WEEKLY NEWS

Issue: 1.8 — Friday, 20th 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		
Wed 25th	Delivery of Hot Cross Bun orders	
Thu 26th	Regional Swimming	
Fri 27th	P & F Easter Raffle draw	
Fri 27th	Cross Country and Colour Explosion Run	
Fri 27th	Chocolate easter egg—free Cadbury egg to all children	
Fri 27th	End of Term 1 2.30pm finish	
Sat 28th	Mowing Roster—Team B 1pm	
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	
Sun 19th	Mowing Roster—Team D 1pm	
Mon 20th	Reconciliation Family Workshop at 7pm	
Thu 30th	Sacrament of Reconciliation at 6pm	

10th Anniversary Celebrations:

We have postponed the following events:

Blackberry Jam Incursion for students will now be held on Friday, 13th November, 2020

10th Anniversary Bush Dance will now be held on Friday, 20th November, 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

Listen to what the Spirit is saying

From the Principal

And the People Stayed Home

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

— <u>Kitty O'Meara</u>



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.

From the Principal

Or in the words of Dr Tedros Adhanom Ghebreyesus the Director General of the World Health Organisation

Let hope be the antidote to fear. Let solidarity be the antidote to blame. Let our shared humanity be the antidote to our shared threat.

This is not the time to be fighting each other at the supermarket shelves over toilet paper! It is a time to be looking after everyone in our communities, schools, work places and homes. Now is the time to step up as people...teachers...parents...leaders...and be the

Light of Christ in the darkness...

To calm the fear

To keep people not just physically safe but psychologically safe

To look after your personal mental, physical and spiritual wellbeing.

This is a challenging time but also a time to learn about ourselves, a time when our children learn about us and how we deal with life's challenges. Even in the darkest of this time there is hope, there are things we can do and ways we can make things better. So what will the children learn from watching us their role models in 2020?

This is a time for us to model resilience. When we are faced with an event such as we are facing we do not want to traumatise our children. When we speak about the virus we can finish with a positive statement, something proactive we can do.

" I am going to wash my hands after going to the toilet."

" I am going to wash my hands before eating."

Keep things simple and ensure they understand the key message.

"most people will be fine."

"the adults who take care of you will keep you safe."

For the teaching staff the end of this term is extra busy. We face a lot of un-



knowns. There is a steep learning curve as we adapt and modify for the possibility of remote learning. Teachers also have to learn to use the technology in a way they have not done before. It is not the same as face to face teaching and there are many variables. Making adjustments to cater for this extra complexity is problematic and not the same as working with a child in the learning space. However despite the difficulties our staff are all going to give it a go!! I heard statement like, "We've got this" and " This is exciting" and just such a 'can do, will do' spirit among the entire staff from teachers to Learning Support Officers and specialists. They have been my light this week and I am so proud of them all. They are demonstrating that despite the obstacles they will find a way to provide your children the very best learning opportunities at school and if required over the internet and from their home to yours. Great models of resilience!

How lucky are we to have them at St Francis de Sales! Please take the time to acknowledge their professionalism and dedication.

I will continue to keep you updated via Flexibuzz of the advice from Catholic Education Melbourne and the Department of Education as we receive it. I thank our parents for supporting us in keeping our children safe. School will be open next week and we look forward to finishing the term with our Colour Run and Cross Country. Please support the school by helping children with sponsorship or making a donation. The Easter raffle will be drawn on the last day. The money raised from the Easter raffle will help the Monash Children's Hospital. Finally we will also draw the winner of the ECSI survey raffle, I still need parents to complete the survey so we get valid data for our review. Please consider completing this survey. (see next page for how to participate)

From the Principal

ECSI Enhancing Catholic School Survey

I urgently need your help and precious time to complete the Enhancing Catholic School Identity Survey (ECSI). All staff and all Yr 5 and 6 students have completed the survey. However we are desperate to have sufficient parent responses to have valid data.

