



ST. FRANCIS OF THE FIELDS

Newsletter No. 6 – May 1, 2025
(Term 2 – Week 2)

The Jaara people are the traditional custodians of the land on which we live. They have lived here for thousands of years. We commit to working for Reconciliation and justice for all Aboriginal people and to learning more about the Jaara

“To Live, Learn and Grow in God’s Love”

Reminders

Friday 2 May

- Assembly @ 2.45pm – 5W & 5M presenting

Monday 5 May

- School Open Week**
- Principal Learning Tour @ 5pm

Tuesday 6 May

- School Open Week**
- Principal Learning Tour @ 9.30am

Wednesday 7 May

- School Open Week**
- Principal Learning Tour @ 12.30pm

Thursday 8 May

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

Friday 9 May

- School Open Week**
- Mother's Day Breakfast @ 8.00am
- Mother's Day Mass Fdn – Yr2 @ 9.15am

Monday 12 May

- Learning Conversations**

Tuesday 13 May

- Learning Conversations**

Wednesday 14 May

- Learning Conversations**

Thursday 15 May

- P&F Meeting @ 7.30pm

Friday 16 May

- DEB BALL #1**

Saturday 17 May

- DEB BALL #2**

Sunday 18 May

- Deb Ball Clean Up @ 11am

Monday 19 May

- Full winter Uniform to be worn**



“True progress quietly and persistently moves along without notice.”

St Francis of Assisi



Dear Families,

Welcome back to Term 2.

It was an extra-long break for our children this year as our staff received some of the best professional learning that I have undertaken for some time. Please read the Learning and Teaching section of the newsletter as we have explained some of our learning provided by Jarrod Cooney Horvath.

I welcome all students, staff and families back to a new term.

In memory of our ANZAC traditions I share with you this reflection:

"God of all nations, on this ANZAC Day, we pause to honor the courage, sacrifice, and unwavering spirit of those who served.

From the trenches of Gallipoli to the deserts and jungles where Aussies have fought, we remember their bravery and mateship.

May their legacy of service live on in us—through our care for one another and our commitment to peace. Bless our country, our defense forces, and all who carry the ANZAC spirit in their hearts.

May we never take for granted the freedom won for us. This we ask in your holy name. Amen."



Tuckshop 2025 – Term 2

Week 2

Fri 2 May

12:30pm-3pm

Chantal Bennallack
Donna Wagner
Bec Foster
Kim Kelly

Week 3

Thurs 8 May

12.30pm-3pm

Andrea Dahlin

Fri 9 May

12:30pm-3pm

Jess McKinley
Casey Simpson
Kate Molloy

Week 4

Thurs 15 May

12.30pm-3pm

Laura Flood

Fri 16 May

12:30pm-3pm

Teghan Gregg
Simone Edgley
Suzie Joyce

Weekend Maintenance

3-4 May

Morrissey (1SF)
Graco (Fdn M)

10-11 May

Jackson (6R)
Pollard (2HL)

17-18 May

Deb Ball Clean Up
Trehwella (2HL)
Hudson (2S)
Rodda (5W)

24-25 May

Deb Ball Clean Up
Pattison (1R)
Johnson (5FT)
Harrop (4C)

2026 Enrolment Process

Enrolments will be accepted from Monday 21 April and will close on Friday 23 May.

To assist families in making an informed decision about enrolling their children at St. Francis of the Fields for 2026 the following sessions will be held:

School Information Night

- Thursday 8th May @ 7.30pm in the Community Centre

School Open Week

- May 5th - May 9th (9.00 - 3.20pm) Student led tours.

Principal Learning Tours

- Monday 5th May, 2025 @ 5.00pm. Please meet at the office.
- Tuesday 6th May, 2025 @ 9.30am.
- Wednesday 7th May, 2025 @ 12.30pm.

Orientation Day & Foundation Parent Information Session

- Tuesday 9th December, 2025 @ 12.00pm

Prep Orientation Program Dates

- To be confirmed (usually held in November)

Enrolment application forms can be accessed on our school website. Click on this link [School Website link](#) or scan the QR code to begin the application process.

