

WEEKLY NEWS



Issue: 1.4— Friday, 21st February, 2020
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

FEBRUARY

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
Sat 29th	Mowing Roster—Team A

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
Mon 16th	Blackberry Jam Incursion
Tue 17th	St Patrick's Day
Wed 18th	School Advisory Board 6pm P&F Meeting 7.15pm
Fri 20th	10th Anniversary Party Blackberry Jam Bush Band
Thu 26th	Regional Swimming
Fri 27th	CUA Fun Run/Cross Country
Fri 27th	End of Term 1 2.30pm dismissal

Listen to what the Spirit is saying

From the Principal



You are invited
Friday 20 March
6-9pm
 Bring a Picnic and a rug
 Join in the FUN

**Sausage sizzle
 & drinks will be on
 sale**
**RSVP - 6 March
 2020**



CONTACT US

ST FRANCIS DE SALES

Principal - Christine White
 Vice Principal - Angela Faiola
 General Inquiries - 03 8773 6700
 Absence Line - 03 8773 6788
 E. principal@sfslynbrook.catholic.edu.au

SFS ADVISORY BOARD

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

Congratulations to

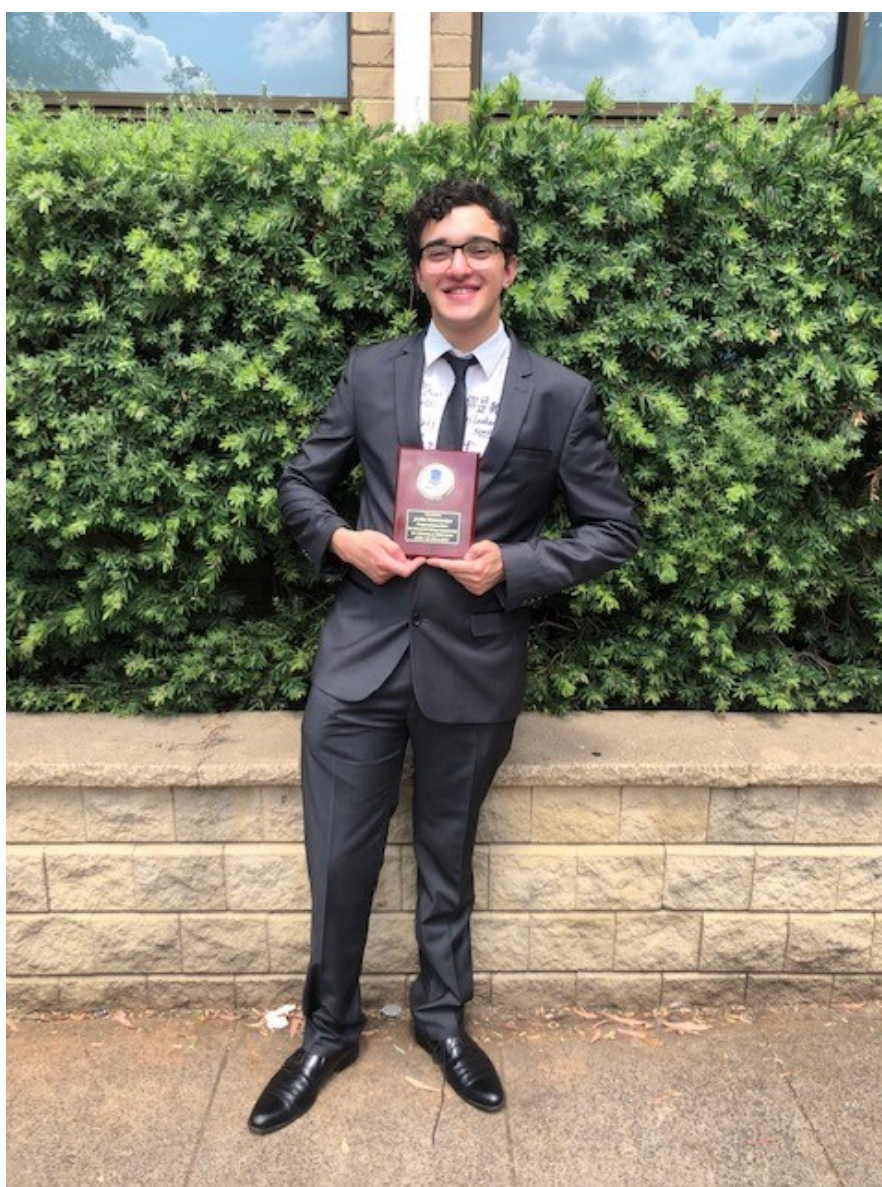
Jordan Weerasooriya — Class of 2013 at SFS

on attaining a 90+ ATAR

from Mazenod College

We had the pleasure to attend the 90+ ceremony at Mazenod College where Jordan was presented with an award.

