



St Francis Xavier Primary School

Newsletter

Monday 7th August 2023
Term 3 Week 5

P.O. Box 2027
Ballarat East VIC 3354
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Term 3 (10 weeks)

Mon 10th July - Fri 15th Sept

Friday 11th August

12.40pm F LH Assembly

Friday 18th August

12.40pm 5JF Assembly

Wednesday 23rd August

Division Basketball

Friday 25th August

9am Book Week Parade
in gym

Friday 25th August

Ballarat Catholic Primary
Schools Athletics at
Llanberris

Wednesday 30th August

Student Led Conferences

Friday 1st September

Fathers' Day celebration

Tuesday 5th September

Division Athletics @
Llanberris

Student Led Conferences

Thursday 7th September

6pm at St Alipius
Year 3 Confirmation

Friday 8th September

12.40pm 1JS Assembly

Mon 11th – Fri 15th Sept

Years 1 & 3 swimming

Term 4 (12 weeks)

Mon 2nd Oct - Wed 20th Dec

Mon 2nd – Fri 6th October

Years 2, 4 & 5 swimming

Friday 6th October

9.30am Mass at St Alipius

Friday 13th October

12.40pm 6MM Assembly

Friday 20th October

Grandparents' Day

Friday 27th October

12.40pm 2CJ Assembly

Friday 3rd November

12.40pm 3NM Assembly

Friday 10th November

12.40pm 4CP Assembly

In the Land of the Wadawurrung People

Dear families,

I feel a bit like I was missing in action last week. Each year as a school Principal I like to take part in professional development activities which help me to keep abreast of the ever changing world of education. This year I attended the Australian Primary School Principal's Conference in Hobart. It was a great opportunity to learn from some experts in the field and to challenge my own thinking along the way.

In education, we often say that change is the only constant. The nature of education is that it is ongoing and forever evolving. Knowledge builds upon itself and what we know today is the essence of new understandings which we will formulate tomorrow. In this way, learning never stops. I hope that our students can come to understand this notion of lifelong learning even though they looked somewhat surprised when I told them that I had been away at 'Principals School' for the week!

For our children, the attainment of knowledge begins formally in Foundation when we make use of all the work that you have been doing at home. I learned last week about the importance of the first 1000 days in terms of brain development. This begins in-utero and continues for the first 2-3 years when the young child's brain is forming and developing at an extraordinary rate. The importance of eye contact, story and rhyme are so important for the developing brain, and certainly for future learning. You can see this in our school when the staff share stories with our children, sing and dance together, recite a poem and have a laugh in the classroom. Neurons are firing at an incredibly rapid speed.

I have to admit that my aged brain was somewhat exhausted by the end of last week. New learning requires much concentration! It's good to be back among the staff and students as we settle into a new week of learning together.

God bless,

Mark Hogbin.



Please find at the end of this newsletter: Parish Bulletin; Assembly Awards; Parenting Ideas – Establishing digital boundaries for a good night's sleep.

Friday 17th November
12.40pm F MM Assembly
Senior School Sports Day
at Llanberris

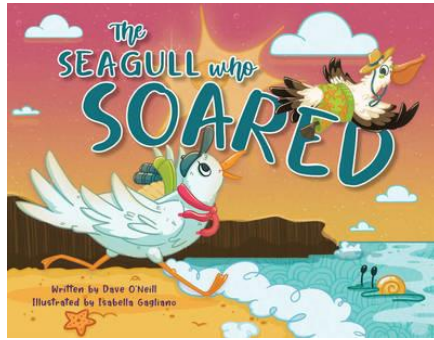
Friday 24th November
12.40pm F GJ Assembly

Friday 1st December
12.40pm 2GH Assembly
St Francis Xavier Feast Day
celebrations

Wednesday 6th December
Year 4 Camp

Monday 18th December
9.30am Mass in the Gym

Tuesday 19th December
Last 2023 student day



Children's Author visit - pre-order book

Foundation and Year 1 students will welcome local Brown Hill based children's author Dave O'Neill during Book Week for a very special visit.

