



St Francis Xavier Primary School

Newsletter

Wednesday 8th November 2023
Term 4 Week 6

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Term 4 (12 weeks)

Mon 2nd Oct - Wed 20th Dec

Friday 10th November

12.40pm 4CP Assembly

Friday 17th November

12.40pm F MM Assembly

Yr 3-6 Athletics Day
at Llanberris

Tuesday 21st November

2024 Foundation
Information Night

Wed 22nd – Friday 24th Nov

Year 5 Kangaroo Camp

Friday 24th November

12.40pm F GJ Assembly

Tuesday 28th November

2024 Foundation Transition

Wednesday 29th November

Yr 1 Camp Experience

Thursday 30th November

Yr 1 Camp Experience

6pm Community Christmas
Gathering

Friday 1st December

12.40pm 2GH Assembly

St Francis Xavier Feast Day
celebrations

Tues 5th & Wed 6th Dec

Year 4 Cave Hill Creek Camp

Monday 11th December

9.30am Mass in the Gym

Wednesday 13th December

6pm Year 6 Graduation
In the Gym

Friday 15th December

Last 2023 student day
Normal finish time.

In the Land of the Wadawurrung People

Dear families,

It's hard to believe that we have passed the middle week of term 4, but we are! The final term at school is always a busy one from the teacher's perspective as they work to keep the learning programs operating while making the necessary plans for the new school year. It is certainly a case of keeping our focus on the present while casting an eye to the future from now on.

As we plan for 2024 we are looking at how we can continue to build on our tradition of providing an excellent education for all students at Saint Francis Xavier School. Next year we will continue to build our knowledge and experience in the Structured Literacy approach to learning. This journey commenced in 2022 when we began to invest in professional learning for our staff around the principles of the science of reading. It became a significant component of our literacy program this year as new elements were implemented in the classrooms. Next year we will continue to focus on evidence based practices that support the structured literacy approach to learning for all students. Backed by research from La Trobe and Melbourne Universities and with extra support from Catholic Education, Ballarat we are excited to continue building on our knowledge as we implement such sound practices in literacy learning across the school.

For many of our families, the structured literacy approach to learning will be familiar. Focused teaching with an emphasis on desired outcomes means that all students will receive the support they need to grow as learners. If the concept of structured literacy is new to you, don't worry we will continue to learn together throughout the years ahead. Knowledge is ever evolving and it's exciting to be able to build on our knowledge as we grow and learn together.



God bless,

Mark Hogbin



Junior School Sports Day



What a wonderful day we had last Friday. The children enjoyed the opportunity to participate in the various sporting activities and to build team spirit along the way. Our Senior Sports Captains did a great job of assisting on the day and I'm sure that many memories were made. Thank you to our parents and friends who were able to come along and cheer everyone on. Special thanks to Mr. Carroll and all staff for their willingness to create such a positive learning experience for all.

Senior School Sports Day

Our senior sports day is just around the corner. Pray for good weather and we will be ready to go! Friday 17 November promises to be a super event for all at Llanberris Reserve. See you there!

Thankyou!

Thank you to our community for supporting our school closure day on Monday. We realize that school closure days can be a challenge on the home-front and we hope that you were able to enjoy an extra long weekend.

Farewell Ms. Ginnane-Smith!



We said farewell to Mrs. Brigid Ginnane-Smith last week as she completed her time at Saint Francis Xavier. Brigid is now preparing for the arrival of her little baby in the coming weeks. We can't wait to hear the news of a safe arrival and we wish Brigid well as she prepares for this very special time ahead. We also acknowledge Ms. Bec Warr who has so willingly agreed to work fulltime with the Year 3 students for the rest of the school year.

Please find at the end of this newsletter: Parish Bulletin; Assembly Awards; Turn your anger around without yelling.