I am requesting that if you started and did not complete the survey or if you have still to start, please consider helping us out by responding.

The deadline for the survey completion is next Friday 27 March.

Access the surveys at www.schoolidentity.net

Enter the case-sensitive password Ghj654 and click login

Click on the TO THE SURVEYS button

If you're a new user: Click on the **NEW USER** button

Enter your school's entry code g3133K

There are four parts to the survey. Please complete each section.



As an incentive please send us your certificate of completion to go into the raffle for a GOLD Class movie ticket. When COVID-19 is over it will be a real treat!!! The things we have taken for granted. Thanks a Million

Christine White Principal

We celebrated Catholic Education Week a little differently this year! We still had lots to smile about.



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Office News

Sibling Enrolments for 2021 are due now

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.





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 B	Saturday, March 28th	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	

Working Bee # 1

Saturday, May 23rd

9am-12 noon

2020 — 2021 MOWING ROSTER			
Team E	Saturday, May 30th	9am—11am	
Sanal Elembilan	Christopher Rozas	Hansel Gomes	
Bill Seremetis	Helen Chong	Andrew Paydon	
Deepak Khatter	Jose Reano	Satbir Singh	
Harry Tang	Michael Levy	Leang Eng Orn	

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.

St John's Regional College Open Mornings 2020

Thursday, 14th May, Thursday, 25th June

9.15am

Www.trybooking.com/BALBU

to book tickets

5—11 Caroline Street, Dandenong 8793 2000 www.sjrc.vic.edu.au Mazenod College Open Mornings

Tuesday, 19th May, Tuesday 21st July, Tuesday 20th October

9.30am 10.00am 10.30am No Booking required—just turn up Applications close Friday 21.08.2020



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.

Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

'The blind man went off and washed himself and came away with his sight restored'.

John 9: 1–41





Using saliva and earth, Jesus made a paste to heal the blind man. The healing became a true conversion for the man, but created some problems for Jesus with the Jewish leaders. Because this healing took place on the Sabbath, the Pharisees accused Jesus of breaking Jewish law.

The Pharisees tried to get confirmation of this action from the blind man's parents and from the blind man himself. In the end, the authorities were unable to charge Jesus with any wrongdoing and had to recognize that Jesus was gaining many disciples.

In order for parents to help their children follow the light of Christ, they too must open their eyes. As Jesus helped the blind man understand, it is not enough to see only with our eyes. We need also to see with our hearts and allow our every action to reflect this sight. Jesus healed the man of his blindness, but in the end the man recognized Jesus as the Messiah and worshiped him.

This week, make an effort to really see God in our lives. This may take some time and deliberation, but take a walk together and look for signs of God in the beauty of nature. Talk about ways God has helped you see with your heart, and suggest ways you can share the sight of your heart with others. You might bring some of your findings to your family's prayer space. Prayerfully Yours!

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



<u>Sacramental News</u> Reconciliation Family Workshop

Reconciliation Sacrament

Monday 20th April at 7.00pm. Thursday 30th April at 6.00pm.



Project Compassion:

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.

Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols



GRADE 5/6 SOCIAL JUSTICE TEAM – MINI VINNIES

The Houses have continued to donate money for Project Compassion.

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

Patrick	\$ 104.30
Bosco	\$ 61.30
MacKillop	\$ 40.00
Teresa	\$ 26.80

The total collected so far is \$ 232.40!! Well done SFS!!!

Results are close and we have 1 week to go. 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



Learning and Teaching

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

TERM 1 ART

Term One started with all student making clay hearts for a whole school display. Each student rolled out their clay, used a doily to imprint a pattern into the clay before cutting out their heart shape with a cookie cutter. Now they will be taken to be fired then displayed.



Congratulations



Well done to Phoebe in MF whose art work for the CEO's Creative Arts Exhibition received a Highly Commended and a prize in the Portraiture Prize for Primary Schools.

Fabulous work Phoebe we are very happy for you.

