



St Francis Xavier Primary School

Newsletter

Monday 13th November 2023
Term 4 Week 7

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Term 4 (12 weeks)

Mon 2nd Oct - Wed 20th Dec

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

Year 6 Market Day
1.45pm – 3.15pm
on the Lower Oval

Tuesday 28th November

2024 Foundation Transition

Wednesday 29th November

Year 1 Camp Experience

Thursday 30th November

Year 1 Camp Experience

6pm Community Christmas

Gathering

Last day for Book Club 8
orders

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 Yr 6 Graduation in Gym

Friday 15th December

Last 2023 student day
Normal finish time

In the Land of the Wadawurrung People

Dear families,

We celebrated Remembrance Day on Saturday as our nation stopped to reflect upon the human cost of war. Many of us today can recall members of our family who might have served time in fields of battle. Remembrance Day is about remembering those people and keeping their spirit alive through our memories and the stories that are passed on from generation to generation.

On Friday our Year 4 students led a meaningful assembly to recognise Remembrance Day at school. They led us in prayer as we recalled those of the past and present who work so hard to defend our Country. The children were very respectful during the prayer service and I felt proud of their ability to reflect upon the significance of this day.

We know that war is not a thing of the past. As wars continue to be fought across the world we know that peace for many is a long way off. While we acknowledge those who have sacrificed so much for our freedom, let's not forget those who work for freedom today. Let's pray for a time when war is no longer a living menace and peace is something that unites us all.

God bless,

Mark Hogbin



REMEMBRANCE DAY
Let's We Forget

A Prayer for Remembrance Day

Help us, who today remember the cost of war, to work for a better tomorrow; and, as we commend to you lives lost in terror and conflict, bring us all, in the end, to the peace of your presence; through Christ our Lord. Amen.

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Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.*

Senior School Sports Day

Our students from years 3-6 will meet at Llanberris Reserve on Friday to enjoy our long awaited school sports day. Please feel welcome to stay on after you have dropped off your children to enjoy the day with us.

School Fees & Accounts

Now is the time that we start finalizing accounts for the end of the 2023 school year. For families paying school fees by Direct Debit, payments will continue as planned. If you pay school fees by any other method, now is the time to start finalising payments for the school year. If you have any questions about school fees, please contact Kerrie at the school office.

Fundraising for Deaf Children Australia

This month Mackenzie Donnelly (2CJ) is raising money for deaf children for Deaf Children Australia by completing 300,000 steps for the month for the step up for deaf children challenge, which she is already smashing.

There will be a walk as part of the fundraiser on Sunday 19th November at Brown Hill reserve and there are raffle tickets for sale as well.

The link for the tickets: <https://www.ticketebo.com.au/deaf-children-australia/k-s-for-kenzie>

The link for the walk: <https://facebook.com/events/s/ks-for-kenzie/291520690371572/?mibextid=RQdjgZ>

Please find at the end of this newsletter: Assembly Awards; Insights - Enough.



EMPOWERING DREAMS, ONE STALL AT A TIME!

YEAR 6 MARKET DAY!



1:45PM - 3:15PM

MARKET STALLS, GAMES AND ACTIVITIES

EVERYONE WELCOME!

