

Listen to what the Spirit is saying

From the Principal

Dear Parents,

God of love and liberty

We thank you for the peace and security we enjoy.

*It was won for us through the courage and devotion of those
who gave their lives in time of war.*

*We pray that their labour and sacrifice may
not be in vain, but that their spirit may live on in us
and in generations to come.*

*We ask this prayer in the name of Jesus,
and in the power of the Holy Spirit.*

Amen.



Saturday 25th April will mark ANZAC Day 2020, a significant day as we pause and reflect on the service and sacrifice of all those who have served and are currently serving.

We are encouraging everyone in our school community to participate in a #STANDTO Dawn Service at Home on ANZAC Day.

At 6am, light a candle and listen to the Last Post—click on the link- [ANZAC Day Driveway Parade](#) to play a virtual dawn service and observe a minute of silence in respect of our veterans.

You can either walk outside, stand in your yard, driveway or on your balcony. You can also snap a quick picture and email it to us at admin@sfslynbrook.catholic.edu.au

You can also snap a quick picture as RSL Victoria invites all participants on the day to use the hashtags #ANZACSpirit, #LightUpTheDawn and #StandTo to accompany any posts that you may make to social media where you are displaying your ANZAC Spirit.

Lest We Forget.

CONTACT US

ST FRANCIS DE SALES

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120 Hallam Road, Hampton Park 3976
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E. HamptonPark@cam.org.au

KHARISMA KIDS

0411 295 273

From the Principal

Remote Learning Week 2

This week has seen everyone adjust and get into the groove of remote learning. It has been fantastic to see that more than 95% of our students across the school are participating in the online learning provided. The teachers are delighted to see your child for their Google Meet. As confidence and the possibilities are explored Google Meets are also being set for students to ask clarifying questions or just check in for a chat. This week we have been checking in on students we have not seen on the platform and the teachers have tried to support the child and family to overcome challenges so that no child misses out on valuable learning during this time.

As parents you are all doing a fantastic job! However please do not stress if your child does not understand something or makes a mistake. Remember we all learn in different ways and at different rates. Please do not compare your child with others. We all do not walk at aged 1!! Learning to walk takes time and we fall and try again. Some master the skill at 7 months! While others are walking well after their first birthday. Once we walk we can walk. No one can tell if we walked early or later. We celebrate every effort and it is a great delight in a family when those first steps are independently taken. This is the same for all skills we learn. This is the same for our teachers who are creating videos because they know it works for your child. They have put aside the fact that adults are watching these clips. They are certainly not polished productions with editors to edit out errors or do repeated takes. None of them have ever created instructional videos before. They are learning as they go from their mistakes and from their successes. I am so proud of their efforts and I hope you are too. Teachers provide school children with time and opportunities to refine and develop a skill. We make adjustments, we help children to develop independence and encourage them to have a go. It is by trial and error that we learn. They do get the skill from positive encouragement and time to practise and we celebrate their efforts every step along the way. So do not do the work for your child. Let them have a go, use their thinking skills and prior knowledge. It does not need to be perfect as it is their effort and independent application that is vital. The teacher knows what your child is capable of. The errors help us tailor the next learning. If you fix the errors, you make it harder for the teacher to diagnose the learning that your child needs next.



So here are some tips that you might like to consider this week. Please remember to contact us for support or clarification. Constructive communication with the teacher and school is vital during this time.

Some Tips for Parents working with children

Start with fun. Try to have some fun before you get started for the day of Remote Learning. Go for a jog in your backyard or do some yoga.

Build a routine. Kids do best when the world is predictable, start with “aspirational” practices—everyone up by 7:30 a.m., class starts at 8:30 a.m.—and refine them as needed.

Trust the teachers. The child’s teacher is providing all they need. Teachers are trying to figure out the best way for learning remotely without overwhelming children and their families. We are adjusting as we learn what is possible and what will not work in this remote learning environment. Be patient and be kind.

The intention is for students to be able to complete work and have a break before the next activity. Students should not be on a device continuously. If a child is desperate for supplemental work, fine. There are many online resources, including our student portal available. But otherwise, stick to what the teachers require.