SFS CROSS COUNTRY FUN RUN

Friday March 27th, 2020



A reminder that the SFS Cross Country Fun Run is on Friday March 27th, 2020 and it will be held at SFS.

Seniors will be involved $9.30 - 10.30$ and Juniors $11.00 - 12.00$.		
	Foundation:	1 km (once around track)
	Grade 1:	1 km
	Grade 2:	1 km
	9/10 year olds:	2 km (twice around track)
	11 year olds:	3 km (three times around track)
	12/13 year olds:	3 km

Students will be required to wear their sports uniform 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.

They will also need their hats and a drink bottle.

Teresa House - Blue MacKillop House - Yellow Bosco House - Red Patrick House - Green

Students will be sitting with their Learning Space, supervised by staff when not running and cheering for their House.

We remind parents that only the few who are assisting with the event are able to attend on the day. Parents and Friends will contact you if you are assisting and could you please meet us on the oval at 9.00am Friday morning. We thank parents assisting for your support and all parents for your understanding.

Lulli and Giuliana

Student Well-Being

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



Today, **Friday 20th March** is National day of action against bullying and violence. The students had a focus on this during their circle time activity this week.

If your child talks to you about bullying:

- **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
- **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
- **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

Visit <u>www.bullyingnoway.gov.au</u> to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

- **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.
- **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

Parent Teacher Meetings

Any parents who would like to discuss the wellbeing of their child are most welcome to make a time to speak to me at the Parent teacher interviews next Thursday.

BeYou is a resource for educators that promotes the mental health for all members of the school community, students, teachers and parents. This week's fact sheet from the Be You website is all about mindfulness and how you can practice it. During the current stressful time we face, the practice of mindfulness can help to calm your mind and relax in the business.



Student Well-Being

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

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.

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.

Rachel Lenko Student Wellbeing Leader

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.



Parents and Friends Association

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



COLOUR EXPLOSION RUN

Thank you to the parents of the 64 students who have already registered online and started fundraising for our school. Your support is greatly appreciated. We would love to see lots more kids getting registered and raising funds this week!!

COLOUR RUN CHALLENGE:

We are challenging every student to complete the following tasks by the end of next week:

Register online at www.myprofilepage.com.au

Raise at least \$10 for our school. If you raise just \$10, you will earn a prize!!



Come on Seniors!! The Juniors are leading the

COLOUR EXPLOSION RUN



COLOUR EXPLOSION RUN







Parents and Friends Association

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

Easter Festivities at SFS

We can't wait for Easter Festivities to begin at SFS. This year we are supporting **The Monash Children's Hospital** – so please help us make a big difference!

Easter Raffle

Mönash

Children's

The P&F annual Easter Raffle is on Friday 27 March. Winners will be pre-drawn and announced at assembly. To spread the joy to as many children as possible, only one raffle prize will be awarded per student.

Hospital Please return all raffle tickets and money to the office next week. If you missed out, please collect some tickets from the office.

All money raised will be donated to the Monash Children's Hospital.



Donations for the Easter Raffle

It would be wonderful if each family could donate Easter chocolates or other Easterthemed gifts for 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!

Please return all raffle tickets (both sold and unsold) along with the money and your family's Easter raffle donation by Wednesday 25 March

Chocolate Eggs – Friday 27th March

The P&F have spoken to the Easter Bunny and organised a free Cadbury chocolate egg as a special treat for every student to celebrate Easter!! An allergy friendly option is also available. **Please advise your child's teacher if your child requires an allergy friendly option.**



Parent Checklist

As we approach the end of Term 1, it's a busy time at SFS so we've put together this handy checklist to help you keep on top of what's going on:

- □ Register your child online for the Colour Fun Run at <u>www.myprofilepage.com.au</u>
- □ Sponsor your child for the Colour Run.
- □ Remind your child to ask family and friends to sponsor them for the Colour Run.
- Purchase Easter Raffle Tickets & return tickets and money to the office
- Donate chocolate/gift to the Easter Raffle





Parents and Friends Association

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



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