Dave will run a session on storytelling and chasing your dreams as relentlessly as seagulls chase hot chips. This will include reading his debut book the Seagull Who Soared, which was released in March.

The book tells the tale of Stevie the seagull who lives on the beaches at Torquay and takes off on an adventure to find Stingray Bay (Warrnambool).

As a special offer for St Francis Primary School students - signed copies of the book can be purchased for \$15 (retail \$20) via the link below and given out on the day of the visit. Any issues with the form, simply email Dave via daveoneill@live.com.au.

To purchase your copy prior to the visit, please go to <https://form.jotform.com/232047672241855>

Religious Education News

THIS WEEK'S GOSPEL- Sunday August 6 , 2023 The Feast of the Transfiguration (Year A)

Gospel: Matthew 17:1-9

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order, 'Tell no one about the vision until the Son of Man has risen from the dead.'

Gospel reflection: It's not a coincidence that the same three disciples who share this moment of glory with Christ are also the ones who accompany him through the sorrow of Gethsemane. In the presence of the three, Jesus shines brightly – heaven draws near, and the sorrows of the world fall away .Peter wants to build tents, perhaps understandably, to capture the moment. . . . What does the Transfiguration mean for me and my struggles? How do faith, joy and love shine from me each day?

Our Challenge: How am I a faithful witness to Christ in the highs and lows of my daily life, and who are the ones to encourage me on my journey? (Adapted from *St Beuno's Outreach, the Diocese of Wrexham, UK*)



Christine Meneely, Religious Education Leader

Assessment & Reporting - Student Led Conferences

Student Led Conferences will be a feature of our Assessment and Reporting schedule once again this term. These will be held in Weeks 8 and 9, on Wednesday 30th August and Tuesday 5th September.

Bookings will be open in Week 6. Our teachers and children are beginning to prepare for this valuable and informative time with you where their learning will be showcased!

As a school we are committed to using Seesaw as a platform to communicate real-time learning achievements and learning goals with families through our Seesaw Assessment tasks. Our children and teachers take great pride in the learning samples and reflections they share with you via Seesaw. The aim of Seesaw is to ensure you stay informed and remain an active part of the learning process for your children. Please double check that you are connected to

your child's Seesaw journal and that you have your Seesaw notifications turned on so that you can view the fabulous learning of your child/ren. We also welcome you to like your child's Seesaw posts and we **encourage you to leave a celebratory comment too**. It certainly puts a smile on our learners' faces seeing this acknowledgement from home! Thank you for your continued support! This was last week's weekly report from SEESAW.



Week of July 30 - August 6 at St Francis Xavier Primary School - Ballarat East



410

New Items



243

Likes



63

Comments



296

Family Visits



Book Week 2023 (19th-25th August)

Book Week Theme: READ, GROW, INSPIRE

Classes will be taking part in this event throughout the week and we will have Book Reading in the library every day.

Book Week Festivities

Our annual Book Week Dress Up Day is scheduled for Friday August the 25th. On this day all children are invited and encouraged to dress up as their favourite book character to share in the joy of our Book Week festivities. **Bring along the book as well.** Our Book Week Parade will take place at 9:00am in our school gym. Everyone is welcome. We will also share many, many photos via our SFX Facebook page.

Enjoy your week,



Jane Clark, **Deputy Principal – Learning Enhancement**

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.

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

Interschool Sport

This Friday the Year 5 & 6 Students will travel to Lumen Christi Primary school to participate in many fun sports and activities over the course of the day. Activities will include football, netball, basketball, soccer and hockey.

Eureka Division Basketball

Lunchtime training is well underway and Mrs Barclay and Mr Down have the teams working on their passing, shooting and team play. We look forward to the tournament in Week 7.

Athletics Team:

The Athletics Team for the upcoming Catholic Primary School Athletics Day will be announced this week. These students will compete against other students from Ballarat Catholic Primary Schools at the end of Week 7. The event comprises the following age groups for boys & girls: U10, U11 and 12/13yo.

