

8 OCTOBER, 2021

St Francis Newsletter

*A single sunbeam is enough to drive away many shadows
- St Francis*

Welcome back to Term 4

Welcome back to all of our families as we begin Term 4.

For our Grade 6 students, this will be their final year of primary schooling before they transition to secondary college. This term we also begin to meet with our 2022 Foundation families, as they begin their primary educational journey.

We have a range of activities and events planned again this term and we will keep families updated to the ever changing schedule.

Monday marked the Feast of St Francis, our school's Patron Saint. St Francis is attributed with the quote, "It is no use walking anywhere to preach unless our walking is our preaching". By being visible in our community and responding to Jesus' teaching through our actions and words, we create a warm, welcoming and inclusive school environment for all.

The COVID restrictions in place for schools have created an unusual beginning to the term. We started the term with our Foundation to Grade 2 students onsite and Grades 3-6 learning remotely. Over the next few weeks, our older students transition back onsite and we look forward to having all students attend from Tuesday 26th October.

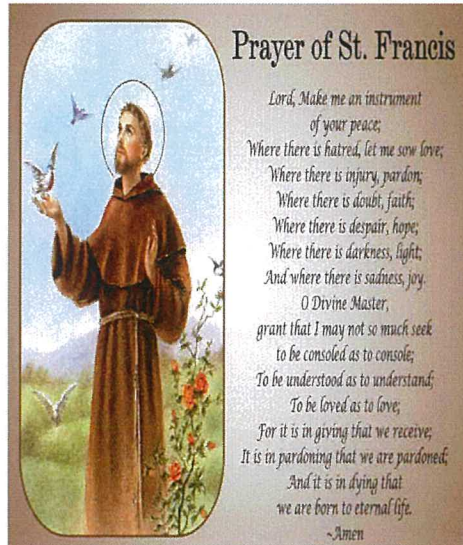
A quick overview of the Victorian plan for students' return can be found below.

St Francis Nathalia - Return to School Plan

	Mon 4th Oct	Mon 11th Oct	From Tues 26th Oct
Prep	Full Time	Full Time	Full Time
Grade 1/2	Full Time	Full Time	Full Time
Grade 3	No	Full Time	Full Time
Grade 4	No	Tuesday - Wednesday	Full Time
Grade 5/6	No	Thursday - Friday	Full Time



Finally, a big congratulations to the Melbourne supporters in our midst, it was fantastic to see the Demons finally win one after so many years. I look forward to seeing a few Melbourne scarves and jumpers when the children return to school. It certainly was a spectacular effort!



Prayer of St. Francis

Lord, Make me an instrument
of your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.
O Divine Master,
grant that I may not so much seek
to be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that
we are born to eternal life.
-Amen

Calendar

TERM 4

Tue 26th Oct - All students back

Nov 1/2 - SCHOOL CLOSURE DAY (Melb Cup)

Nov 10-12 - Grade 5/6 camp

Tue 16th Nov - Home Grown Art Exhibition

Fri 26th Nov - Athletics Carnival

LUNCH ORDERS

We have been informed that the SMOTA Canteen will be open from Monday 11th October.


Sorry for any inconvenience.



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

School Restrictions

Unfortunately as we begin Term 4, St Francis again has a number of restrictions currently in place at school. The table to the right will give families an understanding of what activities we can currently undertake. Please remember these restrictions can (and usually do) change quickly and often.



COVID-19 VACCINATIONS

By Monday 18th October staff, volunteers/parents and contractors need to be vaccinated (minimum first dose) if they are to be onsite.

This includes the collection of sick children and entering school grounds, unless a medical exemption applies.

Everyone must be fully vaccinated by Monday 29th November to enter the school grounds.

St Francis staff are required to view evidence of your vaccination details as part of these new requirements.

