



St Francis Xavier Primary School

Newsletter

Monday 3rd April 2023
Term 1 Week 11

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Term 1 Week 11

Monday 3rd April

9am Holy Week Liturgy in Gym

Thursday 6th April

Finishing time 2.20pm
Last Day of Term 1

Term 2 (9 weeks)

Mon 24th April - Fri 23rd June

Monday 24th April

Student Free Day Auslan
Professional Learning Day

Tuesday 25th April

ANZAC Day holiday

Friday 28th April

9.30am Mass at St Alipius

Mon 1st-Fri 5th May

Book Fair in Library

Friday 5th May

12.40pm 6MM Assembly

Friday 12th May

Mothers' Day celebration

Tuesday 16th May

Division AFL

Friday 19th May

12.40pm 3GW Assembly

Wednesday 24th May

Division Netball

Friday 26th May

Years 3-6 SFX Athletics Day
at Llanberris

12.40pm 1EM Assembly

Monday 29th May

Regional Cross Country at
Warrnambool

Friday 2nd June

12.40pm F TW Assembly

Division Soccer

Friday 16th June

12.40pm 2EH Assembly

6pm Sat 17th and 10.30am

Sun 18th June at St Alipius

Year 4 First Eucharist

Term 3 (10 weeks)

Mon 10th July - Fri 15th Sept

Friday 14th July

9.30am Mass in Gym

12.40pm 4BW Assembly

In the Land of the Wadawurrung People

STOP PRESS!

Thank you to all members of our school community who were able to assist us as we evacuated the school today. Unfortunately with no running water we are unable to operate. At this stage we expect the situation to be rectified in time for classes tomorrow.

Dear families,

Welcome to Holy Week, and to our last week of term 1. This has certainly been a busy start to the year for all of us as we negotiate our way through the many encounters that make up a term. Whether you are brand new to our school, like our Foundation students, and me! Or if you have been at our school for a long time, you have certainly earned your break and we all deserve a little rest time. I hope that however long your break is that you will have some time to take a breather and relax just a little.

In the Catholic Church, Holy Week is the most important time in the liturgical calendar. Through reflection on the gospel accounts of the final days of the life of Jesus we are reminded that we are a chosen people and that we are loved beyond all comprehension. The stories of the life of Jesus stand for us as an example of how to live according to our beliefs, even when others might not share our views. Courage in the face of adversity remains as strong today as it was in biblical times.

However you intend to enjoy your Easter, I wish you and yours a very happy time. May the miracle of the resurrection sustain you for the year ahead.

God bless,



Mark Hogbin.

A Prayer for Holy Week

Broken Bread

God, whom we meet in bread and wine, fill us with your compassion, that we may hear the cries of the hungry and reach out to those in need.

Engender in us a thirst for justice, that the hungry will be satisfied and the rich sent empty away.

Roll away our apathy that, with arms outstretched, we may offer life in place of death and hope in the face of despair. Amen.



Annabel Shilson-Thomas/CAFOD

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.

Friday 21st July
12.40pm 1MM Assembly

Fri 28th July school closure

Friday 4th August
12.40pm 5OH Assembly

Friday 11th August
12.40pm F LH Assembly

Friday 18th August
12.40pm 6ZA Assembly

Friday 25th August
Book Week celebrations

Friday 1st September
Fathers' Day celebration

Thursday 7th September
6pm at St Alipius
Year 3 Confirmation

Friday 8th September
12.40pm 1JS Assembly

Term 4 (12 weeks)
Mon 2nd Oct - Wed 20th Dec

Friday 6th October
9.30am Mass at St Alipius

Friday 13th October
12.40pm 5JF Assembly

Friday 20th October
Grandparents' Day

Friday 27th October
12.40pm 2CJ Assembly

Friday 3rd November
12.40pm F MM Assembly

Friday 10th November
12.40pm 4CP Assembly

Friday 17th November
12.40pm 3NM Assembly

Friday 24th November
12.40pm F GJ Assembly

Friday 1st December
12.40pm 2GH Assembly

Monday 18th December
9.30am in Gym Mass

End of Term – Start of Term! Classes cease for the Easter break on Thursday 6th April at 2.20pm and resume on Wednesday 26th April for the new school term. See you back at school after a fabulous Easter break!



School Closure Days Term 2 A reminder that our school will be closed on Monday April 24th for staff professional development. We will also be closed on Tuesday 25th April as our Country commemorates ANZAC day.

