

WEEKLY NEWS



Issue: 1.5— Friday, 28th February, 2020
AS ONE IN FAITH WE LEARN AND GROW

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FEBRUARY

Sat 29th	Mowing Roster—Team A 9am—11am
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MARCH

Wed 4th	Foundation students attend school time full time
Thu 5th	Twilight Sports Night commencing at 5.30pm
Fri 6th	Last day to pay fees in full to receive the 5% discount
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
Sun 15th	Mowing Roster—Team C 9am—11am
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 5pm—8pm BYO picnic
Fri 20th	P & F Morning Tea and second hand uniform sales after morning gathering
Thu 26th	Regional Swimming
Sat 28th	Mowing Roster—Team B 1

Listen to what the Spirit is saying

From the Principal

“It’s not that I’m so smart, it’s just that I stay with problems longer”
Albert Einstein

Einstein may just have been modest or he may have truly believed that this was the explanation behind some of his great achievements. In retrospect, perhaps he was highly resilient and had the ability to look at the problems he was trying to solve comprehensively.

It is believed that it is the way you think about challenges and problems which can help you build resilience and wellbeing. We all have the ability to improve our resilience and our approach to problems.

All children encounter stress of varying degrees as they grow. Despite their best efforts, parents can’t protect their children from obstacles. Children get sick, move to new neighbourhoods, encounter bullies, take tests, cope with grief, lose friends, and deal with not winning - just to name a few. These obstacles might seem small in the eyes of an adult, but they feel large and all-consuming to children.

By building resilience, children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges or even trauma. It’s not something that children either have or don’t have; it’s a skill that children develop as they grow.

There are many ways we can help children build resilience both at school and at home. At school we teach students to solve problems independently. Children need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, children will experience anxiety and shut down in the face of adversity. Last week our staff worked with Anthony from the Resilience Project. Anthony told us that Primary school is the safest community that children will ever be at in their life. This is a safe place to give things a go. Within the safety net to take risk, to try things, tackle obstacles, negotiate friendships and problems, make mistakes and learn from them. It is vital that we scaffold the learning but not take over and solve each problem for them. Success and satisfaction comes from working through something tricky and reaping the rewards of getting there.

Cont’d next page

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KHARISMA KIDS

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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

As adults in these children's life we need to refrain from rescuing, making excuses, fighting our children's battles and sabotaging their learning opportunities. When children learn to walk, they inevitably will fall as they learn to balance their weight. We may clear the path but we have to create the space for experimentation, trial and error and then rejoice at their efforts.

As a staff last week we looked at the survey results of our seniors and one area they can improve is their perception of their problem solving ability. We want our children to improve their confidence and ability to consider options and stay with the problem. Like Einstein we want them to persevere and be resilient in the way they approach challenges and problems. This is a goal for 2020 and as a school community we can work in partnership so there is an improved disposition to problem solving and enhanced resilience as a result.

Here are some ways we can help children build resilience and develop a problem solving mindset:

Build a Strong Emotional Connection by spending 1-1 time with your children: In this busy world this is a lot easier said than done but even setting aside 10 minutes from the hustle to talk about your days, or look through the work your kid may have brought home can go a long way in connecting.

"Let's do a jig-saw puzzle."... "Great idea!"

Promote Healthy Risk-Taking: What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When children avoid risk, they internalise the message that they aren't strong enough to handle challenges. When children embrace risks, they learn to push themselves.

"I'm finding all the straight pieces" "What are you sorting?"

Resist the Urge to Fix It and Ask Questions Instead: When children come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

"Can you help me?" ... "Will we start with the water first?" ... "What's the same colour blue?"

Teach Problem-Solving Skills: We all need help sometimes, and it's important for children to know they have help. By brainstorming solutions with children, parents engage in the process of solving problems. Encourage children to come up with a list of ideas and weigh the pros and cons of each one.