St Francis 2026 Enrolment Application



School improvements

Over the holiday period several maintenance improvements have been made:

1. Planting out the rock garden bed near the basketball courts.
2. New garden bed installed with watering system and plants near Year 3M.
3. New reflective garden space near Year 3D classroom.
4. Staining all decking in the school.
5. Servicing all heaters throughout our school.
6. Installation of a larger TV and sound system in the meeting room to support professional learning.



Thanks to Trevor Wright, Kerry Bone, Shane Owins and Cam Taylor for ensuring these works were prepared for the start of Term 2.

Uniform

The weather has finally started to cool down, so students are not required to wear their hats at recess or lunch. I would suggest that students take their hats home in readiness for Term 4.

Students are still able to wear either summer or winter uniform dependent on the weather conditions. Please note that all students will need to be wearing winter uniform from **Monday 19 May**.

Mother's Day Mass - Friday 9 May

The Foundation, Grade 1 and Grade 2 students 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.

Prior to the mass we will have our Mother's Day breakfast commencing at 8.00am for all mothers and special women in your children's lives. The coffee van will be onsite for purchases at your own costs. We ask that you do not purchase hot drinks for the children.



P & F Meeting - Thursday 15 May @ 7.30pm (Please note change of date)

Please note that our Parents & Friends meeting will be changed to **Thursday 15 May** as we are holding a Parent Information evening next Thursday evening for 2026 prospective enrolments.

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.

Advisory Council Meeting

We will hold our School Advisory Council meeting on Wednesday 22nd May at 5.30pm in our staffroom. I look forward to all council members attending this meeting.

Debutante Balls

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

Friday 16 May | Saturday 17 May
Friday 23 May | Saturday 24 May
Friday 30 May | Saturday 31 May



I am hoping some parents can come and volunteer some time, at **6.00pm on Wednesday 14 May**, to help set up the shed for the first Ball. This should only take a couple of hours.

I am also hopeful that our parents and teachers would volunteer time to help set up, collect tickets, and clean up on each 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 Joeline McSwain on 0421 596 612 or email amorri@hotm.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.

Cross Country Championships

I am very grateful to Danielle Coates, Laura Flood and Ash Barbetti for coordinating the Cross Country Championships on the last day of Term 1. I am very proud of the way our children showed grit and determination in running - great resilience!

Due to such wonderful weather we intend to hold the Cross Country at the same time next year.

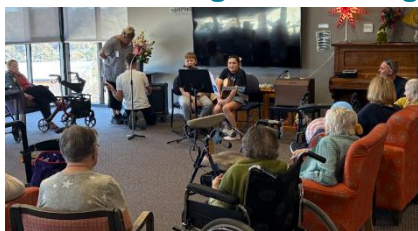
Shed Unavailability

Please note, the ‘Shed’ will be unavailable for training use on the following dates in Term 2:

- ☐ **Thursday 8 May** – Parent Information evening & set up for Mother’s Day Mass
- ☐ **Monday 12 May – Sunday 1 June** – Deb Balls

UNAVAILABLE

Students doing outstanding Community Service



Isla Hogan and Thomas Darlow, Grade 6, both gave up an afternoon on the first Thursday of the holidays to play guitar and sing to the residents at Mercy Health Bethlehem Home for the Aged. The two students entertained everyone with a range of songs, a few jokes and even had everyone signing along at one point.

It was great to see a display of courage, compassion and young people being great people. The energy generated by their presence resonated for some time after the visit, with the residents keen to have them back again in the future.

Assembly

5W & 5M will lead our next school assembly on **Friday 2 May** from 2.45pm in the Shed. All parents, grandparents and guardians are most welcome to attend.

Christ has no hands but yours.

A handwritten signature in black ink that reads "Tim Moloney".

Tim Moloney
Principal

Choose Creativity & Connection

Choose St Francis of the Fields School Strathfieldsaye

At the end of the day your
journey has begun. I am happy
that you will learn somewhere that
welcomes everyone.



St Francis of the Fields School Strathfieldsaye

2026 Enrolments OPEN WEEK

5 May - 9 May 2025

Student led tours available 9am - 3.20pm daily

Principal Learning Tours

Monday 5 May, 2025 @ 5.00pm

Tuesday 6 May, 2025 @ 9.30am

Wednesday 7 May, 2025 @ 12.30pm

Parent Information Evening

Thursday 8 May, 2025 @ 7.30pm

Please note the following:

- **Monday 21 April** Enrolments open for 2026 Enrolment
- **Friday 23 May** Closing date for 2026 Enrolment
- **Friday 6 June** Enrolment offers made to all Bendigo Primary students
- **Friday 20 June** Parents must **accept/decline enrolment offers** by this day

St Francis of the Fields School Strathfieldsaye

[Enrolment application form](#)

P 03 5439 3191 | www.sfstrathfieldsaye.catholic.edu.au



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.

