



St Francis Xavier Primary School

Newsletter

Monday 4th April 2022
Term 1 Week 11

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2022 Key Dates

Term 1 Week 11

Monday 4th April

Year 1 Parent Information
Reading Workshop

Tuesday 5th April

P & F Meeting

Friday 8th April

Class Assembly – 4 BW
Last Day of Term 1

In the Land of the Wadawurrung People

Dear Parents and Families,

As Term One draws to a close, we extend our thanks to all children, parents and families for the learning, discussion, engagement and cooperation that has been demonstrated throughout the past ten weeks. We particularly thank all SFX staff who continually give so tirelessly and generously of their time and effort in ensuring the best educational outcomes for your children.

As the season of Easter approaches, we are reminded of the events that led up to the crucifixion of Jesus and the glory associated with Jesus' resurrection on Easter Sunday.

End of Term

This Friday 8th April marks the end of our first term. School resumes for Term 2 on Tuesday 26th April at 8.55am. **Please note that the School Term ends this Friday at 2:20pm.**

Buses will run as normal but an hour earlier e.g. 2:20pm

Term 2

Tuesday 26th April to
Thursday 23rd June
= 9 Weeks

Term 2 Week 1

Monday 25th April

Public Holiday – ANZAC Day

Tuesday 26th April

First Day of Term 2 for
children

Thursday 28th April

Ballarat Catholic PS - Cross
Country

Friday 29th April

Casual Dress Day
Class Assembly – 3 ND
Mother's Day Celebration

Term 2 Week 2

Tuesday 3rd May

Student Led Conferences -
Day 1

Wednesday 4th May

Student Led Conferences -
Day 2

Year 1 Parent Information Reading Workshop

We are pleased to announce the following opportunity for you to partner with us to ensure all our Year One children get the head start they deserve in becoming proficient readers in 2022.

Year One Parent Information Reading Workshop

Who: All Year One Families are strongly encouraged to attend this event, even if they attended the Foundation Reading Workshop in 2021, as this presentation will include new information relevant to our Year One Reading Program

When: Monday 4th April, 2022 @
6.00pm

What & Why: The Year One Team will deliver a live online webinar to highlight the importance of your role as parents in supporting your Year One child/ren to develop proficiency as readers in 2022. The teachers will present key skills and strategies essential for reading growth in Year One to ensure all children continue to experience reading success and develop their reading independence.



Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.

Friday 6th May
Student Free Day

Term 2 Week 3

Tuesday 10th May
2022 NAPLAN

Wednesday 11th May
2022 NAPLAN
Student Led Conferences -
Day 3

Tuesday 12th May
2022 NAPLAN

Friday 13th May
Class Assembly – 2PB

Term 2 Week 4

Tuesday 17th May
Year 6 Urban Camp

Friday 20th May
Class Assembly – 1 SM

Term 2 Week 5

Wednesday 25th May
Netball and Soccer - Division
Tournament

Thursday 26th May
District AFL Football
Tournament

Friday 27th May
Casual Dress Day
SFX Athletics Carnival -
Llanberris Reserve
Class Assembly – F EH

Term 2 Week 6

Friday 3rd June
Class Assembly – 6 F

Term 2 Week 7

Tuesday 7th June
P & F Meeting

Wednesday 8th June
Year 5 - 2022 Secondary
Education Experience Day
(SEED)

Thursday 9th June
Year 3 Camp – Sunnystones

Friday 10th June
Year 3 Camp - Sunnystones
Class Assembly – 5 MA

Term 2 Week 8

School Fee Payment – Is this you?

We received a payment of school fees directly to our bank account on the 24/03/22. There were no details attached to this deposit. Can you please contact the office if you made a transfer on this day?

