# St Francis Xavier Primary School



# Newsletter

Monday 2<sup>nd</sup> May 2022 Term 2 Week 2

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# 2022 **Key Dates**

Term 2

Tuesday 26th April to Thursday 23<sup>rd</sup> June = 9 Weeks

#### Term 2 Week 2

Monday 2nd May **Book Fair Begins** 

Tuesday 3rd May Student Led Conferences -Day 1 Mother's and Special Friends Day Stall - F to Year 3

#### Wednesday 4th May

Student Led Conferences -Day 2 Mother's and Special Friends Day Stall - Year 4 to

Thursday 5th May Friends Day Stall - Catch

> 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

#### In the Land of the Wadawurrung People

Dear Parents and Families,

The chill in the mornings is refreshing and you surely know that you are alive! The colder weather appears to have arrived! Please make sure that your children are dressed appropriately and remember that from next Monday all children are expected to be in Winter Uniform.

I hope all our families have a chance to celebrate Mother's Day this coming Sunday! I hope all mothers have a day of happiness, a day where they feel cherished and where they can take time to dream dreams for their children. Mother's Day is a day of joy and celebration for those who can spend time with their mothers. For others, it is a day of remembrance of mothers who are no longer with them. The special thing about the day is that we all stop and in our own ways, we take time to honour Motherhood.

It was great to see so many of our mothers and special friends at school last Friday to celebrate our Mother's Day Liturgy with us. Many thanks to Mrs. Luckman and her team for organising the day and for all those that also helped out!

#### Mothers hold their children's hands for a short while, but their hearts forever.







#### A Prayer for Mothers

Gracious God, you chose Mary to be the mother of your son Jesus Christ. As you blessed her through her Son, bless all mothers. Grant them patience, wisdom, strength and joy, so that they may care for and love the children you have given to them and placed in their care.

Loving Father in heaven, we thank you for the mothers you have given us, whose commitment is so precious that it can never be measured. May we see your loving hand behind them and guiding them. We pray for those mothers who fear or who are in broken relationships, and ask you to bless them with your own special love and the gifts. We pray for children and fathers, that they may appreciate, love and support their mothers and wives.

Year 6 Urban Camp

**Friday 20**<sup>th</sup> **May** Class Assembly – 1 SM

#### Term 2 Week 5

Wednesday 25<sup>th</sup> May Netball and Soccer - Division Tournament

> Thursday 26<sup>th</sup> May District AFL Football Tournament

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

#### Term 2 Week 6

**Friday 3<sup>rd</sup> June** Class Assembly – 6 JF

#### Term 2 Week 7

Tuesday 7<sup>th</sup> June P & F Meeting

Wednesday 8<sup>th</sup> June Year 5 - 2022 Secondary Education Experience Day (SEED)

**Thursday 9<sup>th</sup> June** Year 3 Camp – Sunnystones

# Friday 10<sup>th</sup> June

Year 3 Camp - Sunnystones Class Assembly – 5 MA

#### Term 2 Week 8

**Monday 13<sup>th</sup> June** Public Holiday – Queen's Birthday

Tuesday 14<sup>th</sup> June Year 2 Camp - Log Cabin Camp Creswick

Wednesday 15<sup>th</sup> June Year 2 Camp - Log Cabin Camp Creswick

Friday 17<sup>th</sup> June Casual Dress Day Class Assembly – 4AH

#### Term 2 Week 9

Thursday 23<sup>rd</sup> June Last Day of term 2 for Students

#### **School Closure Day**

**Please note**: that this Friday 6<sup>th</sup> May is a St. Francis Xavier School Closure Day. Children will not be required to attend school on this day.

- Friday 6<sup>th</sup> May School will be closed for a ReLATE Staff Professional Development Day
- Friday 24<sup>th</sup> June School will be closed Reading a Staff Professional Development Day

#### **Mother's and Special Friends Day Stall**

The P & F Mother's and Special Friends Day stall will be held on the Tuesday 3<sup>rd</sup> and Wednesday 4<sup>th</sup> May in the undercover during first break.