Luke Freeman
Behaviour, Wellbeing and Safeguarding Leader



Learning and Teaching

Introduction to the Science of Learning

The science of learning explores how children best absorb, retain, and apply knowledge. Drawing from Psychology, Education and Neuroscience (PEN Principles), it offers practical strategies to help students thrive. When parents understand how learning works, they can better support their child at home and collaborate more effectively with teachers.

Learning, Memory, and the Role of Sleep

Last week, our entire staff engaged in three days of rich professional learning focused on the Science of Learning, led by cognitive neuroscientist Dr. Jared Cooney Horvath, who studies how we learn and remember, emphasizes the importance of turning short-term knowledge into long-term memory. Throughout the sessions, our team experienced powerful “aha” moments—both in understanding how the brain learns and in discovering practical strategies to bring into the classroom.

Dr. Horvath emphasized how memory is built through repeated exposure and varied experiences. He also highlighted the crucial role of sleep in learning. During sleep, the brain consolidates new information, strengthens memory, and prepares for new learning. Poor sleep can severely disrupt this process, reducing attention, comprehension, and long-term retention. Prioritizing good sleep routines is therefore essential for effective learning. Ensuring children get enough quality sleep is one of the most effective ways parents can support their academic success.

Over the next couple of weeks, I will continue to add information that our staff learnt during the three days.

Learning Conversations

Please note that the Term 2 Learning Conversations will be held on:

- **Monday 12 May** from 8.00 - 8.30am and 3.30 - 5.00pm
- **Tuesday 13 May** from 8.00 - 8.30am and 3.30 - 5.00pm
- **Wednesday 14 May** from 8.00 – 8.30am, 2.20 – 3.00pm and 3.30 – 5.00pm

(Please note: some teachers may have a variance on these times and dates for their availability)

This is a wonderful opportunity for parents, students and teachers to discuss how we can work together to continue to ensure our children are feeling safe and are learning to the best of their ability. Bookings open tomorrow, **Friday 2 May, at 9.00am and close on Friday 9 May at 9.00am.**

Please book in your appointment at [Schoolinterviews.com.au](https://www.schoolinterviews.com.au) and use this booking code : **mtew8**

Grace Scalora
Deputy Principal – Learning and Teaching Leader.





Book School Interviews Online

Dear Parents,

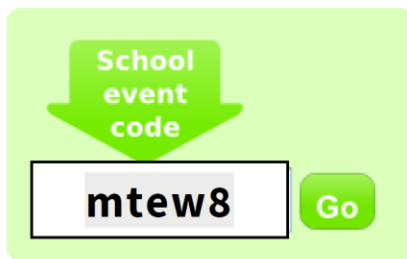
Learning Conversations will be held in Week 4 of Term 2 –
Monday 12 May – Wednesday 14 May, 2025

Interviews are strictly 15 minutes and spaces are limited. If you require more time with a particular teacher, please arrange a separate meeting.

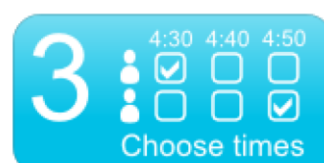
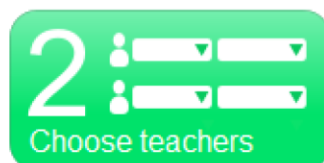
You can now book either a face-to-face or video conference interview time that suits **YOU BEST**.

Please go to www.schoolinterviews.com.au and follow these simple instructions.

BOOKINGS OPEN Friday 2 May at 9.00am.
BOOKINGS CLOSE Friday 9 May at 9.00am.



Enter THIS school event code.
Then follow the 3 simple steps.



When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately. **DO NOT DELETE** the email you receive. Keep it somewhere safe. If you have booked a Video-conference interview, you will need to refer to the email for the meeting link.

You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

REMEMBER TO ADD YOUR APPOINTMENTS TO YOUR CALENDAR - reminders will not be sent home.

