

# WEEKLY NEWS



Issue: 3.4 - 9th August, 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

## August

Whole Month	MS Read-a-thon
Sun 11th	Mowing Roster 1pm—3pm
Mon 12th	Tickets go on sale for School Production online via Try Booking (instructions inside)
Tue 13th	School Banking Day
Thu 15th	Feast of the Assumption Mass at 11.30am
Fri 16th	Book Week—Week 2 Competition—design your own book front cover.
Fri 16th	Order form for Sushi Lunch due back today
Sun 18th	Anniversary Mass to celebrate Fr Des' 40th anniversary of Ordination to Priesthood.
Fri 23	P & F Morning Tea immediately after Morning Gathering
Fri 23	mConnect—Topic for this session is Healthy Eating for Kids Community Room
Fri 23rd	Sushi Fun Lunch @ first lunch
Sat 24th	Sacrament of Eucharist 7pm Mass
Sun 25th	Sacrament of Eucharist 9am Mass
Tue 27th	School Banking Day
Fri 30th	Fathers' Day Stall
Fri 30th	Winter Interschool Sport

## September

Mon 2nd	Pyjama Day (see flyer inside)
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## Growing Young in Christ

### From the Principal

#### 2020+ Vision



Next year we will celebrate our 10<sup>th</sup> Anniversary! We certainly have a lot to celebrate and an amazing foundation to launch forward from. Thus the logo '2020 Celebrating the Past and Create the Future' is perfect for this time for St Francis de Sales Catholic Primary School.

It has been a great week as we have reflected on who we are and who we inspire to continue to be. On Monday our Professional Development day was led by Ingrid Green who used to work for Catholic Education Office. Our staff worked with great passion and commitment as we reflected on key Catholic Education Office documents such as Horizons of Hope Vision and Pedagogy, studied our Enhancing Catholic School Identity Data ECSI and reflected on both parent and student feedback and responses as we worked towards revising our vision.

I would like to especially thank the very large number of parents who took the time to give us your feedback via Care Monkey. We also had a video and audio from two different parents to listen to. The feedback from parents a key stakeholder and partner is incredibly valuable to our reflection. The responses about the school was very affirming and we will also take on board those who expressed areas for improvement. We also took the time to get valuable feedback from our students across the school.

As a staff we deliberated on the key words that express who we are at St Francis de Sales and who we aspire to be. We had to work through a large number of words and go through various processes to get these words down to the core of who we are. There was a lot of passion and conviction to select one word over another. When we got down to a workable collection of words we drafted a vision statement. This again was rewritten and re-worked many times.

Cont'd next page

## 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

### SFS ADVISORY BOARD

Chairperson - Fiona Fowler  
SFS Parents & Friends Association  
President - Elena Senise  
Vice President - Courtney Thursfield  
Treasurer - Shivanthi Perera  
Secretary - Raquel Netto & Mandy Admiraal  
E. sfsfa@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

0411 295 273

The St Francis de Sales Primary School community is committed to the safety and wellbeing of all children and young people. This will remain the primary focus of our care and decision-making.

# From the Principal

A vision statement needs to be a statement that everyone from a foundation student to an adult, staff member and parent knows and can state. It needs to be uniquely about St Fancies de Sales and it needs to be lived. It is vitally important statement as it influences all we do and all we stand for. It needs to challenge us and inspire us to create the future we desire.

We are close to the vision for St Francis de Sales. We will now consult with both students and parents. We will do further refining with this feedback and in partnership will get to the final vision statement. Ingrid was very impressed with our work and we are very excited to complete the process in the coming days.

## School Hall Update

We are dependent on a capital grant from the government to build a school hall. A new hall will cost over \$4 million and we could not fund this while still paying off the loans on the three learning spaces and the administration building that we currently are committed to. However with funds promised by the government to Catholic Education over the next four years, we hope to be successful in obtaining a grant very soon. Competing with us for a grant are new schools in need of learning spaces and in needy socio-economic suburbs. However we are not leaving any stone unturned to present our case for a hall. We have an application in for consideration. If unsuccessful this year we will try again as we believe we are close and it will be our turn soon.

This week I met with our architects to revise our plans so we are more competitive. The original plans are now quite old and costly. We have already been told that we would never get the 6 million plus needed for a hall with changing rooms and showers. We needed to consider our non-negotiables and considered the plan in light of today's needs. Angela and I worked on some of these changes with our architects this week. We want our school to have the best chance to get the funding. We also want a hall that is practical and contemporary in keeping with our school and our needs. The importance of light and openness in the design was communicated to our architect. We are looking forward to seeing the updates early next term. Having the new plans will mean we will be ready to proceed if we are successful this year or if not will position us better for our next application. Let us all pray for the good news very soon!

