



St Francis Xavier Primary School

Newsletter

Monday 25th July 2022
Term 3 Week 3

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2022 Key Dates

Term 3 Week 3

Friday 29th July

Casual Dress Day

Class Assembly 1GJ 12.40pm

Term 3 Week 4

Wednesday 3rd August

Parent Sacramental
Information Morning/Night
10.30am or 7pm, St. Alipius

Friday 5th August

Class Assembly FTW 12.40pm

Term 3 Week 5

Friday 12th August

Student Free Day (Circuit
breaker long weekend)

Saturday 13th August

6pm Mass at St. Alipius

Sunday 14th August

9am Mass at Buninyong
10.30am Mass at St. Alipius

Term 3 Week 6

Monday 15th August

Student Free Day (Circuit
breaker long weekend)

Friday 19th August

Class Assembly 6ZA 12.40pm

Saturday 20th August

6pm Mass at St. Alipius

Sunday 21st August

9am Mass at St. Alipius
10.30am Mass at Buninyong

Term 3 Week 7

Wednesday 24th August

Eureka District Basketball
Tournament

Friday 26th August

Book Week Dress Up Day

BCPS Athletics Day

Class Assembly 5OH 12.40pm

Saturday 27th August

6pm Mass at St. Alipius

Sunday 28th August

9am Mass at Buninyong
10.30am Mass at St. Alipius

In the Land of the Wadawurrung People

Dear Parents and Families,

At St Francis Xavier last Friday all children had the opportunity to experience a play about the foundress of the Sisters of Mercy. We thank Mrs Meneely for organising this opportunity for all of us to enjoy. Here are a just a few comments made by the children.

- * "I liked seeing Catherine McAuley dressed up." * "She was a very special lady."
- * "I liked the funny voices that the actors made."
- * "The performers hooked us in and we learnt more about the life of Catherine McAuley."

Catherine McAuley lived in Dublin during the time of the cholera epidemic.

Catherine McAuley, the founder of the Sisters of Mercy, lived in Dublin during the time of the cholera epidemic. Despite the threat of death Catherine and the Sisters of Mercy worked with the sick in hospital bringing them comfort.

The Sisters of Mercy have long been at the greatest point of community need. There is comfort in knowing that our Mercy Heritage was forged in times like this. It is that same commitment that drove the Sisters to come to Australia and it is because of them we are here today. I would like to share with you a description of that time.

"She (Catherine) wrote to Archbishop Murray seeking permission to offer the services of the Sisters of Mercy wherever they were needed....

Daniel Murray endorsed the Baggot Street community's willingness to assist in the epidemic, though there were only 10 of them and they were already running a shelter for dozens of homeless women." (p116) The Sisters worked tirelessly to support the caring of those suffering at the time. "To those she (Catherine) knew or suspected were Christian, as well as to others who said they were not, she offered hope and confidence in the mercy of a God who looked on them with compassion. The extremity of the situation called for the most thorough consolation she knew how to give: trust in the present and future love of the God in whom she believed" (p118). Although they worked with patients who suffered Cholera, none of the sisters got sick.

(Sullivan, Mary, The Path of Mercy The Life of Catherine McAuley, 2012, The Catholic University of America Press)



My God, look with compassion and mercy on those who are poor, and grant us grace to do all that we can for their relief and comfort.

We ask your blessing this day – in the name and for the sake of our Lord and Savior, Jesus Christ.

Amen.

– Catherine McAuley's Prayer for the Poor



Circuit Breaker weekend With Tom Sexton offering a circuit breaker long weekend 12th-15th August, we needed to change the date for our Professional Learning Day – Reading

St. Francis Xavier Primary School is a Child Safe School called to action through Gospel values and Mercy tradition. Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.

