WEEKLY NEWS

Issue: 1.6— Friday, 6th March, 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

MARCH		
Mon 9th	Public Holiday—No school	
Wed 11th	Divisional Swimming	
Wed 11th	Twilight Sports Night 5.30pm—8pm	
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	
Wed 25th	Celebrating our Cultures Lunch 1.30pm Community Room	
Thu 26th	Regional Swimming	
Fri 27th	Fun Run/Cross Country Colour Explosion Run	
Fri 27th	End of Term 1 2.30pm finish	
Sat 28th	Mowing Roster—Team B 1	
APRIL		
Sun 5th	Palm Sunday	
Fri 10th	Good Friday	
Sun 12th	Easter Sunday	
Mon 13th	Easter Monday—no school today	
Tue 14th	Start of Term 2	

Listen to what the Spirit is saying

From the Principal



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. 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. 122 Paterson Drive, Lynbrook 3975 T 03 8773 6700 E principal@sfslynbrook.catholic.edu.au W www.sfslynbrook.catholic.edu.au

From the Principal

Sibling Enrolments for 2021 are due by 16th March, 2020

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)



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.



From the Principal



TEACHING YOUNG AUSTRALIANS TO BE mentally healthy

INSIGHTS

Gratitude; What I am grateful for ?

mpathy;

Who or what position might I feel empathy for? try to understand?

Mindfulness

How can I be in the moment/present ? What am I feeling/experiencing now ?

At the end of a day think about ${\sf GEM}$

parenting *****ideas

Parenting in the age of disruption



We live in the age of disruption. The future your children will inherit will be very different than the world we live in now. A university degree, once a guarantee of a well-paid job, no longer ensures your child a career, let alone a steady income.

So how can we prepare children to thrive in a world where it's estimated that over 20 per cent of today's jobs won't exist in just five year's time? How do we prepare them for a worklife of multiple careers and job changes?

South African educator and author Nikki Bush believes that the future will belong to those who develop a broad range of personal capabilities rather than a narrow number of academic abilities. Bush has outlined five key personal factors that will help kids succeed in the future world of work. These are:

Creativity and innovation

With information being only a digital search away, knowledge is relatively easy to obtain in the digital age. The ability to think outside of the square and find new solutions to old problems will be one of the most highly valued skills in the new world of work.

Love of learning

In a world where people working into their seventies and beyond will become common place, a degree of qualification obtained in the early twenties won't guarantee continued success. The future will require people to be in charge of their own learning and be willing to continually upskill. Continuous learners rather than those who close themselves off to new ideas and concepts will thrive in the future.

Resilience

Life doesn't unfold in a straight line. It never has, but the future of work will have more twists and curves than ever before. Kids will need to be resilient and flexible enough to cope with rapid workplace change and lack of security, as well as be able to manage risk to earning a living.

Self knowledge

Personal knowledge of strengths, capabilities and talents has long been a skill, that we've neglected to develop in kids. When the future is fluid and work continually changing, self-knowledge will become a passport to happiness and success.

Teamwork

The ability for your child to work as part of a team both virtually and in the real world will be more important than ever in the future world of work. Even jobs that have an individual skill focus will require people to work cooperatively alongside each other.

parenting *****ideas

Reassuringly, there is a great deal you can do as a parent to prepare your child to capitalise on the changing career and jobs landscape. Use Bush's five personal factors for future success as a starting point as you ponder how to prepare your child to prosper in the age of disruptive change.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the below webinar 'Futureproofing your child' at no cost.

About

In this webinar Nikki Bush teaches parents what to expect and how to support their kids to thrive in a future world of work.

When

18 March 2020 8:00pm AEDT

To redeem

1. Click this link: https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-future-proofing-your-child

Click 'Add to cart'

3. Click 'View cart'

4. Enter the voucher code FUTURE and click 'Apply Coupon' Your discount of \$37 will be applied.

5. Click 'Proceed to checkout'

6. Fill in your account details. These details are used to login to your account and access your parenting material

7. Click 'Place Order'

The voucher is valid until 18 June 2020.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Learning and Teaching

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



SFS TWILIGHT SPORTS RESCHEDULED!! Wednesday March 11th, 2020 5.30pm - 8.00pm

Unfortunately due to the weather forecast we had to cancel and reschedule the Twilight Sports. It will now be held on Wednesday March 11th and the forecast is a sunny 26 degrees!!

We hope that families will still be able to attend as 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 give permission on Care Monkey. Unfortunately because of the change of date, we have had to put out a new CareMonkey notice for permission as well as for catering purposes.

If parents could please give permission and indicate if their child would like a free sausage/vegetarian option by Friday December 6th, this would be extremely helpful for catering purposes.

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

Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

'His face shone like the sun.'

Matthew 17: 1–9

The second Sunday of Lent always gives us an account of the transfiguration. Jesus asked Peter, James and John to go with him to the mountain top. While they were there, Jesus was transfigured and became dazzling white before them. Along with Jesus stood Moses and Elijah. The voice of God announced that Jesus was his son and that all should listen to him. The disciples were frightened, but Jesus calmed them. When Peter, James and John looked up, Jesus was the only one left . . . the one to whom we need to listen.



