Stall

Please find details below regarding the Mother's Day Stall. All children may select a gift for their special person and we ask that payment is made via CDF Pay.

All Year 4 children will have the opportunity to select a gift on Wednesday.

Dear St Francis Families

Each year the Parents and Friends committee holds a **Mother's Day stall** to help children honour the wonderful mothers and mother figures in their lives. This year the stall will be held on **Thursday 9th May, 2024**.

Please note: Grade 4 students will choose their gifts on Wednesday 8th May due to school camp.

For those unfamiliar with how the stall will run, a range of items have been purchased by the committee and all gifts are the same price. Students visit the stall with their teacher and class group, and choose a gift for their special someone. As our school is a cash free school, students do not bring cash and payment is taken through CDF Pay.

Each child will be given the opportunity to choose one gift unless you let your classroom teacher know that you do not wish for your child to participate. For those families with two mums, we ask that you please let your child's classroom teacher know and pay for two gifts. Your child will then be able to choose a second gift at lunchtime from the office.

The price of each gift is **\$5 per gift**. Please pay using the CDF Pay online payment system. Press on the 'Parents and Friends' tab then select 'Mother's Day Stall'.



We wish all St Francis Mothers a wonderful Mother's Day

St Francis Parents & Friends Committee

VOLUNTEER HELPERS REQUIRED:

The committee will need a limited number of volunteers to help run the stall on the day. If you have your 'Volunteer Paperwork' up to date and WWCC registered with the office we would love to have your help for with an one-hour shift (starting at 9am, 10am or 11.15am).

If you are available to help out or if you have any questions, please contact Nicole Emmerson 0412 505 446





Peaceful Parents

4 WEEK PARENT WORKSHOP

The Peaceful Parents 4 week workshop is a Mindfulness & Positive Psychology based parenting program to increase resilience in primary aged children.

'Peaceful Parents' is a strength based parenting workshop that is engaging, practical and supportive for parents. It helps parents build on their parenting strengths to build resilient and calm kids.

Parents learn

Resilience building exercises & strategies

Mindfulness strategies to keep stress levels low

Mindful listening & responding

Positive psychology strategies to boost wellbeing

Techniques to help their child lessen worrying

Effective coping strategies

How to help children manage their feelings

How to help their child problem solve difficulties

How to create healthy thinking habits

Workshop runs over 4 sessions on the dates and times listed below.

A commitment to attend all 4 sessions is required as these are not separate workshops.

Maximum of 12 parents
All parents & carers welcome

Please note that is a 4 week educational course for parents and not a counselling course or a course on behaviour management for children.

These workshops will be running on **Mondays** in May, beginning **6th May**. Our options for session times are: 9.15am – 11.15am, 1.15pm – 3.15pm or 7 – 9pm. Please indicate which time you prefer when booking.

We will only offer one session time, which will be the time that suits most participants. Each session will run for about 2 hours.

For bookings, please email moconnor@sfstrathfieldsaye.catholic.edu.au by **Friday 3rd May**

Peaceful Kids Program

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program has been created to fulfil a need in schools to offer all children a developmentally appropriate program that gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.

Outcomes of the Peaceful Kids program:

- Lessen symptoms of anxiety and stress in children
- Teaches children to self-calm.
- Empowers children to manage their own anxiety.
- Develops emotional intelligence skills.
- Teaches children life-long skills to manage stress and prevent stress build up.
- Supports children so they know that they are not alone with suffering from anxiety.



Peaceful Kids is based on evidence-based therapies and research:

- Mindfulness Based Stress Reduction program (MBSR)
- Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT)
- Positive Psychology
- Acceptance and Commitment Therapy

Program structure:

- Peaceful Kids is a 4-week program (Foundation and Year 1's) and 8 weeks for children years 2 – 6)
- Sessions are for approximately 1 hour each week. (40-50 minutes for Prep and Year 1's)
- Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.
- Children are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au.

Parental involvement:

- A parent session is run for interested parents to explain the program and the pivotal role of mindfulness to lessen and prevent anxiety symptoms.
- Each week the children learn a new mindfulness meditation and positive psychology strategy that they can share with you at home. It would be great to give your child the time to practice these strategies at home, so they learn to incorporate these into their daily lives.

