

Dear families,

This week I was reading Pope Francis' thoughtful words he shared about connecting and caring for others. In his address, he stated:

"Rivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature."

"We are all born to help each other. No matter how difficult it is ... Life is good when you are happy; but much better when others are happy because of you."

Pope Francis

Consciously taking the time to care and support others enriches our lives. As the Foo Fighters famously sang;

*It's times like these you learn to live again,
It's times like these you give and give again
It's times like these you learn to love again
It's times like these time and time again*

I also listened to a truly inspiring story during the week. Nadia Nadim is an Afghan-Danish footballer who has overcome a life of adversity to become a successful footballer and soon to be reconstructive surgeon.

Nadia reflected on how her mother found a way to help her and her four sisters flee the Afghanistan war after the death of her father when she was 12 years old.

She spent nearly 2 years in a refugee camp, where she fell in love with football in Denmark, after shaking off her mindset, "that girls cannot participate in sports" and her life changed for ever. Nadim has since played 93 times for Denmark and, as a prolific goal scorer, has become one of the world's most significant women footballers.

The United Nations Educational, Scientific and Cultural Organization (UNESCO) has designated her a champion for girls' and women's education because of her fight for gender equality in sport. Nadia Nadim is also an ambassador for the DRC (Danish Refugee Council), one of the world's largest international NGOs, advocating for and securing sustainable solutions for refugees, displaced people and host communities worldwide.

Additionally, she has 6 months to go before becoming a reconstructive surgeon, working in a field that allows Nadim to show her compassion for others;

"I know the value of helping a person when they have no hope. I'm a walking reminder of that. All the help I was given in my life made me the person I am today. So, I really want to offer this help. I'm going to give them some of their identity back."

Life is good when you are happy; but much better when others are happy because of you.

Reminder: Friday 18th September is the last day of Term 3 with a 2:20pm finish.

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CALENDAR

TERM 3 DATES

Fri 18 th Sep	Last Day of School for Term 3 2.20pm Finish
5-9 th Oct	Remote Learning
Mon 12 th Oct	All Students Back on Site
Fri 23 rd Oct	PUBLIC HOLIDAY

We celebrated Footy Colours Day last week, both remotely and at school.

Traditionally, we would have celebrated with our dads with bacon and egg breakfast and a footy match, but this year things are a little bit different.

Celebrating footy Colours day remotely was fun!



St Francis, Nathalia is a child safe school. We promote the safety, wellbeing and inclusion of all children.



2021 Enrolments: School enrolments are open for 2021. Completed packs can be drop off to the office. To assist with planning for next year, could families please drop off packs ASAP. Additional information for 2021 students will be sent out next week.

STUDENT OF THE WEEK AWARDS

Foundation – Alby –

For being brave and having a go when things are hard. You are a superstar Alby and we are very proud of you.

Grade 1/2 – Tanner –

For being creative with his learning and sharing his skills in a variety of ways. He can share and record his ideas in detail with strong explanations.

Grade 1/2 – Curtis –

For showing mindfulness and reverence in morning prayer and sharing his connection with God with his teachers.

Grade 3 – Keira –

For all the fantastic work she is doing with her home learning and the creative and vibrant way she is presenting her work in Google Slides each day. Well done Keira!

Grade 4/5 – Georgia –

For her approach to remote learning and always having a go at learning activities. Way to Go Georgia!

Grade 5/6 – Declan –

Declan worked hard whilst learning about Probability. This has resulted in fantastic growth in his understanding in this area.

Science Stars – Jimmy –

For persisting in completing super science work when technology did not work. Well done Jimmy proud of you for seeking solutions to your problems. Keep up the fabulous learning.

- I love my family
- It is hot and I would like an ice-cream
- My holiday was filled with lots of adventures
- The cat in the hat was sitting on the mat.
- I was driving my car to work when it ran out of fuel
- I enjoy looking at the stars in the sky at night
- I really want to have a bubble bath and play with some bath toys
- Travelling on a plane can be fun when my friends or family are with me
- Riding a bike through the rough dirt road was thrilling
- Baking delicious chocolate chip cookies with my mum is so much fun

You could also choose sentence from their readers or texts.