"What will we work on next?" "What's in the picture?"... "Can you find the rest of this fish?"

Embrace Mistakes—Theirs and Yours: Failure avoiders lack resilience. In fact, failure avoiders tend to be highly anxious children. When parents focus on end results, children get caught up in the pass/fail cycle. They either succeed or they don't. This causes risk avoidance. Embracing mistakes (your own included) helps promote a growth mindset and gives children the message that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.

"Let's see if that piece fits." ... "Oh, I don't think my piece fits here."... "That's great to turn it around"....

Promote the Bright Side—Every Experience Has One: Optimism and resiliency go hand in hand. Some children may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

"Good work finding all those pieces." "You are great at doing jig-saws" "You have nearly finished the puzzle."

Go Outside: Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for children, all children really need is time spent outdoors engaging in a physical activity.

"Great job, let's go on the trampoline."

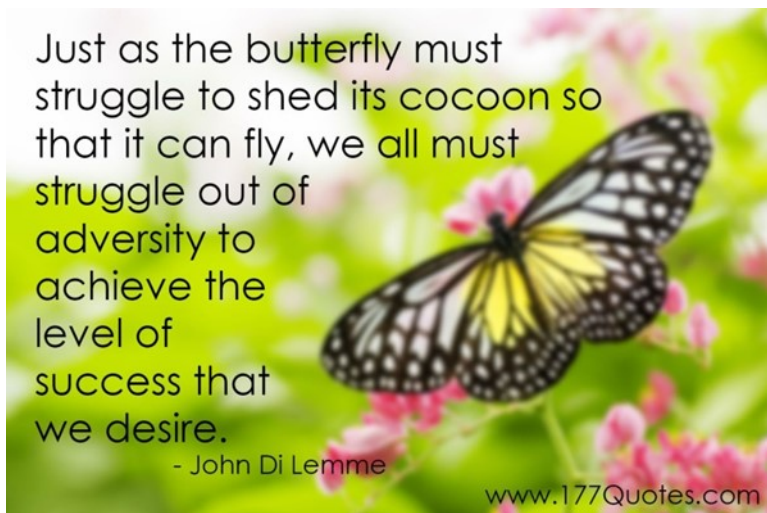
From the Principal

Resilience helps children navigate these stressful situations. When children have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they internalise the message that they are strong and capable!

Just as the butterfly must struggle to shed its cocoon so that it can fly, we all must struggle out of adversity to achieve the level of success that we desire.

- John Di Lemme

www.177Quotes.com



Click the link to explore the Butterfly Story

<https://www.slideshare.net/guest96a0b2/the-butterfly-story-presentation>

ECSI Enhancing Catholic School Identity Survey

A reminder to go to our school website and click the ECSI Survey link to complete the survey.

You have til Friday 27th March to complete it.

Instructions with login and pass word were sent to every family.

Once you have completed the survey, please print the completion certificate and send it to the School Office to enter the raffle to win a Gold Class Village movie voucher.

The survey takes around 40 minutes to complete.

Thank you

Christine White
Principal



Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

‘Jesus fasted for forty days and nights.’

Matthew 4: 1-11

Following his baptism in the Jordan River, Jesus went out to the desert to pray and understand God's will. He was alone in the desert for 40 days and nights. Satan waited until Jesus emerged from the desert before tempting Jesus to use his powers. Of course, Jesus was hungry after fasting for 40

days, so the devil tempted him first with food. "Command these stones to become loaves of bread," was the first dare. Later the devil tempted Jesus to use his power to prove that God would send angels to help Jesus if he jumped from the top of the temple. Finally, Satan offered Jesus the glory and power of all the world if he would but worship Satan. To each temptation, Jesus held fast to what he knew was God's will for him.

One of our primary goals as parents is to help our children discover their gifts and use them generously in a way that glorifies God. From a very early age we can remind our children of the source of their gifts and encourage them to use them humbly.

