



St Francis Xavier Primary School

Newsletter

Monday 27th November 2023
Term 4 Week 9

P.O. Box 2027
Ballarat East VIC 3354
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Email: principal@sfxballarat.catholic.edu.au

Term 4 (12 weeks)

Mon 2nd Oct - Wed 20th Dec

In the Land of the Wadawurrung People

Dear families,

Tuesday 28th November

2024 Foundation Transition

Wednesday 29th November

Year 1 Camp Experience

Thursday 30th November

Year 1 Camp Experience

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

Thursday 7th December

6pm Community Christmas Gathering

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

Tuesday 20th February

9.30am Open Day/School
Alive Tour

Tuesday 27th February

9.30am Open Day/School
Alive Tour

Wednesday 6th March

9.30am Open Day/School
Alive Tour

Wednesday 27th March

9.30am & 6pm Open
Day/School Alive Tour

On Tuesday we will have our traditional Transition Day at school. This is an opportunity for all students to spend some time with their teachers for 2024 in the classrooms where they will be working next year.

Days like our Transition Day can be full of fun and excitement. Children discover who their teacher will be, what next year might look like and who they will have as class mates in their room. It offers the chance to expand friendships and to build new relationships with the staff who will support them in their learning.

For some of our students, Transition Day can also be a challenge. There is a lot of new information to take in and a whole set of new routines and expectations to learn. If your child is feeling anxious or fearful of what a new year at school might look like, a little reassurance can go a long way. Moving through school each year is a normal part of growing up. It is a shared experience and many other children will be wondering what their new class might be like. It's normal to feel a little nervous! The teachers and other staff will be working hard to make everyone feels welcome in their new settings and together, everyone can build a positive community of learners.

As we draw ever closer to the end of the school year we can feel proud of the learning that has occurred over 2023. Our students have lived, worked and grown together and our community is strong. Let's enjoy the final few weeks before the long summer break begins.

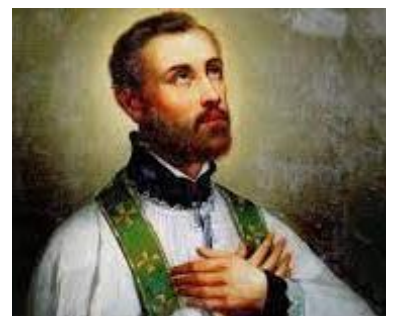
God bless,

Mark Hogbin



Feast Day of St. Francis Xavier (Saturday 3rd December)

Our school will recognise the Feast Day of our Patron Saint, St. Francis Xavier, and celebrate the day on Friday 1st December. This remarkable man, who was born in Spain in 1506 and died before Elizabeth I ascended the throne of England, was the first Christian and the first Jesuit missionary to visit Japan, which in the sixteenth century was a closed country about which almost nothing was known. Although Japan was where he would ultimately devote several years of his life, St Francis



Xavier was determined to spread God's word throughout Asia to the people of what was then known as the Portuguese Empire. Revealing great courage in the days when many still believed the earth was flat, and two centuries before Cook's voyage to Botany Bay and Australia, St Francis Xavier not only travelled as far as Japan but also journeyed to Borneo, India, the Moluccas, Ceylon (now Sri Lanka), Mozambique and other areas that had not yet been visited by Christian missionaries, as well as visiting and working in China with a small pioneering band of Jesuit missionaries.

Christmas Carols



Unfortunately it looks like bad weather for our planned Carols evening on the oval booked for this Thursday evening. **Please note that we have re-scheduled our Carols event to Thursday 7th December instead. See you on the oval from 5.00pm on Thursday 7th December.**

Year 6 Market Day

Our Year 6 students ran an amazing Market Day for us last week. When the weather turned against us they showed great resilience by relocating their activities and making sure that the event continued to run smoothly. Well done to our students and staff who made this event possible.



Year 5 Camp

Our Year 5 students returned from their camp on Friday afternoon. Many memories were made and everyone felt a sense of achievement by mastering individual challenges and group tasks. Well done students! Of course, well done and thank you to our staff who worked so hard to ensure that everyone had a successful time.

