

# St Francis Newsletter

*"May your walls know joy, may every room hold laughter, and every window open to great possibility"*  
– Mary Anne Radmacher

Dear Families,

As we approach the end of another term, I came across an article discussing the importance of holidays to our mental and physical health over the weekend. Psychologist Jocelyn Brewer outlined how to get the most out of holidays, with an excerpt below. It was a timely reminder of the importance of stopping, turning off distractions and taking time to rest, ready to enjoy the company of family and friends. I wish all families a safe, happy and restful break and look forward to seeing everyone for Term 3.



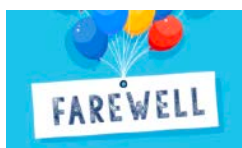
There are some people whose idea of a wonderful holiday is lying on a beach, good book in hand, letting the hours drift away. Then there are those whose dream escape consists of strapping on a backpack, lacing up their hiking boots and scaling literal mountains. But holidays aren't just a lovely way to spend time.

Psychologist Jocelyn Brewer says they're bursting with other benefits, too. She says we're more likely to spend time in nature when we're on holiday, which can help us fill the "relax and reset" mind-frame we crave, while boosting our mood.

If you're looking for adventure, stepping out of your comfort zone can also help you develop new ways of tackling life. It sounds cliché, but Brewer says holidays where you dip your toes into a new culture or experience can be "transformative", as they expose us to alternative perspectives. "This can help us create new mental maps for how we think about our lives, our mindset and ability to problem-solve." But spending your trip doing sweet nothing is also therapeutic. Brewer says that as a society we don't value rest. And yet it's a key pillar of wellbeing. "It's not just how busy we are, but how much information we consume that leads to mental fog," she explains. Paring back our days and cutting back our consumption of social media and the like is therefore a welcome reprieve for our overloaded minds.

To get the most bang for your buck, Brewer recommends turning off your work email and removing distracting apps from your phone. She believes aiming for a mix of novel activities laced with times of rest is ideal. Just taking the time to decompress from the stresses of 2022 can help you feeling not only rested, but rejuvenated, too.

source: <https://www.smh.com.au/lifestyle/health-and-wellness/holidays-are-heaving-with-health-benefits-be-sure-to-make-the-most-of-yours-20211215-p59hyw.html>



**Farewell:** Today we farewell Jerrod Davison as he finishes up at St Francis. Jerrod has been a member of the staff for the past three years, working with students from Foundation to Grade 6. On behalf of the St Francis school community, I wish Jerrod all the best in his new role and thank him for the contributions he has made to our school. Veronica Williams will be teaching in the Grade 5/6 class from Term 3 onwards.

Tony Kent will continue to teach in the Grade 1/2 class for Term 3 from Tuesday to Friday (Jess Mapletoft in on Mondays) while Danae Manners extends her leave.



