

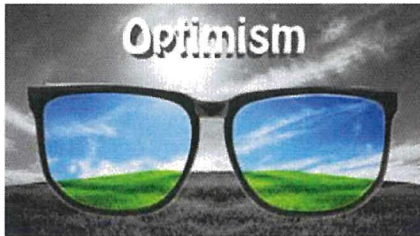
19 NOVEMBER, 2021

# St Francis Newsletter

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

Dear Families,

We welcomed our 2022 Foundation students to school this week for their first of three Jump Start sessions. The new Prep students were eager to come in and meet their teachers, look around the school and engage in some learning activities. The State Wide Transition Day following the Jump Start program is scheduled for Tuesday 7th December, where all students move into their 2022 classes from 9-11am.



Our new Foundation students were optimistic as they begun their learning journey this week. As we continue to see a reduction in restrictions in Victoria there is more reason to be optimistic. Elizabeth Scott, PhD at VeryWell Mind describes optimism as a mental attitude characterised by hope and confidence in success and a positive future. Optimists are those who expect good

things to happen, where pessimists instead predict unfavourable outcomes. Optimistic attitudes are linked to a number of benefits, including better coping skills, lower stress levels, better physical health, and higher persistence when pursuing goals.

Optimists tend to view hardships as learning experiences or temporary setbacks. Even the most miserable day holds the promise for them that "tomorrow will probably be better." If you always see the brighter side of things, you may feel that you experience more positive events in your life than others, find yourself less stressed, and even enjoy greater health benefits. I am sure that as the 2021 school year draws to a close, we look with optimism towards Christmas and to a settled and successful 2022.

## Staffing Updates

We have some staffing changes for 2022:

- Tony Kent will be retiring at the end of 2021 and returning to NSW. Tony has been with us since Term 4 of 2020 and worked closely with our senior students. Tony has been a valued member of our staff with great insights into education, a talented artist and engaging teacher for his students.
- Jemma Bell has been successful in obtaining a teaching position at St Mary of the Angels Nathalia. While Jemma will be leaving us, she won't be too far away. Jemma has been with St Francis for the past 3 years.
- Tam Perry has been successful in obtaining a Wellbeing role at St Joseph's Primary, Cobram. Tam has been with St Francis for the past 11 years and made wonderful connections with our students, staff, families and wider Nathalia community. We wish Tam all the best in her new role with the timing working well for Tam and her family.
- Kerry Conroy will be on long service leave for Term 1 and Term 2 of 2022. Kerry will then lead our Stephanie Alexander Kitchen Garden Program (SAKG) in Semester 2, 2022.
- We welcome Lijarna Bekirofski and Penny Menezes to our staff for 2022. Lijarna will be a full time classroom teacher, while Penny will be working in a specialist role for Term 1 and Term 2. Penny has worked with us in a CRT role, so she may be a familiar face, while staff and students will have time to meet Lijarna on our State Wide Transition day.
- Ronnie will start to resume some activities this term working at both home and school depending on her recovery program.

## Calendar

### TERM 4

Fri 26th Nov - Athletics Carnival

Tue 30th Nov - Home Grown Art Exhibition

Fri 3rd Dec - Kinship of the Earth Day

6-10 Dec - Swimming Week

Tue 14th Dec - End of Year Graduation Mass

Wed 15th Dec - Student's Last Day



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



# Confirmation Prayer

O Holy Spirit of God,  
take me as your disciple;  
guide me, illuminate me, sanctify me.  
Bind my hands that they may do no evil;  
cover my eyes that they may see it no more.

Sanctify my heart  
that evil may not dwell within me.

Be my God, be my guide.

Wherever you lead me, I will go;  
whatever you forbid me, I will renounce;  
and whatever you command me,  
in your strength, I will do.

