WEEKLY NEWS

Issue: 1.6 — 8th March, 2019

AS ONE IN FAITH WE LEARN AND GROW



122 Paterson Drive, Lynbrook 3975 T 03 8773 6700 E principal@sfslynbrook.catholic.edu.au W www.sfslynbrook.catholic.edu.au

MARCH				
Mon 11	Public Holiday School Closure Day			
Tue 12	School Banking Day			
Wed 13	Divisional Swimming			
Wed 13	Sacrament of Reconciliation Family Workshop @ 7pm			
Thu 14th	School Photo Day			
Fri 15th	St Patrick's Day Mass			
Fri 15th	Interschool Sports			
Fri 15th	Assembly @ 2.40pm			
Tue 19	School Banking Day			
Wed 20	7.15pm P & F Committee Mtg all parents are welcome to attend			
Thu 21	Twilight Sports Night @ 5.30pm			
Fri 22nd	P & F Afternoon Tea @ 2.45pm			
Sun 24	Mowing Roster			
Tue 26	Student Banking Day			
Fri 29	Pizza Fun Lunch			
Fri 29	Interschool Sport			
Fri 29	Assembly @ 2.40pm			
APRIL				
Thu 4	Hot Cross Bun Treat			
Fri 5	CUA Fun Run, Easter Activities			
Sat 6	Family Portrait Fundraising - only a few places left			

2020 SIBLING ENROLMENT APPLICATIONS ARE DUE BACK 15th MARCH.

CONTACT US

ST FRANCIS DE SALES

Principal - Christine White
Vice Principal - Angela Faiola
General Inquiries - 03 8773 6700
Absence Line - 03 8773 6788
E. principal@sfslynbrook.catholic.edu.au

Growing Young in Christ

From the Principal

Dear Parents,

10 Secrets of Wellbeing from Michael Carr Greg

1. If you can't change it... change the way you think about it.

Maybe you need to look at the issue from a different perspective. You need to re-frame your thinking.

2. See Life as it is BUT focus on the good bits.

Re-wire your brain for positive thinking. Scan the world for good things. See what happens when you practice gratitude. You may sleep better.

Post positive messages on social media focus on the good things in your world.

3. If you want to feel good...DO good.

Kindness benefits you. Look for ways you can give back to others. Volunteer to help.

4. When we are together everything is better.

Make time to be present with family and friends. Build your friendship network. We are better in communion with others rather than by ourselves. Be part of family, school, community, church or a club.

5. Be active... Relax.....Rest.

We need some exercise start to walk.... aim for 10000 steps.

Read a book. Put away the iphone/ipad before bed time.

Dim lights half an hour before bed time.

6. There is more to life when you stop and notice.

Take time to stop and practice mindfulness each day. One way is to meditate and pray.

7. Find time to lose yourself in what you love.

Keep learning a new skill. The more you learn, the better your wellbeing.

8. It helps to know what you are looking forward to.

Create your bucket list and start working on your wish list. Start today.

9. Do not compare your insides with other people's outsides.

Appreciate what you have. Accept you strengths and weaknesses. Accept others. STOP yourself from criticising what is less than perfect.

The meaning of life is the life of meaning.

Spirituality has benefits. Having a belief system that transcends the material world has benefits.

Have a wonderful long weekend. See you all on Tuesday 12th March.

Christine White

Principal

SFS ADVISORY BOARD

Chariperson -

SFS Parents & Friends Association

President - Elena Senise Vice President - Nadine Hawes

Secretary - Raquel Netto & Mandy Admiraal

E. sfspfa@sfslynbrook.catholic.edu.au

SFS Maintenance Committee

Brad Jackson

ST KEVIN'S PARISH

Parish Priest: Fr Desmond Moloney Assistant Priest: Fr Dong Tran 120 Hallam Road, Hampton Park 3976

T. 9799 2108

E. HamptonPark@cam.org.au

KHARISMA KIDS

8773 6707 0411 295 273

Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols



'Growing Young in Christ'

Catholic Education Week

Catholic Education Week commences this coming Sunday 10th March and concludes on Sunday 17th March. The theme this year is 'Growing Young in Christ'. A week is set aside to celebrate Catholic Education. This year's theme comes Bishop Peter A. Comensoli who wrote a Spiritual Letter to Christ's faithful of Broken Bay, in the Year of Youth 2018 in preparation for the Plenary Council 2020. As we move through the Year of Youth, we are invited to focus on Growing Young in Christ embracing what this looks like for us as a school community, deepening our understanding of how we grow in faith together. The theme has rich layers of meaning.