*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.*

THIS WEEK'S GOSPEL- Sunday November 26, 2023

Our Lord Jesus Christ, King of the Universe

Gospel: Matthew 25:31-40

When the Son of Man comes in his glory with all his angels, he will sit on his royal throne. The people of all nations will be brought before him, and he will separate them, as shepherds separate their sheep from their goats.

He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, "My father has blessed you! Come and receive the kingdom that was prepared for you before the world was created. When I was hungry, you gave me something to eat, and when I was thirsty, you gave me something to drink. When I was a stranger, you welcomed me, and when I was naked, you gave me clothes to wear. When I was sick, you took care of me, and when I was in jail, you visited me."

Then the ones who pleased the Lord will ask, "When did we give you something to eat or drink? When did we welcome you as a stranger or give you clothes to wear or visit you while you were sick or in jail?"

The king will answer, "Whenever you did it for any of my people, no matter how unimportant they seemed, you did it for me." *(Gospel passage taken from Contemporary English Version)*

Gospel reflection:

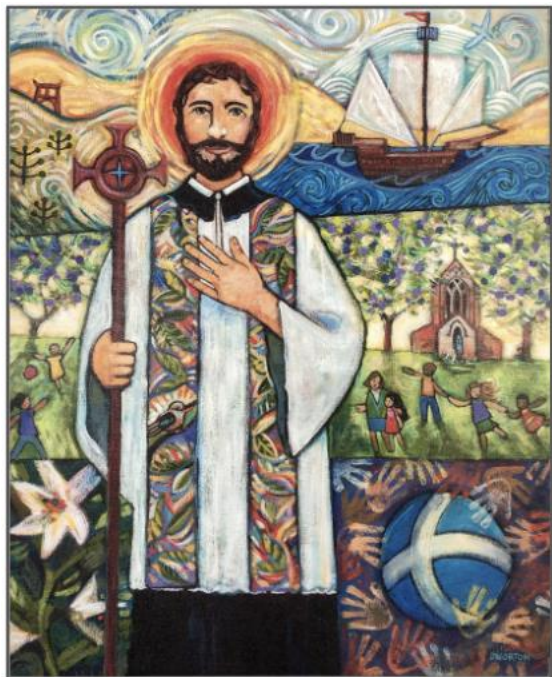
Jesus tells us about the kind of person who will be welcome in his kin(g)dom.

This group of people fed Jesus when he was hungry, gave him a drink when he was thirsty. They welcomed him when he was a stranger and lonely, they gave him clothes when he didn't have any. They visited him when he was sick and in prison.

The people were very surprised and they asked Jesus when it was that they did all these things. He says, "when you did this to the least of my brothers or sisters, you did it to me." What do you think this means?

We are all God's children. We are all brothers and sisters – members of one big global family. Jesus is saying that he is in each one of us and every time we help someone else, every time we treat someone kindly, welcome them or share with them, then we are doing this to Jesus.

Our Challenge: How can we serve Jesus in others? Maybe our Reverse Advent Calendar can prompt us to share with those less fortunate than ourselves?



St Francis Xavier Feast Day

On Friday we celebrate the feast day of St Francis Xavier.

St Francis Xavier was born in Spain in 1506. With St Ignatius Loyola, he became one of the seven who founded the Society of Jesuits. He was a traveller and adventurer. He preached for six months in Africa on his way to Asia, where he spent the remainder of his life spreading the word of God in India, Japan and the Philippines. He is the patron saint of missionaries.



“Love and hope do much for the giver as the receiver”

This year we will again be participating in the Reverse Advent Calendar initiative- a wonderful opportunity for our children to feel they are contributing and helping others in our community.

Many local families are food insecure and struggle to provide the basic necessities for their children.

The concept of a reverse advent calendar is that we all contribute an item from the suggested list and then these hampers are given to local charity groups for distribution.

We understand that in giving we need to consider the choices and dignity of the people receiving the gift, however when our children can bring something tangible (food, gift or a little treat), they are more invested and engaged in the social justice aspect and in our catholic mission.

Thank you in anticipation of your support!