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

## Calendar

### TERM 2

**Fri 24th June**  
- Term 2 concludes @ 2:20pm

### TERM 3

**Mon 11th July**  
- Term 3 begins

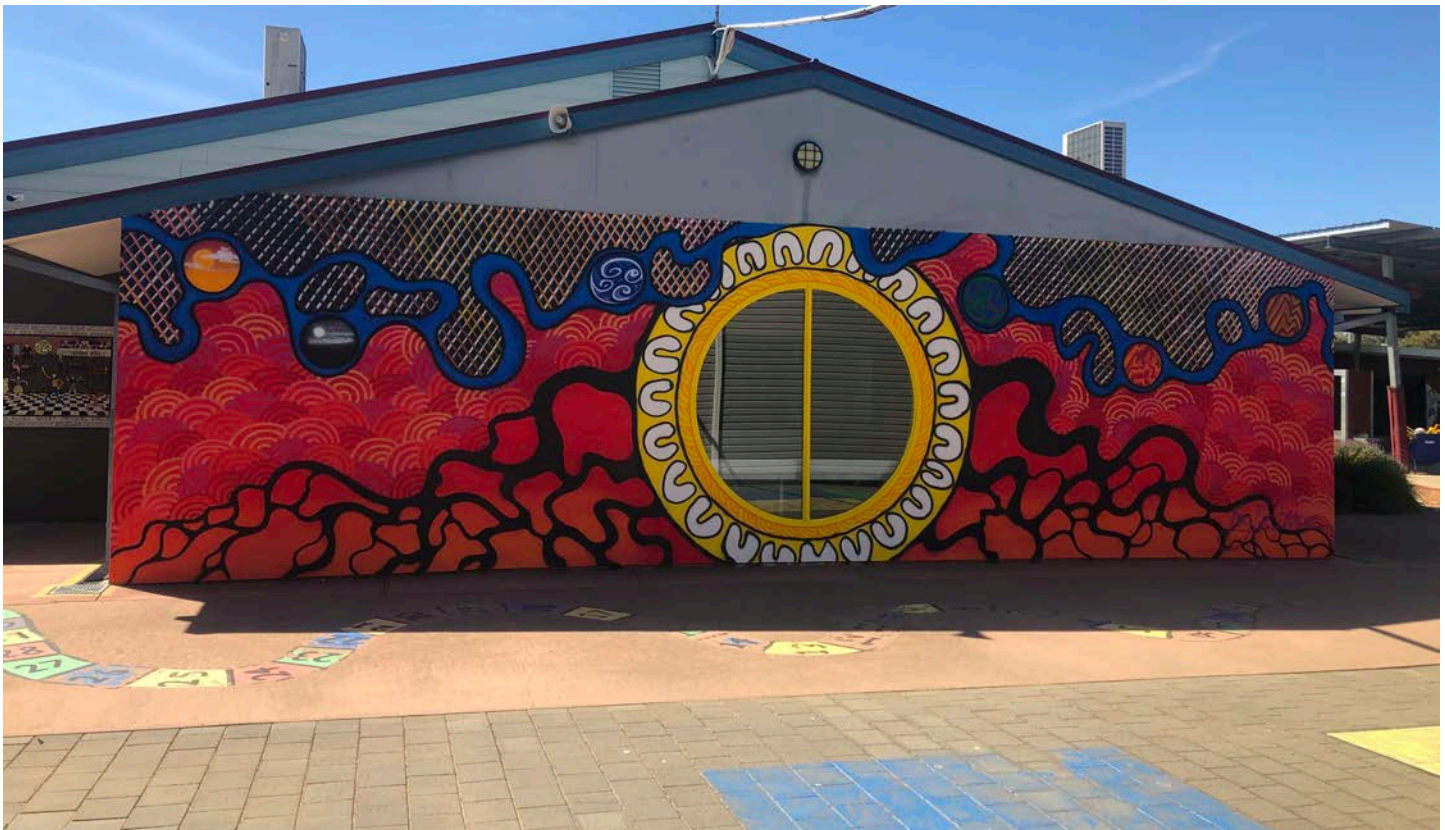
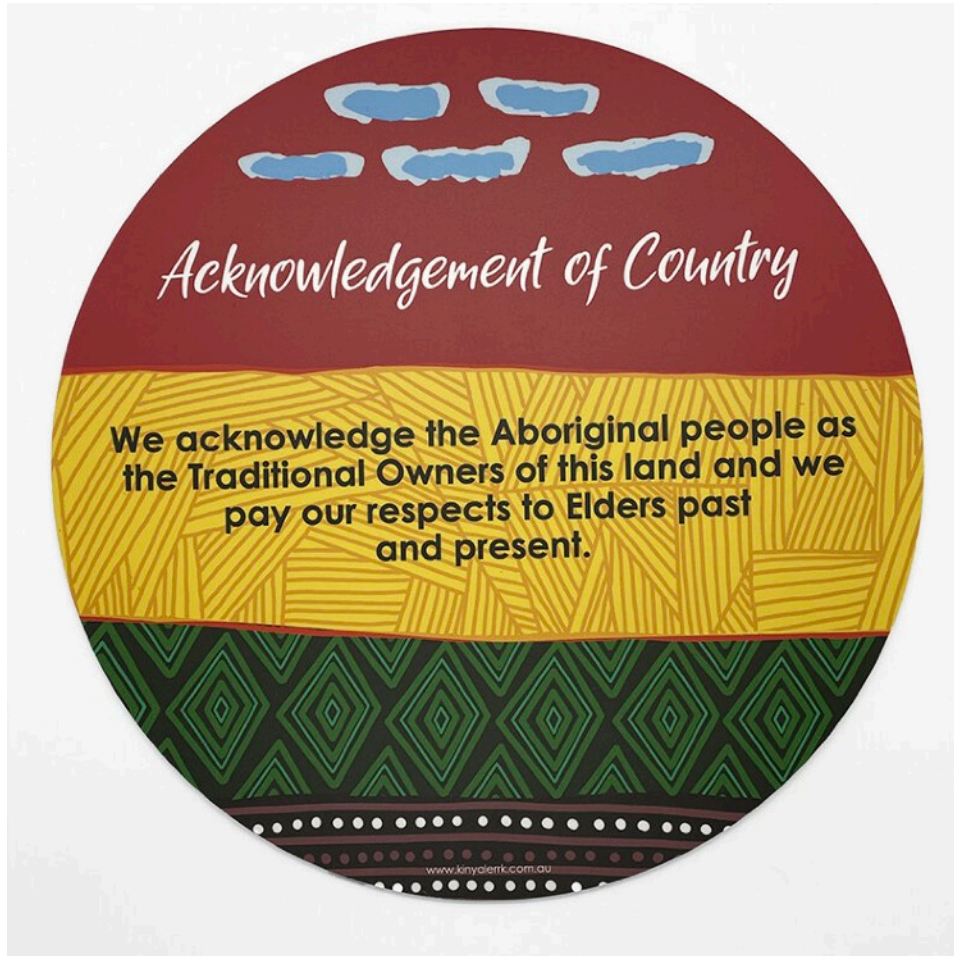
**Fri 22nd July**  
- Clean up the creek (Gr4-6)