Religious Education News

THIS WEEK'S GOSPEL- Sunday November 5, 2023 Thirty-first Sunday in Ordinary Time (Year A)

Gospel: Matthew 23:1-12

Then Jesus spoke to the crowds and to his disciples. "The teachers of the Law and the Pharisees are the authorized interpreters of Moses' Law. So you must obey and follow everything they tell you to do; do not, however, imitate their actions, because they don't practice what they preach. They tie onto people's backs loads that are heavy and hard to

*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.*

carry, yet they aren't willing even to lift a finger to help them carry those loads. They do everything so that people will see them. Look at the straps with scripture verses on them which they wear on their foreheads and arms, and notice how large they are! Notice also how long are the tassels on their cloaks! They love the best places at feasts and the reserved seats in the synagogues; they love to be greeted with respect in the market places and to be called 'Teacher.' You must not be called 'Teacher,' because you are all members of one family and have only one Teacher. And you must not call anyone here on earth 'Father,' because you have only the one Father in heaven. Nor should you be called 'Leader,' because your one and only leader is the Messiah. The greatest one among you must be your servant. Whoever makes himself great will be humbled, and whoever humbles himself will be made great.

(Gospel passage taken from Good News Translation)

Gospel reflection: Jesus warns his friends that there are some people who always tell others what to do but never listen to their own advice. These people say one thing, but do another, while also telling everyone else how they must behave. Jesus reminds his friends that we must always listen to God first.

Jesus reminds us of the way that he teaches us. Jesus does not show off or act like a king. He acts like a servant, because we should all be like servants – loving and caring for each other. We can follow Jesus' words, but we can also follow his actions. What Jesus does is always filled with love for other people.

Our Challenge: How can we serve others and help? How can we behave in a way that would show our love for others this week? *(Adapted from CAFOD website)*



Christine Meneely, **Religious Education Leader**

Wellbeing News

Everyone gets angry sometimes, but dealing with a child who argues, won't listen and fights their sibling is hard work! It can be tempting to lose your cool and fight fire with fire, but that usually escalates the situation and then we have two (or more) heightened family members!

We can't just get rid of anger, as anyone who's calmly asked an enraged child to "calm down" can attest. When your kids are really getting under your skin, instead of getting furious, be curious. You need to connect before you correct. Children don't wake up in the morning and think, 'How can I make life horrible for my parents?' They might be having a hard time. Work out what needs aren't being met and help meet them.

The attached article by Justin Coulson looks at ways for us as parents to reduce the yelling and conflict in our home.

Kind regards,

Christine Meneely, **Wellbeing Leader**

Sport/Physical Education News

Junior Sports Day

Last Friday we had the Foundation - Yr 2 Junior Sports Day at Russell Square Reserve. After a chilly start, the weather turned it on and everyone present had an awesome day. It was fantastic to see all of the students and staff having a go, trying their best and having heaps of fun! Well done to our Yr 6 Sports Captains who conducted all of the rotations and supervised the running races. A massive thank you to the families and friends that were there to cheer on and support the students.

Division Cricket

Last Wednesday we had the Girls and Boys cricket teams play in the Eureka Division Cricket Tournament at Wendouree. A very successful and enjoyable day was had by both teams. The Girls team won all of the Pool matches and played fantastic to make it to the Final where they narrowly went down to Emmaus. Well Done Girls! The boys team also played some outstanding cricket to make it to the Final where they managed to put in an all round performance and make it through to the Regional Tournament next week. Thank you to all of the families that were there to support and a big shout out to Mr Marshall for superbly coaching the Girls team.

State Track & Field Championships

Well done to Jed Hynes, Mitch Kane, Archer Spackman, Felicity McGrath and Nate Toohey who competed in Melbourne last Wednesday in the State Athletics Championships. They all gave their absolute best. To make it through to compete with the very best students in the State is an amazing achievement.

SFX Yr 3 - 6 Athletics Day

After 2 earlier attempts, we look forward to finally having our Yr 3-6 Athletics Day on Friday November 17th at Llanberris Athletics Reserve. For all information, please refer to the PAM notification

2023 Sports Dates

Term 4:

- Week 6 - Friday Nov 10th - Interschool Sport (Yr 5/6) v Emmaus @SFX
- Week 7 - Wednesday Nov 15th - Regional Cricket @ C.E. Brown Reserve
- Week 7 - Friday Nov 17th - SFX Yr 3 -6 Athletics Day @ Llanberris Reserve

If your child has achieved recent sporting success or a significant sporting achievement, please feel free to contact myself, Nev Down or your child's classroom teacher so that we can celebrate and commend their efforts.

