



St Francis Xavier Primary School

Newsletter

Monday 2nd August 2021
Term 3 Week 4

PO Box 2027
Ballarat East VIC 3354
Phone: 5331 6311
Fax: 5331 8337

Email: principal@sfxballarat.catholic.edu.au

2021

Key Dates

Term 3

July 12 – Sept 17

Term 3 Week 4

Monday 2nd August

Foundation 100 Days of
School

Tuesday 3rd August

P & F Committee Meeting

Friday 6th August

SFX Athletics Day
POSTPONED

Term 3 Week 5

Tuesday 10th August

School Board Meeting

Thursday 12th August

Division Athletics Day
POSTPONED

Friday 13th August

Student Free Day

Term 3 Week 6

Friday 20th August

Interschool Sport
School Assembly – Year FSM

Term 3 Week 7

Friday 27th August

Causal Dress Day
School Assembly – Year FND

Term 3 Week 8

Tuesday 24th August

Golf Clinics

Friday 3rd September

Father's Day Liturgy
Interschool Sport

In the Land of the Wadawurrung People

Dear Parents and Families,

As I walk around the Classrooms...

I thought it worth a mention in this forum regarding the way your children are re-engaging in their learning at school. The rooms are abuzz with interest and excitement with the work that they are doing. The connections they have with their teachers are strong and warm.

So often, the media is filled with stories of negative behaviour of children and stories where children show little regard for others. It is a privilege to be able to wander the rooms and playgrounds of our school and see and hear children being respectful, caring people, learning how to relate with each other and solve their problems. I can only say that the future will be in great hands with their hopefulness, their vitality and their creative ways of dealing with their lives and respecting the lives of others.

Christ, our Healer, in these days of uncertainty, may we become the healing hands of your compassion and mercy that you stretch out to us from the Cross.

Senior School (Year 3 – 6) Athletics Day 2.0

Following the release of the updated COVID guidelines and conversations around how we will be affected, we have made the unfortunate decision to cancel this week's SFX Athletics Day. The main sticking point was around capacity numbers within the venue. Llanberris has enforced a strict maximum capacity of 300 people within their venue, and full contact tracing must be applied.

Also under the current guidelines, unfortunately St Pat's students would not be able to attend to assist on the day. After a quick look at our numbers, we would have around 240 students and 20-25 adults (SFX staff and venue staff). We would then require the help of parents/families to assist with the running of events, and with our numbers already near maximum, we don't believe that it's fair to admit a maximum of 30-40 parents and exclude all others from attending.

So considering these guidelines and restrictions on numbers, we don't believe we could conduct a safe, enjoyable and successful Athletics Day under the current circumstances.

The reason our original day was rescheduled to early August was that it is right before the Ballarat Catholic Primary Schools Athletics Day. We were to use our day as a qualifying event to select our team for the following week. There is strong uncertainty around this event also.

Options will be considered for a potential date in Term 4 this year (where hopefully we could go ahead without restrictions or bad weather) to hold an Athletics Day.

Thank you for your understanding during this difficult time.

Called to action through Gospel values and Mercy tradition we will enrich thinking, expand horizons and pursue excellence!