As a past student of SFS, we are immensely proud of his achievement and we wish him all the best for his future.



Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

‘Love your enemies.’

Matthew 5: 38–48



In this Sunday's proclamation, we continue to hear from Matthew's Gospel account of the Sermon on the Mount. Jesus calls us to holiness. Jesus' preaching does not devalue the Mosaic Law, but reveals the heart of God's Law. To observe God's Law, we are to live a life of holiness. We are called to be perfect as God is perfect. Perfection is a tall order, but Jesus asks us as his disciples to emulate the perfection of God the Father. Jesus is calling us to "be perfect" in our relationships with one another. So we are called to love one another as God loves us. And in loving others as God loves us, we emulate the perfection of God.

When difficult times and strife occur in family life, what are our natural tendencies? Taking the perspective of the other person is a great challenge, yet a necessary skill for a healthy relationship. Consider the challenge of Jesus to turn the other cheek during difficult times. Jesus is not asking us to accept or tolerate abuse, but to consider the perspective of the other person in how we relate to him or her. So next time when the family is challenged, or an argument occurs, how might you consider the perspective of the other person? How might you show your spouse or children the love that God shows all of us?

This weekend, as you gather for mealtime, talk together about how each member of the family is important. Share with one another the goodness and beauty that each family member has. Highlight special talents and skills which have made a difference in the life of the family. Take the time to specifically discuss the qualities you cherish about one another.

Keep Smiling!

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



"We rise by lifting others."
ROBERT INGERSOLL

School Liturgy



Wednesday 26th February

‘Ash Wednesday’ Whole School Mass - LS 3 at 2.00pm.

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 20th April at 7.00pm.

Reconciliation Sacrament Thursday 30th April at 6.00pm.



Office News

FEE STATEMENTS HAVE BEEN SENT HOME TODAY.

The swimming charge of \$130 per child has already been added to your account.

This can be paid by Term 3.

CAMP FEES ARE NOW OVERDUE — PLEASE PAY IMMEDIATELY



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.

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.

2020 — 2021 MOWING ROSTER

Team	Saturday, 29th February	9am—11am
Huu Tri Nguyen	Brad Scicluna	Giovanni Agosta
Anil John	Mark Smith	Binoy Kakkattil Paul
Michael Balzamo	Simon Boliancu	Jayson Payot
Craig Fowler	Shijo Mathew	



2020 / 2021 NEW ROSTERS HAVE GONE HOME LAST WEEK.
PLEASE CHECK YOUR CHILD'S SCHOOL BAG

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

Learning and Teaching

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



MUSIC AT SFS

Juniors

This term, the Junior students are learning simple melodies on the Glockenspiel. The students are learning the correct technique in holding a mallet and how to strike the key of a Glockenspiel correctly. They have learned how to play a 'C Major' Scale and are going to learn simple melodies as a class.

Seniors

In Semester 1, the Senior students are learning Basic Theory and Keyboard using the John Thompson's Book 1 Method. The students are learning about the Treble Clef, Bass Clef, Middle C and a few notes in both the right hand and left hand. It is great to see some students take on a leadership role and assist teaching melodies to their partners.



Senior Choir

Week 1 and 2 of Term 1 saw the Grade 6 Choir perform at the Beginning of Year Mass. The students performed wonderfully in such a short amount of time. Well done to those students who devoted every lunch time for rehearsals in the first two weeks!

The SFS Senior Choir rehearsals commenced in Week 3. It was exciting to see a large turnout of students eager to join the Choir. Their first performance will be next week at Ash Wednesday mass at 2pm. We wish them all the best on their first performance.

SENIOR CHOIR TOPS

If your child has joined the Senior Choir and requires a Choir top, please enclose \$30 in a sealed envelope with labelled with your child's name, Home Group and size on the envelope. Once payments are made, I can give your child a shirt immediately if I have their size in stock – otherwise, a bulk order will be made and arrive by the end of Term 1.

Kristy Galea

Music Teacher



Learning and Teaching

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

ITALIAN

SENIORS.....

This term the Senior students are connecting their Italian learning to our Inquiry concept of innovation 'INNOVAZIONE'. Who are the great innovators in Italian History? What things today can we be grateful to Italian inventors for? What process takes place to invent something?



This week during Italian lessons, students explored one of Italy's greatest inventors
LEONARDO DA VINCI.

Leonardo's creativity and forward thinking has contributed to many things we still use today. Such as the parachute, bicycles and helicopters.

Children worked together to create a bridge (PONTE) using popsicle sticks modelled on Leonardo Da Vinci's self supporting bridge.