Christine White  
Principal

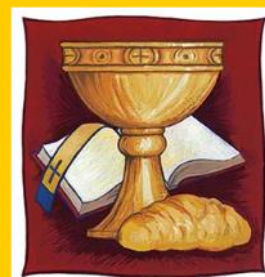
School Staff and Families are warmly  
invited to a special celebration to mark the  
**40th anniversary of Fr Des' ordination to the priesthood**

Date: Sunday 18th August 2019

Time: 11am Mass followed by a catered lunch  
in the Parish Hall

If you would like to assist by bringing a dessert or helping with  
set up (17th August) or during the celebration,  
please see the sign up sheets in the church foyer  
or contact Denise 0420.200.266

**"You are a priest forever in the line of Melchizedek"**  
**Hebrews 7 : 17**



*Save  
the  
Date*

**RESILIENCE PROJECT**  
**PARENT INFORMATION NIGHT**  
**Wednesday 16th October**  
**7pm — 8.30pm**

# Education in faith

**Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols**

As we celebrated Mary MacKillop's Feast Day on 8th August, we celebrated how she was a woman who raised the powers of love in her time and continues to inspire us to do the same in our day. Love was at the heart of all that Mary did. She recognised that the source of her love had its origin in God.

From this spiritual source she drew the energy to be a heartbeat of God's love in the world especially for those most disadvantaged in our society.

Mary loved all with an undivided heart. On this feast day may you be inspired like Saint Mary MacKillop to make a difference in someone's life by raising the powers of love through an act of everyday kindness.

May your week be filled with the joy and love that filled the heart of Saint Mary MacKillop.

Sr Monica Cavanagh rsj  
Congregational Leader





# Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols



*'See that you are prepared.'*

Luke 12: 32 - 48

Jesus told the disciples not to be afraid, but rather to get sturdy purses to hold all they will receive from God. If they served God, their reward would be great—but it would not be the reward of worldly wealth. In the second part of the Gospel, Jesus preached the message of watchfulness and being ready for his return. In a servant explanation of his point, Jesus told them that God would be so happy to see them at the banquet that God would put on an apron and cook a meal for them. This is similar to the message Jesus gave the disciples at the Last Supper when he washed their feet in service.

When the third millennium arrived, many people worried that the world would end. We all read accounts of predictions citing signs and scripture. Mostly the mood was one of fear and anxiety. This week's Gospel assures us that we have nothing to fear. Our only responsibility is to be ready for Jesus' return. We also hear that we have been entrusted with this Good News. So now what do we do with it? Most likely we know we are basically good people, good parents, and good disciples. But is there something more we can do, or does some part of our responsibility need attention? During these summer days, we might quietly reflect on how we view the end times and check our readiness. How are we doing with the Good News we've been given?

Look around your home and see evidence of where Jesus is present. What will people know about your family and its faith when they walk into your home? What items, activities, or actions in your home show visitors that you are ready for Jesus if he were to return for you today? After considering all you do, share with one another if you think there is more or something else you could do to prepare for Jesus' return. Perhaps you will think of things you should stop doing. Try to help one another in each person's efforts to serve others.

Blessings!

Elisabetta Micallef  
Religious Education Leader (REL)  
[emicallef@sfslynbrook.catholic.edu.au](mailto:emicallef@sfslynbrook.catholic.edu.au)



*"If you think you can, you can."*

*And if you think you can't, you're right."*

MARY KAY ASH

## Sacramental News:

**First Eucharist Sacrament**

Saturday 24<sup>th</sup> August at 7.00pm

Sunday 25<sup>th</sup> August at 9.00am

## **Thursday 15<sup>th</sup> August Solemnity of the Assumption of the Blessed Virgin Mary.**



Next week we celebrate the 'Feast of the Assumption.' On this feast day, we also celebrate the special favour that God gave to Mary, our Mother. The Assumption means that Mary was taken up into the glory of heaven not only with her soul, but also with her body. Jesus, the Son of God was born from Mary's pure womb. So when Mary died, God the Father and Jesus, would not let the body of the Mother of God be spoilt. This was her reward for her love of God and her years of faithful prayers and suffering. Now Mary is in heaven. She is queen of heaven and earth. She is the Mother of Jesus; Church and queen of apostles. Every time Mary asks Jesus to give us graces, he listens to her request. After the resurrection from the dead, we, too, can go to heaven. As we celebrate the feast day of Mary, we can ask our Blessed Mother Mary to guide, protect and care for us through this prayer. Almighty, ever-living God, You raised to eternal glory the body and soul of the immaculate Virgin Mary, Mother of Your Son. Grant that our minds may always be directed heavenward and that we may deserve to share in her glory.

parenting \* ideas

# insights

PARENTING BOYS

## The loss of healthy rites of passage

by Dr. Arne Rubinstein



Rites of Passage have always been a significant part of community life, until now. Each stage of a person's life was marked and celebrated including the significant step of moving into adulthood.

The shift from childhood to adulthood has always been marked by a rite of passage, which represents entry to the adult world and the rights that go with it. This new set of rights is also accompanied by a responsibility to serve and contribute to the community.

### The loss of healthy rites of passage

For many young people Schoolies Week, the annual Year 12 endless party, is the only rite of passage they have. The loss of meaningful rites of passage is having disastrous consequences on young people.

Too often we see young men in their twenties and beyond acting like boys in constant need of acknowledgement from their peers, dodging responsibility and still seeking approval from their mother. Many young women are stuck in perpetual adolescence, more worried about how they look than how they can contribute to their communities.

### Adults have a role to play

It's the role of adults to recognise and bring out children's strengths and natural gifts so they can contribute fully to their communities as adults. One of the most significant roles of the elderly is to care for and pass on wisdom to the young. Not surprisingly in the past it has been the elders who were responsible for overseeing the Rites of Passage and their timely delivery.