From the Principal

If you're stumped, turn it over to the teachers. Making sense of and then explaining concepts that parents (might have) learned 30 years ago could be impossible. This is the time for your child to contact their teachers. Students have the opportunity to Google chat, Google Meet or email their teachers during the day.

Take frequent ten-minute walks, without a phone. Managing kids and their schoolwork at home, sometimes while juggling a job, will be frustrating. If possible, retreat to the outdoors and walk, unburdened by smartphones. If you are getting frustrated it is time to stop and get some air.

It requires the whole family. This might take some creative juggling of schedules. Children crave their parents' attention, during the best of times. Though not a peaceful period, this odd disruption in ordinary life might provide a rare window for some quality time with children.

Remember to wait. Children take more time to process questions than adults might realize. You may have to pause and give them time to consider an answer and resist the urge to jump in giving them clues to get to the right answer. Being patient with a child's answer encourages thinking and builds confidence. Consciously waiting for kids to respond will also prevent parents from doing the work for them.

Stifle your own perfectionism. Maybe their letter 'e' looks kind of wonky or it took them a long time to figure out 4x8. That's ok!

Stay positive, offer upbeat feedback with as much specific detail as possible—not just a generic “good job”—and the child will be more apt to keep practicing. Repetition will lead to improvement which will inspire intrinsic motivation.

Remember that their work won't look perfect!

They are kids and are learning.

They need to learn to find their own mistakes.



Encourage independent learning. If your child is used to you being with them when they complete their work, gradually move away from them over a period of time. Helping them to start their work and then moving to sit nearby can give them the comfort of you being there but not right beside them. Encourage them to complete the work by themselves. Over time you can put more distance between you until they are able to work alone while you are able to get on with other things you might need to do.

Reinforce positively. Being upbeat during a global crisis might be unnatural, especially when parents themselves feel like freaking out, but highlighting what's right works for kids. Praise is powerful and is the best way to motivate and teach.

Keep it low-key. It's OK if your child doesn't finish something, "We're just getting started with remote learning. This is new and completely different to classroom teaching. We are all adjusting to something we have never done before. This is challenging for parents, for student and for teachers. If a task or your situation is challenging contact and discuss it with the Home Group teacher, Ange or me. The teachers are doing their best and will address a challenge if they know about it and there is a way to support you within the limits of what schools are required to do at this time. There is something comforting to know that we are ALL in this together. We have to accept the new norms, at least for the time being. We each need to navigate our boat through what lies ahead. There are lights and markers to guide us safely to shore. We are not alone.

Congratulations to the St Francis de Sales community: Teachers; students and parents on a great combined effort in our first full week of remote learning.

Christine White
Principal

From the Principal

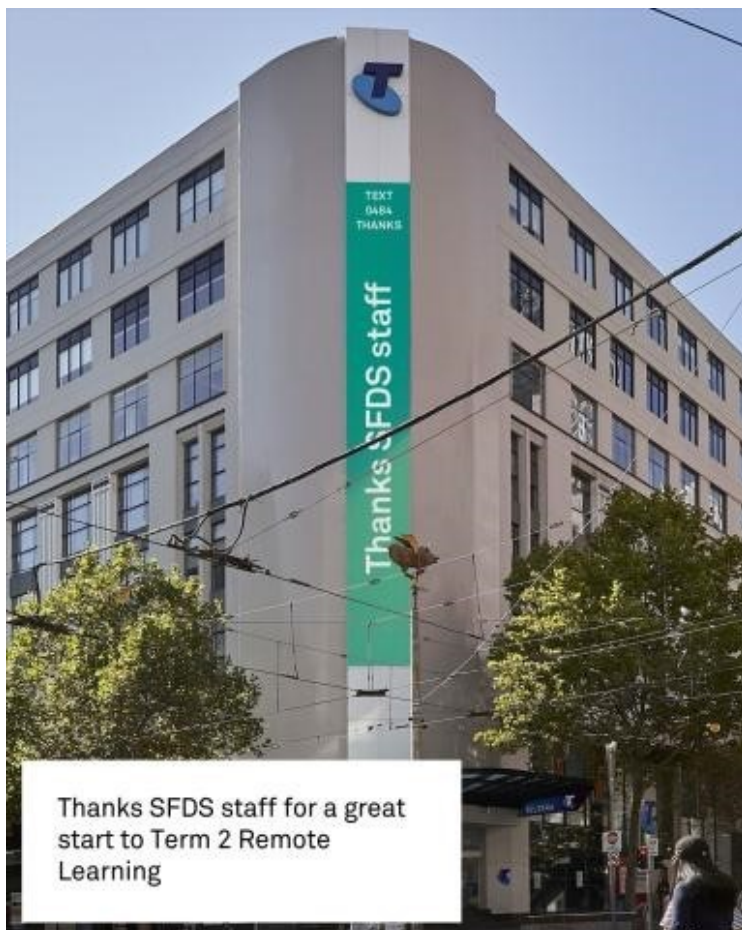
This lovely acknowledgment to our staff was organised by one of our families!!

