



NEWSLETTER

SCHOOL MISSION STATEMENT

AT ST FRANCIS XAVIER SCHOOL WE WILL:

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

March 17, 2023
Week 8

SCHOOL IMPROVEMENT PRIORITIES 2023

Catholic Social Teaching, Writing, Mathematics, Wellbeing and Regulating

Dear Parents & Care Givers,

This week our Year 4, 5 & 6 students, our parents and the wider community had the opportunity to listen to Brad Huddleston who is an internationally respected speaker, consultant, teacher and author on the important issue of technology. He spoke to us on the issues and dangers of the growing number of children who are developing technology addiction.

Most of us would say that we have a healthy balance on our devices and therefore, so do our kids. However, there are many adults who have an addiction to their devices and don't or won't acknowledge it – when your phone beeps for a message or notification, do you have to stop everything to check it? Do you have to check your phone first thing in the morning before you even put your feet out of bed? Do you get your phone out as soon as you have 5 mins to wait for someone? Maybe you are more “addicted” than you think.

Is your child addicted? Most of us would say no, we have a healthy balance of screen time, we monitor our usage etc. Does your child get angry or frustrated when the device (gaming, iPad, iPhone, Switch) is removed or turned off, do they demand to have “their time” on a device. The research has proven that the first sign of technology addiction is anger and frustration when a device is removed, turned off, or their time allocation is finished. Brad showed the students and the parents brain scans that showed a healthy child's brain, a child addicted to technology and a drug users' brain.

The addicted child and the drug users' brain were the same, the same sections of the brain were damaged and destroyed due to the high levels of dopamine released via the neurotransmitters. The repetitive stimulation on a child's underdeveloped brain is too much. “Children's brains aren't strong enough to consistently handle overstimulation without damage”.

Huddleston <https://noahwebstereducationalfoundation.org/your-childs-brain-on-digital-cocaine-with-brad-huddleston/>
<https://iono.fm/e/1240700>



Listen to this interview with Brad explaining how the brain scan of a video gamer shows the same damage as any hard core cocaine user.

But there is hope. Parents are the cure. We are able to reverse the damaging effects of digital addiction in children. Two simple steps to begin are; parents need to model healthy habits and no device should ever be kept in a child's room. In Brad's new book “Digital Rehab” he provides a plan to help the entire family, it's a doable digital detox plan.

Amanda Griffin - APRE

St Patrick

This morning Mrs Harmer shared a beautiful prayer with the staff. It was based on St Patrick.

Who is St Patrick and why is he important?

Saint Patrick, who lived during the fifth century, is **the patron saint of Ireland and its national apostle**. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.

What can we learn from St Patrick?

Extraordinary Forgiveness

When the young Patrick was stolen from his home he was forced to work as a slave in Ireland. For the next 6 years he was made to live with and work for the people that kidnapped him. He most likely thought daily about escaping, running away, maybe even harming his captors. He missed his parents, his homeland, his freedom. These people took everything from him.

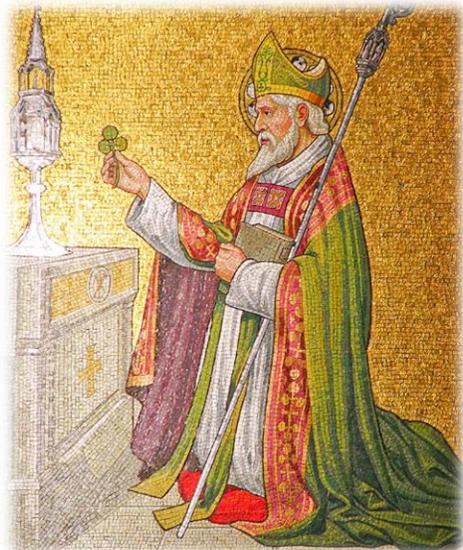
It would have been very difficult forgiving the people that stole 6 years of his life, the people that terrified and traumatized him, that broke the hearts of his parents, that changed his life forever. Patrick eventually escaped and returned home to England, where he could have easily lived out his days as a bitter, resentful man who hated the Irish for the things they'd done to him. He could've even taken the high road and managed to forgive his oppressors, possibly even pray for them, while staying comfortably in his safe and cozy home. That would've been honorable, even Christ-like, to forgive and move on.

