

27 AUGUST 2021

St Francis Newsletter

'Do all you can to preach the Gospel and if necessary, use words'
- St Francis



Calendar

TERM 3

31st Aug - 1st Sep
Parent Teacher Interviews

Wed 8th - Fri 10th Sep
Grade 5/6 Camp (TBC)

Tue 14th Sep
Home Grown Exhibition

Thu 16th Sep
Footy Colours Day

Fri 17th Sep
St Francis Feast Day
Last Day Term 3
- 2.20pm finish

Paint the world with colour!

It was wonderful to have Terry Jarvis work with the students last week as they created colourful, artistic watercolour paintings for our Home Grown Exhibition. Terry's experience and passion for developing young artists' skills was evident through the positive and engaging interactions he had with the students over the two days. There were plenty of creative designs and original artworks, which we look forward to sharing with families in the near future.

A growing body of Australian and international research demonstrates the enormous positive impacts that participating in The Arts can have on students' academic and non-academic success. There is a strong relationship between the cognitive capacities developed through learning and communicating in dance, drama, media arts, music and the visual arts, and students' academic and social skills. Positive effects of young people



Shepparton Schools & Families

Our thoughts and prayers go out to all families and schools dealing with the COVID outbreak in Shepparton. We will support you in any way we can.



If you can support this great organisation currently providing even more support than they would normally be expected to, please log onto Shepparton Foodshare and make a donation. It takes no time at all and you can be reassured that the funds will be going to very good use immediately.

www.sheppartonfoodshare.org.au/#donate



Living in the GV and unable to leave your house due to lockdown? Short on food or need advice on how to access support? GVCares wants to help!

Email: gvcares@gslp.com.au
<http://www.gslp.com.au/gvcares/>

involved in arts-rich education programs include achievements in reading, language and mathematics development, increased higher order thinking skills and capacities, increased motivation to learn, and improvements in effective social behaviours.

An arts-rich education from an early age develops individual creativity and self-expression. School-based arts participation can increase learners' confidence and motivation, thereby improving school attendance rates, academic outcomes and the well-being and life skills of children and young people.

Remote Learning

Together we can do great things

Again, we find ourselves learning from home. As with all the other lockdowns, staff will continue to host Google Meets and will work with students in their classrooms. We are growing in terms of content and efficiency as we too adapt more easily to this ongoing situation.

We are feeling for all the students over the next few weeks who will miss out on school events and festivities and other outside school commitments such as sports finals, dancing or gym. We encourage students during the current lockdown to get outside and practice or at least enjoy some of these outside school activities during the day, when they are at home.

Our onsite supervision continues with the change being that parents must provide a valid permit from their employer. Health care and emergency services personnel only require their photo identification, rather than the permit. We will continue to provide onsite care.

Children onsite will be encouraged to wear a mask; whilst not mandated, it is certainly something we know is effective in protecting us from the spread of the virus. In addition, the most recent outbreaks are certainly more common in school settings and we implore parents to keep children home and be tested should they be unwell.



Again, should you need any questions answered or support provided, please feel free to contact the school. The teachers and staff are working hard to ensure that we have the smoothest possible experience.

Take care and stay safe.
Matt Knight
Principal

Parent Teacher Interviews

We have changed our Parent Teacher Interviews to allow for the continuation of student learning. Parent Teacher sessions will now run on the following days:

- Tuesday 31st August 1pm - 3:00pm (except Grade 1/2 bookings)
- Wednesday 1st September 1pm - 3:00pm
- Thursday 2nd September 1pm - 3:00pm

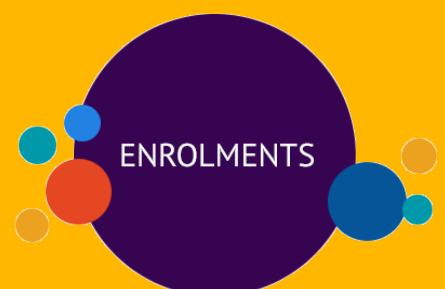
Bookings are now open via PAM. Instructions for how to book are also attached. All interviews will be via video conference, with teachers providing links to parents.

If parents are unable to attend during these times, please contact your child's teacher to arrange an alternative time.

Please note: Danae Manners is away on Tuesday 31st August, so Grade 1/2 bookings will be unavailable on this day.

2022 Enrolments

Enrolments are now open for 2022 with school packs available at the office for families. Please feel free to contact the office for further information.



