



ST. FRANCIS OF THE FIELDS STRATHFIELDSAYE

School Bulletin – Thursday 18 June 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,

I share with you a lovely reflection from Joan Chittister, Aspects of the Heart...

*When we begin to understand that God is everywhere,
in everyone, alive in the world always,
then life becomes a joy, not a burden,
and other people a sign of possibility, not danger.
Then we learn to laugh again.*



2021 Enrolments

All existing families who wish to enrol their kinder children at St. Francis of the Fields for 2021 please do so - places are filling quickly. Simply log onto our website and complete the enrolment application. Send the application to office@sfstrathfieldsaye.catholic.edu.au ASAP.

Principal Led Tours

Tim & Grace will be leading the tours for 10 adults per tour, after school hours. This will minimise risks associated with COVID-19. Please postpone the tour if you are unwell.

The dates & times for tours are as follows:

- Thursday 18 June @ 7.30pm
- Monday 22 June @ 5.30pm
- Tuesday 23 June @ 4pm
- Wednesday 24 June @ 7pm

Please ring the office on 5439 3191 to confirm a reservation.

The final enrolment dates for Bendigo Catholic schools are as follows:

- Friday 17 July
Close of enrolments for Bendigo Catholic Primary Schools
- Tuesday 21 July
Catholic schools begin sending first round enrolment acceptance notifications

Coronavirus updated information

We are hopeful that the COVID-19 restrictions will ease further once announcements are made on June 22. I will inform the community of any changes as soon as possible.

Drop off and Pick up

Last day of the Term (Friday 26 June) - Early finish

- 1.10pm: Lunch
- 1.20pm: Play
- 1.50pm: End of Lunch
- 2.00pm: P-2 leave for home
- 2.20pm: Early bus - Eppalock
- 2.30pm: Yr. 3-6 leave for home
- We expect to hear on June 22 further announcements.
- Hopefully we can return to normal class times from Term 3

Pick up in the afternoon

- Week 11 - Pick up times remain as follows:
 - 2.45pm - F/1/2
 - 3.05pm - Year 3/4
 - 3.20pm - Year 5/6
 - Older siblings will be picked up at the youngest sibling's pick-up time
 - Class teachers will supervise their Year level pick up
- Those parents who cannot pick up till 3.20pm - children will be supervised at the front of the school.
- Children riding a bike or walking home will leave at their allocated time above.
- Wet days - students and teachers will be standing at the front of the school under cover at their designated time.

Parents, volunteers and visitors entering the school

- Parents are asked to please avoid entering the school buildings, unless absolutely essential.
- If parents must enter the school, please sanitise hands immediately (sanitiser provided at front counter).
- The Department of Health insists that adults should not be permitted to go beyond the Reception area.

If children are unwell



Any child who comes to school feeling unwell or becomes unwell during the school day, they (or the emergency contact person) will be called to collect their child.

Water Bottles

Drinking fountains are not to be used by students. Each should bring water from home.



Dates to remember

Term 3 dates

- | | |
|------------------|---|
| Friday 17 July | Pupil Free Day: NCCD |
| Thursday 23 July | Maths Parent Information night with Leonie Anstey via Zoom. |
| Friday 24 July | Pupil Free Day: Mathematics with Leonie Anstey |

2021 CMC Year 7 Enrolments

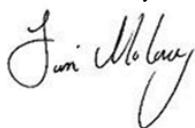
Families wishing to enrol their child into Year 7 at Catherine McAuley College for 2021 must have their application submitted to the college before the end of term 2. Applications for enrolment received after this date may be at risk of missing out on a position.

Weekend Maintenance

The weekend maintenance program will recommence in Term 3. The updated roster has been uploaded to Flexibuzz and the school website. If you no longer wish to participate, could you please let the office know and you will be removed from the roster. If families need to swap the weekend you have been allocated to, please arrange with another family and notify the office of this change.



Christ has no hands but yours.



Tim Moloney – Principal

MATHS PARENT INFORMATION NIGHT

with Maths Consultant
Leonie Anstey

**THURSDAY 23rd JULY, 7PM
VIA ZOOM**

To register for the workshop,
please email Amy Delaney or Kate Ellis
adelaney@sfstrathfieldsaye.catholic.edu.au
kellis@sfstrathfieldsaye.catholic.edu.au.

Repeat - Uniform Shop News.....

Thank you everyone for your patience and understanding during this affected time. Please note, we are currently **out of stock** of the following items - Long sleeve polo tops Size 12 and 14, Woollen Jumpers Size 12, Rugby Jumpers Size 12, Straight-leg track-pants Size 4. We apologise for this inconvenience.

The following comment has been received from Buxwear head office, 'As result of COVID, the supply of fabric has been a real problem and also our machinists have not been working over the lockdown period'.