Our Catholic faith is something precious, which we pass on to children and young people in our care. Catholic schools, in partnership with families and parish communities, nurture students' faith and assist them to deepen their relationship with Jesus Christ, and through Jesus, the God of the Trinity. This personal relationship with God is fostered through growing knowledge and understanding of the Scriptures and of 'the Faith' handed down through the ages.

In this Year of Youth, the Church calls us to encounter Christ anew and to rediscover and treasure the gift of faith. As baptised Christians, this gift is at the heart of our Catholic identity – an identity grounded in the belief we have in God – Father, Son and Holy Spirit. But this gift of faith needs to be nourished. The Year of Youth reminds us to do this.

A highlight of the annual celebrations is the St Patrick's Day Mass at St Patrick's Cathedral and the concert in the Treasury Gardens, which attracts about 2,000 students. Each year, Christine invites the Year 6 children to wrote a letter explaining why they should be selected to attend the mass. Ursula and myself look forward to celebrating this day with the Year 6's that have been lucky enough to be selected!

The Visual Arts Exhibition at the Catholic Leadership Centre, Victoria Parade, East Melbourne is also popular with schools, where the best of Catholic children's art is on display. Louise is looking forward to also taking a group of Year 6 children to see the wonderful art pieces from Catholic schools around Victoria.

Keep smiling!

Elisabetta Micallef Religious Education Coordinator (REC) emicallef@sfslynbrook.catholic.edu.au

Sacramental News:

Reconciliation Family Workshop Wednesday 13th March at 7.00pm.

We look forward to seeing you at our workshop.



"Since we cannot change reality, let us change the eyes which see reality." Nikos Kazantzakis

Project Compassion:



Project Compassion is Caritas Australia's annual Lenten fundraising and awareness-raising appeal. Millions of Australians come together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

As a school, we take part in raising money for the less fortunate. Each Learning Space has these Project Compassion boxes for families to take home and raise as much money as they can for those in need. Lent is a time for us to reflect, pray, fast and GIVE. We invite families to come into your child's learning space, take a Project Compassion box, and start raising money for the less fortunate! Please advise your child's teacher if you would like a box sent home via their diary. Thank you for making a difference.

Learning and Teaching

Encompassing: Student Outcomes, Policy, Assessment, Reporting, Principles and Pedagogy.

SFS TWILIGHT SPORTS

Thursday March 21st, 2019 5.30 - 8.00pm

Come to our annual SFS Twilight Sport to see your child compete in sprint and novelty races. Students who finish 1st, 2nd or 3rd will receive points for their House. Seniors who finish in these places will then be considered for District Athletics. By the end of the evening we will have presentations for the winning House and the House

with the most spirit who support their team members. This year we introduce the SFS Gift which will be awarded to our fastest Grade 6 student.

Parents and Friends Association will provide students with a free sausage. A notice will be sent home for you to give permission for your child to receive a sausage. A vegetarian option will also be available. The Parents and Friends Association will be selling sausages for parents and family members who have come along to support their child at the SFS Twilight Sports. We thank the Parents and Friends for all their support!!

Home Group Teachers will inform new students, including Foundation students of the House they belong to. They will also remind other students of their Houses. If you have any queries about Houses please talk to your Home Group Teacher.

Students will be required to wear their sports uniform with a t-shirt in their house colour. Students and families are also encouraged to wear other accessories such as hats, scarves... in their house colour.