Rites of Passage are not supposed to be done in isolation. As a child becomes a young adult parents also need to take a step and move to the next stage in their lives. Each new stage of development for a child or young person represents a new beginning for parents as well.

Unfortunately, elderhood is not highly coveted or respected in these modern times and there is a global marketing campaign telling us that youth is the desirable and only really acceptable life stage. When adulthood is not fully appreciated or understood, then it's little wonder that many young people are hanging on to their adolescence well into their twenties. Some never make the leap into adulthood.

Families and communities can rediscover the notion of rites of passage and begin to invent their own pathways to adulthood, complete with markers and appropriate recognition. They can put their own celebrations in place that mark significant ages, and the all-important transition to adulthood. These celebrations should include a bringing



## parenting \* ideas

together of significant adults and a passing on of wisdom and stories from past generations to a young person. These rites of passage can be creative, must be inclusive and need to be appropriate to each family or community situation.

As your school has a membership with Parenting Ideas, you can attend the Creating 21st century rites of passage webinar – at no cost!

### About the webinar

Join Dr Arne Rubinstein as he discusses the importance of rites of passage in the 21st century. In this webinar you'll develop clear guidelines and learn impactful strategies to support you to build strong healthy relationships with your children, bolster their independence and support them in their use of technology in these rapidly changing times.

### When

Wednesday 28 August 2019 8:00pm AEST.

### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

### How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-creating-21st-century-rites-of-passage>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **UTES** and click 'Apply Coupon' (valid until 28 September 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'



### Dr. Arne Rubinstein

Dr. Arne Rubinstein is an internationally recognised expert on Rites of Passage and adolescent development. He is the author of the best-seller 'The Making of Men' and has won multiple awards for his work including being nominated for Australian of the Year 2008 for his work with youth. Dr Arne is the proud father of two wonderful young men and a mentor to many others.

## Learning and Teaching

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



SFS READING FESTIVAL  
Monday 2<sup>nd</sup> September

Pyjama



Children are to come to school dressed in  
their PJ's (slippers & dressing gowns too!)  
Bring along your favourite bedtime story to  
share on the day!

Perform Education Musicals will be visiting SFS on  
the day to perform their production 'BIG DREAMS'.

Design: FARAH SHIRANI





## Learning and Teaching

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

### Term 3 – SFS Productions – SWAP & Music

#### Student Wellbeing and Performing Arts Program

I have been working with the Juniors this term for SWAP. Our focus has been on the school values of commitment and striving for excellence. The children have come up with their own Success Criteria for the lesson and have been able to communicate ways in which these values can be demonstrated during production practices. The children have said that we need to listen to instructions, not speak over others, try our very best when we sing and dance. They believe that it does not have to be perfect but the very best they are able to achieve. The lead roles have demonstrated these values through their commitment to learning their lines and performing to the best of their ability. The children have been giving feedback to each other and watching the seniors perform and practicing performing in front of the seniors. The students have also thought about the concept of transformation and how they can transform themselves to portray their character in the production such as a pirate or a sea creature.

*Rachel Lenko*  
Student Wellbeing Leader

#### Music

This term, I have been working with the Seniors in Music. The focus this term has been on improving vocals for sound recording with Michael Lawton. The edited tracks will be used in the final performance. The purpose of the recording is to ensure students may be heard singing during the performance as it is quite challenging singing and dancing simultaneously - it improves the overall performance and displays the student's hard work throughout the year. Another focus this term has been working on proficiency of choreography and working as an ensemble, incorporating music elements in both dance and vocals. We have often combined with the Juniors (taught by Rachel in the portable next door) to perform to each other, building confidence in performing in front of an audience. Students have also learned how to provide positive and constructive feedback to their peers, as well as support and encouragement. Lead roles have been given the opportunity to rehearse during these Specialist classes, as well rehearsals during their lunch time. Well done to all of the students at SFS for their enthusiasm and fantastic participation during SWAP and Music classes!

*Kristy Galea*  
Music Teacher





# Office News

## YEAR 7—2021

If you are in Year 5 this year, please take a note of School Tours for the following Catholic Secondary Colleges. Please contact each College to book in to a School Tour and for their closing dates.

**St John's Regional College**

Open Morning—Thursday, 12th September at 9.15am

**Sacred Heart College Oakleigh**

Open Morning—Tuesday 29th October at 9.30am

**Mazenod College**

Open Morning—Tuesday 15th October at 9.30am, 10.00am, 10.30am

**Killester College**

Open Morning—Monday August 19th, 26th, Sept 2nd, Oct 7th, Nov 11th 9am

<b>MOWING ROSTER</b>	<b>Sunday</b>	<b>1pm—3pm</b>
<b>Team 8</b>	<b>11th August</b>	
Ivan Samusenko	Ryan Cole	Anthony Leveque
Marcus Roberts	Renny Ouseph	Kevin Forster
Alex Arevyan	Domenic Raso	Deepak Khatter
Heng Taing		

## 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**

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	

## Production News

### Week 4 Production News

#### Try Booking ticketing open from Monday 12<sup>th</sup> August @ 9:00am

Tickets will be available this Monday 12<sup>th</sup> August 2019 at 9am. Tickets are limited to **3** per family. This is to ensure that all families will have the opportunity to watch their child's performance. As of Tuesday 27<sup>th</sup> August until sold out, there will no longer be a limitation of tickets. If you do leave purchasing tickets until this date, there is a risk they may be sold out. Tickets are \$10 for adults and \$5 for children. There is an additional 50 cent booking fee per ticket. If you have a preschool child and are happy for your child to sit on your knee, you do not need to purchase them a ticket.