St. Alipius Easter Mass Times

Lent offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, rooted in our baptism. In our busy world, Lent provides us with an opportunity to reflect upon our patterns, to pray more deeply, experience sorrow for what we've done and failed to do, and to be generous to those in need. Easter brings to conclusion our Lenten Journey. Mass times are as follows:

- **Holy Thursday**, 15th April 2022: 7.00pm St Alipius' Church
- **Good Friday**, 15th April 2022: 3.00pm St Alipius' Church
- **Easter Vigil**, 16th April 2022: 7.00pm St Alipius' Church
- **Easter Sunday** 17th April 2022: 9.00am St Alipius' Church, Ballarat East, & 10.30am Ss Peter & Paul's Church, Bunninyong

SAVE THE DATE: Mother's and Special Friend's Day

Mother's and Special Friend's Day is back at St. Francis Xavier in 2022. Our celebrations will be held a week earlier due to a planned Student Free Day in Week 2.

When: Friday 29th April 2022 (Term 2 Week 1)

- 11:45am Shared Picnic Lunch
- 12:15pm Mother's and Special Friend's Day Prayer
- 12:45pm Play Time with Mother's and Special Friends
- 1:15pm Cuppa and Sweet Treats in the Gymnasium

Where: St. Francis Xavier Primary School - 100 Fortune Street, Ballarat East

More details to follow shortly....

Classroom Helper Training Sessions

We are pleased to announce an additional two Classroom Helper training sessions at the beginning of Term Two for anyone still wanting to be involved as a Classroom Helper this year. A friendly reminder that if you have previously attended one of our Classroom Helper training sessions this year or in past years then you do not need to attend again.

The sessions will be conducted via Zoom on the dates and times listed below.

- **Session 1:** Monday 2nd May at 9:30am via Zoom
- **Session 2:** Monday 2nd May at 5.00pm via Zoom

These sessions will provide helpers with important information about our Classroom Helper program, as well as communicating and sharing relevant documents for you to complete prior to assisting onsite. We are hopeful that our current guidelines will change in Term Two and that the opportunity to be a Classroom Helper in our learning spaces occurs.



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Monday 13th June

Public Holiday – Queen's Birthday

Tuesday 14th June

Year 2 Camp - Log Cabin
Camp Creswick

Wednesday 15th June

Year 2 Camp - Log Cabin
Camp Creswick

Friday 17th June

Casual Dress Day
Class Assembly – 4AH

Term 2 Week 9

Thursday 23rd June

Last Day of term 2 for
Students

Friday 24th June

Student Free Day

Term 3

Monday 11th July to Friday
16th September
= 10 Weeks

Term 3 Week 1

Friday 15th July

Class Assembly – 3 BL

Term 3 Week 2

Friday 22nd July

Class Assembly – 2 GH

Term 3 Week 3

Friday 29th July

Class Assembly – 1 GJ

Term 3 Week 4

Friday 5th August

Class Assembly – F TW

Term 3 Week 5

Friday 12th August

Student Free Day

Term 3 Week 6

Friday 19th August

Class Assembly – 6 ZA

Term 3 Week 7

Friday 26th August

Class Assembly – 5 OH

Please RSVP your attendance and preferred session by emailing

rconroy@sfxballarat.catholic.edu.au if you would like to participate so that the Zoom link can be shared with you prior to Monday the 2nd of May.

NEW DATES: Open Day and School Alive Tours – Term 2

Due to popular demand we will be running 2 additional Open Days and School Alive Tours early in Term 2.

Open Days and School Alive Tours will be held at:

1. 5:00pm on **Tuesday 3rd May 2022**
2. 6:00pm on **Wednesday 11th May 2022**



To register your attendance at an Open Day and School Alive Tour please click on the "Book a Tour" link : <http://www.sfxballarat.catholic.edu.au/enrol/open-days/>

Come chat to our staff and children as they show you around our school. We can show you why we are a school of choice for many of our happy families and children!

This is a great chance for parents who haven't made it to an Open Day or wish to have another look around after hours!

We look forward to seeing you next term!

Student - Led Conferences at SFX

Your child(ren) will be showcasing their schoolwork and discussing learning goals with you through Student-Led Conferences. During Student – Led Conferences, your children will lead the discussion with you about their school work, while teachers will help direct conversation and answer questions you may have.