But Patrick took it a step further. He didn't just forgive them, he didn't just pray for them, he chose to love them. He loved them so much that, after he returned home to England, he became a priest and returned to Ireland to share the Gospel with them. He saw the very people that hurt him, that kidnapped him, that caused the darkest time in his life, and he saw brothers and sisters in Christ who needed to hear about Jesus.

Is there a more epic tale of forgiveness?

At the end of the prayer Mrs Harmer shared, via a beautiful song, St Patrick's Breastplate Prayer. St. Patrick's Breastplate is a Christian hymn whose original old Irish lyrics were traditionally attributed to Saint Patrick and his Irish ministry in the 5th century.

Here is part of the prayer.



*I arise today,
Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.
I arise today.*

Have a lovely weekend,

Olivia Rostirolla ~ Principal

WHAT'S HAPPENING IN WEEK 9?

Monday 20 March:
Tuesday 21 March:

NAPLAN
HARMONY DAY (Students invited to wear orange)



WHAT'S HAPPENING IN WEEK 10?

Monday 27 March:

SFX Choir – Mackay Choral Festival
Cross Country Trials for Boys & Girls 10 years

Tuesday 28 March:

Cross Country Trials for Boys & Girls 11 years

Wednesday 29 March:

Cross Country Trials for Boys & Girls 12 years

Thursday 30 March:

Easter Story – 9.15am (in the hall) families invited to attend.

Friday 31 March:

Visit from the You Know Who!!!

Last day of Term One

TERM TWO commences MONDAY 17 APRIL

FROM THE APA



Parents are asked not to park in the Staff Carpark

We have noticed lately that some parents are using the staff carpark to either drop their children to school in the morning or collect them in the afternoon.

We ask that you do not park in the staff carpark.

We have 70 staff and only 28 carparks, so most of our staff are required to park on the streets surrounding the school.

We have OHSC educators who begin work at either 6.30am or in the early afternoon and so use the car parks vacated by the ancillary staff who finish prior to 3pm. We also have cleaning staff who begin in the early afternoon. Our cleaning staff and OHSC educators often work into the hours of darkness and so for their safety, we want them to be able to park as close to the school buildings as possible.

So, please we ask that you park on the streets around the school. Thank you for your support in this matter, it is greatly appreciated.

Mary Oxenham



**School Improvement Plan
School Priorities and Goals 2023**

<p>1. Catholic Identity and Ethos </p>	<p>• Effective Teaching and Learning  (NSIT Domains 2,5,6,7,8)</p>
<p>1.1 To embed and align Catholic Social Teaching and the Mercy charism throughout the Curriculum and the Teaching and Learning Framework. Goal: To continue developing student awareness of Catholic Social Teachings and how they relate them to the opportunities provided by the school.</p>	<p>2.1 That our school has a culture of data informed practice where every student is engaged and learning successfully in their own ways. Goal: To improve student learning outcomes in writing. Goal: To strengthen student learning outcomes in Mathematics.</p>
<p>3. Pastoral Support and Wellbeing  (NSIT Domain 3)</p>	<p>4. Leadership, Partnerships and Resourcing  (NSIT Domains 1,4,9)</p>
<p>3.1 Based on the Diocesan Wellbeing Framework implement a student wellbeing program that focuses on each child being the best version of themselves. Goal: To strengthen student ability to regulate their emotions.</p>	<p>4.1 To enhance and develop parent and community partnerships to improve student learning. Goal: To engage parents in the ability to understand and apply strategies to regulate their children’s emotions.</p>

Why: Emotional Regulation

Last week we shared our student wellbeing goal, schools cannot run without parental support and both parties working together. Therefore, our final school goal is to engage parents in the ability to understand and apply strategies to regulate their children’s emotions.

A survey was sent to parents this week to assist us in gathering some information in how parents deal with their children’s emotions and what support they may need in this area. This data is collected anonymously and will be used to best determine the support required and where, as a school we can work together to assist our students to be the best they can be. Please complete the survey via this link if you haven’t already. <https://forms.gle/5Wq4ypW6V7aM2rej9>

School Priority: 4.1 To enhance and develop parent and community partnerships to improve student learning.

Goal: To engage parents in the ability to understand and apply strategies to regulate their children’s emotions.

Baseline Data: The baseline data will be collected from the parent survey which has been sent out this week.