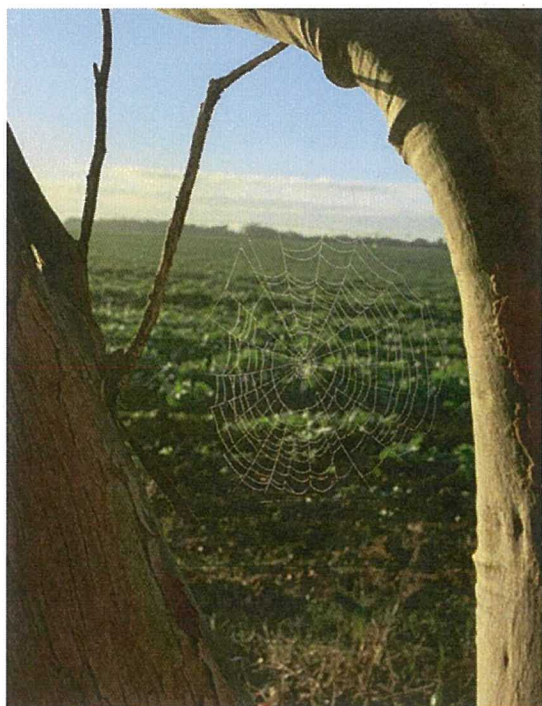
Lead me, then,  
unto the fullness of your truth.

Amen.

(Cardinal Henry Edward Manning)







## Mackillop Art Exhibition

Congratulations to Eliza Raleigh who received a **Highly Commended Award - General: Primary Art Award (Prep - Year 6)** at the Mackillop Art Exhibition (MAE) last Friday. Eliza's photograph titled, "Charlotte's Web" was created as part of the Grade 5/6 unit of work in Term 3. You will be able to see Eliza's art piece at our Home Grown Exhibition in a few weeks time.

A number of our students' artworks were displayed at the Mackillop Exhibition at the Sacred Heart Cathedral in Bendigo. We also have student works nominated for the MAE People's Choice section. If you would like to view these works or vote for your favourite student piece, please follow the link below.

<https://www.ceosand.catholic.edu.au/mae/peoples-choice>



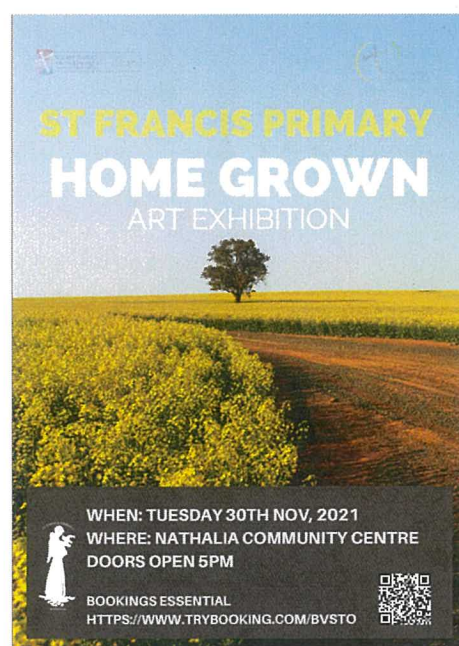
## Home Grown Art Exhibition

We are pleased to be able to hold our Home Grown Art Exhibition on Tuesday 30th November, 2021 at the Nathalia Community Centre. The doors will open at 5pm for families to view St Francis students' art pieces on display, followed with a student performance at 6pm with Bushwahzee.

We expect the night to conclude at approximately 7:30pm - 8:00pm. For those family members not able to join us on the night, a website with photographs of students' work will be able to be viewed. The link to this website will be sent out to families on Wednesday 1st Dec.

To ensure a COVID Safe Event, we ask families to book via the TryBooking link below. All people attending the exhibition will need to be fully vaccinated as per the current Victoria guidelines. The event is free of charge.

<https://www.trybooking.com/BVSTO>





# School News

## School Council - 2022

We are looking for members to join our School Council for 2022. The School Council is a avenue to help drive the strategic direction of the school, consider learning spaces, focus on Master Planning and contribute to the life of the school.



If you are interested in joining, please let me or any council members know via a phone call, email or by visiting the office.

Our final School Council meeting for 2021 will be next Wednesday 24th November @ 6:30pm (onsite at school).

Thanks  
Matt

## Athletics



Students will participate in our St Francis Athletics Day on Friday 26th November at the Nathalia Football Ground. Students will walk to and from the event from school with the day's schedule attached at the back of the newsletter.

The permission form for students to participate in this day is available to be completed via PAM.

The Parents and Friends will kindly provide a free lunch for the students - please complete the Google Form to assist with catering on the day.

[Student Lunch Order - Athletics \(CLICK HERE\)](#)

## Swimming

Our school swimming program takes place from Monday 6th Dec - Friday 10th Dec, 2021. week. We look forward to our daily lessons at the Nathalia Swimming Pool.