It appeared on Bourke Street in the heart of Melbourne. Our staff were delighted. Thank you.

ENROLMENTS FOR 2021

All sibling enrolments for 2021 are due now. Please download the application from our website and return it with supporting documents, to the School Office by the end of April.

Book a Google Meet to have a virtual tour and learn more about St Francis de Sales, Lynbrook.



Creative Challenge

Need a challenge while in isolation?

Need something to do in your spare time or between activities?

Why not try SFS's Creative Challenge.

You can do this challenge either as a family or by yourself and once you have finished—take a photo and send it to me so I can showcase everyone's creativity. If you think you are not artistic – don't worry, just give it a go as you might amaze yourself in what you can achieve.

The first Creative Challenge is LEGO!

I want to see all those LEGO Masters we have in our community. If you do not have Lego, you don't need to buy any as you can use building blocks or items around your house.

All photos can be emailed to lhyde@sfslynbrook.catholic.edu.au or upload onto Junior Art or Art Seniors classrooms and you have two weeks, till the end of Week 4— Friday 9th May. Enjoy and have fun.

Louise
(Visual Arts)



Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

Despondent and discouraged, two of Jesus' apostles walked from Jerusalem to Emmaus. They talked on their way about the events that had occurred in the past several days. A stranger joined them, actually Jesus, but they didn't recognize him at first. Jesus asked the apostles what they had been discussing, and they responded with a summary of the events surrounding Jesus' death. The disciples still did not understand the resurrection, but Jesus questioned their resistance to believe what the prophets had foretold.



Despite their hopelessness the apostles invited Jesus to stay with them. He accepted. It was that evening, when Jesus broke bread with them, that the disciples finally recognized the stranger to be Jesus. The next morning, the disciples returned to Jerusalem.

To travel from Jerusalem to Emmaus, the disciples had to go west. But after their encounter with Jesus, they returned to Jerusalem, an eastward Journey. We often equate endings with sunsets and new beginnings with sunrises. It is helpful to recall that on the next morning, the apostles walked toward the rising sun. How many sunsets find us falling into bed collapsed from exhaustion? Isn't it true that after a good night's rest we meet the sunrise with new energy and hope? This weekend's Gospel gives us the courage to start again, each new day, with fresh enthusiasm and energy for ourselves, our families, and our God.

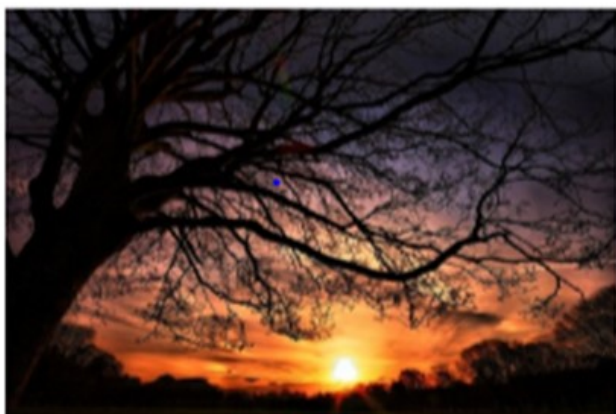
As we are home with remote learning, perhaps you could bake some bread together and consider each ingredient as you add it. For example,

- ◇ when you add flour, think of someone who holds things together for your family.
- ◇ When you add salt, consider a person who adds flavor to life, and when sugar is added, whose sweetness reflects God's love?