Key Improvement Strategies for the next term

- Connect and introduce families to School TV
- Ninette to present at the Prep orientation session at the end of 2022 about emotional regulation.
- QR code for students to ask parents to answer surveys
- Discussing emotions and addiction through Brad Huddleston & Sgt Nigel Dalton talk

When

- Term 1
- Nov 2022
- Term 1 and to continue
- Term 1
- Term 1

Who

- Principal/APC
- Ninette
- Leadership
- Team/Classroom
- Teachers
- APRE/Year 6 Students
- Brad Huddleston & Sgt Nigel Dalton/APRE

PREP ENROLMENTS 2024

Do you have a prep student beginning in 2024?

Thank you to those families who have already submitted their enrolment application online. We encourage both existing and new families who have a child starting prep next year to lodge their enrolment application as soon as possible. Applications are to be made via our online enrolment for available from our website www.sfxm@rok.catholic.edu.au

Please contact the school office for further information or any assistance required.



ST FRANCIS XAVIER CATHOLIC PRIMARY SCHOOL, WEST MACKAY

2024 PREP ENROLMENTS NOW OPEN

Applications for Prep in 2024 are now open through our
Website: www.sfxm@rok.catholic.edu.au

Applications close 16 June 2023

Please contact our office on 07 4951 1861 for any queries



MY FIRST YEAR 2023 PREPPIES

My First Year 2023 article featuring our preppies has been released online!

[My First Year 2023: 120+ photos of Mackay Isaac Whitsunday preps](#)



Make cherished memories last forever with My First Year 2023. A special keepsake of prep class photos from across the region.

In-paper Friday, March 24
Scan to view online gallery from March 15*



*In-paper insert available while stocks last. Online gallery exclusively for full digital subscribers.

Daily Mercury we're for you

Mercy Awards



Love Mercy Faith Excellence

Week 8 Awardees



KARYN MURPHY CHALLENGE

Nine of our Year 5 & 6 girls participated in The Karyn Murphy Challenge over the past two weeks. This competition is about creating a more inclusive environment where the focus is on player development and school participation with the view to growing female participation in these age groups. The girls were also provided an opportunity to meet and train with some of the Mackay Cutters women's team.

Carlie Martin ~ SFX Co-ordinator



CONGRATULATIONS...

...to the following students who have been selected to represent Mackay District School Sport in 2023.



Pearce Moohin	(4C)	Australian Football 10-12 years Boys Regional Trials
Beau McPherson	(5A)	Australian Football 10-12 years Boys Regional Trials
Noah Cousin	(5B)	Australian Football 10-12 years Boys Regional Trials
Hunter Brown	(6P)	Basketball 10-12 years Boys Regional Trials
Hudson Currie	(6P)	Basketball 10-12 years Boys Regional Trials

SCHOOL FEES

First term's school fees were due for payment on Friday 24 February.

It would be appreciated if all outstanding fees be finalized by the end of Term One.
If you are having problems with payment, please contact Trudy (Finance) in the office
to arrange a payment plan.

sfxm_finance@rok.catholic.edu.au

Thank you!

From the P&F

Next Meeting – Tuesday 18th April
Term 2 Week 1

Committee Appointments

We would like to welcome Toni O'Connell and Caitlin Place to the 2023 P&F Executive Committee. They will be taking on the roles of President and Treasurer respectively.

Meetings

Attending one of our meetings is a great way to get your voice heard.
Do you have any ideas that you would like to put forward?
The more people at our meetings, the better we can serve the school community.

Uniform Shop

Monday 8:15 am to 9 am in the School Hall (Holland Street side)

The P&F Uniform Shop both sells items donated by parents and sells items on behalf of parents.

Please **bring cash** as we cannot take electronic payments.

Donated items are sold for \$5 each.

Items sold on behalf of parents have prices as marked (\$1 per item is donated to the P&F).

****We need more dresses****

Donations can be dropped off at the office. Please ensure items are in good used condition - ripped and/or badly stained clothing is unable to be sold.