NOVEMBER 24, 2023

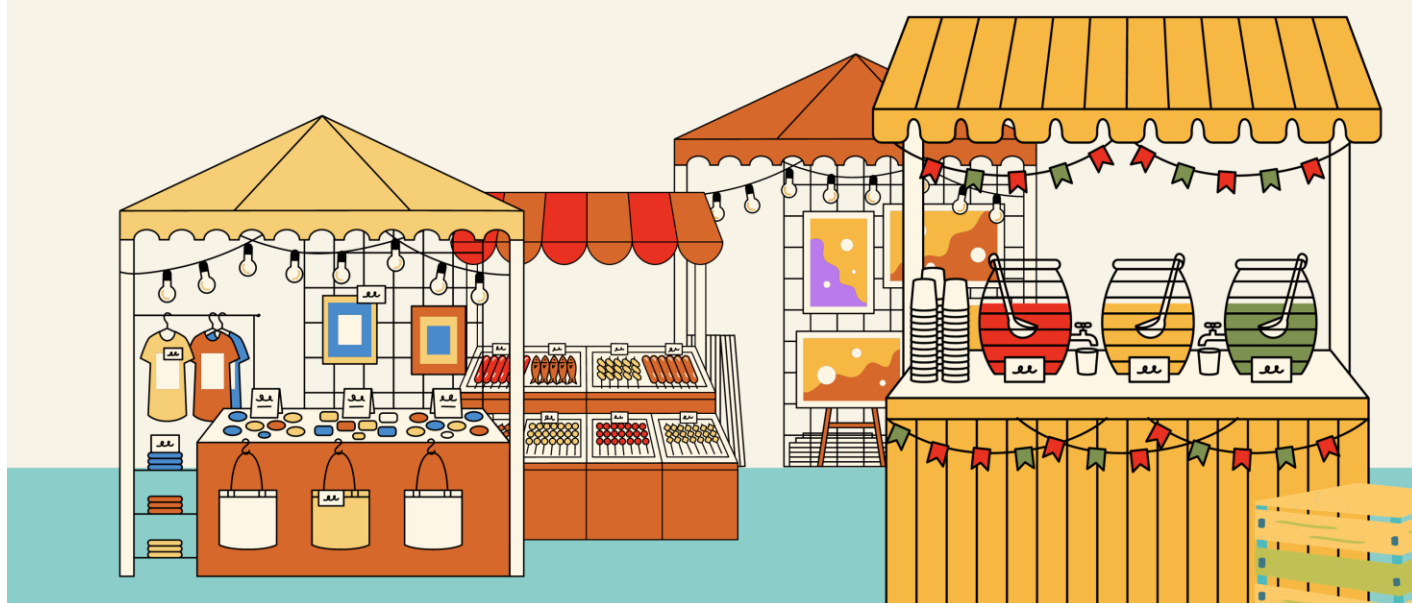
Meet at the Lower Oval

St Francis Xavier Primary School

100 Fortune St,

Ballarat East VIC 3350

All proceeds go
to three
charities that
assist
underprivileged
individuals.



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Dear Families,

We are thrilled to announce that our Year 6 Market Day is just around the corner and we cordially invite you to join us for this fun-filled event on Friday, 24th November, from 1:45pm to 3:15pm. This event promises an afternoon of enjoyment for the entire family, and we encourage everyone to come and participate in a celebration of our Inquiry learning in Terms 3 and 4.

Event Details:

Date: Friday, 24th November

Time: 1:45pm - 3:15pm

Location: SFX Lower Oval

The Year 6 Market Day is a fantastic opportunity for our students to showcase their creativity, entrepreneurial spirit, and teamwork. Our young entrepreneurs will be setting up vibrant market stalls offering an array of exciting products and services. From homemade crafts to delicious treats, there will be something for everyone.

But that's not all – we have a range of engaging games and activities planned to keep the excitement going. We are going to keep the suspense, you will have to just wait and see!

This event aligns with our school's fundamental values of community service and giving back, and also compliments our RE unit of 'Solidarity.' This year, all proceeds from the Year 6 Market Day will be donated to three charities that assist underprivileged individuals. By participating in this event, you're not only supporting our students' creativity and business skills but also contributing to meaningful causes.

Please remember to bring along your spare pocket money to make any purchases at the stalls and participate in the games and activities as you wish. Every contribution, no matter how big or small, will make a difference in the lives of those in need. We know that money is particularly tight these days, so if this isn't an option for you we are also taking donations for second hand soccer gear, toys, baby items, clothing and school supplies that the three charities accept with open arms. We also understand that you might be supporting your child in creating and facilitating their market stall, we can see this as another form of donation too.

We look forward to seeing you and your family at the Year 6 Market Day. Together, let's make this event a huge success and create lasting memories for our students.

Warm regards,

Year 6 Team

Petra Barclay, Michael Marshall & Zoe Astbury

Religious Education News

THIS WEEK'S GOSPEL- Sunday November 12, 2023 Thirty-second Sunday in Ordinary Time (Year A)

Gospel: Matthew 25:1-13

Jesus said: "At that time the Kingdom of heaven will be like this. Once there were ten young women who took their oil lamps and went out to meet the bridegroom. Five of them were foolish, and the other five were wise. The foolish ones took their lamps but did not take any extra oil with them, while the wise ones took containers full of oil for their lamps. The bridegroom was late in coming, so the women began to nod and fall asleep.