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**

Parish Bulletin – 5th November 2023 – 31st Sunday in Ordinary Time



▶ **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

5 November 2023
30th Sunday in Ordinary Time
In you, Lord, I have found my peace

St Alipius

parish

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

MASS TIMES

St Alipius
Tuesday – Friday 9:30 AM
Saturday 9:30 AM, 6:00 PM
Sunday 9:00 AM (1st, 3rd & 5th weeks)
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

No counting team this week.

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:

Anniversaries: Eris Blood, Bob Conroy

Unwell: Peter McLachlan, Sarah McLachlan, Eleanor McMahon, Patricia Murry, Shelley Pawang, Carole Simmons

PARISH TEAM

Parish Priest
Fr Jorge Jr De Chavez, OSJ


Visiting Priest
Fr Barry Ryan

Sacramental and Parish Coordinator
Cathy Prunty

Administrative Assistant
Natalie Shannon

Finance Officer
Bernadette Prestwood

Child Safety Officer
Emily Clarke



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.

REMEMBRANCE BOOKS

Remembrance books have been placed in the foyers of both churches to allow parishioners to record the names of loved ones who have passed away at any stage. People whose names are recorded in these books will be prayed for during masses throughout November.

UPCOMING EVENTS

Melbourne Cup Luncheon

11:00 AM, Tuesday 7 November, Parish Hall

WOMEN'S ADVENT RETREAT

Anima Women's Network is hosting a day retreat entitled "Preparing our Hearts for Christ" at St Alipius Hall from 9:00 AM to 4:00 PM on Saturday 11 November. The day includes Mass, Confession, a talk by Anna Krohn, lunch, and a lino print Christmas card workshop with Ballarat Artist Marie Mason. The cost is \$35 plus booking fee: www.trybooking.com/CMNFK

STEWARDSHIP PROGRAM

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

Supporting our parish priests	\$1,400
Maintenance of parish buildings, office and administration expenses, grounds maintenance etc.	\$668.20

We invite anybody who would like to join the program to please contact the parish office.

REPORTS FROM SYNOD

At the end of the first session of the Synod, the participants prepared and published a "Letter to the People of God" and adopted a synthesis report, "A Synodal Church on Mission." Both documents are available from the diocesan website:

www.ballarat.catholic.org.au/for-a-synodal-church-communion-participation-and-mission/

ST BRENDAN'S DUNNSTOWN

All are invited to celebrate the 'End of an Era' at St Brendan's Primary School, Dunnstown from 2:00 PM on Saturday, 25 November. Please feel free to pass this invitation on to anyone that you think may be interested.

More information is available from this website:

www.ballarat.catholic.org.au/pnews/celebrating-the-end-of-an-era-at-st-brendans-primary-school-dunnstown/

THANK YOU

On behalf of the parish, we would like to extend our gratitude to Carmel Flynn and Jason Fletcher for organising and preparing our remembrance mass last weekend.

MONSTER GARAGE SALE

Nazareth House Auxiliary Monster Garage Sale will be held from 10:00 AM on Saturday, 18 November at 218 Mill Street, Ballarat. Furniture, books, prints, cake and gift stall, morning tea. Cash only. For further information, please contact Margaret, ph. 0419 003 415.

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.

Pope's intention for November – **For the Pope:** We pray for the Holy Father. As he fulfils his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit. Lord, hear us.

SHINE A LIGHT REPORT

The "Shining A Light" program included a series of workshops held across the Diocese of Sale designed to assist the Catholic community in responding to and preventing domestic violence. Catholic Social Services Victoria, along with the Dioceses of Sale, will launch the 'Shining A Light – Workshops about domestic violence' Evaluation Report on Friday, 17 November at the Teaching Centre, Sion House, 6 Wilton Street, Warragul from 2:00 PM – 3:00 PM. Diocese of Sale Bishop Greg Bennet will be launching this report alongside the Victorian Minister for the Prevention of Family Violence, Ms Vicki Ward. To assist with planning, please register your attendance via the QR code by 12:00 noon on Wednesday, 15 November.