These conferences are scheduled for Week 2 & 3 next term, on the following dates:

1. **Tuesday 3rd May 2022**
2. **Wednesday 4th May 2022**
3. **Wednesday 11th May 2022**

These meetings will last for 20 minutes, and we encourage all families to attend. Children must attend these meetings!

We have several goals for holding conferences using this format:

- **For parents** – we hope that you will get to see rather than simply being told about your child's progress.
- **For students** – we hope students will take more responsibility for their learning.
- **For teachers** – we want teachers to have more meaningful and impactful conferences with you.
- **For all** – we want to maximize our time together, create ways to partner with one another to support student success.

WHY STUDENT LED CONFERENCES?

- Students develop **ownership** of their learning
- Students build **independence**
- Students take **pride** in their success
- Students identify areas for **improvement**
- Students **share** knowledge and skills learned

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Term 3 Week 8

Friday 2nd September
Father's Day Celebration

Term 3 Week 9

Friday 9th September
Class Assembly – 4 CP

Term 3 Week 10

Friday 9th September
Class Assembly – 3 JV

Term 4

Monday 3rd October to
Friday 16th December
= 11 Weeks

Term 4 Week 1

Monday 3rd October 2022
First Day of Term 4 for
Students

Friday 7th October
Class Assembly – 2 CJ

Term 4 Week 2

Friday 14th October
Class Assembly – 1 EM

Term 4 Week 3

Friday 21st October
Class Assembly – F JS

Term 4 Week 4

Friday 28th October
Casual Dress Day
Class Assembly – F MM

Term 4 Week 5

Monday 31st October
Student Free Day

Tuesday 1st November
Public Holiday – Melbourne
Cup

Term 4 Week 6

Term 4 Week 7

Term 4 Week 8

Friday 25th November
Casual Dress Day

Questions to ask your child at Student - Led Conferences.

Here are some questions for you to ask your child during their Student – Led Conference. These are suggestions, so please look them over and pick a few that you would like to ask!

1. What are you most proud of?
2. It makes me proud to see that
3. Can you tell me more about ...?
4. I can tell that you improved in
5. What did you find challenging this term?
6. Did you reach your goals? Why/Why not?
7. What can we do together at home to support your learning?

The purpose of these meetings is to celebrate, affirm the children's learning and promote Student Voice. Parents and teachers will be able to ask questions of the children during these meetings in regards to their achievements, challenges, effort, behaviour, goals and next steps in their learning. We are certain that these conversations can happen with the child present with our teachers up-skilling the children to lead these conferences with confidence.

We have deliberately formed them as Student – Led and not 3 – Way Conferences. In response to the recommendations of our 2016 School Review we have developed a Strategic Educational Plan with the support and approval of the School Board and targeted promoting Student Voice across the school. Highly Effective Catholic Primary Schools promote Student Voice. Student – Led Conferences are identified as a significant way of developing Student Voice and all the latest research and evidence around Assessment as Learning supports this. If a parent needs to have a conversation with the teacher not in the presence of the child in regards to other matters, this needs to take place at another time. Contact can be made with the class teacher requesting further time if needed.

Student Led Conferences can be booked online using PAM

Please note: that PAM will be used for booking Student Led Conferences with instruction included below.

PAM will open on Wednesday 30th March at 9:00am for you to log in a conference time. You can logon yourself and choose your preferred time or alternatively contact the office and we can do this for you. The allocated time is 20 mins per conference.

Student - Led Conferences on PAM - Booking Instructions for Parents

1. Log into PAM using your Username and Password

PAM can be accessed via the schools

homepage: <http://www.sfxballarat.catholic.edu.au/news-events/parent-access-module/> or by going directly to the PAM site <https://pam.sfxballarat.catholic.edu.au/Login/Default.aspx>

2. Click on Parent Teacher Interviews
3. Select student
4. Select Core Group
5. Select Teacher (If your child's class has 2 teachers, only one teacher has the times available.)
6. Select your time
7. Click Book Interview
 - The interview times will be displayed underneath your booking window. If you need to alter your child's interview time please click on the blue pen box and alter your time.
 - If the interview time you have made does not suit and you wish to delete the time, please click on the red cross box

Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.

