



Friday 11 February, 2022  
Week 3

# NEWSLETTER

## SCHOOL MISSION STATEMENT

AT ST FRANCIS XAVIER SCHOOL WE WILL:

Learn, Love, Live The Gospel, Witness Our Faith & Celebrate Life

### SCHOOL IMPROVEMENT PRIORITIES 2022

Catholic Social Teaching, Mercy Charism, Spelling, Reading, Wellbeing and Sustainability

Dear Parents/Care Givers,

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are five ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

- 1. Commit to your child going to school every day on time. One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.*
- 2. Help kids start each day well. A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.*
- 3. Establish work & study habits. The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's school and help them establish a work routine that matches.*
- 4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get enough sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night and remove screens and mobile phones from bedrooms.*
- 5. Insist kids exercise. The old saying about 'a healthy body and a healthy mind' is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives."*

Have a wonderful weekend.

God Bless,

Olivia

## WHAT'S IN THIS WEEK'S NEWSLETTER??

- 2022 sacraments dates
- Covid Update
- Growth Mindsets
- P & F News
- Mercy Awards (replacing the old Happy Grams)
- School Dental Services information

## Confirmation and Eucharist Dates for 2022

The dates for confirmation **are for those students who participated in the reconciliation program at the end of 2021**. You will be allocated either the Saturday or Sunday, this is due to the large number of participants and the Bishop's schedule for when he arrives.

**6.30pm Saturday 13<sup>th</sup> of August**

**9.00am Sunday 14<sup>th</sup> of August**

### WHAT'S HAPPENING THIS TERM?

March 1	Shrove Tuesday – Pancake Day. Stay tuned for more information
March 2	Ash Wednesday
March 4	Prep Teddy Bears' picnic
March 7-11	Volunteers' in-service for parents each morning at 8:30am
March 11	Prep Pyjama Party
Week 8/9	Let's Talk About It talks for Years 5 & 6 - dates to be confirmed
March 18	National Day Against Bullying & Violence
Week 9/10	Parent/Teacher interviews. Stay tuned for more information
March 21	Harmony Day
March 22-24	Principals' conference (Rockhampton)
Week 10	Stations of the Cross – date to be confirmed
April 1	PUPIL FREE – Bishop's Inservice Day for all staff



### COVID UPDATE

St Francis Xavier School wishes to advise you that, during the past week, we have been notified of positive cases of COVID-19 in our school community.

Our school regularly consults with the Catholic Education Office and relevant authorities, and continues to follow the advice of Queensland Health regarding cleaning requirements.

Queensland Health has advised that no quarantine of students or staff is required.

As COVID-19 remains active in our community we ask you to continue to monitor your child's/children's health and if they develop any flu-like symptoms:

- Keep your child/children at home
- Seek a PCR or Rapid Antigen test where it is recommended and notify the school of positive results. Please be aware, a negative COVID test does not change the requirement to be symptom free to attend school.
- Follow the advice of Queensland Health

As we continue to navigate the pandemic, please remind your child/ren to:

- maintain good hand hygiene at all times
- cover coughs and sneezes with a tissue or the inside of their elbow and dispose of tissues in the bin immediately.
- practice social distancing from others where possible
- wear masks when required

We will continue to work closely with health authorities to keep our school community informed of any developments and advice. Thank you once again for your ongoing support.





To build resilience within yourself and your child, one has to:

- Understand and accept one's own strengths and weaknesses;
- Be willing to overcome difficulties rather than avoid problems;
- Be willing to learn from your mistakes;
- Recognise one's own emotions and those of others;
- Regulate one's emotions safely and effectively;
- Practice self-control;
- Practice optimistic thinking patterns or have a 'Growth Mindset';
- Work on social interaction skills with others;
- Have the confidence to seek assistance from others;
- Set goals with realistic expectations;
- Have a problem solving mindset; and
- Willing to improve their self-esteem.

