

WEEKLY NEWS



Issue: 3.9 - 13th 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

Sat 14th	Mowing Roster—9am—11am
Mon 16th	Dress rehearsal @ SFS for Senior Production
Mon 16th	No Tiny Tots afternoon this week. Seniors at Production rehearsal
Tue 17th	School Banking Day
Wed 18th	School Advisory Board 6pm
Wed 18th	Parents & Friends Association-Meeting at 7.15pm
Thu 19th	Parent Teacher Interviews 2.30pm onwards
Fri 20th	P & F Morning Tea after morning gathering
Fri 20th	Footy Day
Fri 20th	Last day of Term 3 2.30pm—early finish

October

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 Evening at 7pm
Tue 8th	School Banking Day
Fri 11th	Dress Rehearsal at RGPAC for Seniors
Fri 11th	Juke Box Jive Senior Production 7pm at RGPAC

Growing Young in Christ

From the Principal

Lights, Camera, Action !!

Tonight's the night for our Juniors to STAR on stage in "Under the Sea".

We wish our juniors and their teachers the very BEST. It is house full, and we hope you enjoy the concert and cheer and encourage all our young performers.



CONTACT US

ST FRANCIS DE SALES

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 Vice Principal - Angela Faiola
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 Absence Line - 03 8773 6788
 E. principal@sfslynbrook.catholic.edu.au

SFS ADVISORY BOARD

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 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
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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

11 Important Benefits of Drama

There is a lot of established research about the positive influences from drama, theatre and the performing arts, especially on young people. The benefits are physical, emotional, social, and they help to develop a healthy appreciation of culture and the arts.

Self-Confidence

Aspects of performing arts, especially improvisation, helps young people to understand how to appraise situations, think outside the box and be more confident going into unfamiliar situations. Students learn to trust their ideas and abilities. Confidence gained from learning performing arts skills applies to school, career, and life.

Imagination

Being creative and learning to make creative choices helps students to be better at thinking of new ideas, allowing them to view the world around them in new ways. Einstein said, *"Imagination is more important than knowledge."*

Empathy

Understanding characters, roles and the subtext of plays and musicals allows students to relate better to different situations, backgrounds, and cultures. It encourages them to show compassion and tolerance for others.

Cooperation

Theatre is a collaboration of different players and in many cases the quality of any performance relies on an ensemble performance. Combining the creative ideas and the abilities of all participants is required for the best outcomes. This requires all those taking part to engage in discussions, feedback, rehearsing, and the performance.

Concentration

Playing, practicing, and performing will develop the ability and skills to be able to focus the mind, the body, and the voice.

Communication Skills

It seems obvious to say that drama, theatre and the performing arts improves verbal and nonverbal communication, but it is worth stating that this benefits young people through their life. It improves vocal projection, articulation, tone of speech and expression. Importantly it also develops listening and observation skills.

Fun

Drama brings elements of play, humour, and laughter to those taking part – improves motivation and reduces stress.

Emotional Outlet

Acting and drama games allow students to express a range of emotions and encourage them to understand and deal with similar feelings they may be experiencing. Aggression and tension are released in a safe, controlled environment – often allowing for a period of reflection afterwards.

Physical Fitness

Performing, even the most passive performances, requires intensive movement over a prolonged period. Many performing arts exercises improve flexibility, coordination, balance, and control.

Memory

Rehearsing and performing lines and movements will improve memory. Your memory requires exercise, just like a muscle.

Appreciation for Arts and Culture!

...because it will bring joy into your life.

From Stage wise Performing Arts Camp



From the Principal



Thank you to all parents who have completed the survey. You still have till the 20th September to respond.

We appreciate the time you take to give feedback via this survey.

On Wednesday 16th October **"The Resilience Project"** a very important evening for parents will be held at St Francis de Sales from 7:00-8:30pm.

Resilience is very important and the Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses, providing practical, evidence-based, positive mental health strategies to build resilience and happiness.



