



ST. FRANCIS OF THE FIELDS STRATHFIELDSAYE

School Bulletin – Thursday 10 September 2020

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

Dear Families,

Many of our teachers who have recently taught a day at school, after many days and weeks teaching at home, have expressed how lovely it is to teach our precious children face to face. I share with you this prayer that is perfect for both parents and teachers alike.

Lord, you have made our children
as varied as the flowers of a garden.
You have blessed each one uniquely.
Each fragile, growing child
is infinitely precious in your sight.
You have trusted us to nurture them
and blessed us with the joy
Of seeing them grow.
Lord, please guide us as we walk
through life with our children.
Amen.



Staffing - sad news

We have received some sad news over the past 2 weeks in regards to our wonderful staff.



- Genevieve Hoskin has decided to retire at the end of 2020 after a distinguished teaching career. Gen has been a parent and teacher at St. Francis of the Fields for over 25 years!
- Helen McCarthy has decided to retire from her teaching position at the end of 2020 due to ill health. Helen has also been a long serving staff member whose children also attended St. Francis of the Fields.

- Raelene Gooch has decided to return home to Perth at the end of the year with her family. Raelene has taken over the OASIS program and has certainly re-energised the program.

Each of these wonderful teachers and people will be sadly missed. We will ensure that our community will honor each of them in due course closer to the end of the year.

Planning Day - Tomorrow

All staff members will be holding a Planning Day on Friday 11 September. This will mean that school work will be provided for all students, though google meets and corrections will not take place during the day, as staff members will be planning with their units. This may be seen as a good opportunity for your children to take a breather, if you wish. Onsite supervision will still be provided for those children whose parents are not working from home.

Home Learning Timeline

Week 10, Term 3 (14 - 18 September)

- Home Learning will continue, with onsite supervision provided for those that are eligible.



Week 1, Term 4 (5 - 8 October)

- Home Learning will continue, with onsite supervision provided for those that are eligible.
- The Blessing of the Animals and St. Francis Awards are normally held in Week 1; however, they will be held later in Term 4. This will take another form to ensure the safety of our community.

Week 1, Term 4 (Friday 9 October)

- A Pupil Free Day has been allocated for staff.
- The school will be closed on this day. No school work will be provided for students.
- After School Care will be provided if enough students use this service.



Week 2, Term 4 (Monday 12 October)

- All students and staff return to school ! Yippee!

School Uniform

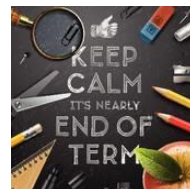
Please note that children may wear either their summer or winter uniform from Monday 7 September during the changeable weather conditions. All children will need to be in the correct Summer uniform by Monday 19 October.



End of Term 3

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

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



Planning for Term 4 events

I am very thankful that our students and staff will be able to return Week 2 of Term 4 (Monday 12 October).

Parents are still asked to please avoid entering the school buildings, unless absolutely essential.

We will continue our covid safe practices throughout Term 4 which will mean changes to our normal Term 4 practices. We will attempt to develop creative solutions to ensure the following celebrations can still occur, in some format. Please stay tuned.

- Blessing of the Animals and St. Francis Awards
- School masses and liturgies
- Sacramental program
- Tree Planting day
- Book week parade
- 2021 Transition and Orientation days
- Graduation ceremony.



Term 4 Trial: Newsletter change



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

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

Christ has no hands but yours.

Tim Moloney – Principal

PE News.....

Virtual Track and Field

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

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

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

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

Matt Butcher
PE Coordinator





R U OK? Day (Thursday 10 September, 2020) is a national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs.

This year's message is 'There's more to say after R U OK?'

For students, learning how to support their peers and talk about how they feel is an important life lesson.

