WEEKLY NEWS

Issue: 4.4 — 1st November, 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

November			
Sat 2nd	Mowing Roster 1pm—3pm Team 3		
Sat 2nd	All Souls Day		
Mon 4th	No school today— Professional Development Day / Report Writing		
Tue 5th	No school today—Melbourne Cup Public Holiday		
Wed 6th	Seniors incursion Soup Van		
Wed 6th	Foundation 2020 Group B Orientation 11.30am—12.30		
Thu 7th	Twilight Market 5pm—7pm let your neighbours know		
Fri 8th	Inter-school sports		
Fri 8th	Assembly—2.40pm		
Mon 11th	Rememberance Day 10.30am Service at front of School next to flag poles		
Mon 11th	Swimming Program— RA MF AP GA MB SD IL MJ PP		
Mon 11th	Tiny Tots Pastoral Action Team 2.35pm—3.05 pm		
Tue 12th	Swimming Program -EM RJ SR JW AM IH CW CC AG		
Tue 12th	School Banking Day		
Wed 13th	Lightning Premiership		
Wed 13th	Foundation 2020 Group A Orientation 2.30pm—3.10pm		
Thu 14th	Incursion—Group JW Caritas Australia		
Fri 15th	P & F Morning Tea and second hand Uniform sales after morning gathering		

Growing Young in Christ

From the Principal

Dear Parents,

Congratulations



Congratulations to our St Francis de Sales Confirmation Candidates and candidates from our parish of St Kevin's who were confirmed on Wednesday 30 October by the Episcopal Vicar Rev. Fr Brendan Hayes. Thank you to the great team that included our Parish Priest, Fr Desmond, Assistant Priest Fr Dong and Deacon Graeme who concelebrated this Mass.

Thanks to all our staff for their support on the night and prior to prepare the children for this important Sacrament. Special thanks to Rozeta for her coordination that ensured every detail was thoughtfully prepared and organised for a memorable sacramental celebration for all.

Cont'd next page

CONTACT US

ST FRANCIS DE SALES

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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. 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

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

The choir were outstanding. I thank each member of our choir for giving so generously of their time at lunch time almost every day since the production to prepare. Kristy you are amazing and after two successful productions and with limited time you have ensured our choir were ready and able to sing superbly to add to the joyous celebration.

Confirmation is a reminder to us all to stand up and be a beacon of light in our world.

Who will listen if you don't?
Who will speak if you don't?
Who will act for justice if you don't?

Filled by the joy of the Holy Spirit let us all use our gifts to make a difference in the world. One person can make such a difference!



New school app

Apple Store:

https://apps.apple.com/us/app/st-francis-de-sales-lynbrook/id963626903?ls=1

Google Play:

https://play.google.com/store/apps/details?id=com.fraynework.vcsws.sfslynbrook.



The username is sfslynbrook and the password is sfscomm

Mobile Phone Policy and Smart Devices

Our St Francis de Sales Mobile Phone Policy has been updated and is enclosed with this newsletter. We understand that at times parents of children who walk to school, wish to keep in contact with them before and

after school for safety reasons. The policy explains ways we can do this and also ensure the safety and privacy of students during school hours and during school activities and events such as excursions, camps and discos.

Please read the policy that has been ratified by the School Advisory Board. Students who need to bring a mobile phone to school need to complete an 'Application for Student use of a Mobile Phone.' They must agree to abide by the school code for the use of the mobile phone which includes handing the phone to the office switched off and collecting it at the end of the school day. With the support of all parents and staff, we

can ensure a culture of safety at St Francis de Sales that protects all our children.

From the Principal





Walk to School and Socktober

Thanks to Rachel, Giuliana and Mini Vinnies, our mascots Star and Lotti, our students and parents for getting into the spirit of this day. Standing up for justice and getting healthy too. Well done SFS! For more pictures of this day try downloading our new school app and let us know what you think of this as a way of giving you an additional window into our school.







Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

Sacrament News- Confirmation

On Wednesday, 30th October, thirty-four Grade 6 students received the Sacrament of Confirmation at St. Kevin's Church.

Episcopal Vicar Fr. Brendan Hayes confirmed them. Our children not only looked magnificent, they also presented themselves respectfully and reverently during the entire ceremony despite the warm weather.

Many thanks to our Parents and Sponsors who will now continue to support their children on their faith journey.

There will be a special assembly on Friday, 8th November at 2:40 p.m. and the P&F committee will be presenting the children with cupcakes to acknowledge our students.

A HUGE thankyou to the Senior Team for all the support with the Sacraments this year.