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 to 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.

CEMETERY MASSES

All are welcome to celebrate mass at Pootilla Cemetery on Sunday, 12 November at 9:30 AM and Gordon Cemetery on Sunday, 19 November at 11:00 AM.

BAPTISMS

Kobe Gian Anglo Cortez
Child of John and Arlene Cortez

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

MELBOURNE PROCLAIM23

Proclaim is an initiative of Proclaim: The Office for Mission Renewal, Catholic Archdiocese of Melbourne and inspired by Take the Way of the Gospel. Across three days, the Catholic Leadership Centre in East Melbourne will become a vibrant sojourn for all Catholics. Be inspired and formed for the task to share the Good News in your own local communities, whether it is your parish, school, or organisation. There will be inspiring keynote speakers, moments to encounter Christ in prayer, worship and fellowship, practical workshops to be equipped for mission and time to connect with like-minded disciples who want something more for their communities. Scan or click the QR code for details regarding the program, workshops, and keynote speakers.



FAITH AT WAR EXHIBITION

The Ballarat Catholic Diocesan Commission Archives displays an exhibition that explores priests from the Catholic Diocese of Ballarat who served during WWI, WWII, in Vietnam and Afghanistan. Priests could serve as Chaplains in the Australian Army, Australian Royal Air Force, or the Australian Royal Navy, or at RAAF bases at Ballarat, Hamilton, and Nhill. The "Faith at War" exhibit will remain on display until Monday, 13 November. You can visit the archives by appointment Monday to Friday or view the display online via the Catholic Diocese of Ballarat website www.ballarat.catholic.org.au/services-agencies-2/stewardship/diocesan-historical-commission/faith-at-war-and-the-priests-who-served-from-the-catholic-diocese-of-ballarat/. To visit the archives please contact the archivist by email archives@ballarat.catholic.org.au

YOUNG WOMEN'S FELLOWSHIP

The Australian Bishops Commission for Evangelisation, Laity and Ministry invites applications for the 2024/25 Australian Young Catholic Women's Fellowship from young Catholic women who are committed to their faith and who feel called to explore leadership opportunities in their chosen fields and within the Church. The fellowship welcomes those volunteering or working in Catholic ministries or roles, and those working in secular settings fulfilling their mission in the world. Fellowship participants should be open and willing to explore the diversity of the universal church and desire to identify and step into new mission fields. Applications close Thursday, 16 November. For more information scan or click the QR code.



YCW CRICKET REUNION

All former players, supporters and families are invited to get together for lunch at Robin Hood Hotel on Sunday 3 December at 12 noon. Numbers are needed by Sunday 26 November. For further enquiries or to book please call Terry on 0401 730 670 or John 0409 864 080.

ASSISTANT ADMIN POSITION

St Patrick's Cathedral is seeking applicants for an Administrative Assistant to support the implementation of the Choral and Organ Scholarships. The role will suit someone who is very well organised, efficient, who takes initiative, who is familiar and comfortable with technology platforms and social media applications, capable of building good working relationships within the parish and who has an appreciation for the role of traditional styles of sacred music in contemporary liturgical settings. The role is part time – approximately one day a fortnight. If you would like to apply, please forward a cover letter and resume to the Choir Director, Vincent Sully at vincenzo101923@gmail.com by cob Friday 24 November. A copy of the position description and further information can be obtained from Mr Sully at the above email or on 0407 310 115.

CARITAS GAZA APPEAL

An estimated 1 million people have been displaced in Gaza with immediate food, shelter, health, and psychosocial needs. With your support, Caritas can support partners on the ground to assist people displaced and affected by the current conflict. Please donate to Caritas Australia's Gaza Crisis Appeal by scanning or clicking the QR code.



