



# St Francis Xavier Primary School

## Newsletter

Monday 8<sup>th</sup> August 2022  
Term 3 Week 5

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### 2022 Key Dates

#### Term 3 Week 5

##### Friday 12<sup>th</sup> August

Student Free Day (Circuit breaker long weekend)

##### Saturday 13<sup>th</sup> August

6pm Mass at St. Alipius

##### Sunday 14<sup>th</sup> August

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

#### Term 3 Week 6

##### Monday 15<sup>th</sup> August

Student Free Day (Circuit breaker long weekend)

##### Friday 19<sup>th</sup> August

Class Assembly 6ZA 12.40pm

##### Saturday 20<sup>th</sup> August

6pm Mass at St. Alipius

##### Sunday 21<sup>st</sup> August

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

#### Term 3 Week 7

##### Wednesday 24<sup>th</sup> August

Eureka District Basketball Tournament

##### Friday 26<sup>th</sup> August

Book Week Dress Up Day  
BCPS Athletics Day  
Class Assembly 5OH 12.40pm

##### Saturday 27<sup>th</sup> August

6pm Mass at St. Alipius

##### Sunday 28<sup>th</sup> August

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

#### Term 3 Week 8

##### Friday 2<sup>nd</sup> September

Father's Day Celebration

##### Saturday 3<sup>rd</sup> September

6pm Mass at St. Alipius

##### Sunday 4<sup>th</sup> September

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

#### Term 3 Week 9

##### Tuesday 6<sup>th</sup> September

Student Led Conferences

6pm Sacrament of Reconciliation at St. Alipius

### *In the Land of the Wadawurrung People*

Dear Parents and Families,

Welcome to Week 5 Term 3!

As Catherine McAuley mentioned in one of her letters to de Sales White in 1841 "How rapidly the days, weeks and months are passing. Another month ended, that seemed but a few days begun." This quote is so true even if the quote was written around 180 years ago. When times goes quickly I find that it is because we are enjoying ourselves so much. I hope that this is true for our children, staff and community here at St. Francis Xavier Primary School.

Today we recognise the **Feast Day of St Mary of the Cross MacKillop**. At our whole school assembly this morning Mrs Meneely and her team led us through a meaningful prayer time for this special occasion.

#### **10 Facts about Mary MacKillop**

Mary MacKillop is Australia's first canonised saint. Here are ten facts about her life to help you celebrate the life and work of this remarkable nun.

1. She was born on January 15th 1842
2. She was born in Victoria
3. Mary was the eldest of 8 children
4. She is known in the Catholic Church as St Mary of the Cross
5. As a nun, she founded the Sisters of St Joseph of the Sacred Heart.
6. Her and the Sisters of St Joseph founded a number of schools throughout Australia
7. She was Beautified by Pope John Paul II in January 1995
8. She was canonised on 17 October 2010
9. She is the first Australian to be recognised as a Saint by the Catholic Church
10. She died on August 8th 1909: the date on which her Feast Day is annually celebrated

Christ has no body now but yours.

No hands, no feet on earth but yours.

Yours are the eyes through which He looks compassion on this world.

Yours are the feet with which He walks to do good.

Yours are the hands with which He blesses all the world.

Yours are the hands.

Yours are the feet.

Yours are the eyes.

You are His body.

Christ has no body now on earth but yours.



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**Wednesday 7<sup>th</sup> September**  
Student Led Conferences