"It was already midnight when the cry rang out, 'Here is the bridegroom! Come and meet him!' The ten women woke up and trimmed their lamps. Then the foolish ones said to the wise ones, 'Let us have some of your oil, because our lamps are going out.' 'No, indeed,' the wise ones answered, 'there is not enough for you and for us. Go to the shop

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and buy some for yourselves.’ So the foolish women went off to buy some oil; and while they were gone, the bridegroom arrived. The five who were ready went in with him to the wedding feast, and the door was closed. “Later the other women arrived. ‘Sir, sir! Let us in!’ they cried out. ‘Certainly not! I don’t know you,’ the bridegroom answered.”

And Jesus concluded, “Be on your guard, then, because you do not know the day or the hour.”

(Gospel passage taken from Good News Translation)

Gospel reflection: Sometimes things happen that we don’t expect and we realise that we are not ready for them. CAFOD and other catholic agencies work around the world to help people be more prepared for what might happen. For example, in the Democratic Republic of Congo (DRC), local experts, supported by CAFOD, have helped people prepare so that they know what to do if a volcano erupts. They practice “evacuation drills” a bit like we do fire drills and lockdowns at school. They teach the children how to look after each other if they get hurt, because being prepared in this situation can help save lives.

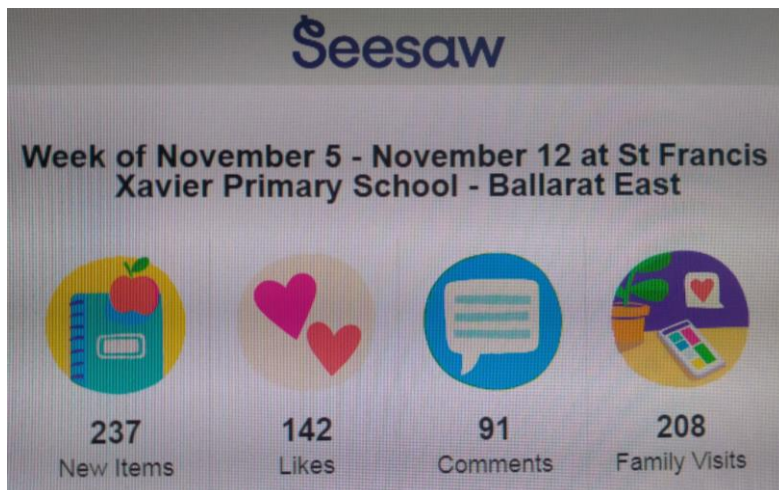
Jesus asks us to be ready and prepared to be kind and loving to others whenever we have the chance. Are you ready to try and help people when they need some support?

Our Challenge: Let’s try our best to be prepared in this coming week to be loving, kind and generous. Let us be ready to help others at home, at school, in the local community and around the world *(Adapted from CAFOD website)*



Christine Meneely, **Religious Education Leader**

Curriculum News

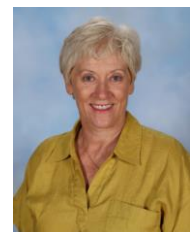


Throughout Term Four, we are committed to the use of Seesaw (our digital portfolio platform) as part of our assessment and reporting schedule. Our teachers and children take great pride in the assessment tasks, learning samples and learning experiences showcased in each child’s Seesaw portfolio. It is always our aim to strengthen our home-school partnerships through the use of Seesaw, while also enhancing student voice. Each learning piece in the portfolio is selected because it is an authentic representation of what each child has achieved, indicates their next steps in learning and shares insights into your child’s educational experience. Please interact with each

of the Seesaw posts uploaded by either liking or commenting on the learning being shared - it really does put a smile on our learners’ faces when they see a like or comment from home!

Thank you for the support you are giving to Seesaw. The above details highlight this.

Enjoy your week,



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

Wellbeing News

Many of our children (not to mention us as adults and parents!) are drenched in the insecurity of feeling incomplete, inadequate and insufficient. Children may be reluctant to have a go at tasks and risk making mistakes; or paralysed by the fear of doing something wrong and getting in trouble. This week Justin Coulson discusses five things we can do to help our children overcome their anxieties and perfectionism and achieve intrinsic success.

Kind regards,

Christine Meneely, **Wellbeing Leader**

Sport/Physical Education News

Regional Cricket

This Wednesday the Boys cricket team will play in the Greater Western Region Cricket Tournament at Wendouree. We wish the students and the team an enjoyable day and all the very best for their matches.

Interschool Sports

Last Friday we welcomed Yr 5 & 6 students from Emmaus Primary school to St Francis Xavier for a morning filled with many fun activities and sports. All of the students had a wonderful time and some new friendships were made. A big thank you to the Sports Captains for setting all of the equipment up and all of the Yr 5/6 staff and students for making it such a great day.