There are many opportunities in the media for your family to recognise the gifts of other people. There are movies and television stars, musicians, entertainers, and sports figures to name a few. As you watch television, listen to songs and observe these figures, discuss as a family what the gifts of these people are. Consider this Gospel story and share ideas about how these people are following God's will (or how they might avoid temptations). Compare how they use their gifts with the way others (such as teachers, grandparents, etc.) use their gifts.

Blessings!

Elisabetta Micallef
Religious Education Leader (REL)
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Sacramental News:

Reconciliation Family Workshop

Monday 20th April at 7.00pm.

Reconciliation Sacrament

Thursday 30th April at 6.00pm.

Project Compassion



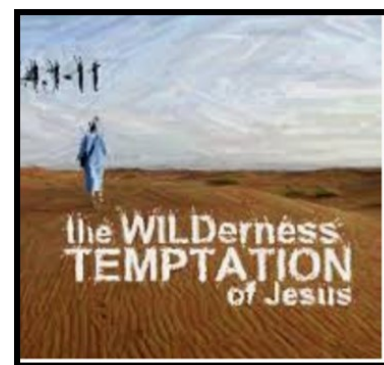
Project Compassion is Caritas Australia's annual Lenten fundraising and awareness-raising appeal. Millions of Australians come together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

As a school, we take part in raising money for the less fortunate. Each Learning Space has 4 Project Compassion boxes marked with our 4 house teams.

Lent is a time for us to reflect, pray, fast and GIVE.

We invite children to start raising money for the less fortunate!

Thank you for making a difference.



“Try to be a rainbow in someone else's' cloud.”

MAYA ANGELOU

Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

GRADE 5/6 SOCIAL JUSTICE TEAM – MINI VINNIES

A group of Grade 5/6s have offered to give up some of their time on Tuesday second lunch to meet and begin the work of helping others. I would like to congratulate these students for their effort.

Ash Wednesday marked the beginning of Lent as we celebrated Mass together. Mini Vinnies have been working hard to put together project compassion boxes, decorate them in House colours and then deliver them to Learning Spaces with posters which give information about project compassion. We are hoping to collect money to help Caritas with their work throughout the world. This will also become a House competition and will be the beginning of points collected for the Community Spirit Award. Each Learning Space there are 4 project compassion boxes, one for each House. There are also 4 project compassion boxes in the office for any parents who wish to donate to their children's House.

I would like to thank the Mini Vinnies for all their hard work!!

Giuliana



You are invited
Friday, 20th March
5pm—8pm

Bring a picnic dinner and a rug
Join in the FUN

Sausage sizzle and drinks will be on sale
RSVP to admin@sfslynbrook.catholic.edu.au
by Friday, 6th March

Office News

Current Year 5 families—please note

If you wish your child to attend a Catholic Secondary school for Year 7 in 2022, you need to contact the school for an Application Form this year.

Please contact the relevant Colleges directly for Open Day and School Tour Information.

Sibling Enrolments for 2021

It is time for any family currently at the school with a child who will be turning 5 before the 30th April 2021 to collect an Application for Enrolment from the School Office. Please submit your completed Application form along with supporting documents (birth certificate, baptismal certificate, immunization certificate, PR or Citizenship certificate etc).

Interviews will take place towards the end of Term 2.



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



The Maintenance Levy of \$250 per family is rebateable to families who attend 2 Mowing Roster dates. OR who attend 2 full major Working Bees.

Attendees must sign the attendance sheet on the day so that your attendance is recorded.