The website to the online ticketing system is:

**JUNIOR PRODUCTION** - Beyond the Sea tickets: <https://www.trybooking.com/473979>

**SENIOR PRODUCTION** - Jukebox Jive tickets: <https://www.trybooking.com/BAZEK>

#### Absence in the 2019 Productions

It is expected that all children are to attend their allocated Production. If your child is unable to attend due to unforeseen/extreme circumstances e.g. overseas trip, please inform Kristy AND your Home Group as soon as possible. It would be also appreciated if you also indicate your child's absence in a letter and give it to your child's Home Group teacher. The purpose of the letter is for roll call formalities on the evenings of the Productions.

#### Costumes

Children's costumes are required for the in school dress rehearsals (*prior to the production*) on the following dates:

**Juniors: Friday 6<sup>th</sup> September**

**Seniors: Monday 16<sup>th</sup> September**

If you have already prepared your costume and want to check with your Home Group teacher, you are more than welcome to bring it in.

I encourage parents to start preparing these as soon as possible - as we know, time flies by way too quickly! If you have any issues sourcing the costumes indicated on the letters provided in March/end of last term, please let me know as soon as possible. I encourage families to check what children already have in their cupboards. Otherwise, Best and Less, Kmart and Big W are all great places if you are looking to purchase cheap clothing items.

Kristy Galea

Music Teacher

[kgalea@sfslynbrook.catholic.edu.au](mailto:kgalea@sfslynbrook.catholic.edu.au)



## Production News



St. Francis de Sales Primary School  
122 Paterson Drive  
Lynbrook Vic 3975  
Tel: 87736700  
Fax: 87820309

email: [principal@sfslynbrook.catholic.edu.au](mailto:principal@sfslynbrook.catholic.edu.au)

Dear Parents/Guardians,

Tickets for the Junior and Senior Production will be sold online via Try Booking. Tickets will be available on Monday 12<sup>th</sup> August 2019 at 9am. Tickets are limited to 3 per family. This is to ensure that all families will have the opportunity to watch their child's performance.

As of Tuesday 27<sup>th</sup> August until sold out, there will no longer be a limitation of tickets. If you do leave purchasing tickets until this date, there is a risk they may be sold out.

Tickets are \$10 for adults and \$5 for children. There is an additional 50 cent booking fee per ticket. If you have a preschool child and are happy for your child to sit on your knee, you do not need to purchase them a ticket.

The website to the online ticketing system is:

**JUNIOR PRODUCTION** - Beyond the Sea tickets:

<https://www.trybooking.com/473979>

**SENIOR PRODUCTION** - Jukebox Jive tickets:

<https://www.trybooking.com/BAZEK>

Please see the step-by-step guide attached if you need assistance in purchasing the tickets. If you have any questions, please do not hesitate to contact Kristy in person or via email at: [kgalea@sfslynbrook.catholic.edu.au](mailto:kgalea@sfslynbrook.catholic.edu.au)

Regards,

Kristy Galea  
Music Teacher

## Production News



### Steps for purchasing tickets to the JUNIOR Production

Step 1: Type in Google: <https://www.trybooking.com/473979>

Step 2: Click 'Book Now.'

#### Beyond the Sea - St. Francis de Sales Junior Production

Beyond the Sea is about a group of friends who are making a journey to the beyond and see their beloved King, Jesus Christ. They travel through the desert to find him and stay in a cabin located along the way. Through worship and song, they are able to work together. Will they find him? And who will they encounter along the way?

Just 10-12 tickets per family.

We ask that when booking tickets, please be courteous and not over-gain in the seating.

Tickets are available on phone, laptop or tablet.

On Friday 15 September 2016 at 7:00pm

LOCATION

St. Francis de Sales Junior High  
18 Forde Rd, Lynbrook NSW 3975

CONTACT DETAILS

[CONTACT US AT 03 8773 6700](#)

Step 3: Select the quantity of Adult/Child Tickets.

#### Beyond the Sea - St. Francis de Sales Junior Production

FRIDAY 15 SEPTEMBER 2016

##### Tickets

TYPE	DESCRIPTION	PRICE	QUANTITY
Adult		\$25.00	<input type="text" value="2"/>
Child		\$10.00	<input type="text" value="1"/>

You have selected the maximum possible tickets in this event.

3 tickets selected

Step 4: Toggle over the three seats you would like to select. They will turn orange. Please do not leave gaps between families. Click 'NEXT' once selected.

##### Seating

Seating chart for 15 SEP 2016

Legend: Available Unavailable Reserved



Please note: Seats are reserved for families of 3 or more.

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## Production News

Step 5: Type in your full name in the box and click 'NEXT.'