CATHOLIC IDENTITY

Access to Mass and Church: There are many options for Mass online, including:

<http://bit.ly/MassOnDemand>

<https://melbournecatholic.org.au/Mass>

www.wordonfire.org/daily-mass

The Bishop is also live streaming Mass on Sunday mornings via the diocesan website: www.sandhurst.catholic.org.au

On free to air TV, Mass for You at Home is broadcast at 6.00am every Sunday, Channel 10.

PARENTING IDEAS

The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation. See Michael Grose's article "Wellbeing strategies for parents" for more.

MEDICATIONS @ ST FRANCIS

The administration of medication forms part of the Victorian Education schools common law duty of care. Schools can only dispense labelled Prescription medicine or medicines supplied to students with a letter signed by the parent, **along with a signature from your doctor or pharmacist.** This includes any other the counter medication such as Panadol, Cough Medicine, Hay fever medications, creams etc. School Medication Request Forms are available from the front office.

A FEW REMINDERS FROM OUR CURRENT GUIDELINES:

IF CHILDREN ARE UNWELL: Parents must be advised that any child who comes to school feeling unwell or becomes unwell during the school day, they (or the emergency contact person) will be called to collect that child.

WATER BOTTLES: Drinking fountains are not to be used by students. Each child should bring water from home.

RESTRICTED ACCESS TO SCHOOL BY ADULTS: The Department of Health insists that no adult- parents, non-enrolled youths, visitors - is to enter the school unless necessary or in an emergency or working in an education capacity. Adults should not be permitted to go beyond the Reception area.

FACE MASKS: Parents, guardians and carers will be required to wear a face covering when dropping off or picking up their child(ren) or if required to collect an unwell child(ren) from the school.

HAPPY BIRTHDAY

Millie
William
Curtis
Darcy
Blair
Mitchell
Lexie
Grace
Noah

Mr Knight

CHILDRENS CHATTER MATTERS


WORD AWARENESS:

How many words?

Adult to say the sentence and ask the child to count the number of words in the following sentences using their fingers or counters/blocks:



We acknowledge and pay respect to the Yorta Yorta Nation as the original and ongoing custodians of the land on which our school is situated. We commit ourselves to actively work alongside Aboriginal people for reconciliation and justice.

A close-up photograph of a dandelion seed head, showing the intricate structure of the seeds and the green base. The background is a soft, out-of-focus green with numerous circular bokeh light spots, creating a dreamy and ethereal atmosphere. The text is overlaid on the right side of the image, arranged in a vertical column.

O Lord, seize us with your
power and light,
help us to protect all life,
to prepare for a better
future,
for the coming of your
Kingdom
of justice, peace, love and
beauty.

Praise be to you!

Amen.

POPE FRANCIS
(Laudato Si' 246)

How to involve your kids?

Getting your kids to help in the kitchen can encourage them to try new foods, eat from a variety of food groups and teach them vital skills on how food is prepared and used. This helps them to build a healthy relationship with food, nourishing their growth and development. And who knows, maybe that is how our next little Master Chef is born.

- Plan lunches and ingredients needed. Choose what they like so they will enjoy their meal, which helps reduce waste too.
- Choose colourful vegetables and fruits.
- Prepare for a little more time required and a little more mess.
- Design your own recipe book and let your kids' creativity thrive.
- If you have a little herb garden or veggie patch, encourage your kids to plant and water them with you. They may be calling for their vegetables one day!



Shaved ham, beetroot dip and salad wholegrain wrap

Ingredients:

- 1 wholegrain wrap
- 1 tbsp beetroot dip
- 1 coarsely grated small carrot
- 50g salt-reduced shaved ham
- ½ sliced small cucumber
- 20g baby spinach, rocket or mixed salad leaves

Method:

Step 1

Place wrap on a clean work surface. Spread the dip down the middle of the wrap. Top with carrot, ham, cucumber and spinach.

Step 2

Wrap to enclose the filling

Options:

- swap for your child's favourite dip
- swap for other lean meat options



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INSIGHTS

Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as "always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly been called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.



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.