2023 Sports Dates

Term 3:

- Week 5 - Friday August 11th - Interschool Sport v Lumen Christi (Yr 5/6)
- Week 7 - Wednesday Aug 23rd - Division Basketball
- Week 7 - Friday Aug 25th - Ballarat Catholic Primary Schools Athletics @ Llanberris
- Week 9 - Tuesday Sep 5th - Division Athletics @ Llanberris

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 great week.



Shaun Carroll, **SFX Sport Coordinator**

P&F News



SFX Official School Beanies

Our stylish and warm official SFX school beanies are here!! Available to purchase from the office for \$25 while stocks last, then available from Crocker's Ballarat.

Second Hand Uniform Shop We currently have a large supply of second-hand items available for purchase. If you would like to check what is in stock and buy, please call into the front office. New items are available to buy from Crockers.



Did you know we pack out over 10,000 hot lunches a year for our little people, make almost 3,000 cups of Hot Chocolate and cut the tops off even more Zooper Doopers! Now we need YOUR HELP! VOLUNTEERS are the life line of the P&F!

It could be Mothers, Fathers, Aunts, Grandparents, Uncles - even your neighbour, (as long as you have a working with children check) you can help us support our school community!

Sparing 45 minutes even just ONCE throughout the year on a FRIDAY from 11.15am to 12pm packing hot lunches or a MONDAY for hot chocolates 10.30-11.30 would make a massive difference 🙏

If you have ever wondered what we do and a little unsure how you could help, feel free to get in touch with the P&F.



6 August 2023

Transfiguration of the Lord

This is my beloved Son



▶ **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

St Alipius parish

ballarateast@ballarat.catholic.org.au

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

MASS TIMES

St Alipius

Wed and Fri 9.30 AM in the Parish Hall
Saturday 9.30 AM, 6.00 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 1 this week – 9:30 AM

Our Parish is committed to the safety, well-being and dignity of all children, young people, and vulnerable adults.

We acknowledge the traditional owners and custodians of this land and pay our respects to their elders, past, present, and emerging.

WE PRAY FOR

Faithfully departed: Brother John Coswello, Dianne Molloy

Anniversaries:

Unwell: Peter McLachlan, Sarah McLachlan, Eleanor McMahon, Colin McKenzie, Patricia Murry, Maureen Santamaria, Carole Simmons, Shelley Pawang

PARISH VISION

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.

PARISH MISSION

Our mission in the Parish of St. Alipius is to actively engage and serve our combined communities, embodying the teachings of the Gospel. Strengthened in the spirit of faith, hope, love acceptance and Mercy, we strive to foster a welcoming and inclusive environment. Guided by God's call to service, we aim to build strong connections, provide spiritual nourishment, promote social justice, and offer support to individuals and families in their journey of faith. Through our dedicated interactions, we seek to deepen our relationships with God, inspire transformation, and make a positive impact in the lives of those we encounter, spreading God's love and compassion to all.

Parish Priest
Fr Jorge Jr De Chavez, OSJ

Visiting Priest
Fr Barry Ryan

Sacramental and Parish
Coordinator
Cathy Prunty

Administrative
Assistant
Natalie Shannon

Parish Pastoral Council
Chair
David Morrison

Finance Officer
Bernadette Prestwood

Finance Chair
Paul O'Beime

Child Safety Officer
Emily Clarke

Liturgy Coordinator
Jason Fletcher

Funeral Ministry
Carmel Flynn
stalipiusfuneral@gmail.com



LITURGY ROSTER

Copies of the liturgy roster for St Alipius are available in the church foyer. The new roster runs for two months, rather than three. If you're unable to attend a mass that you're rostered on for, please swap with someone else or contact the Parish Office. If you would like to be emailed a copy of the roster, please let the Parish Office know what email address to send it to.

VOLUNTEERS NEEDED

We are looking to expand our list of liturgy ministry volunteers, especially for Sunday mass, which has a much smaller number of volunteers than the Saturday vigil mass. The Sunday roster has many of the same people volunteering for multiple tasks. Saturday has eleven people who have volunteered to bring up the gifts during the offertory, but we have only three on the Sunday roster. There are 14 readers for Saturday, compared to 9 for Sunday. We only have four people who have offered to be rostered on as a welcomer at the vigil mass, and none for Sunday, so more people willing to help with that would be greatly appreciated. Please let the Parish Office know if you'd like to join the liturgy roster. Training can be provided if you're unsure about what a role entails. It is a wonderful way to connect with the mass and our Parish community.