Term 3 Week 9

Tuesday 7th September
P & F Committee Meeting
Student Led Conferences

Wednesday 8th September
Student Led Conferences

Friday 10th September
School Assembly – Year 5MA
Interschool Sport

Sunday 12th September
School Working Bee

Term 3 Week 10

Monday 13th September
School Review 2021
Swimming Program Begins

Tuesday 14th September
School Board Meeting

Wednesday 15th September
Student Led Conferences

Friday 17th September
School Assembly – Year 4CJ
Last Day of Term 3

Term 4
Oct 4 – Dec 16

Term 4 Week 1

Monday 4th October
First Day of Term 4

Tuesday 5th October
P & F Committee Meeting

Friday 8th October
Term 4 Prayer – Celebration
of Mercy

Term 4 Week 2

Tuesday 12th October
School Board Meeting

Term 4 Week 4

Wednesday 27th October
Year 4 Camp

Friday 29th October
Casual Dress Day

Term 4 Week 5

Monday 1st November
Pupil Free Day

Tuesday 2nd November
P & F Committee Meeting

Feast of Saint Mary of the Cross MacKillop

Next Sunday 8th August is the Feast of Saint Mary MacKillop. Mary MacKillop was born in Melbourne (Australia) in 1842 and died in Sydney on 8th August 1909. She took the religious name Mary of the Cross. Responding to the isolation of colonial families, she pioneered a new form of religious life to provide education for their children. She and her sisters shared the life of the poor and the itinerant, offering special care to destitute women and children. She is remembered for her eagerness to discover God's will in all things, for her charity in the face of calumny, and for her abiding trust in God's providence.

Holy God, source of all goodness, you show us in Mary MacKillop a woman of faith who lived by the power of the cross. Teach us to embrace what she pioneered: new ways of living the gospel that respect and defend the human dignity of all in our land. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



Foundation Children Celebrate Their First 100 Days Of School

Today, Monday 2nd August our Foundation students celebrate their first 100 days of school. Congratulations to them and we look forward to celebrating with them. Look out for the photos of what promises to be an exciting day!

Positions Vacant at SFX - Classroom Teacher for 2022

Full Time: Fixed Term with the possibility of ongoing

St. Francis Xavier Primary School is experiencing a period of significant growth and is inviting applications from suitably qualified people for a position as a Classroom Teacher to commence in 2022. Salary and conditions are implemented according to the Victorian Catholic Education Multi Enterprise Agreement 2018.

Experienced Teachers and Graduates are encouraged to apply.

All applications close this Friday 6th August 2021 and should be directed to: The Principal:
principal@sfxballarat.catholic.edu.au

School Winter Uniform Expectations

With the return to school for Term 3, I'd like to remind everyone of our uniform expectations. Students are expected to be in full school uniform at all times, this includes black shoes except when it is their class' PE day. The uniform expectations are available on the school website if in doubt. With the winter months usually requiring students to wear a jacket these school coats are to be worn over the school jumper not instead of. Teachers have been requested to issue 'uniform notes' to parents as a reminder.

<http://www.sfxballarat.catholic.edu.au/enrolment-information/uniform/>

Occupational Therapist - Brittany Curtain

Please see below the **Latest Edition of The OT Times**.

Here is a little video of how you might do a sensory obstacle course at home.

https://www.youtube.com/watch?ck_subscriber_id=1354800301&v=AXb9zBs6OBk&feature=youtu.be

These activities could be used as individual tasks too for short and sharp breaks. You could draw your own version of the cards instead of printing which is also a great little brain break for kids



Brittany Curtain
Occupational Therapist

Term 4 Week 6

Monday 8th November
Year 5 Camp - Kangarooie

Tuesday 9th November
School Board Meeting

Friday 12th November
Public Holiday – Ballarat
Show Day

Term 4 Week 8

Friday 26th November
Casual Dress Day

Term 4 Week 9

Tuesday 30th November
SFX Orientation
Year 6 Transition

Friday 3rd December
St. Francis Xavier Feast Day

Term 4 Week 10

Thursday 9th December
Year 6 Thanksgiving and
Graduation

Friday 10th December
Foundation Nativity

Term 4 Week 11

Tuesday 14th December
School Board Meeting

Thursday 16th December
Last Day of Term 4

**All other Calendar Dates for
2021 have been updated
and can be accessed live on
the Skoolbag App or by
visiting the School Website.**

THE OT TIMES

EDITION 7

HOME LEARNING


Here are some tips for setting up a home learning space and managing mind and body during these tricky times. At home parents and carers, you are doing great!

SEATING:
Ideally the best seating position for ergonomics is to have the hips, knees, and ankles all at 90°. Similarly, the elbows should be at approximate 90°, with the table height just below. You can use boxes, foot stools or books to help achieve this position. You might not get this position exactly however aiming to get close is a great start.