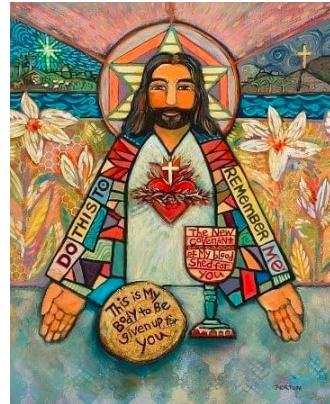
We are hoping to receive delivery of these out of stock items in the next few weeks.

Sarah, Jade & Stacy – Uniform Shop Staff

RE News

Feast of the Sacred Heart

Tomorrow, Friday 19 June is the Feast of the Most Sacred Heart of Jesus. This Feast celebrates the love of God expressed through the person of Jesus. The feast of the Sacred Heart occurs 19 days after Pentecost Sunday, so it always falls on a Friday.



Fr Andrew and the Catholic Identity student leaders are leading a prayer service in the chapel on Friday. This will be shared with students in their classrooms. Students have created hearts, for our prayer service, to symbolise how they have a heart like Jesus.

The Catholic Identity student leaders have created very informative and meaningful presentations to share with other classes, so they can learn more about the Feast. We are very fortunate to have student leaders who give so generously of their time and gifts for the good of others. Thank you to the Year 6 teachers for all their wonderful support of our student leaders.

We would normally have a collection of goods for our local St Vincent de Paul conference. Our act of giving is a physical sign of Jesus' unconditional love for all. At this present time we are going to hold a fundraiser, rather than conduct a collection of goods. Students are invited to wear casual clothes to school on Friday 26 June, and if possible please bring along a gold coin donation for Vinnies.

Fundraiser for Vinnies Winter Appeal – Casual Clothes Friday 26 June

Students are invited to wear casual clothes to school on Friday 26 June, and if possible please bring along a gold coin donation for Vinnies.

The Winter Vinnies Appeal provides emergency relief to people at risk and experiencing homelessness. Our donations will help our Vinnies conference volunteers to rebuild lives.

For more information on how donations are used to support people or to make a donation: <https://donate.vinnies.org.au/donation-hub>





Pastoral Wellbeing

Raising Resilient Problem Solvers By Michael Grose



Personal problem-solving is an under-rated skill shared by resilient children and adults. First, identified alongside independence, social connection and optimism by early resilience-researchers in the US, the ability to solve your own problems is the basis of a child's autonomy and self-efficacy.

When parents solve all children's problems we not only increase their dependency on adults, we also teach kids to be afraid of making mistakes and to blame themselves for not being good enough. As I noted in my book *Anxious Kids*, this is fertile ground for anxiousness and depressive illness.

So how can we raise kids to be courageous problem-solvers rather than self-critical, low risk-takers? Here are six practical ideas to get you started:

Turn requests for help into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. "Mum, Sarah's annoying me" "Dad, can you ask my teacher to pick me for the team?" "Hey, I can't find my socks!" It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. "What can you do to make her stop annoying you?" "What's the best approach to take with your teacher?" "Socks, smocks! Where might they be?"

Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: "Can you handle this on your own?" Next should be, "What do you want me to do to help you solve the problem?" These questions are not meant to deter children from coming to you. Rather to encourage and teach them to start working through their own concerns themselves.

Coach them through problems and concerns

Imagine your child feels they were unfairly left out of a school sports team by a teacher and asks you to get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a

child to become dependent on you. Alternatively, you could coach your child to speak to the teacher themselves and find out why they were left out. Obviously, there are times when children need their parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your children find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

Prepare kids for problems and contingencies

You may coach your child to be independent - walk to school, spend some time alone at home (when old enough), catch a train with friends - but do they know what to do in an emergency? What happens if they come home after school and the house is locked? Who do they go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember, the Boy Scouts motto - "Be Prepared!"

Show a little faith

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations such as saying "Don't spill it!" to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, "Now don't stuff it up!", "You'll be okay, won't you?", "You're not very good at looking after yourself!"

Applaud mistakes and stuff ups

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'that's really annoying, you can be clumsy sometimes' response or a 'it doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts down a child's natural tendencies to extend themselves quicker than an adult who can't abide mistakes. If you have a low risk-taking, perfectionist child, consider throwing a little party rather than making a fuss when they make errors, so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or doesn't get a perfect exam score.

As I've often said your job as a parent is to make yourself redundant (which is different to being irrelevant) at the earliest possible age. The ability to sort and solve your own problems, rather than step back and expect others to resolve them, is usually developed in childhood. With repetition and practice problem-solving becomes a valuable life-pattern, to be used in the workplace, in the community and in family relationships.