6pm Sacrament of Reconciliation at St. Alipius

**Thursday 8<sup>th</sup> September**  
6pm Sacrament of Reconciliation at St. Alipius

**Friday 9<sup>th</sup> September**  
Student Free Day  
Professional Learning Day

**Term 3 Week 10**

**Mon 12<sup>th</sup>-Fri 16<sup>th</sup> Sept**  
Years 1 & 3 swimming

**Wednesday 14<sup>th</sup> September**  
Golf Tournament

**Friday 16<sup>th</sup> September**  
Last day of Term 3  
Class Assembly FJS 12.40pm

**Term 4 Monday 3<sup>rd</sup> Oct to Friday 16<sup>th</sup> Dec = 11 Weeks**

**Term 4 Week 1**

**Monday 3<sup>rd</sup> October**  
First Student Day for Term 4

**Mon 3<sup>rd</sup>-Fri 7<sup>th</sup> Oct**  
Years 2, 4 & 5 swimming

**Friday 7<sup>th</sup> October**  
Class Assembly FMM 12.40pm

**Saturday 8<sup>th</sup> October**  
Sacrament of First Eucharist at St. Alipius

**Sunday 9<sup>th</sup> October**  
Sacrament of First Eucharist at St. Alipius

**Term 4 Week 2**

**Friday 14<sup>th</sup> October**  
Class Assembly 2CJ 12.40pm

**Saturday 15<sup>th</sup> October**  
Sacrament of First Eucharist at St. Alipius & Buninyong

**Sunday 16<sup>th</sup> October**  
Sacrament of First Eucharist at St. Alipius & Buninyong

**Term 4 Week 3**

**Friday 21<sup>st</sup> October**  
Class Assembly 1EM 12.40pm

**Saturday 22<sup>nd</sup> October**  
Sacrament of First Eucharist at St. Alipius

**Sunday 23<sup>rd</sup> October**  
Sacrament of First Eucharist at St. Alipius

**Term 4 Week 4**

**Friday 28<sup>th</sup> October**  
Casual Dress Day  
Class Assembly 3JV 12.40pm

**Term 4 Week 5**

**Monday 31<sup>st</sup> October**  
Student Free Day



**Foundation 100 days of school** What great excitement we had around school today as our Foundation classes celebrated 100 days of school. With the theme “come dressed as what you would like to be when you grow up” we saw the children dressed up as a variety of scientists, engineers, builders, dancers and artists. Please visit our Facebook page to see our wonderful Foundation students and their teachers celebrating a terrific milestone.

**End of Day pick up procedure** We have been closely monitoring our End of Day pick up procedure. We thank everyone for following the directions about what time children can be picked up from their classes. Our teachers are thrilled that they continue their teaching and the children’s learning up until 3:10.

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

**School Closure Days for Term 3**

Don’t forget circuit breaker dates: NO school on Friday 12<sup>th</sup> and Monday 15<sup>th</sup> August. Our re-scheduled school closure day with Lyn Stone, Founder and creator of Lifelong Literacy, is Friday 9<sup>th</sup> September.

**Assembly Awards** Thank you to the children and staff of Foundation TW for their assembly on Friday. The children were marvellous and it was wonderful to see so many families and friends from Foundation TW in attendance. Congratulations to our Award winners who received an award for our school value of **Compassion**. Please check the attachment for names of the children who received an award. 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.



**School Assembly** Please note that our School Assembly Program is held weekly at 12:40pm on a Friday afternoon. Assemblies will take place in the Gymnasium. \*\*NO assembly this week due to Circuit breaker long weekend.

The roster below indicates when each Class will be leading Assembly/Prayer. This has also been updated on the school calendar for your perusal.

Week	Term 3
5	<b>Student Free Day</b> 12 <sup>th</sup> August
6	<b>6ZA</b> 19 <sup>th</sup> August
7	<b>5OH</b> 26 <sup>th</sup> August
8	<b>Fathers’ Day Celebrations</b> 2 <sup>nd</sup> September
9	<b>Student Free Day</b> 9 <sup>th</sup> September
10	<b>Foundation JS</b> 16 <sup>th</sup> September

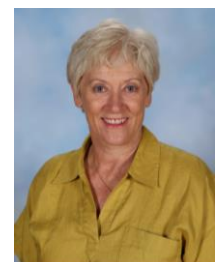
**Important Information** Please visit the school website to see an up-to-date school calendar. Visit our school Facebook page to keep in touch with activities and events around the school. Don’t forget to like/love the posts.

**Please find attached:** Assembly awards; St Alipius parish bulletin; Parenting ideas- Establishing digital boundaries for a good night’s sleep.

Have a great week!

Yours sincerely,

Jane Clark, **Interim Principal**



## Religious Education News

### Feast of St Mary of the Cross August 8

Today at our morning assembly, we celebrated the Feast of Saint Mary MacKillop, who has been honoured as Australia's First Saint Mary MacKillop was born in Fitzroy, Melbourne (Australia) in 1842 and died in Sydney on 8th August 1909. She took the religious name Mary of the Cross.

Responding to the isolation of colonial families, her vision was to provide education for underprivileged children. Many other women came to join her there, and Mary founded



Australia's first religious order: the Sisters of St Joseph.

Mary and the Sisters were committed to serving the poor – to going to where the need was and living amongst those in need. This took Mary all over Australia to many rural areas, offering special care to destitute women and children.

The work of Mary MacKillop is continued by the Sisters of Saint Joseph, who work to empower and support the poorest communities through education, health, financial inclusion and livelihoods. Mary was remarkable as a strong female leader in 19th century Australia and is remembered for her eagerness to discover God's will in all things.

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

**Friday 4<sup>th</sup> November**  
Junior Athletics Day

**Term 4 Week 6**

**Friday 11<sup>th</sup> November**  
Class Assembly 4CP 12.40pm

**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 Student Day for Term 4

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

### THIS WEEK'S GOSPEL Sunday August 7, 2022 Nineteenth Sunday in Ordinary Time (Year C)

**Opening prayer:** Loving God, You are with us at all times and promise to care for us. Help us care for others, just like Jesus did. Amen

**Gospel:** Luke 12: 35-40 "Be dressed for action and have your lamps lit, be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he knocks. Blessed are those slaves whom the master finds alert when he comes, truly I tell you he will fasten his belt and have them sit down to eat and he will come and serve them. If he comes in the middle of the night, or near dawn, and finds them so, blessed are those slaves.