### Beyond the Sea - St. Francis de Sales Junior Production

#### Additional Information

your full name \*

John Smith

BUY

NEXT

Step 6: Check over your cart.

### Your cart

#### Beyond the Sea - St. Francis de Sales Junior Production

TICKET TYPE	DETAILS	Qty	Unit Price	Ticket Price	Subtotal	
Adult	Friday 13 September 2019 7:00 PM Seating - Seats C11, C12	2	\$10.00	1.00	\$10.00	X
Child	Friday 13 September 2019 7:00 PM Seating - Seats C110	1	\$5.00	0.50	\$5.00	X

BUY MORE TICKETS

FIND OTHER EVENTS

Tickets \$26.00  
 Tybhooking Fee \$1.50  
 Discounts \$0.00  
**TOTAL \$26.50**

Step 7: Provide the following information.

#### Booking Details

Please provide details below:

First name \*

Last name \*

Country \*

Address \*

Suburb \*

Postcode \*

SALE Order number \*

Employment \*

Comments (optional) \*

Step 8: Add in Payment Details. Click 'PURCHASE' once complete.

#### Payment Details

MasterCard VISA American Express (incl. Diners)

Cardholder name \*

Expiry MM / YY \*

CVV \*

TOTAL - \$26.50

Your booking / tickets will be sent to the email address entered above.

☒ Tick this box to receive information, updates and special offers regarding events at this venue and/or the production of the event for which you have purchased this ticket.

☒ Remember my booking details on this computer for next time.

By clicking 'Purchase' I acknowledge that I have read and agree with the [Event and Customer Terms and Conditions](#) and Tybhooking's [Privacy Policy](#).

PURCHASE

## Production News



### Steps for purchasing tickets to the SENIOR Production

Step 1: Type in Google: <https://www.trybooking.com/BAZEK>

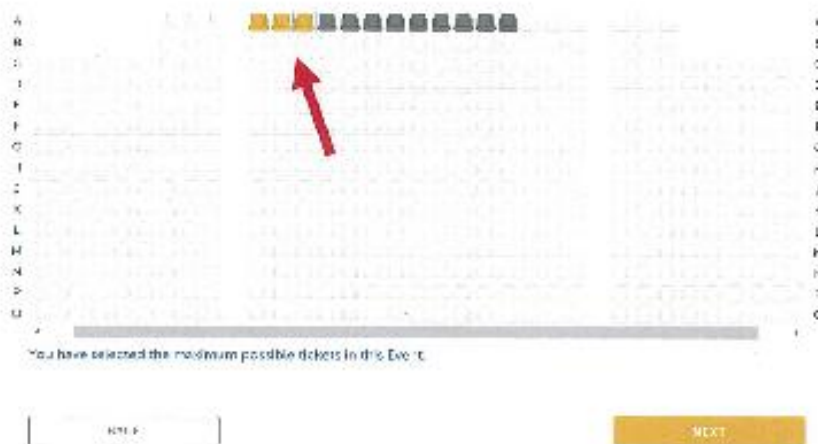
Step: Click 'Book Now.'



**Step 3: Select the quantity of Adult/Child Tickets.**



Step 4: Toggle over the three seats you would like to select. They will turn orange. Please do not leave gaps between families. Click 'NEXT' once selected.





## Production News

Step 5: Type in your full name in the box and click 'NEXT.'

### Jukebox Live - St. Francis de Sales Senior Production

#### Additional Information

Your full name \*

John Smith

BACK

NEXT

Step 6: Check over your cart.

#### Your cart

##### Jukebox Live - St. Francis de Sales Senior Production

PRODUCT	QUANTITY	UNIT PRICE	TOTAL PRICE	STATUS
Adult Ticket	4	\$20.00	\$80.00	OK
Child Ticket	2	\$10.00	\$20.00	OK

VIEW MORE TICKETS

END OF OUR OFFERS

Tickets: \$20.00  
 Booking fee: \$5.00  
 Discount: \$0.00  
**TOTAL: \$25.00**

Step 7: Provide the following information.

#### Booking Details

Please complete below:

First name \*

Last name \*

Company \*

Address \*

City \*

Postcode \*

Phone number \*

Email address \*

Card number \*

Step 8: Add in payment details. Click 'PURCHASE' once complete.

#### Payment Details

MasterCard Visa American Express

Card number \*

Expiry date (MM/YY) \*

TOTAL: \$25.00

Your booking is subject to the cancellation policy shown above.

☒ I agree to the terms and conditions of the booking and accept the booking fee.

☒ I agree to the terms and conditions of the booking and accept the booking fee.

By clicking 'PURCHASE', I agree to the terms and conditions of the booking and accept the booking fee.

PURCHASE

## Student Well-Being

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

# HEALTHY EATING WORKSHOP

COME JOIN US FOR A WORKSHOP  
ON HEALTHY EATING AND LET'S  
PREPARE A SURPRISE HEALTHY  
MEAL TOGETHER!



Friday

23<sup>RD</sup> AUGUST

11.30am- 12.30pm



Wellsprings  
for women



\*PLEASE RSVP TO [RLENKO@SFSLYNBROOK.CATHOLIC.EDU.AU](mailto:RLENKO@SFSLYNBROOK.CATHOLIC.EDU.AU)

## Student Well-Being

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

**BeYou** is a resource and framework which provides educators with knowledge, resources and strategies for helping children achieve their best possible mental health. At SFS, we are a very multicultural school, which makes our school unique and special. This week's fact sheet from the BeYou website is all about what makes a healthy family.



