

St Francis Primary Newsletter



Catholic Education
CELEBRATING 200 YEARS
Faith in the future

2021

Friday 4th June

Dear Families,

Last week I was thinking 'Well here we go again, Lockdown 4.0' - As in the past, this week we moved back to Remote Learning for five school days. Our staff were quickly able to mobilise with a few hours' notice and send iPads and learning packs home last Thursday afternoon with students.

Our staff should be commended for the manner in which they cared for the essential workers and vulnerable children, supported their classroom students throughout the week and organising their own children's Remote Learning at home as well.

I am grateful for how they have been able to successfully navigate this very circumstance before and I remain optimistic about the future and our commitment to whatever situation we are thrown into.

I thank the efforts of all families who successfully navigated through this short lockdown reset and we were glad to welcome students back onsite today for face-to-face learning. We continue to pray for those in Melbourne who remain in the lockdown this week.

Giving children the power of Vulnerability!

As our students grow, they are destined for a world that places great importance on winning. Sport, in particular, has become very competitive often with a 'win at all cost mentality'.

Elite sports persons have it even harder, as perversely losing becomes the dominant aspect of the sport, being judged on losses and poor performances. It is important we teach and reinforce to our children that 'not winning' is OK. In fact, it's a reality that most of us face on a daily basis.

It's equally important that we let our children know that imperfections, peculiarities, oddities and differences are also OK.

We want our children to view Vulnerability as a *Strength*, not a *Weakness*.

*REMINING A CHILD. THEY ARE ENOUGH.
REASSURES WE ACCEPT THEM FOR WHO THEY ARE!*

Reconciliation Week: Thursday May 27 marked the beginning of National Reconciliation Week, a significant event for Indigenous and Non-Indigenous people of this Nation. The dates for National Reconciliation Week remain the same each year; May 27 to June 3. These dates commemorate two significant milestones in the reconciliation journey – the successful 1967 referendum, and the High Court Mabo decision respectively.

Reconciliation is a journey for all Australians – as individuals, families, communities, organisations and importantly as a nation. At the heart of this journey are relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples.

Important Dates

Term 2

Mon 14 Jun	Queens Birthday PUBLIC BIRTHDAY
Wed 16 Jun	Festival of the Sacred *
Fri 25 Jun	Last Day Term 2 2.20pm Finish
Mon 12 Jul	First Day Term 3

*These dates may be impacted by the Victorian Government restrictions



GIVE US THE COURAGE TO ACCEPT THE REALITIES OF OUR HISTORY

SO THAT WE MAY BUILD A BETTER FUTURE FOR OUR NATION.
TEACH US TO RESPECT ALL CULTURES. TEACH US TO CARE FOR OUR LAND AND WATERS.
HELP US TO SHARE JUSTLY THE RESOURCES OF THIS LAND.
HELP US TO BRING ABOUT SPIRITUAL AND SOCIAL CHANGE
TO IMPROVE THE QUALITY OF LIFE FOR ALL GROUPS IN OUR COMMUNITIES,
ESPECIALLY THE DISADVANTAGED.

Much has happened since the early days of the people's movement for reconciliation, including greater acknowledgement of Aboriginal and Torres Strait Islander rights to land and sea, understanding of the impact of government policies and frontier conflicts and an embracing of stories of Indigenous success and contribution.

In 2021 we also celebrate the twentieth anniversary of the Reconciliation walks of 2000, when people came together to walk across bridges and along roads throughout the nation to show their support for a more reconciled Australia. As always, we stand on the shoulders of those who came before us.

Australians now benefit from the efforts and contributions of people committed to reconciliation in the past.

Thanks

Matt Knight
Principal

CATHOLIC IDENTITY

Access to Mass Online: We are all encouraged to continue active participation in the life of the Church through activities such as time in personal and family prayer, reflecting on the Scriptures, making a spiritual communion, or participating in a Mass online. 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



Reconciliation: We are praying for our St Francis students as they complete their Sacrament of Reconciliation on **Tuesday 22 June @ 6pm**.

We welcome Monsignor Frank Marriott to our St Mary's Parish to celebrate the Sacrament and thank Mons Marriott for giving of his time while Fr. Michael is away.

The Sacrament of Reconciliation allows Catholics to acknowledge times they have moved away from Jesus' teaching and look for forgiveness. We thank the parents for their participation in their child's journey and also Tony Kent for preparing the children over the last few months.

Sacrament of Communion and Confirmation:

We are looking forward to welcoming any children wishing to complete their Communion and Confirmation Sacraments next term. The preparation sessions are again led by Tony Kent and will run on Wednesday nights @ 5pm with the dates as follows:

- Wed 14th July @ 5pm
- Wed 21st July @ 5pm
- Wed 28th July @ 5pm
- Wed 4th August @ 5pm
- Wed 11th August @ 5pm
- Thursday 19th Aug (Day Session) – Just students

Fr. Michael Grace will celebrate the Communion and Confirmation Sacraments on **Friday 20th Aug @ 6pm** at the St Mary's Church, Nathalia.