Mix & Mingle

A huge THANKYOU! to our Parents & Friends committee who organised our Mix & Mingle evening for us last week. It was a great evening to experience a room full of so much positive energy! We also wish to acknowledge our wonderful community who supported our raffle with such generous donations and to all who purchased tickets. What a great display of community support!

Giant Easter Raffle



Congratulations to our Easter Raffle winners who can all enjoy some extra special spoils in the days ahead:

1st prize: Zeta Locke (ticket 236)

2nd prize: Zephyr Swanson (ticket 1083)

3rd prize: Sarah Pearce (ticket 975)

4th prize: Lisa Jones (ticket 520)

5th prize: Jacqui Toohey (ticket 1293)

6th prize: Clare Cummings (ticket 931)

7th prize: Lisa Jones (ticket 519)

8th prize: Jordie Roney (ticket 1343)

9th prize: Bec Morley (ticket 848)

10th prize: Bree Quinney (ticket 1130)

11th prize: Rose Henderson (ticket 1069)

12th prize: Carolyn Ward (ticket 1207)

13th prize: Rebecca Warr (ticket 1322)

14th prize: Bonnie Raine (ticket 888)

15th prize: Identity withheld (ticket 368)



Thank you to our very generous families who donated prizes for the draw. How lucky we are to have your support!

Student Led Conferences We were able to conduct our Student Led Conferences last week with a great attendance from students and families. The opportunity to celebrate learning achievement is so important and we are very proud of the way in which our students have taken on the challenge to present their learning to you. We are also very proud of and extremely thankful to our staff who gave up their time to ensure that this event could occur. What a super team we have at St. Francis Xavier!

Please find at the end of this newsletter: Parish Bulletin; 7 ways to help kids cope with big life changes; Assembly Awards.

Religious Education News

THIS WEEK'S GOSPEL- Sunday April 2, 2023 Palm Sunday (Year A)

Gospel: Matthew 21:1-11

As Jesus and his disciples approached Jerusalem, Jesus sent two of the disciples on ahead with these instructions: "Go to the village there ahead of you, and at once you will find a donkey tied up with her colt beside her. Untie them and bring them to me. And if anyone says anything, tell him, 'The Master needs them'; and then he will let them go at once."

This happened in order to make what the prophet had said come true:

"Tell the city of Zion, Look, your king is coming to you!

He is humble and rides on a donkey and on a colt, the foal of a donkey."

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So the disciples went and did what Jesus had told them to do: they brought the donkey and the colt, threw their cloaks over them, and Jesus got on. A large crowd of people spread their cloaks on the road while others cut branches from the trees and spread them on the road. The crowds walking in front of Jesus and those walking behind began to shout, "Praise to David's Son! God bless him who comes in the name of the Lord! Praise be to God!"

When Jesus entered Jerusalem, the whole city was thrown into an uproar. "Who is he?" the people asked. "This is the prophet Jesus, from Nazareth in Galilee," the crowds answered.

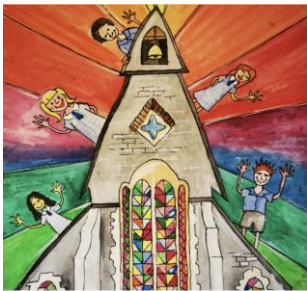
(Gospel passage taken from Good News Translation)

Gospel reflection:

In the first gospel reading we heard how Jesus entered Jerusalem riding on a donkey. The donkey was a very humble animal – not very special for such a special person like Jesus. All of the people were so happy to see Jesus that they laid their cloaks on the floor and cut branches from palm trees to lay before him to show their respect. This is why today is called Palm Sunday and why we wave palms. They shouted to show their joy and praise for God.

Can you think of a time you welcomed someone else, into your home, your class, your game? What did you do? Have you ever been welcomed by others? What did they do to make you feel special and welcome?

Our Challenge: Let's try to welcome all people as we would welcome Jesus.



Over the past year, some members of our St Francis Xavier Community have made the decision to become members of the Catholic Church.

They have been preparing for the Sacraments of Initiation (through the Parish and the Rites of Christian Initiation).

At the Easter Vigil on Saturday April 8, we pray for Mr Marshall (Yr 6 teacher), Augie (Yr 6 ZA), Hannah (Yr 5JF), Edward (Yr 4CP) and Macie (Yr 2EH) as they receive their Sacraments and continue their faith journey.



