



# NEWSLETTER

## SCHOOL MISSION STATEMENT

AT ST FRANCIS XAVIER SCHOOL WE WILL:

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

### SCHOOL IMPROVEMENT PRIORITIES 2024

Catholic Social Teaching, Writing, Mathematics, Wellbeing and Regulating

Friday 26 July 2024  
Week 3

Dear Parents & Carers,

Many of you are aware of the 'mindfulness & well-being' ritual we perform each morning before 8:15am in the UCA. Chimes are rung and the children present, sit in their classes. Once quiet, they practise deep breathing and then together say our promise for the term. This term, it is...

**Our school is built on resilience,  
and being the best that we can be.  
Working hard and helping each other,  
is our responsibility.**

I was sent this article (which I believe supports this term's promise so well) and thought I would share it with you. It talks about raising healthy children – socially, emotionally and physically.

***If we want our children to grow into happy and healthy individuals, we have to wake up and go back to the basics. Set limits and remember that you are your child's PARENT, not a friend. Offer kids well-balanced lifestyle filled with what kids NEED, not just what they WANT. Don't be afraid to say "No!" to your kids if what they want is not what they need.***

- Provide nutritious food and limit snacks.
- Spend one hour a day in green space: biking, hiking, fishing, watching birds/insects
- Have a daily technology-free family dinner.
- Play one board game a day.
- Involve your child in one chore a day (folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table etc.)
- Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free bedroom

***Teach responsibility and independence. Don't over-protect them from small failures. It trains them the skills needed to overcome greater life's challenges:***

- Don't pack your child's backpack, don't carry her backpack, don't bring to school his forgotten lunch box/agenda, and don't peel a banana for a 5-year-old child. Teach them the skills rather than do it for them.

***Teach delayed gratification and provide opportunities for "boredom" as boredom is the time when creativity awakens:***

- Don't feel responsible for being your child's entertainment crew.
- Do not use technology as a cure for boredom.
- Avoid using technology during meals, in cars, restaurants, malls. Use these moments as opportunities to train their brains to function under "boredom".
- Help them create a "boredom first aid kit" with activity ideas for "I am bored" times.

***Be emotionally available to connect with kids and teach them self-regulation and social skills:***

- Turn off your phones until kids are in bed to avoid digital distraction.
- Become your child's emotional coach. Teach them to recognize and deal with frustration and anger.
- Teach greeting, turn taking, sharing, empathy, table manners, conversation skills.
- Connect emotionally - Smile, hug, kiss, tickle, read, dance, jump, or crawl with your child.

Are there any suggestions here that resonate with you?

## NOTIFYING PARENTS WHEN CHILDREN BECOME SICK AT SCHOOL

At times, your child may become sick at school. We have very strict guidelines we are required to follow. These guidelines are provided to us by Catholic Education Office Rockhampton and are informed by Queensland Health.

If your child presents at our office with any serious or contagious symptoms, they will be provided with first aid, and you will be contacted immediately. If your child requires an ambulance, we will not hesitate to call one, if we believe your child is in danger and we are unable to assist them, medically. We do have students who present themselves to the office on a regular basis, advising they are not feeling well. At times, this is more about not wanting to be in class, not feeling comfortable with a change in the school routine or perhaps even an issue that is not school related. Over time and with communication from home, we get to know these students and follow advice from parents as to what helps them to return to class, if they are not genuinely unwell.

### How can you, our parents to help us?

If one of our office staff rings and ask you to collect your child from sick bay, please comply with this request. We have two beds in our sick bay and often have an office full of students who are not well. This means, some children must sit on chairs in the office. This is not conducive to getting well quickly. If your child has contagious symptoms such as cold or flu or vomiting and diarrhea symptoms, we will contact you to collect your child as we are mindful, not only that your child needs to be in a comfortable bed at home to rest and recover, but also that we have 560 students and 70 staff whom we need to protect.

We understand, when parents are working outside of the home, it is sometimes difficult to stop work to collect a sick child, but we also need to consider the health and safety of our staff and students. Whilst our office staff are all trained and have up to date first aid certificates, they are not medical professionals and so they need you to collect your child, if he or she is sick.

If you believe your child is sometimes inclined to imagine symptoms or fake an illness, we ask that you speak to them about it and provide them with strategies to assist them to only present at the sick bay when they are genuinely ill.

We thank you for your help and support.  
Have a wonderful weekend,

God Bless,  
Olivia

# WHAT'S HAPPENING – TERM 3:

## WEEK 4

Monday 29 July: Hansel & Gretel Performance (Whole School)  
Life Education Visit  
Eucharist Workshop ~ 3.15pm

Tuesday 30 July: Book Swap  
Life Education Visit

Wednesday 31 July: Book Swap  
Life Education Visit

Thursday 1 August: Book Swap  
Life Education Visit

Friday 2 August: Assembly ~ 8.30am ~ UCA  
Primary Maths Challenge  
HOUSE DAY  
Jeans for Genes Day (Students can wear jeans with their House shirts)

## WEEK 5

Thursday 8 August: St Mary of the Cross Feast Day  
Friday 9 August: Assembly UCA ~ 8.30am  
Saturday 10 August: Sacrament of Confirmation & Eucharist 6.00pm  
Sunday 11 August: Sacrament of Confirmation & Eucharist 9.00am  
P & F Golf Day

Congratulations to our students who will be making their Sacrament of Confirmation & Eucharist over the weekend.