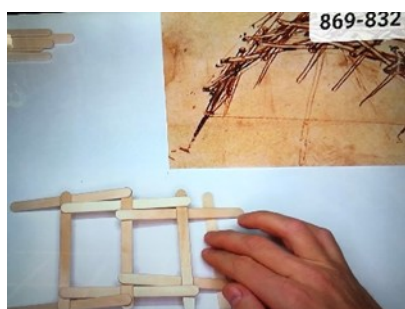
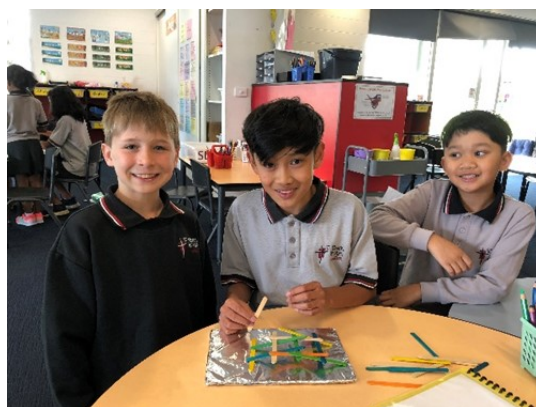
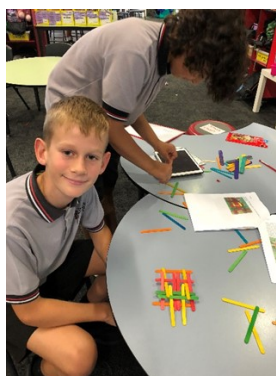
They were not able to use any glue, tape or fasteners .

Students displayed their perseverance and patience while participating in this task.

The success of the task was not necessarily their final product but rather working together and taking on the challenge.

Bravi ragazzi!!!!

Silvana Pansino



Learning and Teaching

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



PE NEWS



JUNIOR SOCCER CLINICS

Through the Sporting Schools Grant we have been able to offer our Junior students Soccer clinics this term. They have four sessions run by Aiden, who is a coach organised by Melbourne Victory. Not only will this involvement increase student physical activities and skills but also enhance their ability to work with others and as a team. This is the first session of soccer clinics for LS2 students.

JUNIOR PE LESSONS - CRICKET

It was very exciting to have Cricket Victoria attend our Junior PE lessons this week. Fantastic that our Juniors are getting to experience a variety of sports with coaches who have expertise in their sport. We hope this will open up new opportunities for the students and they may find a sport they enjoy!



DISTRICT SWIMMING

On Monday February 17th, 23 of our Senior students represented our school at District Swimming. They competed against 3 other schools and came 1st on the day. We would like to congratulate the entire squad for their fantastic effort and good sportsmanship. Well done Seniors! We are very proud of you! A big thank you to Louise who came to help with supervision on the day.

We would now like to congratulate the following students who qualified to attend Divisional Swimming and represent not only SFS but also the Hampton

Park District on Wednesday 11th March: Lachlan G, Cody F, Dante N, Marlie W, Brandon B, Phoebe C, Thivy K, Madison F, Chloe S, Pablo O, Maia S, Hamish McD, Ethan P, Archie M, Josef P, Charlotte McN, Kian McG.

Well done Seniors!!!
Giuliana & Lulli
P.E. Team



Learning and Teaching

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



SFS TWILIGHT SPORTS

Thursday March 5th, 2020

5.30pm – 8.00pm

Come to our annual Twilight Sport to see your child compete in sprints and novelty races. Students who finish 1st, 2nd or 3rd 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.

The Parents and Friends Association will provide students with a free sausage and there will be a CareMonkey notice for you to give permission. Vegetarian options will also be available. We thank the Parents and Friends Association for all their support!

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

Bosco House – Red

MacKillop House – Yellow

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 the opposite side of the track and watch the various events on the evening. We ask all parents to remain in the area opposite the students once they have dropped off their child until the end of the evening when students will be dismissed a level at a time. Parents must ensure their child's name is marked off before taking them at the end of the night.

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

Lulli and Giuliana
P.E. Team

Student Well-Being

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

BeYou

The **BeYou** is an educational resource that promotes the mental health of all members of the school community. At SFS, we are a BeYou school. This week's fact sheet is all about everyday stress and coping skills.



Everyday stress and coping skills

Children and young people develop coping skills through exposure to manageable amounts of stress. Overcoming small stresses helps them with all the challenges they'll meet. Some everyday stresses for children and young people include:

- morning routines and getting ready for their early learning service or school
 - feeling uncertain about others' expectations
 - friendship or relationship difficulties
 - bullying
 - worries about fitting in or being different
 - managing school work, especially around exam time
 - juggling after-school employment with study
 - feeling over-scheduled with multiple tasks or commitments
 - feeling time-pressured
 - experiencing physiological changes in their bodies
 - tension within families (such as changes in family relationships or make-up, family illness or financial problems)
- interaction with social media.