Holy Week

The Way of the Cross

We warmly invite our families and friends to join us in our school's Holy Week Activities.

On Monday April 3rd we will gather in the Gym at 9am for a Liturgy to begin Holy Week. This will focus upon the start of our story from Palm Sunday until the events of when Jesus is arrested.

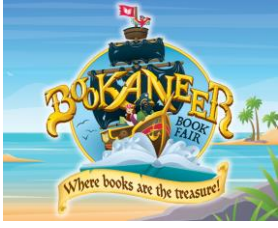
For the remainder of Holy Week there will be Stations of the Cross set up around the school - we invite you to Walk the Way of the Cross with your child and they may like to share with you all they have been learning about in their classrooms.

This is intended to be a prayerful way to end our school term and a way to prepare our homes for Easter.



Christine Meneely, **Religious Education Leader**

Curriculum News



Book Fair: We are very excited to announce that the Book Fair is taking place this year! Our Book Fair will begin on Monday 1st May and conclude on Friday 5th May 2023. The Book Fair provides children with the opportunity to explore literature and select books of interest. The Book Fair is a great way to celebrate reading within our community with hundreds of fun, engaging and affordable books for the children to discover. Prior to the Book Fair, classes will be given the opportunity to view the selected books and write a wish list.

Book Fair dates: Monday 1st May- Friday 5th May

Shopping hours: 8:30am- 8:50 am & 3:00pm- 4:00pm

Special activities: Maze activity, Word Find, Story writing, Colouring activity, Guessing Game)

Location: Our school LIBRARY

Student led Conferences: Thank you to everyone for the effort which was put into our Student Led Conferences last week. A very worthwhile time providing our students with an opportunity to share their voice with their learning.



Auslan at SFX: Last week we welcomed Chantelle Stacey to school. Chantelle is our Teachers as Co Learners Language Assistant. She will be working in classrooms with our teachers helping them to implement our Auslan program beginning in Term 2. Don't forget school will not be open on Monday 24th April as our staff will be attending an Auslan Teachers as Co Learners Conference.

Have a joyous Easter and holiday break.



Jane Clark,
Deputy Principal – Learning Enhancement

Wellbeing News

Throughout life we all experience challenging times- 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.

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!

Kind regards, Christine Meneely, **Wellbeing Leader**

Cross Country In true cross country conditions, 36 of our students braved the elements and ran at the Eureka District Cross Country last Thursday at Fed Uni. Well done to all of the students that participated! They all ran extremely well, tried their absolute best and encouraged and supported each other throughout the day. A big thank you to the families and friends that came along to support!

Congratulations to Nellie Cheeseman, Jed Hynes, Hudson McGrath, Pippa Dalton, Archer Spackman, Mitch Kane, Felicity McGrath, Olivia Green, Tayla Hiscock, Ash Norris and Jake Cheeseman who finished in the Top 10 and have qualified for Regional Cross Country next term.

Term 2 After School Netball We are taking expressions of interest for those who want to participate in after school netball in Term 2. There is Yr 3-4 and Yr 5-6 netball on either Tuesday or Wednesday evenings at Llanberris Netball Centre. Term 2 is about participation so there are no finals.

Please see notice on PAM for more info.

2023 Sports Dates

Term 2:

- Week 4 - Tuesday May 16th - Division AFL
- Week 5 - Wednesday May 24th - Division Netball
- Week 5 - Friday May 26th - Year 3 - 6 Athletics Carnival - Llanberris
- Week 6 - Monday May 29th - Regional Cross Country @ Warrnambool
- Week 6 - Friday Jun 2nd - Division Soccer

SFX Football Jumpers, Singlets & Netball dresses/bibs If you have any SFX Football jumpers, singlets or netball dresses/bibs at home could you please return them to either Mr Down or Mr Carroll.

Have a wonderful week.



Shaun Carroll, **SFX Sport Coordinator**



▶ **SS PETER & PAULS**
701 FISKEN ST
BUNINYONG 3357



▶ **ST ALIPIUS**
82 VICTORIA ST
BALLARAT EAST 3350



▶ **PARISH OFFICE**
84 VICTORIA ST
BALLARAT EAST 3350
PH 5332 6611
OPEN TUE – FRI
10.00 AM – 1.00 PM

2 April 2023

Palm Sunday of the Passion of the Lord

Hail, the King of the Jews!

