# **WEEKLY NEWS**

# Issue: 3.10 - 20th September, 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

September				
Mon 23— Fri 4th Oct	School Holidays			
October				
Sun 6th	Team 5 Mowing Roster 9am—11am			
Sun 6th	Daylight Savings starts			
Mon 7th	Welcome back to Term 4			
Mon 7th	Swimming: RA MF AP GA MB SD IL MJ PP			
Mon 7th	Confirmation Banners due back			
Tue 8th	Swimming: EM RJ SR JW AM IH CW CC AG			
Tue 8th	Prep 2020 Information Session 7pm			
Tue 8th	School Banking Day			
Fri 11th	Dress Rehearsal at RGPAC for Seniors			
Fri 11th	Juke Box Jive Senior Produc- tion 7pm at RGPAC			
Mon 14th	Swimming: RA MF AP GA MB SD IL MJ PP			
Tue 15th	Swimming: EM RJ SR JW AM IH CW CC AG			
Tue 15th	School Banking Day			
Wed 16th	Resilience Project Parent Night 7pm			
Fri 18th	P & F Morning Tea after morning gathering			
Thu 24th	Step Into SFS Party Prep 2020 families			

# **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**

**Resilience Project Parent Night** 

16th October 2019 from 7-8:30pm

This event is FREE! it usually would cost \$39!



TEACHING YOUNG AUSTRALIANS TO BE mentally healthy



Come along to our parent information night to learn more about methods to support mental health and wellbeing

Imagine if, in about 20 minutes, you could improve your family's school?



CEMSS Family survey opens of transf (input year from 2:20 September 2019. Help, your familys schabl, improve

FP EDUCATION

Many thanks to the 82 families who have completed this important survey.

# Today is the LAST Day!

We would love your feedback

### 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. sfspfa@sfslynbrook.catholic.edu.au SFS Maintenance Committee Brad Jackson 0400 410 289

# 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

E. HamptonPark@cam.org.au

### KHARISMA KIDS

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**



# Beyond the Sea ......Beyond BRILLIANT!!

Our first ever Junior school production – Beyond the Sea was Beyond Brilliant.

The atmosphere was electric on the day of the concert with lots of excited and also nervous children who could not wait to perform. Perform they certainly did despite nerves, they pushed through to STAR in front of a packed audience. They displayed great confidence, able to memorise all the words and the moves, communicate on the microphone clearly and support each other, working together to achieve a common goal. Just Brilliant!! For some of our children this was a huge undertaking and to see some of our children who may struggle in some aspects of the school curriculum shine brightly on stage certainly brought tears to many people's eyes. We were just bursting with pride. This is just what all the hard work is all about.

We received lots of great feedback and thank Raquel for this email:

"I just wanted to write to express my congratulations for a brilliant Junior School Production on Friday night. There was so much excitement among the students every time I asked them about the Production in the weeks leading up. They were having so much fun at rehearsals and were looking forward to the big day. And on the night itself, everything went off magnificently. The joy and excitement on stage was clear to see and I loved looking around the audience and seeking the pride and happiness on the faces of the parents. This is something you may not have had an opportunity to see but it was there!! So well done to everyone involved, especially Kristy who put in an enormous amount of work. Kristy, your effort and passion (and patience!!) for this project didn't go unnoticed and the school and the students are richer for it. They gain so much confidence from this and it's a wonderful thing for the school to offer."





A big congratulations to Kristy and Tammy for writing the play, Kristy and Rachel for helping the children become performance ready, Louise for the prop design and construction, Ange and staff for painting the props, parents, friends and family who helped with the choreography and costumes. Huge thanks to the P&F for raising funds, helping with the canteen and for their on-going support. The concert is a team effort and our staff are the A team!! Without the support of every single member of staff this would not be possible. I am just so thankful to work in this amazing school with such a brilliant staff team and sensational students.



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### **Staff News**

Chris is getting Married! Congratulations to Christopher and Maddee who will be getting married over the holidays in New Zealand. Chris was surprised when the seniors in LS2 organised a surprise celebration and the staff had a special lunch to wish him well on his special day. We look forward to seeing the photos and join together to wish them all the very best for a life time of happiness and love together.

Claire will be going on Maternity leave at the end of this term to prepare for the arrival of her third bundle of joy. We are delighted for Claire and Nathan and we look forward to hearing the exciting news in Term 4 of the arrival of their baby boy or girl. In Term 4, Loridana will join our staff team and will be teaching the CC Home Group with Alina.