God bless you all!



## FROM THE APRE



## EUCHARIST WORKSHOPS

|                          |                |        |
|--------------------------|----------------|--------|
| St Francis Xavier Parish |                |        |
| Eucharist Workshops      | Monday 29 July | 3.15pm |

CELEBRATION OF SACRAMENT  
(Parent, Child & Sponsor)

**ST FRANCIS XAVIER CHURCH**  
Saturday 10 August ~ 6.00pm  
Sunday 11 August ~ 9.00am

**ST MARY'S CHURCH**  
Saturday 3 August ~ 5.00pm

**ST MICHAEL'S CHURCH**  
Sunday 4 August ~ 9.00am

## CATHOLIC EDUCATION CELEBRATION

We sincerely thank Mrs Griffin and our Year 6 student leaders who welcomed in Catholic Education Week with a prayer celebration that reminded us of what a privilege it is to be a Catholic school and in particular, to be a member of the St Francis Xavier Catholic Primary School. This week we have pledged ourselves to doing something special for others to show our gratitude for being part of the Catholic Education family.



[lifeedqld.org.au](http://lifeedqld.org.au)

# Life Ed and the Australian Curriculum

Health and Physical Education

The Life Ed program is designed to be integrated into the primary F-6 curriculum taught in Australian schools. The core program consists of thirteen modules focusing on the three interrelated focus areas of physical health, safety and social and emotional wellbeing. Pre-school

Fun, highly interactive 45 minute sessions are specifically tailored to suit children aged 3-5 covering topics including the body, personal hygiene, the benefits of physical activity, nutrition, sleep, personal safety and social skills Primary school Fun, highly interactive 60 - 90 minute sessions are specifically tailored to suit children 5 - 13 years covering topics including the body and body systems, the benefits of physical activity, nutrition, personal safety, safety with medicines, social skills and self-esteem, cyber-safety, decision making, smoking and alcohol Secondary school Engaging, interactive 60 - 90 min.

| Year Level            | Life Ed Module Name    |
|-----------------------|------------------------|
| Foundation            | My Body Matters        |
| Foundation and Year 1 | Harold's Friend Ship   |
| Year 1                | Ready, Steady, Go!     |
| Years 1 and 2         | Safety Rules!          |
| Year 2                | Growing Good Friends   |
| Years 3 and 4         | The Inside Story       |
| Years 3 and 4         | Friends & Feelings     |
| Years 3, 4 and 5      | bCyberwise             |
| Year 5                | Harold's Healthy Foods |
| Years 5 and 6         | Take A Breath          |
| Years 5 and 6         | Think Twice            |
| Years 5 and 6         | Decisions              |
| Years 5 and 6         | Relate Respect Connect |



## FROM THE APA



## ST FRANCIS XAVIER ART COMPETITION 2024

St Francis Xavier School will be holding our annual Art Competition again beginning on 15 July and ending on 16 August. There will be three awards presented in the competition:

- The Judge's Choice
- The People's Choice
- The Principal's Choice

The winning entries will be framed and hung in the school library and the winner of each category will receive a small trophy. Our invited judge this year will be **Kylie Ferriday** from **Art Haus**, who will determine the winner. The People's Choice award will be determined by staff and students. All students will be given the opportunity to vote for their choice by secret ballot in their class. The Principal's Choice will be awarded by Olivia. The entry may be part of artwork that has been completed in class time or it may be an individual's piece completed at home. Importantly, the work must belong entirely to the student. Therefore, all entry forms must be signed by the student and his/her parent [or teacher – if the work has been done in class] certifying that the work is entirely that of the student.

Entries:

- must be able to be framed and hung
- maximum size A4
- A4 art-block paper is provided by the school on request to Mrs Grech in the office
- only one entry per person
- no entry fee
- no signature on the front of the work until after judging



**Entries open on 15 July and close on 16 August.**

## BULLYING

When we feel like we belong, bullying struggles to find a place. It's about embracing who we are, respecting everyone's differences and standing up together against unkindness. Belonging means we all have a role in preventing bullying. We're encouraged to speak up and create a safe place where everyone feels supported and respectful, and our voices are heard and valued. (From Bullying No Way! Website)



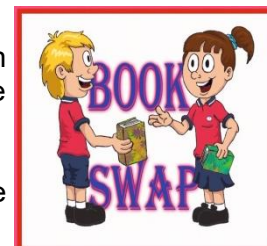
## BOOK SWAP

**BOOK SWAP – Tuesday 30 July – Thursday 1 August**

*"There is no such thing as a child who hates to read. There are only children who have not found the right book" Frank Serafini*

So, if this quote suits your child, please come along to our Book Swap next week. We are situated in the library and will be open for business each morning before school. As you know, we have a Book Swap each term and it is wonderful to see the same clients returning, each time.