For parents who don't have access to the internet at home, at work, at a friend's house or on their phones please contact your child's teacher to arrange a suitable time.

Parents can change their booking any time, prior to the closing time, by revisiting the www.schoolinterviews.com.au website and using the event code. Remember to use the same name and email address you used when you made your original booking. Parents wishing to change their time after the closing date should contact their child's teacher directly.



A Letter Reflecting on the Legacy of Pope Francis in Education

Dear St. Francis of the Fields community,

As we reflect on the life and legacy of Pope Francis, we are reminded of his profound impact on education. His teachings and actions have left an enduring mark on how we perceive and deliver education, inspiring us to strive for a more inclusive and just world.

Championing Education as a Fundamental Right

Pope Francis tirelessly advocated for education as a fundamental right for all children, regardless of their background or circumstances. His efforts underscored the importance of making education accessible to every child, including those from marginalized communities and migrant families. His vision was clear: education should be a beacon of hope and opportunity for all.



Promoting Holistic Development

Throughout his life, Pope Francis emphasized that education should nurture the whole person. He believed in teaching children values such as kindness, responsibility, and solidarity. This holistic approach aims to develop compassionate and socially responsible individuals who can contribute positively to society.

Encouraging Inclusivity and Diversity

Pope Francis's legacy includes a strong push towards inclusivity in education. He urged educational institutions to embrace diversity and ensure that no child is left behind. This includes advocating for the rights of children with disabilities and those from disadvantaged backgrounds. His call for inclusivity resonates deeply with the mission of creating a more equitable educational landscape.

Fostering Dialogue and Respect

Pope Francis highlighted the importance of dialogue and respectful communication in education. He believed that teaching children to listen and share their thoughts respectfully could help build a more understanding and cohesive society. This focus on dialogue encourages children to be open-minded and empathetic, fostering a culture of mutual respect and understanding.

Inspiring Hope and Social Responsibility

Pope Francis often spoke about the role of education in inspiring hope and social responsibility in children. He encouraged educators to help children dream not just about personal success but about making the world a better place. This vision aims to raise a generation of "social poets" who can imagine and create a more just and loving world.

As we continue to navigate the challenges of our time, let us draw inspiration from Pope Francis's teachings. His contributions to education remind us of the power of learning to transform lives and build a brighter future for all.

With gratitude and hope,
 Dave Waters
 Catholic Identity Leader

Weekend Maintenance

Term 2

2	03-05-25	04-05-25	Morrissey (1SF), Graco (Fdn M)	
3	10-05-25	11-05-25	Jackson (6R), Pollard (2HL)	(Mother's Day W/E)
4	17-05-25	18-05-25	Trewhella (2HL), Hudson (2S), Rodda (5W)	(Deb Ball clean up Sunday)
5	24-05-25	25-05-25	Pattison (1R), Johnson (5FT), Harrop (4C)	(Deb Ball clean up Sunday)
6	31-05-25	01-06-25	Mansfield (5ZS), Curtain (1W), Dalrymple (2S)	(Deb Ball clean up Sunday)
7	07-06-25	08-06-25	Cybula (3D), Hicks (Fdn M), Murtagh (Fdn W)	
8	14-06-25	15-06-25	Kuhne (1SF), Straub (1W), Rodda (5M)	
9	21-06-25	22-06-25	O'Neill (4C), Bennalack (6M), Scholtes (1W)	
10	28-06-25	29-06-25	Flood (Fdn W), Lynch (5FT), McKenzie (1M)	



LEARNING FOR LIFE

Join our welcoming community in 2026 to learn the skills you need to thrive!

ENROL NOW

Enrolments for Year 7, 2026
 Open: Wednesday 26 March 2025
 Close: Friday 9 May 2025

Visit our website to download the 2026 College Prospectus and Book a Tour online.

A Ministry of Mercy Education Ltd | ABN 69 154 531 870

CATHERINE McAULEY COLLEGE BENDIGO

celebrating 150 years
 1876-2026

Enrol online – cmc.vic.edu.au

PE News

Upcoming Sporting Dates

- Division Cross Country - Friday 16th May (for Yr 3-6's qualifying on from our school cross country)
- Regional Cross Country (St Arnaud) - Tuesday 27th May (for yr 4-6's qualifying on from the division cross country)
- State Cross Country (Melbourne) - Thursday 24th July (for yr 4-6's qualifying on from the regional cross country)
- School Athletics Sports (year 3-6's) - Friday 1st August



Cross Country

On the last day of term 1, we held our whole school Cross Country event. It was perfect weather and allowed for a very enjoyable morning. We are incredibly proud of the students who competed, with many wonderful displays of sportsmanship. All the very best to our students competing at the Divisional event.

