



# NEWSLETTER

## SCHOOL MISSION STATEMENT

AT ST FRANCIS XAVIER SCHOOL WE WILL:

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

Friday 11 March, 2022

Week 7

## SCHOOL IMPROVEMENT PRIORITIES 2022

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

Dear Parents/Care Givers,

Community life at St Francis Xavier is enriched by our Catholic faith and Mercy heritage. As we venture into a new year (technically we've only been at school 4 weeks), I thought it an opportune time to remind everyone of the core values of our school.

*Love, Mercy, Faith and Excellence* are integral to all that we do. These values adopted from those of the Sisters of Mercy, are based on action; they should not be empty words. Our teachers refer to these values frequently in their daily teachings and interactions with our students across a school day. Our Mercy awards reflect these in the happy news children receive each Friday.

As we think about the meaning of each of these values, we are all challenged to reflect on how we interact with those around us. How can we be better people?

Perhaps one of our greatest challenges is to be a role model and to teach our children how to live these values in their daily lives.

## What is in this week's Newsletter?

- Christian Meditation – what we are doing in classes
- Parent/Teacher interviews
- NAPLAN reminders
- What's been happening in Prep?
- Covid@SFX
- Student's Use of Social Media
- Prep enrolments 2023
- Sports achievements
- Mercy Awards
- Catherine McAuley College Open Evening
- Grandparents support group
- Sun Smart tips from Cancer Council – some really interesting information

## What's Happening at SFX?

March 15

**P & F AGM followed by Meeting – 6:00pm in the staffroom (Please bring a mask with you)**

Week 8/9

'Let's Talk About It' talks for Years 5 & 6

March 18

National Day Against Bullying & Violence

Week 9/10

Parent/Teacher interviews. See information below

March 21

Harmony Day

March 22-24

Principals' Conference (Rockhampton)

Week 10

Stations of the Cross – date to be confirmed

April 1

**PUPIL FREE DAY** – Bishop's In-service Day for all staff

Have a wonderful weekend.

God bless,

Olivia

## From the APRE's desk



At school, we teach our students that there is a variety of ways to pray and feel closer to God. **Christian Meditation** is one of those ways.

*Even the smallest of children can learn to be still. Being still is very different from being quiet. It is in their stillness that God can speak to their hearts.'*

Most Rev Michael Putney, former Bishop of Townsville

## Christian Meditation

Christian Meditation is a form of prayer where we attempt to become aware of and reflect upon the revelations of God. Christian meditation aims to heighten our personal relationship with God. The word meditation comes from the Latin work *meditari*, which has a range of meanings including to reflect on, to study and to practice.

Christian meditation must be distinguished from eastern religions as these advocate emptying the mind. Christian meditation is the process of deliberately focusing on a Bible passage, although you can choose any subject that helps you feel close to God and reflect on its meaning in the context of the love of God. Meditation is mentioned in the Bible about 20 times, and it can be a great way to feel closer to God.



## From the APC's desk



### PARENT/TEACHER INTERVIEWS FOR PREP—YEAR 6

Prep - Year 6 teachers will be holding their Parent/Teacher Interviews in Weeks 9 & 10 of Term 1. The interviews will be 15mins long. All appointment times will be booked through Parent Lounge over a 1 ½ -week period between Weeks 7 and 8.

**Please check to make sure you are able to access Parent Lounge before the interview dates. If you are having issues with this, please speak to Tanya Chick in our administration office.**

Once you have selected your interview time, I encourage you to record this somewhere important, so you arrive to your child's interview at the correct time. If you need to check the time that you have selected, you are able to log in to Parent Lounge and click on the Parent Teacher Interviews tab and your interview times will be displayed on the screen.