How do we help our child and ourselves develop a 'Growth Mindset':

- Challenge the 'Fixed Mindset' statements, such as "I can't do it".
- Add the word 'Yet' to statements to help change them to a 'Growth Mindset' statement, such as "I can't do it yet". This leaves opportunity for growth and thinking on how to develop in this area.
- Model a 'Growth Mindset' to your children and develop a culture in your household of a 'Growth Mindset'.
- A 30 minute 'Growth Mindset' online course is available for parents at <https://www.mindsetkit.org/growth-mindset-parents>
- See attached Poster for parent support.
- Teach your child the following 5 keys to unlock their potential: Confidence, Persistence, Organisation, Getting Along & Resilience (emotional regulation).

# PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

*Your brain is like a muscle. When you learn, your brain grows.  
The feeling of it being hard is the feeling of your brain growing!*

## PRAISE



### FOR:

EFFORT  
STRATEGIES  
PROGRESS  
HARD WORK  
PERSISTENCE  
RISING TO A CHALLENGE  
LEARNING FROM A MISTAKE

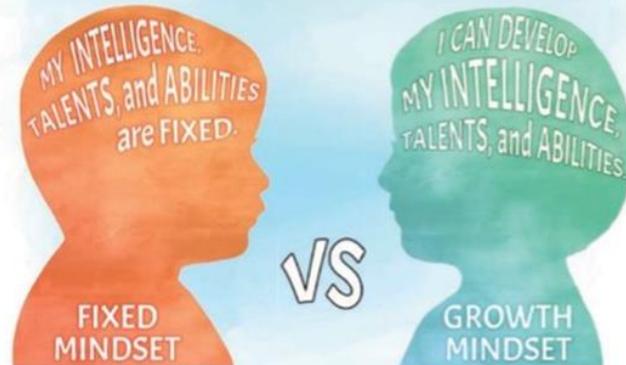
### NOT FOR

TALENT  
BEING SMART  
BORN GIFTED  
FIXED ABILITIES  
NOT MAKING MISTAKES

## THE POWER OF "YET" SAY

"YOU CAN'T DO IT YET."  
"YOU DON'T KNOW IT YET."  
"IF YOU LEARN AND  
PRACTICE, YOU WILL!"

# BRAINS can GROW



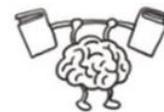
## FAILURES AND MISTAKES = LEARNING

### SAY

"MISTAKES HELP YOU IMPROVE."  
"YOU CAN LEARN FROM YOUR MISTAKES."  
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

## RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR  
OWN THINKING AND THE  
MESSAGES YOU SEND  
WITH YOUR WORDS AND  
ACTIONS.



## ASK

"WHAT DID YOU DO  
TODAY THAT MADE YOU  
THINK HARD?"  
"WHAT NEW STRATEGIES  
DID YOU TRY?"  
"WHAT MISTAKE DID YOU  
MAKE THAT TAUGHT YOU  
SOMETHING?"  
"WHAT DID YOU TRY  
THAT WAS HARD  
TODAY?"

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If you need any further information or individual support, please don't hesitate to contact me.

References:

<https://www.mindsetworks.com/science/>

Please keep watching this space for further information on our next Parent workshops, which will be start early next term (Term 2).

Kind Regards  
Ninette Nell

## P & F NEWS

Welcome to 2022 - This year has so much potential!

### What is the P & F?

Our school has a committee of Parents and Friends who raise funds throughout the year to give back to our Students.

While there are executive positions on the committee, all parents, family, friends and carers are welcome to any meeting that is held.

The meetings are usually for about an hour, we nut out the nitty gritty - we love when we have more hands to make light work.

We hope that 2022 see's our wonderful families involved in making our events run smoothly and help us spend our funds which can benefit as many students in our school as we can. We invite you all to our first meeting of the year - which will be our AGM (Annual General Meeting), where we

nominate our President, Vice President, Treasurer and Secretary for 2022 for the SFXM P&F. We sincerely thank Kelly Walz, Laura Cole, Kathleen De Filippo and Amanda Ramsay who filled these positions throughout 2021, with an amazing group of parents who regularly attend our meetings.

The P&F are so grateful for those who continually (and most of the time, quietly), help wherever they can. A shout out to Melissa Figlia who has run our Uniform Shop each week - Thanks Mel! To Helen Caporn, what would we do without you!? Our Leadership team, teachers and everyone who positively contributes to the success of P&F, we thank you.