### Healthy families

#### What do these look like?

In healthy family relationships, people trust and rely on each other for support, love, affection and warmth. Families often share common goals and work together to reach those goals (for example, children and young people may help their families get the dinner dishes done so that everyone can relax).

Family members feel safe and connected to one another. Sometimes these relationships involve conflict, which is a normal part of family life. Conflict can occur between adults, children and young people. In healthy relationships, these conflicts are dealt with in a safe and respectful way.

Healthy family relationships mean that positive interactions outnumber the difficult times. Adults experiencing difficult life situations can provide learning opportunities in teaching and modelling coping strategies – children and young people shouldn't be burdened with stress, but it's helpful for them to see families successfully managing it with positive coping strategies.

The key qualities of a strong family unit identified by Australians in the Family Strengths Research Project were:

- **communication** – listening to each other and communicating with openness and honesty
- **togetherness** – sharing similar values and beliefs that create a sense of belonging and bonding
- **sharing activities** – spending time together doing things they enjoy (for example, sports, reading, camping or playing games)
- **affection** – showing affection and care regularly through words, hugs, kisses and thoughtfulness
- **support** – offering and asking for support, with family members knowing they will receive help, encouragement and reassurance from one another
- **acceptance** – understanding, respecting and appreciating each family member's unique qualities
- **commitment** – seeing family wellbeing as a first priority and acting accordingly with commitment and loyalty

**resilience** – being able to tolerate difficulties and adapt to changing situations in positive ways.

The biggest challenges in family relationships were highlighted as communication breakdown, parenting issues and difficult relationship dynamics.

### Respectful Relationships

At Saint Frances de Sales, we teach Respectful Relationships. This program promotes and models respect, positive attitudes and behaviours. It teaches our children how to build healthy relationships, resilience and confidence.



## Student Well-Being

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

### Risk factors in families

There are many reasons why some individuals are more vulnerable than others to developing behavioural difficulties and mental health issues. Risk factors for children and young people are things that increase the likelihood of mental health issues developing.

Risk factors within the family include:

- family conflict, instability or separation
- lack of involvement with children and young people, or inconsistent parenting
- family violence, child abuse or neglect
- mental health issues or substance abuse
- a serious illness or disability
- financial difficulties.

### Protective factors in families

Protective factors decrease the chance of an individual experiencing mental health issues. These are related to good outcomes for children and young people, and serve to protect them if they're exposed to risk.

#### Protective factors within the family include:

- strong and stable family relationships – for example, consistent, caring relationships
- supportive parenting – for example, being available to listen to and talk with children and young people
- strong family values for example, a shared understanding of how to treat others
- consistency in routines and limits – for example, responding the same way to children or young people's behaviour.

## mConnect and Wellsprings for Women

The next M connect group meeting will be on **Friday 23<sup>rd</sup> August** at **11.30am** in the community room. The topic for this session will be healthy cooking, looking at family meals and preparing healthy lunches and snacks for kids. All parents are most welcome to attend.

Please RSVP to [rlenko@sfslynbrook.catholic.edu.au](mailto:rlenko@sfslynbrook.catholic.edu.au) if you would like

to attend. After the recent success of our term 2 holiday excursion, we are planning a term 3 excursion with families to a local traffic school. Stay tuned for further information. The M Connect group is a group where all are welcome, which gives parents a chance to meet with other parents, learn something new, have some fun and connect with the school. If you would like further information, please do not hesitate to speak with me.

Also just a reminder, Wellsprings for women (based in Dandenong) offer a **free study support group** every **Wednesday** during the school term, from **4-5pm**. Please see me if you would like any further information.



### Twilight Community Market

We are all gearing up for our annual community market on **Thursday 7<sup>th</sup> November**. Make sure you tell your family and friends about this event and save the date. We have over 40 stalls booked in selling a variety of goods. We will also be having a stage set up with some entertainment with music and dancing and a taste of other cultures. If you have any contacts with local businesses and are able to assist us with donations of goods for prizes, please let me know. Start spreading the word, only 13 weeks to go!!!!

Rachel Lenko — Student Wellbeing Leader

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**Thursday, November 7th**

**Time: 5:00 PM to 8:00 PM**

**16 weeks to go till our Twilight Market**

**Over 40 stalls.**

**Where: St Francis de Sales**

**FAMILY & FRIENDS WELCOME**



Make up  
Girl's clothes  
Jewellery  
Key rings, book marks and hair accessories  
Art and crafts  
Hair braiding and nail painting  
Face painting, glitter tattoos and balloons  
Homewares  
Candles, bath bombs and shower packs  
Books  
Photography  
Plant Seedlings and plants  
Sausage sizzle  
Coffee cart  
Photo booth  
Pre loved toys  
Trash and treasure  
Lollies  
Paella  
Pizza  
Coffee van and baked goods  
Donuts  
Wine tasting  
Karate and rock and roll demonstrations  
Show bags  
Skin care

**AND LOTS MORE !!!!!!!!!**

# Parents and Friends Association

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



## MS Readathon

We are into the second week of The MS Readathon which runs all month. We hope all the students are enjoying their reading and have become inspired to pick up more books.