USING SCREENS:
The top of the screen should be at eye level and approximately one arms length away.

ALTERNATE POSITIONS:
Lying on their tummy is a great way to build shoulder stability. Working on a vertical surface (paper blu-tacked to a wall) can also build dexterity and control.

BRAIN AND BODY BREAKS:
Schedule or allow lots of brain breaks or movement (body) breaks throughout the day. Getting our bodies moving helps to wake up our body ready for work. Movement can also be a calming and centering activity for a child who needs to regulate their emotions or level of alertness. Watch the video linked in the QR code and find attached a document for a fun indoor obstacle course to get your body moving.



Re: Updated School COVID Operations at St. Francis Xavier

We were very excited to welcome everyone back to school last Wednesday and I confirm the following COVID Operations at St. Francis Xavier!

School Health and Safety Measures return for children:

The return to onsite school attendance is based on the advice of the Victorian Chief Health Officer. We have considered a variety of strategies to support physical distancing, particularly among adults, and good hygiene practices to reduce the risk of COVID-19 transmission within the practical limitations of our school environment.

The health and safety of our staff and children is our paramount concern. In the context of an international pandemic; however, these considerations are much more complex.

St. Francis Xavier relies on the advice from the Victorian Government, who in consultation with their experts, are qualified to assess the evidence, weigh up conflicting opinions and make recommendations. I also acknowledges the guidance provided from the Catholic Education Commission Victoria and Catholic Education Ballarat.

I will continue to provide regular updates as new information comes to hand.

Arrangements for Friday:

- School Hot Lunch Orders will be available this Friday. Please place your order via Flexischools by 10:00am on Thursday morning.
- School Assemblies will **NOT** take place for the foreseeable future. School Assemblies will be streamed and shared via Social Media by individual classes.

Important Operations Update from DHHS

- Non-essential visitors should be excluded from school sites for this period.

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- School tours should not be conducted on-site for prospective students and their families at this time.
- Incursions are not permitted at this time.
- Non-essential meetings, and all school events, gatherings and assemblies should be deferred or held remotely.
- Kinder to prep and Year 6 to Year 7 transition programs are not permitted at this time.
- Staggered start and finish times – Schools should introduce staggered start and finish times to reduce congestion at the school gate during drop-off and pick-up times.

Face masks in schools

There has been no change to the face mask advice, which will continue to apply to all school settings (including any OSHC programs) as per previous requirements. School staff and secondary school students aged 12 or older must always wear a face mask at school unless a lawful exception applies.

- Children under 12 years of age and students at primary school are not required to wear face masks when at school.
- For communication purposes, teachers and education support staff are not required to wear face masks while teaching, but those who wish to do so, can. It is recommended that face masks be worn while teaching wherever practicable.
- Face masks are mandatory for all school staff and school students aged 12 or older when travelling to and from school on public transport and when in taxis or ride share vehicles.
- All parents collecting children must wear a face mask.

Gatherings and Liturgies

Large school gatherings (ceremonies, assemblies, school formals etc.) are not permitted at this time.

Liturgies cannot be held at schools at this time, consistent with guidance on assemblies.

QR Codes and Signing-in at the School Office

Please note it is now mandatory for all visitors to the school to sign-in via the School Office or by using the State Government's QR code system.

The use of Service Victoria QR codes for electronic record keeping is NOW mandatory for all schools to enable the effective contact tracing of any COVID-19 cases.

The public health intent of including schools in the QR code check in system for workplaces is to capture those visitors accessing school buildings or indoor facilities, but not those entering the school grounds for reasons such as school pick up.

QR code check ins will not be required for staff or students, or parents who come onto school grounds for drop off or pick up, but do not enter buildings.