**Wed 27th July & Wed 3rd Aug**  
- AFL Positive Start Program

**Fri 19th August**  
- Closure Day (Moving Day)

**Monday 22nd August**  
- Closure Day - Staff PD

**Tuesday 23rd August**  
- Book Week Parade



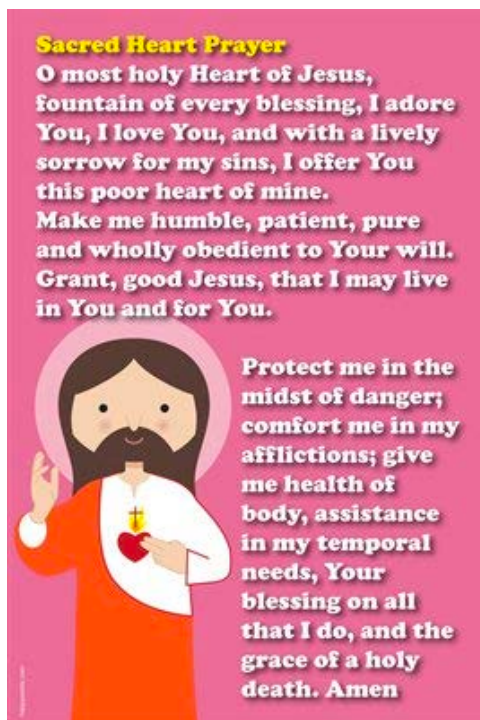


# Prayer

On Friday 24th June, we celebrate the Feast of the Sacred Heart.

This special Feast Day reminds us of Christ's great love for us all. The heart is the centre of a person, the place from where choices are made, choices which affect those around them. No matter who Jesus met; the poor, sick, the troubled, those of different race, he always showed a great love and compassion towards them.

As a Catholic community, we strive to be more like Jesus, loving those we meet every day. It means showing tolerance, forgiving, sharing what we have with those who don't, helping others when they need it most and being inspired by Christ.



# School News

## TERM 3 PUPIL FREE DAYS

With the building works scheduled to be completed next term, we have been granted permission to take an additional closure day to move classes. Please note the dates for next term.

Term 3 Closure Days	
Friday 19th Aug	Moving Classrooms
Monday 22nd Aug	Staff PD

## BUILDING WORKS

The new refurbishments are currently running to schedule and will be concluded mid Term 3. With the move of classrooms, SMOTA has requested to use some of our vacant St Francis portables to assist with learning spaces while their new building commences. We will work in partnership with St Mary's to organise how the portables will be used between the schools early in Term 3.



## 2023 ENROLMENTS

Enrolments for 2023 are open with packs available from the front office. If you know of any families considering enrolment at St Francis, please direct them to the school office, as I am happy to take them on a school tour.

## STUDENT REPORTS

Student reports have been released to families via PAM. Reports provide information about your child's progression and development against the Victoria Curriculum continuum. If you have any questions regarding the reports, please speak with your child's teacher.