But know this: if the owner of the house had known at what hour the thief was coming, he would not have let his house be broken into. You must also be ready, for the Son of Man is coming at an unexpected hour"

*(Gospel passage taken from Good News Translation®)*

**Gospel Reflection:** This story Jesus told would have been very strange in his time as slavery was very common. Slaves were treated very poorly, so the disciples would have been puzzled by a story where the master of the house would be kind to slaves, sit them down and serve them a meal.

Jesus was using this story to let the disciples know something extraordinary and surprising was taking place. He wanted them to be ready for the unexpected!

God's way of being in the world is full of healing experiences and life-enhancing surprises. Jesus was trying to prepare the disciples that he too is among them as one who serves. He wanted them to know the kingdom of God is not about riches, power and thrones- it is about treating people fairly, with dignity and taking care of one another and our Earth. *(Adapted from Veronica Lawson rsm)*

**Our Challenge:** Are we ready to live as Jesus did, treating each other and our Earth with dignity and respect? This week, what is one way we can show this?



Christine Meneely, Interim Religious Education Leader

## Wellbeing News

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

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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**

### Sport/Physical Education News

#### Sporting Schools:

Dates for after school Sporting Schools are:

**Monday - Badminton - Monday August 8, 22 & 29**

**Thursday - AFL - Thursday August 11, 18 & 25**

**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 this week.

**Golf Tournament** Following last term's golf clinics, Tony Collier from Golf Vic assisted in selecting a squad of students from SFX to compete in a Primary Schools Golf Tournament on Wednesday September 14 at Mt Xavier Golf Course. Students participating have been notified via Operoo, with more specific information to come soon .

**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.

**SFX Football Jumpers & Singlets** If you have any SFX Football jumpers or singlets at home could you please return them to either Mr Down or Mr Carroll.

#### Term 3 dates:

- 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 10 - Wednesday September 14th - Golf Tournament
- Wk 10 - Monday - Friday Sep 12-16 - Swimming for Year 1 & 3



Have a tremendous week.

Shaun Carroll, **SFX Sport Coordinator**

August - Recycling MythBusters Month



August is the month for us to 'Bust' our Recycling 'Myths' and 'Mistakes' and get back on track to being Caring for Creation, one piece of rubbish at a time!

What can and can't go in the recycling bin can be confusing and recent reports about the "waste crisis" have reduced the trust Aussies have in council kerbside recycling. At a local level what gets recycled can change and also vary from council to council.

With our Villa 'Bin Systems Team' & Planet Ark research showing a downward trend in the understanding of what can be recycled, it's clear that there are many recycling myths out there. So this month our aim is to bust those myths and raise awareness to get our school and community back on track and Caring for Creation.

Monday August 1st

**Fact #1**

**Recycling** reduces our need for new raw materials.

↳ Recycling items such as *paper, plastic, glass, aluminium, batteries, used oil, tires, and electronics* **reduces the need to extract new raw materials from the earth** and can help reduce emissions of heat-trapping gases into the atmosphere.

Tuesday August 2nd

**MYTH #1**

**Myth:** All recycling goes to landfill

**Busted:** Recycling does actually get recycled

*So keep on making an effort to recycle your waste!*

To find out more visit



<https://youtu.be/W2J3auhjguQ>

Wednesday August 3rd

**Fact #2 Small things are BIG problem**

*Don't recycle anything smaller than a credit card. That includes straws, bottle caps, coffee pods, plastic cutlery, paperclips, and a million other tiny things that creep into our daily lives. These objects are too small to be sorted and can jam the recycling equipment.*

Thursday August 4th

**MYTH #2**

**Myth:** My recycling responsibilities are done once it's in the bin

**Busted:** Unless you're buying it back, you're not fully recycling

To find out more visit



<https://youtu.be/H6WiobN1IUu>

Friday August 5th

**Tip #1**



Try to reduce your plastic waste at home - even better, think before you buy!



Sarah Page, Environmental Education Teacher

## SFX P&F'S SILVER COIN CHALLENGE IS BACK!

For the month of August bring in your loose change to fill your class' piggybank.

The class that raises the most money in each year level will win a pizza lunch supplied by Carbonis thanks to Irene and Dona on Monday 5th and Tuesday 6th Sept.



*Please note the amended pizza lunch dates.*



### Uniform Shop

The opening hours (from Monday 1<sup>st</sup> August) are as follows:

Mondays 8:40am      Wednesdays 8:40am      Fridays 2:30pm

Of course we are looking for volunteers to help! If you can help on any of those days please sign up below and yes you can bring your little ones with you! <https://signup.com/go/WzBNEXU>

**Please note: If you are dropping off any second hand uniforms we can only accept items that have been washed and cleaned.**

If you have any questions please email: [sfxpsc@sfxballarat.catholic.edu.au](mailto:sfxpsc@sfxballarat.catholic.edu.au)