St Alipius parish

ballarateast@ballarat.catholic.org.au

www.ballarat.catholic.org.au/parish/ballar-at-east/

MASS TIMES

St Alipius

Tue 9:30am, Wed 9:30am
Thurs 7.00 PM, Fri 3:00 PM
Sat 7.00 PM

Sunday 9.00 AM (1st, 3rd & 5th)
10.30 AM (2nd & 4th)

Ss Peter and Paul's

Sunday 9:00 AM (2nd & 4th)
10:30 AM (1st, 3rd & 5th)
Rosary – Thursday 11:00 AM

Mass and prayer resources

www.ballarat.catholic.org.au

Counting team 3 this week – 9:30 AM

PARISH VISION STATEMENT

THE COMBINED
COMMUNITIES OF ST ALIPIUS
PARISH REACH OUT IN THE
SPIRIT OF FAITH, HOPE,
LOVE, AND ACCEPTANCE, AS
GOD CALLS US TO IN THE
GOSPELS.

WE PRAY FOR

Faithfully departed: Beryl Naus

Anniversaries:

Unwell: Mary Hall, Peter
McLachlan, Sarah McLachlan

*Our parish is committed to the
safety, well-being, and dignity of
all children and vulnerable adults.*

*We acknowledge this land's
traditional owners and custodians
and pay our respects to Elders
past, present, and emerging.*



St Alipius
Parish Community

Parish Priest
Fr Jorge Jr De Chavez, OSJ

Sacramental and Parish
Coordinator
Cathy Prunty

Administrative Assistant
Natalie Shannon

Parish Pastoral Council
Chair
David Morrison

Finance Officer
Kerrie McTigue

Finance Chair
Paul O'Beime

Child Safety Officer
Emily Clarke

Liturgy Coordinator
David Santamaria
www.sapliturgy.net.au

Funeral Ministry
Carmel Flynn
stalipiusfuneral@gmail.com

PALM SUNDAY



HOLY WEEK CEREMONIES

Holy Week begins with Palm Sunday masses next weekend. Other liturgies during the week leading up to Easter will be as follows:

Mass of the Oils (Cathedral)	3 April	6.30 PM
Holy Thursday	6 April	7.00 PM
Good Friday	7 April	3.00 PM
Easter Vigil	8 April	7.00 PM
Easter Sunday	Regular masses	

During the mass of the Last Supper on Holy Thursday, we will have the Washing of the Feet, and following mass, the Parish Hall will be open for the Adoration of the Blessed Sacrament until midnight. At the Good Friday ceremony, our community will gather for the Reading of the Passion, Veneration of the Cross and Holy Communion. Our Holy Week Ceremonies will culminate with our Easter Vigil on Saturday evening where we will welcome Michael Marshall to full communion with the Catholic Church along with a number of children who have been preparing for the sacraments of Initiation through the Rite of Christian Initiation of Adults for Children of Catechetical Age. Mass will begin on the east side of the church with the Blessing of the Fire and be followed by the Liturgy of the Word. Candidates will receive the sacraments throughout the Mass. We encourage parishioners to join us at each of these ceremonies.

UPCOMING EVENTS

Mass of the Oils
6.30 PM, Monday 3 April
St. Patrick's Cathedral

Finance Committee meeting
5:30PM, Tuesday 11 April
Presbytery

Fr Jorge's Silver Jubilee celebrations
Saturday 15 April

BAPTISM PREPARATION

The next preparation session for baptism will be held at St Patrick's Cathedral Hall at 10.00 AM on Thursday 6 April. There will not be a 5:30 PM session because it is Holy Thursday.

HOLY LAND COLLECTION – GOOD FRIDAY, APRIL 7, 2023

The annual collection for the support of the church in the Holy Land will take place on Good Friday, April 7. The ongoing effects of the pandemic have created enormous challenges for the people of the Holy Land in terms of health and a catastrophic loss of income due to the absence of pilgrims. Pilgrims are vital because they generate income that allows the Friars and local Church to fulfil their mission of caring for the Holy Places (that also gives work to the local people), as well as running parishes, schools and caring for orphans, refugees, the homeless and more. It is also used to maintain over 70 churches and shrines associated with the life of Jesus. The Pontifical Good Friday Collection will continue to support the works of the Holy Land through the generosity of the Australian Church. Your donation is a direct way to make a difference in the lives of people who are keeping alive the Christian presence in the land of Jesus, often in the face of great odds and in recent years, made all the more difficult by the pandemic.