## CATHOLIC IDENTITY



Congratulations to our students, Rhyla, Harrison and Aria on receiving their sacrament of Reconciliation on Tuesday night. Fr Jophin stated during the night how it was an important step in their faith journey and demonstrates the compassion and forgiveness embedded into Jesus' life.

This week we celebrate Refugee Week, something that has become more important for all Australians. Refugee Week in Australia commenced on Sunday and the theme for 2022 is Healing. This year's theme aims to highlight aspects of the refugee experience and help the broader community to understand what it is like to be a refugee.

The week also promotes harmony and togetherness. It is a reminder that, regardless of our differences, we all share a common humanity.





## CHILD SAFE PRACTICES

St Francis is committed to the safety of all children and diligently enact the Child Safe Standards across our school. We promote the safety, wellbeing and inclusion of all children through policies, professional learning and student education to ensure students feel safe.



## PARENTING IDEAS



Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed.

These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

See Dr Rachel Tomlinson's article, ["Teaching kids to be kind"](#) for more.

## WINTER SPORTS

We finished the Winter Sports in Term 2 with the two local Nathalia teams playing each other - finishing the year against Nathalia Primary School on Thursday. We thank Jerrod, Penny, Kylie and Sarah for their assistance throughout the term with organisation and coaching. Also a huge thank you to Zac Cason for coaching the footy team and helping out each week, along with the SMOTA students for umpiring local games - it was greatly appreciated.



As mentioned in the last newsletter, the Lightning Premiership is being held again this year, currently scheduled for Friday 29th July. Further information about the schedule and details of the day will be forwarded to families of children involved once finalised.

## LIGHTNING PREMIERSHIP

**FRIDAY 29<sup>th</sup> JULY 2022**

**To be held in YARRAWONGA this year**

### VENUES:

**FOOTBALL:** Vic Park Yarrawonga (Dunlop St Yarrawonga)

**NETBALL:** Vic Park netball courts (Dunlop St Yarrawonga)

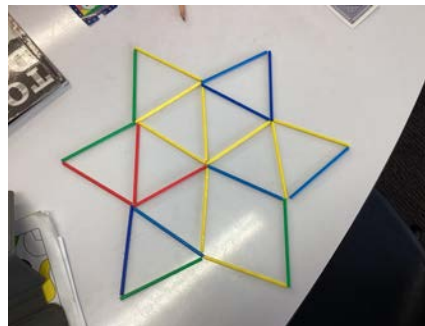
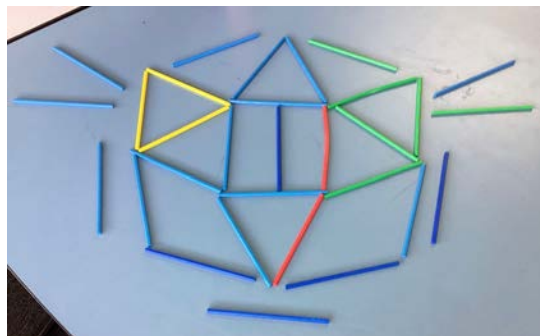
**STARTING TIME:** 9.20AM FOR LOCAL SCHOOLS

**CATERING DETAILS AND THE DRAWS WILL BE FORWARDED EARLY IN TERM 3**

In the 4/5 classroom this week we have had a busy week. Last week, the Grade 4 students (and Grade 3s) went to Billabong Ranch. We left school on Thursday 16th of June and arrived at camp, just before 11. We settled into our rooms and in the afternoon we participated in a low ropes course. In this activity, students were required to partner up and support each other to overcome obstacles.

We did some other activities, such as bouldering, learnt to throw a lasso and did some archery. Later on, we watched a fire twirling demonstration and toasted marshmallows on the fire.

On Friday, we were up early and packed by 8am, all ready for another busy day. We also celebrated a Grade 3 student's birthday at camp. We played mini golf and then we rode some pedal boats. We had a great time, made some wonderful memories and came home for a good sleep.