PLANNED GIVING RECEIPTS

Planned giving receipts are located at the back of the church. Please remember to collect yours at mass.

STEWARDSHIP PROGRAM

Thank you to all parishioners who contribute to our stewardship program. Your generosity is appreciated.

Supporting our parish priests	\$913
Maintenance of parish buildings, office and administration expenses, grounds maintenance etc.	\$373.20

Planned giving envelopes for the new financial year are available for collection at the back of the churches. Thanks to all who participate in the stewardship program for your contributions. We invite anybody who would like to join the program to please contact the parish office.

VINNIES BREAD RUN

Each Monday night between 7:00 PM and 7:30 PM, Vinnies volunteers can be found in the St. Alipius Church Hall providing bread for those in need. If this would benefit you, or someone you know please call into the hall and bring a bag to put the bread in.

VINNIES WINTER APPEAL

The St Vincent de Paul Society's annual Winter Appeal focuses on older women experiencing and at risk of homelessness. Appeal envelopes are at the ends of the pews. To support the work of our local SVdP conference place your donation envelope on the collection plate. Donations over \$2 are tax deductible and can be made at www.vinnies.org.au/nswwinterwarmthappeal, at Vinnies shops, or by calling 13 18 12.

TOILETRIES COLLECTION

Our local Vinnies are collecting toiletries for people in need. Please donate soap, toothpaste, or other toiletries, in the box on the Vinnies' stall. Anything you can give will be provided to someone who will greatly appreciate it.

BUNINYONG CEMETERY

Since 1852 unpaid volunteers have managed, operated, and maintained Buninyong's historic cemetery. There is an urgent need for additional volunteers to help on Mondays from 8:30 AM – 12:30 PM with grounds maintenance, including ride-on mowing, whipper-snipping, trees/plants, minor earthworks, and other tasks. Call 0415 929 571 for more information.

PIETY STALL

The piety stall has a range of very affordable cards and gifts for sale including some runout items on tables near the piety stall that are either free or \$2 each.

MARRIAGE ENCOUNTER

"Live Your Best Married Life in Love" – every relationship is a journey, and the grind of everyday life can easily cause you to lose touch with your spouse. The Marriage Encounter weekend in Melbourne on 3 – 5 November, gives married couples time to nurture their relationship and some tools to keep passion alive in a gentle, supportive environment, away from the pressures and distractions of daily living. The weekend is based around Catholic values and couples of all faiths are welcome. For more information visit wwme.org.au. To book, phone Mercy & James on 0409 183 676 or email vicbookings@wwme.org.au

WORLD YOUTH DAY 1 – 6 AUG

More than 3000 Australian pilgrims will attend World Youth Day in Lisbon, Portugal. We pray for the people from the Diocese of Ballarat who are attending, including Grace Wilkinson and Robin Vaihu (St Alipius Parish), Grace Doherty, Anna Whiting, and Gerry Vytilingam (Swan Hill), John-Paul Walker (Linton & Sebastopol Parishes), and Laura Bruty (Linton Parish & Australian Catholic University Ballarat Campus).

WORLD YOUTH DAY PRAYER

God, merciful Father, in your Son, Jesus Christ, you have revealed your love and poured it out upon us in the Holy Spirit, the Comforter. We entrust to you today the destiny of the world and of every man and woman. We entrust to you in a special way young people of every language, people, and nation: guide and protect them as they walk the complex paths of the world today and give them the grace to reap abundant fruits from their experience of the Lisbon World Youth Day. Amen.

BAPTISMS

Lilly Mann
Children of Sean Mann and Sharna Hodges

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

Pope Francis

PRAYING WITH THE POPE

The Pope's Worldwide Prayer Network (Apostleship of Prayer) is an international movement that is more than 170 years old. Each month, the Pope puts forward a prayer intention and asks Catholics around the world to join him in prayer. These intentions cover all areas of life, encouraging faith, renewing hope, and calling us to loving service. 'The Pope Video' forms part of the Pope's Worldwide Prayer Network – www.thepopevideo.org.