If your child has not come to a Book Swap yet, it is very simple AND IT'S FREE!! Just bring in a book from home, that is suitable for student within the age bracket of Prep to Yr. 6 and you can swap it for another book, which is of interest to your child.



We do ask that the books are in good condition, without scribble, missing or torn pages and with a cover. Students can swap as many books as they like. If they cannot find one that interests them on their first visit, they will receive a Book Buck which can be redeemed on another day, of even the next Book Swap.

So, we hope to see you and/or your child next week ready to swap some books, ready to READ! READ! READ!

## HOUSE SPIRIT DAY

House Spirit Day for this term will be held ON **Friday 2 August**. All students are invited to wear their House coloured polo shirts if they have them and wear their school hats displaying their House. Students who do not have a House polo may wear their sports uniform. House polos are available from Uniform Solutions.

## JEANS for GENES DAY ~ Friday 2 August

This is an important day to raise awareness of different birth defects and genetic diseases, as well as the charities that support these people.

Students are invited to wear jeans with their House shirts.






## FROM THE APC



St Francis Xavier Catholic Primary School

**Strategic Priorities and Goals 2024 – 2026**



| 1. Catholic Identity                                  |   | 2. Effective Teaching and Learning<br>(NSIT Domains 2,5,6,7,8)   |  |
|--|---|--|--|
| <b>PRIORITY</b><br>1.1 To explore and embed the tradition of prayer within the Catholic faith.   | <b>GOAL</b><br>To engage and educate staff and students in a variety of prayer opportunities and experiences. | <b>PRIORITY</b><br>2.1 To create a culture of data informed practices where every student is engaged and learning successfully in their own ways.        | <b>GOAL</b><br>To improve student learning outcomes in writing.      |
| 3. Pastoral Support and Wellbeing<br>(NSIT Domain 3)  |   | 4. Leadership, Partnerships and Resourcing<br>(NSIT Domains 1,4,9)  |  |
| <b>PRIORITY</b><br>3.1 To implement a student wellbeing program that focuses on each child being the best version of themselves.         | <b>GOAL</b><br>To assist students in regulating emotions by understanding their readiness to learn.           | <b>PRIORITY</b><br>4.1 To enhance and develop parent and community partnerships to improve student learning.   | <b>GOAL</b><br>To engage parents in the everyday life of the school. |

# PREMIER'S READING CHALLENGE



The reading period will conclude on Friday, 23<sup>rd</sup> August 2024.

## Amount of books per Year Level

|                |                             |
|----------------|-----------------------------|
| Prep to Year 2 | Read or experience 20 books |
| Years 3 and 4  | 20 books                    |
| Years 5 and 6  | 15 books                    |

It would be lovely to see the whole school participating in the challenge to enjoy reading as well as improve reading skills.

## WORDS IN ACTION: St Francis Xavier's Writing Journey

At St Francis Xavier, our commitment to enhancing student writing is evident through our professional development sessions with writing consultant Sharon Crone, earlier this year. Our teachers have focussed on mastering power paragraphs, refining sentence structure and expanding vocabulary. This initiative aligns with our school goal of improving writing skills across all grades. Over the next few weeks, we are excited to showcase our students' wonderful writing achievements.

To support writing improvement at home, consider these tips:

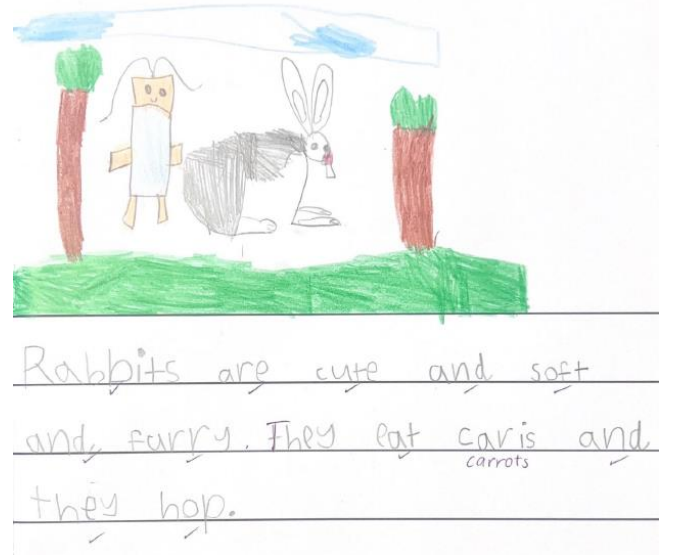
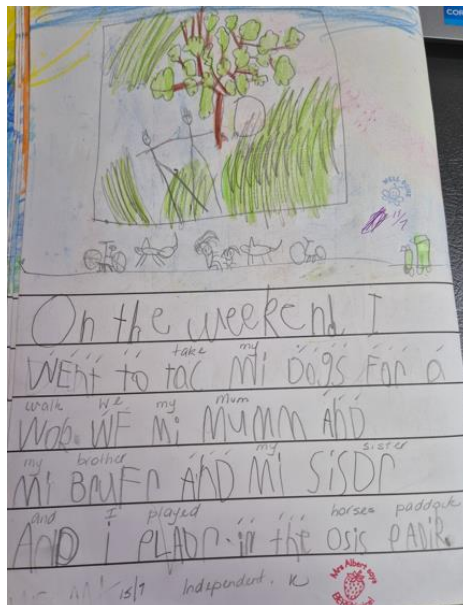
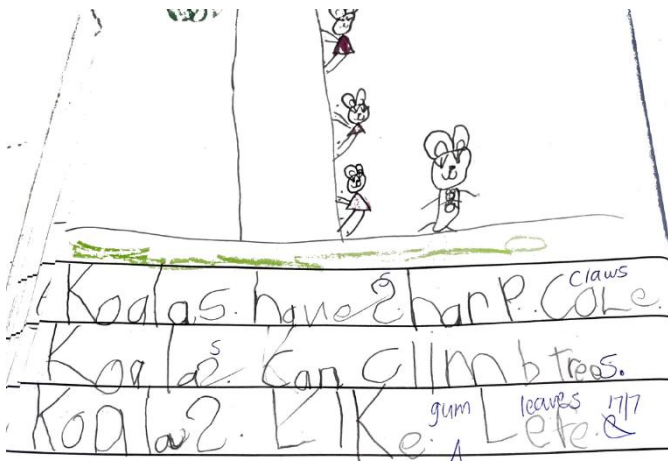
- 1. Encourage Regular Writing** – this may take place whilst completing homework tasks, time can be set aside for writing about topics of interest or writing a shopping list etc.
- 2. Read Together** – reading a variety of genres can help expand vocabulary and expose your child to different writing styles.
- 3. Provide Constructive Feedback** – offer specific praise and gentle suggestions to help your child improve their writing.
- 4. Use Writing Prompts** – stimulate creativity with fun and engaging writing prompts. Often in class power paragraphs are based around interesting images (see image on the side).
- 5. Practice Sentence Combing** – help your child practice combining shorter sentences into more complex ones to enhance their writing flow. Chat to your child about simple, compound and complex sentences. As your child moves through the primary years they will be exposed to these 3 sentence types.



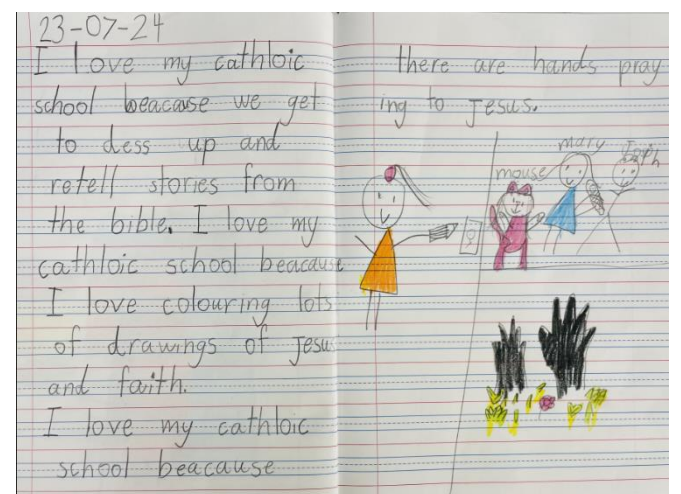
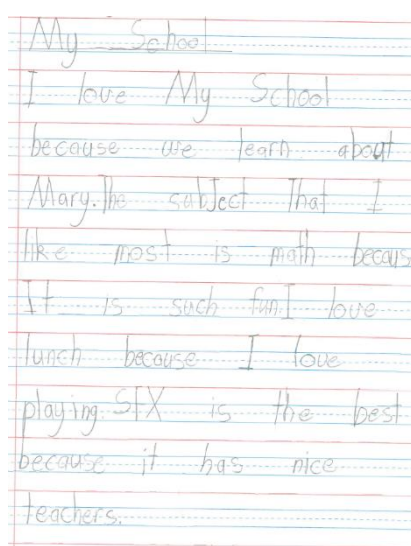
<https://www.literacyshed.com/the-images-shed.html>

This week we are showcasing Prep to Year 2 Writing....