# Pastoral Wellbeing

## Healthy Lunchbox

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

### Savoury Mighty Muffin



Prep time: 10 mins  
Cooking time: 20 mins  
Serves: 6

#### Ingredients:

- 1 1/2 cups self-raising flour
- 2 cups grated tasty cheese
- 100g chopped salt-reduced shaved ham
- 1 grated zucchini
- 1/4 cup thinly sliced chives
- 3/4 cup milk
- 1/4 cup fruit chutney
- 1 egg

#### Method:

**Step 1:** Preheat oven to 200°C. Grease a muffin pan. Line bases of holes with baking paper or muffin cases.

**Step 2:** Sift flour into a large bowl. Add cheese, ham, zucchini and chives. Whisk milk, egg and chutney in a jug until well combined. Make a well in centre of dry ingredients. Pour in milk mixture. Gently mix until just combined. Spoon into muffin wells.

**Step 3:** Bake for 15 - 20 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 3 minutes. Turn onto a wire rack to cool. Store in an airtight container at room temperature.



PBiS Expectations: At St Francis we are SAFE, RESPONSIBLE & CARING learners. Congratulations to our Gotcha winners!

### Recipe Tips



- Plan ahead and bake these muffins on the weekend ready for the school week
- Store muffins in the freezer and place in a lunch box frozen. They will defrost in time to eat at school



NCN Health  
Nathalia  
Cobram  
Numurkah



## Attendance Matters - Every Day Counts

### Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

**5** mins  
per day

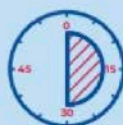


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**3** days

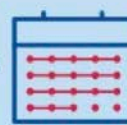


**30** mins  
per day



=

**18** days



Patterns of lateness  
can have a serious  
impact on your child's  
education.

## INSIGHTS

### Teaching kids to be kind



Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed. These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

#### The helper's high

Our brains release “feelgood” chemicals (like oxytocin, serotonin, and endorphins) which fight stress and make us feel happy when we engage in, or even witness, acts of kindness. It's called the “helper's high” and it's our brains' way of rewarding us for doing good, making us want to repeat the behaviour to get the same good feeling again. Not only does being kind feel good, but it generally keeps us safe because it makes us more likely to be accepted by social groups. It builds social capital when we are considerate of the needs of others.

#### Create opportunities for kindness

Even though they are hardwired for kindness we still need to create opportunities for our kids to engage in acts of kindness. We also need them to know what it feels like to have someone treat them kindly (so they know what behaviours to copy, and why kindness is important). So how can you help them?

##### Model kindness

Show your children how you treat others kindly. Hold open doors for people, put trolleys back that are in the middle of the car park, drop a meal to a sick family member, donate old towels to an animal shelter, let someone in when traffic is heavy.

They don't have to be grand gestures, just small and gentle ways of considering the needs of others.

##### Use kind language

Consider how you speak to your child and what you say when you speak. Ask how you speak about others (and yourself). Our kids use our behaviour as templates for how they should act. So let them see your compassion shine through for those around you. Be kind as you listen. Be kind as you talk. Say kind things.



## Encourage helping

Is one child great at maths and their younger sibling isn't? Invite them to teach them or guide them through their homework. Ask them to show you how to play their favourite video game. If they are great at cooking, ask them to help you prepare dinner. Having them involved in prosocial ways gives them a helper's high.

## Build their emotional intelligence

Kids who struggle to regulate and manage their emotions will find it harder to treat others with compassion. An essential part of teaching kids to be kind centres on teaching them to manage challenging emotions, and giving them coping strategies to navigate their way through.

- Teach them the words for feelings. Without the right words to share how they feel it can leave kids confused, fearful and frustrated...which only serves to make their big feelings more intense. When you see them experiencing a feeling, name it for them: "I can see that made you so mad", "I wonder if you felt sad when your friend left you out".
- Help them identify when they are escalating, but don't try and reason with them when they are in the "red zone" – we cannot reason with them at this stage as they are in the emotional part of the brain (mid brain) not the part that lets them be logical (pre-frontal cortex). Discuss strategies and practice when they feel calm. Get them doing things like squeezing play dough, talking about how they feel, going for a run, switching on music that makes them feel good, drawing or writing stuff down.

When you do this, you're being kind, teaching kindness, and helping them be kind to themselves.

## In closing

Encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. When people are empathic and kind they are more likely to experience better overall wellbeing, this is in part due to the helper's high, but also because they feel fulfilled and tend to have better quality relationships. Kindness is cool!