Term 4 Week 9

Friday 2nd December
St. Francis Xavier Feast Day

Term 4 Week 10

Friday 9th December
Foundation Nativity

Term 4 Week 11

Friday 16th December
Last Day of Term 4 for
Students

**All other Calendar Dates for
2023 have been updated
and can be accessed live on
the Skoolbag App or by
visiting the School Website**

- There is an option to print your interview booking times by clicking the blue printer icon.

Please do not hesitate to contact the office on 5331 6311 should you have any queries or concerns

SFX Easter Egg Raffle 2022

Our very popular Easter Raffle is back again in 2022 but this year it is moving on line. Tickets are now available for purchase through the link below. Hop to it!

<https://www.rafflelink.com.au/easterraffle2022sfx>



COVID Safe Environment

Our school continues to monitor and abide by all COVID safe regulations and recommendations issued by both the State Government and the Catholic Education Office. Density Limits and Good Hygiene practices continue to apply.

Beginning of the Day Drop Off

- Foundation (Prep) parents will be able to accompany their children to their classroom in the first week of school. We ask that the Foundation (Prep) parents drop their child at the entrance to the classroom and then leave in a prompt manner. On entry to the building Foundation parents must QR Code in.
- We continue to request that all other parents (Year 1 – 6) 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.

End of the Day Dismissal

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 6 to Week 11 Monday 28 th February to Friday 8 th April | Q - Z | A - G | H - P |

School Assembly Dates 2022

Due to the Specialist Timetable running from Monday to Thursday our School Assemblies will continue on Fridays in 2022 from 12:40pm to 1:10pm. **Due to COVID19 restrictions Assemblies will be live – streamed until we are able to gather back in the Gymnasium.** Please see list below. This has also been updated on the school calendar for your perusal.

Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.

| Week | Term 1 | Term 2 | Term 3 | Term 4 |
|------|-----------------------|--------------------------------|---------------------------|--------------------------------|
| 1 | | Year 3 ND (9:30am) 29.04.22 | Year 3 BL 15.07.22 | Year 3 JV 07.10.22 |
| 2 | | Student Free Day | Year 2 GH 22.07.22 | Year 2 CJ 14.10.22 |
| 3 | | Year 2 PB 13.05.22 | Year 1 GJ 29.07.22 | Year 1 EM 21.10.22 |
| 4 | | Year 1 SM 20.05.22 | Foundation TW 05.08.22 | Foundation MM 28.10.22 |
| 5 | | Foundation EH 27.05.22 | Student Free Day | |
| 6 | | Year 6 JF (9:30am) 03.06.22 | Year 6 ZA 19.08.22 | |
| 7 | | Year 5 MA 10.06.22 | Year 5 OH 26.08.22 | |
| 8 | | Year 4 AH 17.06.22 | Father's Day Liturgy | |
| 9 | Year 6 CC 25.03.22 | Student Free Day | Year 4 CP 09.09.22 | St Francis Xavier Feast Day |
| 10 | Year 5 MH 01.04.22 | | Foundation JS 16.09.22 | Foundation (Nativity) |
| 11 | Year 4 BW 08.04.22 | | | |

School Closure Days

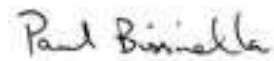
Please note that in Term 2 we have set aside two days as a School Closure Days for Staff Professional Development.

- **Friday 6th May** School will be closed for a **ReLATE** Staff Professional Development Day
- **Friday 24th June** School will be closed **Reading** a Staff Professional Development Day

I hope that you all have a safe and enjoyable school holiday and are able to share Easter with family and friends. I thank you all for your continued support and look forward to working with you again next term.

Have a great week!

Yours sincerely,



Paul Bissinella
Principal

Catherine McAuley

The simplest and most practical lesson I know...is to resolve to be good today, but better tomorrow. Let us take one day only in hands, at a time, merely making a resolve for tomorrow, thus we may hope to get on taking short, careful steps, not great strides.