Teresa House - Blue MacKillop House - Yellow Bosco House - Red Patrick House - Green

Students will be sitting with their houses under their house tent, supervised by staff. We ask that parents bring chairs, blankets.... to sit on the school building side of the track to watch the various events on the evening. To ensure clear line of sight for supervision and safety, parents are asked not to come over to where children are assembled under the house tents. Teachers at each house tent will sign out your child to you at the end of the sports.

We will also have races for teachers, toddlers and parents!!! So make sure you come and join in the fun!! We look forward to seeing all students and families therell

Lulli and Giuliana

PRODUCTION PDATE WEEK 6

Auditions for the Junior and Senior Productions were held this week.

If your child was absent and would like to have an audition, their last opportunity to let Kristy know is on Tuesday. Otherwise, the lead roles will be cast shortly!

Unfortunately, we haven't had as many items donated as we would like. Use this as an opportunity to 'Marie Kondo' your cupboards and bring yourselves some joy!

We are currently looking for the following items: *Extra Large Cardboard from white-goods (sturdy, in good condition)

*Old beach towels

*Large beach balls

*Buckets and spades (sand castle tools)

*Sun-baking chairs

*Large Shells

*Pirate paraphernalia e.g. eye masks, hats, flags

*Disco ball

*Extra Large empty hairspray cans

*Hairdressing head model/foam head

*Afro/curly wigs

*Disused CDs

*Disused Vinyl Records

*Old technology (doesn't have to work) e.g. dial up phone, radio, DJ decks, typewriter, old record player etc.

If you would like to donate any of the following, please drop them off to Kristy (LS2 office or Music Room).





Student Well-Being

Encompassing: Student Engagement, Student Connectedness, Classroom Climate, Inclusion and Prevention to Intervention.



In last week's newsletter I introduced a new framework called **BeYou** that our school has now registered to be a part of.

BeYou is about creating a mentally healthy learning community for everyone- staff, families, children and young people and beyond. When everyone in a learning community unite, together they can create meaningful change and improve the mental health of children and young people.

Your Be You self-care check up.

Use this list weekly to check up on your own mental health and the mental health of the learning community.

How is my mental health today?

How do I feel? Am I calm and focused? How are my energy levels?

Is my learning community mentally healthy?

Are we building strong relationships?
Are we embracing diversity?
Are we connecting meaningfully with our children, young people and families?

Am I looking after my wellbeing?

Have I had a break today?
Have I connected with others?
Do I know where and how to access support if I need it?



How am I promoting good health in my learning community?

Am I modelling positive and respectful behaviours and practices?

Am I prioritising self-care and encouraging others to look after themselves?

Am I making the most of everyday interactions to support children and young people?

Rachel Lenko Student Wellbeing leader

Office News

MOWING ROSTER	Sunday 24th March	Team 7
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Ajay Pal Singh Buddhika Kondasinghe George Babu Kulwinder Pal Singh Roger Allen Glenn Munro

Gobinath Devendram

2019 / 2020 dates

HERE ARE THE DATES FOR THE REST OF THE 2019/2020 ROSTER.
IF YOUR DATE WAS CANCELLED OR YOU COULD NOT ATTEND YOUR
ROSTERED DATE—PLEASE FEEL FREE TO JOIN ANY OF THESE DATES.
REMEMBER TO SIGN THE ATTENDANCE SHEET ON THE DAY

March	1pm—3pm	Sunday 24th	
April	1pm—3pm	Saturday 6th	
	9am—11am	Sunday 28th	
May	Working Bee # 1	Saturday 4th	9am—12noon
June	9am—11am	Sunday 9th	Queen's Birthday long weekend
July	9am—11am	Saturday 20th	
August	1pm—3pm	Sunday 11th	
Sept	9am—11am	Saturday 14th	
Oct	9am—11am	Sunday 6th	Day light savings begins
	Working Bee # 2	Saturday 19th	9am—12noon
Nov	1pm—3pm	Saturday 2nd	Melbourne Cup long weekend
	1pm—3pm	Sunday 17th	
Dec	9am—11am	Sunday 1st	
	9am—11am	Saturday 14th	
Jan 2020	9am—11am	Saturday 18th	Term holiday
Feb 2020	1pm—3pm	Sunday 2nd	
	9am—11am	Saturday 15th	

CSEF - Camp, Sports and Excursion Fund Do you have one of these cards?