### **Morning Arrival at SFS**

Parents are reminded that morning supervision commences at 8:25am. The Learning Spaces open at 8:30am. No child should be dropped off at school prior to this time. Karisma Kids operate a Before School Program and if your child needs to arrive before supervision times, they must be booked into Before Care.

There are an increasing number of students waiting before this time unsupervised in the entrance corridor. This cannot continue. Parents need to make alternative arrangements to avoid a call from the Principal or our Business Manager. Additional fees may need to apply to parents who continue to have their child arrive at school before supervision times.



### Happy Holidays

We take this opportunity to wish all our children, families and staff a very happy and restful holiday. Thank you for all your support and effort this Term. We look forward to sharing an exciting Term 4 together when school commences on Monday 7<sup>th</sup> October, 2019. Remember to wear summer uniform and have a hat for outdoor activities.



# **Education in faith**

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols



# You cannot be slaved of both God and of

# money'.

Luke 16: 1–13

At first, it would seem that this Gospel passage praises dishonesty, but in fact, it gives credit for a clever and quick response. There was a man who managed the land for his master. What his misdeeds were is not quite clear, but something had gone wrong in their relationship and the manager was about to be fired. Not physically able to dig ditches and too proud to

beg, the manager worried about how he would live. In a quick response, he went to all the people who owed his master produce and had them change their bills to reflect a lesser amount. In this way the people who saved money would welcome the manager into their homes once he had been fired. The master wasn't rewarding the manager for his dishonesty, but for his cleverness and quick thinking. The point Jesus wanted to make with this parable was to let the crowd know that they should be wise in their use of the world's goods, because if they are used selfishly, they will fail us. However, if we share our resources with others, true wealth will await us in the Kingdom. The final point of Jesus' words was that we cannot serve two masters, God and money.

Children learn at a young age that "buying friends" is a possibility. Even we adults use our resources to entertain friends. How often do we do things with our friends that we think will build our relationships by spending money either on food, entertainment, or gifts? The point of this Gospel is to help us remember that the most important way we can use our resources is in the service of others. From time to time, as we see our children selecting elaborate birthday gifts for a friend, or wanting to include friends in an expensive form of entertainment, we may need to remind them and ourselves of the message in this Gospel.

Think about the next opportunity each member will have for selecting a gift. It might be for a relative or friend's birthday or Christmas in a few months. Spend some time and energy thinking about a gift that would have special meaning for that friend and begin now to prepare it. Perhaps you could make a collage or scrapbook of your friendship, write a poem, or reflection that speaks from your heart about how much the person means to you. Take the money you would normally have spent on the gift and apply it toward helping someone who is in need.

I wish you all a very happy and safe holiday. May you rest and spend time as a family, where possible, sharing in many adventures. I will certainly be enjoying a very long overdue holiday! For many, it will be a time of gathering and catching up on things that in the business of term get left behind. Whatever it may be, remember to stop and think about God's presence in all we do and say.

Yours in Christ!

Elisabetta Micallef

Religious Education Leader (REL)

emicallef@sfslynbrook.catholic.edu.au

# - Art

# SACRAMENTAL NEWS

# Confirmation

A few reminders to mark on your calendar:

- Confirmation Banners are due by Monday 7<sup>th</sup> October or earlier.
- **Confirmation Reflection Day Thursday 24**<sup>th</sup> **October** at St. Kevin's School. (*Please check Care Monkey and give permission for your child to attend!*)
- Sacrament of Confirmation Celebration is on Wednesday 30<sup>th</sup> October at 7.00pm at St. Kevin's Church.



# Learning and Teaching

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

**PE NEWS** 

# **Swimming 2019 Timetable**

Parents, please see below the swimming timetable for next term. Parents are welcome to attend swimming lessons to observe but a reminder if you want to assist in change rooms, please ensure you have a Working with Children Check which has been given to the School Office.



Please be aware that swimming begins in Week 1 of Term 4 so students will need to wear their bathers under their sports uniform, bring a towel, thongs and underwear to change into after the lesson.

## Monday Dates:

October: 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> November: 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> December: 2<sup>nd</sup>, 9<sup>th</sup>

# Tuesday Dates:

October: 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> November: 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> December: 3<sup>rd</sup>, 10<sup>th</sup>

Session 1 - LS1 Seniors—12.00 – 12.45 Session 2 - LS3 Seniors—2.45 – 1.30 Session 3 - LS1 Juniors—.3.00 – 2.15

# Session 1 - LS2 Junior—12.00 – 12.45 Session 2 - 1LS3 Juniors—2.45 – 1.30 Session 3 - LS2 Seniors—1.30 – 2.15

A friendly reminder to all parents/guardians to kindly attend to payment of swimming fees, if you have not already done so. Thanking you.

