



ST FRANCIS OF ASSISI NEWSLETTER

Term 3
Week 4
12th August 2022

We acknowledge the Darug people, the traditional custodians on whose land we educate our students.

MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

What do you say to a child who tells you: "If I do what they say, they let me play with them. If I don't, they walk away and tell me not to follow." To stand up to a peer group was to risk losing them but to follow the herd was to risk getting in trouble or allowing another child to be hurt.

Many children struggle to assert their thoughts and feelings but assertiveness can be taught. Knowing how to stand up for yourself and others is especially important when it comes to bullying, teasing, peer pressure and other negative behaviours.

Building assertiveness skills takes time and practice.

Below are some suggested strategies you may like to try with your children:

Talk about it.

All too often we tell children what to do without actually giving them details on what we mean. Discuss different communication styles.

Passive: Passive communicators struggle to make eye contact, use a very quiet voice and act as if other peoples' rights are more important than their own.

Aggressive: Aggressive communicators are loud, imposing and act as if their rights are more important than the rights of others.

Assertive: Assertive communicators make eye contact, use a calm but firm voice and respect their own rights and the rights of others equally. Use characters from books, TV and movies to illustrate these communication styles.

Model it.

Be the model you want your child to copy. Stand up for your views, even if they may not be popular. This can be a tough one, especially when views clash. Model assertive communication skills. Teach your children to follow these steps when asserting their views:

Remain calm.

Make eye contact.

Use a clear, confident voice.

Listen.

There are times when we have to agree to disagree, but that doesn't mean that we silence our voices. Practising statements like, "I appreciate that you explained your point of view. I have a different opinion, but now I know where you're coming from," teaches them that it's okay to disagree.

Use the mirror.

Practise making eye contact in the mirror. Stand tall. Hold your shoulders back.

By altering their body postures and facial expressions as they practice assertive statements, they can see what works and what doesn't.

Try realistic scenarios. Have your child come up with the problems and take turns acting as the bully and victim or aggressive and passive communicators. Practising the problem from both sides can be eye opening.

The more children practise speaking up at home, the greater confidence and assertiveness they will have out in the world!

MESSAGE FROM THE PRINCIPAL (cont.)

At school the students are also taught about the importance of speaking up and how they can do this in the most appropriate way. When students are having a difficulty and cannot solve the problem on their own they are always encouraged to talk to a teacher to support them. This is not “dobbing” as often said by students. At times we all need additional support to help sort out difficult situations.

Next Monday 15th August is the Assumption of the Blessed Virgin Mary. Assumption Day commemorates the belief that when Mary, the mother of Jesus Christ, died, her body was “assumed” into heaven. The children will be attending Mass in our school hall at 9:30am on Monday.

Many of us have a great devotion to Mary, the Mother of God. The steps of faith that God invited Mary to take throughout her life, was a constant call to renew her faith, not just at the Annunciation, but every step of the way. We too, are called to imitate our devotion throughout our lives as Mary did. When we read about Mary in the Bible, it comes in passages that are packed with rich theological, spiritual and biblical significance. Mary’s response to God’s call was always yes. In our daily examen, we should reflect on the times we respond to God’s call. Do I become aware of God’s presence? Do I review the day with gratitude? Do I pay attention to my emotions? Do I pray and look forward to new opportunities to say yes to God?

SUNDAY 14 AUGUST 2022 - TWENTIETH SUNDAY IN ORDINARY TIME YEAR C Lk 12:49-53

A reading from the holy Gospel according to Luke

Jesus said to his disciples: ‘I have come to bring fire to the earth, and how I wish it were blazing already! There is a baptism I must still receive, and how great is my distress till it is over!

‘Do you suppose that I am here to bring peace on earth? No, I tell you, but rather division. For from now on a household of five will be divided: three against two and two against three; the father divided against the son, son against father, mother against daughter, daughter against mother, mother-in-law against daughter-in-law, daughter-in-law against mother-in-law.’

GOSPEL REFLECTION

As disciples we commit ourselves to values and principles that are not always cherished by others. We can be misunderstood for our beliefs, even ridiculed. Our lives may be a reproach to those who do not share our aspirations. There may be times when we must stand in opposition to others. All of this tends to alienate us. It could even place us at enmity with those whom we love. Yet, if we are genuinely committed, we realise that there is also a price to pay if we are not faithful. It is very difficult to live with ourselves when we disregard our deepest convictions and ignore the promptings of God that we experience within ourselves. As difficult as a life of faith may be, we know that it is the only way to live in this world.

Faced with the cost of discipleship we are brought to the realisation that, by ourselves, we do not have the necessary resources. We need assistance. The real support and assistance that we get is from Jesus who came to set the world and our hearts on fire. There are also many witnesses, many examples for us to follow. We are not alone in our commitment, in our struggle.

*Father in heaven,
all creation rightly gives you praise,
for all life and all holiness come from you.
In the plan of your wisdom
she who bore the Christ in her womb
was raised body and soul in glory to be with him in heaven.
May we follow her example in reflecting your holiness
and join in her hymn of endless love and praise.
We ask this through Christ our Lord.*

Amen

It is in partnership we can achieve great things for the children in our care.