Signs that a friend may not be OK

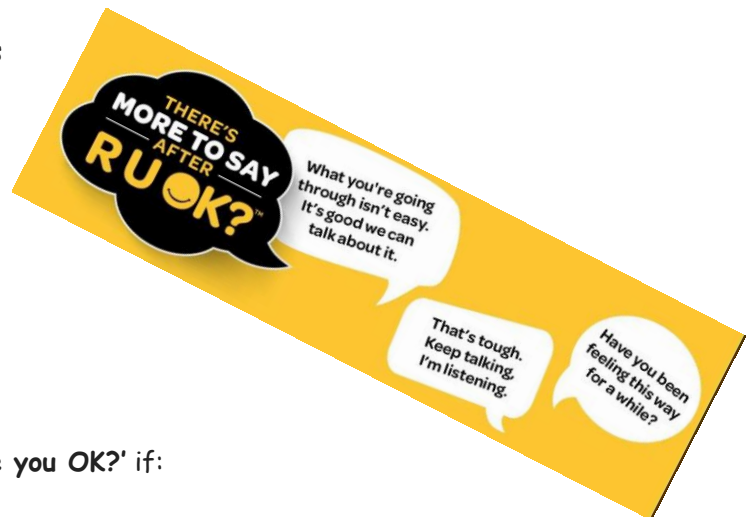
R U OK? seeks to create a world where we're all connected. We're never too young to look out for one another and meaningfully connect.

Many factors can contribute to someone feeling low. It isn't always easy to know whether someone is OK, particularly if they haven't talked about it or children have yet to recognise the importance of changes in behaviour. However, there are signs children can become familiar with which could indicate that a friend may not be OK.

What causes struggles?

A range of circumstances can lead to a child feeling low, including:

- Big life changes like moving house or school
- Experiencing grief or loss
- Being around people going through tough times
- Arguing with someone
- Problems with school work
- Being bored
- Having a medical condition or chronic illness
- Not sleeping well
- Not exercising enough
- Hormonal changes
- Special needs



When to bring it up

It's a good idea to check in with a friend and ask, 'Are you OK?' if:

- They've been showing signs of being upset or angry for some time
- Their mood is having an impact on others
- They're not enjoying school or life in general
- You're worried about their safety
- They start to miss school, or don't want to play with others or take part in their favourite activities

What signs can children look out for?

Going through difficult times can have a big impact on a child's life, including their:

- Relationships with other people
- Physical health
- Emotional health

So, it's a great idea to be aware of certain behaviours and signs that can indicate a friend might be struggling. The first thing to look out for is changes in behaviour. When people feel low, they often:

- Withdraw from their friends or their family
- Lash out at people and get angry or upset easily, including towards the people they care about
- Cry or become emotional
- Lose interest in activities and things they usually love
- Have changed sleeping patterns.
- They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as in the middle of the day)
- Have a changed appetite.
- They could be eating more than usual, or less.

How can children help?

Children cannot be expected to fix someone's problems, nor know the best way to help and support.

However, they can be encouraged to listen to what their friend is saying, let them know they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend.

By promoting an environment of positive peer support and accessing support channels via an adult, children can learn that asking, 'Are you OK?', is a key life skill.

If you would like further information or resources about R U OK? See the attached link

www.ruok.org.au

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@sfstrathfieldsaye.catholic.edu.au



1. Ask



2. Listen



3. Encourage action



4. Check in

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



St Francis of the Fields Primary School

**Pupil free day
Friday 9th October**

8am – 6pm

The YMCA will be operating full day care
on this day.



To secure your place log into My Family Lounge
and place a casual booking or
contact us on **0459 988 313**



“LET’S HIT COVID FOR SIX”

All current, previous and new players are most welcome. We are working on a start date of Sat 31 Oct.

At present, registrations will be accepted for the **Master Blaster (u.10), U.11, 12, 14, 16 and 18 age groups**. After a successful year with the introduction of our **U16 junior girls & Women’s Open age** teams we welcome & encourage our younger girls along to who may wish to follow in the footsteps of our current girls currently playing. We are awaiting further advice from Cricket Vic on the format to be re our **Jenny’s ELC Junior Blaster Program for those aged 5 to 7 years**.

Register via the following link: <http://www.playcricket.com.au/club-finder/club-details?Id=2728&postcode=3551>

LADIES, Sunday morning 10am-1pm in November is an ideal time to come & have some well-deserved fun in trying something totally new. Please send an email if you may be interested, would love to hear from you. A fun social & active outing. One game, two or 5, the choice is yours.

Requiring further details, please contact the Jets Junior Co-ordinator Brent Yates via email at strathfieldsayejets@gmail.com or by phone on 0434 730 711.