

Listen to what the Spirit is saying

From the Principal

Premier of our St Francis de Sales School Video - Our School Our Vision

Today Friday 1st May at 2:30pm our school video has been released for viewing. You can see the video on our school website under enrolments and you can also see it on our new @sfslynbrook Facebook page. We invite you to look at the video with your children and follow us on our Facebook page. We hope that this new social media platform will provide another way to share the many positive stories about our school and also valuable links and information that may be a help to you. Please let us know what you think and any ideas you have about ways we can be a support to you in your vital role as parents.



A Faith Community:

Animated by love;

Inspiring innovation;

Empowering learners.

compare this with Jesus' life. In weeks to come they will compare these connections with our Australian story as they study a history unit.

However we want to see them embed their beliefs in actions to make a difference. This time of isolation makes us reflect on what's important and we are realising that we can do without lots of material things but not without each other. In this time reaching out to connect and make a difference is very evident.

Cont'd next page ...

St Francis de Sales Lynbrook

Overview

Notifications

News Feed



St Francis de Sales
Lynbrook

@sfslynbrook

Our Vision

This year we want to highlight the various ways we are living this vision. Despite the social isolation are we living this now? There are various ways that we hope you are seeing this with the children working online. We live as a Catholic faith community from our morning gatherings to the saying of our school prayer at assemblies. We are helping our children make meaningful connections between our faith story and our life.

In recent weeks you would have seen the children reflect on their life, the significant events in their family story and

CONTACT US

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SFS ADVISORY BOARD

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120 Hallam Road, Hampton Park 3976
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KHARISMA KIDS

0411 295 273

From the Principal

Thursday 30 April was Captain Tom's 100th birthday and he has captured the essence of being animated by love. What a great achievement to raise more than 30 million pounds!! An ordinary person doing extraordinary things motivates us to do the same. It might be in creating a rainbow or checking in on a neighbour who can't get to the shops. Our teachers have been checking in on families and children who are not online regularly and are trying to find ways to support children. If you are experiencing difficulties please do get in contact with us. We are just a phone call away. The way we act and the way we speak models the values that we want our children to emulate. Let us model respect and empathy. Let the light and love of Christ guide us in all our actions.



In developing our learners, we want them to be independent, critical and creative thinkers. Teachers want children to connect ideas and be innovative in their application. Google, copy and paste is definitely not deep thinking. We can have the tools in our tool kit but we need to be able to think, apply them and create. One example of this, is the seniors using Superlooper to create music this week. On our Facebook page, we will be sharing an example of the work of Nia a senior in MA, it will appear on Sunday. There are many great examples of creativity from those accepting Louise's Lego challenge to children writing narratives. Our senior action teams, will be challenged to consider ways they can act to make a difference in the community bringing together multiple skills.

Empowering learners is critical to becoming a life long learner, and helps build resilience to cope with any of life's challenges. This time right now is asking us to be flexible and agile, to adapt to change, to find the opportunities and positivity in moving forward. Last week I wrote about the important role you as parents play right now in supporting this empowerment. Do not do the work for your child. This will stifle empowerment and promote dependence. It is important that they tackle the problem and have a go. We will be returning to school one day soon and an adult is not going to be sitting beside them through every task. They need to apply their skills. Are you helping this empowerment or are you making them a passive, dependent learner? Making mistakes is part of the learning and children need to make choices to complete tasks. In this time right now we are seeing children developing great independent skills and flourishing as learners. Well done to the parents who are taking a step back and not insisting that the work needs to be perfect. It is not an exam but part of a learning journey. Practice supports the development and acquisition of skills. However the child needs to do the thinking with scaffolds. Let's work together to make this vision a reality as we work in partnership to support our children. I hope you enjoy the video and that you do like our @sfslynbrook page.

Cont'd next page

From the Principal

Staff News



We are delighted to announce that Meg (AM) is looking forward to the arrival of her second child in a few weeks and will be going on maternity leave from the 18th May 2020. We have appointed Timothy Cordova to take Meg's position till the end of this term.

We will be welcoming back Imogene Laird who will be returning from Maternity Leave in Term 3 and will be working in place of Meg for the remainder of the year.

We are also delighted to announce that Jessica (JW) is also very excited and eagerly awaiting the arrival of her first child. Jessica will be going on maternity leave from the 9th June 2020. We have appointed Jennifer Looker to Jessica's position. Jennifer will commence on the 1st June to allow time for the smooth transition and exchange of information between teachers.



The changes while we are remote learning will add a level of complexity we have not experienced before. However we will embrace this as we have done with the many challenges we have had to work through during this time of social isolation. There will be ample time for both teachers to exchange information and for the children to meet their teachers via Google meets prior to them commencing remote learning.

We wish Meg and Jessica the very best for this very special time for themselves and their families. We eagerly await the news and to be able to share photos of their baby with our school community.

Christine White
Principal

KHARISMA KIDS re-opening on Monday, May 11th

After School Care will commence again on Monday, May 11th. Bookings are essential for both permanent and casual users and Kharisma Kids need to receive these bookings each Thursday in ADVANCE. Service is available to current families.