Key actions for schools	Regional Victoria (excluding Greater Shepparton LGA)
Visitors to schools	ESSENTIAL VISITS ONLY Visitors to school premises should be limited to essential school services and operations
Parent access to school grounds	No
Students placements	YES All student placements (permitted at discretion of school)
Health, wellbeing, inclusion visits	YES
School tours	NO
Excursions	NO
Swimming and all other pool use	YES
All sporting activities (indoor, outdoor, contact and non-contact) at school	YES
Camps and overnight stays	NO
Assemblies (whole school and year level), formals, graduations	NO
Kinder transition program	NO
Year 7 transition programs	NO



School Dates

Term 4 dates and closure (pupil free) days are as follows:

- **Monday 1st November**
 - Closure Day (Report Writing Day)
- **Wednesday 15th December**
 - Students' Last Day of Term 4 (3:20pm finish)
- **Thursday 16th December**
 - Closure Day (Staff Planning Day)

Thanks,
Matt Knight
Principal

Our building project continues to gather momentum with demolition works taking place shortly. The successful builder's documentation is being finalised by Catholic Education and we hope to name our builder soon.

We look forward to seeing things happen over the coming weeks after such a long wait. Again, as milestones approach we will keep everyone up to date.



School Hats

Please ensure your child has a school hat and a drink bottle for Term 4 as the weather warms up.

There is plenty of shade available if students forget their hats and school bubble taps are also able to be used during recess and lunch times to grab a quick drink.

Parenting Ideas

Muscles need to be exercised daily if they're to remain strong, flexible and do their jobs. Resilience is no different. If it's not exercised regularly our resilience will waste away.

Resilience is developed through regular daily use. Here are some simple ways you can encourage a child or young person of any age to flex their resilience muscles every day.



See Michael Grose's article, '[Everyday resilience lessons for kids](#)' for more.

Food for Thought

Mathematician and philosopher Gian-Carlo Rota on teaching:

"A good teacher does not teach facts, he or she teaches enthusiasm, open-mindedness and values."

Source: Indiscrete Thoughts

Donations required

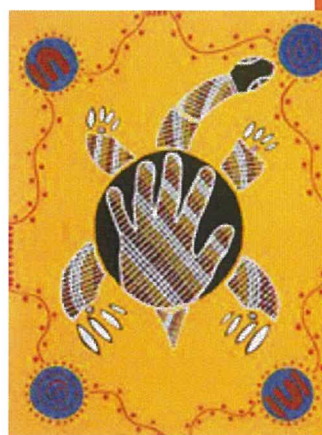
Mrs Myers is looking for donations for ice-cream containers for a Science activity and Tam is requiring magazines for a Wellbeing project. Items can be dropped off at Front Office. Thank you in advance.

School Cook Book

With interruptions to our school term, the cookbook has been pushed back slightly, all of our junior students have finished decorating their recipe sheets so now we are just waiting for the senior students to return so they can finish up their sheets and finalise their designs. Once this is done our recipe books will be ready for purchase right in time for some special Christmas gifts.

World Teachers Day

Thumbs up to our amazing teachers on World Teachers Day! We acknowledge and celebrate the wonderful role teachers play here at St Francis! Shaping and teaching our students now and into the future. Thank you! 👍

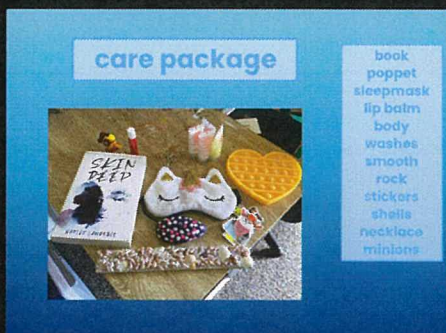


We acknowledge and pay respect to the Yorta Yorta Nations as the original and ongoing custodians of this land we meet on. We commit ourselves to actively work alongside Aboriginal people for reconciliation and justice.

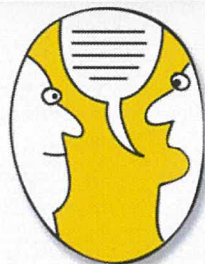


GRADE 4

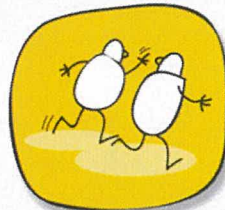
During Term 3 students have been working hard on their own wellbeing as well as those in their community. They have been busy sharing messages of hope and positivity along with gifts for their neighbours.



1. Ask



2. Listen



3. Encourage action



4. Check in

INSIGHTS

Everyday resilience lessons for kids



Muscles need to be exercised daily if they're to remain strong, flexible and do their jobs. Resilience is no different. If it's not exercised regularly our resilience will waste away.