COVID Safe Principles for Children and Parents:

- Any child who is unwell must not attend school
- Beginning of the Day Drop Off arrangements (see below)
- End of the Day Dismissal arrangements (see below)
- Entry and exit points to the school will be open, with additional staff allocated to ensure children are safely supervised
- Parents are not to enter classrooms at any stage and are to adhere to social distancing guidelines when waiting to collect their child at the classroom door
- Request that parents avoid or minimise time spent in or around the school grounds
- Regular School Cleaning
- Frequent announcements, messages, signage and red gaffer tape around school to remind staff, children and families of the need for changed behaviours

Beginning of the Day Drop Off:

Parents will be required to drop their children off in the undercover area and then exit the school in a prompt manner. Staff will be present in the undercover area from 8:30am to assist children with walking to their classrooms if required.

At no stage are parents able to enter any classroom. Red Tape and Distance markers will be outside each classroom door to remind all adults.

Continued Arrangements for End of the School Day Pick-Up

Please see the table below for staggered pick up arrangements that continue at St. Francis Xavier.

	3:00pm – 3:10pm	3:10:pm – 3:20pm	3:20pm onwards
	Children with Surnames beginning...		
Week 4 to Week 6 Monday 2 nd August to Friday 20 th August	A - G	H - P	Q - Z

To minimise congestion, especially among adults, we ask families to adhere to this timetable and to be vigilant when promptly entering and exiting the building. Teachers will not be available to engage in discussion with parents at drop off or dismissal time and we ask parents to refrain from stopping and engaging in conversation with children and adults while onsite.

Dismissal / Collections Area

Year Level	Teacher	Collection Area
Foundation	Shannon Macklin	Side door of the Foundation SM classroom
Foundation	Tom Willmott	Side door of the Foundation MH classroom
Foundation	Emma Hancock	Side door of the Foundation EH classroom
Foundation	Nicki Dalton	Side door of the Foundation ND classroom
Year One	Gemma Johnson	Enter via school FRONT GATES and proceed to classrooms via flag pole entrance (Please do not enter via the lower laneway)
Year One	Rebecca Conroy	
Year One	Matthew Manzl	
Year 2 - 6	Class Teachers	Collect from classroom door

Uniform Shop Sales during Term 3

For the time being and until further notice the Uniform Shop is CLOSED and will only accept orders submitted by completing the attached order form and emailing back to office@sfxballarat.catholic.edu.au or by dropping it into the school office.

Payment can be made by filling out your credit card details on the order form or by cash. Please indicate your preferred payment method on the order form.

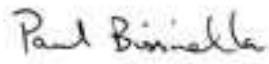
Student Free Day

Please note that school is closed:

- **Friday 13th August** School will be closed as a Staff Professional Development Day

Have a great week!

Yours sincerely,



Paul Bissinella
Principal

Catherine McAuley

Thus we go on...flourishing in the very midst of the Cross, more than a common share of which has latterly fallen to my lot, thanks be to God. I humbly trust it is the cross of Christ. I endeavor to make it in some way like his by silence.

Letter to Frances Warde May 15, 1838

Religious Education News



Casual Day 30th July Thank you

Thank you for your generous donations last Friday. All money raised will support Mercy Works. If you would like to read more about [Mercy Works, click here.](#)

Sometimes people ask why we continue to hold our gold coin donation casual days. The answer is pretty simple: we are a Catholic school and we are a Mercy school. Our Vision Statement says we are 'called to action through Gospel values and Mercy tradition'. This means that we teach Catholic Christian values to our students.

These are inspired by the behaviour of Jesus, who healed the sick, helped those in need and cared for all people no matter their nationality or religion. The Sisters of Mercy continue to live by these Gospel values, especially through their Mercy Works.

The teachings of the Catholic Church on social justice issues are grounded in the Bible and the wisdom gathered from experience by the Christian community. Here is a summary of four of the Catholic Social Teachings that are most relevant for our casual day donations.