House Point Results

Blue (Bacchus): 209

Green (Francis): 194

Red (MacKillop): 175

Yellow (Clare): 173

Age Groups Champions and Top 3 Results

12/13 year boys

- 1st- Jaxon Blacker
- 2nd- Lenny Anderson
- 3rd- Elliot Kelly

12/13 year girls

- 1st- Milanke Haasbroek **RECORD**
- 2nd- Lyla Edwards
- 3rd- Layla Hand

11 year boys

- 1st- Josh Rodda **RECORD**
- 2nd- Max Nielsen
- 3rd- Nash McMaster

11 year girls

- 1st- Lotti Childs
- 2nd- Eadie Willis
- 3rd- Bella Hope

10 year boys

- 1st- Toby Chandra-Thio **RECORD**
- 2nd- Will Campbell
- 3rd- Harvey Edgely

10 year girls

- 1st- Ada Emmerson
- 2nd- Airlie Intamanon
- 3rd- Hannah Millar

9 year boys

- 1st- Gus Arundell **RECORD**
- 2nd- Seb Rodda
- 3rd- Ned Anderson

9 year girls

- 1st- Hazel McDermott
- 2nd- Ruby- Lea Hicks
- 3rd-Fleur Muling

8 year boys

- 1st- Leo Mangan **RECORD**
- 2nd- Harry Brown
- 3rd- Angus Nielsen

8 year girls

- 1st- Sophie Coultas **RECORD**
- 2nd- Charlotte Delaney
- 3rd- Patsy Childs

7 year boys

- 1st- Louie Dubyna
- 2nd- Levi Pearce
- 3rd- Jed Arundell

7 year girls

- 1st- Pippa Gregg
- 2nd- Arabella Chapman
- 3rd- Sailor Davies

5/6 year boys

- 1st- Hunter Edgely **RECORD**
- 2nd- Connor Gregg
- 3rd- Lenny Stubbins

5/6 year girls

- 1st- Sienna Mangan **RECORD**
- 2nd- Layne McDermott
- 3rd- Romee Morcom



Cross Country Preparation

This will continue throughout term 2 and as our successful students' progress through the competitions (divisional, regional and state cross country). However, any student is still welcome to join, they don't have to compete at these school competitions to come along.

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

SSV Cricket trial

Late last term, **Toby Scott** trialed for the School Sport Victoria 12 and under cricket side. He had a great day competing against some of the best cricketers in the region. Although he didn't move on to the next stage, he really enjoyed the experience and we congratulate Toby on his efforts.

Well done!

SSV Netball trial

Last Wednesday we had **Eme Arundell, Chloe McSwain and Eden Rodgers** trial for the SSV netball team. There were many fantastic netballers, and it was very tough competition. All girls gave it their best and Chloe progressed onto the next stage of the trials. Well done girls for representing the school so beautifully.



Dragon Mile:

Over the Easter weekend, we had many students compete in the Dragon Mile. Congratulations to all the students that lined up and gave it their best!

Airlie Intamanon, Lyla Edwards, Charlie Rodda, Amelia Harper, Stella Harrington, Gus Arundell, Angus Nielsen, Spencer Pearce, Levi Pearce, Jed Arundell, Jimmy Harper, Eadie Willis, Josh Rodda, Max Nielsen, Quade Baker and Henry Harrington.

Top 3 Results

Mini Mile Girls- Yr 4 and under
Airlie Intamanon - 3rd

Mini Mile Boys- Yr 4 and under
Gus Arundell- 3rd

Primary Girls- Year 5 & 6
Lyla Edwards - 3rd



Congratulations to you all!



National Modern Pentathlon Championships

On Saturday, April 26th, I had the chance to compete in the National Modern Pentathlon Championships in Toowoomba, QLD. It was such an exciting day full of action, challenges, and lots of fun!