**Parent Night is on
Wednesday 16th October at 7pm - 8:30pm in Term 4.**

**The students will have the opportunity to learn about Resilience on
Thursday 19th September this term.**

**The staff will have the opportunity to engage with the Resilience project on
Wednesday 18 September, this term**

Martin Heppell will be the facilitator on the evening. Martin's background is unique. He spent a considerable amount of time growing up in Borneo (whilst his father studied an Iban Dayak headhunting tribe). He was also educated in different parts of South East Asia. He is heavily influenced by the morals and values that he and his family were surrounded by whilst living with the Iban. After finishing high school in Melbourne, Martin spent 3 years in the AFL system, playing AFL football for St Kilda and Melbourne and then for Norwood in the SANFL. Subsequent years were then spent travelling the world backpacking for nearly 3 years, and upon return to Australia, Martin studied primary teaching. After completing his degree at Melbourne University, he commenced teaching at Auburn Primary. After 4 years, he was appointed as the Assistant Principal at Auburn Primary where he held that role for another 4 years – focusing on student well-being, educational leadership and cultural change. He has also coached AFL football at the Box Hill Hawks, and as First XVIII coach at both Carey Grammar and Xavier College. In all environments, he has thrived in situations that have presented challenges and have required optimism. He is passionate about children being given the opportunity to be raised in a positive manner that evokes confidence and a zest for life.

As we are all aware RESILIENCE is vital to being happy. We invite and encourage every family in our community to attend this important evening. The evening session will provide parents with valuable information as adults about resilience and strategies on how to help your child/children in the world today and future.

In order for us to organise seating please advise us of your attendance on Care Monkey before the end of this term. This is one event not to miss!

The Resilience Project organisation would like to video and photograph this evening. Please also give your permission for your child to be photographed for the promotion of this program on the eform on Care Monkey. If this is a concern for any parents please email Christine.

Yours sincerely

Christine White
Principal

Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

***‘There will be joy in heaven
over one sinner who does penance’.***

Luke 15: 1–32

In an attempt to show the people that God will forgive and accept sinners into the Kingdom, Jesus told three parables about being lost and then found. The first parable was about a shepherd who had one hundred sheep but lost one. The shepherd searched until he found the lost lamb. There was much celebration on the part of the shepherd and his neighbours because something lost was found. The second parable concerned a widow who searched her house until she found a lost piece of silver. Finally, Jesus told the parable of the Prodigal Son who squandered his share of his inheritance and went home to beg his father to let him be a worker. Instead the father was so thrilled to see this son who had been lost to him that he threw a big party. All three of these parables illustrate the joy that will be in heaven when one lost sinner is found.

If you have ever lost a child either at a shopping mall, amusement park, or outside playing, you know the anguish of losing something beyond measure. The joy you experienced when you found each other is often something you can't even put into words. Part of you wants to be angry because the child caused you so much grief, but mostly you are just so happy to see the child, you can hardly speak. If we've had experiences like this, then we have an indication about how God feels when we are truly sorry for our sins and want to be part of God's family.

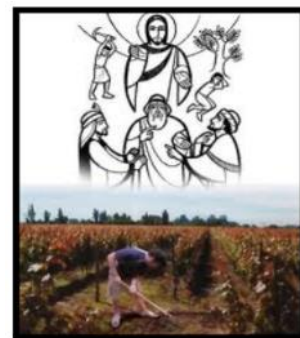
What is an irreplaceable or valuable item that belongs to your family? Perhaps you have an item that belonged to someone who has died, or something that has been passed down through the generations. Try to trace the item's history through your family and then make a connection to it and this Gospel. What would happen if you lost the item, or it turned up missing? How hard would you look for it? How would you feel when you found it? Finally, consider how your experience might help illustrate the joy Jesus described in this Gospel when one sinner repents.

God Bless!

Elisabetta Micallef

Religious Education Leader (REL)

emicallef@sfslynbrook.catholic.edu.au



*"Think of all the beauty still left
around you and be happy."*

ANNE FRANK



SACRAMENTAL NEWS

Confirmation

You may wish to prepare yourselves and organise the payment of the **Confirmation levy for of \$15.00 can be paid** through the school office. Please place it in a clearly labelled envelop with your child's name and home group.

A few reminders to mark on your calendar:

- **Confirmation Banners** are due by **Monday 7th October** or earlier.
- **Confirmation Reflection Day Thursday 24th 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 30th October at 7.00pm** at St. Kevin's Church.

Learning and Teaching

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

Senior Art

Over the last two lessons in Art, the Senior students have been exploring Conceptual Art. After brainstorming ideas about a concept 'Enclosed', the students used their ideas to create a sculptural art work using air drying clay. What was great to see was the problem solving the students applied to their art and trying different techniques to create their art pieces.



Some of the students showing great focus in painting their sculptures.



Some of LS2 Grade Six students' art.