# **Divisional Athletics**

Congratulations to our Athletics Team who made it to the Divisional Level on Wednesday 18th September!! They trained so



hard, giving up their lunch play times. A fantastic effort!! We also thank Lulli for all her hard work with the team and training.

We are now proud to announce that the following students have made it to the next level which is Regional!!



Well done to:

1500 metres - Alexis Jackson and, Keava McGrath

# **Footy Fun Day**

What a fantastic end to the term!!! There was a multitude of sports tops and colours. It was very difficult for the Homeroom Teachers to pick the best dressed in their group. We were extremely lucky to have prizes to give out that were donated by Casey Demons who have been in to run football clinics for our Grade 5/6 students this year. A big thank you to Casey Demons!!

Students loved their football activities within the Learning Spaces and the rotational sports activities that were held outside. Thanks to all the staff for their support!! Days like this don't happen unless you have a team effort. We would also like to thank the Grade 6 students that volunteered to run the Junior football sporting activities: Darshan, Riley, Louis, Magguii, Sofia A, Sofia R, Keava, Chiara, Jayda, Cienna, Aura, Guneet, Nate, Tiernan, Shane, Tate, Bailey, Mason, Dominic, Alex A, Jakulan, Dante, Braedyn, Zac, Kayden and James. They eagerly volunteered when we asked for helpers and have given up their time to meet and go through the sporting activities they are running. A big thank you to Parents and Friends who gave up their time to organise a sausage sizzle for our Fun Footy Day. It just added to the atmosphere of the day.

And the event that ended off the day was the football match at 2<sup>nd</sup> lunch with staff playing against Grade 6 students! What a fantastic effort from both sides!! But for this time the staff were the winners. We are sure there will be some rematches during Term 4!

We wish everyone a safe and restful holiday. We look forward to seeing you all back in Term 4!

Giuliana & Lulli



# **REBELS Softball**

Taryn Richardson, head coach of softball Victoria and Manager of School Sports Victoria is holding **Softball Come and Try Programs** over the school holidays. These are free of charge and well worth attending.

# Skills your child will develop:

- Skill development, hand eye coordination
- Fitness
- Build self esteem
- Build leadership qualities
- Learn team work
- Mental Health benefits
- Goal Setting
- Strength and Anaerobic benefits

They will run the first 2 sessions and then let the kids know for week 2.

REBELS

SOFTBALL

There are highly experienced and accredited current state coaches that can offer pathways to state teams.



Come and Try

U12 Mixed Softball U15 & U18 Boys and Girls Open Womens & Open Men Teams

Mon 23rd & Wed 25th Sept 4:30pm – 6pm

Dandenong Softball Grounds 250 Brady Rd, Dandenong/Endeavour Hills Contact: Taryn Richardson 0409401487

# **Office News**



# **WORKING BEE # 2**

**SATURDAY 19th OCTOBER** 

9am—12 pm

Attendance at both Working Bees is required for parents who are not part of the Mowing Roster and who wish to have the Maintenance Levy rebated.

Remember to SIGN IN and SIGN OUT on the day

MOWING ROSTER Team 5	Sunday 6th October	9am—11am
Daniel Kovacevic	Courtney Thursfield	Jason Wood
Oniel Oras	Joyson Jose	Aaron McDonald
George Taylor	Cijo Mathew	Sanj Samarasekera
Kannan Tirunavukkarusu	Nathan Gercovich	Trevor Jones
Marlon Ansell	Jonathan Black	Moe Grepo

HERE ARE THE DATES FOR THE REST OF THE 2019/2020 ROSTER.

# BRAD JACKSON—0400 410 289. REMEMBER TO SIGN THE ATTENDANCE SHEET ON THE DAY

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	

# **Student Well-Being**

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

### Student wellbeing

# Walk to school month and day



Walk to school this October and kick-start your child's active habits for life. VicHealth's Walk to School month encourages children to walk, ride or scoot to and from school throughout October, to help them get the 60 minutes of physical activity they need each day. Walking to and from school can also give you more time to connect and chat with kids and the opportunity to meet up with other local families along the way. If you can't walk all the way, your child can still get involved- simply drive part way and walk the rest!