The Pope's intention for August – for World Youth Day: We pray the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives. Lord, hear us.

MCAULEY HOUSE

McAuley House is celebrating 15 years since the establishment of McAuley Community Services for Women, following the merger of Mercy Care and Regina Coeli. Over that time, McAuley House has supported more than 13,000 women and children. The demand for services remains high. McAuley House will continue advocating for real change that will allow more women and children to remain safely in their homes after violence and avoid homelessness and further disadvantage. A donation to McAuley House supports women and children to be safe and continue this important work <https://www.mcauley.org.au/ways-to-give/donate/>

SACRED HEART REUNION

A reunion of the Sacred Heart College Ballarat East class of 1965, plus anyone who attended SHC, will be held on Sunday, 15 October at GC's Ballarat from 11.00 AM – 3.00 PM. To attend email ph. 0419 902 538 or email loisknights345@hotmail.com.

SOCIAL JUSTICE STATEMENT

Social Justice Sunday is 27 August. The Australian Catholic Bishops Conference's Social Justice Statement, "Listen, Learn, Love: A New Engagement with Aboriginal and Torres Strait Islander Peoples" will be launched on Thursday, August 17 via a live stream on Facebook socialjustice.catholic.org.au/2023/07/20/listen-learn-love/

CATHOLICCARE APPEAL

The CatholicCare Victoria Sunday Appeal is held in August each year in partnership with parishes and is their major annual fundraiser. CatholicCare Victoria delivers programs and services to support families, children, young people, and individuals to help everyone reach their full potential. Services include counselling and mental health support, support for children and teens, refugee and asylum seeker help, pastoral care in hospitals and prisons, support for separating families, social housing, and homelessness support. Your generous donation will help provide caring and compassionate support for struggling individuals and families in our community. You can donate online at www.catholiccarevic.org.au or call (03) 9287 5513.

WOMEN DEACONS WEBINAR

ACU Centre for Liturgy is presenting an online public lecture titled, "Women Deacons and the Synod: What Happens Now?" on Monday, 7 August from 10.00 AM – 11.30 AM presented by Dr Phyllis Zagano, Hofstra University, New York. Registrations close on 4 August at www.acu.edu.au/publiclectureCFL. The Zoom link to join will be sent following registration. More information is available from www.acu.edu.au/about-acu/institutes-academies-and-centres/acu-centre-for-liturgy/news-events-and-resources

LEADERSHIP PROGRAM

The Good Samaritan Study and Mentoring (SAM) Leadership Program offers both financial and personal support to mature-aged Catholic women as they undertake undergraduate or postgraduate theological/spiritual study at a recognised theological Institution. Applications close on 6 September. Visit www.goodsams.org.au/article/applications-invited-for-womens-study-and-mentoring-program-2/ for information.

Reflection on the Gospel

Veronica Lawson RSM

Feast of the Transfiguration: Matthew 17:1-9

The Feast of the Transfiguration takes precedence over the 18th Sunday in Ordinary Time and features its own particular readings. Today we are invited to reflect on a transformative moment in the life of Jesus as experienced by his closest followers. It is important to note that Matthew's account of the "transfiguration" is loosely framed by reminders that Jesus is to suffer and eventually to meet a violent death (16:21 and 17:23). It would seem that Jesus' three companions, Peter, James and John, get a glimpse of God's glory shining on his face and penetrating even his clothing, a hint that God's grace is more life-giving than the forces of violence and opposition to God's reign. Peter, James, and John see Moses and Elijah, the key prophetic figures of Israel, speaking with Jesus, God's new and definitive prophet.

The "transfiguration" seems to point to a time in Jesus' ministry when he comes to terms with the fate he is likely to meet: if he continues to confront the forces of oppression and injustice, he is certain to encounter opposition, even death. He struggles with that realisation in the wilderness at the outset of his ministry. He comes to peace with what it involves on the

mountaintop. Peter wants to hold on to the experience of glory, to "make tents" for Jesus, Moses, and Elijah. He prefers not to face the difficulties involved in fidelity to the mission. But that is not the way of discipleship. Rather, he and his companions are called to "listen" to Jesus, the beloved of God.