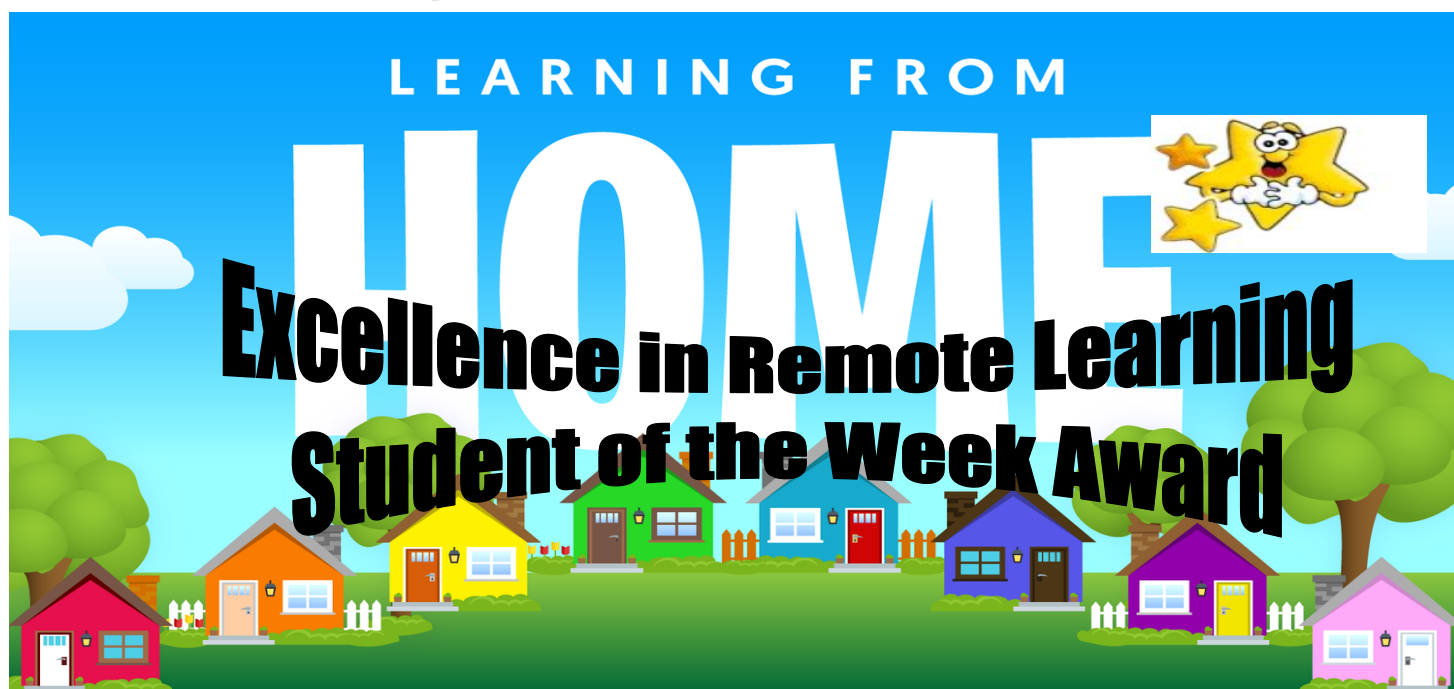
New enrolments are welcome, however, Kharisma Kids need new enrolments to complete the application forms 3 working days prior to attending the service. (Enrolment forms are available from the school front office.)

Bookings and enquiries to
Rob or Lucas on

0411 295 273

kkids@sfslynbrook.catholic.edu.au

From the Principal



JUNIORS			SENIORS		
Learning Space 1	Learning Space 2	Learning Space 3	Learning Space 1	Learning Space 2	Learning Space 3
Melia (IH)	Kingston (IL)	Georgia (MJ)	Isabela (RA)	Aleena (MA)	Isabella (PP)
Leilani (AM)	Andre (RJ)	Elisha (LY)	Lucas (CW)	Orlando (AP)	Hans (MF)
Isaiah (SR)	Layla (EM)	Lorelai (JW)	Charlotte (AL)	Eden (SD)	Sophie (TP)



The Best Picture on the Internet 🙌❤️



Education in faith

Encompassing: Prayer, Liturgy, Sacraments, Icons/Symbols

'I am the gate of the sheepfold'.

John 10: 1-10

Using the image of shepherd and sheep, Jesus made an analogy for us to listen to the voice of God. Sometimes we are distracted by other voices that Jesus called "thieves." These thieves rob us of our desire to follow Jesus. True sheep, however, know the voice of the shepherd. The shepherd provides safety and life for the sheep.



During this time of remote learning, it is easy for our children to see how vulnerable we are because things are different and out of our control. It is easy to blame others rather than look inside and see that we are not coping. We take it out on our loved ones, leaders, nurses, doctors, teachers without giving it a second thought. In doing this, we forget that we are all in this together and need to look for ways of supporting each other and modelling to our children the 'shepherding way'. This week's Gospel reminds us it is better to listen to the trusted voice of the Good Shepherd.