Just a reminder to use the Reading Record Sheet that was given out a couple of weeks ago - if you have not received it please speak to your home group teacher. Students need to record the name of the book, rate it out of 5 and a parent will sign it off.

There is also the fund raising side of the MS Readathon initiative. This is completely voluntary. The main goal of the Readathon is celebrate reading and get the students more engaged with books. Sponsors can either choose to donate a set amount or pledge an amount per book read. All funds raised go to a great cause supporting kids who have a parent with MS. Once again the fund raising is optional, we really just want to encourage the students to read more.

### Week 2 Challenge Design your own book front cover

Week Two is a super fun challenge and the chance for the students to get creative and artistic!! Design your own book cover – the options are endless – this challenge will be a lot of fun and we know judging will be very tough!!

We will be choosing a junior and senior winner from each learning space each week. The winners will be announced in the newsletter and they will each receive a special prize from the P&F. One entry per student.

All Week Two entries must be submitted to the school office by Friday 16<sup>th</sup> August 2019. You earn ONE point per entry for your house and the winners will earn a huge TEN points!! Some of the entries will be displayed in the learning spaces.

So pull out the craft box and get started, we cannot wait to see all the fantastic entries.



Every Friday  
5<sup>th</sup> – 11<sup>th</sup> August  
1<sup>st</sup> – 31<sup>st</sup> August  
16<sup>th</sup> August  
16<sup>th</sup> August  
23 August  
30<sup>th</sup> August

Popcorn & Chip day  
Domino's Pizza Fund Raiser Week  
MS Readathon  
Week 2 Design your own book front cover Due Back  
Deadline for Sushi order forms  
Sushi Fun Lunch  
Father's Day Events



### Upcoming Morning / Afternoon Tea & Second hand Uniform Shop Schedule:

23 <sup>rd</sup> August	Morning	Tea	9am-10am
6 <sup>th</sup> September		Afternoon Tea	2:30pm-3:30pm



# Parents and Friends Association

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## Doughn't Miss Out!!

You still have the weekend to purchase pizza from Domino's Pizza Marriott Waters – they are **donating \$1 from every pizza sold until 11th August 2019** to SFS to help raise funds for much needed learning resources.



Please share with your family and friends in the area. \$1 from EVERY pizza is donated, meaning the more pizzas that are sold, the more money we can raise for our school.

So that is Friday night, Saturday night and Sunday night dinner all sorted – you are welcome!

Domino's Pizza Marriott Waters: Marriott Waters Shopping Centre, 945 Thompsons Rd, Lyndhurst

A poster for 'Sushi Day!' at St. Francis De Sales Primary School. The poster features three cartoon sushi characters (a maki roll, a nigiri, and a sashimi) with happy faces. The text reads: 'St. Francis De Sales Primary School', 'Sushi Day!', 'Friday 23rd August', 'Enjoy healthy and delicious Sushi Handrolls and help raise funds for our school!', 'Only \$2.50 (Soy Sauce extra)', 'Don't miss out! Place your order by Friday 16th August and enjoy a delicious sushi lunch while supporting your school!', 'Proudly brought to you by sushi@school', and 'www.sushi.net.au'.

## FATHER'S DAY STALL

The Father's Day stall will commence from 9:30am on Friday 30<sup>th</sup> August. Please keep your eyes peeled for more information. The stall will allow all students to purchase gifts for their fathers, grandfathers etc.



The P&F will be putting together raffles for the Father's Day Raffle. We are calling upon our wonderful families to donate items so we can make up gift packs for the prizes. Given how long it takes to draw these raffles, we will be pre-drawing them this year and the winners announced at the assembly. There will be a limit of one prize per child to keep things as fair as possible and share the joy.

Donations can be left at the school office. Without our schooling communities generous donations we would not be able to run these raffles – so thank you in advance.

## DADS & KIDS WEEKEND Friday 8th to Sunday 10th NOVEMBER 2019

**Where:** Golden Valley Lodge  
151 Baldry's Road Flinders 3929  
[www.goldenvalleylodge.com.au](http://www.goldenvalleylodge.com.au)

**Arrival:** Friday evening from 5:30 pm - Dinner is provided Friday night

### **What to bring:**

**Bedding:** pillow, sleeping bag or doona, single sheet  
**Clothing:** Outdoor shoes or boots, indoor shoes  
Warm rainproof coat, suitable clothing  
Bathers and towels  
Sun hat, sun screen, toiletries  
Torch for a night walk (spare batteries)

### **DAD'S RESPONSIBILITIES**

Dads are responsible for their child/children at all times  
Dads will know where their child/children are at all times  
Dads will put their child/children to bed at a suitable time  
Dads will not take other children to activities on site without explicit permission from the child's father/guardian and with no less than 2 adults.  
All dads or guardians attending must have a current "Working with Children Check" due to the possibility you may be in charge of someone else's child during activities. The "Working with Children Check" is available from most post offices.