Separately these ingredients are all good, but how much more are they when they are combined and baked? Help each member of the family reflect on this experience.

Yours in Christ!

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



*“When I first open my eyes upon the morning
meadows and look out upon the beautiful world,
I thank God I am alive.”*

Ralph Waldo Emerson

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

Working Bee # 1 Saturday, May 23rd 9am—12 noon

Attendance at 2 Working Bees is required for parents who are not part of the Mowing Roster and who wish to have the \$250 Maintenance Levy rebated.



Some of the tasks will be:

- ◇ Community Garden—pruning, weeding
 - ◇ Tidy up the school grounds—removing weeds, pruning shrubs and trees
 - ◇ Adding mulch to garden beds
- ◇ Clearing cobwebs from exterior of buildings
- ◇ Mowing and line trimming nature strips and school surrounds (if required)



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 relevant secondary schools for an Application Form and to find out when they will be holding their Open Days and School Tours.

St John's Regional College Open Mornings 2020

Thursday, 14th May, Thursday, 25th June
9.15am

[Www.trybooking.com/BALBU](http://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.



Learning and Teaching

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

Week 2 Junior Music – Crotchets and Quavers

This week, the Juniors explored the rhythms of Crotchets and Quavers online. Students watched videos about the notes and practised clapping these notes at home while reading through a PowerPoint.

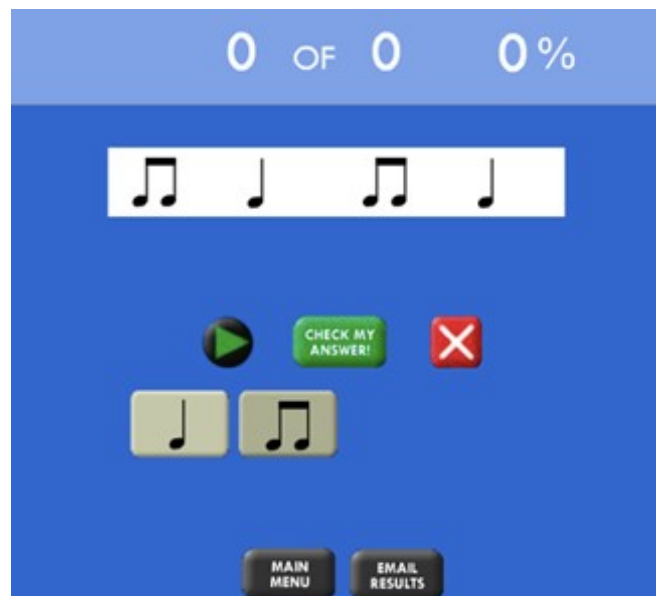
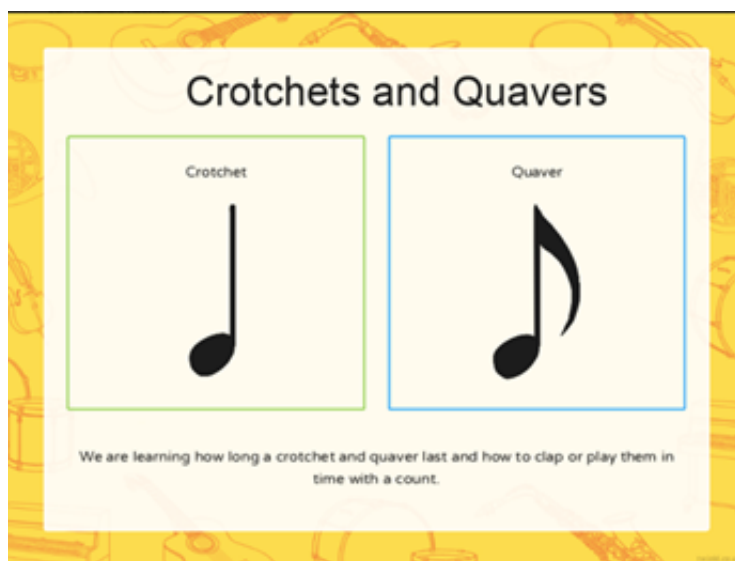
Once the students were ready, they were to complete a quiz about the Notation. The quiz consisted of ten questions and were answered very well overall!