CATERING - FR. JORGE'S ANNIVERSARY OF PRIESTHOOD

We plan to come together on Saturday 15 April to celebrate with Fr. Jorge the occasion of his 25th anniversary of priesthood. Following the 6:00 PM mass, we will gather to share a meal in the hall. Meat will be provided, but we are asking parishioners to provide a salad/side dish. If you are able to do this, please contact the parish office during office hours to let us know what you plan on bringing, so that we can avoid double-ups, and can cater for everyone. If you have any queries, please reach out to Cathy or Natalie.

FAITH AND REASON

St. Augustine and the early Church Fathers

This talk at St. Patrick's Cathedral on Friday 21 April at 7 PM, will explore the relationship between philosophy and theology, beginning with Tertullian's acerbic comment, "What indeed has Athens to do with Jerusalem?" and ending with Augustine's conclusion that faith is the starting point of reason, not its end.

STEWARDSHIP PROGRAM

Thank you to all parishioners who contribute to our stewardship program. Your ongoing support is greatly appreciated.

Collection basket – \$1,228

Presbytery and priest support.

Envelopes, credit cards and direct debits – \$363.20

Parish – buildings, office, administration, grounds maintenance.

PLANNED GIVING RENEWAL

The Parish Finance Committee discussed the need for a renewal of the parish's planned-giving program at its recent meeting.

We are seeking volunteers to join a planned giving program committee. Our goal is to renew and revitalise our parish's planned giving efforts and ensure the long-term sustainability of our community.

If you are interested in joining the planned giving program committee, please contact the parish office and leave your details. You will then be invited to an information session to discuss the role further before committing. We look forward to hearing from you!

BAPTISMS

Samuel Michael Dunbar
Child of Gregory and Erin Dunbar

Elsie Jean O'Loughlin
Child of Kane and Josie O'Loughlin

Skyler Frankie Fitter
Child of Simon and Carrie Fitter

The church gives faith to your children through Baptism, and you have the task to make it grow.
Pope Francis

VINNIE'S SCHOOL APPEAL

More than 1 million Victorian students headed back to or started school this year. For a rising number of their families, it is getting harder to find the funds to ensure that their children have everything they need to learn and grow. The Vinnies Education (Back-to-School) Appeal, which launched on 1 February, is needed more than ever. Visit <https://donate.vinnies.org.au/appeals-vic/back-to-school-appeal-vic-2023> to donate.

VOLUNTEER PASTORAL CARE

Grampians Health Ballarat is seeking expressions of interest for volunteers Pastoral Care Workers to provide regular pastoral care support to patients and visitors of all faiths and beliefs. If you are willing to commit to 2.5 hours per week and provide a listening ear, then Grampians Health Ballarat would like to hear from you. Contact Paul Ryan 5320 8634 or paul.ryan@bhs.org.au

PROJECT COMPASSION

This year met Laxmi, Priscilla, Thu and the Baabayn Aboriginal Corporation's Young Mums and Bubs Group who are creating a better world for their families, their communities and for all future generations. Please donate to Project Compassion 2023 by visiting <https://www.caritas.org.au/project-compassion> or by calling 1800 024 413.

PALM SUNDAY JUSTICE FOR REFUGEES WALK

Gather at View Point Lake Wendouree 2pm Sunday April 2nd to hear speakers including a refugee with lived experience, a support worker from Ballarat Community Health, and the Ballarat Council Multicultural Sector. For those who wish to walk it will finish in front of Loreto College at the viewing area for the rowing. For more information, see the brochure in the church foyer.

HAPPY BIRTHDAY

Birthday wishes to Fr. Jorge who celebrated his birthday on Wednesday. He had a very busy day on Wednesday, but we hope he got the chance to enjoy it. Happy birthday Jorge!

THANK YOU DAVID

At last week's meeting of the Liturgy Committee David Santamaria tendered his resignation as chair of the thank you to David for the countless hours he has put into this role in recent years. David has been extremely generous with his contribution to liturgy at St. Alipius and during Covid ensured that people had the opportunity to continue celebrating Mass from their homes when gathering together was not possible. All who have attended Mass within our parish will have been witness to David's many innovations. David we wish you well.

Reflection on the Gospel

Veronica Lawson RSM

Palm Sunday of the Passion of the Lord: Matthew 26:14–27:66

This year we hear Matthew's passion narrative through the lens of armed conflict and death from deprivation. The prospect of untimely death is a reality for many. Even more abhorrent is the ongoing practice of capital punishment in so many places, particularly when a just person is put to death for specious reasons or to political ends. That's what confronts us in today's gospel, although the gospel writers pay little attention to the details of the suffering and death of Jesus: they are more interested in the meaning of these events.