Our program has a strong emphasis on water safety and remains just a small part of swimming lessons for all children. The YMCA will provide swimming instructors for students, who will cater to all swimming abilities.

## End of Year Mass



Our final whole school mass will be held on Tuesday 14th December @ 10am.

For this event, families are able to celebrate the school year, farewell our 2021 Grade 6 graduates and welcome our 2022 leaders.

Our FMDM award presentations will also occur on the day. More details will be provided in the coming weeks.

## Parenting Ideas

Honesty is an essential value for children and young people to develop as it's central to building trust and community cohesion. Here are some simple, effective ways to encourage your child to be honest.

See Michael Grose's article, '[Respond honestly to dishonesty](#)' for more.

## Celebrating Staff

Congratulations to our staff member, Jesse for taking out both Picola and District and Goulburn Murray Regions Youth Coach of the Year awards.

Today, he was hand delivered his AFL Victoria Country Stan Alves Youth Coach of the Year also. We are super proud of his achievements!



# AWARD WINNERS



Foundation	Jonty L	For showing an amazing effort to improve! We are so proud of your independence and your positive attitude to learning. We love having you in our grade Jonty, your funny little tricks always make us smile!
1/2	Darcy R	Showing enthusiasm when writing his narrative in Writers Workshop sessions. Well done Darcy!
	Isla C	For being a focused and determined worker in all curriculum areas and who listens to instructions carefully. Isla is a true leader at St. Francis, as she is a safe, responsible and caring learner. Well done Isla!
2/3	Monica PB	For being a happy and fun classmate who willingly helps others in need. She always has a bright smile on her face and she always does her best in everything that is asked of her. You truly follow in the footsteps of St. Francis, well done Monica!
	Curtis M	For being a caring and charming classmate. He always goes out of his way to assist others and create a positive atmosphere in the classroom and out on the playground. He is a courageous individual who goes above and beyond in a time of need. He always puts others first, as he follows in the ways of St. Francis! Fantastic Curtis!
4	Spencer C	Exceptional results in his Money and Financial Maths testing.
5/6	Kurtis B	For his fantastic attitude and for giving everything a red hot go!
	Harley Y	For his attendance and perseverance
Art	Will M	For encouraging and praising others efforts in Art and for your eagerness and hard working attitude in completing your Christmas decorations. Keep up the great work Will.
	Aidee S	Your creativity shines through your artworks Aidee, I love how you take pride in your work. Well done.
	Ella E	Ella, it's wonderful to see your confidence growing as an Artist, your positive contributions in our class discussions have been great too. Keep up the good work Ella!
Italian	Emily N	For always giving all tasks a go with a positive attitude and willingness to try new things
	Sienna V	Showing great improvement in her Italian knowledge. What a fantastic year you have had, well done!!
Science	Xavier M Liam R Caleb R Lexie S Jayda L Sienna Georgia C	You were a great team leader and got your team to work together and strived to do your best. Well done, Xavier!! You are an important member to any team and are a great role model to students in this school. Good job, Liam. You worked so well with your teammates remembering to stay focussed. Fantastic effort, Caleb. Lexie- You are a great leader and role model. Eliza - Always so dedicated and enthusiastic in Science. Great job at making the mixtures and working with your team. Jayda - It was nice to see you enjoy doing the investigation with your teammates. Sienna : You worked well with your team! Georgia - For showing great perseverance and enthusiasm in Science.



## Principal's Award

Congratulations to Zander for your application to your school work and effort towards completing learning tasks Keep up the great work!



## Aussie of the Month

Maddy is a warm, happy and welcoming student and always looking out for others - Great Work Maddy!



# Pastoral Wellbeing



## Human Beings are Social Creatures

Let school help your young person

- flourish
- thrive
- connect
- conquer

## 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.



**Grade 6 Graduates - We celebrate our amazing Grade 6 students in their last few weeks at St Francis.**

Name: Georgia

Favourite Sport/Team: Netball/  
Swimming

Favourite meal: Taco's

Favourite book: Secret of the nightingale wood

What would you say was your best trait? Fun to be around (sometimes)

What makes you happy? Animals, food, friends

What is your favourite memory at St Francis? Hanging with friends

What do you want to be when you are older? A military soldier



Name: Jayce

Favourite Sport/Team: NBA/  
Lakers

Favourite meal: Calamari

Favourite book: Daring Dilly

What would you say was your best trait?: Happy

What makes you happy? Friends, mum, dad, games

What is your favourite memory at St Francis?: Playing sport

What do you want to be when you are older?: To be a video gamer



Name: Mitchell

Favourite Sport: Football  
Carlton

Favourite meal: Parma

Favourite book Harry Potter series

Best trait: friendly funny and kind

What makes me happy: looking after my pets

Favourite memory: making my first friend

What I want to be when I'm older: Baker

Name: Jayda

My favourite sport: Netball

My favourite meal: Fish and Chips

My favourite book: Just a dog

My best trait is that I am funny

Something that makes me happy is my animals

My best memory is finding out I was going to be school captain

When I grow up I want to be a guide dog trainer.