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@sfstrathfieldsye.catholic.edu.au





SEASONS FOR GROWTH - a program for children who have experienced grief

Change and loss are issues that affect all of us at some stage in our lives. At St Francis of the Fields we recognise that when changes occur in families through **death, separation, divorce** or related circumstances, children and young people may benefit from learning how to manage these changes effectively.

We are, therefore, offering a very successful education program called '**Seasons for Growth**'. This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practice new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session is 40-50 minutes during school hours. This program is being offered to all students.

Seasons for Growth will commence the second week of third term. If you think your son or daughter would benefit from **Seasons for Growth**, we would encourage you to talk to him/her about this. Please fill out the 'interested' slip and return before Friday 17th July.

If you would like more information please email me:
moconnor@sfstrathfieldsaye.catholic.edu.au

Yours sincerely,
Maree O'Connor - Seasons for Growth Site Coordinator



SEASONS FOR GROWTH - a program for children who have experienced grief (please return slip to Maree O'Connor before Friday 17th July, 2020)

Child's Name: _____

Parent's Name: _____

Parent Phone/Email: _____





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Online
saverplus.org.au
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To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



* Many Commonwealth payments are tax-free, please contact your local Coordinator for more information.
Saver Plus is an initiative of The Brotherhood of St. Lazarus and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.oz.gov.au for more information.

SCHOOL HOLIDAY NETBALL CLINIC BENDIGO STADIUM



Friday 3rd July 2020

9am - 11.30am: 7 - 11 yrs
12.30pm - 3pm: 12 - 15 yrs
Cost: \$45 per participant

Limited spaces available due to COVID-19 restrictions

Every participant receives a Netball
Book Online: www.juliecorletto.com

WINTER Holidays Team Kids

SCAN ME!



Download Full Program

St Therese's Primary - Kennington

SCHOOL HOLIDAY PROGRAM WINTER 2020

WEEK ONE 29 JUNE - 3 JULY

CHILL OUT DAY	Mon 29 June
	Come in your PJ's for a chilled day out, sit back and relax for our Beach and Bedroom explorations. From creating fake nails to paint and decorate to making funky hair models to cut and style. Then we'll be relaxing with a movie.

ALL ABOUT NATURE	Tue 30 June
	We're getting back to nature by designing a mural using rocks for paint and a wide variety of natural materials we have on site as well as some we'll go exploring for. Then we're going to grow grass heads in eggshells.

WEIRD SCIENCE	Wed 1 July
	From paper cup phone experiments, straw rockets and volcanoes, this will be a science day with a difference!

LET'S GO ON SAFARI	Thu 2 July
	Dress ready for a safari! We're making our own binoculars and heading outside to spot the hidden objects. Create your own animal mask and explore the many footprints left in our animal kingdom.

ART WITH FOOD	Fri 3 July
	Did you know that you can use food to make art? Make shapes with bread, try out pancake art and create fun food stamps.

CAMPING PARTY	Fri 10 July
	Let's get active with our fun relay races and build activities. Enjoy a toasted marshmallow at the campfire and Pizza will be supplied for lunch.

WEEK TWO 6 JULY - 10 JULY

AROUND THE WORLD	Mon 6 July
	We start with making your own mini plane and then we're flying off to the rainforests of Brazil. Then we head to China and Italy before we come back home for some cool Aussie activities.

COME JOIN THE CIRCUS	Tue 7 July
	Come one, come all for a fun filled day. Learn circus tricks and try your luck in the arcade games. You can even make your own juggling balls.

WOOL WEDNESDAY	Wed 8 July
	So much wool and so many projects! Create your own dream catcher and learn to knit using only your fingers. These are just a few of the fun activities we will do with wool.

WOODWORK WORKSHOP	Thu 9 July
	We're getting crafty with wood and you get to design, build and decorate your very own bird feeder to take home.

\$84 per day - bookings can be made through your My Family Lounge account
What to bring: Warm hat and coat, drink bottle, lunch, snacks.

BENDIGO SCHOOL HOLIDAY PROGRAM

Lightning Reef Primary School | 74 Holmes Rd, North Bendigo VIC 3552
p: (03) 5444 6666 | e: bendigo@ymca.org.au | w: childrensprogramsymca.org.au



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Book Online: www.juliecorletto.com

School Holiday Netball Clinic **BENDIGO**



**Tuesday 7th July 2020
BENDIGO STADIUM**

91 Inglis Street,
West Bendigo VIC 3550

1 Hour Class

- 9:00am - Under 9's
- 10:30am - Under 11's
- 12:00pm - Under 11's
- 1:30pm - Under 13's
- 3:00pm - Under 15's

Netball Fitness
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