- Human dignity
All life is sacred, every person has inherent dignity and worth. Human rights and responsibilities are founded in this essential, shared human dignity.
- The common good
People have responsibility for one another in their shared life together, and are called to work for the common good of all. Catholic Christians must advocate for a just society in which all people, particularly the vulnerable and marginalised, are able to flourish and meet their needs.
- Solidarity
Humans are social by nature and depend on one another. We seek to stand in unity with each other, particularly those who are powerless or disadvantaged, and recognise each person's rights regardless of our differences.
- Preferential option for the poor
The needs of the socially disadvantaged and vulnerable are prioritised.

If you would like more information about [Catholic Social Teaching, click here.](#)

Reconciliation Action Plan

St Francis Xavier Primary School is at the beginning of the process to establish a Reconciliation Action Plan (RAP) for our school.

We will be using the Narragunnawali online platform for schools to develop our RAP.

Called to action through Gospel values and Mercy tradition we will enrich thinking, expand horizons and pursue excellence!

Once we have developed our plan, we will renew it every year to ensure we are including meaningful experiences for our children, which foster a high level of knowledge and pride in Aboriginal and Torres Strait Islander histories, cultures and contributions.

We are creating a RAP because we follow the principles of Catholic Social Justice. If you would like to know more about [Narragunnawali, click here.](#)

If you or a family member have Aboriginal and Torres Strait Islander heritage and would like to be involved in developing our RAP, please contact me on bluckman@sfxballarat.catholic.edu.au. We would love to hear from you.

First Eucharist News

In Term 3, First Eucharist will be celebrated for Year 5 students and their siblings in Year 4.

[2021 First Eucharist Program Dates](#) (2nd Update - additional workshop venues)

To begin this journey you will need to attend a **compulsory parent information session** that will be held on the dates and times below;

- 3rd August 6.30pm St Alipius Church or Parish Hall
- 4th August 10.30am St Alipius Church or Parish Hall
6.30pm St Alipius Church or Parish Hall

Prior to this evening you will need to complete the steps below;

1. Pre enrol for this session through www.sapliturgy.net.au to ensure that we are able to meet the needs of all people in a Covid safe environment.
2. Use the following link and complete the Enrolment Form for your child/children.
- 3.

https://forms.office.com/Pages/ResponsePage.aspx?id=MvIwO-zyUUmyHwV8RPzOs70mzTtjwHFOINE1fkwmU_RUMVJaWUM2N1hBQkISR0pSUFpXT1dBMDExWi4u

NOTE: Without these being completed you will be unable to attend the Sessions

If you have collected your child's Baptism certificate from the Parish, please return at the meeting.

All Information and Enrolment Meetings will be held in St Alipius Church or Parish Hall.

UPDATED Celebration dates:

21st August, 28th August, 4th September, 11th September, 18th September

Please direct all sacrament inquiries and requests (including certificates) to Bronwyn Ballesty in the parish office on 53326611 or via email on ballarateast@ballarat.catholic.org.au. The office is staffed Tuesday, Thursday, Friday between 10:00 and 3:30.

BAPTISM

If your child has been baptised since he/she started at St Francis Xavier Primary School, make sure you have informed us and you have sent a copy of the Baptism certificate to the school office.

If you are seeking Baptism for your child, please call the St Alipius parish office on 53326611. If you wish your child to convert to Catholicism from another Christian faith, also call the parish office.

Bernadette Luckman

Religious Education Leader

EIGHTEENTH SUNDAY IN ORDINARY TIME YEAR B

Gospel

Jn 6:24-35

A reading from the holy Gospel according to John

Whoever comes to me will never be hungry; whoever believes in me will never thirst.

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly,
you are not looking for me
because you have seen the signs
but because you had all the bread you wanted to eat.
Do not work for food that cannot last,
but work for food that endures to eternal life,
the kind of food the Son of Man is offering you,
for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly,
it was not Moses who gave you bread from heaven,
it is my Father who gives you the bread from heaven,
the true bread;
for the bread of God
is that which comes down from heaven
and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered:

'I am the bread of life.
He who comes to me will never be hungry;
he who believes in me will never thirst.'