Many factors can make us susceptible to stress

Children and young people are more likely to experience stress in the following situations:

- multiple stressful situations (particularly those that they can't easily control)
- transitions (life changes)
- stress accompanying a serious illness or injury
- isolation or loneliness
- abuse (past or current)
- family or parental stress

family circumstances (such as relationship stress or breakdown, having a new baby in the family, negotiating developmental changes in adolescence or managing illness or a death).

Seasons for Growth



This week I started the Seasons for Growth program. Seasons for growth is a program that helps young people come to term with experiences of loss, grief and change. If you think that this program would benefit your child, please contact me rlenko@sfslynbrook.catholic.edu.au

Student Well-Being

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The Resilience Project

The Resilience Project delivers emotionally engaging programs to schools, providing practical, evidence-based, positive mental health strategies to build resilience and happiness. Last year we participated in a workshop for students, parents and staff delivering the importance of gratitude, empathy, mindfulness and emotional literacy.

This year the senior students are working with a journal reflecting on these key concepts. The students also completed a survey on their wellbeing to give us an idea of where are students are at. The senior students have responded positively to the journal so far.



mConnect Parent Workshop and Celebration

M Connect is a support group for parents at SFS, that gives parents from our school to come together, communicate with each other, learn together and build stronger relationships with the school. All parents are most welcome to attend. We are looking at having a multicultural celebration morning at the end of term 1. Please watch this space for more details.

Lunchtime social skills club

We started our lunchtime social skills game's club on Tuesday this week. It was lovely to see students from the junior and senior school interacting together in such a positive way.



Rachel Lenko

Student Wellbeing Leader

Student Well-Being

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

SWAP:

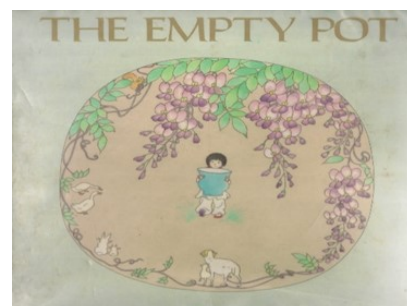
Student Wellbeing and Performing Arts

Juniors

This week in Wellbeing specialists our learning intentions were:

We understand that:

- problems are a normal part of life
- we can increase our ability to identify and name problems
- there are solutions to problems.
- Mindfulness is something we can practice to help focus our thinking and calm our bodies.



We played a game called the Picnic problem solving game where the children had to act out going on a picnic and the problems that could arise during a picnic. Through playing this game, the children learnt that problems often arise, but usually there is a way to solve them. When we can't solve the problems by ourselves, we can ask others to help us. When we see that other people have a problem, we can try to help. When people get left out, they can feel very sad or angry. If we think carefully, we can find a way to include other people in our games.

We explored the value of integrity by reading a story called The Empty Pot. We talked about the importance of being honest and telling the truth.

We finished the lesson by practicing some mindfulness. Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. The children participated in a Cosmic Kid's mindfulness reflection where they used their listening skills.



Parents and Friends Association

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



Pancake Day – Tuesday 25th 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, and the kids love seeing their parents there.



Twilight Sports Carnival – Thursday 5th March

P&F will once again be hosting the sausage sizzle. 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 were sent home this week.



Morning Tea & Second Hand Uniform stall

Thanks to everyone who came along and joined us for Morning Tea today. It was great to see you all. There are two more morning/afternoon teas this term.

6 March – Afternoon Tea

20 March – Morning Tea

The second hand uniform shop will also be opened during these times.

Fun Lunch – Thursday 12th March

This term P&F will be running a Subway Fun Lunch on Thursday 12th March. A nice healthy option and saves the hassle of packing lunch that day. Keep an eye out for order forms, which will be sent home in coming weeks.



Cricket Pitch

P&F are delighted to be able to contribute \$5000 towards the cost of our new cricket pitch. It is only through the continuous support and generous contributions from our SFS families, that P&F are able to make such contributions to SFS.



25 February – Pancake Day

5 March – Twilight Sport, commencing 5:30

6 March – P&F Afternoon Tea and Second hand uniform shop.

12 March – Subway Fun Lunch

27 March – Colour Fun Run – Details to follow very soon!

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

GUITAR, DRUMS AND PIANO LESSONS AT ST. FRANCIS

Enrolling now for Term 1 2020



9572 3391

admin@music-world.com.au