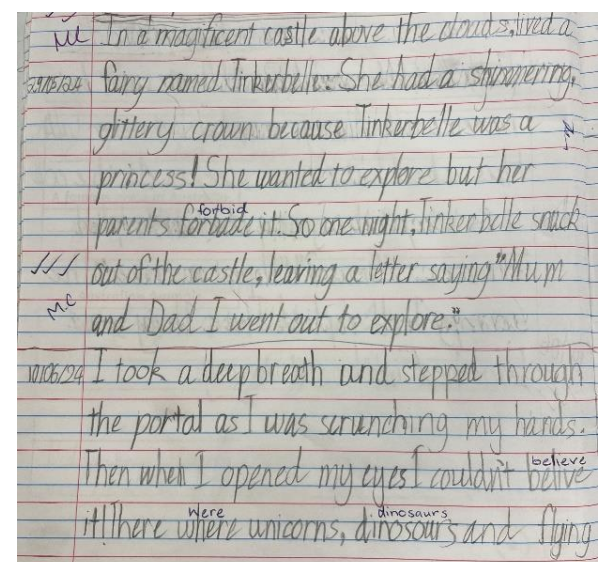
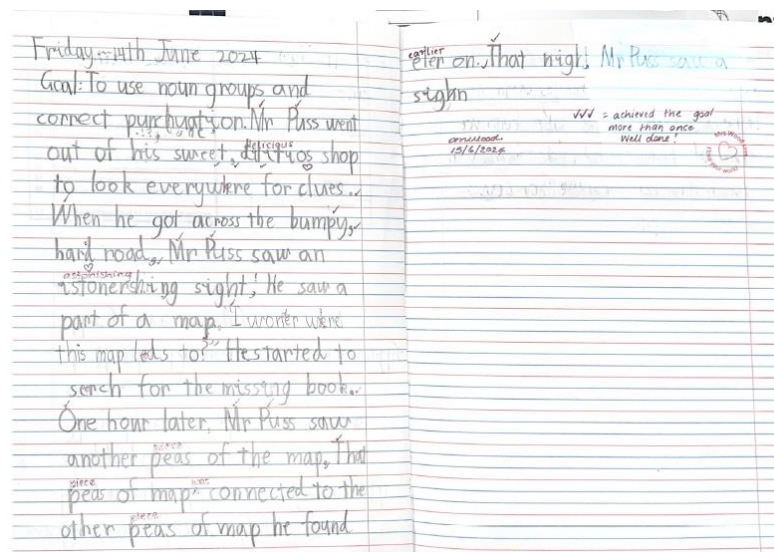
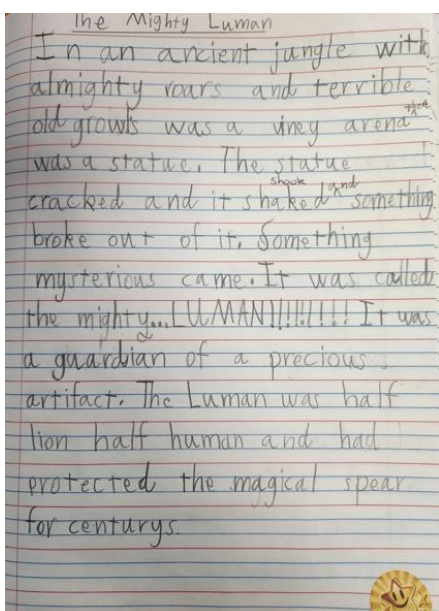
Prep:



Year One:



Year Two:



# NEWS FROM THE ARTS

## Dance Class

The ARTS classes this term is jam packed with fun. In Dance, each class are learning their routines for the SFX Arena Spectacular Concert which is on Thursday 12<sup>th</sup> September at 6pm on the school oval. This year's theme is about Musical Artists. Every class has their own music artist they will be performing a medley to.

## Choral Speaking

In Drama, some of the students have volunteered to be in the Choral Speaking section with Mrs Persson at the Mackay Eisteddfod in October. Due to the Mackay Eisteddfod rules, we can only have 60 children participate per cohort, so not everyone can be in it. The students that are not participating still have an Arts lesson every week with Mrs Poots where they have been learning about all the music artists in our Arena Spectacular as well as music genres.

## Singing Choir

On Friday's, Mrs Persson teaches the singing choirs that will be performing in the August Mackay Eisteddfod at the **New Life Centre (next to Kidz Life Play Centre)**

**Wednesday 7<sup>th</sup> August – 8:30am session**

Year 3 & 4 Singing Choir (Year 4 & Under)

**Thursday 8<sup>th</sup> August – 8:30am session at the New Life Centre**

Year 1 & 2 Singing Choir (Year 2 & under)

Year 5 & 6 Singing Choir (Choral Singing for Primary Schools – Open)

## Rock Pop Mime

25 of our Year 6 students auditioned to be involved in the Lions Club Rock Pop Mime Show. We have been rehearsing on the weekends as well as Friday afternoons and are excited to perform on Friday 26<sup>th</sup> July. There is usually a livestream YouTube link so you can watch from the comfort of your lounge room as tickets are limited. This year we are following the Taylor Swift and PINK craze of their 2024 Aussie Concerts and performing a fun medley bursting with colour.

## Singing Soloists

Some of our students have been coming to Mrs Persson as lunch times to learn a singing solo for the Mackay Eisteddfod. They will be performing these in August and are very excited to sing on stage by themselves.