The Gospel of the Lord

REFLECTION by Greg Sunter

Gospel Reflection

This week's gospel reading continues the exploration of John Ch 6 that began last week and will continue for another few weeks. Today's passage begins the extended discourse on the 'Bread of Life' image that runs throughout this chapter. Last week's reading finished with Jesus virtually fleeing the scene when the crowd wanted to make him king. At the start of today's reading, the crowd has caught up with him again and appears to be looking for a repeat performance of the miraculous feeding. Jesus accuses them of simply wanting more food and not being alert to the truth of the sign they had witnessed. The crowd asks what they must do to accomplish the works of God and Jesus answers fairly bluntly, Believe in me!

In response, the people demand a sign from Jesus: produce manna from heaven as Moses did during the Exodus. In fact, manna from heaven is one of the signs of the coming of the Messiah that is foretold by the prophets. So, in their own way, the people are asking Jesus to demonstrate to them that he is the Messiah. Jesus, however, explains that it was not Moses who produced the manna, but God. In Jesus, God has already produced the sign – the Bread sent down from heaven. There

is no need for Jesus to produce such a sign; the sign has already been produced by God. It is up to the people – and us – to recognise God's gift of life-sustaining nourishment that is Jesus.

In the Eucharist, we continue to celebrate Jesus as the Bread of Life – the sustaining gift of God that 'gives life to the world'.

Scriptural context – Bread that endures

Jesus says, 'Do not work for food that cannot last, but work for food that endures to eternal life.' The reference to food that cannot last relates to today's first reading about manna. In the full account of Exodus 16 you will see that the manna that fell on the first five days had become rotten by the next day and could not be eaten. However, the manna that fell on the sixth day was 'food that endures' so that it could be eaten the next day – the Sabbath day, when the work of gathering the manna was not allowed.

Living the Gospel – The Body of Christ

Christ is present in the Eucharist in many forms: in the people gathered; in the celebrating priest; in the Word proclaimed; and in the consecrated bread and wine – the Body and Blood of Christ. In relation to receiving Christ through the reception of communion, St Augustine wrote, 'Be what you see, and receive what you are.' We not only receive the Body of Christ through Eucharist, we are called to be the Body of Christ because of what we have received; and we receive the Body of Christ because we are already part of the Body of Christ.

Historical Context – Bread

For thousands of years, bread has been a staple part of the human diet in many cultures. It is no accident that the image of Jesus as bread makes such a significant appearance in the gospel of John. For the Jews, like other Ancient Near Eastern cultures, bread was a vital mainstay of their diet. In the Bible, the word 'bread' often simply means all food – it was that important! For many, regular access to bread did equate to life. Bread also played a crucial role in religious practices, especially the Passover meal.

A beginning point for discussion of this week's Gospel with children:

- Q. Why do you think the crowd sought out Jesus after he miraculously fed 5,000 of them?
- Q. In what ways does Jesus try to 'redirect' the people?
- Q. Why would Jesus as the Bread of Life have been a powerful and significant image at the time?
- Q. In what ways does the Eucharist provide us with nourishment or food for our lives?
- Q. How are you / can you be 'bread' for others?

Greg Sunter has worked in Catholic Education (Brisbane) for many years, most recently as a member of the Religious Education team and Mission and Formation team. He has extensive experience of praying with young people and forming others to lead prayer with young people. He is the author of books on adolescent faith, is a regular speaker at youth and evangelisation conferences, and is a retreat and reflection facilitator and presenter. His areas of interest include religious education, theology, scripture, spirituality, Catholic ethos, prayer, and ministry with young people.

Curriculum News



Book Week 2021

Each year across Australia, the CBCA brings children and books together celebrating CBCA Book Week. During this time schools, libraries, booksellers, authors, illustrators and children celebrate Australian children's literature. This year the Book Week theme is '**Old Worlds, New Worlds, Other Worlds.**'



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Book Week Excursion to Sovereign Hill- Monday 23rd and Tuesday 24th August, 2021

As part of our Book Week celebrations, children in years F-2 will attend an excursion to Sovereign Hill to explore and celebrate a selection of the CBCA shortlisted books and participate in a selection of literacy and art activities using the short-listed books. (This will be subject to change at any time due to Covid Restrictions.)