Learning and Teaching

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

PE NEWS

SWIMMING

FROM CASEY RACE...

Your child's Swimming lessons at Casey RACE start soon!

We would like to remind students to bring bathers, goggles, spare underwear and a towel as well as the correct uniform to change into after swimming.

Families are encouraged to come in and watch as many days as they wish. You will not be charged to observe the swimming lessons and it is important to remember only designated helpers are allowed in the change rooms before and after lessons. Please speak to your school for more details around their requirements.

The ONE Casey Swimming Lesson team is looking forwarding to hosting your school's lessons in the future. If you have any questions about your child's level or the program in general, please feel free to email us at schools.onecasey@ymca.org.au.

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 under wear to change into after the lesson.

Monday Dates:

October: 8th, 15th, 22nd, 29th

November: 11th, 18th, 25th

December: 2nd, 9th

Tuesday Dates:

October: 7th, 14th, 21st, 28th

November: 12th, 19th, 26th

December: 3rd, 10th

Session 1 - 12.00 – 12.45 LS1 Seniors

Session 2 - 12.45 – 1.00 LS3 Seniors

Session 3 - 1.30 – 2.15 LS1 Juniors

Session 1 - 12.00 – 12.45 LS2 Junior

Session 2 - 12.45 – 1.00 LS3 Juniors

Session 3 - 1.30 – 2.15 LS2 Seniors

Giuliana & Lulli



Learning and Teaching

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



FOOTY FUN DAY

WHEN: Friday, September 20th, 2019

WHERE: SFS

WHAT: Fun Activities, Special Lunch

Wear: Your footy, soccer, rugby... team colours, sports tops and runners



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 2	Saturday September 14th	9am—11am
Chris Peterson	Roymon Abraham	Michael Balzamo
Chris Rozas	Huu Tri Nguyen	Hansel Gomes
Jose Reano	Glenn Braganza	Giovanni Agosta
Derin Davis	Binoy Kakkattil Paul	Harry Tang
Antony Jilju Kochuparackel	Jeeno P Palamittah	

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

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	

Student Well-Being

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



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 7th 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 31st October.

You can get involved by:

- Walk to school from home or park the car and walk the remaining way.

- 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.

- 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.

- Be greeted by our walk to school mascots as you arrive.

Happy Walking!

School holiday excursion

On **Tuesday, 24th 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.

Parents 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.

Student Well-Being

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

There are bikes and helmets available for hire if needed. It is first in best dressed, so please let me know by Monday 16th 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 rlenko@sfslynbrook.catholic.edu.au. This excursion has been organised in conjunction with Wellsprings for Women



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 12th 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?

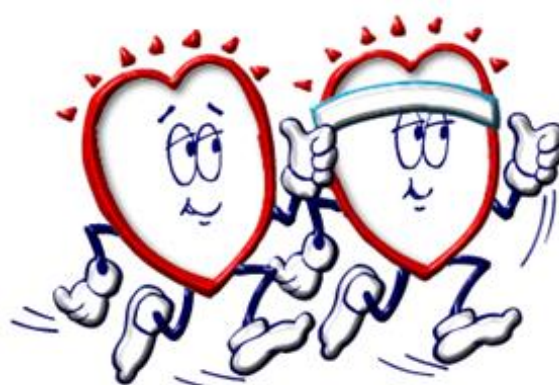
Amounts of suggested physical activity varies at different ages

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 tummy time, reaching and grasping, pushing and pulling and crawling.
- **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as running 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.



Parents and Friends Association

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



Special Thanks



Thank you to all the wonderful parents and schooling community for their Father's Day Raffle donations. We ended up with some really awesome gifts.

A special thank you goes out to the following businesses, all of whom are regular supporters of SFS and the P&F:

Domino's Marriott Waters
Lunar Drive In Movies in Dandenong

Father's Day Breakfast: a special thanks to **Lynbrook Coles**

Without the generous support from these local businesses we would not be able to do what we do. The donations allow us to offer great prizes and services to our students.

Footy Day Sausage Sizzle



The P&F will be putting on a sausage sizzle on Footy Day Friday 20th September during first lunch. We will have a sausage and roll for \$2.50. Maximum of two sausages per student. We will also have gluten free and vegetarian options available. Notes have gone out with the students. So if you have not received one please contact your home teacher ASAP as completed forms and payments need to be returned by Monday, 16th September. Don't forget the students can dress in their favourite sporting team colours.