The first event was the swim. I was so happy to start the day with a personal best, which gave me lots of energy for the rest of the day. Next was the Laser Run, which is my favourite part of the pentathlon. It's tricky because after running, your arms are all wobbly and your heart is racing, but I managed to shoot really well.

Then came the obstacle course. It was tough in its own way, and not exactly the course I was hoping for, but it was still a lot of fun! Since I'm not old enough to compete in the fencing event yet, I didn't do that part this year but I'm looking forward to trying it next year.

I had such a great time and can't wait for my next competition!
I was the Under 13 winner, which made the day even more exciting!



I want to give a big thank you to Mrs Coates, Mrs O'Connor, and the Bendigo Roosters for their kindness and support, it really means a lot to me! 😊

Milanke Haasbroek



SSV State Swimming Championship

Today, we had Josh Rodda compete at the State swimming championship in the 11-year boys 50m Freestyle. He competed against the best of the best in the State and did such a wonderful job, placing 8th and in a personal best time!! What an achievement Josh.

We're incredibly proud of you!

PE Awards:

Each assembly week, we present a tuck shop 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 - Week 2 awardee's

Arlo Jackson-Leahy & Caelan Stuart

****You will receive your awards at the next assembly**

Sporting News

Parents, if you have sporting news that should be shared in the newsletter, please send through **a write up and picture** to: dcoates@sfstrathfieldsaye.catholic.edu

Danielle Coates
PE coordinator

MAY MADNESS

FREE ENTRY FOR EVERYONE!
MAY 3RD & 4TH

Celebrating 10 years

Delivering 1,000kg of free fruit to Bendigo school children every week

fresh fruit friday

Made possible thanks to our Foundation Partners

mckern steel™ foundation

fresh fruit friday

BlueScope | JL King & CO'S | INSTANT | FURPHY | IMPACTA | Adroit
LTS equipment | Viatek | Bendigo Community Health services | TILL | DOBELI | red energy arena

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 8 week program for children (4 weeks for Prep and Year 1's)
- 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

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://mindfulllearning.com.au/about-mindful-learning/authors/>
- <http://www.mindfulness.net.au/what-is-micbt.html>

Scholastic Book Club

SCHOLASTIC



Issue #3 catalogues were sent home with students this week. All orders are to be completed via the online LOOP ordering system. No cash will be accepted at school. Orders will close on **Friday 9 May**.

Thank you to all the families who have made purchases from Book Club this year, as the school receives credits from all of these purchases. During Term 1 this year, we purchased over \$500 of books for the school library with these credits, so thank you so very much! The children always love reading new books!

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.

If you have any questions, please speak to our friendly team:
Phone: 0459 988 313
Email: stfrancis@ymca.org.au
Central Customer Service Team: (03) 8371 0500



Enrol today!



Frank's Little Friends Playgroup

Every Monday during the school terms.

9:00am – 10:30am.

Gathering in the Community Centre

Please see our FB group "Franks Little Friends" for updates.

All welcome!

Assisi Kindergarten Fundraiser

Picture plates

COST \$30



Scan me!
Scan the QR code

THANK YOU FROM THE ASSISI FUNDRAISING COMMITTEE

Picture plates

PLEASE GET YOUR MINI ARTIST READY TO CREATE A KEEPSAKE THAT LASTS A LIFE TIME & IS A FANTASTIC GIFT TO YOUR LOVED ONES.

WHAT YOU NEED TO DO...

- ✓ SIMPLY TAKE A TEMPLATE (FROM BOX IN FOYER)
- ✓ DRAW, PAINT OR STICK PHOTOS TO YOUR CHILDS DESIGN
- ✓ MAKE PAYMENT USING QR CODE (NOTE HOW MANY PLATES YOU WANT PRINTED, NO NEED TO STOP AT ONE)
- ✓ RETURN TO THE COMPLETED BOX

to be completed no later than the 24th May

ST FRANCIS VOLUNTEER HELP LIST

Please contact Joelene McSwain to be added to the roster - amorissa@hotmail.com or 0421 596 612