The Juniors got to finish the lesson with a game called 'The Rhythm Trainer'. Students were required to aurally recognise different rhythms. This was challenging but a great task for the students to build their abilities.

Once all the Rhythm work was complete, students got to have a bit of fun on the Chrome Music Lab applications.

Next lesson, we will be looking at Minims and Semibreves.

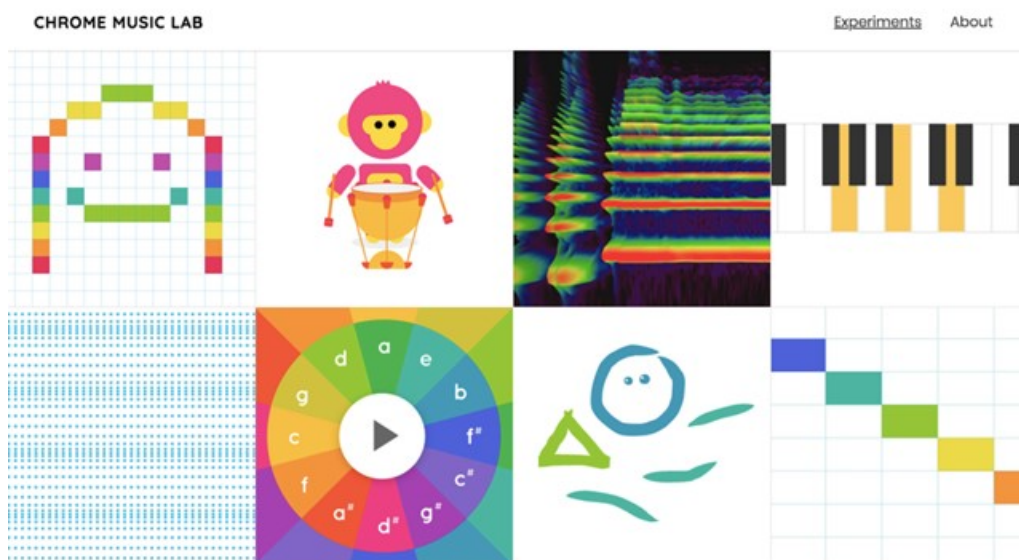
Kristy Galea
Music Teacher



1. What is this note called? *



- ☐ Minim
- ☒ Crotchet
- ☐ Quaver
- ☐ Semibreve



Learning and Teaching

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

Art News

If you need some Art paper for your children to complete some of their work I will be leaving a box of A4 and A3 art paper in the air lock between the two office automatic doors on Monday for you to pick up any time during school hours. I only ask that you take no more than 3 sheets per child.

Louise

Art At Home

This week the Seniors worked on responding to some Art appreciation questions related to Australian landscape paintings. I received lots of insightful comments about the different art elements they observed. Well done to all those who submitted their work this week. Also a few a students sent me their drawings of their for home landscape. For the Seniors I have added Between the Lesson tasks, which they can find on Art Senior Classroom—classwork.