Jenny Bellenger

Principal



Feast Day of Saint Mary MacKillop 2022

Each year on the 8th August, we celebrate the feast day of St Mary MacKillop, Australia's first saint. This year the students celebrated her feast day with a classroom liturgy, where they learnt about her life and example. Each feast day we are reminded of the wonderful example she is to each of us.

Throughout her life, she never failed to care for those around her. One of her sayings *"Never see a need without doing something about it"* shows us that we are all responsible for caring for each other. She continually demonstrated this care, particularly towards the poor. So great was her example that she drew many women to her cause and the order of the "Josephites" was born.

St Mary MacKillop saw that educating children was of the utmost importance and spent her life establishing schools across Australia and New Zealand. Her legacy of Catholic Education is a gift to each member of today's Catholic community.

One of her most outstanding qualities was her perseverance. Even when faced with great hurdles she continued to pray and believe in herself.

Let us commit to following St Mary MacKillop's example of humility, simplicity of life, and service to others.

Congratulations to the following recipients of the St Mary of the Cross MacKillop Award. This has been awarded to students who 'Never see a need without doing something about it' within the St Francis community:

Amelia Camilleri - KB
Serafaye Ha'Angana - KG
Hallie Tasoulis - KY
Jack Duff - 1B
Caitlin Satorre - 1G
Joshua Carter - 1Y
Aubree Williams - 2B
Jordan Lalia - 2G
Aaliya Maharaj - 2Y
Loata Latu - 3B
Natalia Porter - 3G
Aubrey Caparas - 3Y
Emily Calura - 4B
Camille De La Cruz - 5B
Reyhan Asghari - 5Y
Alissa Chahine - 6Y
Jade Klemenic - 6B



Dear Father in heaven,

*We thank you for our school, our families, our friends and our
environment.*

*Help us make our school a better place, by being more like
St Mary MacKillop,*

who found happiness by making others happy.

Who loved, helped, cared and led by example.

Thank you for all the people who love and guide us.

Bless us all today and every day.

We ask this prayer through Jesus Christ, our Lord.

Amen

Mini Vinnies

Earlier this year, our Mini Vinnies team was formed. Each student has made a pledge to make a difference in the world by respecting and loving themselves and caring for others. The team aims to strengthen their friendship with Jesus by praying each day and talking to others about Him.



Throughout our Mini Vinnies meetings, the students have worked collaboratively to discuss social justice issues that impact our local and global community. This term, we are reaching out to our local aged care facilities by knitting blankets for them. The Mini Vinnies team have begun their knitting journey this week and we look forward to sharing our progress with you soon.



STAGE 3 WANDERERS CUP

The Stage 3 Boys represented St Francis of Assisi Primary at the Wanderers School Cup on Tuesday 9th August. Our Year 6 team won 2 out of their 3 games and made it through to play in the qualifying final on the day. Our Year 5 team won their last game where they scored 10 + goals against their opposition. The boys all worked together in their teams and showed great sportsmanship throughout the day.

What a fantastic achievement for our Stage 3 Boys.



GIRLS WINTER UNIFORM

The current girls winter uniform is the winter tunic with navy stockings underneath. If girls wish to wear long or knee high navy socks instead of stockings this will now be a part of the winter uniform as well as the navy stockings.

COMPLAINTS & GRIEVANCES

Parents, please note if you would like to make a complaint/grievance in regards to any school matter, you can pick up a form from the school office. All matters will be attended to under strict confidentiality.



ENROLMENTS FOR 2023

Kindergarten placements are now closed.

Limited places for Year 1 to 6.



BIRTHDAY TREATS

Celebrating a birthday is something all children look forward to!

If your child wishes to bring a treat to school to share with their friends (purely optional), we kindly ask that you send in cupcakes or donuts. Cupcakes or donuts are preferred as they are easy to hand out and are a treat that all children enjoy. Due to a multitude of allergies present, we ask that you do not send lollies, chocolates or other treats. Similarly, at Easter or Christmas, we ask that you do not send in lollies, chocolates or candy canes.

If your child has allergies, you are welcome to send some cakes in a labelled container for your child, which will be kept in the freezer in the staffroom and given out as necessary. Thank you for supporting us as we endeavour to keep all children safe.

COVID 19 REMINDERS

- Students cannot attend school if they are showing any symptoms of COVID-19. Please contact the office to notify them.
- Close or household contacts do not need to isolate; if students do not have symptoms, they can attend school, provided they:
 - * wear a face mask in indoor settings
 - * undertake daily rapid antigen tests (RATs) before coming to school each day

VOICE OF YOUTH

On Friday we held our annual Voice of Youth Competition. It was a wonderful platform for presenters from Year 6 to voice their opinions on issues relevant to them and the world in which they live.

We congratulate all 6 students who presented their speeches with confidence and enthusiasm.

A special congratulations to James Duff and Gatleen Boparai who will represent St Francis next week at St Andrew's in the Cluster Final.

We wish them the best of luck!

