

# WEEKLY NEWS



Issue: 1.3— Friday, 14th February, 2020  
**AS ONE IN FAITH WE LEARN AND GROW**

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## FEBRUARY

Sat 15th	Mowing Roster 9am—11am (last date from 2019 roster)
Mon 17th	District Swimming—please give permission on CareMonkey if your child has been selected to participate
Wed 19th	No school for Foundation students
Wed 19th	6pm School Advisory Board 7.15pm P & F Assoc Meeting
Fri 21st	Icy pole sales 50c at 1st lunch
Fri 21st	9am P & F Morning Tea and second hand uniform sales
Tue 25th	Pancake Tuesday—volunteers needed to help cook and serve
Wed 26th	Ash Wednesday—whole school Mass at 2pm
Wed 26th	No school for Foundation students
Fri 28th	Icy pole sales 50c at 1st lunch
Fri 28th	Assembly at 2.40pm—Seniors

## MARCH

Thu 5th	Twilight Sports Night commencing at 5.30pm
Fri 6th	Icy pole sales 50c at 1st lunch
Fri 6th	P & F Afternoon Tea and second hand uniform sales at 2.45pm
Fri 6th	Inter-School Sports (Seniors)
Mon 9th	Public Holiday—No school today
Wed 11th	Divisional Swimming
Fri 13th	Assembly at 2.40pm - Juniors

## Listen to what the Spirit is saying

### From the Principal

#### YEAR 5 & 6 CAMP



## CONTACT US

### ST FRANCIS DE SALES

Principal - Christine White  
 Vice Principal - Angela Faiola  
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 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, Mandy Admiraal  
 Secretary - Raquel Netto, Lourdes Iape  
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 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

## Highly Commended, Great Spirit and Courage!

On Monday 10<sup>th</sup> February our Year 5 and 6 students along with their senior teachers and support staff headed to Portsea for our annual school camp. This year the weather was great with cool mornings melting into beautiful afternoons. Just perfect for the many adventures that were on offer and for the exciting activities planned from morning to night.

The children participated in team, individual and whole group activities on the first two days. They went on the flying fox, tackled the high rope course, climbed the rock wall, built sandcastles, played games, went kayaking, built rafts and soared high on the giant swing. After a day of activities there was an afternoon swim to enjoy and night activities to look forward to. On day one there was a night walk and movie and on day two there was a bonfire with marshmallows, a talent show and even a disco.



One of the many highlights was a prayer service on the beach at sunset. With waves pounding on the shore and the sun gently setting we reflected and prayed. We focussed on our theme for 2020 'Listen to what the Spirit is saying'. Each one was given a little memento of a sea shell with the words of our theme. We prayed that we listen and respond. Our children certainly demonstrated this on camp.

I was able to join the children on camp on the first two days and I was just so proud of this group of senior students from St Francis de Sales. I was impressed especially by their, spirit, friendship and support of one another. Everyone was included and disputes were minor and extremely rare. Our children demonstrated great school values and were highly commended on the respect that they showed to staff, each other and the environment. They had great manners at meal times and respected the guidelines of teachers. On both nights the children were sound asleep by 11pm and no one stirred till 7am!! Unbelievable but true!! When tackling challenges I saw great perseverance to complete a challenge. I loved hearing the chat about the personal goals they set for themselves. Like last year I just went up to the red zone but this year I aim to reach the stars!! Then despite having to overcome some nerves, they went higher and higher to reach the stars on the giant swing. Beautiful to see these happy faces who were basking in the satisfaction of doing their personal best. I was so impressed by the courage to have a go and grasp the opportunities presented. They all did have a go and had a lot of FUN in the process.

I want to congratulate the parents of these fine young girls and boys who were a pleasure to take on camp. Just beautiful children who have made a fantastic start to the 2020 school year.

Now camps would not be a lot of fun if we were hungry! However there was no issue here. We were treated to great meals and there was heaps for seconds too. We all enjoyed the meals, desserts and snacks from breakfast to supper. I think we had something to enjoy at the end of each activity.

Ange joined the group for the evening swim on day 2 and for the trip on day 3. This year the group left Camp Portsea at 9am on Wednesday after breakfast and headed to the Sorrento ferry. They went on the ferry to Queenscliff and were thrilled to see dolphins beside the boat. At Queenscliff they visited the maritime museum and went up the observation tower to check out Port Phillip heads. Here again our school received great compliments. The staff at the museum were impressed by the way our children listened with interest and looked at the artefacts on display. They were so impressed that they even shared additional information because our children displayed great respect and engagement. What great ambassadors of our school!