Resilience is developed through regular daily use. Here are some simple ways you can encourage a child or young person of any age to flex their resilience muscles every day.

Wait until mealtime

Discourage them from random snacking when they are hungry. Encourage them to wait until mealtime. By tolerating minor discomforts such as hunger, thirst or even some worries, kids get the practise needed to help them manage bigger future hurdles that may come their way. You can build your child's tolerance of discomfort by encouraging them to delaying immediate gratification even just for a few moments.

Do more than expected

Great sportspeople routinely train more than others and push through mental and physical boundaries. Encourage your child to push through boundaries and do more than expected in small ways. Perhaps they don't just clean their bedroom but tidy the living room as well. They may aim to shoot 10 goals in a row at basketball practice but keep going until they reach fifteen. Going past the finish line is wonderful resilience practice. What else can you do that would encourage your child to do more than expected on a regular basis?

Save pocket money

Did you know that when you encourage your child to save some of their pocket money rather than spend it immediately you are teaching them to delay gratification, an acknowledged resilience attribute? Asking a child to set aside some pocket money for saving, some for charity and some for spending will help develop a balanced use of pocket money. It helps if a child can develop their own savings goal, and parental suggestions can assist. The delay of an immediate reward to achieve a greater or later reward needs to be practiced if it's to become part a child's pattern of behaviour.

Make the bed

Resilience comes from doing things that we don't feel like doing and making a bed is one thing few people enjoy. The daily habit of making a bed (to the best of a child's or teen's ability) is a brilliant discipline to develop, which has the bonus of setting kids up well for a productive day at school. What other simple habits that fit into the "don't-like-to-do" basket that benefits either your child or others in the family?

Help when you don't feel like it

It's easy to help at home when they've had a good day at school or the weather is fine. It's much more difficult to step up and help set the table, put the rubbish out or hear a sibling read when they've had a bad day at school or the weather is stinking hot. The seemingly small act of sticking to commitments develops discipline and conscientiousness that contributes to a sense of resilience.

Smile when you don't feel happy

Feelings may be difficult to manage, but behaviour is a choice. Encourage kids to choose happy, or at least act happy by smiling rather than putting on a grumpy face. The brilliant thing about this strategy is that smiling changes their mood so that they begin to experience pleasant emotions.

It's the small, everyday behaviours we encourage in kids that have the greatest impact on their behaviour, wellbeing and resilience.



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.

Hotshots Tennis Is Back!

Start Date - Saturday 9th October at 9am till 10am
at Nathalia Lawn Tennis Club
(then every Saturday of the school term until Christmas)

Cost \$60 - Saturday morning Hotshots (Blue, Red Orange Group) plus a 12-month membership and use of the courts anytime.

And

Cost \$90 - Hotshots (Green Group) includes Monday night training session with Mark Mills (Club Coach), Saturday morning match play and 12-month membership and use of the courts anytime.

No Racquet-no worries we have plenty you can borrow on the day

Please let Liz or Caitlin know ASAP or by 7th October if your child is would like to participate. Due to COVID restrictions we need to get groups organise prior to Saturday.

All participants who register to your club via hotshots.tennis.com.au will receive these awesome benefits:

- Free ANZ Tennis Hot Shots T-Shirt by New Balance, upon first registration.
- The chance to win an experience through the ANZ Tennis Hot Shot of the Year competition
- Special discounts with our partners and online store, including 20% off all online apparel and footwear from New Balance - our Official Sports Apparel and Footwear Partner
- Personal Accident Insurance - just in case your child gets any tennis injuries.

Contact Liz or Caitlin to register or find out more about Hotshots Community Play:

* Liz Ryan 0409 391 942 *Caitlin Bourke 0407 880 816 (Co-ordinators)

"Like" us at Nathalia Lawn Tennis Club Facebook

Visit our website: <https://www.tennis.com.au/nathaliatc/>



MOIRA SHIRE COUNCIL

Australia Day

AWARDS 2022

Nominations open 1 September 2021
and close Friday 19 November 2021

Categories are:

Citizen of the Year

Junior Citizen of the Year

Young Citizen of the Year

Community Event of the Year

Community Organisation of the Year

Arts, Culture and/or Environment Project of the Year

To find out more or to put in a nomination please
visit our website

www.moira.vic.gov.au