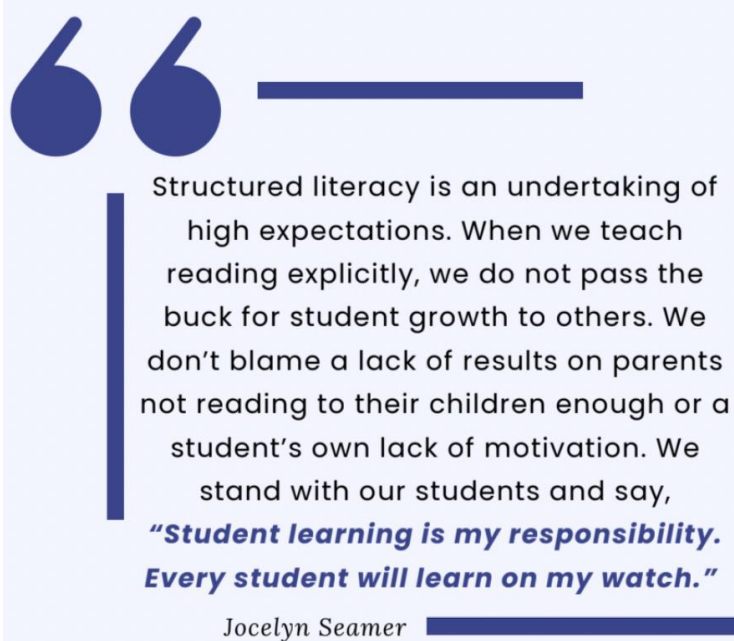
Caritas Australia’s Global Gifts Cards

What better way to celebrate Christmas than with a gift that keeps on giving. Caritas Australia’s Global Gifts Christmas cards are a great way to spread joy and hope this Christmas season and to make a life-changing impact. Each gift represents a donation that will support vulnerable communities to create a brighter future.

Order now to receive in time for Christmas at www.globalgifts.org.au



Christine Meneely, **Religious Education Leader**



The St Francis Xavier partnership with the SunLit Project in 2024

In a commitment to maintain high levels of student achievement in Reading, Writing, and Speaking & Listening from Foundation through to Year Six at St Francis Xavier Primary School, we will commence involvement in the SunLit Project next year as a Level One school. In doing so, our community will become an integral part of an action-research partnership with LaTrobe University's SOLAR Lab. Teachers will align their classroom instruction to the SunLit methodology which was established and refined by St Paul's Mildura and St Joseph's Red Cliffs to closely align to the latest in educational research.

The SunLit Pedagogical Framework details the commitments and descriptors that you, as parents, will observe teachers and students working towards in 2024 and beyond. It is through deep professional growth and reflection that we set the intention as a staff team that we will live out the vision of the SunLit Project that, *"all graduates of SunLit schools are confidently literate"*.

The SunLit Pedagogical Framework is comprised of the following six commitments:

1. Evidence-informed Practices
2. Effective & Efficient Pedagogies
3. Structured Literacy Methodology
4. Knowledge Rich Content
5. Low-Variance Principals
6. Strategic Leadership

As a Level One SunLit school, these commitments will be used as a reference point by leaders and teachers to make consistent decisions that support high-quality structured literacy instruction.

One of the key principles of good implementation is to 'do fewer things, better'. As such, it is necessary to regularly evaluate, and to de-implement approaches that are not having the intended impact. Freeing up resources can enable schools to focus on more impactful approaches which may lead to improved student outcomes. As we begin the significant task of de-implementation, we do so in hope to streamline the teaching and learning experience in acknowledgement that our curriculum is already overcrowded. The key challenge of de-implementation is that we're not de-implementing things that DON'T WORK. We're de-implementing things that DO WORK in favour of things that WORK BETTER.

Hamilton, Hattie and William say "With teacher and leader workloads and burnout at an all-time high, it's time for de-implementation: de-prioritizing and deleting the less effective, higher-cost initiatives we implement in schools. De-implementation allows us to focus on practices that have more supporting evidence and a higher probability of positive impact on students, and at the same time gain much-needed work-life balance."

If you would like to learn more about the SunLit Project, you can watch a short clip by click [this link](#).