Morning Tea & Second Hand Uniform Shop

Please join us after school drop off on Friday, 20th September at 9am for some morning tea and nice catch up with other parents. Younger siblings are welcome too. This is your chance to view the growing collection of second hand uniforms, we have soooo much stock – a good mix of sizes and uniforms types – all \$5 – so come and grab a bargain!!



Parents and Friends Association

[sfspa@sfslynbrook.catholic.edu.au](mailto:sfspfa@sfslynbrook.catholic.edu.au)
pfavicepresident@sfslynbrook.catholic.edu.au
pfasecretary@sfslynbrook.catholic.edu.au



Spare Change??

Start putting aside your spare change, we will be running a coin challenge in Term 4. Funds go towards some really cool tech resources for the school. There will be more revealed closer to Term 4 – however we are just flagging it now.



DATES TO REMEMBER

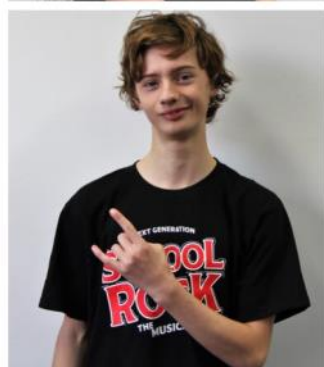
Term 3 Important Dates

20 th September	Footy Day Sausage Sizzle
20 th September	Morning Tea 9am-10am
Term 4	Coin Challenge
4 th October	Afternoon Tea 2:30pm-3:30pm

School Community

The St John's Regional College Musical for 2019 "The School of Rock" was an outstanding success! Over 600 people saw the musical over the 3 nights at The Alexandra Theatre, Monash University. It is important to acknowledge excellence when it has been achieved and I congratulate all the cast and crew who have worked so hard over the last four months to present this brilliant production. In particular, our Director—Mr Graham, Producer—Mrs Robinson and Musical Director—Mr Perryman for the high professional standards they have encouraged out of each one of our student performers.

Tim Hogan, Principal, St John's Dandenong.



School Community



BELEZA HALLAM
7/151-159 Princes Hwy
P: (03) 9702 3181

BELEZA CRANBOURNE
126 High Street
P: (03) 5996 6861

VIP SALE
20% OFF*

Thursday 14 Nov - Saturday 16 Nov 2019

CRANBOURNE TRADING HOURS:
MONDAY - FRIDAY: 10AM - 3PM
SATURDAY: 10AM - 1PM

HALLAM TRADING HOURS:
MONDAY - FRIDAY: 9AM - 3PM
SATURDAY: 9AM - 1PM

Beleza is now single use plastic free!
Remember to BYO Shopping Bags!

***VIP SALE CONDITIONS:**

Discount applies **ONLY** to Beleza brand full retail priced items.
Shoes & Discounted items excluded. Some other exclusions apply.

School Community

Our annual Twilight Market will be held on Thursday, 7th 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 !!!!

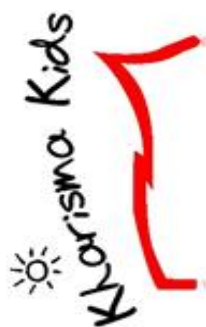
If you have any prize donations or vouchers from local businesses that we can use, it would be greatly appreciated. We are raising money for our Community Garden.

Rachel Lenko
Student Wellbeing Leader












School Community

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.

Monday 23rd 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	Tuesday 24th September	Excavation Dig Excavate your own block to discover an archaeological surprise. What will you find??  Extra \$12	Wednesday 25th 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	Thursday 26th September	Footy 2019 Dress in Footy Colours, play games and participate in activities.  Hot Dog Lunch is supplied today. Extra \$5	Friday 27th September	 Grand Final Public Holiday Closed for today	Friday 4th 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. Extra \$20
Monday 30th September	Electronics Day Always a favourite: Bring your own games to play. Label your toys. We will have some additional games available. 	Tuesday 1st October	BURGER BURGER!! Build your own burger for lunch. Play some new food games we have sauced  Extra \$5	Wednesday 2nd October	Colour Me Red 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. 	Thursday 3rd 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.	Friday 4th October			

All activities, games, excursions and incursions are subject to change. 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

School Community

Lunar Drive In

115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988



SESSIONS AT WWW.LUNARDRIVEIN.COM.AU

Information correct at time of printing. All dates and films are subject to change.