Alec MA



Samuel MF



Emilia MF



Orin AL

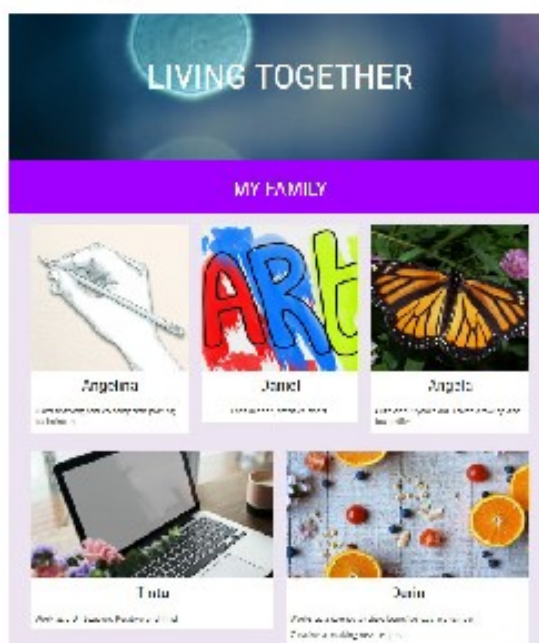
Learning and Teaching

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

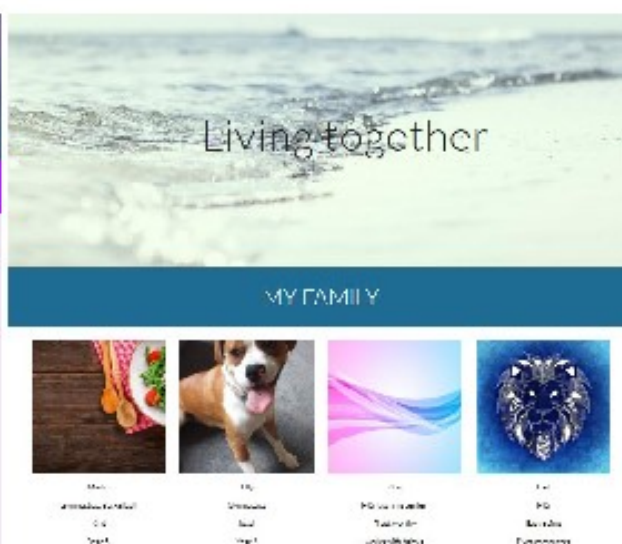
Digital Technologies

The seniors finished off their 3D print designs this week if they were absent last term. They moved onto creating a Google Website based on the RE/Inquiry Topic "Living Together."

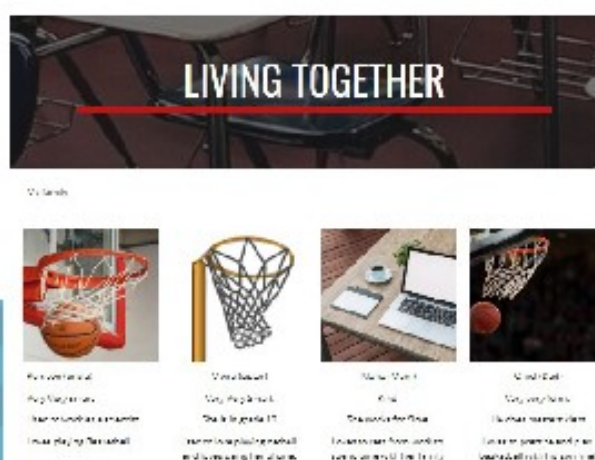
Angelina Grade 4 MF



Marlie Grade 5 SD



Pablo Grade 4 CW



Maahi Grade 3 CW



Luanne Grade 6 AL

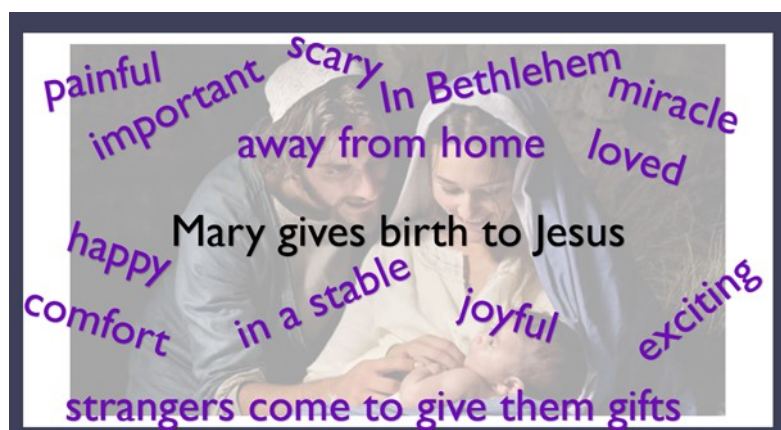


Abel Grade 5 AL



Learning and Teaching

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



Student Well-Being

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

The Resilience Project

The Resilience Project has created some resources to assist children and their families with their well-being during this difficult time that we face. The activities follow the key principles of GEM (Gratitude, Empathy and Mindfulness).

To assist we have created **GEM CHAT**. These daily questions have been written to continue to practise the GEM principles with members of your family. We know that if you practice these principles as part of your daily routine they will become a habit. Research tells us that making them a habit will improve your happiness and resilience. We also think it is a great way to facilitate positive conversations as your family shares a meal either in the morning, afternoon or evening. As a parent, it is really important that you demonstrate these behaviours by answering the questions too.