As you sit with your family, think of a person or group of people your family knows who needs to be cared for or perhaps even needs your forgiveness for things that you may have lost your way in. Decide on an action you can all do together to help this person. You may need to think of ways to connect with them via the virtual world: emails, Google Meets, an acknowledgement, a phone call, a prayer. When you have completed the service, talk over with one another how your family's "shepherding" was similar to the shepherding Jesus talked about in this Gospel. Consider whether or not your service helped your own family as well.

Peace and Joy!

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



BREAKING OPEN THE STIGMA!

I asked my children this question:

What words come to mind when you think of RECONCILIATION?

Sorry	Healing	Forgiveness	God stuff
Honesty	Courage	Joy	HOPE

It was a mixed bag, but generally all three of my children could identify that it was a sacrament of 'hope'. During remote learning, it is hard for our children to connect to this sacrament. Whilst it poses a challenge, it also opens an opportunity for you as a family to think about what it truly means.

The Church uses all of the above words (except 'God stuff') to describe the sacrament of Reconciliation. It is one of the two sacraments of healing. Pope John Paul II called it an act of honesty and courage. All of those descriptions focus primarily on guilt. However, most describe it as an experience of hope and joy.

As a family, think about what it means to really experience this sacrament. Perhaps even brainstorm some words or model saying sorry when something happens.

*"I am sure there is magic
in everything."*

FRANCES HODGSON BURNETT

Learning and Teaching

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

SFS STAFF ARE ZOOMING



Online remote learning

Online learning at SFS is moving along smoothly. Please take some time to view the mind blowing statistics so far. Staff have been meeting regularly on Zoom and Google Meets to ensure continuity of learning and teaching.

Those students new to some of the skills have had a lot of parental, family and teacher guidance. Each day is getting easier and the work being produced and connections being made are phenomenal. We thank families for their constant patience and commend you for the assistance you are providing your children. We couldn't do this without all the amazing families and students at SFS.

Thanks again Tammy



Meet



Gmail



Drive



Classroom

Google Meets

1,558 Video Meets

9,281 Participant connections

Gmail

127,725 emails sent

Google Drive

31,001 files created

Google Classroom

100 active classes

4,486 posts

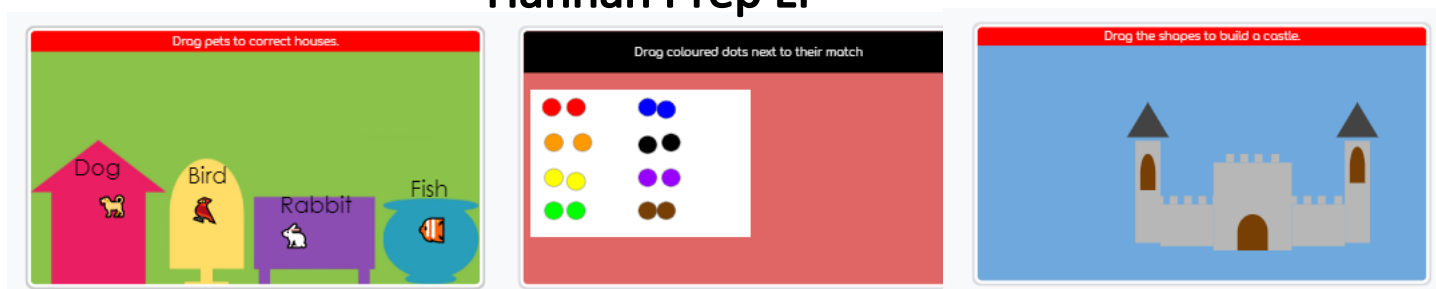
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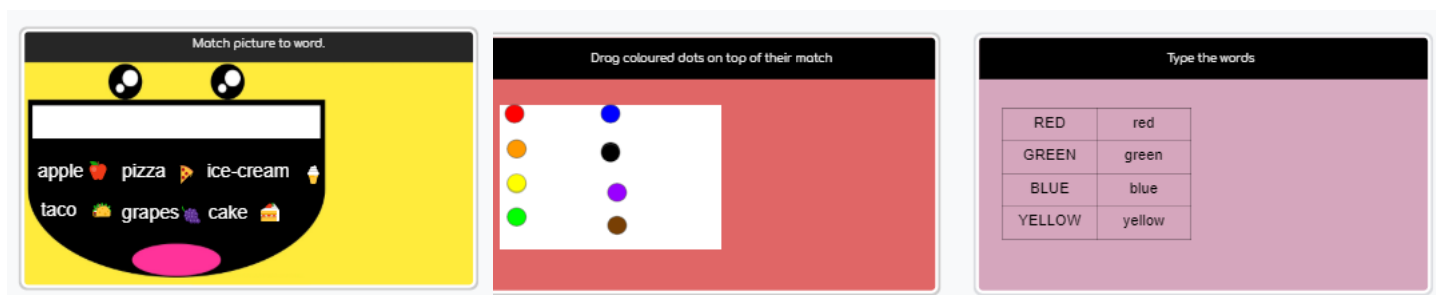
Digital Technologies