If you do, you may be eligible for \$125 for each of your children from the government to go towards your camp fees, swimming fees or excursion fees.

It's easy—just fill out the CSEF form available from the school office and present your current Centrelink Health Care Card or Pensioner Concession Card and we will do the rest for you.

Applications should be completed and lodged with us as soon as possible in term 1. This allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.





Office News



SCHOOL PHOTO DAY IS COMING THURSDAY 14TH MARCH

ORDER FORMS HAVE GONE HOME—

There are 2 ways of ordering:

Online orders: To pre-order online take your personal Order and ID Numbers found on

your order form and go to www.schoolpix.com.au.

Orders can be placed online up to 2 working days after photography.

You do not need to return the order form if you order online.

All orders placed online before midnight on photography day will receive a

free 20cm x 25cm black and white portrait.

Manual orders: Complete your order form and return with payment to school

ON PHOTOGRAPHY DAY

Sibling orders: For a special photo of your children together, order online by 8am on

photography day. Alternatively collect a Sibling Order Form from the office or download it from the SchoolPix website and return it on photography

day. Only siblings that place an order will be photographed.

Children need to wear their summer uniform with clean shoes and correct socks. Plain white socks for girls and black socks for boys with no logos or colours visible.

No undergarments such as t-shirts or shorts under dresses should be visible.

Hair needs to be styled neatly and swept off the face. If hair is longer than shoulder length it needs to be tied up.

If you have any questions call SchoolPix on 1300 766 055 Or email help@schoolpixx.com.au

Sibling Enrolments for 2020 are due now!

It is time for any family currently at the school with a child who will be turning five before the 30th April 2020 to submit an Application for Enrolment. Applications for siblings are due by the 15th March. After this date remaining places for Foundation 2020 will be made available to new families wishing to enrol their child into St Francis de Sales. It is great to hear that many families have already picked up an Application Form. Please drop off the completed form into the Office to Lorenza or Vivienne as soon as possible.

Office News

AUSTRALIAN GOVERNMENT DATA COLLECTION

Each year, we are obliged to provide to the Australian Government Department of Education and Training with information that is required as part of the Student Residential Address and Other Information Collection.

What information is being collected?

Schools provide the following information about each student to the department:

- Student residential address (not student names)
- Student level of education
- Student boarding school status
- Names and residential addresses of students' parents/guardians

Why is this information being collected:

This collection is undertaken each year and is used to inform Commonwealth school education policy, and to help ensure Commonwealth funding arrangements for non-government schools are based on need, and are fair and transparent.

Please refer to the FAQ sheet attached to FlexiBuzz with this Newsletter for more detailed information.

School Community

Encompassing: Parents, Parish, School Board, Enrolment, Social Justice, Accessibility and the Wider Community.



RSVP by emailing Rachel Lenko rlenko@sfslynbrook.catholic.edu.au to confirm your attendance and to let her know what food you will bring to share. Places are filling fast for this FUN afternoon. It is important that you do confirm your attendance so we do not exceed the capacity for these activities.

OPEN MORNING
Thursday, 21st March
9.15am
5 – 11 Caroline St,
Dandenong
www.trybooking.com/
BALBU

School Community

Encompassing: Parents, Parish, School Board, Enrolment, Social Justice, Accessibility and the Wider Community.

Before and After School Care

PLEASE BE ADVISED that that we have child ratios and a limited number of places for children who can attend each day. Educators work according to the number of children booked into care. It is therefore necessary for PARENTS to



book children, who are enrolled casually, into care at least 24 hours in advance so staffing can be arranged as required.

ANY BOOKINGS made to our booking number (0411 295 273) received on the day will be subject to availability. Children booked on a permanent basis have priority.

IN THE EVENT of children arriving when we are fully booked, will be sent to the school office. We will inform parents that we are full and cannot accept the children.