- Tuesday 3<sup>rd</sup> May: Foundation, Years One, Two & Three
- Wednesday 4<sup>th</sup> May: Years Four, Five & Six

Children are invited to purchase a gift for their Mother or Special Friend for \$2.00, \$3.00 or \$5.00. (Maximum \$5 per child)

For those children who may have missed out on purchasing a gift on the first two days, the stall will be available Thursday morning before school, in the undercover area. We emphasise that this is not compulsory, it is just an opportunity for those children who wish to buy something for their Mother or Special Friend.

#### **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 3<sup>rd</sup> May 2022
- 2. Wednesday 4<sup>th</sup> 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:

# WHY STUDENT LED CONFERENCES?

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

#### 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 ....

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

Friday 24<sup>th</sup> June Student Free Day

#### Term 3

Monday 11<sup>th</sup> July to Friday 16<sup>th</sup> September = **10** Weeks

#### Term 3 Week 1

Friday 15<sup>th</sup> July
Class Assembly – 3 BL

#### Term 3 Week 2

Friday 22<sup>nd</sup> July Class Assembly – 2 GH

#### Term 3 Week 3

Friday 29<sup>th</sup> July Class Assembly – 1 GJ

#### Term 3 Week 4

Friday 5<sup>th</sup> August Class Assembly – F TW

#### Term 3 Week 5

Friday 12<sup>th</sup> August Student Free Day

#### Term 3 Week 6

Friday 19<sup>th</sup> August Class Assembly – 6 ZA

#### Term 3 Week 7

Friday 26<sup>th</sup> August Class Assembly – 5 OH

#### Term 3 Week 8

**Friday 2<sup>nd</sup> September** Father's Day Celebration

#### Term 3 Week 9

Friday 9<sup>th</sup> September Class Assembly – 4 CP

#### Term 3 Week 10

Friday 9<sup>th</sup> September Class Assembly – 3 JV

.....

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?

#### Student Led Conferences can be booked online using PAM

<u>Please note</u>: that **PAM** will be used for booking Student Led Conferences with instruction included below.

PAM will open on Wednesday 30<sup>th</sup> 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: <a href="http://www.sfxballarat.catholic.edu.au/news-events/parent-access-module/">http://www.sfxballarat.catholic.edu.au/news-events/parent-access-module/</a> or by going directly to the PAM site <a href="https://pam.sfxballarat.catholic.edu.au/Login/Default.aspx">https://pam.sfxballarat.catholic.edu.au/Login/Default.aspx</a>

- 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
- 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

#### 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 3<sup>rd</sup> May 2022
- 2. 6:00pm on Wednesday 11<sup>th</sup> 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/

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!

Please note that Foundation Enrolments for 2023 close on Friday 27th May 2022.

#### Term 4

Monday 3<sup>rd</sup> October to Friday 16<sup>th</sup> December = **11 Weeks** 

#### Term 4 Week 1

#### Monday 3<sup>rd</sup> October 2022

First Day of Term 4 for Students

Friday 7<sup>th</sup> October Class Assembly – 2 CJ

#### Term 4 Week 2

Friday 14<sup>th</sup> October Class Assembly – 1 EM

#### Term 4 Week 3

**Friday 21**st **October** Class Assembly – F JS

#### Term 4 Week 4

Friday 28<sup>th</sup> October Casual Dress Day Class Assembly – F MM

#### Term 4 Week 5

Monday 31st October Student Free Day

**Tuesday 1<sup>st</sup> November**Public Holiday – Melbourne
Cup

#### Term 4 Week 6

Term 4 Week 7

#### Term 4 Week 8

Friday 25<sup>th</sup> November Casual Dress Day

#### Term 4 Week 9

Friday 2<sup>nd</sup> December
St. Francis Xavier Feast Day

# Term 4 Week 10

Friday 9<sup>th</sup> December Foundation Nativity

### Term 4 Week 11

Friday 16<sup>th</sup> December Last Day of Term 4 for Students

#### **School Uniform:**

The reason for our school uniform is to ensure that our children are identified as students who belong to the community of St. Francis Xavier. When some students continually ignore aspects of the uniform policy, this causes resentment and disharmony for other students and families. I ask parents to be encouraging and supportive in your role so that the school uniform is respected and adhered to and that there is a strong level of equality and fairness in the management of the uniform protocol.

