

# Dear families,

We have been celebrating since Tuesday, after the announcement that we were successful in obtaining a Victorian Grant to refurbish our senior classrooms and add a new kitchen and gathering space. The grant will allow the students to utilise contemporary and flexible learning spaces, and ensure we have spaces available for school and community events. The building process will hopefully start early in 2021. A design of the planned redevelopment is attached at the back of the newsletter.

The excitement in the air at school is only matched by the excitement for our students and staff as they prepare for the AFL & NRL Grand Finals. With the Tigers, Cats (and Melbourne Storm) taking the field, it should be a great time to enjoy the long weekend.

School Photos: We have MSP Photography taking school photos on Thursday 5th Nov. A note went home with every student yesterday. Can students please be in correct school uniform for the photos.

Hats: Term 4 means SunSmart and wearing hats. Please ensure children have a school hat and a drink bottle to ensure they are hydrated. We continue to restrict access to the bubble taps, but always have water available for students.

Student Events: We celebrate the AFL, NRL and (last weekend's) Netball Grand Final with Team Colours Day tomorrow. Students can wear their team colours with pride or casual clothes.

School Board: We have three positions to fill on the school board for 2021. If anyone is interested in joining, please let me know or have a chat to our current board members. Our Board members for 2020 are: Fr. Michael Grace (Parish Priest), Corina McLeod (Board Chair), Matt Knight, Veronica Williams, Liam Bourke, Michele Cavallaro, Kvlie Botterill, Didi Flynn and Monique Bryant.



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. Information for 2021 transitions programs was sent out this week.

Matt Knight Principal

# 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

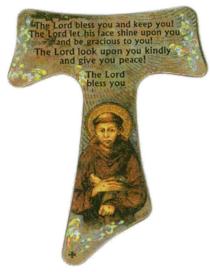
The Bishop is also live streaming Mass on Sunday mornings via the diocesan website: www.sandhurst.catholic.org.au

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

# CALENDAR

TERM 3 DATES	
Fri 23 <sup>rd</sup> Oct	PUBLIC HOLIDAY
Mon 2 <sup>nd</sup> Nov	SCHOOL CLOSURE DAY
Tue 3 <sup>rd</sup> Nov	PUBLIC HOLIDAY
Thu 5 <sup>th</sup> Nov	School Photos

St Francis





St Francis Primary School Chapel Street (PO BOX 66) Nathalia, 3638

Email: info@sfnathalia.catholic.edu.au Web: www.sfnathalia.catholic.edu.au Phone: 03 5866 2271



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

# STUDENT OF THE WEEK

Foundation - Chontelle Rose M -For showing fabulous connections in writing. We love the way you are always smiling, making our classroom a happy place to be!

Grade 1/2 - Monica PB -For displaying great confidence when sharing her experiences with her peers in our class News meetings.

Grade 3 - Sienna C -For being a responsible and determined worker in class and when she was doing Remote Learning. Sienna is a happy and caring individual who helps others whenever needed.

Grade 4/5 - Mitchell D -For his positive attitude to classroom learning. Congratulations Mitch on an enthusiastic return to school. Well done.

Grade 5/6 - Hamish Mc -For being a responsible and helpful learner on his return to school. He is a kind and caring individual who happily helps others in need.

# Italian - Levi L -A great attitude to your work and working well with classmates. Ottimo!

Science Star - Angus C -For working really hard on all his tasks in science and making extra effort to complete his responses. Fabulous work well done.



Principals Award - Sienna J -Sienna has a happy personality and always greets people with a smile. Sienna models our school expectations very well in being a Safe, Responsible and Caring learner.



# AUSSIE OF THE MONTH - Jordyn R -For modelling mateship across the school by being a good friend to others and

respecting everyone.

#### **PBIS**

At St Francis, we are Safe, Responsible and Caring Learners!

We love rewarding our PBIS Gotcha champions when we see them be Safe. Responsible and Caring Learners. Today, we recognise the following students: William B, Taylah M, Isabella A and Amelia J, and we congratulate Banyard (yellow house) and Grade 3 on winning this weeks total!

As we return to school this term, we remind and refresh our students of our mantra;



Greeting Treating Speaking

We: G for GREETING

- Greet people in a friendly and welcoming voice
- Say "Hello, Good morning..."
- Use peoples names
- Look at the person you are greeting.

#### T for TREATING

- Look at the person who is speaking
- Listen attentively to others
- Sit or stand still so the person speaking knows that they have your full attention.

# S for SPEAKING

- Speak to others in a kind and caring way
- Use peoples names in conversation.
- Use the magic words, like "please, thank you, you're welcome'

# 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.

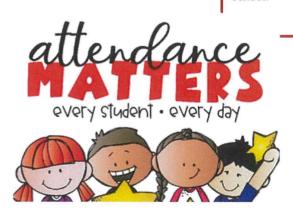
# A FEW REMINDERS FROM OUR **CURRENT GUIDELINES:**

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, nonenrolled 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.