We will start collecting data from the first day back in term 4 on **Monday 7<sup>th</sup> October**. There will be a class reward organised for the junior and senior class who get the most children walking to school for the month of October. I will also meet children on the oval every Wednesday and Thursday morning at **8.30am** for any children who would like to do some laps of the oval that can count towards walking to school, if they have been driven to school. We will finish the end of the month with a walk to school day on **Thursday 31<sup>st</sup> October**. You can get involved by:

- 1. Walk to school from home or park the car and walk the remaining way.
- 2. Meet up with other families and teachers at 8am at Lynbrook Community Centre or Figtree reserve (corner of Alymer Rd and Waterbush crescent) and walk together to school.
- 3. Come to school by car and then make your way to the oval at **8.25am** where you will walk around with friends until the music starts.
- 4. Be greeted by our walk to school mascots as you arrive.

Happy Walking!

# School holiday excursion

On **Tuesday 24<sup>th</sup> September**, a group of children and their parents will be attending an excursion to Casey Safety Village in Cranbourne to participate in a fun Bike safety and education program. Par-

ents are to arrange their own travel and meet us there for a 10am start. We have only 3 spaces left for children to participate. The cost is \$7.50 per child and you need to bring your own food, drink, bike and helmet. There are bikes and helmets available for hire if needed. It is first in best dressed, so please let me know by Monday 16<sup>th</sup> September if you would like to attend with your child. It will be first in best dressed due to the limited places in the group. Please email me on <u>rlenko@sfslynbrook.catholic.edu.au</u>. This excursion has been organised in conjunction with Wellsprings for women.



# **Student Well-Being**

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

# BeYou

**BeYou** is a resource for educators to help educate them on mental health. At SFS, we are a **BeYou** school, where we are committed to promoting the mental health of all members of the school community. It was RUOK day yesterday on Thursday 12<sup>th</sup> September. It is important for us to remember, especially after the recent death football identity Danny Frawley, just how important it is for all of us to look out for each other, check in and ask "are you okay?" This week's fact sheet from the website is all about the importance of physical exercise as it helps with our health and wellbeing.

# How much exercise do children and young people need? Amounts of suggested physical activity varies at different ages

The Australian 24-Hour Movement Guidelines for the Early Years recommendations are as follows:

- **Infants** (birth to one year): 30 minutes of supervised interactive floor-based play including tum my time, reaching and grasping, pushing and pulling and crawling.
- **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as run ning and jumping.
- **Pre-schoolers** (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing.
- **Children** (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day.

It's concerning that the number of children and young people meeting these guidelines decreases with age, particularly as mental illnesses often emerge in late childhood and early adolescence. The percentage of children meeting current guidelines is:

- 61% of two to five-year-olds
- 26% of five to 12-year-olds
- 7.9% of 13 to 17-year-olds.



# Twilight market

Our annual Twilight market will be held on **Thursday 7<sup>th</sup> November** from **5pm** until **8pm**. It is shaping up to be a great market with over 50 stalls and food vans and entertainment. Only 8 weeks to go!!! If you have any prize donations or vouchers from local businesses that we can use, it would be much appreciated. We are raising money for our community garden.

Rachel Lenko Student Wellbeing Leader



# SFS TWILIGHT MARKET

# Thursday 7th November, 2019,



Our Annual Twilight Market is 7 weeks away ...

And we have confirmed stall holders already 😬

But let's make this our biggest Twilight Market yet!

If you have a small business that you would like to promote or know someone who does, come and be a part of our annual Twilight Market.

You may not even have a small business but would like to run a stall with your children, selling your homemade cold treats. Ideas include (but are not limited to ....) cupcakes, fairy floss sticks, DYO smiley face biscuits, fruit cups, watermelon paddle pop sticks ... the fun ideas you could sell are endless!!!

Price per stall is \$20. Stallholders keep all of their profits.

If you or anyone you know is interested in holding a stall, please email Rachel ASAP:

rlenko@sfslynbrook.catholic.edu.au



# School Swimming Program

The Casey Leisure Facilities School Swimming Program offers your child the opportunity to learn and develop essential swimming and water safety skills in a friendly and supportive environment.

More than just 'learn to swim' the YMCA Swimming Lesson program prides itself on an interactive, innovative lesson plan.

A combination of activities that feature swimming, water safety, simulated open water and personal survival strategies are part of every lesson.

Classes are ability driven and students will be placed in the appropriate group according to their ourrent experience level.

Key components of our Swimming Lessons Program. Children will develop skills in:

- Water familiarisation
- Buoyanoy & flotation
- Body position & rotation
- Underwater skills
- · Entries & exits
- Stroke development
- Water safety



At the conclusion of the program, your child will be able to celebrate their achievements with a Certificate highlighting their new skills.