### Rachel Tomlinson

Rachel Tomlinson is a registered psychologist and the author of *Teaching Kids to be Kind* and *A Blue Kind of Day*. Rachel has presented at national conferences on mental health topics as well as guest lectured about relationships at colleges and universities. She also serves as a subject matter expert for journalists on topics such as parenting, child development, and relationships. For further details visit [www.towardwellbeing.com](http://www.towardwellbeing.com)

# Community News

## Nathalia Library Holiday Program



### Marvelous Makers Craft Activities



#### Hamsa Art

Tuesday 28 June, 2:00pm

#### Cup & Ball Game

Friday 8 July, 10:30am



#TakeHome craft packs are available  
during opening hours all holidays

Bookings are essential as places are limited.

Phone 1300 374 765 #2 #3 or email [nathalia@gvrlc.vic.gov.au](mailto:nathalia@gvrlc.vic.gov.au).

Go to [gvlibraries.com.au/holidays](http://gvlibraries.com.au/holidays) to find the complete holiday program.

Libraries  
Change Lives

75 Blake St, Nathalia

Tel: 1300 374 765

[www.gvlibraries.com.au](http://www.gvlibraries.com.au)



## SKILLZONE

## NATHALIA SCHOOL HOLIDAY PROGRAM

Monday 27th June  
Monday 4th July

Boys & Girls aged 5 - 13 years old (children work in age  
appropriate groups at a ratio of 15 participants : 1 staff)

9.00am - 3.00pm

Individual Days : \$40.00

Location : Nathalia Community Centre

Please pack snacks and lunch suitable for an active day, refillable  
water bottle and wear indoor sneakers

Bookings via our website only : [www.skillzonesports.com](http://www.skillzonesports.com)  
(select Book Online and select holiday programs)

For more info please email: [admin@skillzonesports.com](mailto:admin@skillzonesports.com)



INDIVIDUAL DAY

\$40.00



Registration Link  
[www.skillzonesports.com](http://www.skillzonesports.com)

More Information  
0400 615 145

Nathalia Community Centre

## NUMURKAH SINGERS INC PRESENTS

LIONEL BART'S  
**OLIVER!**

24th June 7:30pm, 25th June 7:30pm  
and 26th June 2:00pm

Numurkah Town Hall  
Knox Street Numurkah



Tickets available at Eventbrite and at  
The Kiosk Melville Street Numurkah  
(Beside Post Office)  
Thursday 9th, 16th & 23rd June 9am-12pm 2pm-4pm  
Saturday 4th, 11th & 18th June 9am-12pm

Check us out on Facebook & Instagram



State Covid Restrictions Apply

Numurkah Singers INC. Production of OLIVER!  
Book, music and lyrics by Lionel Bart  
Licensed exclusively by Music Theatre International (Australasia).  
All performance materials supplied by Hal Leonard Australia



### Chalk Art & BBQ Fun Day with UBC Nathalia

Sunday, 26<sup>th</sup> June • 11 to 2pm  
at National Apex Park

Uncle Bobs Club would love to see  
some great chalk drawing art from local  
children of all ages for a bit of fun.

Join the club down at the Apex Park  
along Weir Street where children can  
decorate the footpath.

- Chalk provided
- 1 x free bag of lollies for every participant.
- BBQ: Sausage in bread, \$2 ea
- Soft drink, \$2 ea
- Water, \$1 ea

All proceeds go to UBC.

For general enquiries, please  
contact Stacey (Club President)  
phone 0404 145 294

Learn more at [ubcvic.org.au](http://ubcvic.org.au)

Follow us...

[/ubcnathalia](https://www.facebook.com/ubcnathalia) [@ubcvic](https://www.instagram.com/ubcvic)





Online registrations are essential for some programs:  
moira.vic.gov.au/moiramidwinter

Please be advised programming may change based  
on weather conditions and health restrictions, refer  
to our online program for most up to date information.

Children must be under constant  
parent/guardian supervision.

