

10 SEPTEMBER, 2021

# St Francis Newsletter

*'For it is in giving that we receive'*  
- St Francis



**R U OK?**<sup>TM</sup>  
A conversation could change a life.

This week was the National celebration of R U OK Day with its aim to inspire and empower everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling. Their mantra is that people don't need to be an expert to reach out - just a good friend and a great listener. Use these four steps and have a conversation that could change a life:

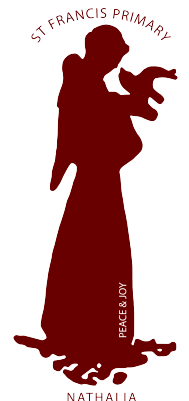
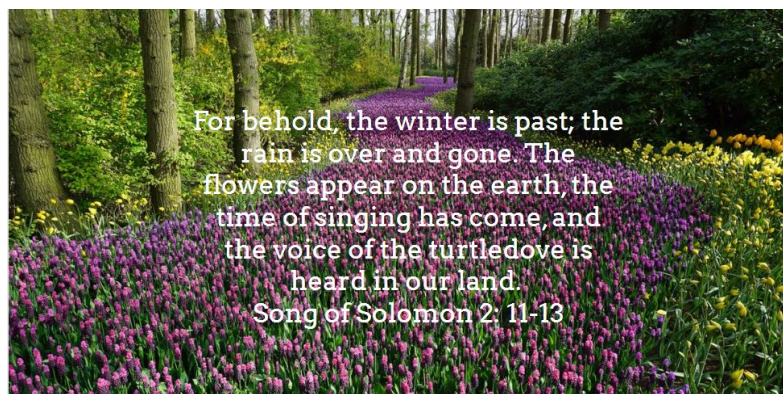
1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

During these uncertain times, having these open, honest and meaningful conversations can allow our community to connect with each other and support both adults and children, as we work through our lockdown.

## MENTAL HEALTH

The mental health burden of the state's sixth lockdown has taken a toll on many Victorians. Victoria's Chief Psychiatrist, Neil Coventry, urged adults on Thursday to reach out to young people amid concerns of an increase in mental health issues. Here are some tips to parents and carers.

*Parents can try to remember the three Rs: Reassurance, Routines and Regulation.*



## Calendar

### TERM 3

**Fri 17th Sep -**

St Francis Feast Day

Footy Colours Day

Last day of Term 3

2:20pm finish

**Mon 4th Oct -**

First day of Term 4

**Thu 7th Oct -**

Athletics Carnival

We have been informed



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



Validate your child's emotions and reassure them that people are working hard to keep them safe. Focus on the helpers in the community (the scientists, doctors, nurses, people wearing masks) and how everyone can do something to help.

### **Routines**

Maintain routines as much as possible. Give the children a set routine around home schooling, play and wind down. Make sure these routines differ at weekends and school holidays so that it feels like there is variety. Routines give children a sense of safety and predictability and help to reduce stress.

### **Regulate**

Lastly, regulate. Help them to engage in activities to manage their big emotions. This might be things like exercise, taking deep breaths, meditation, yoga or using sensory toys that help them to feel calm.

Open up conversations with your child often. Continue to start these conversations, even if they don't take up your offer.

### **Model**

Role model your own ways of coping with emotions and plan together about what you can do to help feel better. This might be taking a walk together, playing soccer outside or playing with the dog. Be prepared to answer questions in an honest way about the pandemic and about how you cope when it gets you down.

### **Play**

Remember to play. All of us adults need some fun right now and the world isn't giving this to us. Make sure you take time to be silly with your children, to play games and to enjoy being together.

Source: The Age, *Concerned about your child's mental health? Here are some practical tips from the experts.* Sumeyya Ilanbey, 2021  
<https://www.theage.com.au/politics/victoria/concerned-about-your-child-s-mental-health-here-are-some-practical-tips-from-the-experts-20210902-p580ba.html>



## **School Updates**

### ***Return to Face to Face Learning***

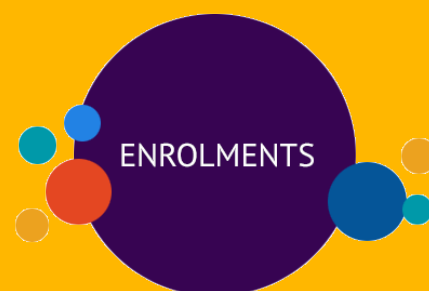
I hope all the Fathers in our school community had a great day last Sunday and were able to spend some quiet time together with your children. For many of us, we were unable to spend time with our 'Dads' however I know that, like me, many of us made contact via the phone or reflected on the role our fathers have played in our lives.

It is great to have our junior (Foundation - Grade 2) students back on site today and learning in their classrooms face to face. Parents and children should be commended for their efforts during this lockdown. We hope to have our Grade 3-6 students back with us soon, as they continue with Remote Learning for the time being. A reminder that onsite supervision is available for those considered vulnerable and for Grade 3 - 6 children whose parents are essential workers.