Program Content

Children learn about:

- Basic theory on Mindfulness and how it affects the brain and lessens stress and anxiety
- The different ways to practice Mindfulness and integrate it into their lives
- Their feelings and how this relates to anxiety and stress levels
- Understanding stress and how it relates personally to them
- Understanding triggers for stress and how to calm down when feeling stressed
- Physical symptoms of stress and learning to identify when they need to take time out to calm themselves
- Worrying and how it affects their happiness
- Different types of thinking that increase anxiety or lessen anxiety
- Noticing their own self-talk and how this affects worrying and stress levels
- Creating a balanced lifestyle including lots of chill out time and being in the flow

Children learn life skills of:

- A range of Mindfulness meditations
 - Positive psychology exercises
 - Techniques to lessen worrying
 - A variety of coping strategies
 - A variety of problem-solving strategies
 - Journaling and expressing their worries
 - Facing challenges and fears step by step
 - Preventative strategies to help prevent stress build up
 - Being attuned to their own bodies and minds
 - Being in the flow more regularly and enjoying more of the present moment



What you need to do:

If you would like your child to participate in the Peaceful Kids program please email Maree O'Connor (moconnor@sfstrathfieldsaye.catholic.edu.au) with your expression of interest before **17th May**.

Research:

If you would like to learn about Mindfulness and Positive Psychology and its benefits, the following links may be useful to outline the science and evidence-based research that the program is based on.

<http://au.reachout.com/what-is-mindfulness>
<http://www.umassmed.edu/cfm/research/>
<http://www.mindfulschools.org/about-mindfulness/research>
<http://www.mindful.org/the-science/medicine/the-science-of-mindfulness>
<http://www.sciencedaily.com/releases/2011/01/110121144007.htm>
<http://www.actionforhappiness.org>
<http://mindfullearning.com.au/about-mindful-learning/authors/>
<http://www.mindfulness.net.au/what-is-micbt.html>

Netball Club News.....

<https://2024stfrancisnetballclubmothersdayraffle.floktu.com/>

ST FRANCIS NETBALL CLUB Mother's Day Raffle

First Prize:
Vouchers from -
Captured By Peta,
Brougham Arms,
Silk Day Spa,
Oliver Birch.
Mackenzie Davis Pharmacy Gift Pack
2 x bottles Mazzavino Shiraz
Poppy Rae Candle
Valued at over - \$700

2nd Prize:
Vouchers from - Rodilesa,
Braidies Tavern,
Foundation Beauty Bar
Greggs Contracting Full Day Mini Digger
Hire.
1 x bottle Mazzavino Shiraz
Valued at over- \$500

3rd Prize:
Vouchers from -
Strathfieldsaye Physiotherapy,
Awaken Birth With Teghan.
Complete Sleeprrr Original Contour Pillow
Isagenix Bundle
Valued at over - \$400

Spoil a loved one this Mother's Day. Buy them a ticket or gift a prize.
Tickets \$5.00 each - Drawn Wednesday 8th May 2024.

A Guide to Navigating Puberty: Parents & Caregivers

Bendigo Community Health Services invites all parents and caregivers in the City of Greater Bendigo to our puberty education evening.

When: 6.30pm, Wednesday 8th May

Light supper provided

Where: Quarry Hill Primary School

25 Peel Street, Quarry Hill

Scan the QR code below for registrations
or more information:



2 Day Autism Workshop for Parents and Carers

Bendigo, VIC



Scan the QR code or [click here](#) to register



This workshop is for parents, full time carers and grandparents.



Tuesday & Wednesday
28 & 29 May, 2024
9:30am - 2:30pm



All Seasons Hotel
171-183 Mclvor Hwy,
Bendigo VIC 3550

Morning tea and a light lunch will be provided



Interpreters available upon request

During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Working together with your child's school.

Learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit:

 <https://www.positivepartnerships.com.au/PC>

 ccorrigan@positivepartnerships.com.au



0447 219 627

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