The Juniors are working on click and drag skills, typing, inserting special characters and strategy games

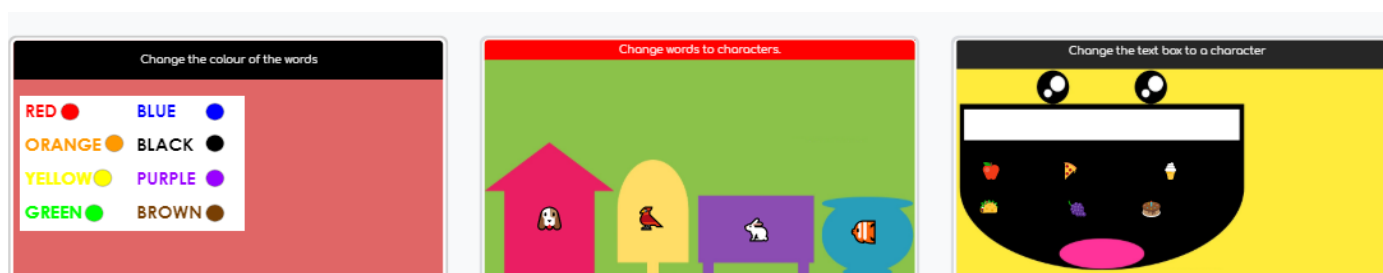
Hannah Prep LY



Ethan Yr 1 JW



Samyuktha Yr 2 IL



7 Apps you need if working on a tablet or iPad



Classroom



Meet



Gmail



Drive



Docs



Slides



Sheets

Wk 4 goal for students is to turn in all of your completed work

[Watch this 1 minute video if you don't know how](#)

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Week 3 Senior Music – Super-Looper



This week, the Seniors explored Super-Looper online. Super-Looper is an interactive music site that lets you compose your own loops. The site lets you create loops with four drum tracks and single rhythm, chord, bass and lead tracks.

We had some technical difficulties on Tuesday afternoon but after contacting the website's owners in the United Kingdom (!), they were able to restart the website and the site worked seamlessly for the rest of the week.

Students were able to share their compositions by pasting a link onto the Stream page of the Music Google Classroom. They were able to listen to other student's compositions. Students completed a form to reflect on the compositions they created. Students also turned in their work and will receive teacher feedback in the next few days.

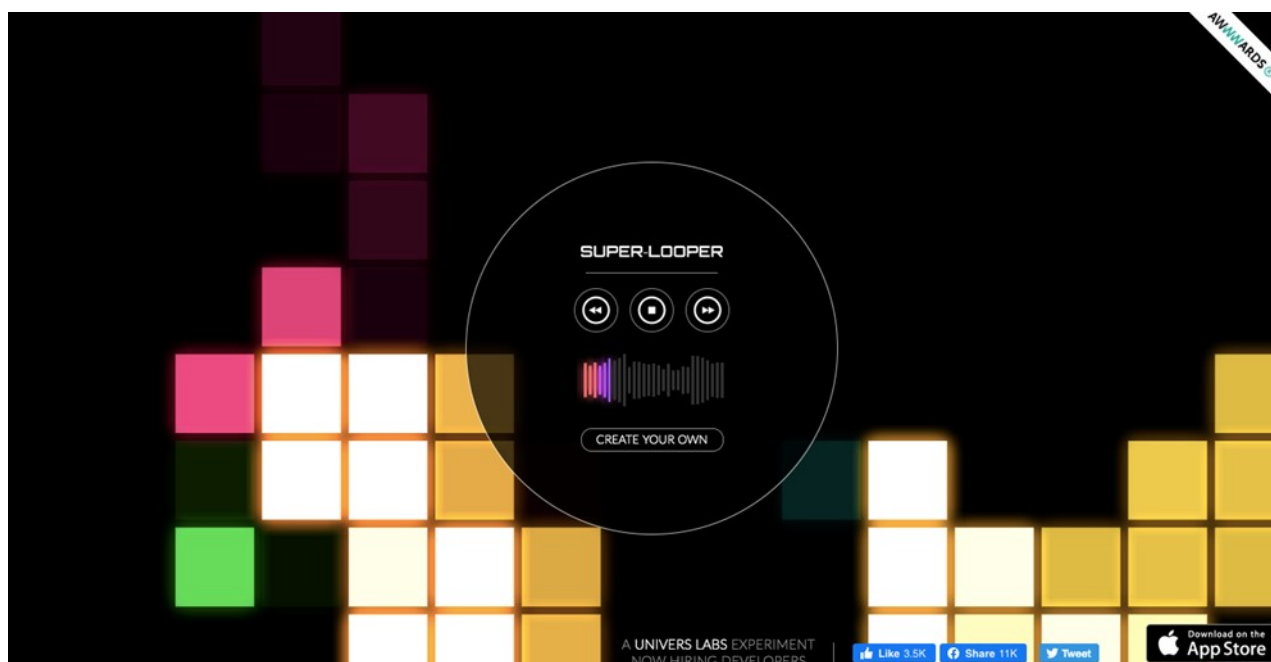
An example of a piece can be found at this website:

Nia (MA) – The 80s Zoom Back:

<http://superlooper.universlabs.co.uk/qDBOYIGPUo>

We might have a few new DJs/Music Producers when we get back to SFS!!