- Full winter uniform may be worn from Day 1 of Term 2.
- For the first 2 weeks of Term 2 we will be in a transition phase for Uniform. Children are permitted to be in either Summer or Winter Uniform.
- From Monday 9<sup>th</sup> May (Week 3) all children are expected to be in Winter Uniform.

#### Continued Arrangements for End of the School Day Pick-Up

Please note that modified arrangements for End of the School Day Pick – Up will continue in Term 2.

We are also currently working with the Ballarat Council, our School Board and Catholic Education Ballarat on a safe solution to our parking and traffic issue.

Please see the table below for changed pick up arrangements that continue today.

	3:00pm – 3:10pm	3:10:pm – 3:20pm	3:20pm onwards	
	Children with Surnames beginning			
Week 1 to Week 3  Monday 25 <sup>th</sup> April to Friday 13 <sup>th</sup> May	H - P	Q - Z	A - G	
Week 4 to Week 6  Monday 16 <sup>th</sup> May to Friday 3 <sup>rd</sup> June	A - G	H - P	Q - Z	
Week 7 to Week 9  Monday 6 <sup>th</sup> June to Thursday 23 <sup>rd</sup> June	Q - Z	A - G	H - P	

#### St. Francis Xavier Primary School – Skoolbag App

# Have you downloaded our new school App?



Skoolbag....What school information do you want at your fingertips?

If you have any ideas send us an email to office@sfxballarat.catholic.edu.au

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

#### **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

Please see list below. This has also been updated on the school calendar for your perusal.

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

#### Term 2 COVID Safe Measures at St. Francis Xavier

There are some important changes to COVID Safe measures for schools that will apply from the start of Term 2.

#### 1. Face masks

From 11:59 pm Friday 22<sup>nd</sup> April, face masks, while recommended, are not required in any school setting. This means children in Year 3 to 6, staff and visitors in primary schools are no longer required to wear face masks. Any student or staff member who wishes to wear a mask may do so, including those who are medically at-risk.

#### 2. Rapid antigen test screening requirements

Students who have tested positive for COVID-19, and have completed their 7-day isolation period, now do not need to undertake rapid antigen test (RAT) screening for 12 weeks after their release from isolation. This was previously 8 weeks.

#### 3. Household contacts

Students who are household contacts of a COVID-19 case are not required to quarantine. They may return to school as long as they undertake rapid antigen tests (RAT) 5 times during their 7-day period. They are required to notify the school that they are a household contact.

Students aged 8 years and above who are household contacts are required to wear face masks when indoors at school unless they have a valid exemption.

If a student household contact returns a positive RAT result, they must isolate for 7 days.

#### 4. Vaccination requirements for visitors to schools

Parents, carers and other adult visitors (not performing work) are no longer required to show evidence of two doses of COVID-19 vaccine.

#### 5. RAT screening program reminder

RATs will continue to be supplied for the first 4 weeks of Term 2 to support the early detection of COVID-19 in our school.

The testing recommendations will remain the same this Term for students and staff with:

 children and staff encouraged to test twice a week; every Sunday and Tuesday evening or Wednesday morning

As we approach winter and flu season, the vaccination of children aged 5 to 11 and booster shots for students 16+ remains the best way to ensure protection for students and staff.

If you have any concerns about getting your child vaccinated, please get in contact with your GP or another health professional who can answer your questions.

Thank you for your ongoing support in keeping our school safe.

Have a great week!

Paul Binielle

Yours sincerely,

Paul Bissinella

Principal

**Catherine McAuley** 

Now and again bestow some praise.

Letter to Elizabeth Moore December 1838

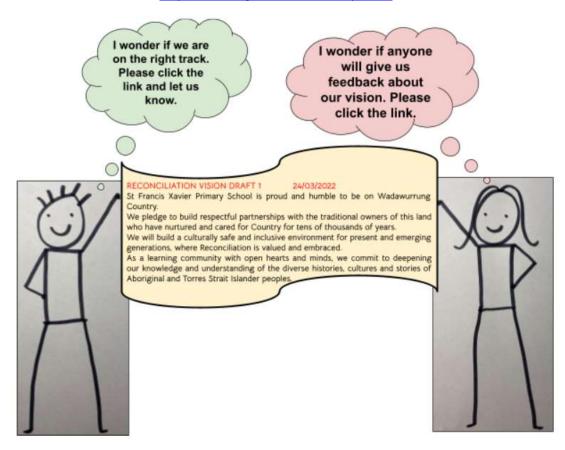
#### **Religious Education News**



#### **Reconciliation Action Plan**

#### FEEDBACK NEEDED.

https://forms.gle/DPSEY3f1ah1qHKvT8



#### Sacramental News

We have received information from the St Alipius Parish Sacramental Team to pass on to you, regarding Confirmation for Year 3 students or those in Years 4, 5 or 6 who have missed out on the sacrament. Please click this link to enrol your child and find out more about: Link to Enrolment Letter