Stay tuned for next week's newsletter, where you'll be able to read more about the elements comprising Structured Literacy and what this may look like in our SFX classrooms next year!



Assessment & Reporting – Term Four

End of Year Reports via Parent Access Module (PAM)

Your child's School Report will be available for download from the Parent Access Module (PAM) site on Wednesday 13th December. These reports have been well-prepared, well thought-out and represent your child's Semester Two achievements. Each report has been prepared by your child's class teacher, then read and commented on by a buddy teacher from within the school and finally read again by the Leadership Team. I commend the teachers for their efforts, professionalism and personalised comments. Please make some time to read the report and initiate discussion with your child/ren about what their teacher has written. And, most importantly, enjoy and celebrate your child's report and their 2023 school year!

Parent Access Module Login

Please login with your credentials, as supplied by your school.

☐ Keep me logged in

[Forgot Password?](#)

Sign In

Teaching and learning is happening all around at St Francis Xavier primary school. The photos are just a small snapshot of the day to day happenings.

Enjoy!

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



Wellbeing News

When things feel hard, the temptation to quit can be very high.

Olympic gold medalist Nastia Liukin recounts wanting to quit after a hard practice, and her parents would always say: "You can quit. But not today."

Then they would explain: "We all have bad days when we want to quit. But if you do that, you won't achieve great results and you might regret this later. So you can quit on a good day. When you have a good day and still want to quit, let's talk."

So when your child comes home after a hard day at practice, a bad game, or a big loss, remind them: It's ok to quit. Quitting will always be an option, but not on a bad day.

In my family we have a rule that once you commit to a team, club or a season, you need to uphold your end of the bargain and complete what you started.

Please find attached a parenting tip sheet on helping your child to persevere when things become difficult.


(Adapted from Big Life Journal)

Kind regards,


Christine Meneely, **Wellbeing Leader**

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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.



► **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

26 November 2023

Our Lord Jesus Christ the King
The Lord is my shepherd

St Alipius parish

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

MASS TIMES

St Alipius

Friday 2:00 PM anointing mass
Saturday 9:30 AM, 6:00 PM
Sunday 9:00 AM (1st, 3rd & 5th weeks)
10:30 AM (2nd & 4th)
Rosary – Tuesday 6:30 PM

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

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: Agnes Hughes (Arundell)

Anniversaries: Anne Veronica Duck, Peter Begbie

Unwell: Socorro De Chavez, 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.



Our Lord
Jesus
Christ, King
of the
Universe

FR JORGE FAREWELL

Father Jorge's final mass with us will be on Christmas Day. He heads off on Boxing Day for the long drive across the Nullarbor to his new parish in Western Australia. Everyone is invited to join Fr Jorge for a farewell mass at 6:00 PM on Saturday 9 December at St Alipius, followed by a BBQ in the church grounds (weather dependent). This is our chance to gather as a parish to thank and say goodbye to Fr. Jorge. Please bring a salad or dessert to share. Sausages will be provided. BYO drinks.

CHURCH WORKING BEES

To prepare our churches for Christmas, the Parish Pastoral Council has organised a working bee at each church. Tasks include cleaning, weeding, and setting up Nativity scenes. If you can spare some time, please join us after Sunday's 10:30 AM mass at St Alipius on 26 November, and at Ss Peter and Pauls on 3 December.

UPCOMING EVENTS

Anointing Mass

2:00 PM, Friday 1 December, St Alipius

Farewell Mass and BBQ for Fr Jorge

6:00 PM, Saturday 9 December, St Alipius

LITURGY ROSTER

The St Alipius liturgy roster for December and January will be emailed to volunteers this week. For those not on email, hard copies will be provided in the sacristy. Please remember to diarise when you are scheduled and arrive at least 10 minutes before the start of mass to sign in and check that all volunteers have turned up. Thank you.

STEWARDSHIP PROGRAM

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

Supporting our parish priests	\$1,068
Maintenance of parish buildings, office and administration expenses, grounds maintenance etc.	\$248.20

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

ANOINTING MASS

Parishioners are invited to attend our anointing mass at St Alipius at 2:00 PM on Friday 1 December, followed by a cuppa in the hall. A small plate to share following mass would be welcome. If transport is required, please call the parish office on 5332 6611.