## **P & F Meetings**

This is the best way to have your opinions heard. We welcome ideas and positive feedback for our events. A group of volunteers with the same intention - to find the best ways to fundraise and give back to our children at our school. We try to have the meetings within an hour during the week. The newsletter will be updated with upcoming meetings and we also try to have a text message sent out as a reminder also. Thank you for taking time to join us, we thank everyone with a busy schedule who make time to come along.

## **Events throughout the year - held by the P & F**

Throughout the year, we hold a fantastic pie drive (usually in the early part of the year), with two school discos, Mothers' & Fathers' Day stalls and THE Christmas Twilight Markets of all time. Together, our community gathers to celebrate our school and helps raise funds for our P&F to give back to our students.

## **Where do the funds go?**

Just to name a few:

- contribute to school sunshades, play equipment
- musical instruments such as the set of class Ukuleles
- teacher projectors
- fun items such as glow products and sweets or some specific events
- sports equipment such as the soccer goals
- outside equipment such as the big chess set
- assist our grounds keeper with a new trailer (this assists us in fetching amazing items for our events!)
- new barbeques for our volunteers to cook up a storm for our events with the kids
- senior shirts for our Grade 6 students
- help Santa with some goodies for our kids at the end of the year!

The list is endless. The P&F welcome all ideas for what the kitty is best spent on - please come along and have your say to help allocate the funds.

## **P & F Uniform Shop - Please bring Cash**

Monday mornings from 8.15am-9am at the school uniform shop (in the school hall on Holland St). Items are from \$5 (unless sold on behalf of the families and are prices as marked) - including jumpers, house shirts and all sports and formal uniforms! Think of your house colour shirts, second hand can be a good buy if you can get them from the uniform shop.

A few Monday mornings throughout the year, the uniforms are setup in the undercover area. Please bring Cash.

## **Did you know?**

The benefits of volunteering

- Volunteering connects you to others.
- Volunteering is good for your mind and body.
- Volunteering can advance your career.
- Volunteering brings fun and fulfillment to your life.

- The most important is - you lead by example for your children, they see the importance of donating your time with amazing reward.

## P & F Contacts

**President:** Kelly Walz [SFXM\\_PandFPresident@rok.catholic.edu.au](mailto:SFXM_PandFPresident@rok.catholic.edu.au)

**Vice President:** Laura Cole

**Treasurer:** Kathleen Di-Filippo

**Secretary:** Amanda Ramsay [sfxm\\_pandfsecretary@rok.catholic.edu.au](mailto:sfxm_pandfsecretary@rok.catholic.edu.au)

Please note - Contacts listed are currently held until AGM, email addresses stay the same.

## WHAT'S IN THE 2<sup>ND</sup> HAND UNIFORM SHOP?

Open each Monday at 8:15 – 9:00am



# Mercy Awards

**Excellence Love**

**Faith Mercy**



The 2022 Mercy Awards supersede what our Happygrams used to be. Our school was founded by the Mercy sisters in 1935 and so to keep their legacy at the forefront, all future Mercy Awards will be based on any, or all of the Mercy Sisters values of excellence, love, faith and mercy which we at St Francis Xavier embrace.

**Our inaugural Mercy Awardees are pictured below.**



## **LOOK WHO'S MADE THE MACKAY BASKETBALL TEAM**

Congratulations to Jimmy Turner, Hudson Currie and Asher Grigg. Next step, Capricornia Trials!



**Mackay Oral Health Services – School Dental Service**

Dear Parents,

The School Dental Service is now offering services to students enrolled at your school.

A text message will be sent home in the next few weeks for parents to contact the School Dental Service to enrol and make an appointment.

**Appointments will be offered at:**

**Victoria Park School Dental Clinic  
Goldsmith Street**

If you have any enquiries please phone **4885 6444**

**A Parent/Guardian must transport and accompany their child to all appointments at this clinic.**

For further information on this service, please visit our website:

<http://www.health.qld.gov.au/oralhealth/services/school.asp>