Kristy Galea
Music Teacher



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Italian Juniors

This week our Junior students practiced asking and answering questions in Italian.

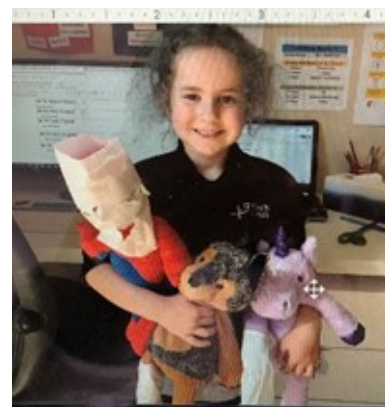
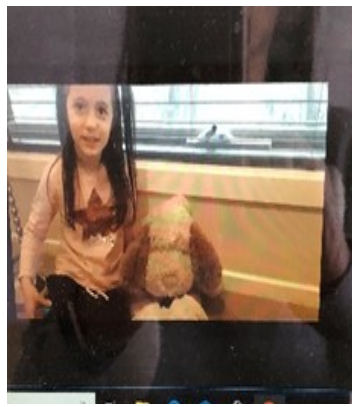
They were given the opportunity to role play using things around their home like stuffed toys, teddies, dolls, toy doctors kits, bandages and tea towels. The questions and answers were based around the vocabulary associated with body parts. It was fantastic to see so many children send photos and videos of the role play activity. It was great also to see parents get involved in some of the videos and even speaking in Italian!

Bravissimi!!!

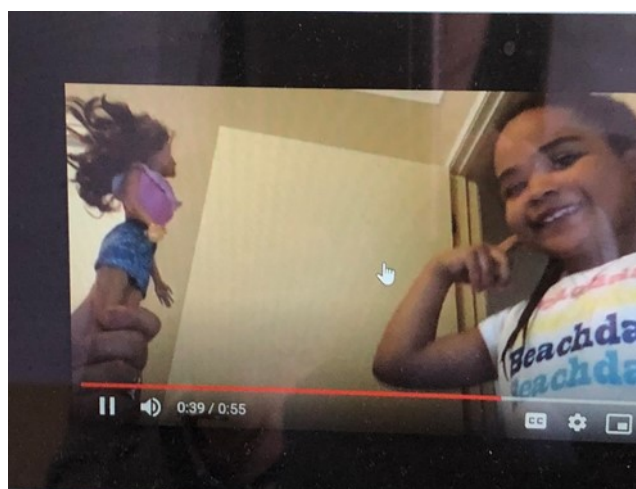
Silvana

Italian Teacher

Here are some of the great photos of the learning that took place this week.



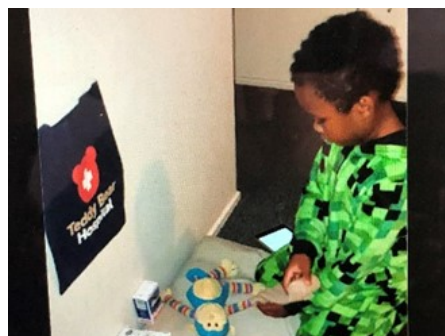
COSA TI FA MALE?



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Italian Juniors



Mi fa male...

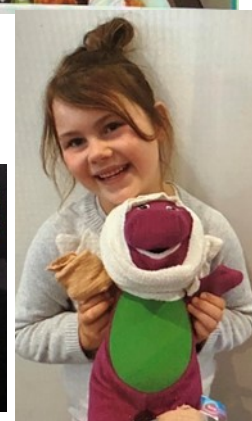
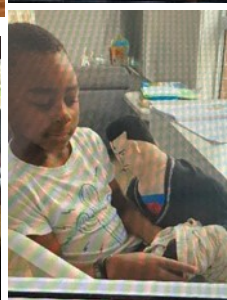
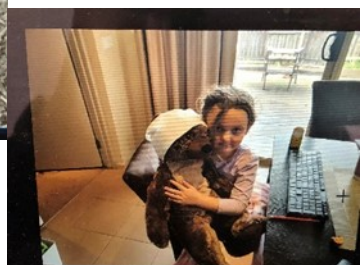
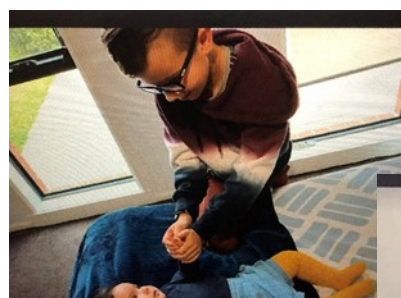
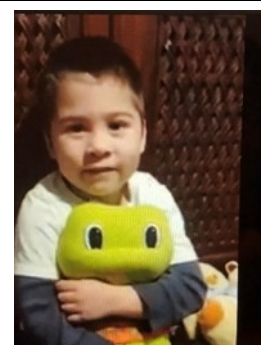
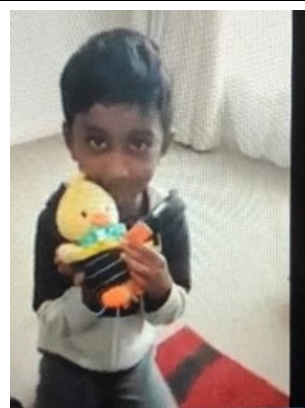
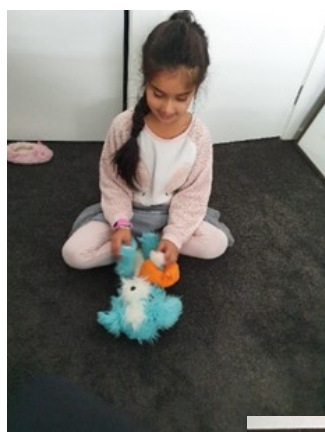
la gamba