## PBiS Mantras

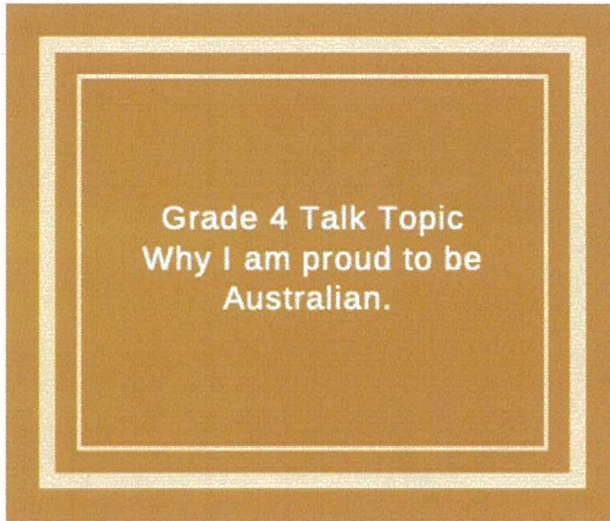
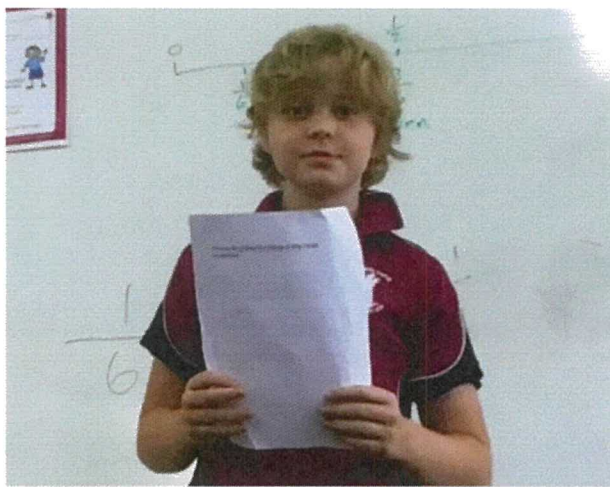


**We Leave No Trace**



**We Move Calmly**







# ST FRANCIS PRIMARY

# HOME GROWN

## ART EXHIBITION



**WHEN: TUESDAY 30TH NOV, 2021**


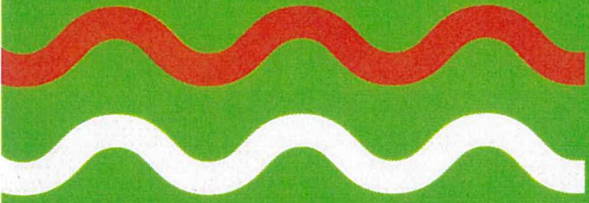
**WHERE: NATHALIA COMMUNITY CENTRE**  
**DOORS OPEN 5PM**

**BOOKINGS ESSENTIAL**

**[HTTPS://WWW.TRYBOOKING.COM/BVSTO](https://www.trybooking.com/BVSTO)**







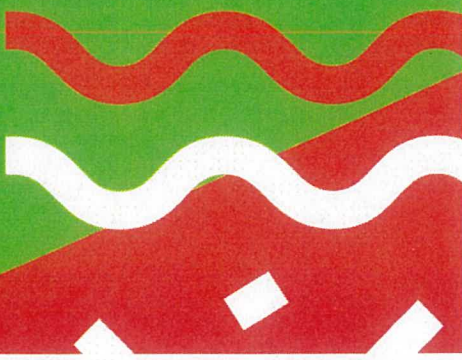
ST FRANCIS SCHOOL IS  
COLLECTING NOW FOR ITS-

# St Vinnies Christmas Appeal

**Suggested donation items:**

Christmas cake, Chocolates, Mince tarts  
Individual puddings, Tinned fruit, Shortbreads  
Chocolate biscuits, Soft drink, Tinned ham  
Tinned vegetables, Custard powder  
Long life milk, Savoury biscuits, Lollies  
Nuts, Chips, Twisties, Gravox, Candles  
Serviettes, Tinsel, Bonbons, Decorations