The children returned safely back to school on Wednesday afternoon and I am sure they all enjoyed a great sleep. I know our staff certainly did. I would like to thank each of them for giving of their time and energy and in particular for their dedication and support. Every detail was considered planned and organised for the children to have a great time. The team of teachers also had a great time and I thank them for their positive spirit and can do attitude that makes being part of this team so amazing. A big congratulations to Rozeta, Sandi and Matilda, our three new Pedagogical Leaders for their leadership, care and responsibility to ensure it was a great camp. It certainly was one of the BEST camps I have been on and I have been on several! Without the team we would not be able to go on camp and I am so thankful that on our staff 2020 camp team we also had Jasna, Kathy, Patrick, Tanya, Chris, Amelia, Anthony and Andrea.

This was a camp we all enjoyed and I commend the staff and students of the 2020 St Francis de Sales Portsea Camp for being super STARS! You are beyond BRILLIANT!



### Attendance

The roll is marked twice daily. If a child is late, they need to come to the office to be signed in. If leaving early they need to be signed out at the office.

If a child is absent please contact the office before 10am. You can indicate your child's absence through the eform on Flexibuzz or the School app.

After 10am a text will be sent to parents if the student's absence is unexplained.

Regular attendance is also vital for continued steady learning growth.

### Yard Supervision

Yard duty commences at 8.25am and you are requested not to drop students off before this time.

After school duty finishes at 3.45pm.

**Karisma Kids runs a before and after care program on the school grounds in Learning Space 1. Please use this service if you need to drop your child at school before 8:25am or collect them after 3:45pm.**

### Medical

It is important that our records are up to date and accurate.

We require Action plans for Asthmatic, Diabetic, Epileptic, and Anaphylactic children. We also require completion of forms if a student requires medication to be administered during the day.

**Please update this information on Care Monkey.**

**If your child uses asthma medication or needs an epipen please check the use by date and update the medication supplied for use during school hours.**

### Lost Property

**It is imperative that all items of clothing, food containers are clearly marked with your child's name.**

A lost property box is kept in each learning Space. This container is often overflowing with clothing that has no labels. Items marked with clear label will always be returned to the child. This year to avoid the untidiness of these overflowing containers they will be emptied each fortnight. Items with no labels that have not been collected will be handed to the P&F for re-sale.

Christine White  
Principal

# Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

*‘Such was said to your ancestors;  
but I am speaking to you.’*

Matthew 5: 17–37



Matthew's Gospel this weekend highlights what seems to be an unattainable ideal. What Jesus asks of his followers requires an extraordinary interior conversion of heart. Mere external compliance seems impossible; only love as the basis for action could render possible the ethic proposed here by Jesus. Jesus' teaching, how he deliberately pushes his hearers beyond mere observance of the Law to a way of following the commandments that springs from a radical love of God and neighbor, is our focus.

Life is full of choices for us and for our children. What to wear, what to cook, what to watch on television, what game to play on our computers. Every choice we make involves an exercise of free will, which is how we grow in goodness and mature in faith. Talking with our children about the more critical choices: how to treat others, how to acknowledge mistakes and own up to them, how to reach out to those in need, can never begin too early.

This weekend, as you gather for mealtime, talk together about the day's choices, from the most basic to the more complex. As a parent you might talk about choices made at work, in traffic, at a social gathering. You might talk about enthusiasm for freedom, and the responsibility that comes with that freedom, to make moral choices in all we do.

Peace and Joy!

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



*“No act of kindness, no matter how  
small, is ever wasted.”*

AESOP



Wednesday, 26th February

**‘Ash Wednesday’**

Whole School Mass

LS3 at 2pm

We look forward to seeing you all as we celebrate together  
in Prayer.



## **Sacramental News:**

A few dates to add to your calendar! Rozeta will send out further information closer to the event.

**Reconciliation Family Workshop** Monday 20<sup>th</sup> April at 7.00pm.

**Reconciliation Sacrament** Thursday 30<sup>th</sup> April at 6.00pm.

If space permits please add our policy re mobile phones.

# **10<sup>th</sup> Anniversary Celebrations**

## **Friday 20<sup>th</sup> March 6-9pm**

### **BUSH DANCE**





## Learning and Teaching

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

### JUNIOR LEARNING

Students in Clinic 1 writing have been participating in various learning experiences.

This week, they explored the art of Blowing Bubbles and they had lots of fun watching them grow, chasing them as the wind blew them away and learning all about the letter and sound Bb.