il braccio

il piede

la testa

la mano



Learning and Teaching

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

Art At Home

FANTASTIC

FABULOUS

AWESOME

WOW

These were some of the words I used when I saw the photos of the chicken drawings the Juniors drew this week in their Art lesson. I am so proud of everyone's effort and enjoyed drawing alongside some of the students on Google Meets. I could see some big smiles on some of the student's faces and it definitely put a smile on mine. Here is a sneak peek of some of their work as they will be going in the Art Show.

Please keep the drawings safe and when we return to school I will collect them.

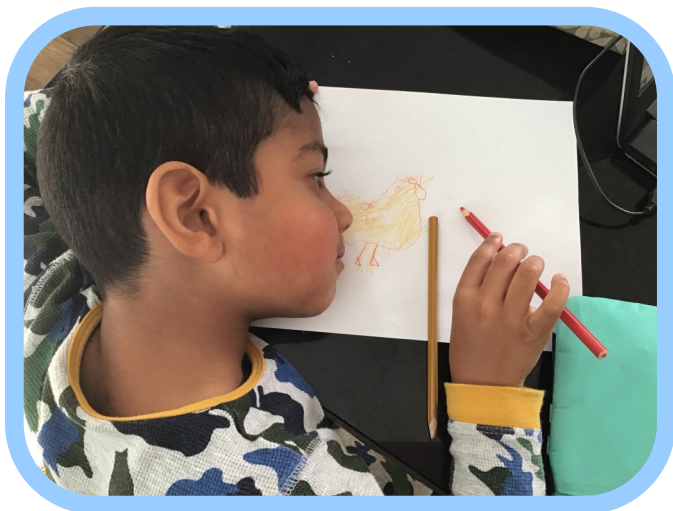
I am also adding a between the lessons task for students to work on if they wish. These will be released at the end of the week.

A big thank you to all the parents and students who have been uploading and emailing the photos, I really appreciate it. If you are unable to do this please do not stress.

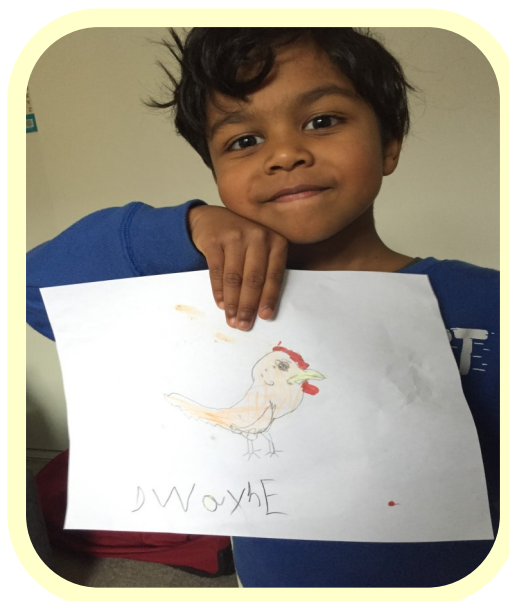
Louise

Visual Arts Teacher

DON'T FORGET IF YOU NEED ART PAPER
IT IS AVAILABLE FROM THE OFFICE INBETWEEN THE AUTOMATIC DOORS.