Thanks,  
Matt Knight  
Principal

# **2022 Enrolments**

Enrolments are now open for 2022 with school packs available for families. Please feel free to contact the office on 03 5866 2271 for further information.



## Parent Teacher interviews

Thank you to the families for making contact with their child's teacher over the last few weeks for Parent Teacher Interviews. The sessions worked well over video conference and student updates were well received.

## Book Week

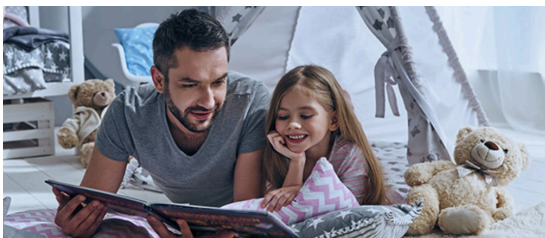
We are hopeful that our Book Week Parade can be re-scheduled for early next term. Keep the costumes close-by and try to maintain the children's excitement. The theme for 2021 Book Week is "Old Worlds, New Worlds, Other Worlds"



parenting \* ideas  
schools

**A** look at different cultures even within our shores shows there's no one 'right way' to be a dad. Fathers have a strong biological urge to ensure their children's survival, which drives dads to be protective, some to have high expectations and others to promote self-sufficiency. Fathers may differ in how they parent, but ultimately, we all belong to the same valued club. Fathers almost universally want what's best for their child.

See Michael Grose's article, '[In praise of fathers: the place of the modern dad](#)' for more.



**We have been informed that the School Canteen is closed until all students are back on site. Sorry for any inconvenience.**



## Grade 4 Greatness

Grade 4 entered the week-long Online Hume Region Sumdog (Maths) competition recently. As defending champions expectations of a strong result overall were high.

Midway through the week, our Grade 4 students held a commanding lead. However late in the week, a rush of correct answers from several local schools resulted in things getting close. Grade 4, St Francis came second in the entire Hume Region (only losing to a Grade 3/4 class from Kialla by a 4 correct answers!!)

Kiara and Keira finished first and second overall in the region (both answered the competition maximum of 1000 questions.) Grace, Lily, Sienna V and Liam all finished in the Top 10.

Congratulations to all students that took part.  
Mr D



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 and justice.

# AWARD WINNERS



Foundation	Aidee	For the way you happily join in during our morning meetings while remote learning. We see how hard you are working and are so very proud of you. Keep shining at home Aidee.
	Harry	For sharing all the interesting things that you have been doing at home and making wonderful connections to our learning goals. We hope you always have that enthusiasm for discovery and wonder.
1/2	Millie	Well done Millie for being focused and following the daily routine in a different learning environment. It is a pleasure to see you continue to strive to achieve your goals and to also bring a positive attitude to google meetings each morning. Keep smiling bright!
2/3	Thomas	For the support he has been giving me during our class Google Meetings when I have been at school. He helps lead prayer and has had fun with his classmates in our meeting. His smiling face and happy attitude is wonderful to see and be a part of. Thanks Thomas!
4	Oliver	Oliver has worked hard and taken responsibility for his own learning. This has resulted in outstanding growth in his understanding of Fractions. Well done Oliver.
5/6	All Grade 5/6 students	For their approach and mindset to remote learning
Italian	Makena Pippa	Well done on the amazing work you are doing during lockdown In Italian.
Art	Georgia	Well done Georgia on your imaginative keyhole and Visions of Nathalia drawings completed during this lockdown. You have been creating some wonderful artworks.
	Millie	Millie your passion for Art shines through every week both in class and at home during lockdown. Keep up the terrific artistry.
	Jordyn	You have been displaying awesome effort Jordyn in completing class tasks and lockdown tasks. You're a budding artist!

## Principal's Award



Well done Matilda! For being a positive role model to others during Remote Learning and creating good work habits.

Congratulations!

## Aussie of the Month



Lily is a kind, caring and considerate member of our school who is always helping others.

Great work Lily!

# Pastoral Wellbeing

**Attendance - Every day counts**



## Explaining Absences

Report your child's absence before school commences

Provide a reason for your child's absence

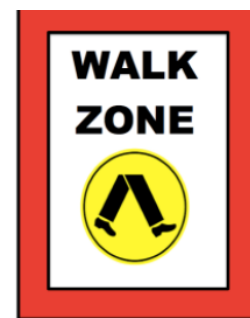
Notify the school of any upcoming absence

## 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 MOVE CALMLY



- We move calmly to specialist subjects, to the office, and to and from the toilet during class time.
- We move calmly outside to recess and lunch and when dismissed at the end of the day.
- When walking to local events - what are our expectations? Seniors lead, grade order, walking together on the path, stay with your grade, no overtaking

## INSIGHTS

# In praise of fathers: the place of the modern dad



Fatherhood has been transformed from the breadwinner and disciplinarian role of the past to a far more complex framework. Here's how:

### Diversity rules

A look at different cultures even within our shores shows there's no one 'right way' to be a dad. Fathers have a strong biological urge to ensure their children's survival, which drives dads to be protective, some to have high expectations and others to promote self-sufficiency. Fathers may differ in how they parent, but ultimately, we all belong to the same valued club. Fathers almost universally want what's best for their child.