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 <a href="mailto:ballarateast@ballarat.catholic.org.au">ballarateast@ballarat.catholic.org.au</a>
. The office is staffed Tuesday, Thursday, and 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

St Alipius Parish, Ballarat East & Buninyong Sacramental Programs 2022

As parents/ guardians we invite you to enrol your BAPTSED CATHOLIC child into the Family Rosed, Porish Coordinated and Parish School supported Sacramental Program for 2022.

#### CONFIRMATION

#### Term Two Confirmation

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

#### Parent Information Night/ First Session

St Alipius Church Wednesday May 11<sup>th</sup> 2022 7.00pm

#### Session Times

 Wednesday
 May 11
 7.00 pm

 Weekend of
 May 21/22
 6.00pm – 10.30am

 Weekend of
 May 28/29
 6.00pm – 10.30am

 Wednesday
 June 1
 7.00 pm

#### CELEBRATION DATES

wednesday 15<sup>th</sup> 6.00pm (5t. Alipius)
Thursday 16<sup>th</sup> 6.00pm (5s. Peter & Paul)

#### Please Note:

Session One is included in the Parent Information Night. Children will be required to attend.

# THIS WEEK'S GOSPEL - Sunday 1st May 2022

# THIRD SUNDAY OF EASTER YEAR C

## Gospel

Jn 21:1-19

A reading from the holy Gospel according to John

Jesus stepped forward, took the bread and gave it to them, and did the same with the fish.

I Jesus showed himself again to the disciples. It was by the Sea of Tiberias, and it happened like this: Simon Peter, Thomas called the Twin, Nathanael from Cana in Galilee, the sons of Zebedee and two more of his disciples were together. Simon Peter said, 'I'm going fishing.' They replied, 'We'll come with you.' They went out and got into the boat but caught nothing that night.

It was light by now and there stood Jesus on the shore, though the disciples did not realise that it was Jesus. Jesus called out, 'Have you caught anything, friends?' And when they answered, 'No', he said, 'Throw the net out to starboard and you'll find something.' So they dropped the net, and there were so many fish that they could not haul it in. The disciple Jesus loved said to Peter, 'It is the Lord.' At these words 'It is the Lord,' Simon Peter, who had practically nothing on, wrapped his cloak round him and jumped into the water. The other disciples came on in the boat, towing the net and the fish; they were only about a hundred yards from land.

As soon as they came ashore they saw that there was some bread there, and a charcoal fire with fish cooking on it. Jesus said, 'Bring some of the fish you have just caught.' Simon Peter went aboard and dragged the net to the shore, full of big fish, one hundred and fifty-three of them; and in spite of there being so many the net was not broken. Jesus said to them, 'Come and have breakfast.' None of the disciples was bold enough to ask, 'Who are you?'; they knew quite well it was the Lord. Jesus then stepped forward, took the bread and gave it to them, and the same with the fish. This was the third time that Jesus showed himself to the disciples after rising from the dead.

#### The Gospel of the Lord

# **REFLECTION by Greg Sunter**

Scholars suggest that the 21st chapter of the Gospel of John is a later addition to the gospel, especially given the finality of the language at the end of chapter 20. The style of chapter 21 is much more church-oriented than the earlier chapters. The barbeque breakfast on the beach takes on a Eucharistic feel and the passage is at pains to portray Peter as the leader of the disciples and the one chosen by Jesus to provide leadership into the future. We must remember that the Gospel of John was written almost 70 years after the death of Jesus and if this final chapter is indeed an addition then it is likely written some time in the 2nd century. It was only in the late 1st and early 2nd centuries that the church began to adopt a structure of bishops as leaders of communities and it was important to clearly establish the authority of Peter as the first leader of the Church and the authority of his successors. Obviously, a scriptural reference to Jesus' choice of Peter would have cemented the case and so this later addition to the Gospel of John may have been constructed to serve this purpose.