## Learning and Teaching

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

### SENIOR LEARNING

Julius and Orin

*By doing this activity we learnt how big a number actually is when using individual units. We also learnt how many thousands, hundreds, tens and ones we need to make a number.*

Emanuel

*I learnt how to identify a number that a class mate was telling me, as well strategising to give me the best chance of winning.*

Mia and Scarlett

*We learnt how to subtract and add with 5 digit numbers. We used the split strategy to help us do this, this is when we split the number and add it bit by bit based on place value. We also learnt how to add with an algorithm which we use a pen and paper to solve.*

Ashriya

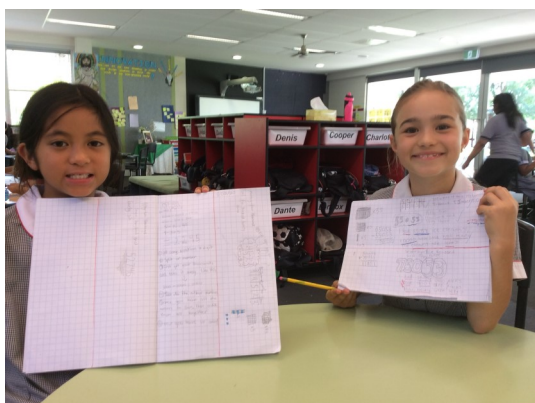
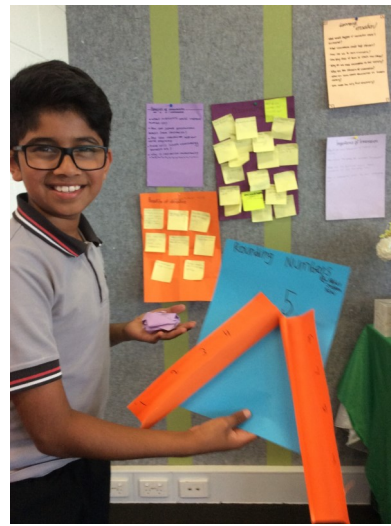
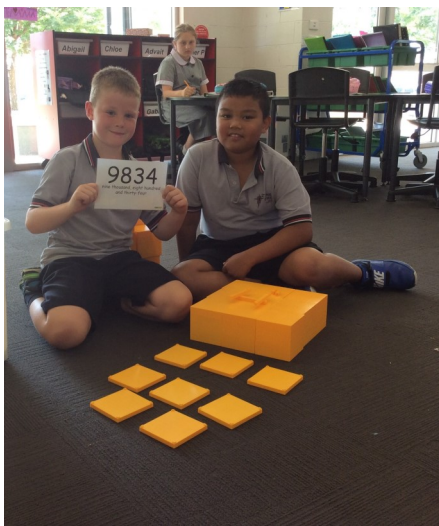
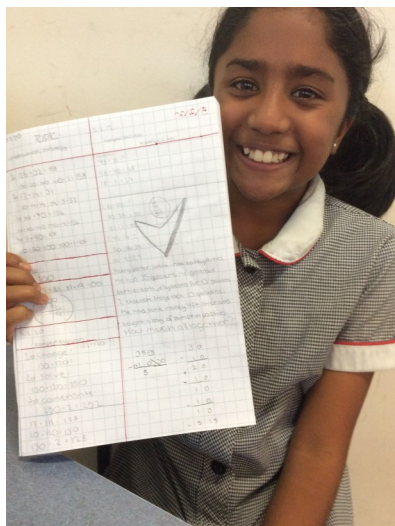
*To learn how to use the compensation strategy I wrote a worded problem for a friend to solve. This taught me a new strategy to solve addition and subtraction questions in my own head.*

Cody

*This week in maths I learnt about split strategy, this can be used to work out sums like 52000 plus 61000. This equals 113000.*

Athul

*Using rounding skills allows me to answer questions easily because it is closely related to the compensation strategy.*





## Learning and Teaching

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



# SFS TWILIGHT SPORTS

Thursday March 5<sup>th</sup>, 2020

5.30pm – 8.00pm

Come to our annual Twilight Sport to see your child compete in sprints and novelty races. Students who finish 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> will receive points for their House. By the end of the evening we will have presentations for the winning House and the House with the most spirit who supports their team members.

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

Students will be required to wear their sports uniform on the night as they will be running but we hope that they will wear a t-shirt that is in their house colour and wear other accessories such as hats, scarves... in their house colour.

**Teresa House - Blue**

**MacKillop House – Yellow**

**Bosco House – Red**

**Patrick House – Green**

Students will be sitting with their houses under their house marquee, supervised by staff. We ask that parents bring chairs, blankets.... to sit on and watch the various events on the evening.

We will also have races for teachers, toddlers and parents!!! So make sure you come and join the fun!!

Lulli and Giuliana



## Office News

### Sibling Enrolments for 2021

It is time for any family currently at the school with a child who will be turning five before the 30th April 2021 to collect an Application for Enrolment from the School Office.

Admission is not automatic, an application and interview are required.  
Kindly collect an Application for Enrolment from the School Office.