### Recognising dads

Being a dad is not given the same attention as motherhood. The parenting advice industry is often skewed toward mothers as the direct or primary carers. The lack of recognition can also at times be seen in the mental health field. It's now recognised that men experience heightened anxiety at all stages of fatherhood, however, most simply suffer in silence because 'that's what men do.' The recent advances in mental health promotion still have some way to go when it comes to fathers.

### Playtime is crucial

Fathers have long been seen as the kings of play. Science now shows that play is a critical part of the fathering toolkit. Whether it's engaging in rough and tumble play with toddlers, sharing pizza night with primary-school kids or laughing with teens over the latest cat video, dads bond best with their children through play. Oxytocin, the bonding chemical that promotes strong relationships is released most intensely for men when playing with kids. On the other hand, oxytocin spikes for women are prompted by affectionate activities such as stroking, cuddling and talking softly to kids. Activity is at the heart of effective fathering as it's through play that many men do their best fathering work.

### Part of team parent

'I wish my partner raised children like me' is a common parent comment. While usually uttered out of sheer frustration this comment misses the point that evolution dislikes duplication. Put simply, if one parent is the disciplinarian the family doesn't need another. Better for the other parent to focus on nurturing, teaching or arranging daily timetables. In busy families it's better to ensure all the parenting bases are covered rather than duplicating roles and leaving out important functions. Working together as one part of a team will ensure that most of the needs of a child are met. Alternatively, if you are parenting a child on your own stay connected with other families and reach out for assistance when required.

## The school of dad

Traditionally, fathers have been heavily linked with children's learning, but not necessarily of an academic kind. The reinforcement of values, real-world problem-solving and teaching for self-sufficiency have been the usual domain of dads. Recent studies show that dads can also positively impact their children's academic achievement, but in different ways to mothers. While mothers are more likely to be involved in at home learning activities such as hearing children read and supervising homework, fathers are more likely to positively impact their children's attitude to learning. According to American educational researcher William Jeynes, dads focus more (than mothers) on moulding and modelling correct mindsets and behaviours, which provide the foundation upon which children and teens can build their academic journeys. It's this bigger picture focus where fathers can do their best work, particularly changing boys' attitudes to women and giving their daughters the confidence to stand up and be heard.

## Dads and kids' development

If a father wants to positively influence children and teenagers, it's important to ensure that their relationship is warm and supportive. While this may be at odds with men's natural tendency to push children's developmental boundaries, fathers should lean on their well defined ability to relate to their kids through play. As Australian educational leader Dr. Tim Hawkes noted in his book "*Ten conversations you should have with your son*" dads who engage in banter and fun are better placed to discuss issues of real substance with their children.

## Dads and resilience

Fathers who promote children's self-sufficiency are well placed to develop resilience in their children. In fact, a key role for modern fathers is to ensure, as part of team parent, that their children can confront and overcome the hardships, frustrations and difficulties that life throws at them. This is done less by adopting tough, hard-nosed tactics, and instead allowing kids to take physical and emotional risks in the knowledge that they can return to a warm and secure base.

## Dad is a social role

With children growing up in step, adoptive, single parent and same sex families fatherhood has become less a biological and more a social role. As society changes and assisted parenting techniques continue to advance, whoever answers to father takes on importance in a child's life. This is not denying the rights of a biological father, but rather acknowledges that for many children the person who shows up whether stepfather, relative or family friend, or even a single parent doing both roles, is the social father for a child.

## In closing

As society changes the role of fathers is also shifting as well. While the place of a father in a child's life has always been important, there's never been a greater need for fathers to be supported in their role and to widen our view of what it is to be a dad.



### 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.

SHOW YOUR TRUE

**COLOURS**

**FOOTY**

**COLOURS**

**DAY!**



**FRIDAY 17<sup>TH</sup> SEPTEMBER**

**Dress up in your favourite FOOTBALL COLOURS!**

**Fun and Exciting Kahoot Activities**

**Prizes will be given out for Top 3 in Kahoot and Best Dressed!**

**Download the Kahoot APP on a device**

**Click the Webex Link! Join and have some Fun!**



**GRADES 2-4**

**TIME: 10AM**

**LINK:**

<https://aflmeetings.webex.com/aflmeetings/j.php?MTID=mea91ba0d64e1046a125b61f8c413f41d>

**GRADES 5-6**

**TIME: 11AM**

**LINK:**

<https://aflmeetings.webex.com/aflmeetings/j.php?MTID=m4eaaa535f9fb423c190f15daf9a445a7>