Regardless of its original intended purpose, this passage provides a wonderful account of the appearance of the resurrected Jesus to his disciples. Like other post-resurrection accounts, the disciples do not at first recognise Jesus and it is not until the miraculous catch of fish that the beloved disciple declares, 'It is the Lord'. In a beautifully everyday touch, the risen Jesus prepares breakfast on the beach for the disciples and blesses the simple food in the same way as he did the bread and wine at their last supper.

#### Gospel Focus – Do you love me?

Three times Jesus asks Peter, 'Do you love me?' and three times Peter answers, 'You know I do'. Some writers suggest that the three-fold question by Jesus and the three-fold reply by Peter is intended to balance out the triple denial of Jesus by Peter at the time of the arrest and trial of Jesus. Where once Peter denied even knowing Jesus, he now declares his love for

Jesus in no uncertain terms. It is a reminder to all of us that there is no act that we can perform that cannot be forgiven by God and from which we cannot come back.

#### Historical Context - Feed my sheep

When Jesus asks Peter, 'Do you love me?' and Peter repeatedly assures Jesus that he does, Jesus instructs Peter to 'Feed my sheep'. This image of feeding sheep is used to describe the caring leadership Peter is to take over the other disciples and the other followers of Jesus. The image of a shepherd has carried through the years and finds expression in the stylised shepherd's crook (crosier) that is carried as a symbol of office by bishops. The people of the church are often referred to as the bishop's flock – further carrying on the image of a shepherd and his sheep.

#### Have you thought? - 153 fish

When the disciples drag ashore their miraculous haul of fish, the gospel writer tells us that there were 153 fish! This seems an odd number and an odd fact to specifically mention. Mathematically, 153 is a number with several interesting attributes, and historically, it has been suggested that the ancients believed that there were 153 species of fish or 153 nations in the world. Like nearly every number used in the Bible, its meaning is symbolic, not literal. It is intended to convey that the catch of fish was huge and is indicative of the vast numbers of people who will be caught up in the disciples' new ministry.

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

- Q. Why do you think the disciples had gone back to fishing at this time?
- Q. Why did the disciples fail to recognise Jesus at first?
- Q. What metaphoric or symbolic words and actions can you identify within the text?
- Q. What is the significance of the 'Do you love me?' conversation between Jesus and Peter?

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.

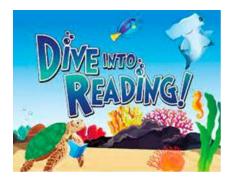
#### **Curriculum News**



#### **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 2<sup>nd</sup> May Before school 8:30 am- 8:50 am and After School 3:00-3:45pm
- Tuesday 3<sup>rd</sup> May Before school 8:30 am- 8:50 am, After School 3:00- 6:30pm
- Wednesday 4<sup>th</sup> May Before school 8:30 am- 8:50 am, After School 3:00- 6:30pm
- Thursday 5<sup>th</sup> 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.

Jane Clark

**Deputy Principal - Learning Enhancement** 

#### **Wellbeing News**



#### **Healthy Sleeping and your Children**

Many children arrive at school tired and this can have huge implications on their ability to learn. Although bedtime routines can be easier said than done in our busy lives, helping your child to form good sleep habits is one of the most important things you can do as parents. Of course, an occasional late night will not harm them, however getting into a consistent bedtime routine will benefit the whole family.

The mornings are important too- though it's tempting to let children sleep in on the weekends, this can disrupt their sleep schedule and make it harder to wake up during the week (this goes for adults as well!) Sleep is vital for children's growth, learning and development. Having a good sleep every night makes your child happier, helps them to concentrate and remember things, and improves their behaviour.

The following information from Health Direct and the Raising Children Network indicates the recommended amount of sleep children need.

How much sleep do children need?

The amount of sleep we need changes with age. Everyone is different, but as a guide, children need the following amounts of sleep every night:

ages 3 to 5: 10 to 13 hours
 ages 6 to 13: 9 to 11 hours
 ages 14 to 17: 8 to 10 hours

#### Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep.