# CHILDRENS CHATTER MATTERS

<u>Focus: Using longer and more complex</u> sentences

3. Blu-tack sentences:

Write a mixture of words on some board/card. Build sentences using Velcro strips or Blu-Tack and then post the completed sentences in a posting box. Encourage your child to use a range of different words e.g. nouns (person, place, thing), verbs (doing words e.g. run), adjectives (describing words e.g. red, big, smart) and conjunctions (joining words e.g. and, because, so, although, however).

<u>Focus: Using a variety of language genres</u> 4. The art of persuasion.

Show your child how to become more aware of the persuasive devices used by advertising companies. As you drive around notice and discuss the ads on various boards and signage. You could also look through the junk mail and catalogues. Focus on the words or images that influence you most.

# PARENTING IDEAS

When difficulties occur, children look to the adults in their lives to maintain their security and safety. When change and uncertainty reigns, kids want strong, empathetic leadership from the significant adults in their world. As a parent it can be difficult responding to a child's needs when you're trying to adjust to changes that are forced on you. See Michael Grose's article "Parenting in difficult times" for more.

# **ART/BOOK WEEK**

This week, we celebrate Book Week. It looks a little different this year due to restrictions but the Junior school have been looking at some of the shortlisted books during Art. Today we looked at one of the award winning books 'My friend Fred'.

# **CLASSROOM NEWS**

As part of Grade 6 Leadership this term, students have been asked to organise special events that celebrate our St Francis school community and encourage connection. Pat and Tom organised NBA/Sports day, which included events such as slam dunk, hand ball and target competitions. It was so wonderful to see so many

smiling faces and everyone giving the events a Red Hot Go!

Well done Tom and Pat







# FOUNDATION CROP UPDATE

Our crops have flourished and we were very excited to discover seed heads today on both the wheat and oats.

We will need to do some further investigating to work out a plan for harvest.

Such wonderful opportunities for authentic learning!









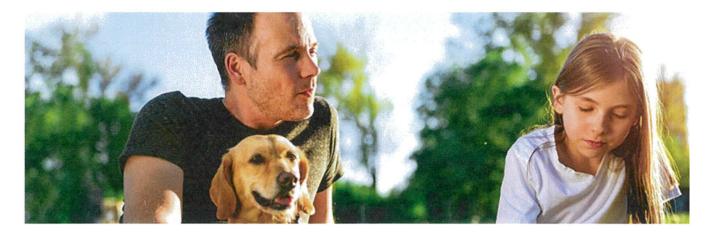


We acknowledge and pay respect to the Yorta Yorta Nation as the original and ongoing custodians of the land on which our school is situated. We commit ourselves to actively work alongside Aboriginal people for reconciliation and justice.

# parenting \*ideas

INSIGHTS

# **Parenting in challenging times**



Life has a way of throwing curve balls that really test the strength and resilience of families. Personal tragedy, natural disasters and global pandemics are the types of events that challenge us all to the core, testing our emotional and social resources.

When difficulties occur children look to the adults in their lives to maintain their security and safety. When change and uncertainty reigns, kids want strong, empathetic leadership from the significant adults in their world. As a parent it can be difficult responding to a child's needs when you're trying to adjust to changes that are forced on you.

Following are some elements to consider when parenting through times of challenge, change and difficulty:

# Attention

Like a television antenna your attention is tuned to pick up the strongest signal. In times of difficulty a child may not necessarily signal that they are struggling, so you may need to fine tune your attention to pick up their needs. Start to notice the small comments and subtle behavioural changes, as they may not be small at all, and can provide helpful clues to their state of mind.

# **Priorities**

In challenging times your focus may need to shift away from schoolwork, household neatness and chores. If can move toward relationship building, maintaining wellbeing and helping each other out. Parental priorities need to shift to the immediate rather than the future, the emotional instead of the behavioural and from thriving mode to survival mode in tough times.

#### Permission

Children and young people often struggle to express their feelings and thoughts in the face of adversity. They look to the significant adults in their lives for guidance about how they should respond to change, loss, uncertainty and disappointment. Allow them to speak about how they are feeling. Prompt conversations through closeness and connection. Display your own vulnerability and in doing so give your kids the permission they need to express themselves in safe ways.

# Collaboration

Difficult times will invariably suit a family that enjoys a collaborative, close parenting style. In collaborative families kids feel listened to and also have an ability to impact family decision making. Shared mealtimes and regular family gatherings are generally a prominent feature of collaborative families. In difficult times those families that prosper are those that value and promote close connection between siblings and parents.

# Wellbeing

# parenting \*ideas

Child and parent wellbeing becomes paramount in times of hardship. That may mean reprioritising the importance of school and work, doing something joyful every day and practising regular wellbeing strategies such as exercise, mindfulness, deep breathing and spending time in nature. The wellbeing bucket needs to be regularly refilled during challenging times.

These five elements form the basis of a planned parent response when major difficulties occur. Be patient, be kind to yourself and be willing to reach out to the wider community for help.



#### 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.

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