Leadership as Service

Gospel reflection by Veronica Lawson RSM

31st Sunday in Ordinary Time: Matthew 23:1–12

Today's gospel has particular relevance for all in positions of authority.

Appointment or election to such positions is not for the sake of status or self-aggrandisement. Neither does the specialised knowledge associated with such roles bring with it the right to special privileges.

Sadly, both civic and religious leaders can easily develop a sense of entitlement that shifts the exercise of their authority from service to privilege and oppression. That seems to have been the case for certain religious leaders in first-century Palestine.

Shortly after I took up a five-year term as elected leader of my religious congregation, I handed the members of my council an article about leaving office gracefully. They objected that we had only begun our ministry of leadership. What was I suggesting?

I was convinced then as now that gospel-inspired leadership requires that one hold one's position lightly, ever aware that leadership is a service for a time, an opportunity to create or maintain the conditions for all in the community or organisation to take their own power and to exercise it responsibly within the parameters of their core commitment.

Leaders can call their members to authentic living of their commitment

only if their own lives are congruent with what they profess.

Within Second Temple Judaism, the Pharisees were the respected teachers and interpreters of the Law of Moses. Some of them abused their positions and so became the subject of Jesus' scathing and cumulative criticism.

They exploited their specialised knowledge to exercise power over the people and create intolerable burdens while at the same time failing to observe their own rules. They sought the adulation of the people through their exaggerated and ostentatious observance of certain religious customs.

They are accused of broadening their phylacteries, the little leather boxes containing the words of the Shema (Deuteronomy 6:4-6) that observant Jews bound to their heads and arms, and of lengthening the tassels attached to their cloaks (in observance of Deuteronomy 22:12).

They looked for special treatment, for places and titles of honour, and for public recognition. They failed to understand that the Shema is intrinsically a call to listen, to hear and to obey the love commandment.



Matthew attaches to this condemnation of the scribes and Pharisees several loosely connected sayings of Jesus that link service and humility.

Greatness lies, not in the pursuit of power over others, but rather in knowing one's proper place in the scheme of things and so recognising that God is the source of all human power and authority.

In *Treading Lightly: The Hidden Wisdom of the World's Oldest People*, Karl-Erik Svelby and Tex Skuthorpe demonstrate how the story of one indigenous community, the Ngunnabarra, offers a compelling alternative to hierarchical leadership in our times, namely the age-old "context-specific" leadership for sustainability. *Treading Lightly* offers a vision utterly congruent with the gospel-inspired and earth-conscious leadership of Pope Francis that is being exercised so powerfully in the context of Synod 2021-2024.

THIS WEEK'S READINGS
31ST SUNDAY IN ORDINARY TIME
MALACHI 1:14–2:2, 8–10
1 THESSALONIANS 2:7–9, 13
MATTHEW 23:1–12

NEXT WEEK'S READINGS
32ND SUNDAY IN ORDINARY TIME
WISDOM 6:12–16
1 THESSALONIANS 4:13–14
MATTHEW 25:1–13

ASSEMBLY AWARDS 3rd November 2023 Hosted by 3NM Theme: Hospitality

Hospitality means welcoming other people.

We show hospitality because Jesus teaches us to include everyone and show them they are welcome.

Foundation, Years 1 and 2	No Junior School Assembly Awards this week due to F-2 Athletics Day
3 NM	Nellie Cheeseman and Miah Cooper
3 JV	Violet Wilson and Christian Wright
3 GW	Kayden Finley and Winnie Harrison
4 BW	Aria Treacy and Isabelle Slater
4 HC	Aila Glab & Cruize van Langevelde
4 CP	Zach Cooper and Maeve Waldron
5 JF	Lilly Rice and Tom Anderson
5 OH	Monty Harrison and Henry Warr
5 CC	Chloe Flynn and Ivy Reus
6 PB	Cooper Downes and Georgia Dundas
6 MM	Julian Simpson and Abe Sosinski
6 ZA	Will Brown-Kenyon & Josie De Lorenzo
Environmental Education	Emerson Rolfe (4CP) and Hughey Roberts (1MM)
Performing Arts	Matt Corrigan (yr 6) for always being helpful, supportive and encouraging of others.
Visual Arts	Charlie Ryan & Cruz Raine (FLH) for being kind, caring and thoughtful members of our Art class.
Physical Education	Nicolas Taylor (1MM)
Principal's Award	Tom Anderson for assisting the younger children on the yard when things go wrong sometimes.