ALTAR SERVERS

The Children's Mass at 6:00 PM on Sunday 24 December provides a wonderful opportunity for any children in the parish who are interested in participating in the mass as an altar server. If you have children who are interested, please let the Parish Office know. Training will be provided, and altar servers will have an opportunity to serve during Advent Masses with coaching, in preparation for the Children's Mass.

CHRISTMAS MASSES

This year Christmas Eve falls on a Sunday, so masses that weekend will be as follows:

Saturday 23 December – 4th Sunday of Advent vigil

6:00 PM – St Alipius

Sunday 24 December – 4th Sunday of Advent

9:00 AM – Ss Peter and Paul's

10:30 AM – St Alipius

Sunday 24 December – Christmas vigil

6:00 PM – Children's mass at St Alipius

7:30 PM – Ss Peter and Paul's

9:00 PM – St Alipius

Monday 25 December – Christmas Day

9:00 AM – Ss Peter and Paul's

10:30 AM – St Alipius

SVDP CHRISTMAS APPEAL

The Ballarat East Conference of SVdP invites you to support their Christmas Appeal which plays a vital role in enabling the good works of the Society to continue serving the community.

Over the past six months, the Society has provided over \$5.9 million in material assistance, including food, clothing, furniture, and financial support, to families and households in need throughout Victoria. With the current cost-of-living crisis, the assistance they provide for people experiencing hardship this festive season will be needed more than ever.

Parishioners are encouraged to help continue the Society's work of helping those most in need by donating via the envelopes at the end of the pews (put into the offertory collection basket), via www.vinnies.org.au, or phoning 13 18 12. Donations over \$2 are tax deductible.

PIETY STALL

Packs of five Christmas cards are now available from the Piety Stall for \$5.00. Columban Calendars will be available for \$10 when stock arrives.

BAPTISMS
Lylah Hosking Child of Callum and Tahlia-Paula Hosking
Marley Isobel Walker Child of Dylan Walker and Jenna Baker
Lincoln James Burns Child of Kyle and Sophie Burns
Thea Ada Acebu May Child of Murray May and Mary Jane Acebu
Niel Jhopet Acebu Copertino Child of Nolly Copertino and Mary Jane Acebu
<i>The church gives faith to your children through Baptism, and you have the task to make it grow.</i> Pope Francis

VICAR GENERAL UPDATE

Fr Kevin Maloney is retiring from the role of Vicar General due to health concerns. Bishop Paul has appointed Fr Marchello Colasante to be the Diocese of Ballarat's new Vicar General. Fr Marcello will continue to serve as parish priest for Ballarat North and Wendouree.

NATIVITY DISPLAY

To spread a Christmas message of peace, love and family, this year's "Making a Scene at Christmas" display will be spread across two locations: a shop in the Bridge Mall from Tuesday, 5 December – Friday, 22 December and at the Catholic Diocese of Ballarat archives by appointment between 20 November – 22 December, and 4– 20 January 2024. Over 500 Christmas nativities from more than 60 countries will be displayed. You can see and smell real frankincense and myrrh; see coins minted around the time the census was called that brought Joseph and Mary to Bethlehem; see handcrafted cultural nativities from Australia, Africa, Asia, North and South America, and Europe (and one that went to Antarctica); and nativities that prize social justice and the environment. Everyone is welcome. Entry is a gold coin donation. Schools can book for an educational experience. For more information, please contact Fiona Tonkin at Fiona.tonkin@ballarat.catholic.org.au.

CHANGES TO POWERPOINT

In keeping with the Diocese of Ballarat's [Guidelines for the Use of Visual Display Systems in Liturgical Celebrations](#), starting from the first week of Advent, the parish will be using an updated template for the PowerPoint slides that are used to accompany our masses. The most noticeable change is the reduction in the number of slides to help ensure that the focus of those present at mass is on the sacred mysteries that are celebrated at the altar, not on the overhead projections. Some shorter responses will no longer be displayed, but longer prayers and the lyrics to hymns will still be provided on screen. Please note that the Gloria is not said during Advent or Lent masses.