The Romans execute Jesus outside Jerusalem when the city is filled with Jewish pilgrims, there for the Passover festival. For Jesus' friends and followers, every subsequent Passover is celebrated in the light of his death by crucifixion. They share their memories and reflect on the meaning of his death in the light of their sacred traditions. Every element of the Passover story, the ancient story of God's deliverance of their ancestors, resonates with echoes of the experience of Jesus who is now present to them in a new way. Little wonder, then, that the final events of Jesus' life were

probably the first part of his story to be committed to writing.

Though Matthew draws much of his material from Mark, he fashions the tradition into a new narrative and adds several distinctive features. "To fulfil all righteousness" is Jesus' stated mission (3:15). He has declared "blessed" those who suffer for the sake of righteousness (justice or right relationship)" (5:10). He now embodies his own teaching as the just or righteous one, the one in right relationship with God. The prayer on his lips as he faces death (Psalm 22) is that of the suffering just Israelite who is utterly faithful to his mission and whose trust in God never fails.

There are hints that Jesus' death is not the end

There are hints that Jesus' death is not the end, but is rather the inauguration of the new age of God's empire, a compassionate alternative to the brutality of Rome. In response to the high priest Caiaphas, Jesus points beyond death to his resurrected life "at the right hand of power...."

Extraordinary signs follow his death: the tearing of the temple



curtain; the trembling of the earth; the recognition by the Roman centurion and his companions that this man is of God; and finally, the opening of the graves and appearance of the dead in anticipation of the resurrection of those who accept him as the Christ. These signs offer the hope of reversal to all who have witnessed the events surrounding Jesus' death. They offer hope to the women who have followed him all the way from Galilee and "ministered to him". They offer hope to the male disciples who have deserted or denied him, to faithful disciples like Joseph of Arimathea, and even to his Roman executioners. They have the potential to bring hope to us all at this time, especially to those who put their lives on the line for others.

THIS WEEK'S READINGS

PALM SUNDAY OF THE PASSION OF THE LORD

ISAIAH 50:4–7

PHILIPPIANS 2:6–11

MATTHEW 26:14–27:66

NEXT WEEK'S READINGS

SUNDAY OF THE RESURRECTION

ACTS 10:34,37–43

1 CORINTHIANS 5:6–8

MATTHEW 28:1–10

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



BIGLIFEJOURNAL.COM

AWARDS from 31st March Assembly, hosted by 3JV

Assembly Date: 31/3/23 Term 1, Week 10	Theme: RESPECT Respect means considering the feelings and wishes of others, respecting myself and caring for all of creation. We show respect because Jesus shows us that everyone is important and because our world needs our care.
F LH	Sam White and Meredith Bodnar
F TW	Zach Wilson & Ruby Plover
F GJ	Daulat Singh Gill and Zoe Cooper
F MM	Marli Wilson & River Harney
1 MM	Oscar Kersley & Nicolas Taylor
1 EM	Ted Answer & Banjo Nicholson
2 EH	Mitchell Bone and Myah Rivett
2 CJ	Noah Osciak and Abbey Williams
2 GH	Edie Brennan and Leo Dodd
3 NM	James Bosworth and Lily Davison
3 JV	Violet Wilson and Sonny Troon
3 GW	Paddy Dwyer and Eliza Hanrahan
4 BW	Lyla Harney & Cooper Manning
4 HC	Henri Gleeson and Aila Glab
4 CP	Zach Cooper and Zara Thorp
5 JF	Sahara Henjak & Ivy Bromley
5 OH	Eden Howard & Jack Lewis
5 CC	Lyla Deturt and Mylo Robertson
6 PB	Carrington Taylor and Olena Vallance
6 MM	Jensen McCartin and Milla Howlett
6 ZA	Josie De Lorenzo & Jack Fraser
Environmental Education	Edward Lloyd 4CP, Zach Cooper 4CP, Lois Cummins 4CP Archie Gerdtz 2GH , for their outstanding commitment to caring for Creation by helping Earth in so many ways, including tending our gardens, planting new plants, sorting the contamination from our compost etc... They demonstrate great Respect for Mother Earth each and every day!
Visual Arts	Ella Crumpton (3NM) and Mila Shillito (5CC)
Physical Education	Zara Thorpe & Percy Veal