Our annual Twilight Market will be held on Thursday, 7th November from 5pm until 8pm.

DE

Commu

PRIMARY SCHOOL

Market

THURSDAY NOVEMBER 7TH 2019 5-8PM 122 PATERSON DRIVE LYNBROOK

Come and join in the fun and start your Christmas shopping. Entertainment, food, drinks, clothing, jewellery, accessories, candles, home wares, books,toys, trash and treasure, home crafts and so much more!! Invite your family and friends.

It is shaping up to be a great market with over 50 stalls and food vans and entertainment. Only 8 weeks to go !!!!

If you have any prize donations or vouchers from local businesses that we can use, it would be greatly appreciated. We are raising money for our Community Garden.

FRANCIS

Rachel Lenko Student Wellbeing Leader

# Spring Vacation Care 2019

School Community							
Ifter Kourismo Kids	Friday 27 <sup>th</sup> September	Grand Final Public Holiday Closed for today	Friday 4 <sup>th</sup> October	What an Excursion to end the holidays with. Join us on the train to Oakleigh and run yourself silly at Inflatable World. Bring plenty to drink as you build up that thirst playing and racing your friends.			
s are detailed below. They a t is on offer each day. We o s is only a brief listing of wha equipment and playgrounds.	Thursday 26 <sup>th</sup> September	Footy 2019 Dress in Footy Colours, play games and participate in activities. Hot Dog Lunch is supplied today.	Thursday 3 <sup>rd</sup> October	Built by You Make your own plaster mould magnet to take home from Animals, Letters and People to choose from. Build a plank Building or a Lego Spaceship. Construct your own masterpiece from games, toys and blocks.			
Spring Vacation Care 2019 The Full Daily fee is \$55 (before CCS is discounted). All incursions/excursions and special activities are detailed below. They are not optional and all children are expected to participate. This list is a small selection of what is on offer each day. We offer arts, crafts, activity sheets, games each day that are not detailed on this information. This is only a brief listing of what's on each day. Children have access to games, crafts, sports equipment and playgrounds.	Wednesday 25 <sup>th</sup> September	We will travel by train to Berwick Clip n Climb for an hour of Rock Climbing and fun in the indoor playground. Extra \$25	Wednesday 2 <sup>nd</sup> October	<b>Colour Me Red</b> Come dressed up in any M&M colour from head to toe or just a little hint. Decorate a Cupcake to take home and some for Afternoon Snack.			
	Tuesday 24 <sup>th</sup> September	Excavation Dig Excavate you own block to discover an archaeological surprise. What will you find?? Extra \$12	Tuesday 1st October	BURGER BURGER!! Build your own burger for lunch. Play some new food games we have sauc-ed			
Spring Va( The Full Daily fee is \$55 (before not optional and all children are arts, crafts, activity sheets, gal	Monday 23 <sup>rd</sup> September	Green Thumbs Bring an old shoe or boot to decorate before we fill it with a yummy tomato plant to grow and feast off. Extra \$4	Monday 30 <sup>th</sup> September	Electronics Day Always a favourite: Bring your own games to play. Label your toys. We will have some additional games available.			

Notification of any changes will be advertised at the Service. Kharisma Kids operates from St Francis de Sales Primary School, located at 122 Paterson Drive, Lynbrook 3975. 0411 295 273 kharismakids@live.com.au www.kharismakids.melbourne All activities, games, excursions and incursions are subject to change.

Extra \$5

Extra \$20



# **Parents and Friends Association**

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



# **MS Readathon Total**



A massive thank you to all the kids who participated and raised funds during the MS Readathon. As a school we raised a whopping \$1010!! Top effort for all involved. That money will go to families who will really benefit from the services provided.

# That's a wrap



As Term 3 comes to an end we reflect on all the wonderful activities that happened this term. This is a very short newsletter as we all wind down and get ready for the school holidays.

Thank you to all the helpers who gave up their time to assist with the various events that we ran. As always our schooling community is what makes these events possible.

I would also like to thank the P&F Committee for all their hard work – so many hours are put in behind the scenes to create all the events that our students enjoy. Juggling their P&F duties with families and often full time work – it is a massive commitment and one that largely goes unnoticed. So THANK YOU to all you wonderful ladies, you are a blessing to the school and we appreciate all that you do.



We have a jam packed Term 4 to help us see out the school year. Stay tuned for the updates as the term progresses. One thing is for sure the year is set to end with bang!

We hope everyone has a safe and happy time off and look forward to seeing everyone again in two weeks.