Letter to de Sales White February 28, 1841

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Reconciliation Action Plan - FEEDBACK NEEDED.

Recently our staff developed a Vision for Reconciliation, as part of our social justice initiatives at St Francis Xavier.

We would love to hear what others think about our Vision. Please open this link to read our draft and share your opinions and ideas. [Link to Vision for Reconciliation Draft 1 Feedback.](#)



Celebrating Holy Week with Us

Sadly, we still cannot gather as a community in the gym for our celebrations.

Happily, we have incredibly resourceful, talented and creative teachers and students who have a solution for celebrating our Holy Week Prayer Time altogether. Later in the week look out for a link to our pre-recorded celebration starring the students of St Francis Xavier. Our students will watch this at school before the holidays, but I'm sure they would love to pray again with you at home as well. They have done an amazing job retelling the Passion of Jesus and his Resurrection.

Celebrating Mothers and Special Friends Day with Us

No doubt you have already seen the flyer about our Mothers and Special Friends Day celebrations in Term 2. We have organised this anticipating we will once again be able to welcome our wonderful community to our classrooms. There will be more information in Term 2 about the tricky organisational details, such as which classroom in which your child/children will gather and how to organise lunches for your family via flexischools when they are in family groups, not their own classrooms. Family Groups are a great way for children to spend time with siblings, cousins and other students from Prep to 6, allowing time to build new friendships and enjoy time with those closest to them.

For those of you new to our community, or who have never had the opportunity to celebrate this day with us, please consider joining us on 29th April for a time of prayer and fun with the children.



Sacramental News

Year 3 students from the Parish of St Alipius are invited to enrol for the sacrament of Confirmation. Please mark May 10th on your calendar, as the information session is essential.

Please don't hesitate to contact the parish if you have any questions.

Please direct all sacrament inquiries and requests 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 9:30am and 1:30pm.

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

Term Two Confirmation

For children who are BAPTISED who would like to be CONFIRMED and are in Year 3.

Parent Information Sessions
St Alipius Church
Tuesday
May 10th 2022
7.00pm

CELEBRATION DATES

| | |
|------|----------------------------|
| June | Wednesday 15 th |
| | Thursday 16 th |
| | Wednesday 22 nd |
| | Thursday 23 rd |

THIS WEEK'S GOSPEL - Sunday 3rd April 2022

FIFTH SUNDAY OF LENT YEAR C

Gospel

Jn 8:1-11

A reading from the holy Gospel according to

Let the person without sin be the first to throw a

Jesus went to the Mount of Olives. At as all the people came to him, he sat down

The scribes and Pharisees brought a woman adultery; and making her stand there in full this woman was caught in the very act of in the Law to condemn women like this to asked him this as a test, looking for down and started writing on the ground question, he looked up and said, 'If there is first to throw a stone at her.' Then he bent they heard this they went away one by one, alone with the woman, who remained where are they? Has no one condemned you?' 'No one, sir,' she replied. 'Neither do I condemn you,' said Jesus 'go away, and don't sin any more.'



John

stone.

daybreak he appeared in the Temple again; and and began to teach them.

along who had been caught committing view of everybody, they said to Jesus, 'Master, committing adultery, and Moses has ordered us death by stoning. What have you to say?' They something to use against him. But Jesus bent with his finger. As they persisted with their one of you who has not sinned, let him be the down and wrote on the ground again. When beginning with the eldest, until Jesus was left standing there. He looked up and said, 'Woman,

The Gospel of the Lord

Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.

REFLECTION by Greg Sunter

This entire scene is a conspiratorial 'set-up' to trap Jesus. Jewish law dictated that adultery was to be punished by death for both parties. However, the Roman occupation had forbidden the Jewish authorities to carry out the death penalty. By bringing the woman to Jesus they sought to place him in a no-win situation. If he upheld the Jewish law and ordered the death penalty, then he was flaunting Roman law. If he did not uphold the law then he could be branded as a false teacher. They thought it was a perfect trap!