Kind Regards, Leisa Persson ~ Arts Teacher

# WHITSUNDAY VOICES

Thank you so much to Whitsunday Anglican School for organizing another fabulous literary experience for all the students of Mackay in Whitsunday Voices 2024. This is such a special experience for many students. It lights a fire in some and encourages their love of books, reading and writing. We are already looking forward to Whitsunday Voices 2025



# FIREWISE Presentation

Last week our Year 2 & 3 students participated in the Firewise Presentation which focused on 3 major messages – The importance of ringing 000, Stop Drop and Roll and the difference between a good and a bad fire. It was an absolute delight to have Max Kingsbury (past SFX student) back with us to present Firewise with Hannah and Indie, who are also local to our area. Max wrote this production which was both entertaining and educational. Max received a Regional Arts Development Fund grant to perform for the schools of our local area.



# SFX John Paap Rugby League Team

Well done to the girls and boys who represented our school over the term in the John Paap Competition. Under the guidance of their much-respected coach, Cody Norton and assistant coach Ryan Barfield, the children became a team, working together and supporting each other every time they played. Last Friday, they played in the Grand Final against West State School – very strong competition - and while the scores were 6 all, our team one the shield as we were the first to score.

A huge thank you to Miss Carlie Martin, who was the team manager and was present for every training session and game. Thank you, Carlie, – your willingness to take on the manager role allowed this opportunity for our children.



## PAST STUDENT



It is always so lovely to see past SFX students and it is a real highlight for us all when one drops in for a visit. Jeffery arrived in the office last week and even brought in his mum (Raelene) and dad (Martin) for a quick catch up. Jeffery is currently living on the Sunshine Coast. After completing his degree in Health Science, he is currently working as a dispatch coordinator. It was a delight to see Jeff and his family.

## NATIONAL PYJAMA DAY

If ever a day was suited to National Pajamas Day, it was last Friday. It was so lovely for the student to enjoy their learning in relaxed clothing! The teachers were happy too!



## PE Lesson ~ AFL SKILLS

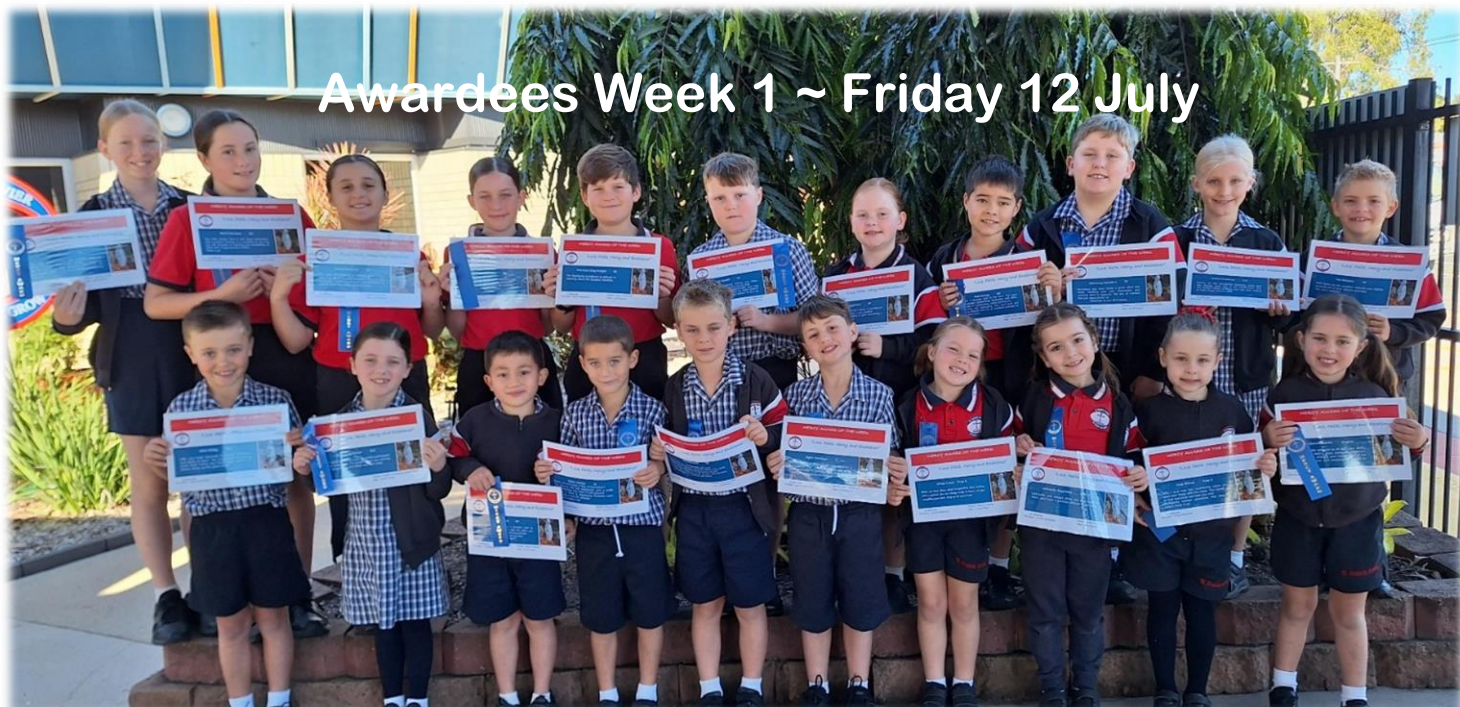
Last week our students warmed up in the sunshine, learning all things about AFL. Auskick also started this week here at school. Not too late to register. Be apart of the fun in PE and after school and come develop your footy skills.