Children adapt to change. They love the excitement of something new. As parents, however, we'd like to slow down the changes we see - changes in our community, our jobs, government, and even the changes in our growing children. As it was for the disciples, it's hard sometimes for us to understand and accept things changing in front of our eyes. However, change and constant motion are part of the divine plan as we journey to God. Instead of digging in our heals to slow the change, try lightening your heart as a child and accept with joy, the changes you face.

This week, consider your community, family, relatives, and people at work or school. Who is struggling right now because of a recent change? How is this change darkening their world? Once you have identified the person (or people) and their situation, think of one way as a family you can be a light to them. Our action is our response to listening to Jesus.

Grace and blessings!

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

Sacramental News

Reconciliation Family Workshop Reconciliation Sacrament Monday 20th April at 7pm. Thursday 30th April at 6pm



"Act as if what you do makes a difference. IT DOES". WILLIAM JAMES



The clip below explains LENT in a simple, easy way for the whole family to watch https://www.youtube.com/watch?v=Xo1mjuy1NA0

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.



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Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols



GRADE 5/6 SOCIAL JUSTICE TEAM – MINI VINNIES

This week during Morning Gathering students have been learning about how Caritas helps people in the Phillipines who are not treated equally within their community. How they have assisted these people and improved their quality of life.

Mini Vinnies again gave up some of their time during 2nd lunch on Tuesday to begin collecting and counting the money in the Project Compassion boxes for each House. The results so far are:

TERESA	\$12.00
BOSCO	\$10.60
MACKILLOP	\$9.25
PATRICK	\$7.85

Results are close and we still have 3 weeks to go. The winners will be announced at the last assembly this term. But remember these are the beginning of the points that will be counted towards the prestigious SFS Community Spirit Award. Will MacKillop win again this year or will another House take the award?? Parents you can also take part in the competition and help your child's House by putting money into the Project Compassion box decorated in your child's House colour in the office on the front desk.

Once again I would like to thank the Mini Vinnies for all their hard work and commitment and giving up their lunchtime!!

Giuliana





Project Compassion Box for home from the school office.

Junior Innovators

The children in LS1 have been looking at *Innovation* as a part of our Inquiry learning.

We were given the task to 'create' or 'design' something using a variety of materials such as wooden blocks, building blocks, Lego, connector cubes, paper, straws etc.



Curtis creating a train

We then presented our designs to our Home Groups- giving it a title and explaining the process and purpose.



Daniel with his sword and shield

We then had a look at the design process, reflected on our own work and went back with the task of improving our initial design. This allowed us to question ways we could improve our design and test out any modifications.



Lucy, Ameya and Isabel building a maze

We have enjoyed exploring our Innovation topic and using the design process.



Melia creating a hotel

Student Well-Being

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

BeYou

BeYou is resource for educators that highlights the importance of the mental health of all members of the school community, students, parents and staff. For more information visit the BeYou website. This week's fact sheet is about exercise can affect mental health and wellbeing.

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins; the neurotransmitters involved in regulating and improving mood
- promotes sleep which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity
- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

Foyer display

During SWELL week this year which was the first few days back at school, each home group worked on a small canvas. The children were given a statement from our new school mission statement to represent in some way using the symbols of heart, light bulbs and hands. Our Mission statement is at SFS we are a Faith community, animated by love, inspiring innovation and empowering learners. This week I was able to put these canvases on display as you come in through the coloured doors. When you come to collect your children, come and have a look at the canvas display.



Rachel Lenko Student Wellbeing Leader

Student Well-Being

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

mConnect and Wellsprings for Women

We will be having a



multicultural celebration afternoon on **Wednesday 25th March, between 1.30pm and 3pm**

organised with Wellsprings for Women. Our mConnect group is a group

for parents and their families to connect to the school and other families. We will be having a shared lunch/afternoon tea,

Henna tattoos, dancing and music, reflexology massage and give away prizes. There is no cost involved and all parents are welcome, I just need you to RSVP to

<u>rlenko@sfslynbrook.catholic.edu.au</u> for catering purposes. Please see the attached flier in the newsletter. Our mConnect group is here to help parents from our SFS school community connect with the school, with other parents, learn and have fun.



PLEASE BRING A DISH TO SHARE AND WEAR SOMETHING TO REFLECT YOUR CULTURE

WEDNESDAY MARCH 25TH 2020 1.30 PM - 3.00 PM



Parents and Friends Association

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



The P&F are very excited to officially launch the

COLOUR EXPLOSION RUN

Friday 27th March 2020

The **COLOUR RUN** will be held on the school oval following the Cross Country Run. The day's focus is on fun and fitness with the added benefit of raising funds for our school.

All students should have received a sponsorship form with instructions on how to raise money and order prizes (additional copies available at the office). Students can obtain donations from family and friends in cash using the Sponsorship Form together with online fundraising. This is our major fundraiser for the year. The more money we raise, the more we can provide valuable school resources that all students will benefit from.