GEM CHAT

These daily questions have been developed to help families practise the GEM principles. They are a great way to facilitate positive conversations as your family shares a meal either in the morning, afternoon or evening or at a time that works best. Check out the GEM CHAT questions for this week below.

Gratitude GEM CHAT Questions

- Who is someone you know who may be experiencing some difficulty currently? What could we do for them as a family?
- Remember someone who has done something kind for you recently. What did they do for you? Say something kind to someone in your home

I also gave the senior children the 'Dis' challenge.

I encourage everyone to try to **look for the positives in each day** and take a photo of all the things we have gratitude for and say "DIS".

I would love to see these moments, some children have already sent me photos and videos of their DIS moments which gives me a "DIS" moment.

Please feel free to share these with me

rlenko@sfslynbrook.catholic.edu.au



PIC•COLLAGE

Student Well-Being

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

Seasons for Growth

Seasons for Growth is a program to help young people deal with grief, loss and change. We are certainly all experiencing a great period of change at the moment, and some children may be finding it difficult to cope with these changes. Here are some tips to help your children deal with this change.



Steps for Self-care There are things you can do to support yourself, your friends and your family:

- Listen - to your needs and your own advice
- Offer kindness - for yourself and others
- Stay connected - with others by phone and online
- Keep informed - just enough information from reliable sources
- Maintain a healthy routine - diet, activity and sleep
- Focus on the things you can control - versus the things you can't
- Reflect on past success - recall a stressful time and reflect on the things that helped
- Learn a new skill and make plans for the future
- Help others - if and when you can
- Seek support - It's okay to ask for help and advice
- Build hope - Focus on 3 things you are grateful for.
- You can't pour from an empty cup. Look after yourself so you are better able to help the children and young people in your care.

SENIOR SWAP LESSONS Week 1

I was so impressed and pleased with the senior children's efforts in their SWAP specialist this week. We learnt about what empathy means and the children's work demonstrated a good understanding of what empathy means. Here are some of the children's responses.....

What is empathy?

Understanding	Encouraging	Putting yourself in other people's shoes
Helping	Feelings	Treat others the way you want to be treated
Perspective	Emotion	Caring
Sharing		Imagining how someone is thinking or feeling
		Ability to understand other people's emotions

Empathy is when you put yourself in someone else's shoes and care for them.
Empathy is when you deeply care for people or someone.

When you feel empathetic about someone you are in their shoes and you understand what they are going through

You show Empathy when you help someone in a difficult time or times

For you to show empathy you have to feel what others are feeling

To help each other by showing empathy standing in someone else's shoes

Sharing someone else's emotions

If any parents would like to arrange a time to talk about any wellbeing concerns that they might have their child, please do not hesitate to contact me on rlenko@sfslynbrook.catholic.edu.au. Stay safe, take care and look after each other.

Rachel Lenko
Student Wellbeing Leader

College Tours



Year 7 – 2022 (Grade 5 in 2020)
Applications Close – Friday 21st August 2020

**Tuesday 19th
May 2020**

**Tuesday 21st
July 2020**

**Tuesday 20th
October 2020**

Tours depart:
9.30am, 10.00am
and 10.30am.

No booking
required.



**MAZENOD
COLLEGE**

T: (03) 9560 0911
E: frontdesk@mazenod.vic.edu.au
W: mazenod.vic.edu.au



Dear School Community,

We would like to inform you that in response to the Covid-19 crisis, we have chosen to temporarily reduce the days of operation for our retail stores. Please note that your local store will now open at the following times, until further notice:

Beleza Cranbourne

- **Monday, Wednesday and Friday, from 12pm to 5pm.**

Beleza Hallam

- **Monday, Wednesday and Friday, from 12pm to 5pm.**
- **Saturday, from 10am to 1pm.**

Our stores' opening hours are subject to change as the situation develops, but we will continue to keep you updated as changes occur. We apologise for any inconvenience that these changes may cause and appreciate your understanding as we continue to assess the situation.

All the best, and stay safe

Beleza School Uniforms