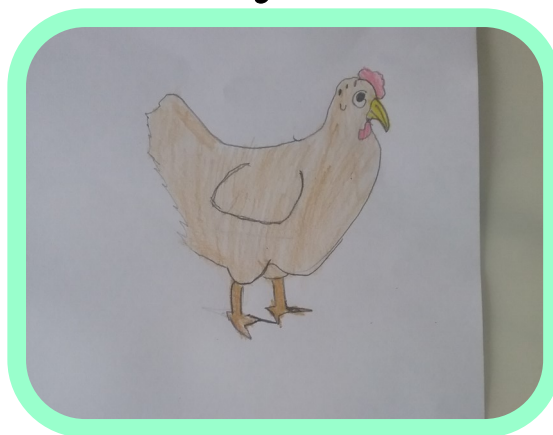
Matthew LY



Dwanyne RJ



Harper IL



Eli LY

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Creative Challenge



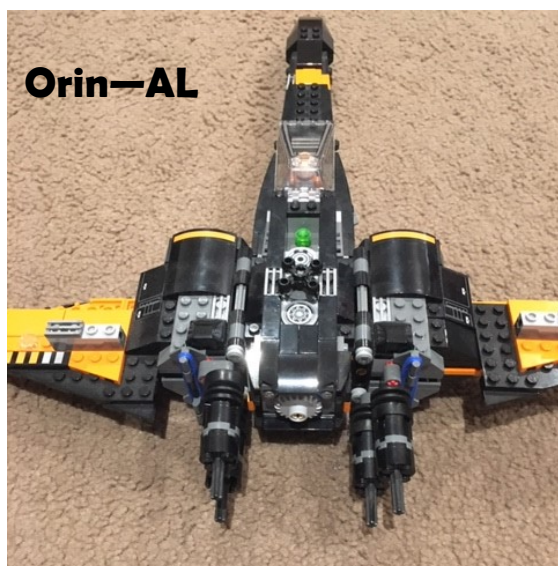
Thanks to everyone who took up last week's Lego Masters Challenge. I have been lucky enough to see lots of fantastic Lego designs. I have created a Creative Challenge Google Classroom for the whole school to share what families and students have been making. I will also be posting regular new challenges on this page as well as in the school newsletter. The code is 34gqskr.

If you missed out this week, I will be continuing the challenge next week and then I will post a new Slide Show. So join in the fun. Below is a few of our LEGO creations.

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

Enjoy and have fun.

Louise
(Visual Arts)



Student Well-Being

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

Wellbeing and Mental Health

Our lives have certainly changed in recent months and we are all missing family and friends, missing going to different places and doing the things we used to be able to do. This can take a toll on our mental health and some people are finding it hard to cope at the moment. There is also a huge stress on many families who may have had someone losing their job or families trying to juggle work commitments and assisting their children with their remote learning. Our mental health has never been more important. Here are a few tips from the Headspace website <https://headspace.org.au/tips/> that might assist you during this time.

1. Get into life

Set a goal or task that you want to achieve for the day - it can be something small like making your bed, going for a walk or calling a friend. Use this time to try some new hobbies and keep doing the things you love as best you can like reading, drawing or exercising.

2. Learn skills for tough times

It might be helpful to learn new coping skills to maintain and improve wellbeing. Try journaling thoughts and feelings, practice some breathing exercises, explore mental health apps or websites, create a new routine, or take a digital detox.

3. Create connections

While we can't physically connect with friends and loved ones, there's so many other ways to stay connected. Try connecting by video chat through Zoom or house party or try a phone call with friends and family. Online video and board games can be used to connect with others.

4. Eat well

Minimise unhealthy snacks while in isolation. It's good to develop coping strategies that are not related to food. Make sure your diet includes things like: colourful fruits and vegetables, foods high in fibre (wholegrain cereals and bread, beans, chickpeas, lentils and nuts), fermented foods like unsweetened yogurt, olive oil, and fish (tinned is fine).

5. Stay active

Try doing an online fitness program or a yoga class on Instagram Live, challenge your friends to a push up challenge, get outside for fresh air or have a living room dance party – all great free ways to keep up physical and mental health.

6. Get enough sleep

Try to stick with a sleep routine. Go to bed and wake up at the same time as much as possible and aim for at least 8 hours of sleep a night. Switch off from electronics 30-60 mins before bed.

7. Cut back on alcohol

Be mindful of your use of alcohol and other drugs during isolation. Try a short break - start with a few days and then try a week, consider alternatives like herbal tea, water or a smoothie, and find new activities to keep you engaged.

The Resilience Project

The focus this week is on **Mindfulness**. Mindfulness is our ability to be calm and present at any given moment. When we are mindful we are better placed to appreciate the things we have (Gratitude) and actively listen to others (Empathy).

In the current situation we find ourselves it is completely normal to feel distracted, anxious and have an overwhelming amount of feelings. Spending time being mindful is crucial!

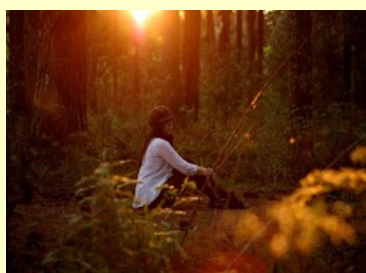


Student Well-Being

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

Gratitude GEM CHAT Questions:

- How did you practice mindfulness today? These are things like meditation, puzzles, spot the difference, colouring.
- What mindfulness activity are you going to do tomorrow?
- What is your favourite mindfulness activity?
- How do you feel after you do a mindfulness activity?



DIS moment challenge

When you get a chance, try to capture your DIS moments for the week. Take photos of the little moments in the day that you are grateful for. This might be as simple as wearing your favourite soft pair of slippers, a hug from a family member or a hot cup of tea. Please send me your DIS moments to share with the school community. It lifts our spirits, helps us to appreciate what we have, keeps us grounded and makes us realise that we are all in this together. Send your photos, slideshows or videos to rlenko@sfslynbrook.catholic.edu.au

Check out the link to this great DIS moment clip made by the students at Skipton Primary school.