But where is the man with whom the woman was committing adultery? When he is not also brought forward for judgment as any legitimate accusation would demand, Jesus senses the trap being set for him. He realises that those accusing the woman must have somehow been involved in setting her up so that she could be 'caught committing adultery'. In Jewish law, accessories to a crime were equally guilty and subject to the same penalty. When Jesus says to the gathering, 'If there is one of you who has not sinned ...,' he's letting them know that he's aware of their part in this crime and what judgment is due them also! If they persist with their accusation, they'll also be tried as accessories! So they quietly walk away.

Jesus' words to the woman sum up his message throughout the gospel: 'Neither do I condemn you, go away, and don't sin any more.' As with others in the gospels, Jesus recognises that the woman has indeed sinned, but he does not condemn her for it. By telling her not to sin any more he is calling her to conversion. He is saying, yes, you've made mistakes, but you can do better and I'm challenging you to try.

Gospel Focus – Restoring honour

When the accused woman is brought before Jesus for judgment he neither looks at the woman nor at the accusers. He bends down and writes in the dirt. When the accusers melt away, Jesus (still kneeling on the ground) looks up at the woman to speak to her. She has probably never been treated with this level of respect in all her life. With this action, as much as anything else, Jesus restores dignity and honour to the woman. No longer looked down upon, she can begin a new life.

Living the Gospel – Forgiven, not forgotten

The words Jesus speaks to the accused woman could as easily be addressed to each of us. We all feel at times that we've done the wrong thing – something we don't deserve to be forgiven for. However, Jesus says to us, I know you've done the wrong thing, and you are already forgiven, but you need to make a commitment to change and not repeat the error. It is Jesus' promise not to give up on us – not to forget about us – that we can draw strength from as we try to respond to his challenge to change.

Scriptural context – Jerusalem

This gospel passage begins with Jesus going to the Mount of Olives. We know the Mount of Olives best from the passion narratives in the synoptic gospels. But today's passage is not part of the last week of Jesus' life. The three synoptic gospels generally portray the ministry of Jesus as something of a journey towards Jerusalem and have him arriving just in time for the Passover and his arrest. However, the gospel of John places most of Jesus' ministry in and around Jerusalem to better focus the tension between the teachings of Jesus and the Jewish hierarchy.

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

- Q. Why did the Pharisees see this incident as a test for Jesus?
- Q. What is achieved by Jesus bending down and focusing his attention on the ground?
- Q. What happened to the mob mentality when Jesus challenged them?
- Q. Have you ever been in a situation where group behaviour overtook individual thought and action?
- Q. When Jesus says, 'Go, and don't sin any more,' how can that be applied to your life?

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



DETAILS about the Book Fair

Who: Our wonderful P&F Committee will once again assist with the running of the Book Fair

Where: School Gymnasium

When:

- Monday 2nd May - Before school 8:30 am- 8:50 am and After School 3:00-3:45pm
- Tuesday 3rd May - Before school 8:30 am- 8:50 am, After School 3:00- 6:30pm
- Wednesday 4th May - Before school 8:30 am- 8:50 am, After School 3:00- 6:30pm
- Thursday 5th May - Before school 8:30 am- 8:50 am and After School 3:00-3:45pm



Families are most welcome to visit the Book Fair at these times.

Colouring in Competition

We are very excited to announce that a colouring/ book report competition will be running alongside the Book Fair. The colouring sheets and Book Report are attached to this week's newsletter and are available for all children who would like to participate. Please return to the front office. The coloured pictures/ book reports will then be used to decorate the Gymnasium in preparation for the Book Fair. Prize winners will be announced on Friday 29th April during Year 4ND assembly.

NAPLAN: Practice tests

Children in Year 3 and 5 will have an opportunity this Thursday 7th April, to participate in a NAPLAN practice test session. This will provide the children with what the days in Term 2 will look and feel like. Enjoy the last week of term.

Jane Clark

Deputy Principal - Learning Enhancement

Wellbeing News



Helping Children Cope With Change

Throughout life we all experience challenging times- if the last two years and covid have taught us anything, it's that our life is filled with twists and turns (sometimes when we least expect it!)