- **Establish a sleep schedule:** Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it even at the weekend.
- **Establish a bedtime routine:** Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.
- **Help your child wind down:** Busy children need some time to relax. Consider playing soft music or reading to them.
- Make sure the bedroom is suitable for sleep: Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.
- **Turn off technology:** Turning off computers, tablets and television 1 hour before bedtime should help your child sleep better.

With older children, technology can be a major factor in their reluctance to go to bed and in their inability to settle to sleep. Having all screens and digital devices out of their bedroom each night not only encourages good sleep hygiene, but helps avoid issues with interrupted sleep cycles, use of social media and cyberbullying. Please find attached an interesting article on developing digital boundaries for a good night sleep.

Christine Meneely Wellbeing Leader

#### **Physical Education News**



#### **Cross Country**

A strong team of SFX runners ventured out to Fed Uni last Thursday for the Catholic Primary Schools Cross Country event. All students gave their all and should be very proud of their efforts. A big thank you to Mr Down for his time, coaching and photos, and to all of the parents and families that came along to support and encourage all of our runners. Please see lots of wonderful photos of the day on the SFX Facebook page.

The SFX Cross Country team: Llewellyn Holcombe, Conor Foyster, Jed Hynes, Sophie Beseler, Mia Hamill, Ivy Bromley, Archer Spackman, Mitchell Kane, Liam Murphy, Stella Reus, Frances Stanley, Lachlan Patterson, Ash Norris, Wentworth Campbell, Xavier Staley, Jake Cheeseman, Tayla Hiscock, George Britt, Felicity McGrath, Liam Patterson, Cooper Danaher, Mackenzie McMahon, Saacha Hyland, Jackson Kane, Ashlee Beseler, Maya Simanjuntak, Will Steenhuis, Ruby Fraser, Elliot Marson, Campbell Bromley, Lenny Driscoll, Milla O'Donohue, Eva Cummins & Ben Buckland.

#### **Sporting Schools**

Term 2 after school Sporting Schools begins this week. We are fortunate to have volleyball on Mondays and netball on Thursdays for 6 weeks. Below are the names of those participating:

#### Monday (volleyball)

Damilare & Elizabeth Baruwa, Isla-Rose Block, Isabella Boadle, James & Laura Bodnar, Flynn & Sully Boyd, Cooper & Molly Danaher, River Fedke, Scarlett Govan, Daisy Howard, Edward & Macie Lloyd, Maggie, Emma & Harriet Locke, Ella-Sam & Michelle-May Lunn, Sophie Olechnowicz, Livia Pietrantuono, Ignatius, Mabel & Lottie Rush, Kardia Sarra, India Skewes, Savee Thuse, Mannix & Aria Treacy, Xavier & Ella Uljanic, Vivienne & Edith Young

#### Thursday (netball)

Maebh & Mollie Arnts, Sienna Block, Leni Brown, Josephine, Lachlan & Hazel De Lorenzo, Bonnie & Edie Giles, Remi & Winter James, Lucinda Leonard, Bailey McCartin, Lola & Ivy Miles, Sibella Moore, Willow Prato, Eli & Darci Prebble, Mila Quandt, Myah & Jett Rivett, Sofia Shorter, Maya Simanjuntak, Evie Staley, Violet Toohey, Sadie & Violet Wilson, Chloe & Ella Wilson.

#### Yr 3/4 & Yr 5/6 Netball

Good luck to all of the players and coaches involved in after school netball on Tuesdays and Wednesdays this term at Llanberris Netball Centre. We look forward to hearing how you go throughout the season.

#### **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.

#### **Year 6 Term 2 swimming dates:**

- Friday 13<sup>th</sup> May
- Wednesday 1<sup>st</sup> June
- Friday 3<sup>RD</sup> June
- Friday 10<sup>TH</sup> June
- Friday 17<sup>TH</sup> June

#### Term 2 dates:

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



Wednesdays After-School 3:25pm - 4:55pm in SFX gym
(27th of April) to (22nd of June)
Soccer, Netball, AFL, Frisbee and Hockey.
Preps to Grade 4
\$178.20 for the 9 week program
Enrol online <a href="https://www.kellysports.com.au/greater-ballarat">https://www.kellysports.com.au/greater-ballarat</a>
Any queries call or text Dom on 0417 967 621

Have a sensational week!