COLLECTION BASKETS ARE IN  
THE OFFICE AREA AND  
CLASSROOMS  
COLLECTING UNTIL:  
WEDNESDAY 8TH OF DECEMBER





## Respond honestly to dishonesty



### POSITIVE PARENTING

by Michael Grose

You enter the kitchen. Your child looks at you like she's hiding something. You see cake crumbs on the bench and the tips of her fingers. 'Did you eat the chocolate cake?' Your child smiles at you, with chocolate stuck in her teeth, and innocently replies, 'No.'

You know your child is not telling the truth. The evidence is everywhere! So, what do you do?

Honesty is an essential value for children and young people to develop as it's central to building trust and community cohesion. Here are some simple, effective ways to encourage your child to be honest.

### **Remember, telling fibs is normal**

Catching your child in a lie can be frustrating, but remembering that it's a normal part of growing up can help you keep calm. While there is a moral aspect to honesty, children in the early years of primary school tend to be very concrete thinkers, responding better to your immediate concerns such as 'I need to know you are telling the truth' instead of the moral aspects of right and wrong. For older primary aged children and teenagers, the broader issues of trust and morality are parts of the conversations you should have.

### **Don't ask questions if you know the answer**



If your son is smeared in chocolate cake, don't say, 'Did you eat the chocolate cake?' Instead try, 'I can see you ate some chocolate cake. You must have been hungry huh?' Then pause and ask, 'Do you think I'm pleased or upset? Why? What should we do next time?' Use the awkward situation as an opportunity to find out more about what your child may need.

## **Show the truth**

If you are a parent of a teenager, you know how easily parent-teen relationships can be harmed by accusations and criticism. If you think that a teenager may have misled you about an area of concern such as not being where they said they were, then it's probably wisest to bring your young person's attention to evidence of the truth rather than back them into a corner with an accusation. "You said you were at Jana's, but her mum said that Jana didn't have any visitors yesterday" is a statement of truth from your perspective that's invites a response from a young person.

## **Listen to their side**

Things often aren't as they seem so if you think your child or young person is not being completely honest, be prepared to listen to their side of a story. This is not to suggest that you let them pull the proverbial wool over your eyes, but there are times when kids may believe they are telling the truth. Alternatively, they may have told a lie to keep themselves safe or to prevent them from following the crowd. Get your child talking, ascertain if they believe they are being truthful, and if they aren't, listen to why they bent the truth.

## **Let the consequences do the teaching**

Acknowledge truthfulness when a child or young person owns up to doing the wrong thing. Help them fix the dishonesty and discuss how to do better in the future. Avoid punishment as this will cause more lying in the future. Allowing the consequences to do the work helps keep your relationship intact and ensures that lessons are experienced, and responsibility is taken.

## **Extract a simple promise**

Studies show that children are less likely to be dishonest once they have promised to tell the truth. If they tell you the truth, and then you punish them severely, they will be less likely to tell the truth in the future, promise or not.

## **Model honesty**



Many adults are guilty of social 'white' lies. Such 'little white lies' that conveniently bend the truth to your advantage are commonplace. Children and young people take their cues from parents, so these little white lies show them it's okay to bend the truth in certain circumstances. You don't get away with anything when you are parent – your behaviour is always on show so stick to the truth, even when it's difficult, if you want your kids to do the same

## In closing

Honesty takes time and maturity to learn, especially in the face of the clearly tactical advantages of bending the truth. As parents, nurture honesty in kids by modelling, discussing its merits and acknowledging that it's not always easy to be honest. And maybe, avoid keeping the chocolate cake on the kitchen table.



### 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.



# SUGAR FREE-ZIES DAY

26TH NOVEMBER 2021



- ✓ ZERO SUGAR
- ✓ NO PRESERVATIVES
- ✓ NOTHING ARTIFICIAL

## SUGAR FREE-ZIES DAY

PROUDLY SUPPORTED BY  
[THENONASTIESPROJECT.COM.AU](http://THENONASTIESPROJECT.COM.AU)