<https://www.facebook.com/resiliencep/videos/315584166080122/>

THOUGHT FOR THE DAY

Going Outdoors - Not cancelled
Music- Not cancelled - Not cancelled
Family - Not cancelled
Reading - Not cancelled
Singing - Not cancelled
Laughing - Not cancelled
Hope - Not cancelled



LET'S EMBRACE WHAT WE HAVE!

Rachel Lenko

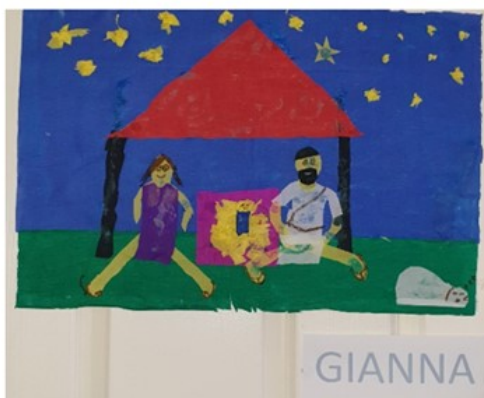
Student Wellbeing Leader

Parents and Friends Association

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pfasecretary@sfslynbrook.catholic.edu.au



We May Not Be Together, But We Are Not Far Apart
Have a look at how some of SFS families are spending
their time during remote learning.



How fantastic is Gianna's Enquiry Task that she has completed at home.



No way the Pizzimento boys are missing out on Icy Pole Friday!



Elysian A is keeping up with her while maths at home.



Zoe T has been enjoying feeding the chickens while we cannot be at school.

Mackenzie has been making sure to stay active out walking with her family and dog.



Evie was so excited to get a new bike! We hope you enjoy all of your awesome new rides!

Parents and Friends Association

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pfasecretary@sfslynbrook.catholic.edu.au



Selena and Emanuel have been busy building a Box Fort.

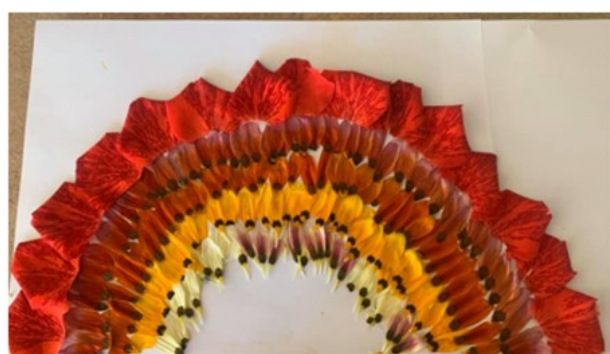


While Charlie has been camping in with his family



Ghezana has been dressing up her toys with her brother

Cody has worked super hard on his rainbow



Charlize has been working with some amazing materials



Jordyn and Alyssa have been making special paper mache balloons in family art time.



Parents and Friends Association

sfspfa@sfslynbrook.catholic.edu.au
pfvicepresident@sfslynbrook.catholic.edu.au
pfsecretary@sfslynbrook.catholic.edu.au



Malaysian banana fritters (Cekodok)

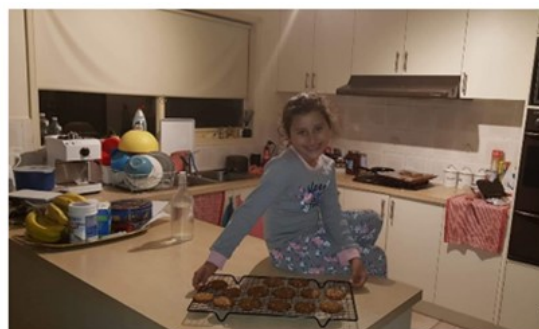
Ingredients and methods:

1. Couple of good sized bananas, mashed
2. Add about 3 tbsp flour, 3 tbsp rice flour, a pinch of salt and baking soda.
3. Mix all ingredients.
4. Heat up oil, turn down to medium heat.
5. Now add 1/2 to 1 tbsp sugar in batter just before frying, this will add a bit of crisp textures in the finishing process.
6. Scoop a spoonful of batter into hot oil, let it sizzle and fry till golden brown. You can add few spoonfuls at a go but don't overcrowd them.
7. Flip them on other side to get even browning/ frying.

Now enjoy the Cekodok while is warm 😊

Thanks to Helen Sequerah (Jon and Brendan Sequerah) for this AMAZING recipe idea for families

We absolutely love seeing what you and your families are getting up to so keep the photos coming through.



Joy has been baking delicious Anzac Biscuits

The Jackson's celebrated Paige's Birthday. Happy Birthday Paige!!



**Enjoy the extra family time, and we hope you get some great ideas!
From The Parents and Friends Association**

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.



School Community

Encompassing: Parents, Parish, School Board, Enrolment, Social Justice, Accessibility and the Wider Community.



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