Term 3 Week 8

Friday 2nd September

Father's Day Celebration

Saturday 3rd September

6pm Mass at St. Alipius

Sunday 4th September

9am Mass at St. Alipius

10.30am Mass at Buninyong

Term 3 Week 9

Tuesday 6th September

6pm Sacrament of Reconciliation at St. Alipius

Wednesday 7th September

6pm Sacrament of Reconciliation at St. Alipius

Thursday 8th September

6pm Sacrament of Reconciliation at St. Alipius

Friday 9th September

Student Free Day
Professional Learning Day

Term 3 Week 10

Mon 12th-Fri 16th Sept

Years 1 & 3 swimming

Wednesday 14th September

Golf Tournament

Friday 16th September

Last day of Term 3
Class Assembly FJS 12.40pm

Term 4

Monday 3rd Oct to Friday

16th Dec = **11 Weeks**

Term 4 Week 1

Monday 3rd October

First Student Day for Term 4

Mon 3rd-Fri 7th Oct

Years 2, 4 & 5 swimming

Friday 7th October

Class Assembly FMM 12.40pm

Saturday 8th October

Sacrament of First Eucharist at St. Alipius

Sunday 9th October

Sacrament of First Eucharist at St. Alipius

Term 4 Week 2

Friday 14th October

Class Assembly 2CJ 12.40pm

Saturday 15th October

Sacrament of First Eucharist at St. Alipius & Buninyong

Sunday 16th October

Sacrament of First Eucharist at St. Alipius & Buninyong

with Lyn Stone. The revised date is Friday the 9th of September Week 9. Please make these changes on your calendar. Thank you for your understanding and flexibility with this. I am fully aware of the disruption that this can cause for some families. Please continue to check the dates on our school calendar.

Assembly awards Congratulations to our Award winners who received an award for our school value of **Justice**. They were presented at 2GH's assembly last Friday. Please check the attachment for names of the children who received an award.



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.

End of day pick up procedure- Our end of day pick up time is working really well and the teachers are so pleased that they can continue teaching and learning up until 3:10. Thank you so much for adapting to this slight change in our pick up procedure. We will once again continue to monitor traffic over the next few weeks.

3:10-3:20	3:20 onwards
Week 1- 4	Week 1- 4
Children with surnames beginning.....	Children with surnames beginning.....
A-M	N-Z

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.

As a friendly reminder PLEASE name your child's clothes. There are 3 new school coats in lost property with no names on them!



Covid Safe measures from Tom Sexton Executive Director CEB

Face Masks. Circulation from the Catholic Education Ballarat Tom Sexton Executive Director

With the rising number of cases of COVID-19 and influenza across the state, it is again strongly recommended by the Department of Health that face masks are worn in indoor settings, including schools and offices. This is because wearing masks is effective in reducing the transmission of COVID-19.

In practice, this means that the Victorian Government is recommending that, through to the end of winter, students aged 8 and over and staff wear masks in shared indoor spaces including when in class, except where removing a mask is necessary for clear communication or when a particular activity requires the removal of a mask.

Masks are not required to be worn outdoors but can be worn when physical distancing is not possible. This recommendation should not constrain student participation in the full range of school activities, including music, sport and performances.

Thank you for supporting a safe learning and working environment.

Term 4 Week 3

Friday 21st October

Class Assembly 1EM 12.40pm

Saturday 22nd October

Sacrament of First Eucharist
at St. Alipius

Sunday 23rd October

Sacrament of First Eucharist
at St. Alipius

Term 4 Week 4

Friday 28th October

Casual Dress Day

Class Assembly 3JV 12.40pm

Term 4 Week 5

Monday 31st October

Student Free Day

Tuesday 1st November

Public Holiday–Melbourne Cup

Friday 4th November

Junior Athletics Day

Term 4 Week 8

Friday 25th November

Casual Dress Day

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 Student Day for Term 4

All other Calendar Dates for 2022 have been updated and can be accessed live on the Skoolbag App or by visiting the School Website

Reduction of Testing and Isolation Exemption Period.

The period of time when someone is considered a recently confirmed case and therefore exempt from testing and isolation requirements has been **reduced to 4 weeks**. Previously, this period was 12 weeks.

This means, staff or students that have recovered from COVID-19, are not required to get tested or isolate/quarantine again if you they are re-exposed to a case within 4 weeks of ending your isolation period.

After 4 weeks, the relevant advice must be followed depending on the **type of contact**.

Additionally, where a student or staff member who is a household contact wishes to attend school (and not isolate for 7 days) they must:

- Continually test negative using a rapid antigen test, on at least 5 days out of the 7-day period (ensure tests are spaced at least 24 hours apart)
- wear a mask indoors when outside your home (for those over 8 years of age)
- notify their employer/school, and
- not visit hospitals or care facilities.

More information is available via the coronavirus.vic.gov.au webpage. See links here for **close contacts** and **COVID-19 cases**.



Infection prevention and control online learning launched.