Brad Jackson— 0400 410 289

2020 — 2021 MOWING ROSTER

Team A	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 MOWING ROSTER

Team C	Sunday, 15th March	9am—11am
Jaspal Bangar	Parminder Saini	Gilliane Commarmond
Aaron Loader	Divya Anoop	Diego Silva Acevedo
Ashley Vella	Daniel Kovacevic	Tranga Raj Gautam
Melissa Turner	Albert Barna	Mohammed Mazid
Buddhika Kondasinghe	Hun Minh Chau	Renny Ouseph

2020 — 2021 MOWING ROSTER

Team B	Saturday, 28th March	1pm - 3pm
Trevor Walter	Trevor White	Tristan Patton
Roger Allen	Hardik Bhatt	Ryan Cole
Gavin Michel	Chanditha Kalinga Mudalige	Shimi George
Botros Meina	Adrian Sutantio	

Learning and Teaching

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



LESS THAN A WEEK TO GO UNTIL SFS TWILIGHT SPORTS!!

Thursday March 5th, 2020

5.30 pm - 8.00 pm

With less than a week to go, students and staff are eagerly practising their cheers not only to support their competitors but also to try and win the prestigious House Spirit Shield for 2020!

Which House will win this year???

Will MacKillop win again or will the shield be taken from them by another House?

Only time and practise will tell, as each of the Houses gather together on Fridays before second lunch to practise.

Please make sure your child attends, as the more students that attend for a House and compete, the more chance that House has of winning the House Sports Shield for the year. Will Teresa win again or will another House take the prestigious shield from them? We look forward to seeing you all there!



Grade 6 students will have the opportunity to compete in the SFS Grade 6 Gift. This is the second year this race has been run and we have a shield that will be presented to the fastest Grade 6 student on the evening. This student will also get the opportunity to represent SFS at District Athletics later in the year.

Parents and Friends are providing a free sausage or vegetarian option for students whose parents have given permission on Care Monkey. Remember to bring lots of change as the Parents and Friends will also be selling sausages, drinks and icy poles for friends and families.

Look forward to seeing you there!

Lulli and Giuliana



Student Well-Being

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

BeYou

The **BeYou** is a framework for educators to use to promote positive mental health for all members of the school community, students, teachers and parents. Recently the senior students have completed a survey on their social emotional learning. The results of our students responses indicate that some of our children need to develop some better home learning behaviours such as getting enough sleep at night, limiting the amount of screen time, particularly in the evening, eating a balanced healthy diet, drinking plenty of water and getting enough exercise. This week's fact sheet is all about the Australian dietary guidelines.



Australian dietary guidelines

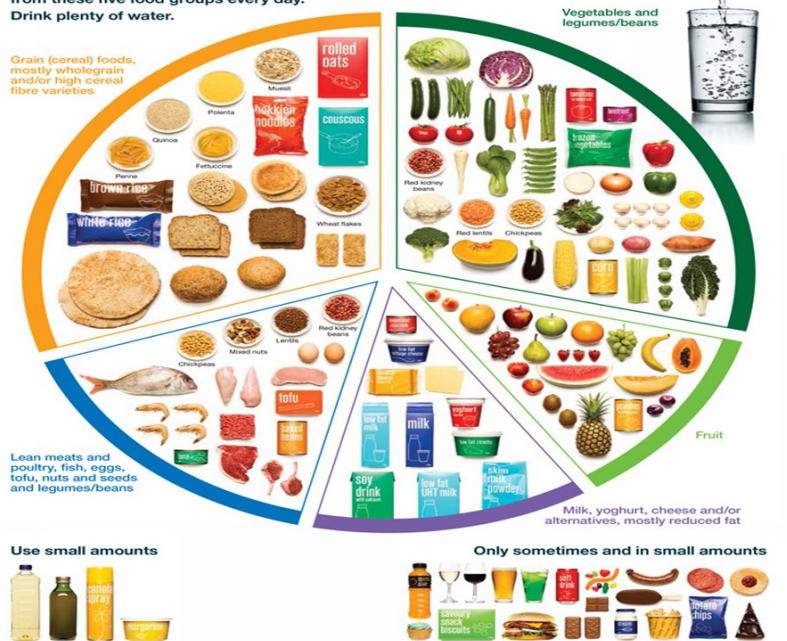
The [Australian Dietary Guidelines](#) recommend that we all increase our intake of fruit and vegetables and reduce foods high in sugar, salt and fat.

