



St Francis of Assisi

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Term 3 Week 2 - 24th July 2015

In this week's Gospel John tells us of the parable of the feeding of the five thousand with only five loaves and two fish. They sought the bread of eternity and God also gives them the bread of this world. This is surely what we believe. When we seek the Bread of Eternity, then God cares for me in my daily life. There is another way of looking at this business of "seeking". Blessed Columba Marmion teaches, "Our worth is judged by what we seek." Those who seek "good" are always valued by others. Those who seek "evil" are avoided by others. Those who speak positively about life are valued by others. Those who speak negatively about life are avoided by others. When we seek the Bread of God's Presence we seek Life. And this seeking gives birth to more life –new life. May we all go on truly seeking God. Let us pray that every Christian on earth may truly seek God in all their living.

GRANDPARENTS DAY

On Friday 31st July, we invite all of our wonderful Grandparents, families and friends to our celebration dedicated to the unconditional guidance, love and support you provide to us in our journey in life on a daily basis.

We will all gather for a Liturgy in the hall, at 12pm, followed by 'Share a book', then a picnic lunch.

We look forward to this wonderful day of celebration.



GETTING TO SLEEP

Two weeks off from school probably meant staying up late and getting completely out of routine. Why not? It is holidays after all.



Now that we are back at school, it is worth making sure that our children, and ourselves, get enough sleep each night. According to recent research, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioural, social-emotional and academic problems; trouble starting primary school; ADHD like symptoms (ie concentration, attention, and impulse-control difficulties); and even depression.

These expert tips from Associate Professor Harriet Hiscock, paediatrician and sleep researcher, are great for managing common sleeping speed bumps or simply getting the family into the swing of a great night's sleep.

- **Establish a bedtime routine** - so they know what to expect and have time to wind down.
- **Keep bedtime consistent** (within 30 mins), even on the weekends - big variations can disrupt their body clock and undo all your good work.
- **Make sure they fall asleep in their bed** - snoozing off on the couch or in front of the TV can affect their routine and make them less likely to want to sleep alone.
- **Remove all TVs, computers and mobile devices from their bedroom** - the light stimulation alone will make it harder for them to settle down.
- **Avoid caffeinated foods and drinks after 3pm** - caffeine is a stimulant, which is likely to keep young bodies awake.
- **Have a wind-down period** just prior to them going to bed.

PUNCTUALITY

A reminder as we begin the new term that school commences at 8:55 am and students are expected to move into class on time. Students who are consistently late miss critical learning time at the beginning of the day. The day is outlined, routines established and introductory explanations take place. They can feel anxious walking in when everyone is settled and on task. If students arrive late they need to be signed in by a parent filling in a partial absence form at the office. We are now required to notify the CEO of all prolonged absences and partial absences. Your co-operation in this area is much appreciated.



DATES COMING UP 2015

Fri	31st July	Grandparents Day - 12pm Liturgy, followed by 'Share a book' then a picnic lunch.
Tue	11th Aug	Blacktown Zone Athletics
Thur	13th Aug	Book Fair Arrives
Tue	18th Aug	BOOK FAIR - parade followed by picnic lunch.
Fri	21st Aug	Diocesan Athletics



SOCIAL INCIDENTS OR BULLYING?

The topic of our children's social needs and bullying is always a topic for discussion. It is a huge issue, as you know for all schools, workplaces, families etc. yet one that is always being addressed in education. It is important to know the difference between *social incidents* and *bullying*. At St Francis, there are occasional social issues and bullying problems that arise and the students involved are managed in various ways. This may involve parents, teachers, school leadership, students, maybe counsellors and others (eg. police). The people who are the victims often do not know all the information about what happens after a problem is reported, the other child's background, the time involved in the negotiations between everyone concerned and the consequences for the student's bullying actions.

Social incidents involve a ONE-OFF clash over some issue such as a soccer or basketball game dispute. It still might become violent but it is not bullying. Most of the social problems at schools are of this type of behaviour - happening on the playground and just incidental. *Bullying* however, is a completely different issue whereby there is an **ongoing abuse of power** by an individual or group over another person(s). These bullying incidents create a lot of pain and anguish for those concerned. Most of us can remember these incidents from our childhood. It can have a devastating impact on people's lives.

MERIT AWARD WINNERS

Congratulations to the following students who received Merit Awards at the school assembly.

- KA Tenei Magann, Daniella Contemplacion & Emmanuel Momoh
 KS Matilda Abdalla, Ochen Anyau & Latu Tuineau
 1B Tyrah Porter & Tairell Nuaon
 1S John Tuineau & Jasnoor Rhandawa
 2B Angelica Conate & Declan Keating
 2W Rafael Bueno & Maharaj Singh
 3A Jor Anyau & Brittney O'Connell
 3Z Shannon Conran & Chloe Winters
 4G Callum O'Sullivan & Jessica Marasigan
 4H Marjorie Pasaquian & Jasmine Singh
 5C Mahek Rana & Zachary Sadsad
 5I Alexander Blazeski Lindo & Alexis Hopwood
 6D Brayden Johnson & Jonina Gonzaga
 6S Sylvana Taveuveu & Nikolau Naisara

SILVER AWARDS

- 3A Patricia Tuazon & Chelsey-Nicole Caraig
 4G Benjamin Barukcic, Kiarrah Rentoy & Ralph Ferrer

BRONZE AWARDS

- KA Aashna Prasad, Ethan Krish, Taylor Vella, Kingston Mazzocchi, Theresa Batara, Tahlia Clinch, Jasnoor Singh, Kobi Wandless & Daniella Contemplacion
 1B Ethan Mateo, Charli Baker, Tiarna Smith, Cassandra-Alison Caraig, Giselle Velasco & Caidence Tompkin-French
 1S Malia Latu & Jessica Stuart
 3A Jor Anyau, Chanelle Ponce, Aaron Taylor, Marcus Sinsay, Ryan Ferrer & Katie McLean
 3Z Diesel Baker, Shannon Conran, Jessica Tajhya, Alessandra Guevarra, Sava Tagiloa, Jheromel Alfonso, Brianna Gauci, Brayden Dasig, Faith Russell & Chelsy Evangelista
 4H Elyssa Acallar, Kayla Katipunan, Lauren Kennedy, Kristina Manay, Anureet Pabla, Kaylen Schirmer, Kyrollos Habashi, Hokafonu Lemoto, Nicholas Velasco
 5C Zachary Sadsad, Madison Bain, Sheila Nicer & Bernalyn Padua

**KINDERGARTEN 2016 ENROLMENT INTERVIEWS**

Throughout this term we have been very busy interviewing children for enrolment in Kindergarten for 2016. The feedback from the parents has been extremely positive which is due to the wonderful reputation of the St Francis community. Our school community includes our students, our parents who continue to support our school in so many ways and our dedicated and hard working staff who on a daily basis ensure the students have the best possible learning opportunities.

STUDENT RESEARCH NOTIFICATION

During Term 3 students from year 5 and 6 will be randomly selected to take part in a focus group research session. This will be held during school hours and will take approximately 45 minutes. The research will help identify the school's strengths to support the school's promotional materials.

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Woolworths Earn & Learn is back and it is now easier than ever to earn valuable resources for our school. It's simple to participate. From Wednesday 15th July to Tuesday 8th September 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There'll be one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco, and gift cards). Once completed, simply place the Sticker Sheet in the Collection Box, either at school or at our local Woolworths. The school can then redeem your Woolworths Earn & Learn Stickers for valuable education resources. God bless you and your families.

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