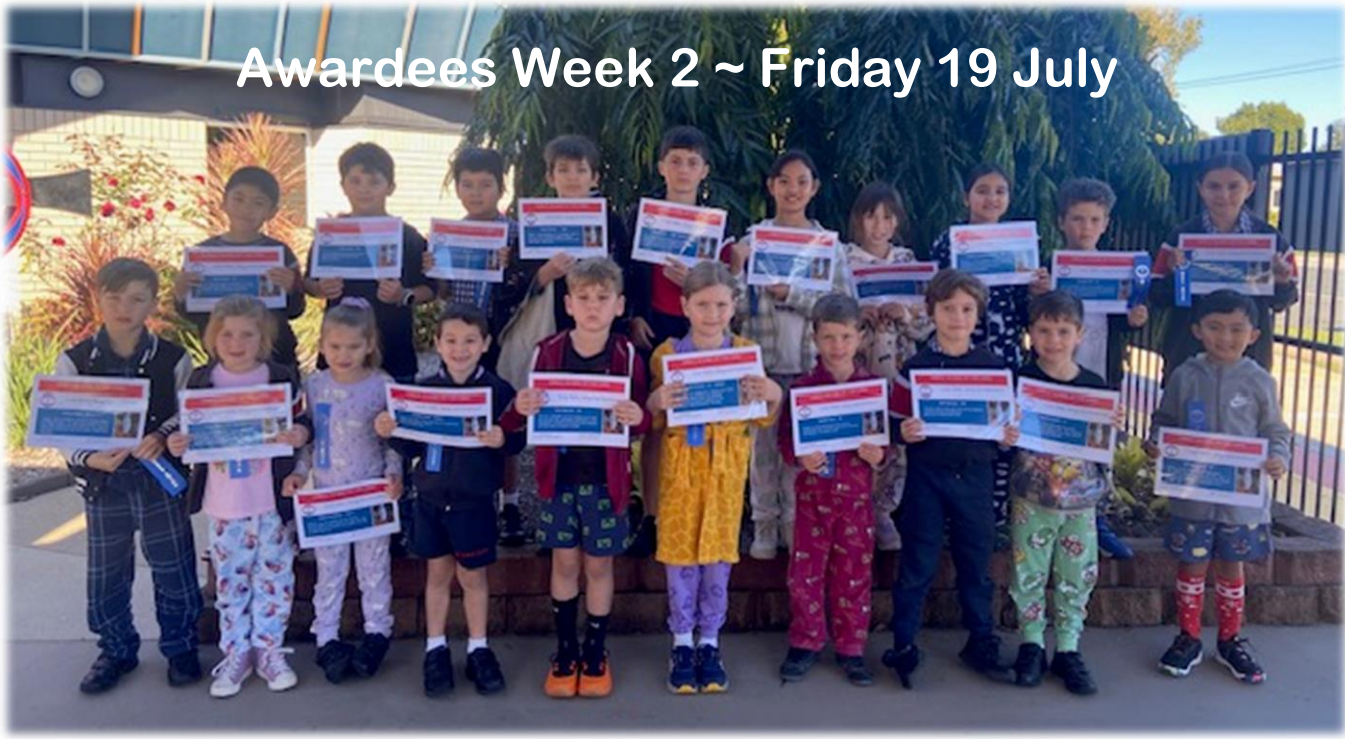
## Mercy Awards

Excellence Love

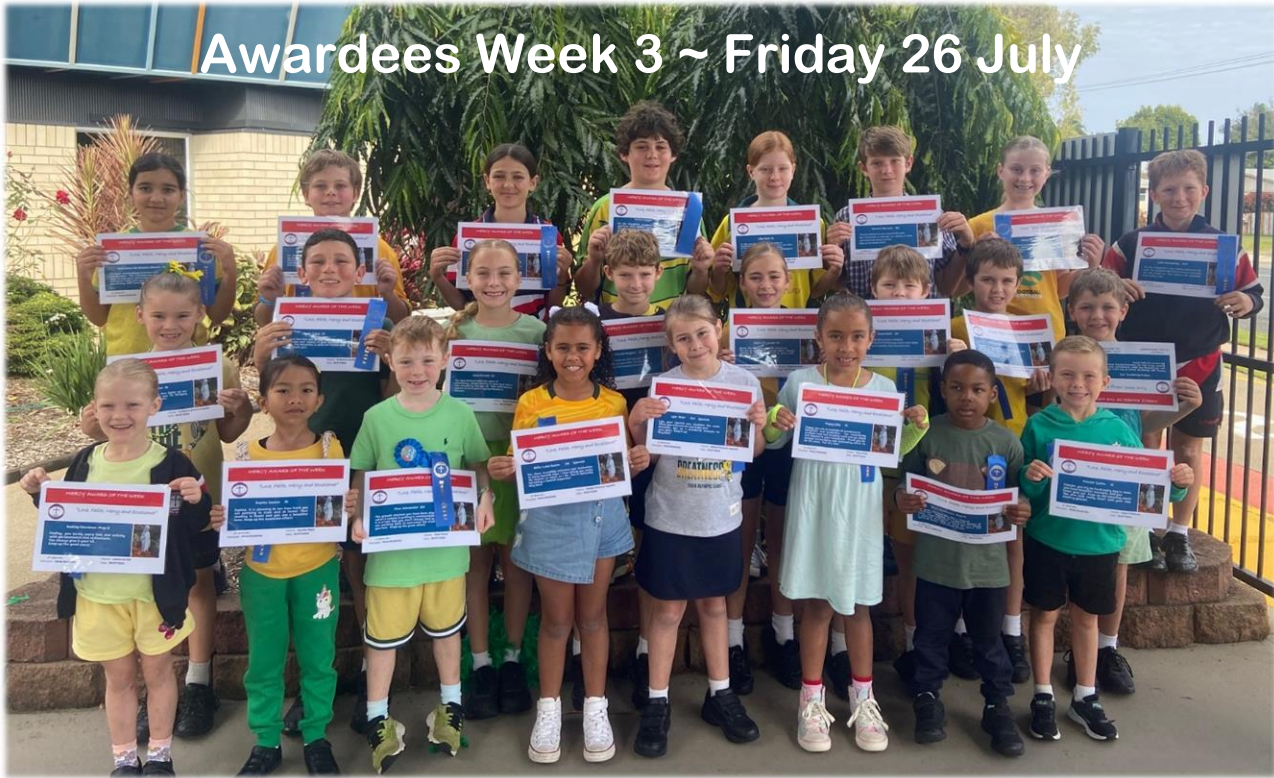
Faith Mercy



Awardees Week 2 ~ Friday 19 July



Awardees Week 3 ~ Friday 26 July



**TERM 3 CLASS CAPTAINS**



**JOIN THE FUN!**

**ST FRANCIS AUSKICK**  
ST FRANCIS XAVIER MACKAY  
Starts 25th of July - 6 Weeks - \$80



Scan for more info and to register!

Contact:  
Alex Brooks - alex.brooks@ afl.com.au

[play.afl/auskick](http://play.afl/auskick)

# ATOM SOCCER PROGRAM

## TERM 3 REGISTRATIONS OPEN

The **ATOM Soccer Program** runs fun, specialized skills sessions for young players wishing to improve through an increased volume of training.

|                              |                                |
|------------------------------|--------------------------------|
| <b>Monday - Saint Mary's</b> | <b>Tuesday - Saint Francis</b> |
| 3.15 - 4.15pm, U5 - 8        | 3.15 - 4.15pm, U5 - 8          |
| 4.30 - 5.30pm, U9 - 12       | 4.30 - 5.30pm, U5 - 8          |

\$200 for a full 10 week term.

Register your interest by emailing  
[atomsoccerprogram@outlook.com](mailto:atomsoccerprogram@outlook.com)

@atomsoccerprogram