DUE TO GOVERNMENT CHANGES in administration all children must be 24 hours in advance by completing the enrolment forms so as family details can be added to the computer system.

A NEW electronic Sign In /Out procedure which requires family, children and authorised nominees details to ensure the safety of your child/ren so they can only be picked up by those on your child's enrolment forms.

THANK YOU for your continued support and ask that you assist us by following the above procedures.

REMEMBER: Term Bookings are charged at a cheaper rate than Casual Care., both casual and booked care where children do not attend will be charged accordingly.

If you have any questions please come and have a chat with one of our team members.

Vacation Care

We will not be offering Vacation Care over the Easter Period. For Vacation Care programs in the area please visit https://www.childcarefinder.gov.au/

Kind Regards.

Kharisma Kids Team.

sfspfa@sfslynbrook.catholic.edu.au pfavicepresident@sfslynbrook.catholic.edu.au pfasecretary@sfslnbrook.catholic.edu.au







Have you registered for the CUA School Run yet?

We all know that running is fun, but what would make it even more fun? A little healthy competition. And you cannot have competition without some amazing prizes!!

So if you have not already done so, jump online NOW and register <u>schoolfundraising.com.au</u>. Please make sure you enter your home group correctly, for example "IH", this is how the online tallies are tracked so it is critical. If you have already registered, but have not recorded your home group correctly, you can go back in and edit it so it is displaying correctly. Please take the time to do this so your fund raising efforts do get counted in the tally. The forms went out last week, if you have misplaced it please ask the school office for another one.

What is up for grabs?

- ⇒ Raise at least \$1 online, you will be entered into the \$20,000 Ultimate Family Experience not a bad return on investment!
- ⇒ Every student who raises \$10 or more will receive a reward
- ⇒ The more money you raise, the better your reward
- ⇒ The more you raise, the more you help our wonderful school

The P&F are also offering prizes for the:

- Home Group that raises the most money
- Top 3 individual fundraisers

We really urge all parents to get behind this fund raising initiative and get the children involved too. Talk to them about why it is important and get them ask their relatives, neighbours, family friends etc for donation themselves. Then they can feel a sense of ownership in the process and can be proud of their results. Everyone is a winner here, the children will be keeping active, the school will be raising funds and the students will have the chance to win some great prizes for themselves. So keep Friday 5th April free and come down to the support the kids as they run for their school.

It is still early days but here are the TOP 3 home groups (it is GREAT to see one from each Learning Space) – it is super close at the moment – any class can win so make sure you get spruiking:

1st: LS3 - IH 2nd: LS2 - EM 3rd: LS1 - MJ

Well done to everyone so far—brilliant effort. Don't get left behind, get on board and boost your home group's tally now and let's see if you can get your home group in the Top 3 for the next newsletter!!

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Pancake Day Fun

Thank you to all the parents who have volunteered their time to help us serve up pancakes to the students on Shrove Tuesday. Each learning space had a team of pancake chefs cooking and serving up a storm. The kids enjoyed the delicious pancakes and the teachers enjoyed the left overs too. It was great to see so many volunteers helping out so thank you to all who came along. Look at all the happy faces below:



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Twilight Sports - Thursday 21st March

Come along and watch all the sporting fun at the Twilight Sports evening. The PFA will be providing a FREE sausage for each student.

Please note all the sausages are gluten free and there will be vegetarian option available too – please make sure you fill out the form by due date.



Sausages, drinks and icy poles will be available for purchase on the night for all family members and friends of the students. Please bring cash / coins as there will **not** be any card facilities.

We look forward to seeing you there supporting the event.



Pizza Fun Lunch Friday 29th March

Everyone loves pizza, right?!? Well March's fun lunch is sure to be a hit!!! The PFA will be organising Domino Pizza for all the students. \$1.50 per slice – with a maximum of 3 slices per child.

We have three delicious toppings that can be selected:

Cheese Ham & Cheese Vegetarian

We can also provide a gluten-free option for children that require that. Orders will need to be in by 14th March so make sure you get them back so your child / children don't miss out.