A free, online learning package has been launched to help people understand infection prevention and control (IPC) and the simple steps to slow or stop the spread of COVID-19 and other infectious diseases.

The IPC eLearning package was developed by the **Department of Health** and contains six bite-sized modules that can be completed in about ten minutes.

It can be accessed by anyone on a mobile or desktop device with a reliable internet connection.

The eLearning package is especially helpful for people working in non-clinical roles in education, public and community health, aged care and disability and industry.

It was developed by the Victorian Department of Health's IPC experts and educators and extends on IPC training delivered during the COVID-19 pandemic for a range of sectors.

Access **IPC eLearning here**.

Access the **fact sheet here**.

For more information, email **COVID19InfectionControl@health.vic.gov.au**

Important Information

Please visit the school website to see an up-to-date school calendar. Visit our school Facebook page to keep in touch with activities and events around the school. Don't forget to like/love the posts.

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

Important information: Please find attached: Assembly awards; Parish bulletin; Parenting ideas-What to do when life seems overwhelming; Rite of Christian Initiation of Adults.

Have a great week!

Yours sincerely,

A handwritten signature in black ink that reads "Jane Clark".

Jane Clark, **Interim Principal**



Religious Education News



Performance- Catherine McAuley's Mercy Last Friday, we were all fortunate to attend a wonderful performance about the life of Catherine McAuley and the beginning of the Sisters of Mercy. The very skilled performers had us enthralled! The children had lots of questions-ask your child to tell you something they learnt or found interesting. When we say our school prayer we recall the courage, determination and dreams of those who have come before us; so it was inspirational to focus on the Mercy charism of our school and the values that have been instilled in us by our founders.

Sacraments of Reconciliation and First Eucharist Children in Year 4 (and those from older Year Levels who have received the Sacrament of Confirmation) are being prepared for the Sacraments of Reconciliation and First Eucharist during Term Three. Attached are the key dates for your diary and to register with the Parish please use the following link: <https://docs.google.com/forms/d/e/1FAIpQLSfalz8df6EVCgbqBcgqcDotzh70cKf8dFIbe8A5IGp5ZGGpg/viewform>

Parish RCIA Program Are you or someone you know interested in learning more about the Catholic faith? Please find attached a brochure about the Rite of Christian Initiation of Adults, a process for preparing and welcoming new members into the Catholic Community. Please contact Fr Jorge or myself if you have any queries.

Christine Meneely, **Interim Religious Education Leader**



Curriculum News

Welcome to Week Three!

In the SFX Learning and Teaching Spotlight – Year Three It is with great pleasure that we celebrate our Year Three children. As they would say, “Year Three is the place to be!” Our Year Threes have been busy measuring the length of objects using millimetres, centimetres and metres during their Maths time. They have also been exploring fractions, inclusive of using the mathematical terms, numerator and denominator. What extraordinary Mathematicians they are!



Our Year Three children have also been developing their DigiTech skills. As a part of their learning the children have created their own dance animations through the application of their coding skills. We congratulate our Year Three children on their learning successes and growth so far this year. Our dedicated and enthusiastic Year Three teachers also deserve a congratulations for continuing to nurture and provide opportunities for all children to be the best they can be!

Curriculum Newsletters Be sure to keep an eye out for your child’s Term Three Curriculum Newsletter which will be forwarded to you as hardcopy or via Seesaw depending on their year level. You may have received this already! Our Curriculum Newsletters are a valuable communication tool used to ensure we keep our families informed about the learning ahead, key events to note in your diary, friendly reminders and even some tips for how you can best support your child’s learning in the home environment.



Book Week 2022 Book Week Theme: Dreaming with Eyes Open... **Dates:** August 20-26, 2022
We continue to count down to our annual Book Week celebrations happening in Week Seven of this term. As a community we cannot wait to acknowledge this special event and to participate in a range of activities to share our love of reading. More details about the date for our Book Week Dress Up day will be communicated soon!

Thank you for your continued support with your child’s learning. Have a wonderful week!

Bec Conroy, **Deputy Principal – Learning Enhancement**



We talk about our and prioritise our child's wellbeing, but sometimes as parents we neglect our own wellbeing. Taking time for yourself is not selfish- everyone needs space to unwind and relax. We've all heard the saying "you can't pour from an empty cup!"