Friday 16 May 2025 – Assisi Ball

Parking 5.45pm – 7.30pm	Collection of Tickets & Ushering 6.15pm – 7.30pm	Clearing of Tables & Tea/Coffee 8.30pm – 12.00am**
1 Clinton McSwain ??	1 Suzi Joyce	1 Marni Pollock
2 Kristy Intamanon	2 Jo English	2 Kim Kelly
3 Mark Shelton	3 Emma Mason	3 Lotte Dubyna
4 Ash Bateman	4 Kelly Mitchell	4
5 Brendan Parker	5 Lucinda Wright	5
6 Ryan Straub	6 Emma Schulz	6
7	Teghan Gregg	
8		

**** Late finish (approx. 2am) for re-setting tables for Saturday Night Ball**

Saturday 17 May 2025 – Milano Ball

Parking 5.45pm – 7.30pm	Collection of Tickets & Ushering 6.15pm – 7.30pm	Clearing of Tables & Tea/Coffee 8.30pm – 12.00am
1 Clinton McSwain	1 Lynz Toots	1 Maddy Dalrymple
2 Daniel Worthington	2 Siobhan McColl	2 Bee Curtain
3 Jeremy Byrne	3 Larissa Dewhurst	3 Karina Wallis
4 Wayne Dickens	4 Kanji Jackson-Leahy	4 Julia Meyer
5 Kane Rodda	5 Forest Jackson-Leahy	5 Nicole Cramer
6 Jim Marshall	6	6 Chelsea Mazzarino
7 Matt Coad		
8 Bart Leahy		

Sunday 18 May Clean Up @ 11am		
1 ** Trehwella (2HL)	4 Kylie Miller	** Weekend Maintenance Families
2 ** Hudson (2S)	5 Naomi Burns	
3 ** Rodda (5W)	6 Lisa Ryan	

Friday 23 May 2025 – Pisa Ball

Parking 5.45pm – 7.30pm	Collection of Tickets & Ushering 6.15pm – 7.30pm	Clearing of Tables & Tea/Coffee 8.30pm – 12.00am**
1 Clinton McSwain	1 Christie Rogers	1 Anna Mudoti
2 Al James	2 Laura Flood	2 Donna Bowe
3 Wayne Fidler	3 Rebecca Woods	3 Megan Lynch
4 Emma Pontelandolfo	4 Alicia Smalley	4
5 Mick Harrington	5 Bec Stratton	5
6 Neil Bowe	6 Donna Wagner	6
7	Nicole Emmerson	
8	Kimberley Dowd	

**** Late finish (approx. 2am) for re-setting tables for Saturday Night Ball**

Saturday 24 May 2025 – Sistine Ball

Parking 5.45pm – 7.30pm	Collection of Tickets & Ushering 6.15pm – 7.30pm	Clearing of Tables & Tea/Coffee 8.30pm – 12.00am
1 Clinton McSwain	1 Tandy Jackson	1 Nicole Emmerson
2 Jeremy Byrne	2 Andrea Dahlin	2 Rebecca McPhail
3 Al James	3 Bec Foster	3 Kristy Intamanon (??)
4 Daniel Worthington	4 Jacqui Stewart	4 Melissa Johnson
5 Matt Coad	5 Rebecca McPhail	5 Tandy Jackson
6 Andrew Arundell	6	6 Roberta Mathers
7		
8		
Sunday 25 May Clean Up @ 11am		
1 ** Pattison (1R)	4	** Weekend Maintenance Families
2 ** Johnson (5FT)	5	
3 ** Harrop (4C)	6	

Friday 30 May 2025 – Trevi Ball

Parking 5.45pm – 7.30pm	Collection of Tickets & Ushering 6.15pm – 7.30pm	Clearing of Tables & Tea/Coffee 8.30pm – 12.00am**
1 Clinton McSwain	1 Simone Edgley	1 Toby-Lea Gooding
2 Chris Black	2 Laurel Prowse	2 Teghan Gregg
3	3 Amanda Black	3 Sophie Kuhne
4	4 Maddy Dalrymple	4 Jess Widdicombe
5	5 Laurinda Myers	5
6	6 Toby-Lea Gooding	6
7	Chelsea Boyd	
8		
** Late finish (approx. 2am) for re-setting tables for Saturday Night Ball		