Moir  
Mid  
Winter

## Cobram

LOCATION—FEDERATION PARK

**24 JUNE** FRIDAY

**MORNING**  
Community Art Chats

**5 — 7PM**  
Our People, Our Environment,  
Exhibition Opening

Welcome to Country  
and Smoking Ceremony

Food Trucks

**25** SATURDAY

**10.30AM — 12.30PM**  
Ceramics Workshop by Tin and Mud

**10AM — 1PM**  
DJ — River Loizou

**26** SUNDAY

**2PM — 4PM**  
Band — Broken Creek Band

Food Trucks

**27** MONDAY

**11AM — 1PM**  
Sustainable Design

**1PM — 2PM**  
Fairy Tea Party

**2PM — 4PM**  
Dance

**4PM — 5PM**  
Silent Disco

**28** TUESDAY

**10AM — 11AM**  
Our Seniors Exhibition Opening

**2PM — 4PM**  
Classical Music

**29** WEDNESDAY

**10AM — 12PM**  
Storytime with GV Libraries

**12PM — 1PM**  
Lunchtime Meditation

**2PM — 4PM**  
Drumming Workshop

## Nathalia

LOCATION—APEX PARK

**17 JUNE** FRIDAY

**10AM — 1PM**  
G.R.A.I.N. Store Takeover

**5 — 7PM**  
Our People, Our Environment,  
Exhibition Opening

Welcome to Country  
and Smoking Ceremony

Food Trucks

**18** SATURDAY

**10.30AM — 12.30PM**  
Ceramics Workshop by Tin and Mud

**2PM — 4PM**  
Silent Disco

**5:30 — 7:00 PM**  
DJ — River Loizou

**19** SUNDAY

**11AM — 1PM**  
Dance

**2PM — 4PM**  
Band — Fortissima

Food Trucks

**20** MONDAY

**10AM — 11AM**  
Classical Music

**12PM — 1PM**  
Lunchtime Meditation

**3PM — 5PM**  
Drumming

**21** TUESDAY

**10AM — 11AM**  
Our Seniors Exhibition Opening

**12PM — 2PM**  
Fairy Tea Party

**2PM — 4PM**  
Floral Demonstration

**22** WEDNESDAY

**10AM — 12PM**  
Story Time

**1PM — 2PM**  
Lunchtime Meditation

**2PM — 4PM**  
Sustainable Design

## Yarrowong

LOCATION—FORESHORE

**10 JUNE** FRIDAY

**MORNING**  
ABC Broadcast

**5 — 7PM**  
Our People, Our Environment,  
Exhibition Opening

Welcome to Country  
and Smoking Ceremony

Food Trucks

**11** SATURDAY

**10.30AM — 12.30PM**  
Ceramics Workshop by Tin and Mud

**2PM — 4PM**  
DJ — River Loizou

Food Trucks

**5:30 — 7:00 PM**  
Silent Disco

**12** SUNDAY

**10AM — 1PM**  
Across the Arts Takeover

**2PM — 4PM**  
Simon Marks with Hamish Davidson  
(The Davidson Brothers)

Food Trucks

**13** MONDAY

**10AM — 12PM**  
Dance

**1PM — 3PM**  
Drumming

**14** TUESDAY

**10AM — 11AM**  
Our Seniors Exhibition Opening

**1PM — 3PM**  
Sustainable Design

**15** WEDNESDAY

**10AM — 12PM**  
Storytime with GV Libraries

**12PM — 1PM**  
Lunchtime Meditation

**1PM — 3PM**  
Classical Music

## Numurkah

LOCATION—NEWMAN SQUARE

**1 JULY** FRIDAY

**10AM — 12PM**  
Dance

**5 — 7PM**  
Our People, Our Environment,  
Exhibition Opening

Welcome to Country  
and Smoking Ceremony

Food Trucks

**2** SATURDAY

**10.30AM — 12.30PM**  
Ceramics Workshop by Tin and Mud

**2PM — 6PM**  
DJ — River Loizou

**3** SUNDAY

**10AM — 1PM**  
CAN Hub Takeover

**2PM — 4PM**  
Band — The Murks

Food Trucks

**4** MONDAY

**10AM — 12PM**  
Sustainable Design

**12PM — 1PM**  
Lunchtime Meditation

**2PM — 4PM**  
Classical Music

**5** TUESDAY

**10AM — 11AM**  
Our Seniors Exhibition Opening

**2PM — 4PM**  
Drumming

**6** WEDNESDAY

**10AM — 12PM**  
Storytime

**12PM — 1PM**  
Fairy Tea Party

**2PM — 4PM**  
Silent Disco



moira.vic.gov.au/moiramidwinter

# Come and explore your opportunities

## ENROLMENTS ARE NOW OPEN

Enrolments Close  
Friday, 24th June  
2022



For an enrolment pack:  
Ph: 03 5866 2222 or visit [www.snotanathalia.catholic.edu.au](http://www.snotanathalia.catholic.edu.au)  
f snotanathalia