Family Portrait Fund Raiser

There are only a handful of spots left for this event.

If you want to get some gorgeous family photos done for a very cheap price, whilst helping out the school - book in ASAP to avoid missing out.

These last few places will fill very fast.



sfspfa@sfslynbrook.catholic.edu.au pfavicepresident@sfslynbrook.catholic.edu.au pfasecretary@sfslnbrook.catholic.edu.au

Easter Festivities

Easter is a very special time of the year on the Christian calendar. Here at SFS we will be celebrating Easter many ways, three of which are listed below. Proceeds from the sales of the hot cross buns and the Easter raffle will go to **The Monash Children's Hospital** – a very worthy cause.



Hot Cross Buns - Thursday 4th April

Aside from chocolate, hot cross buns are also a well-loved seasonal treat. So we will be running a hot cross bun day at the school for the students to enjoy. The cost will be \$1.00 per hot cross bun, with a limit of 2 buns per student. Notices will be going out soon so keep your eyes peeled.



Chocolate Eggs for the students - Friday 5th April

Everyone loves chocolate!! And what better time to indulge in it than Easter!! Every student will get a free Easter egg. Allergy eggs are also available, please advise your teacher of any dietary requirements your child/children.

Easter Raffle – Friday 5th April

The PFA need donations for the Easter hampers. All Easter related donations will be greatly received. Things such as Easter toys, stationary, craft, think chickens, eggs, rabbits, lambs etc. We also really encourage all families to get on board and support the sale of the Easter raffle tickets.





8 March Morning Tea & Second Hand Uniform Shop

20 March PFA Meeting in the Community Room – all parents are welcome to attend

21 March Twilight Sports Carnival

29 March Pizza Fun Lunch4 April Hot Cross Bun Treat

5 April Fun Run, Easter Festivities

6 April Family Portrait Fund Raising Day

Every Friday Icy Poles for sale



St. Francis de Sales Primary School

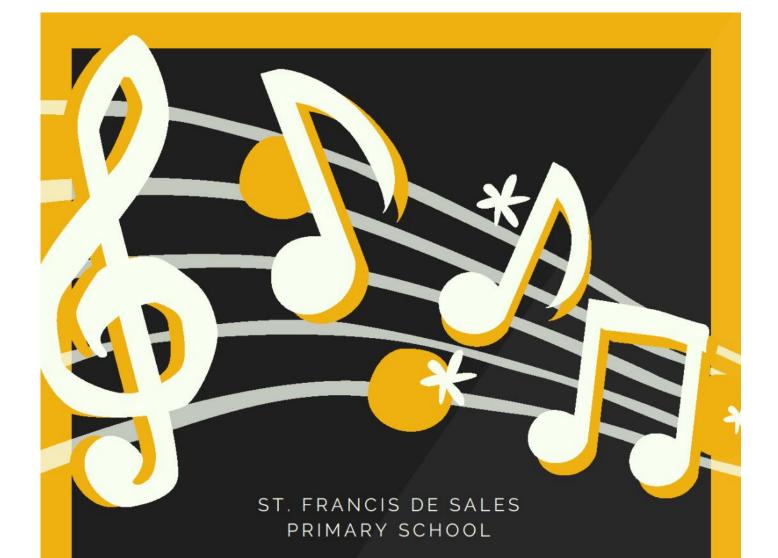
BEYOND THE SEA

Junior Production



FRIDAY 13TH SEPTEMBER, 2019 • 7:00 PM

River Gum Performing Arts Centre 58 Fordholm Rd, Hampton Park VIC 3976 Tickets on Sale Monday 12th August (\$10 Adult, \$5 Child)



JUKEBOX JIVE

SENIOR PRODUCTION

FRIDAY OCTOBER 11TH, 2019
7:00 PM
RIVER GUM PERFORMING ARTS CENTRE
58 FORDHOLM RD, HAMPTON PARK VIC 3976

TICKETS ON SALE MONDAY 12TH AUGUST (\$10 ADULT, \$5 CHILD)