Book Week

We are hopeful that our Book Week Parade can be re-scheduled this term. Keep the costumes close-by and try to maintain the children's excitement.

The theme for 2021 Book Week is "Old Worlds, New Worlds, Other Worlds"



Sacrament preparation will continue online with Tony this week – check your emails for details. We are hopeful we can still celebrate the sacraments as scheduled with Fr. Michael Grace, however in the current circumstances we will wait and see, and notify families accordingly.

The pandemic continues to bring worry and anxiety to

parenting  ideas
schools

children and young people. Resilience can help kids get through these difficult times, but it is not something they are born with. Resilience is built up over time as kids interact with the environment and each other.

Emerging relatively unscathed from a setback or hardship can boost future resilience. On the other hand, if experiences are too overwhelming or stressful, kids can be traumatised, making it difficult to respond with future hardships with resilience.

See Michael Grose's article, '[Building resilience during the COVID pandemic](#)' for more.



**PATTERNS IN
FOUNDATION
CLASS**



CHECK & CONNECT

Are you feeling lonely, isolated or anxious?

During health and natural disasters it's even more important to stay connected and have someone to talk to.

At Primary Care Connect, we can Check & Connect with our community, with a simple phone call or email.

How do I register for someone to Check & Connect?
General Practitioner (GP) clinic can refer patients or you can refer yourself. To register choose one of the following options:

- Online our website and complete the Check & Connect Form
www.primarycareconnect.com.au/vulnerable-persons-form/
- Call and register on
(03) 5823 3200

COVID-19 Relief and Community Supports

-  **URGENT FOOD, ESSENTIAL SUPPLIES AND SUPPORT**
1800 675 398 - Coronavirus Hotline
- select '0' for interpreter
- select '4' and '4' again for support
-  **COORDINATION OF SUPPORT FOR COMPLEX NEEDS**
1800 365 100
HATS@justice.vic.gov.au
-  **CASE MANAGEMENT RECOVERY SUPPORT FOR MULTICULTURAL FAMILIES**
9448 6845
frp@cohealth.org.au

INVITATION from University of Melbourne – A free online Webinar for families August 30, 8pm to 9pm.

Gain insights and tips to help your family manage better through lockdowns.

Covid-19 has forced many families to adapt to a new reality of remote learning, working from home, cancellation of social activities and more time spent with family members which can raise the emotional temperature for everyone.

There is no doubt lockdowns are a stressful time for families, however there are also many things we can do to support and improve our wellbeing during these times.

During this discussion, the panel of health and wellbeing experts along with community members, will provide insights and tips on how families can work together to manage through lockdowns including the role parents can play, maintaining hope, tips to improve motivation for young people and more.

The webinar is ideal for families with children across Australia and allied health professionals who provide services to families. The discussion will go for 40 minutes followed by questions from the audience. Submit questions via Q&A on the day.

The webinar is hosted by Professor Jane Gunn, Dean, Faculty of Medicine, Dentistry and Health Sciences at the University of Melbourne, and forms part of the 'In pursuit of health' event series.

[Tips to help families cope during Lockdowns,](#)

<https://events.unimelb.edu.au/event/11736-tips-to-help-families-cope-during-lockdowns>

CES Limited Pastoral Wellbeing Team

AWARD WINNERS



Foundation	Hannah	For showing wonderful connections in writing. The confidence you show to have a go at sounding out tricky words is fantastic.
Grade 1/2	Taylah	For being a Mary MacKillop person. She is always kind, helpful and sincere to others. She 'Never sees a need, without doing something about it'.
	Harrison	For his resilience and adapting to change well. He leads the class beautifully and always tackles tasks independently and takes pride in his work.
Grade 2/3	Pippa B	For being a focused and determined worker who listens to instructions and responds appropriately. Pippa is a kind hearted and caring individual who is respectful to everyone. You are a blessing! Well done Pip!
Grade 4	Emmerson	An enthusiastic, kind and considerate member of our school. Emmerson is a talented artist and has been working hard during inquiry.
Grade 5/6	Noah & Sienna	The confidence to "let their light shine" producing beautiful artwork and class confidence.
	Mitchell	Outstanding leader and role model.
	Amelia	Amelia enthusiastically found objects around her house to make the Olympic rings during the previous lockdown, well done on your creative approach to the task.
Art	Daniel	Daniel has been working hard this term in Art, you are persevering with tasks and working to complete them consistently. Well done Daniel.
	Jaxon	Jaxon, you're a fantastic young artist. All of your work is very well detailed, full of passion and very carefully designed and completed. Keep up the great work.
Italian	Oliver	Coming back into Italian with a positive attitude and a willingness to learn.
	Hunter	Having bright happy smile and enthusiastic attitude to learning in Italian

Principal's Award



Keira is a caring member of our school community who is always kind to everyone.