PARENTING IDEAS

parenting  schools

As a father of six girls, Dr Justin Coulson is often asked for strategies for raising girls to be happy, responsible and strong. Here are his top five strategies that are relevant for parenting girls of any age. See Dr Justin Coulson article, 'Common sense strategies for raising girls' for more.

IMPORTANT TRAVEL ARRANGEMENTS

Can parents please advise the front office if there are any changes to your children's arrangements for getting home i.e. travelling on the bus, after school care, walking with friends to sport etc... as it causes distress if the students are unsure of arrangements.



Thanks to the P & F for the new Tonka Trucks. They have been a hit in the playground today!



 **Attendance Matters**
...every school day counts!



We acknowledge and pay respect to the Yorta Yorta Nations as the original and ongoing custodians of this land we meet on. We commit ourselves to actively work alongside Aboriginal people for reconciliation

AWARD WINNERS



Foundation	Levi B	For showing fabulous growth in reading and writing. You are always striving to be your best at school Levi, we are very proud of you!
Grade 1/2	Alby T	For showing growth in his ability to engage in tasks with confidence. Fantastic effort Alby!
Grade 2/3	Caitlin M	For being a hardworking and determined individual who is good at putting a smile on everyone's face! You are a shining star Caitlin!
Grade 4	Chantelle D	Showing resilience during school camp. Chantelle worked hard to overcome a difficult challenge on the bike.
Grade 5/6	Jack A	Showing improved responsibility for his learning in class.
Italian	Lexie S	For being an amazing leader within the classroom during Italian!
Italian	Bodhi B	For having a positive attitude to learning and willing to give all tasks a go in Italian
Science	Jonty /Tom	For being Super Science stars!
Camp	Caleb R	For being an enthusiastic and sensational role model on camp!

PRINCIPALS AWARD

Sienna V - For interacting and leading by example on camp. A positive role model to all.

Pastoral Wellbeing

Attendance - Every day counts



Explaining Absences

Report your child's absence before school commences

Provide a reason for your child's absence

Notify the school of any upcoming absence

Positive Behaviours Intervention and Support (P.B.i.S)



Congratulations to our 'Gotcha' award winners who demonstrated our PBiS Expectations of being a **SAFE, RESPONSIBLE & CARING** learners at school.

Congratulations!

Bodhi B
Chantelle D
Matilda S
Ava M

INSIGHTS

Common sense strategies for raising girls



As a father of six girls I'm often asked for strategies for raising girls to be happy, responsible and strong. Here are my top five strategies that are relevant for parenting girls of any age.

Help her feel connected

When you connect with your daughter you help her to feel seen, heard and valued, which are vital psychological needs. You connect by helping her feel your delight when she walks into the room. You connect by stopping what you're doing and really listening when she speaks to you, and by ensuring she feels truly worthy and loved.

Help her feel she's enough

On Father's Day 2020, a 12-year-old girl completed a quiz about her dad, answering questions such as "What's your favourite thing to do with your dad?" "What's your favourite memory of your dad?" "What's your favourite song to sing with your dad?"

One question asked her to complete a sentence: "I know my dad loves me because..." His daughter wrote, "Because I'm me, and that's all he wants me to be." Help your daughter feel that she's enough because she is.

Help her navigate friendships with grace

Research highlights that girls have more friendship challenges and experience more relational issues than boys. Girls are more socially oriented. They fight more with words and emotions than boys who tend to fight with their bodies. Girls also ruminate more than boys. While fitting in is important for both genders, girls use social exclusion and relational aggression in unique ways that can really hurt.

If your daughter struggles with friendship issues there are no easy answers, however your attitude will make a huge difference. Gentle conversations that emphasise her value and worth, reinforcing your relationship are important when girls struggle. At some stage ask your daughter to reflect on these questions, "Do I like myself when I'm around those people?" and "Do I feel like I'm being true to who I am when I'm around these people?"

Help her love her body

Most girls want to feel beautiful. It's a parent's job to let them know they are – always. And that beauty comes from the inside. Never talk negatively about your daughter's body. Body shaming doesn't encourage healthier behaviour. It just makes girls want to disappear into the black hole of unworthiness. Remind her that it matters more what she can do with her body than how it looks.

Remember to let go

A parent's job is to prepare them for life without them. You're playing the long game, so the quality of your relationship really matters. Raising them to let them go is hard. But that's just how it should be.

Dr Justin Coulson presents a related webinar: Connecting with teenage daughters

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Connecting with teenage daughters' at no cost.

About

In this webinar, Dr Justin Coulson (father to 6 daughters) unpacks the science and provides practical real-world advice for parenting teenage daughters. You'll discover what is really going on in their minds, how they really feel and what they wish you knew.

When

23 June 2021 8:00pm AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-connecting-with-teenage-daughters>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code DAUGHTERS and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 23 September 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit www.happyfamilies.com.au