OLHC CHRISTMAS LUNCH

Our Lady Help of Christmas Parish Wendouree is hosting Christmas Day lunch in their parish hall, 482 Gillies Street, Wendouree from 12:00 noon – 2:00 PM. Bookings are essential as seating is limited. If you can volunteer on this day, please phone 0419 975914 to register your availability or to book for lunch.

DEACON ORDINATION

Seminarian Cay Trinh will be ordained as a Deacon for the Diocese of Ballarat at 10:00 AM on Saturday, 16 December at St Patrick's Cathedral Ballarat. All are welcome to attend.

Singers and musicians are invited to join the music group which is being formed to perform at the ordination. Practices will occur on Sunday 3 and 10 December at the Cathedral. Please register your interest with Julie Boyd at julie.boyd@ballarat.catholic.org.au or ph. 5337 7159.

ADVENT RESOURCES

Caritas Australia invites you to journey through the four weeks of Advent, reflecting on scripture, and sharing stories from around the world. For resources that explore the themes of hope, peace, joy, and love, with a focus on justice and integral ecology which the Pope emphasises in *Laudato Si'* (2015) and *Laudate Deum* (2023), visit www.caritas.org.au/advent.

MERCY PLACE MARKET

Mercy Place are holding their Christmas Market on Thursday 30th November between 1:30PM and 4PM. Everyone is welcome. 60 Corbett Street Ballarat East.

Inheriting the Kin-dom of Justice

Gospel reflection by Veronica Lawson RSM

Solemnity of Christ the King: Matthew 25:31–46

"It has long been a common custom to give to Christ the metaphorical title of King."

These are the words of Pope Pius XI who established this feast between two world wars in the hope of counteracting the growing secularism "in public affairs and politics" and of finding a way towards global peace. Peace would never be achieved, wrote Pope Pius XI, until and unless individuals and nations accept the "rule of our Saviour".

In many ways, hope for the global reign of the Prince of Peace seems more remote than ever. The challenge of war and the plight of those denied humanitarian assistance have marked new low points in more than a century of violent and ongoing conflict which is claiming lives in ever-increasing numbers.

The three-year pandemic underscored the vulnerability to violence of those rendered poor by the prevailing inequitable global economic system.

The world needs the sort of leadership that Jesus of Nazareth advocated in first-century Palestine, the kind of leadership that Pope Francis offers to our world.

The gospel for today provides a blueprint for Christian living in general and for leadership in particular.

Matthew presents Jesus as both shepherd and sheep: as judge and king on the one hand and as a suffering human ("the least") on the other.

Works of mercy are the measure of justice or righteousness. Those who feed the hungry, give drink to the thirsty, welcome the stranger, and set the prisoners free are "the righteous/the sheep" who will inherit God's empire and have life.

Matthew presents Jesus as both shepherd and sheep

Those who fail in these respects are the unrighteous/the goats who fail to recognise the presence of the shepherd/king in the suffering of "the least".

Why sheep and goats? "Sheep" is a frequent biblical designation for the people of God's fold. While goats grazed with the sheep, they were never imaged as God's people, somewhat unfairly, I suggest.

This gospel story is replete with mixed metaphors. It is the gospel source of the spiritual and corporal works of mercy that have informed the Christian way of life for centuries. It focuses on suffering humanity.



In proclaiming an eighth work of mercy, care for our common home, Pope Francis has asked us to expand our horizons and to extend our concern to the suffering of the whole Earth community, human and other-than-human.

The Feast of Christ the King brings the church year to a close. It invites us to consider ways to achieve the things that make for peace.

If we wish God's reign of peace to be realised on planet Earth, then we might heed the invitation of Pope Francis (in both *Laudato Si'* and more recently in *Laudate Deum*) to engage in "grateful contemplation of God's world" and in daily gestures that "break with the logic of violence, exploitation and selfishness."

We might also take seriously his urgent plea to become a synodal church, listening to one another and walking together in faith and hope.