Further information contact either -

**Kevin Forster 0432 324 881**  
**[kevinf0212@gmail.com](mailto:kevinf0212@gmail.com)**

## **BOOKING FORM**

Cost \$85.00 per person

Family Name: .....  
Dad's Name: .....  
Contact Phone No: .....  
Email: .....  
Your Child's Name/s  
.....  
.....  
.....  
.....  
Total Amount \$ .....

Payment to be made by direct deposit to

**BSB: 063000 Account Number: 1326 1095**

Please put your surname in the description field and send an email  
to confirm payment to [kevinf0212@gmail.com](mailto:kevinf0212@gmail.com)

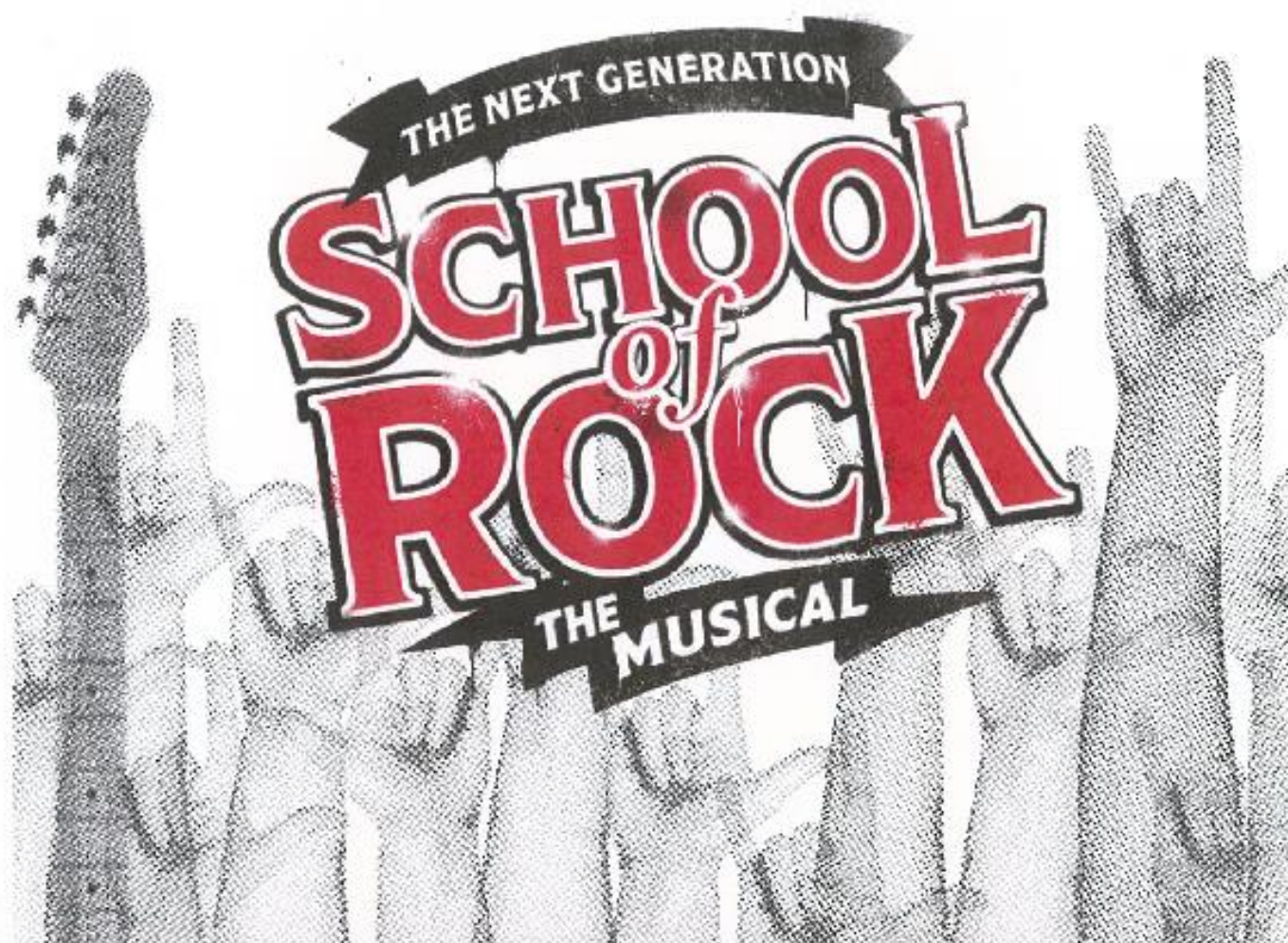
Please tear off and return booking form to:  
[kevinf0212@gmail.com](mailto:kevinf0212@gmail.com) or

mail to 154 Aylmer Road Lyndhurst Vic 3975

**Payment due by Friday 25<sup>th</sup> October**



**St John's Regional College** presents



**AUG 22nd - 23rd - 24th**

**ALEXANDER THEATRE**

Monash University Clayton Campus  
48 Exhibition Walk, Clayton

**Tickets - [www.monash.edu/mlive/whats-on/](http://www.monash.edu/mlive/whats-on/)**

Based on the Paramount movie written by Mike White  
Book by Julian Fellowes - Lyrics by Glenn Slater  
Music by Andrew Lloyd Webber

BY ARRANGEMENT WITH ORIGIN™ THEATRICAL ON BEHALF OF  
THE REALLY USEFUL GROUP LIMITED