### Parent Lounge – Week 7 and 8 Booking Time for Parents:

**OPEN to Parents for booking appointment times on Wednesday 9<sup>th</sup> March at 7:00am**

**CLOSED to Parents – Friday 18<sup>th</sup> March at 5:00pm**

## NAPLAN 2022 REMINDERS

- Students and parents wishing to familiarise themselves with NAPLAN Online can visit the public demonstration site on the NAP website (<https://www.nap.edu.au/online-assessment/public-demonstration-site>). Some past NAPLAN papers are also available.
- The number of adjustments available aim to encourage participation in NAPLAN Online for as many students as possible. **Mr Brendan Clews will be in touch with anyone that requires adjustments to be made.**

**Year 3 and 5 students will participate in a Practice Test on Thursday 24<sup>th</sup> March from 8.30am 10.45am**

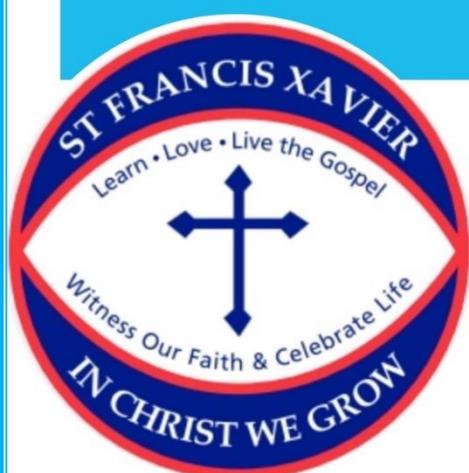
This will give the students an opportunity to engage in a writing test and an Omnibus Test (mixture of questions from all the other NAPLAN tests). Please notify the classroom teacher if your child will be away on this day. There will be no catch-up tests – you will be directed by the classroom teacher to visit the public demonstration site.

**A NAPLAN Schedule will be available early next term. NAPLAN tests will take place from May 10<sup>th</sup> to May 20<sup>th</sup>. We are aiming for all tests to be completed in the first week with catch-up tests being set for the second week if a child is absent.**

**National Day  
of Action against  
Bullying and Violence**

**Friday 18 March 2022**

**[bullyingnoway.gov.au](http://bullyingnoway.gov.au)**



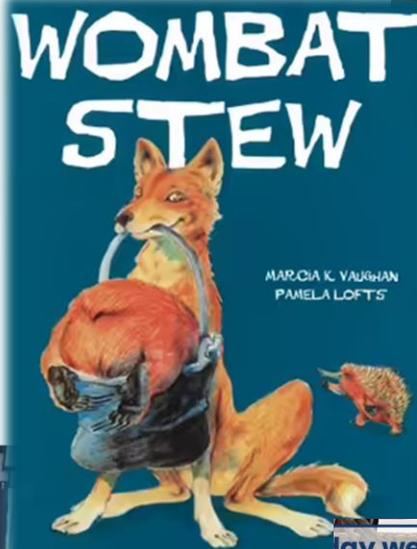
**National Day  
of Action against  
Bullying and Violence**

**Official Bullying. No Way! school**

# What's been happening in Prep?

The Preppies have been reading the story Wombat Stew by Marcia K Vaughn. We have been looking at all the wonderful words in the text and learning about their meaning. The children have also been discussing parts of a book e.g., front cover, back cover, spine and title. To enhance the story, we focussed on making our own wombat stew. The children had the opportunity to create a list of items that were needed for the stew and then they went on a collection hunt around the school.

Once all items were collected, we set up a display in the classroom and made the stew. Every child got the opportunity to pour in some of the disgusting, ooey, gooey ingredients. We then chanted the song and stirred the pot.



**MMMMMMMM**

**YUM YUM?**



**COVID@SFX** Thank you to all parents and families for their vigilance during the past few weeks. However, we continue to have multiple cases in multiple classes. We need to continue to stay aware of children who are unwell or who spend time with those who are infectious and test where we can.

## Social Media

### ▀ DO YOU KNOW WHAT YOUR CHILD IS DOING?

We urge all parents to be vigilant if children are using social media. It takes extensive work with children to ensure their behaviour online is always respectful and safe. At the moment, the apps which students are using to communicate with each other include 'Tik-Tok, Instagram, Snapchat and also 'Messages' (which is a default program that comes with every iPad or iPhone device).

At times, children use these apps in inappropriate ways. Parents need to check the apps.

