



ST. FRANCIS OF THE FIELDS STRATHFIELDSAYE

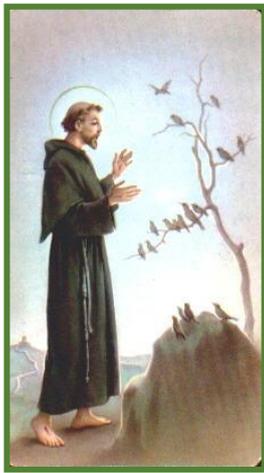
School Bulletin – Thursday 30 July 2020

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 love this quote from St. Francis of Assisi, our patron saint. It is most timely...

*"Start by doing what's necessary;
Then do what's possible;
And suddenly you are doing the
impossible."*



Covid-19 Update

As informed yesterday the Department of Health and Human Services (DHHS) has confirmed some positive test results for COVID-19 within more than one school in the City of Greater Bendigo. DHHS will now work through a contact and containment strategy. Contact tracing in schools can take a few days so we need to be patient while this process is completed over the coming days.

It is important to note that, at this point in time, **St. Francis of the Fields Primary School has had NO positive cases of Coronavirus.**

A number of parents who have children at CMC and St. Francis of the Fields Primary School have decided to keep their primary school children at home until CMC complete the contact tracing. The Department of Health and DET does not require this to happen, though I appreciate the effort of these families in keeping our community safe. Thank you.

Covid-19 Wearing masks

We are awaiting an official position on what is expected of schools in relation to wearing masks. We will inform our school community once we learn of these requirements.



Covid-19 and Football / Netball / Basketball

During the contact tracing period no football or netball training or games should be undertaken, therefore netball scheduled for tonight (Thursday) and all BFNL football / netball and BJFL football games scheduled for Friday, Saturday and Sunday will NOT proceed. In addition, no training should be scheduled until further notice. Basketball teams will need to keep in contact with their team manager for further information regarding game and training cancellations.

Parents, volunteers and visitors entering school - Repeat

- 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.

Pick up in the afternoon - Repeat

- 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



Term 3 Canteen - Repeat

The school canteen will continue to operate each Thursday and Friday during Term 3 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 3 Menu List on PAM.



Christ has no hands but yours.

Tim Moloney – Principal

Bricklayer Needed

Raelene Gooch – our OASIS Teacher – is asking for a bricklayer to help us with the Memorial Garden.

It is only a small job, and we have the bricks already here.

If you think you might be able to assist with this small job, please email Raelene - rgooch@sfstrathfieldsaye.catholic.edu.au



Sleep tips for Kids By Michael Grose



Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:

Understand the body clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of sync. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

Stick to sleep recommendations

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

Develop good sleep hygiene habits

- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.
- Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.
- Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.
- Keep bedrooms cave-like. A child's bedroom should be cave-like - that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.
- Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

Lifestyle habits that promote sleep

- Teach your child or young person to put away digital devices at least ninety minutes before bed-time
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis
- Encourage your child to go outside every day - take a walk, meet a mate (subject to COVID restrictions) or do an errand
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.
- Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.

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

RE News....

Feast of the Sacred Heart - Vinnies Fundraiser

Thank you to our school community for their very generous support of our Vinnies Fundraiser. We raised \$1000, which has been forwarded to our St Therese's Vinnies Conference. Greg McGrath, from the conference, has passed on his thanks for the very timely donation on behalf of the members.

WORLD DAY AGAINST TRAFFICKING IN HUMANS:

Australian Catholic Religious Against Trafficking in Humans

Today, 30 July, is the United Nations world day against Trafficking in Humans. Every year, thousands of men, women and children fall into the hands of traffickers, in their own countries and abroad. Almost every country in the world is affected by trafficking, whether as a country of origin, transit or destination for victims.

You can help victims of trafficking by ensuring you purchase from slave-free businesses - supply chains, raising awareness and donating to support victims.



Almighty and loving God, you who created all people in your image,

Lead us to become individuals of deep compassion as we read and reflect on the stories of affliction suffered by trafficked men, women and children.

You gave your only Son, Jesus, who died and rose again so that sins will be forgiven.

We place before you today the pain and anguish of the trafficked who are deprived of land, language, culture, family and the hope of justice.

We live in faith that you will hear our prayer for them so that they will escape from the pain and hopelessness of their situations. Touch their spirits with hope and heal their suffering bodies.

We are sorry on behalf of our human brothers and sisters who inflict such pain. We ask forgiveness and conversion for them.

Help each of us to grow in compassion and in gratitude for our own freedom and the riches we enjoy.

We make our prayer through Christ our Lord. Amen.

Sandpiper Publication

Sandpiper e-News from the Diocese of Sandhurst. Here is the new format for our Sandpiper paper and is now available to view on our website. Click [here](#).



SANDPIPER

Weekend Maintenance Roster – Term 3

3	1-08-20	2-08-20	Harrop (5K), Templeton (4HJ), Hurford (2D), McDermott (Fdn M)
4	08-08-20	09-08-20	McKern (Fdn B), Connolly (2M), Emmerson (4H), Behrens (4W), Duffy (2D),
5	15-08-20	16-08-20	Tuohey (4Z), Jackson-Leahy (5B), Orr (5B), Butcher (Fdn M)
6	22-08-20	23-08-20	Barnes (Fdn M), Pattinson (6D), Jackson (1R), Allan (2D), O'Sullivan (2P)
7	29-08-20	30-08-20	Howman (6FD), Waters (Fdn A), Gordon (3L) Bortolotto (5K), Burns (3H)
8	5-09-20	6-09-20	Stuart (Fdn B), Dyer/Cavallaro (5W), Mansfield (Fdn B), Wagner (6D) (Father's Day W/End)
9	12-09-20	13-09-20	Dickson (5W), O'Bree (5W), Mulready (Fdn WM), Whitty (4HJ), Evans (5B)
10	19-09-20	20-09-20	TERM 3 BREAK
	26-09-20	27-09-20	NO MAINTENANCE
	3-10-20	4-10-20	Stubbins (Fdn A), Singh (Fdn A), Balic (6G), Finney/Neave (5T)

YMCA ASC

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.