Mrs Meneely and her team have other wonderful ideas and activities for our children to enjoy during Book Week. We will just have to wait and see what restrictions will allow us to do. More information to follow.

Please visit the following link to view the Children's Book Council of Australia (CBCA) Book of the year 2021 winners:
<https://cbca.org.au/shortlist-2021>

Wishing you all a happy week 4.

Jane Clark

Deputy Principal - Learning Enhancement

Wellbeing News



What makes mornings so hard?

Mornings can be a real stressor for most families and we may have slipped out of our usual routines in the recent lockdowns.

What makes mornings so hard?

Sometimes it can kind of be like a perfect storm! You have a number of things to get done in a limited time. Sometimes children don't appreciate the clock is ticking, parents are trying to get everyone to school and work and stress levels can reach their peak, leading to yelling, tears and forgotten lunchboxes!

Establishing a predictable morning routine can reduce your family's daily chaos and help tame those morning monsters!

Some tips that might help include:

- Do what you can the night before- this might mean organising lunches, uniforms and library books for the day ahead
- Create a checklist if needed- if your child struggles to get organised a visual prompt may help. Keep it simple such as get dressed, eat breakfast, brush teeth, put on shoes before you play
- Make sure your child has a good sleep routine (weekends included)- everything is harder if they are tired and grumpy.
- Keep breakfast simple and healthy and avoid offering too many choices
- Keep everything that needs to be out the door the next day in a designated area. This saves those last minute manic searches for backpacks, drink bottles or mykiss!

Attached is an article that may be of interest on how to get your child up and out the door with the least amount of conflict.

[School Mornings Without the Stress](https://childmind.org/article/school-mornings-without-the-stress/)

<https://childmind.org/article/school-mornings-without-the-stress/>

Happy Days!

Christine Meneely

Wellbeing Leader



Latest Schools Sports Updates

As mentioned earlier, regrettably we have had to cancel our SFX Athletics Day scheduled for Friday due to the current restrictions. We are exploring options of conducting an event later in the year.

Good luck to all of the girls and boys participating in the Yr 3/4 and Yr 5/6 after school netball competitions starting this week. We look forward to hearing how the teams go and improve throughout the season.

Sporting Schools

Students participating in Sporting Schools - after school sports this term are:

Monday (Badminton): Angus & Mackenzie Burbridge, Laine & Nate Anwyl, Karla Austin, Lyla Harney, Alexander Fitzpatrick, Laura & James Bodnar, Beatrice & Arabella Heywood, Jazlyn Lemasson, Macie & Edward Lloyd, Liam Murphy, Finya Najera-Kinko, Sophie Olechnowicz, Rahui Munokoa, George Pearce, Madeline Purtell, Myah & Jett Rivett, Mabel & Lottie Rush, Macklin Smith, Asha & Byron Toohey, Noah & Charlotte Chibnall and Edith Young.

Thursday (Soccer): Flynn & Sully Boyd, Jenson & Wentworth Campbell, Oscar & Joe Trigg, Baz Fitzpatrick, James, Alexander & Grace Hocking, Nicholas & Saacha Hyland, William McGregor, Carter Meneely, Noah Osciak, Jasper Patterson, Sidney Porter, Riley & Alexander Ponsonby, Milla Richardson, Xavier & Evie Staley, Cruise & Jagger Van Langevelde, Percy Veal, Mollie, Maebh & Tadhg Arnts, Samuel Hill and Patrick Ludbrook.

We will try to have some catch up sessions at the end of the term to make up for those that we have missed so far due to being in lockdown.