Keira has beautiful manners which she demonstrates daily and a great role model to others.

Congratulations Keira!

Aussie of the Month



Jaxon embodies the values of this award by giving others a fair go, showing mateship, and being a respectful and inclusive member of our school.

Well done Jaxon!

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.

We give students Gotcha Awards;

- To create a positive and motivating "buzz" for our students
- Some students need outward motivators
- It helps keep students engaged and provides encouragement
- To increase motivation, buy in and sustained effort
- Gives students goals and milestones to work toward

Grade 1/2 Master Class



Last Friday, St. Francis students had a wonderful opportunity to express their artistic flair with artist Terry Jarvis. He enlightened the students with his talent, passion, and enthusiasm with expressing his ideas through painting. The students were shown various techniques and valued painting with watercolour.



INSIGHTS

Building resilience during the COVID pandemic



The pandemic continues to bring worry and anxiety to children and young people. Resilience can help kids get through these difficult times, but it is not something they are born with. Resilience is built up over time as kids interact with the environment and each other. Emerging relatively unscathed from a setback or hardship can boost future resilience. On the other hand, if experiences are too overwhelming or stressful, kids can be traumatised, making it difficult to respond with future hardships with resilience.

The Harvard University Centre for the Developing Child depicts resilience as ‘a see-saw or balance scale, where negative experiences tip the scale toward bad outcomes, and positive experiences tip it toward good outcomes. The point where the scale balances is called the “fulcrum,” and if it is more to one side or the other, it can make it harder or easier to tip the resilience scale to the positive.’ Everyone’s fulcrum is in a different spot—which explains why hardships impact on people so differently.

Reduce the impact of COVID by reducing stress

During the pandemic there has been a constant build-up of stress and disappointment for many kids. Remote learning, postponement or cancellation of highly anticipated events such as graduations and formals, limited access to community activities and extra-curricular activities are just some of the negative outcomes that kids have experienced.

Most of these stressors are out of parents’ control however any efforts to lighten the load on kids and tip the balance to a more positive side will help build resilience. Reducing sources of stress on kids include:

- facilitating visits to recreation areas for play and contact with friends
- ensuring academic expectations are realistic and reflect the circumstances of each child
- back and forth parent-teacher communication responding to pandemic-induced problems
- alleviating unnecessary family conflict such as temporarily loosening digital limits

Build up positive outcomes through supportive relationships

The presence of healthy supportive adult relationships with children and teenagers is a recognised contributor to resilience. Harvard University state, “The one thing that most children who develop resilience have in common is a stable, committed relationship with a supportive parent, caregiver, or other adult. Adults need those supportive relationships, too!”

Parents can build more positive outcomes for kids by strengthening the connections they have with friends, family and members of the community. Relationship-building activities can include:

- increasing family connections through shared mealtimes and enjoyable family activities
- positive one-on-one activities between parents and kids
- encouraging regular digital or face-to-face connection with friends
- maintaining contact with extended family

Strengthening core skills and coping capacities

Children and adults need a set of core skills to manage their daily lives. These skills include planning, ability to focus, self-control, self-awareness and adaptability. When children and young people are under extreme stress it's difficult to apply these core skills so the ability to manage even simple tasks can be compromised.

Parents can strengthen these skills in children and young people by:

- building daily organisational skills at age-appropriate levels including the use of schedules, timetables and other visual organisers
- encouraging children to relax and enjoy regular downtime
- developing anxiety-management tools such as deep breathing and mindfulness
- embedding wellbeing strategies of relaxation, exercise and play into family life

Building resilience in children and young people during the current pandemic is a continuous task for families. Resilience is best promoted by relieving stressors on kids, ensuring they experience a variety of supporting relationships with adults and other children, and building core executive functioning skills so that they can successfully manage their daily lives during these times of change.



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.

Child Safety

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

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



St Francis Primary Nathalia would like to acknowledge the Yorta Yorta Nation as the Traditional Custodians of the land on which our school is situated.