### 2019—2020 MOWING ROSTER

Team 2	Saturday, 15th February	9am—11am
Chris Peterson	Royman Abraham	Michael Balzamo
Christopher Rozas	Huu Tri Nguyen	Hansel Gomes
Jose Reano	Giovanni Agosta	Derin Davis
Binoy Kakkattil Paul	Harry Tang	Antony Jilju Kochuparackel
Jeeno P Palamittah		



2020 / 2021 NEW ROSTERS GOING HOME TODAY  
PLEASE CHECK YOUR CHILD'S SCHOOL BAG

WE NEED PEOPLE TO JOIN THE ROSTER FOR  
SATURDAY AFTERNOONS ON  
JULY 11th  
and  
DECEMBER 12th

## Office News



### Flexibuzz password - sfscomm

Communication with parents will be mainly via email or through the FlexiBuzz App. The FlexiBuzz App provides us with the most immediate method of informing parents, so we encourage those who have not registered to do so. It is FREE !!! The App will allow you to access the weekly newsletter, notifications and you can use it to inform us of your child's absence from school.

## CSEF - Camp, Sports and Excursion Fund

### Do you have one of these cards?



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

It's easy—just fill out the CSEF form available from the school office and present your current Centrelink Health Care Card or Pensioner Concession Card and we will do the rest for you. Applications should be completed and lodged with us as soon as possible in term 1.

This allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.



## Student Well-Being

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

### BeYou

BeYou is an educational resource that promotes the mental health of the whole school community, students, parents and teachers. This week the fact sheet is all about stress and what causes it.



### What causes stress?

#### People experience stress for many reasons

One of the most common reasons is sudden or unexpected change, but even positive changes can be stressful. Expected changes – such as a child or young person starting at an early learning service or school, or changing between schools – can be also stressful.

Stress can be a response to a single event or might be prolonged, cumulative stress. Overwhelming stress impacts our physical and mental health, relationships, learning and development, and capacity to fulfil our roles (for example, parenting, working or studying).

Changes can happen in many aspects of a person's life at the same time, including shifts in their:

- physical environment (such as moving house or starting a new job)
- social environment (starting at a new school, feeling isolated after moving somewhere new, feeling they can't control or influence their environment)
- economic circumstances (such as an unexpected financial loss, large expense or job loss).

It's important to remember that **stress is not anxiety** – an anxiety condition is when someone:

- has anxious feelings which are consistently very intense
- have feelings that persist well after the stressful event has passed

are so distressed that it interferes with their capacity to learn, socialise and do everyday things.

### The Resilience Project

The **Resilience Project** is an emotionally engaging program that provides evidence-based, practical strategies to build resilience. The students in Years 3 to 6 will be using the Resilience Project journal during their Wellbeing Specialist classes. This week we have been focusing on empathy. Empathy is the ability to understand and share the feelings of another. This is a really important skill to develop in children.

**Rachel Lenko**

**Student Wellbeing Leader**



# Parents and Friends Association

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



## Morning Tea & Second Hand Uniform stall



Our next Morning Tea will be on **Friday 21st February** in the Community Room after morning gathering. Everyone is welcome to join us for a cuppa and catch up! The second hand uniform shop will also be open during morning tea.

## Pancake Day – Tuesday 25<sup>th</sup> February

We need lots of volunteers to help us cook and serve warm, fluffy pancakes to the students and staff. It's always a fun day so please keep the morning free and look out for the flyer which has been sent home this week. Orders are due back by **Friday 21<sup>st</sup> Feb**. If you have not received a flyer, spare copies are available at the office.



## Twilight Sports Carnival – Thursday 5<sup>th</sup> March

P&F will once again be hosting the sausage sizzle, we will have drinks and icy poles for sale. We need volunteers to help us run the stall! You won't miss out on seeing your kids participate in their events. Keep an eye out for flyers which will be sent home in the coming weeks.

## P&F NEED YOU

You are warmly invited to join the 2020 P&F Committee. This is an opportunity for you to be part of a team that works hard at enhancing every child's education experience. Please come along to our first committee meeting on **Wednesday 19<sup>th</sup> Feb**, at 7:15 in the community room. All new members are welcome.



- 19 February – PFA Meeting at 7:15pm (Community Room) – All welcome
- 21 February – Morning Tea & Second Hand Uniform Shop
- 25 February – Pancake Day
- 5 March – Twilight Sport, commencing 5:30pm

## DON'T FORGET

Every Friday we will have icy poles available to purchase for 50c at first lunch.







# St John's

REGIONAL COLLEGE

*Achieving excellence together*



# Open Morning

Thursday 20 February 9.15am

[www.trybooking.com/BALBU](http://www.trybooking.com/BALBU)

5-11 Caroline Street, Dandenong

for further information please visit [www.sjrc.vic.edu.au](http://www.sjrc.vic.edu.au)

# ENROLLING NOW

## GUITAR, DRUMS AND VIOLIN AT ST FRANCIS DE SALES PS

Term 1 2020 Spots Available



**MUSICWORLD**  
SCHOOL OF MUSIC



**9572 3391**

**[admin@music-world.com.au](mailto:admin@music-world.com.au)**