Do you know what your child is involved in?

Do you know how many different accounts your child has?

At school, we regularly talk to children about their online behaviour and the consequences of inappropriate social interactions online. We ask that you also speak to your children consistently about their online language and treatment of other people.

*It is vital that images of children and people in the community are not put on social media sites without the explicit permission of the people in the images*

## Prep 2023

If you are yet to enrol your little one for Prep 2023, I ask you to do so as soon as possible please. **Prep interviews will take place in Term 2.** For the last 3 years we have had up to 110 enrolments for Prep therefore making positions at a premium.

There is no guarantee that your child will receive a place should you enrol later in the year.

**Enrolments need to be completed online.** The link can be found on our school website -

[www.sfxmrok.catholic.edu.au](http://www.sfxmrok.catholic.edu.au)

Please contact our school's enrolment officer, Mrs Heather Hicks on 49511861 for all enrolment information.

## Go SFX Sports Girls and Boys!

Oliver Hamilton has been selected in the under 10's Mackay representative **touch football** team. He along with Brodie Herrington and Hayle Kenworthy have been selected as members of the Southern Suburbs team competing at the Mackay and District trials.

The following girls and boys were selected in **Hockey** for the Southern Suburbs team.

### GIRLS

- Gemma Gravino, Georgia Eva and Lucy Mansfield

### BOYS

- Sam McLean, Lucas Voll, Brodie Herrington, Izsak Barbeler, Cruz Cant & Hudson Mayfield

The following girls were chosen for the **Netball** Southern Suburbs team

- Marlie Harrison, Allegra Brady, Lexie O'Brien, Olivia Kelly & Sophia Westbrook

And finally Georgia Moohin has been selected for the Mackay & District **AFL** Squad, Caleb Presbitero is representing the school in the Southern Suburbs team for Rugby League and Isla Linwood in the Mackay & District Team also for Rugby League.

A huge congratulations to all of these children. Good luck to you all in the next stage of the competition. Please let me know if I have missed any child's sporting achievement.

# Mercy Awards



Love Mercy Faith Excellence

Week 7 Awardees



CATHERINE  
MCAULEY  
COLLEGE



MACKAY

## Catherine McAuley College – Open Evening

### Thursday 17 March 4.30pm to 7.30pm

For prospective students in Year 7-2023, their parents/guardians, and parents of current 2022 Year 7 students.

**Parking:** Field Street college carpark and assemble in the outdoor covered court  
**Format for the evening:** Four tour groups at 4.30pm / 5.15pm / 6.00pm / 6.45pm

Our current students will escort small groups with CMC staff at locations of interest.  
We look forward to seeing you!

***“Curiosity and questions will get you further than confidence and answers.”*** – Maxime Lagace

To express enrolment interest, please go to our website CMC Website, click ‘Enrolment Information’, ‘Start Online Enrolment Form’: <https://cmcmrok.catholic.edu.au/>



# GRANDPARENTS SUPPORT GROUP

All Grandparents are welcome even if your Grandchildren are adults.

There are many grandparents who are raising or who help raise their grandchildren. While most parents have great support networks there are not the same support networks available for Grandparents. It is important to have someone with whom you can share worries or to just be able to talk too.

This group may be for you. It will be a time when you can talk to others in a similar situation as you.

Even if you have grandchildren and look after them occasionally you are welcome to join us.

We will meet once a month; afternoon tea will be provided and occasionally we will have speakers discussing subjects that you are interested in.

## Grandparents Support Group

Come along for a friendly chat and afternoon tea

**Date: Friday 25<sup>th</sup> March**

**Time: 1.00pm**

**Place: North Side Uniting Church, Bedford Road, Andergrove.**

**Contact: Annette 0423092357 or**

**Email: [suttonannette@hotmail.com](mailto:suttonannette@hotmail.com)**



## SunSmart Tips

Sun exposure can lead to skin cancer and other forms of skin and eye damage later in life. Remember to Slip! Slop! Slap! Seek! Slide!