Important Dates

Mother's Day Stall
Wednesday 10th and Thursday 11th May

Disco
Friday 9th June

Pie Drive
July

Father's Day Stall
Tuesday 29th and Wednesday 30th August

Spring Fair and Market
Friday 8th September (To be confirmed)

Twilight Outdoor Cinema
Early Term 4

Christmas Raffle
Drawn at Christmas Carols



2023 P&F Executive Committee

President: Toni O'Connell
SFXM_PandFPresident@rok.catholic.edu.au

Vice President: David Serginson

Treasurer: Caitlin Place

Secretary: Kelly Walz
SFXM_PandFSecretary@rok.catholic.edu.au






St Patrick's College

Open Night

Tuesday 2 May 2023
4pm - 7pm
Mercy Campus

ENROL NOW!
www.stpats.qld.edu.au

Educating students since 1929

**Year 7 in 2024
 Information Evening**

**SAVE THE
 DATE**
27 April



ENROL ONLINE NOW!
www.hsc.qld.edu.au/enrolments

Holy Spirit College Mackay

SAVE THE DATE! We look forward to welcoming you to our Year 7 in 2024 Information Evening on Thursday 27 April! Join us for family fun activities and a sausage sizzle as you explore the College.

Enrol Now!
<https://www.hsc.qld.edu/enrolments/>

HOCKEY COME AND TRY

2023 DATES

- 3rd March 3:30-4:30
- 10th March 3:30-4:30
- 17th March 3:30-4:30
- 24th March 3:30-4:30

Ages 4 - 16 years
Equipment provided

Old and new players are welcome

Mackay Hockey Association
(2 Harney Street)




Winter GOL BRASIL ACADEMY MACKAY




KICK OFF TERM 2
9 WEEKS TUESDAY 18/04 - 20/06
TIME 4:30-5:30PM & 5:30-6:30PM

KICK OFF TERM 2
9 WEEKS THURSDAY 20/04 - 22/06
TIME 4:30-5:30PM & 5:30-6:30PM

\$180 NEW PLAYER (INCLUDES UNIFORM)
\$140 EXISTING PLAYERS (NO UNIFORM)

Venue **VICTORIA PARK STATE HIGH SCHOOL**

Contact
FOR INFO CONTACT LEO
M: 0447 638 976
E. egdoc@australianfutsal.com




SAVE THE DATE



EMMAUS COLLEGE 30 YEAR
ANNIVERSARY CELEBRATION
EVENING

INVITING ALL CURRENT & PAST
STAFF AND PARTNERS

SATURDAY 13TH MAY 2023
6:30PM START AT FRENCHVILLE
SPORTS CLUB

MULTISPORTS

Register now for Term 2 classes
DONT MISS OUT!

Try a different sport each week,
whilst making friends and having
fun!! Get Active with Gecko!!

Register now!! details below

Contact Katie 0475205472
Email: katie@geckosports.com.au
register at www.geckosports.com.au/clubs/mackay/





St Francis Hockey



Welcome to St Francis Hockey. The 2023 season will commence on 21 April and finish in September

U17 mixed, U8 mixed (Friday between 4-6pm)
U12 Boys & Girls teams (Saturday mornings)

COACHES:
We will be looking for coaches to help coach our teams. If you can help, please indicate below. It is a very rewarding position watching the kids grow, develop their skills & enjoy making lifelong friends. Please consider.

TRAINING: Training will take place once a week at the Hockey Fields on Bridge Road. Training days will depend on coach availability.

IMPORTANT DATES:
Come and Try and training afternoons begin Friday 3 March.
Season fixtures begin the weekend of 21 April.

UNIFORMS:
All players be supplied with a playing shirt for the season. These will be handed out by the coach at the start of the season and then will need to be returned at the end of the season in the same condition. A \$50 replacement fee will be charged if the uniform is damaged or not returned.
Navy playing shorts or skirts to be worn, preferably not school shorts
Red, White & Navy striped socks (as in photo) will need to be purchased from intersport.

GEAR: Shinpads and mouthguards are compulsory. A hockey stick will need to be purchased.

If your child is interested in playing hockey for St Francis in the 2023 season, please return this expression of interest as soon as possible to Mrs McLean. You will also need to register your child with MSHA through this website:
<https://www.msha.com.au/registration/>

Kind regards,
Mrs Therese McLean (therese.mclean@stfcatholic.edu.au)

ST FRANCIS HOCKEY - EXPRESSION OF INTEREST FOR 2023 SEASON

Child's Name: DOB:

AGE GROUP: Under 7 [] Under 9 [] Under 12 []

Parent's Name:

Phone:

Email:

Are you able to coach? YES [] NO []