Rozeta Ambrose RFI - Sacraments



Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

Since the Spirit is our life, let us be directed by the Spirit.

Letter of St Paul to the Galatians.

A very special Congratulations and Thank You to the Newly Confirmed and their families for this Wednesday's celebration. It was a joy filled and prayerful celebration shared with family and friends and led by our regional Episcopal Vicar Rev Fr Brendan Hayes.

It is always difficult following a solemn celebration such as this Sacrament to list those to be thanked as there are so many who have given of their time and energy, their talents and skills to enrich the celebration of the Sacrament. Thank you to the parents of the Confirmed who have continually supported their children and walked with them through the time of prepara-



Invite the Holy Spirit to lead your decisions and emotions today!

John 14:15-17

tion and continue to show their love and support for all that these children are seeking to do. A special thank you to Rozeta for all her dedication, preparation and constant support of staff, parents and children celebrating the Sacrament. Thank you to the Senior Home Group teachers for their preparation of the children and the staff of St. Francis de Sales who supported these teachers and helped in the shaping of the Liturgy and making sure all was ready for the actual celebration to flow smoothly and reverently.

Thank you to our wonderful Choir led by Kristy for their support of the children and providing hymns that enable the prayerful participation of all. Thank you to our altar servers and their families who willingly gave of their time to be of service to Fr. Des, Fr. Dong and the Vicar for the ceremony.

In trying to say '**THANK YOU**' to all who contributed to the celebration we must say a very special Thank You to Fr. Des, Fr. Dong and Rev. Brendan Hayes. It was a packed church. We did have people standing and yet even with this crowd they called us to prayerful participation inviting us all to enter into the quiet of the occasion and to be open to the presence of the Spirit in our own lives as well as in the lives of the young candidates.

It was truly a joy filled celebration of the presence of the Spirit and a prayerful experience of the life of the parish community of St. Kevin's

Thank you for your continuous trust and support throughout the preparation and celebration.

Blessings!
Elisabetta Micallef
Religious Education Leader (REL)
emicallef@sfslynbrook.catholic.edu.au



REMEMBRANCE DAY

Monday 11th November is '*Remembrance Day*'. This is a day which commemorates the end of

World War 1. At the eleventh hour on the eleventh day of the eleventh month the Armistice was signed. We remember and honour all Australians who fought, died and suffered fighting in World War 1 and in subsequent wars and conflict.

On **Monday 11th November**, we will gather as a school at **10.30am** outside the school office in front of the flags to commemorate this day.

We will be led in Prayer by our students.

We invite you to be part of our Liturgy.

'Let us never forget'.

Year 5 / 6 Pastoral Care Action Team

Grade 5/6 Pastoral Care Action Team

Remembrance Day School Liturgy

On Monday, 11th November our school will be having a Remembrance Day School Liturgy. This will take place in the school car park and will begin promptly at 10:30 a.m.

All are welcome to attend.





Grade 5/6 Pastoral Care Action Team

REMEMBRANCE DAY 2019 TOKENS

Remembrance Day will be on **Monday**, **11th November** and the Grade 5/6 Pastoral Care
Action Team will be selling Remembrance Day
tokens during eating times.

The tokens will cost \$1.00 each and the money raised will go towards the Returned and Service League (RSL) valuable welfare work for our Defence Force ex-service members.

Lest We Forget.





Year 5 / 6 Social Justice Action Team—Mini Vinnies

2019 World Mission Month

Thank you for raising money for the children in Ghana.

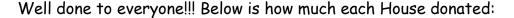
This money will help Nazareth Home so that they can buy the necessities they need to help all the children who live there.



Thank you also for wearing your crazy socks yesterday and the colours of the Ghana Flag to show your support for the children in Ghana.

The results are in and we have raised a total of \$ 927.65

The winning house is Mackillop !!!!



Patrick \$260.25
Teresa \$251.65
MacKillop \$260.40
Bosco \$155.35



Don't forget these points will be added to the points each House already has for the donation of food for the Sacred Heart Mass and money for the MS Readathon.

At the end of the year we have a new shield:

The St Francis Spirit Award

which will be presented to the House that has the most points.

Written by Darshan, Christian, Alisha and the Grade 5/6 Action Team - Mini Vinnies





122 Paterson Drive Lynbrook Vic 3975

Dear Parents,

Below is a list of the items you will need to supply for your child in 2020. All other class items will be provided by the school.

Please make sure that all items are brought to school on the first day and given to the group teacher. Please ensure all items of clothing are individually named with a clearly printed full name. Please ensure all items with an asterix (*) are clearly labelled.