Calendar Events 2021

Term 3

- Week 4 - SFX Athletics Day - Friday 6th August (Yr 3 - 6). **CANCELLED**
- Week 5 - Division Athletics Day - Thursday 12th August (Yr 3-6) **POSTPONED**
- Week 6 - Interschool Sport - Friday 20th August (Yr 5&6) @ SFX v Sienna
- Week 7 - Golf Clinics - Tuesday 24th, Wednesday 25th & Thursday 26th August (Yr 4-6)
 - Interschool Sport - Friday 27th August (Yr 5&6) @ St Thomas More
- Week 8 - Interschool Sport - Friday 3rd September (Yr 5&6) @ SFX v St Aloysius
- Week 9 - Interschool Sport - Friday 10th September (Yr 4)
 - Interschool Sport - Friday 10th September (Yr 5&6) @ Emmaus
- Week 10 - Swimming Program - Monday 13th, Tuesday 14th, Wednesday 15th, Thursday 16th & Friday 17th (Yr 1-3-5).

Could any students that still have a SXF singlet return them to me please. Thank you.

Have a super week everyone.

Shaun Carroll
Sports Co-ordinator

NEWS from the Uniform Shop:

Uniform Shop Sales during Term 3

For the time being and until further notice the Uniform Shop is CLOSED and will only accept orders submitted by completing the attached order form and emailing back to office@sfxballarat.catholic.edu.au or by dropping it into the school office.

Payment can be made by filling out your credit card details on the order form or by cash. Please indicate your preferred payment method on the order form.

- EFTPOS AVAILABLE in the Uniform Shop
- POP up shop will be happening again in the undercover area on Friday 26th March 2:45 to 3:30 all uniforms for sale \$5 and \$10

Opening Hours Term 1 2021:

- Monday 8.40 am – 9.10 am
- Wednesday 8.40 am – 9.10 am
- Friday 3.00pm – 3.30pm

Available NOW!

- Boys school socks \$10 a pair
- School coats available \$55
- Swim hats available \$10

Price List & Order Form

The price list and order form is downloadable from the schoolbag app.

Orders **with full payment** may be left at the front office.

DONATIONS PLEASE

Please check your cupboards for any uniform items you no longer need. Donations of second hand uniforms can be left at the shop with Sam or Yvonne. All donations are appreciated. Thanks.

Uniform Shop Volunteers – we need your help All we need is half an hour of your time once or twice a term!!

Please Sign Up to Help in the Uniform Shop by clicking on the following link:

<https://signup.com/go/JvsbATD>



or text Yvonne Arnts on 0426 240 496 if you are able to help, with your preferred day. Thanks.

The shop is open and EFTPOS available in store and for all your online orders. All orders to be picked up at front office



Information Evenings & Open Mornings for 2023 Commencement

Damascus College warmly invites all families to attend our upcoming Information Events. The Information Evenings are a great way for prospective families to learn more about Damascus College.

INFORMATION EVENING: Wednesday 8 September at 5pm
Tuesday 19 October at 6.30pm

OPEN MORNING TOURS: Thursday 16 September at 9am
Thursday 21 October at 9am

You will be sent an online link the day prior to the event

TO REGISTER, PLEASE GO TO: <https://www.damascus.vic.edu.au/enrolment/visit-us>

**AFTER SCHOOL CARE
OLHC**

3.30pm - 6.00pm Monday - Friday (Term 3)

- Mondays** Craft Extravaganza
- Tuesdays** Construction
- Wednesdays** Art & Music
- Thursdays** Sport Activities
- Fridays** Exploring Language & Culture

Email ballarat.olhcoshc@ymca.org.au or call 0491 743 126 for further details.

They'll want to come again tomorrow!



MULTI-SPORTS (90 MINUTES)

Wednesdays After-School 3:20pm - 4:50pm
(14th of July) to (15th of September)

Footy, Netball, Soccer, Badminton & Gymnastics and Circus.

Preps to Grade 4

\$220 for the 10 week program

Enrol online www.kellysports.com.au

Any queries call or text Dom on 0417 967 621

Go to our **St. Francis Xavier Facebook** page for more photos:

<https://www.facebook.com/pages/St-Francis-Xavier-Primary-School/273229632859103?ref=hl>