We might take time this Sunday to consider the challenges facing us as contemporary disciples.

Like Jesus and his companions, we too need the occasional glimpse of final victory. We also need the good sense to listen and to follow through on the path that brings life to all of earth's inhabitants, despite the pain. We can feel overwhelmed by the enormity of the challenges facing us and by the opposition we experience from the most unexpected quarters. If we are to sustain the struggle for a healthy, safe, and peace-filled world, we have to resist the temptation to hold on to the experience of glory and come to terms with the personal cost of going all the way to Jerusalem, to the place of victory.



We might take time this Sunday to consider the challenges facing us as contemporary disciples. According to the 2023 International Food Policy Research Institute (IFPRI) Report, 768 million people in our world are undernourished and of the 200 million plus who face acute food insecurity, most live in protracted crisis situations. In "situations marked by prolonged civil strife and conflict, repeated weather shocks, and economic decline, or some combination thereof." Meanwhile, the gap between rich and poor in our world is widening and the planet is experiencing life-threatening weather events. Only when we willingly accept the pain of relinquishing our hold on an unfair share of the world's resources will we understand the meaning of this feast.

THIS WEEK'S READINGS
THE TRANSFIGURATION OF THE LORD
DANIEL 7:9-10, 13-14
2 PETER 1:16-19
MATTHEW 17:1-9

NEXT WEEK'S READINGS
19TH SUNDAY IN ORDINARY TIME
1 KINGS 19:9, 11-13
ROMANS 9:1-5
MATTHEW 14:22-33

ASSEMBLY AWARDS 4th August 2023 Hosted by 5OH Theme: Justice

Justice means making things fair for everyone by making positive changes when we notice injustice.
We act for justice because Jesus shows us how to include others and to use our actions to make change.

Foundation	F LH: Rupert Veal and Noa Cavanagh F GJ: Carter George and Charlotte Carter	F TW: Will Allan and Frankie Richards F MM: Hudson McKay and Piper Swayn
1 JS	Tex Brown Imogen Sordello	
1 MM	Ryder Buntsma & Hughey Roberts	
1 EM	Noah McGregor & Banjo Nicholson	
2 EH	Ella Wilson and Hamish Nicholls	
2 CJ	Jatt Raine and Isla Page	
2 GH	Lenny Owins and Addilyn Simpson	
3 NM	Logan Psimaris and Mia Whatmough	
3 JV	Anna Marson and Emily Bone	
3 GW	Ella Uljanic and Sam Norris	
4 BW	Harry Hatt, Murphy Noonan & Evie Staley	
4 HC	Sidney Porter & Isla Tongs	
4 CP	Alfie Sosinski and Zara Thorp	
5 JF	Hugh Farrell & Laura Bodnar	
5 OH	Sofia St Louis & Jack Elliot	
5 CC	Beau Hansen and Mitchell Kane	
6 PB	Frankie Hill and Rafter Castles	
6 MM	Lola Roney and Wentworth Campbell	
6 ZA	Jack Gerdtz & Pearl Nicholson	
Environmental Education	Hannah Firth 3GW, Anna Marson 3JVG, & Lola Miles 2EH for their tireless work in lending a ' <i>Helping Hand</i> ' to <i>Gobata Dja/Care for Country</i> , gardening, weeding, planting, mulching, tidying, sweeping and composting their way through their lunch breaks. 👏👏👏👏👏👏	
Performing Arts	Logan Warren and Julian Simpson for being so considerate of the needs of others during performing arts classes	
Visual Arts	Hughey Roberts & Oscar Kersley (1MM) Sadie Ruxton (3JV) Emme Cavanagh(FGJ) Elizabeth Baruwa (4CP)	

Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

parenting * ideas

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/lsc-asr-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/lsc-asr-2018-chap4-sleep.pdf))



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of Raising Your Child in a Digital World, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.

Year 7, 2025 Information session

Wednesday 30th August, 5pm
OCA Pavilion

Register at stpats.vic.edu.au

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