Saturday 31 May 2025 – Verona Ball

Parking 5.45pm – 7.30pm	Collection of Tickets & Ushering 6.15pm – 7.30pm	Clearing of Tables & Tea/Coffee 8.30pm – 12.00am
1 Clinton McSwain	1 Jessie Ayres	1 Bronwyn Rodda
2 Marco Mazzarino	2 Kristy Intamanon	2 Bek Stevens
3 David Giffard	3 Andrea Rowe	3 Ange Oldham
4 Brenton Emmerson	4 Jenna Griffin	4 Simone Willis
5	5 Danielle Anstee	5 Marni Pollock
6	6 Bianca Schmidt	6 Jessica Wynne
7		
8		
Sunday 1 June Clean Up @ 11am		
1 ** Mansfield (5ZS)	5	** Weekend Maintenance Families
2 ** Curtain (1W)	6	
3 ** Dalrymple (2S)	7	
4	8	

ASSISI KINDERGARTEN
STRATHFIELDSAYE

2026 ENROLMENTS OPEN EVENING THURSDAY 8 MAY 2025 5.00 - 6.00PM

Assisi kindergarten would like to welcome our prospective families for 2026 and beyond to an open evening at the kindergarten.

This will be an opportunity for families to view our service and ask any questions that they may have of staff.

**46A BLUCHER STREET
STRATHFIELDSAYE**

Enquiries: Assisi Office (03) 54 393 833
Visit our website Assisi Kindergarten for further information

Home Energy Empowerment Program



Learn how to improve the comfort and energy efficiency of your home, plan for the long term and save on your energy bills!

Date	Event	Presented by
May TBC	Energy efficiency planning sessions – get advice to help you plan changes to suit your budget and house context	Lucinda Flynn and City of Greater Bendigo
Monday May 19	1. Energy efficiency for renters	Lucinda Flynn, Going Green Solutions
Monday June 2	2. A masterclass on draught proofing	Maurice Beinat, Ecomaster
Tuesday June 17	3. Efficient heating and cooling	Lucinda Flynn, Going Green Solutions
Monday July 7	4. Insulate for a truly comfortable home	Maurice Beinat, Ecomaster
Tuesday July 22	5. Intro to hot water heat pumps	Frank Forster, Newstead Enviroshop
Monday August 4	6. Maximising solar savings	Frank Forster, Newstead Enviroshop
Tuesday August 19	7. Windows and blinds for comfort and efficiency	Lucinda Flynn, Going Green Solutions
Monday September 1	8. Electric vehicles/bikes and novated leasing	Thijs - Sparque, Rohan - NALSPA
July and September	Sustainable house days	Bendigo Sustainability Group
Various	Review your energy bills drop-in sessions	City of Greater Bendigo
October	Hear from locals who have retrofitted, renovated or designed with energy in mind	Bendigo Sustainability Group
October	Celebrate and Q&A morning tea	You and your neighbours

*Register to attend live and ask questions, or receive the recording to watch later. Online sessions will be screened at the Bendigo library. Sign up links will be shared on the *Environment Matters* newsletter and City of Greater Bendigo Humanix page soon.




From Diagnosis to OAM

plus a Sibling's Perspective: A Personal Autism Journey

Bendigo

Thurs 29 May 2025, choice of 11am OR 6:30pm sessions (3 hr seminar incl question time, doors open 10:30am & 6pm)

Daniel and Daniel's Dad (Daryl) will discuss Daniel's journey from diagnosis to present day giving an insight from Daniel's personal perspective of living life as an Autistic individual.

Daniel's sister (Leash) will also be sharing the sibling perspective and is a qualified educator (may be prerecorded).

Topics include diagnosis, school journey, independent living, employment and strategies used to achieve the best outcomes.

Featuring Exhibitors [Click logos to find out more](#)




Presented by
Daniel Giles OAM
Order of Australia Medal Recipient & Autistic Self-Advocate
Daryl Giles
Daniel's Dad
Leash Purcell
Daniel's Sister and Educator

Venue
The Bendigo Club – Naismith Room
22 Park St, Strathdale VIC

Tickets (*includes \$0.50 booking fee for online bookings)
Autistic people, family & carers: \$35.50*
Professionals (Educators/Caseworkers/Therapists - incl. CPD cert.): \$85.50*
trybooking.com/CZGNS (or scan QR code)

Contact
e: admin@speakinginsights.com.au
w: speakinginsights.com.au



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EDUCATORS – Educators can claim 3 hours of Professional Development, Australian Professional Standard for Teachers at the level of Proficient Teacher 6.4.2



ABN: 11 945 440 100