However, changing lifestyles and increased access to processed foods mean many children and young people fail to meet these recommendations. Less than 1% of children and young people aged two to 18 years consume the recommended amount of vegetables each day.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



The Resilience Project

This week in Specialist's classes the seniors have further explored the importance of developing empathy. Here are some questions you might ask about the Resilience Project and why we are involved in this project.

QUESTION

Why is resilience and wellbeing important?

ANSWER

1. Children who are not well emotionally will not be able to learn. When we are stressed the part of our brain responsible for learning does not work.

2. Calm children can focus and retain more information.

3. Resilience enables children to take safe risks without fear of failure.

4. The statistics indicate that the number of adults struggling with mental ill health has increased over the years.

5. Statistics also tell us that mental ill health is affecting young people at alarming rates and the onset is getting earlier.

Prevention is the key to seeing these figures improve.

Why and how is this relevant to curriculum?

1. The Resilience Project curriculum has been produced to align with Victorian and Australian Curriculum standards and frameworks.

2. The Resilience Project curriculum addresses aspects of achievement standards in the Personal and Social Capabilities learning area and the Health and Physical Education learning area.

How much time does the program take?

1. Each school will introduce the program in a structure that works best for your individual school community so there may be some variance in the overall time taken.

2. It is our hope that the themes covered in our formal curriculum become an ongoing focus throughout the school.

For more information visit the **THE RESILIENCE PROJECT** theresilienceproject.com.au

Rachel Lenko
Student Wellbeing Leader

Parents and Friends Association

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pfasecretary@sfslynbrook.catholic.edu.au



Twilight Sports Carnival

Thursday 5th March

The P&F will once again be hosting the sausage sizzle and we will have drinks and icy poles for sale so you can enjoy a yummy treat while cheering on the kids in McKillop, Teresa, Bosco and Patrick!



We need volunteers to help us run the stall!
If you can help for just 30 minutes on a roster between 5 pm - 8 pm we would greatly appreciate it!



You won't miss out on seeing your kids participate in their events.



If you can help, please return the slip to the office or email sfspfa@sfslynbrook.catholic.edu.au

The P&F are providing all students with a **FREE** beef sausage in white bread. Please complete the permission slip on CareMonkey so your child doesn't miss out and indicate if your child requires a vegetarian sausage. If your child has any other special dietary requirements (example: gluten-free), please email sfspfa@sfslynbrook.catholic.edu.au and let us know your child's name, house and what their dietary needs are. Thank you.

Subway Fun Lunch – Thursday 12th March at first lunch

Our first fun lunch for Term 1 will be Subway! Keep an eye out for order forms which will be sent home shortly and note the date in your calendar:
Orders due back Friday, 6th March



Easter Raffle – Donations Needed!



We know it's only February but...our annual Easter Raffle will be held on the last day of Term 1. That's only 4 weeks away!! We are asking for donations of Easter chocolates, bunnies, plush toys and other goodies to create our hampers for the raffle prizes. All donations can be left at the school office.

Your support is greatly appreciated!!

Parents and Friends Association

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

Pancake Day at SFS

On Tuesday, we celebrated Shrove Tuesday by serving up over 400 hot, fresh, fluffy pancakes to the students and teachers. The kids declared the pancakes were “YUMMY” and we were delighted to see so many happy, smiling faces. Huge thanks to the parents who volunteered their time to help us cook up a storm – we truly appreciated your support. It was a fantastic day!!



**DATES TO
REMEMBER**

Thursday 5 March
Friday 6 March
Thursday 12 March
Wednesday 18 March
Friday 27 March
Every Friday

Twilight Sports Carnival
Afternoon Tea & Uniform Shop
Subway Fun Lunch
PFA Meeting at 7:15pm
Colour Explosion Run
Icy poles on sale