REQUISITES 2020

JUNIORS

- 1 large box of tissues
- *1 pkt. coloured pencils
- *1 small pkt. coloured textas
- *1 pencil case
- *1 Art Smock
- 4 Large Glue Sticks (Bostick preferred)
- 2 Erasers
- 1 Sharpener (2 Holes)
- *1 pair of scissors (medium)
- *1 colouring book (wet days)
- 1 pkt Post-It-Note (75x75mm)

Foundation (Prep) only

- 1 pkt paper plates (dinner size)
- 1 pkt of large snap lock bags

YR 1 only

- 1 pkt chux
- 1 pkt of medium snap lock bags

YR 2 only

- 1 pkt of cups (plastic or paper)
- 1 pkt of small snap lock bags

SENIORS

- 1 large box of tissues
- 1 pkt. coloured pencils
- 1 pkt. coloured textas
- *1 SMALL Zip Pencil case
- *1 Art Smock (if it needs replacing)
- 4 Large Glue Sticks (required Bostick)
- 2 Erasers
- 1 Ruler
- 1 Sharpener
- 1 pair of scissors
- *1 Colouring book, Sketch Book or Activity Book, UNO cards or card game (for wet days) optional 1 pkt Post-It-Note - (75 x 75mm)
- 1 Tennis ball

YR 5/6 only

YR 3/4 only 1 pkt chux 1 pkt of plastic plates 1 pkt of plastic cups 1 pkt zip lock bags (Sandwich size).

*Small, inexpensive (no more than \$10) ear bud style headphones ONLY to be kept in a labelled zip lock bag. NO over-ear style headphones, as they are too large and break easily. (if needs replacing from previous year).





Office News



*VIP SALE CONDITIONS:

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

MOWING ROSTER Team 3	Saturday 1pm—3pm	Saturday November 2nd
Minh Hon Chau	Anton Jayamanna	Hardik Bhatt
Melody Patton	Trevor White	Philip Okyere
Sabu Thomas	Mohammed Mazid	

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

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.



What a fantastic morning we had yesterday on Thursday 31st October for Walk to school day. There was a good number of students, parents and even dogs who turned up to our two meeting points at 8am. It was wonderful to see so many children wearing bright colourful socks, some hand decorated as well as clothes with the colours of the Ghana flag. For those students whose parents drive them to school every day, thanks for making the effort to walk with us on the oval before school. There were lots of happy and enthusiastic faces. We were lucky to have Lottie the lollipop lady and Star man greeting us at the school gates, as well as a representative from Bendigo bank who assisted with donations of fruit and water bottles for the children as they arrived. We even had some fun in the morning playing our own version of "The Masked singer" trying to guess which teacher was under each mascot mask. Many thanks to the teachers who volunteered to assist with the day and walking with children from our 2 meeting points. The winning class and individual students who walked to school the most will be announced at the next assembly.

Thanks to everyone who participated in Walk to school month and lets continue to stay active and build a healthy school community













Student Well-Being

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



BeYou

Blue

At SFS, we are a BeYou school where we value the mental health of all members of our school community, students, parents and teachers. This week's fact sheet from the BeYou website is on how to practice mindfulness. For those that came to the Resilience project parent night, you will remember the importance of

mindfulness for our mental wellbeing. Being mindful means awareness of your own moment-to-moment internal and external experiences, with gentleness and acceptance and without judgment. It's a state of being that encourages us to slow down, focus on the present, accept things as they are, and act with discernment.

How do you practice mindfulness?

There are two main ways of practising mindfulness

The first is 'formal' practice, otherwise known as mindfulness meditation. This means sitting in a chair doing nothing other than paying attention in a mindful way, whether that's for 40 minutes or doing a mini meditation for one minute. The second way to practise mindfulness is 'informal' practice. This means being mindful in our day-to-day life while we're doing things, for example, paying attention when in class, while driving or washing the dishes.

Meditation is a traditional pathway

Mindful meditation can be practised in a variety of ways such as moving attention through various parts of the body (body scan) or concentrating on the breathing. In either case, you're using the sense of touch while observing (but not reacting to) any thoughts or feelings that come up. Simply practise noticing experiences, thoughts and emotions with a sense of curiosity rather than judgment and, if the attention wanders to the past or the future, keep gently bringing the attention back to the body or breathing.