## JUNIOR RAYS CRICKET PROGRAM

### ST FRANCIS XAVIER CATHOLIC SCHOOL



**TUESDAYS**  
**WEEKS 3 - 6**  
**STARTS 30TH JULY**  
**COST: \$25** (INCLUDES WATER BOTTLE & HAND BALL)  
**WHERE: ST FRANCIS XAVIER SCHOOL OVAL**  
**TIME: 3:15PM - 4PM**



QR REGISTRATION

REGISTRATION: <https://www.playhq.com/cricket-australia/register/800179>




## ST MARY'S CATHOLIC PRIMARY SCHOOL

# CENTENARY EVENTS

**AUGUST 6** **CENTENARY MASS**  
9am St Mary's Basketball courts  
Bishop Michael McCarthy  
Centenary Cake cutting  
Light refreshments afterwards.

**AUGUST 9** **CENTENARY DINNER**  
From 6pm Mackay Show grounds,  
Upper500 Pavilion  
Special guest Craeme Connors  
Tickets available via Humanitix until Wed 31st July

**AUGUST 11** **FAMILY FUN DAY**  
**St Mary's school 9 - 1 pm**  
Memorabilia Display in Hall  
Open Classrooms  
Jumping Castles  
Sausage Sizzle, food & drinks  
Roll Call - Raffle draw  
Student performance's  
Centenary cake cutting  
Scavenger Hunt  
Time Capsule Entries  
Yearbook & Cookbooks for sale

EMAIL: [SMM\\_CENTENARY@ROK.CATHOLIC.EDU.AU](mailto:SMM_CENTENARY@ROK.CATHOLIC.EDU.AU)



# Community Fair

**Northside Uniting Church**  
Crn Bedford Rd & Fleurs  
Way  
**ANDERGROVE**

**31st August**  
**9am - 1pm**

- pre-loved clothing
- trash & treasure
- 2nd hand books
- children's activities
- plants
- entertainment
- food
- devonshire teas