INSIGHTS

Turn your anger around without yelling



We've all had those days. You know the ones... the days where your child has refused to get ready for school, thrown food at their brother and is in a right mood. Your teenager slams the door when you ask them to clean up their bedroom. You ask and ask again. And the kids just won't listen. That, or if they listen, they won't do as they're told!

When days like this happen – and they do – you can get so angry that you lash out only to regret your actions later on. With smacking now widely regarded as less acceptable, the lashing out often takes the form of yelling. It's probably fair to say that yelling is the new smacking.

Yelling is harmful

Researchers believe that yelling at kids can be just as bad as smacking. Yelling has also been linked to lower self-esteem in children and young people. Children who are raised in a home where yelling is common have a higher risk of developing psychological issues. When parents use yelling as a discipline measure, kids have an increased risk of developing behavioural problems, anxiety, stress and depression.

Understand, don't reprimand

When your kids are really getting under your skin, instead of getting furious, be curious. You need to connect before you correct. Children don't wake up in the morning and think, 'How can I make life horrible for my parents?' They might be having a hard time. Work out what needs aren't being met and help meet them.

Use humour

Humour is one of the best ways to take away anger and reduce stress. A good friend of mine was teaching his daughter to drive. The whole family was in the car while the daughter was driving when she missed a corner and ended up crashing into a petrol station sign. My friend looked at his daughter and at his family and said, "Well, while we're here, does anyone need to use the bathroom?" By using humour, my friend released the tension in the situation. Then they could calmly talk about what had happened and how to resolve it. What a wonderful way to turn away from anger!

Stay calm and kind

Self-talk is now recognised as a great way to regulate your emotions and change your behaviour. When you're starting to get upset there's a mantra that you can use: 'I'm going to be calm and kind.' When you repeat this phrase, it reminds you of what you want, and helps you to better regulate your own emotions. Calmness is something of a superpower that can have such a positive impact on those around you.

parenting*ideas

Create psychological distance

All parents seem to have just a bit more patience with someone else's child or young person. Pretend that you're 'a favourite aunt who rarely ever gets cranky at the kids. She always finds a way to be kind, even with the challenging child or teenager. If that doesn't work for you, pretend your child is a neighbour's kid!

In closing

Yelling turns children and young people away. Speak softly. Speaking softly forces them to listen closely, and it make everyone feel better.

Most parents hate yelling (as do their kids). When you are calm and kind, and look to understand, not reprimand, you will be able to keep anger and yelling out of your home. That's better for your kids and for you.



Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit www.happyfamilies.com.au



JOIN US SUNDAY 19 NOVEMBER
ON A BRAND NEW COURSE TO
RAISE FUNDS FOR THE
BALLARAT CHRISTMAS APPEAL

REGISTER HERE



The Ballarat Foundation is pleased to bring Run for a Cause to a new, exciting location for 2023. This year, our Event Village will be based in Lucas Town Centre, with our courses utilising the beautiful streets and paths of Lucas as well as giving participants the opportunity to run down the centre of Sturt Street and through the Arch!

JOIN YOUR SCHOOL TEAM WHEN YOU SIGN UP FOR THE
12KM, 6KM EVENT, OR AS PART OF THE Y KIDS' DASH.



THANK YOU TO OUR GENEROUS SPONSORS





BUNINYONG
LITTLE ATHLETICS

WE ARE **FRIENDSHIP** *Bring a buddy!*

We know how much you love Little Athletics, so why not **invite your friends** to experience this fun sport with you?

Participating in athletics is a great way to spend time with your friends and achieve your **personal bests together**, whilst having so much fun along the way!

**IT'S NOT TOO
LATE TO JOIN!**



Register at

For more info, email
buninyong@lavic.com.au

lavic.com.au/centres/buninyong/