Here's how to give breath meditation a try:

- Let yourself be free of any expectations about how the meditation should go
- Adopt a relaxed but upright sitting posture with the eyes closed
- When settled, using the sense of touch, focus the awareness on the breath
- Observe and acknowledge what's being experienced in that moment, without trying to change thoughts or feelings or to solve any problems that arise
- Focus as you breathe at the point where the air enters and leaves the body
- If strong thoughts or feelings arise, practise making space for them without resisting or fighting them, all the while gently refocusing the attention back on the breath

After the time you gave to practise, gently open your eyes, reconnect with the environment, and then gently move onto whatever needs your attention.

You may want to start with five or 10 minutes of meditation once or twice a day and then build it up as you become more comfortable with the practice.

It's not always easy, but keep going

You'll find your thoughts wandering and that's completely normal. There's no need to berate yourself when the mind wanders – just gently bring it back to the breathing each time. It's the very practice of repeatedly bringing your attention back to your breath, and learning to be accepting and self-compassionate, that creates a mindful state.

Student Well-Being

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

You can practise mindfulness in nearly everything you do.

You can take a mindful approach to everyday activities, no matter how mundane or simple they might be. The so-called informal practice of mindfulness is easy to build into your day. Next time you have a snack, take your time and focus on the feel, smell, taste and sensation of chewing. You can bring your full awareness to the task of brushing your teeth or washing the dishes.

The beauty of mindfulness is that you can do it anywhere, anytime, with no special equipment required.



Twilight Market

We are getting closer to our annual Twilight market, **Only 6 days to go!!!!!** It is shaping up to be a great market with entertainment, delicious food and a variety of stalls. Please come along and bring your family and friends.

Come along to the SFS market on **Thursday 7th November** from **5pm** until **8pm**. We will have lots of yummy food to eat, drinks, coffee vans, wine tasting, a variety of stalls with new and used goods to buy. Come and start your Christmas shopping with some beautiful handmade gifts and grab yourself a bargain at the Trash and treasure stall. There will also be entertainment with a stage set up with music, some singing and rock and roll dancing display and competition, face painting and balloons, glitter tattoos, reflexology, photo booth, karate demonstrations and come to the Specialist stall and get your hair sprayed and nails painted. There will also be a raffle on the night with some great prizes. The raffle tickets will be sold and drawn on the night, the winner having to be there on the night to claim their prize. The raffle will be at 7pm. There is something for everyone, please do come along and let's make it the best market ever. Money raised from the stalls will go towards our school community garden. If you can, please bring along your own shopping bags too. I look forward to seeing you all then!!

Rachel Lenko

Student Wellbeing Leader

Parents and Friends Association

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

P&F Annual General Meeting

The P&F would like to extend a warm welcome to all parents and carers to attend the **2019 Annual General Meeting** (AGM). At this meeting we will elect the new P&F committee for 2020.

The meeting will be held on **Wednesday 20 November** in the Community Room at **7pm**.

We encourage all parents and carers to come together and be involved in supporting our wonderful school community. After the meeting, light refreshments will be provided to celebrate our success this year and to say thanks to the parents that supported the P&F at events throughout the year.



MEETING
20 NOVEMBER 2019

Activities organised and supported by the P & F this year:

School disco Pancake Tuesday Twilight sports carnival sausage sizzle Icy pole and popcorn and chips Fridays Fun lunches: pizza, Red Rooster, sushi, Subway Morning and afternoon tea SFS CUA Fun Run Second hand uniform shop Easter raffle Scholastic book program Entertainment book fundraiser Easter eggs and Hot Cross Buns Woolies Earn and Learn stickers Donation to Monash Children's Hospital Aver & Line photo fundraiser MS Readathon & Challenges Domino's fundraiser Working bees "thank you lunch" Sacramental cupcakes Father's Day breakfast Mother's Day morning tea Donation to Beyond Blue PJ Day - hot chocolate & cookie Mother's Day & Father's Day stalls Mother's Day & Father's Day raffles Production canteens **Donation to Cancer Council** Footy day sausage sizzle Election day sausage sizzle Twilight market stalls Raised over \$1,500 for School Productions Book donation \$2,000 to the school Raised \$300 for the Community Garden

You are warmly invited to join the 2020 P&F Committee!

This is your opportunity to make a positive difference at our school!

We will be sending letters home shortly with a copy of the P&F Committee Nomination Form.

We look forward to welcoming lots of new members to the P&F Committee in 2020!



Bendigo Bank

Parents and Friends Association

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





Donation to SFS Community Garden

Thank you to all students (and parents) who participated in the Subway fun lunch last week. Together with a donation from the P&F, we were able to raise \$300 for the School Community Garden.