Shaun Carroll

Sports Co-ordinator

#### **Uniform Shop Update**

#### **NEWS from the Uniform Shop:**

#### **Uniform Shop Sales during Term 2**

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 <a href="mailto:office@sfxballarat.catholic.edu.au">office@sfxballarat.catholic.edu.au</a> 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**

#### Term 2 Update from P&F:

We have a very exciting (and busy!) start to Term 2.

The P&F are seeking volunteers for:

- 1. Hot Lunches (\*extra volunteers are required for this Friday) <a href="https://signup.com/go/grKXbMX">https://signup.com/go/grKXbMX</a>
- 2. Hot Chocolates (Mondays from Week 2) <a href="https://signup.com/go/snhcNLf">https://signup.com/go/snhcNLf</a>
- 3. Mother's Day Stall (Week 2) <a href="https://signup.com/go/MywLaPo">https://signup.com/go/MywLaPo</a>
- 4. Book Fair (Week 2) <a href="https://signup.com/go/CMiNLwy">https://signup.com/go/CMiNLwy</a>

Please click on the Sign-up links if you are able to volunteer. As always, thanks for your support!

- As the **Mother's Day Celebration picnic** coincides with **Hot Lunches** mums or special friends may like to order additional items with their children's hot lunches for themselves.
- **Hot chocolates** will be available to purchase for \$1.50 on Mondays during first break. We are once again grateful for donations from Grounded Pleasures of the chocolate powder and So Soft of the yummy marshmallows.

If anyone is available to lead and coordinate the **Hot Chocolates** this term then please email <a href="mailto:sfxpsc@sfxballarat.catholic.edu.au">sfxpsc@sfxballarat.catholic.edu.au</a> or contact Ange Staley on 0438 599 996.

Thank you in advance for your support!

Go to our **St. Francis Xavier Facebook** page for more photos: https://www.facebook.com/pages/St-Francis-Xavier-Primary-School/273229632859103?ref=hl

Assembly Date: 29/04/22	Theme: COMPASSION Compassion means to feel the suffering of others and to help ease that suffering. We show compassion to others because Jesus teaches us how to care.	
HOST CLASS	3ND	
Year Level	Names (2 per class)	
F EH	Harvey Slater and Imogen Sordello	
F TW	Toby Skrokov and Harrison Madigan	
F JS	Milla Nicholson and Harper Gull	
FMM	Rory Dunne and Matilda Bell	
1 SM	Sophie Olechnowicz and Percy Veal	
1 GJ	Isabella Carrick and Lenny Ryan	
1 EM	Savee Thuse and Noah Osciak	
2 PB	Amaeley Walker and Minka Henjack	
2 CJ	Mollie Arnts and Jagger Toohey	
2 GH	Xavier Morris and Sienna Morton	
3 ND	Myles Youl and Sophie White	
3 BL	Emerson Rolfe and Isla Tongs	
3 JVG	Beatrice Heywood and Lachlan De Lorenzo	
4 BW	Liam Murphy and Stella Reus	
4 AH	Cooper Daly and Eden Howard	
4 CP	Sophia St Louis and Monty Harrison	
5 LH	Charlotte Siemensma and Xavier Kersley	
5 OH	Maebh Arnts and Jack Fraser	
5 MM	Logan Warren and Tayla Hiscock	
6 CC	Sophie Dalton and Isaac Morris	
6 JF	Milla Kinnersly and Fergus Le Grand	
6 ZA	Lenny Driscoll and Mila Psimaris	
Environmental Education	Milla Nicholson FJS and Milla Quandt FMM for the compassion they showed during break time to include a fellow student in their game who had lost her friends.	
Performing Arts		
Visual Arts	Cooper Manning and Claudia Cochrane	

Physical Education	
Principal's Award	
Book Fair Winners	Felicity McGrath Mackenzie Burbidge Angus Burbidge Isabelle Slater Ava Nicholson Maddie Purtell Jack Quinlan Finn Burbidge Harvey Slater Milla Nicholson Wilson Quinlan  ** If the Book Fair Award winners would like to visit Miss Dalton before the end of the day, she has your certificates in her classroom for you.