THIS WEEK'S READINGS
OUR LORD JESUS CHRIST THE KING
EZEKIEL 34:11–12, 15–17
1 CORINTHIANS 15:20–26, 28
MATTHEW 25:31–46

NEXT WEEK'S READINGS
FIRST SUNDAY OF ADVENT
ISAIAH 63:16–17, 64:1,3–8
1 CORINTHIANS 1:3–9
MARK 13:33–37

ASSEMBLY AWARDS 24th November 2023 Hosted by F GJ 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.

F LH	Zaeli Page and Sam White
F TW	Ruby Miles and Frankie Richards
F GJ	Marco Pietrantuono and Khloe Nield
F MM	Tom Stanley and Lachy Hatt
1 JS	Harvey Kersley and Eddy Heinrich
1 MM	Wilson Quinlan & Hazel De Lorenzo
1 EM	Jimmy Faull and Milla Nicholson
2 EH	Thomas Hiscock and Keeva Humphries
2 CJ	Maddison Little and Abbey Williams
2 GH	Hudson Ryan and Edie Brennan
3 NM	Bonnie Giles and Henry Flynn
3 JVG	Eli Jones and Jet Rivett
3 GW	Macklin Smith and Lucy Bromley
4 BW	Amelia Sordello and Rhys Bell
4 HC	Bailey McCartin & Marli Ward
4 CP	Zach Cooper & Ava Vallance
6 PB	Sebastian Green and Harriet Johnson
6 MM	Arabella Heywood and Will Shorter
6 ZA	Tayla Hiscock & Ella Lunn
Environmental Education	Sam Norris (3GW) and Sonny Troon (3JV) for picking up Zooper Dooper wrappers in the school yard.
Performing Arts	Lois Cummins 4CP
Visual Arts	Alby Skrokov & Jagger Toohey (3GW) Mayo Baruwa (FTW)
Physical Education	Connor White & Ben Walshe
Principal's Award	Xavier Morris for living justly in our school

WHAT TO DO IF YOUR CHILD WANTS TO QUIT A SPORT?

(Advice from an Olympic gold medalist)

Imagine your child comes back from a practice and says:

Say this:



Then, Explain:

"We all have bad days when we want to quit.
When something feels hard, our brain and body resist because they want us to be comfortable.
But if we quit on a bad day, we will never become great at something and we might regret this later.
So here's the deal, you can quit on a good day.
When you have a successful day and you still want to quit, let's talk."

This approach normalizes struggle (which builds resilience) and honours your child's choice if they want to try something else.

We all have hard days. To build resilience, adopt this mantra:

NEVER QUIT ON A BAD DAY.

Adopted from the advice of Olympic gold medalist, Nastia Liukin.

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Big Life Journal

Special Holiday Gifts

With a Big Purpose

Over a million children around the world are using
Big Life Journals with great success!

★★★★★

"I've been struggling with work lately and my son comes up to me and tells me "You know mommy, like the Big life Journal says, mistakes make you grow, so it's going to be okay"! Just a week into his journal and I see how it has already changed his mindset!"

- V. Ramos



★★★★★

"My 12-year-old son has been tearing through this journal! It sparks up great conversations, and it's so good to see him put things down in drawings and writing that he might not otherwise share with us."

- Heather C.



Gift these special journals to children in your life and see them become more **CONFIDENT**, **RESILIENT**, and **SELF-LOVING**!

biglifejournal.com.au



Discover the World of Languages!

The Victorian School of Languages is a government school committed to the provision of language programs for students in years F to 12 who do not have access to the study of those languages in the mainstream schools in all education sectors. The school offers over fifty languages through both face-to-face teaching in centres across the state and through distance education.

The Victorian School of Languages has established a centre in Ballarat which is located at: **Ballarat High School, Sturt St West** and offers the following languages for students in Years F-10: **Chinese, Japanese, Punjabi and Telugu.**

Classes are held on Thursday nights between 4.30 pm and 7.30 pm and in order to assist with course costs a small annual contribution is appreciated: \$80.00 in Years F to 10.

For further details please visit <http://www.vsl.vic.edu.au> or contact the VSL Supervisor on 0499695034 (Thursday nights) or the VSL Area Manager on (03) 9689 1166.