Thank you Cranbourne Branch

Thank you to Bendigo Bank – Cranbourne Branch for generously supporting Walk to School day by donating fruit for all SFS students. We sincerely appreciate their ongoing support. Well done to all students who participated in the Walk to School day on Thursday.

Reminder to any students that opened a Bending Bank account that you can bank through school each week.



The PFA will be manning various stalls at the annual SFS Twilight Market, including a sausage sizzle and lucky dip. All profits will go back into the school community.

We are looking for volunteers to help manage a stall for 45 minutes on the day, so that everyone will be able to enjoy the market, spend time with their families and watch student performances. If you would like to help, please return the flyer that was sent home last week or email sfspfa@sfslynbrook.catholic.edu.au and let us know what time/s you are available to help.

Thank you for generously giving your time!

Icy Poles – on sale every Friday!

As the weather is (finally) starting to warm up, don't forget that we will have icy poles available to purchase for 50c during first lunch every Friday.





7 November SFS Twilight Market

Morning Tea & Second hand uniform shop 15 November

20 November PFA Annual General Meeting

Every Friday Icy poles available

School Community

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



HOURS: 5:00 PM to 8:00 PM

Only 6 days to go till our Twilight Market

Over 40 stalls.

Where: St Francis de Sales

FAMILY & FRIENDS WELCOME



Make up

Children and babies clothes

Jewellery

Homeware

Crystals

Sweet Treats

Cupcakes

Nails

Hair accessories

Soap

Candles

2nd hand Books

Photography

Seedlings

Sausage sizzle

Coffee and cakes

Photo booth

Pre loved toys

Trash and treasure

Lollies

Stationary, gift cards

Christmas decorations

Face painting, balloons

Collectables

Toys

AND LOTS MORE !!!!!!!!

School Community

Encompassing: Parents, Parish, School Board, Enrolment, Social Justice, Accessibility and the Wider Community. The Full Daily fee is \$58 (before CCS is discounted). All incursions/excursions and special activities are detailed below. They are not optional and all children are expected to Applicate to participate. This list is a small selection of what is on offer each day. We offer arts crafts activity chapte above have they are not obtained as a small selection of what is on offer each day. We offer arts crafts activity chapte above have they are not activities are not optional and all children are expected to Applicate the participate. This list is a small selection of what is on offer each day. We offer arts crafts activity chapte above they are not obtained by the participate. Movie to be announced closer We can't go to the bea<mark>ch, but</mark> we will bring the beach to us. Decorate a bucket hat to keep Cinemas (Dandenong) via munching on popcorn and Watch a kids movie while Sand Art, Sand and water **Excursion to Reading** Friday 24th January Friday 17th January sipping a drink. Beach Day to the date. Train Friday 31st Fish n Chips for lunch Extra \$5 Extra \$25 eam the Bocce Extra \$5 Leaning Tower of Pisa challenge. game of a few hours of Lasertag, Bowling we will have our own session for Sidetracked in Oakleigh where Pizza lunch from Zesty Joes This is only a brief listing of what's on each day. Children have access to games, crafts, sports equipment and playgrounds. or Mini Golf without the public. Can you imitate a DaVinci nursday 23rd January Thursday 16th January pranzo con la pizza We are traveling by train to Sidetracked Excursion sidetracked Kharisma Kids 0411 295 273 Extra \$20 BYO Electronic games to play. Exploring various aspects of our Wide Brown Land. Boomerang Horse Shoe throwing. Party Pies challenge, make some damper Let's travel around Australia decorating, Thong throwing Wednesday 22nd January Around Australia in a Day January **Nednesday 15th January Ultimate Games Truck** for Afternoon Snack Wednesday 29th the day. Tabloid sports, balance the Help us design your obstacle Extra \$15 course. See some of Australia's Reptiles up mosaic pictures, Hama beads and a Will you be our best sports ninja for Enjoy a relaxing day with jewellery and close with an introduction to beam, relay races, egg n spoon movie to finish off the holidays. Summer Vacation Care 2019 making, air clay construction, **Aussie Wildlife Encounter** uesday 21st January Australian Native wildlife. January Tuesday 14th January Last day of Vac Care race, 3 legged races Ninja Warrier Fuesday 28th **Australia Day** Extra \$15 run on Extra \$4 Bring your Bike or scooter to ride Helmet and Safety gear must be Leam to build a billy cart in a Supreme Incursion Workshop. Enjoy some beef sausages the grass and climb on the cooked by our expert chef BBQ and Play at Banjo Monday 20th January Monday 13th January iday 27th January Fly some Kites, kick a ball, around the school. Patterson Park **Public Holiday Australia Day** Wheels Day playground.