Changes and challenges are a part of life and we cannot protect our children from unpleasant events- in fact these encounters give them experience in building their coping capacities and developing emotional resources that contribute to their maturity.

Next term I will be beginning Seasons for Growth groups for children who have experienced grief and loss. Children who have not previously attended this group will be given priority this year to ensure it is targeting children with similar situations/ experiences.

I will send further information for teachers to consider children who may benefit from this program but please email me on cmeneely@sfxballarat.catholic.edu.au if you would like further information or would like your child to be considered for inclusion in this group.

Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.

The attached tipsheets give us some great ideas about how to best support our children in coping with big life changes and challenging experiences.

By focusing upon times they (or your family) have experienced difficulties yet coped will give them hope and confidence in their ability and resources to have a positive outcome.

Wishing you all a wonderful holiday break and I look forward to seeing you all in Term Two!

Christine Meneely
Wellbeing Leader

7 WAYS TO HELP kids cope with BIG LIFE CHANGES

Big Life Journal

1. GIVE THEM TIME TO PREPARE

When preparation is an option, give your child plenty of advance warning that a major change is coming. This allows them **time to process** and begin to accept the change.



2. LISTEN TO THEIR CONCERNS

Take time to address your child's questions and concerns. Help them **work through the emotions** that they're feeling. If your child struggles to name what he is feeling, help him label the emotion (e.g., anxious, sad, nervous, worried, or scared).



3. READ BOOKS ABOUT BIG LIFE CHANGES

There are plenty of children's books written to **help kids cope** with major life changes. Check out the Top 85 Growth Mindset Books for Children and Adults in our Growth Mindset Printables Kit on biglifejournal.com



4. KEEP ROUTINES THE SAME

Give your child as much **consistency and stability** as possible. Bedtimes and mealtimes in particular should remain consistent. Structure feels safe for children, so provide as much of it as possible to restore a **sense of safety**.



5. PROVIDE CONNECTION AND PLAY

Remain consistent is your child's **connection with you**. Make sure your child knows that no matter what else changes, you aren't going anywhere, and neither is the bond you have with your child.



6. GIVE THEM CHOICES AND ASK FOR HELP

During a big life change, children feel that they have no control over their lives. Give some **sense of agency** by allowing your child to make small choices:

- What color does he want to paint his bedroom at the other parent's home?
- What should you cook for the first meal in the new house?
- What outfit does he want to wear for his first day at a new school?



7. TALK ABOUT OTHER CHANGES

Talk about things they **successfully coped with** in the past. They might include:

- Starting school
- Joining the soccer team
- Getting a new pet
- Going to first grade



BIGLIFEJOURNAL.COM

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Swimming Program

Year 6 will participate in a swimming program in Term 2, Year 1 & 3 at the end of Term 3, and Year 2, 4 & 5 at the beginning of Term 4. More details to come soon.

Year 6 Term 2 swimming dates:

- Friday 13th May
- Wednesday 1st June
- Friday 3rd June
- Friday 10th June
- Friday 17th June

Yr 3 - 6 Athletics Day

After a long time waiting, we are looking forward to holding our Yr 3 -6 Athletics Day and Llanberris Reserve on Friday 27th May (Term 2 Week 5). Mr Down has been and will continue to go through track & field technique development in PE lessons with these classes leading up to the day. More information will come out closer to the day.

The Junior Sports Day (F - Yr 2) will be held later in the year (T4).

Cross Country

The Ballarat Catholic Primary School Cross Country event will take place on Thursday 28th April (T2 Wk 1) at Fed Uni. Mr Down is compiling a list of potential students to represent SFX and they will be notified shortly.

Catholic and Division Winter Sports

Previously, we have participated in Catholic Primary School tournaments for the Winter Sports (Netball/Soccer/Football). This year the organisers have changed things up and we will be competing against numerous Ballarat Primary schools straight into the Divisional level.

Selection for these teams will be made early next term.