SFX Yr 3 - 6 Athletics Day

Everything is in place for our Yr 3-6 Athletics Day this Friday November 17th at Llanberris Athletics Reserve. A reminder that students are to be taken directly to the venue for a 9:20am start. For all information including a proposed schedule please refer to the PAM notification.

2023 Sports Dates

Term 4:

- 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**



INSIGHTS

happy families. 

ISSUE 2 | TERM 4 | 2023

Enough

Many of our children are drenched in the insecurity of feeling incomplete, inadequate, insufficient. And even our seemingly confident and competent kids are struggling. The ones who are “succeeding”, the ones who are ticking all of the right boxes, the ones who are “winning”, are often the WORST at feeling like they’re “enough”.

I wish it weren’t true, but it is our well-intentioned attempts to optimise our children’s success in the future that can leave them feeling like it’s all too much. After evaluating over 50 studies, one pair of researchers concluded that “increases in excessive parental expectations and harsh parental criticism offer perhaps the most plausible explanation for rising perfectionism to date.”

This is not to lay the blame solely at the feet of parents. Rising levels of societal individualism, focus on attainment, increasing economic inequality and rising competitiveness have created a societal background that easily leads to controlling parenting practices and excessive parental expectations. We have the best of intentions in wanting our children to succeed, but in trying to secure a good future for our kids, we expect too much, criticize too harshly, and minimise their autonomy. All of this leads to a tremendous number of kids feeling that they’re not ‘enough’.

Yet with so many of our children feeling that they are not enough, a helpful question to ask is:

What does ‘enough’ look like?

“If I could only... then I will be enough”, “If I can just... then I will be enough”, “When I achieve... then I will be enough.” A sense of “enough” will never come this way. It can’t. Because even when those things are achieved, there will always be someone more beautiful, smarter, or funnier. Valuing self based on extrinsic characteristics will always lead to feeling incomplete, inadequate, insufficient, imperfect.

Another form of success – what I call intrinsic success – is built on the development of character. It accumulates over time through steady, consistent effort and an emphasis on doing the inner work of becoming a better person.

Here are five things we can do to help our children overcome their anxieties and perfectionism and achieve intrinsic success:

1. Show them they matter

People who know they matter are more resilient and engaged in life than those without a sense of mattering. We show someone they matter by demonstrating that our love and care for them is not conditional upon performance.

2. Teach them who they are

Children who are told family stories believe they are responsible and that they are capable of controlling things rather than being at the mercy of external or environmental elements.

Children who know their family identity tend to feel better about themselves. They have “roots”.

3. Be a hope builder

If we are hope-ful we know where we're going (goals), can see a way to get there (pathways), and believe we can actually walk that path (agency). As parents, we must be hope builders in our children's lives. We do that by helping them identify things that are worth working towards by setting goals based on personal interests and passions. We help them break the goal down into smaller tasks and make sure they have the resources, tools, and information required to pursue their goal. And we celebrate their achievements, provide reassurance when they face difficulties, and remind them that setbacks are opportunities for growth and learning.

4. Encourage them to do hard things

Competence is a vital human need. Yet you don't become confident by shouting affirmations in the mirror or having your parents pump up your tyres with false praise. It comes from doing the hard thing again and again. And then it comes from celebrating achievement. When they do the hard thing, ask your child how it felt to progress. Boost them up with real compliments and genuine praise – praise that reflects their own positive self-evaluations and helps them feel good about their efforts.

5. Help them make a real difference

We all need to be a part of something larger than ourselves. Spencer W. Kimball, a former leader of the Church of Jesus Christ, said, "We become more substantive as we serve others—indeed, it is easier to "find" ourselves because there is so much more of us to find!" Perhaps we might help our children realise they are enough by encouraging them to step outside themselves and look outwards in service to others. In so doing, I believe they'll discover that, while no one may ever be quite "enough", they will be more than they ever could have been otherwise.

Ultimately, here's what I want our kids to know:

I am enough because of who I am right now in this moment.

Being enough isn't something that our kids need to achieve. It isn't something that is determined by what they have done. It is their ability to accept themselves completely in the present moment that gives them the ability to feel like they are enough.

They are enough. Right now. Just the way they are.