As an added incentive, every child who raises \$10 or more will receive a prize - so get involved!



Online Registration

Each student must register online: www.myprofilepage.com.au

This is a new parent portal. Please refer to the Colour Run Online Registration Instructions which is attached to this week's newsletter for further information.

WHAT TO WEAR: As students will be wearing their house colours, we suggest wearing a light shade if possible to maximise the impact of the coloured powder.

COLOUR POWDER: The colour powder used in our event is made of high quality corn starch and permitted food colours. It's non-toxic, biodegradable, skin safe and environmentally friendly. The ingredient listings can be obtained from the School Office upon request. Students will receive a pair of sunnies to protect their eyes. Students with asthma are advised to be careful in their decision to participate.

WIN A DREAM HOLIDAY WORTH \$10,000! For your chance to win a \$10,000 Flight Centre Gift Voucher, create a Student Profile Page online and for every \$10 raised you will receive one entry into the draw to win. The more you raise the more chances to win.

WIN A CRUISE OF YOUR CHOICE! The highest fundraising student in our school will go into the draw to win a \$5,000 cruise of your choice. To enter, you must create a Student Profile Page online and you can view your ranking on our school's leaderboard.

It will be a fantastic way to celebrate the end of Term 1 so mark the day in your calendar and come down to support our fantastic SFS kids! Thank you in advance for your participation and get ready for a

BLAST OF COLOUR!

Parents and Friends Association

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



<u> Faster Raffle – Donations Needed!</u>

We are asking each family to donate Easter chocolates or other Easter-themed gifts to our raffle. We will use your donations to make raffle prizes.

The more donations we receive, the more prizes on offer!

Donations can be left at the school office. Your donations are greatly appreciated!

Twilight Sports Carnival

Wednesday 11 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 MacKillop, Teresa, Bosco and Patrick!



With the change of date to Wednesday 11 March, we still need volunteers to help us run the stall! If you can help for just 30 minutes on a roster between 5:00 pm - 8:00 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



Thursday 12 March Wednesday 18 March Friday 20 March Friday 27 March Friday 27 March Every Friday Subway Fun Lunch PFA Meeting at 7:15pm Morning Tea & Second hand uniform shop Colour Explosion Run Easter Raffle Icy poles on sale

Parents and Friends Association

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





Bk 2 Basics Donation

With the change of date for the Twilight Sports Carnival, the P&F had over 20 loaves of bread that we couldn't use on Thursday. But it didn't go to waste!! We are delighted that we were able to

donate this bread to **Bk 2 Basics**, a local charity that does fantastic work providing food support for individuals and families.

They provide meals and emergency assistance to the homeless, financially disadvantaged people and families and victims of crime. Especially during Lent, it was a wonderful opportunity to help those in need.



Subway Fun Lunch

Just a reminder that Subway fun lunch is on next **Thursday 12 March** at first lunch.

Orders are now closed as Subway does not accept late orders.

Icy Poles – on sale every Friday!

We are hoping that the summer sunshine returns soon!! We will still have icy poles available to purchase for 50c during first lunch every Friday.



Buy your Entertainment Membership today: https://www.entertainment.com.au/orderbooks/9g12847

Kharisma Kids

Before and After School Care

Before and After School Care News

We are off and running this year with attendance numbers growing in both Before School Care and After School Care.

So much that we will be looking at getting approval from the Department of Education to increase our license from 45 children to 60. This will allow us to be able to accept more casual and permanent care bookings.

If parents do need care or may be unsure if they may need care in the future, it is best to have your child/ children enrolled. There is no enrolment fee, just pick up some forms from the school office or any of the Kharisma Kids team in LS1.

Vacation Care

Last holidays we had a great turn out of children participating in the Vacation Care program. The Autumn program has been confirmed and we are now accepting bookings.

Families can book for 1 day up to all 9 days using the booking form attached to this newsletter. Get in quick as some days do have a maximum number of children due to planned activities.

Our staff have cleared Working with Children Checks, first aid training, emergency asthma management training, CPR and anaphylaxis training.

orisma Kids

Contact

Families can contact us by either phone 0411 295 273 or email kkids@sfslynbrook.catholic.edu.au or in person in our planning room/kitchen from 2.45pm.

Rob and the Kharisma Kids Team

Vacation Care Autumn 2020

Daily fee is \$58 (before ccs is discounted). All compulsory incursions/excursions and special activities are detailed below. This list is a highlight of what is on offer each day. We offer arts, crafts, activity sheets, games, sports equipment and playgrounds each day that are not detailed on this planner.



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.





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 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	

2020 — 2021 MOWING ROSTER

Team D	Sunday, April 19th	1pm—3pm
Joyson Jose	Sharon Perera	Marcus Roberts
Anthony Leveque	Laszlo Forgacs	Ajay Pal Singh
Thomas Antony	Ivan Samusenko	Janath Nissanka
Stiven Antic	Mahesh Balakrishnan	