It can be difficult to balance the many demands of work, school and parenting but engaging in self-care has been clinically proven to reduce anxiety and depression, reduce stress, improve concentration, minimise frustration, increase happiness and improve energy levels.

Looking after yourself involves looking after your relationships, your health and your wellbeing.

Self-care is a great way for caregivers to ensure their own needs are being met; and because self-care and mental health are connected, neglecting one can have a negative impact on the other. Self-care looks different to everyone and it's important to experiment and work out which strategies work best for you. Factoring in regular time or activities for yourself will allow you to enjoy the good moments in life more and find strength during difficult times. Looking after yourself physically, emotionally and mentally will in turn help your child to grow and thrive.

In the attached article, Turia Pitt focuses upon how we can cope better when life feels overwhelming. If you, or someone you know is struggling with their mental health, reach out to a trusted friend, your GP or call support services such as Lifeline or Beyond Blue. As we tell the children in our Protective Behaviour Lessons, there is nothing so awful that we can't talk about it so reach out for help if you need it!

Juvenile Diabetes On Friday, July 29 we have a Free Dress Day and we are raising funds for Juvenile Diabetes. In Australia, T1D is one of the most common chronic diseases in children. Please bring a gold coin to donate to this cause (which is very close to our hearts at St Francis Xavier, as we have several children and staff with T1D)



WHAT IS TYPE 1 DIABETES? Type 1 diabetes (T1D) is a lifelong autoimmune disease that usually occurs in childhood but can be diagnosed at any age. T1D is caused by the immune system (which is meant to protect you from foreign bodies such as viruses and bacteria) mistakenly targeting cells that are part of a person's own body.

In type 1 diabetes, the immune system attacks the cells in our pancreas that produce insulin. Insulin helps the body convert glucose (sugar) from food into fuel. Without insulin, glucose can build up in the bloodstream in life-threatening amounts.

Since people with T1D cannot produce insulin naturally, they must take it either through daily injections or from an insulin pump.

If you're concerned about any of the above symptoms, contact your doctor. They can perform a simple test to find out if you have type 1 diabetes.

Many misconceptions exist about Type 1 diabetes- follow the link <https://jdrf.org.au/living-with-t1d/faqs/> to find out the answers to questions such as:

- Can I catch Type 1 Diabetes?
- Can Type 1 Diabetes be controlled by diet?
- The difference between Type 1 and Type 2 diabetes
- Do you get T1D from eating junk food?

If you would like more information please contact the Juvenile Diabetes Research Foundation at <https://jdrf.org.au/>

Christine Meneely, Wellbeing Leader

Sporting Schools Dates for after school Sporting Schools are:

Monday - Badminton - Monday July 18, 25, August 1, 8, 22 & 29

Thursday - AFL - Thursday July 21, 28, August 4, 11, 18 & 25

Yr 5/6 Basketball Tournament: Thank you to all of the students that attended the tryouts last week for the upcoming Yr 5/6 Basketball tournament to be held in Week 7 this term. Students will be notified in the coming weeks as to the final teams.

BCPS Athletics Day: A squad of Yr 3-6 students will be representing SFX on Friday August 26th at the Ballarat Catholic Primary Schools Athletics Day. The squad will be selected from the results of our Yr 3-6 Aths Day held in Term 2. Students will be informed of the squad soon.

Inter-school Sports: We are fortunate to be able to resume inter-school sports in Term 3. The Year 5/6's will participate in various sports and activities across 4 different days this term against other Ballarat Catholic Primary Schools. The intention of these days is to develop friendships, meet students that they may be with in secondary school and to try new sports/activities.

Swimming Program: In Week 10 of this term, the Year 1 & 3 students will be participating in a swimming program at BALC. More information will be circulated via Operoo shortly.

Term 3 dates:

- Wk 3 - Friday July 29 - Interschool Sport v Lumen Christi (away)
- Wk 4 - Friday August 5th - Interschool Sport v St Columba's (away)
- Wk 6 - Friday August 19th - Interschool Sport v St Aloysius (home)
- Wk 7 - Wednesday August 24th - Eureka District Basketball Tournament
- Wk 7 - Friday August 26th - BCPS Athletics Day
- Wk 9 - Wednesday September 14th - Golf Tournament
- Wk 10 - Monday - Friday Sep 12-16 - Swimming for Year 1 & 3

Have a fantastic week.

Shaun Carroll
SFX Sport Coordinator