AUTHOR

Dr Justin Coulson

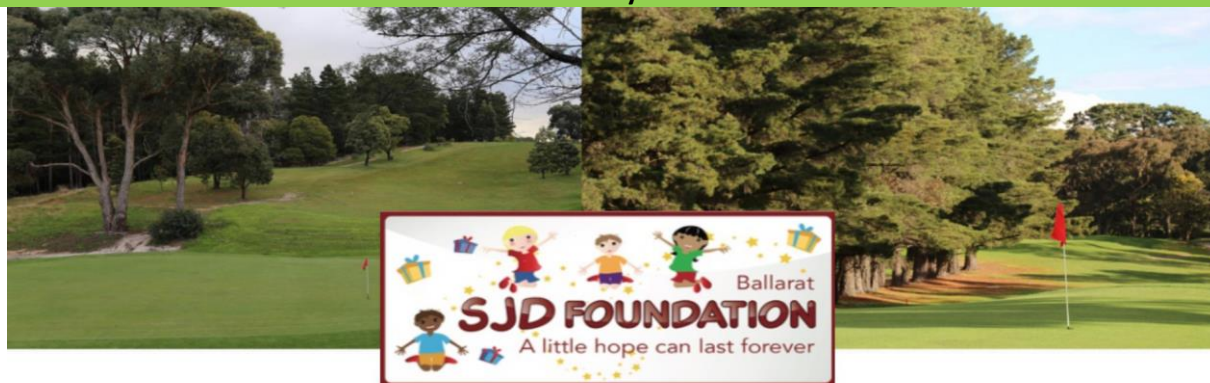
Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 7 books about families and parenting. For further details visit happyfamilies.com.au.

ASSEMBLY AWARDS 10th November 2023 Hosted by 4CP 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.

Foundation	No Foundation Assembly Awards this week due to Werribee Zoo Excursion
1 JS	Oskar Olszewski and Freddy Dreher
1 MM	Edie Giles & Jude Reus
1 EM	Sahesi Kariyawasam and Tom Maher
2 EH	Macie Lloyd and Maya Skewes
2 CJ	Mackenzie Donnelly and Baxter Steinman
2 GH	Sophie Olechnowicz and Archie Gerdtz and Edie Young and Freddie Lynch
3 NM	Mollie Arnts and Milla Richardson
3 JVG	Alexis Toohey and Sibella Moore
3 GW	Grace Hocking and Eliza Simpson
4 HC	Ava Nicholson and Isla Tongs
4 CP	Harriet Locke and Emerson Rolfe
5 JF	Cooper Daly and Charlotte Morris
5 OH	Braxton Buntsma and Emily Hanrahan
5 CC	Rahui Munokoa and Mitchell Kane
6 PB	Ash Norris and Alex Hocking
6 MM	Logan Warren and Lola Roney
6 ZA	Evie Pengelly & Zach Kennedy
Environmental Education	Olena and Pearl
Performing Arts	Everyone in 1MM for being so respectful and helpful when we moved the instruments to the gym for 4CPs assembly performance
Visual Arts	Ivy Miles (4CP) and Louie Evans (1EM)



www.sjdfoundationballarat.com

SJD FOUNDATION CHARITY GOLF DAY

Mt Xavier Golf Club - Sunday 3rd of December EVENT DETAILS

Mt Xavier Golf Club – SJD Foundation – Golf City – Ben Roberts & Richard Alsop are proud to host the 5th Annual Charity Ambrose Golf Day to be held at Mt. Xavier Golf Club, Sunday the 3rd of December 2023.

This event raises funds for a local charity in memory of founder Shane John Dorney (my wife's brother-in-law) who passed away after a long battle with cancer. He was made a promise, that an annual golf day would be run to raise funds for his charity.

The SJD Foundation is a local charity doing some unbelievable work for under privileged children and young families. We are inviting you to enjoy a fantastic day of golf and be involved in helping raise much needed funds for the SJD Foundation!

- > Event – 4 Person Ambrose – any combination
- > Tee time bookings from 7:00am – 1:30pm
- > BBQ, raffles, nearest-to-the-pins and great prizes to be won!

ENTRIES CLOSE ON 30th NOV 2022 OR WHEN FIELD IS FULL

Return entries to: I GOLF 31 Learmonth St, Alfredton, Ballarat, Vic, 3350 or email to GOLFCITYBALLARAT@GMAIL.COM with c/c details attached (NO PAY NO PLAY)

Ph: Richard 0405 135 309

[Download Entry Form](#)