Layer sunscreen on thickly 20 minutes before going out into the sun and reapply sunscreen every two hours. **Do not rub it in!**

There is no such thing as wind burn! Wind may dry your skin but it will not burn it. Remember to Slip! Slop! Slap! Seek! Slide! when the UV Index is 3 or above.

Ultraviolet radiation can penetrate clouds so do not be fooled when it's overcast. Protect yourself from the sun when the UV Index is 3 or above.

Cancer Council says: **Be SunSmart!**

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on some sunglasses

Use a combination of these sun protection measures outside when the UV Index is 3 or above. Use an SPF 30 or higher broad-spectrum water-resistant sunscreen. Always apply sunscreen thickly and **do not rub it in!**

Instead of a baseball cap use a broad brimmed, bucket or legionnaire style hat which protects your ears and back of the neck from sun burn and skin damage.

A tan doesn't last a lifetime, but skin damage does! Remember to Slip! Slop! Slap! Seek! Slide!

Sunscreen should never be the only method of sun protection used. Nor should it be used to stay out in the sun longer, remember to use a combination of Slip! Slop! Slap! Seek! Slide!

**Australians generally apply too little sunscreen.** This means they usually get less than half the protection stated on the product label. Children usually require approximately ½ teaspoon on each extremity.

Sun Protection Times are a daily time period showing when UV levels are predicted to be 3 or above, and sun protection is needed. The sun protection times vary according to your location and will change throughout the year. To find the sun protection times for your area, visit [www.myuv.com.au](http://www.myuv.com.au)

Role modelling by parents, teachers, sport coaches and other adults has a positive influence on the sun protection habits of young people. So remember to lead by example and Slip! Slop! Slap! Seek! Slide! when outside.

When visiting the school, families and visitors are asked to use a combination of sun protection measures. Children learn lifelong sun protection behaviours from their parent, so lead by example!

Shade is a very effective form of sun protection, however, it will not totally block out all of the sun's ultraviolet (UV) rays. UV radiation can scatter in the atmosphere and reflect from surfaces such as water, sand and concrete. Maximum UV protection can be achieved by using shade in conjunction with sun protective clothing, hats, sunscreen and sunglasses.

A rashie or t-shirt is a great way to protect your skin from harmful UV radiation when swimming.

Exposure to ultraviolet (UV) radiation from the sun and other sources, such as solariums, is the major cause of skin cancer.

Australia has some of the highest levels of UV radiation in the world: in fact UV radiation is strong enough to cause sunburn in as little as 10 minutes on a fine January day. Your skin remembers and records all the UV exposure you have ever received – all the sunburns, tans, solarium visits or just simple day-to-day time spent outdoors when you have not used sun protection. It all adds up and increases your long-term risk of skin cancer. It's estimated that if we reduce our lifetime exposure to UV radiation by just 20%, Australia would have about one third fewer cases of skin cancer.

Remember you can still get sunburnt on a cool or cloudy day, so Slip! Slop! Slap! Seek! Slide! There is no such thing as a safe tan. Tanning is a sign of skin damage. Don't cook for looks, remember to Slip! Slop! Slap! Seek! Slide!

It does not have to be hot for sunburn to occur – UV radiation is not the same as heat. Most people get burnt when the temperature is between 18 and 27 degrees, Slip! Slop! Slap! Seek! Slide!

Over exposure to UV radiation leads to sunburn, wrinkling, premature aging, eye damage and skin cancer. So Slip! Slop! Slap! Seek! Slide!

The same harmful rays that damage skin can also cause both short and long term damage to children's eyes, so be SunSmart and protect eyes with close fitting wrap around sunglasses. Found early, over 90% of skin cancers can be treated successfully. Check your skin regularly and if you notice any unusual changes see your doctor.

Some clothing is marked with an Ultraviolet Protection Factor (UPF). The higher the UPF, the more protection the fabric will provide. Look for clothing with a UPF Factor of 40-50+.

Remember that UV can penetrate water up to 50cm, so don't be fooled by thinking you are protected in the water, remember to apply sunscreen 20 minutes before going for a swim.