Term 2 dates:

- Thursday 28th April - BCPS Cross Country @ Fed Uni
- Friday 20th May - Division Cross Country @ Ballarat High School
- Wednesday 25th May - Netball/Soccer Winter Sports @ Llanberris/Morshead Park
- Thursday 26th May - Football Winter Sports @ Vic Park
- Friday 27th May - Year 3 - 6 Athletics Day @ Llanberris Athletics Reserve
- Monday 30th May - Regional Cross Country @ Warrnambool

Have a tremendous week.

Shaun Carroll

Sports Co-ordinator

Uniform Shop Update

NEWS from the Uniform Shop:

Uniform Shop Sales during Term 1

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.

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. **EFTPOS available**

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. All donations are appreciated. Thanks.

Community News



EASTER SCHOOL HOLIDAY PROGRAM

Monday 11th of April to Friday the 22nd of April 2022

Fully supervised, covid-safe, fun-filled days of sports & activities that kids love!
(excluding weekends and public holidays)

Eastwood Leisure Centre, Ballarat

8am to 5pm each day

Kinder to Grade 6

\$50 per day (\$45 per day for 5+ days)

Enrol online www.kellysports.com.au/greater-ballarat or Contact Paul on 0423 335 616



GIRLS PRIMARY SCHOOL COMPETITION & TRAINING

MONDAY TRAINING: 5-6PM
SATURDAY COMP (times vary on age): 9AM-5PM

LOCATED AT FUTSAL BALLARAT: 1 Fussell St, Ballarat East

Come and try at our Monday girls training
 Limited spots left for our Saturday Competition, if you are interested please contact us
 ASAP!



FOR MORE INFO CONTACT DERMOTT TEBB
 E: dermott@futsalballarat.com.au
 M: 0488 086 456

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

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

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|--|---|
| Assembly Date: Term 1, Week 10 1st April, 2022 Year 5LH | Theme: JUSTICE Justice means making things fair for everyone by making positive changes when we notice injustice. We act for justice because Jesus shows us how to include others and to use our actions to make change. |
| HOST CLASS | 5LH |
| Year Level | Names (2 per class) |
| F EH | Paddy Quinlan and Angus Morley |
| F TW | Sutton Answer & Fletcher Hipke |
| F JS | Max Elliot and Edward Giblett |
| F MM | Finn Burbidge & Mila Quandt |
| 1 SM | Sofia Shorter and Hudson Ryan |
| 1 GJ | Freddie Lynch & Mitchell Bone |

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| | |
|-------------------------|---|
| 1 EM | Eddie Anderson and Mitchell Cyples |
| 2 PB | Darci Prebble and Hannah Firth |
| 2 CJ | Alexis Toohey and Cleo Roney |
| 2 GH | Olive Lenaghan and Alby Skrokov |
| 3 ND | Liam Fulcher and Elly Kane |
| 3 BL | Leni Brown and Murphy Noonan |
| 3 JVG | Madison Murphy and Connor Foyster |
| 4 BW | Mannix Treacy & Lottie Rush |
| 4 AH | Olivia Klein and Rahui Munokoa |
| 4 CP | Harper Lourey and Orion Morton |
| 5 LH | Olena Vallance & Nate Griffin |
| 5 OH | Ivy Pearce & Cooper Downes |
| 5 MM | Sophie Millington and Zach Kennedy |
| 6 CC | Poppy LeGrand and Harrison Lane |
| 6 JF | Lucy Cochrane and Harrison Lourey |
| 6 ZA | Olivia Tocchet & Ryan Alford |
| Environmental Education | Wentworth Campbell 5LH and Emily Hanarah 4BW, <i>for the way they continually include others during Environmental Education lessons and lunch time clubs.</i> |
| Performing Arts | Finya Najero-Hinko Betsy Nicholson |
| Visual Arts | Matthew Corrigan (5MM) and Evie Pengelly (5MM) |
| Physical Education | Byron Toohey (1 GJ), Ivy Bromley (4 AH) & Isaac Morris (6 CC) for being considerate and understanding of others. They look to include and do what is best for everyone. |
| Principal's Award | Braxton Bunstma and Eva Cummins |

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