

ST FRANCIS XAVIER'S SCHOOL

*"Lake Alive with Dreamtime Knowledge, Waves of Learning,
Sailing into the Future"*

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"You are the light of the world, let Jesus shine through you to others"

Our mission is

*"You are the light
of the world, let
Jesus shine
through you to others"*



is 'to work in an environment
of mutual respect for cultures
and backgrounds and celebrat-
ing the Gospel principles in

Dear Parents and Carers,

It is wonderful to be back within our wonderful school community after a very restful and amazing holiday. Simon and I really enjoyed our time in South Africa— it is a beautiful country with every day a new experience and with so much to see!

Monday Mrs Shaw, Mrs Morris and I spent the day with Andrew Chinn, the creator of many CDs, DVDs and resources that assist us in teaching Religion. We sing many of his hymns in our liturgies. The day was held at Murrumburrah and the we joined many teachers from all the schools in the Western Region learning more about teaching Religion through prayers, music and dance. Andrew Chinn will work



with our students, the students from St Mary's WW and the students from St Joseph's Grenfell on Thursday at St Mary's at West Wyalong teaching them some special songs and dances. The day will be great for the students and will conclude with a concert where the students will present some of the songs and dances learnt earlier in the day for all to enjoy. Please feel free to join us for this special day!

I know that students and staff thoroughly enjoyed having Mr Paul Corcoran working with them last term. I spoke to Paul on Monday and he mentioned how much he enjoyed working in our school last term. Thank you for making him feel so welcome!

Year 1/2 Class will be covered this term the following way:

Literacy and Religion will be covered by Mrs Elwin

Numeracy and PE/Sport will be covered by Mrs Morris

HSIE, Science, PDH, Creative and Practical Arts will be covered by Ms Wheeler

Please feel free to contact the staff if you have any concerns regarding this arrangement.

An Australian Blessing

*May the God of the sun, gently rising
Bring the hope of a day just begun
May the God of the oceans all around us
Bring you the peace of the Holy One*

*May the God of the desert,
heart of our land
Bring the stillness and silence of the wise
May the God of the rivers, flowing freely
Bring new hope, soothing calm,
and new life*

*May the God of blue skies above us
Lift your heart and bring you joy
May the God of the rains
from the heavens
Nurture you and soothe your soul*

*May the God of the sun, gently setting
Bring you peace
and rest your weary heart
May the God of the stars
of our Southern Cross
Shine down on you wherever you are
Shine down on you wherever you are*

© Andrew Chinn, 2017

For God & Australia



Jacinta Elwin
Principal

We acknowledge that St Francis Xavier School is built upon the traditional lands of the Wiradjuri nation and walked upon by the Ngiyampaa and Barkindji peoples. We pay our respects to Elders, past and present and ask for their guidance as we work towards improving outcomes for future generations.

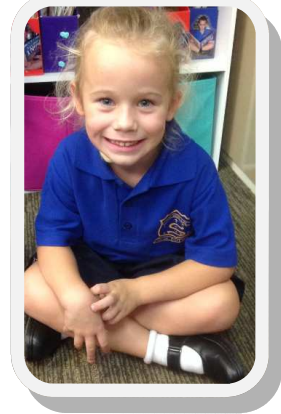
The following are dates on our school calendar which involve our families.

Thursday 20th July	Andrew Chinn Workshop Concert—West Wyalong
Friday 21st July	NAIDOC Mass—Yr 6—Canberra
Wednesday 26th July	Kinder Mass at 10.30am - Assembly at 11.30 - For Grandparents
Thursday 27th July	Meerkat Performance “Gary”
1st August	<u>ICAS English Test</u>
2nd August	Public Speaking at West Wyalong
15th August	Book Week - Publication Celebration

ST FRANCIS XAVIER SCHOOL ENROLLING NOW.

Enrolments are being accepted at St Francis Xavier School for 2018 Kindergarten.

St Francis Xavier School is immensely proud of our Catholic heritage and are committed to celebrating and showcasing the achievements of students in our school. St Francis Xavier School began in Lake Cargelligo in 1929 as a Church-School with the Sisters of St Joseph providing an education that was based on care for the individual child and their needs. St Francis Xavier School continues to the tradition of the Sisters of St Joseph and St Mary McKillop by giving witness to the compassion and love of Jesus and by welcoming all to our community. We aim to be a place of belonging and sources of hope and enthusiasm for our young people and their families.



We are pleased to accept non-Catholic and non-Christian enrolments. Enrolment packages can be picked up from school and are welcomed through out the year for all grades. For children commencing Kindergarten in 2018 a Transition Program will be held in 4th Term.

Meerkat Productions will be here Thursday 27th July to perform CBCA Picture Book “Gary” .

“Gary “ written and illustrated by Lelia Rudge is a book about a pigeon unable to fly. When his racing pigeon friends head off in their travel basket, Gary stays at home. He organizes his scrapbook of travel mementos and dreams about the adventures the other pigeons are having. But when Gary accidentally ends up a very long way from home, he discovers that flying is not the only way to have adventures.



The little pigeon will encourage students to look beyond limitations and embrace their differences.



The cost of this performance is \$5 per child. Notes will go home at the end of the week.

NADIOC Mass ; Year 6 students will be travelling with Mrs Elwin on Thursday, after the day at West Wyalong, to attend the annual NAIDOC Mass held in Canberra on Friday. We wish them safe travel and a great day.

Sympathy is extended to Sharna Hayward and family on the death of Sharna’s Grandmother, Mrs Beckett of West Wyalong. We keep Sharna, Leah and Jay and the Hayward family in our thoughts and prayers.

Prayers: Please keep Anita Clarke in your prayers as she begins 5 weeks of treatment.

Lake Cargelligo SACRAMENTAL PROGRAM 2017—FIRST EUCHARIST:
Saturday 16th September 6pm Mass

- Parent & Child Nights: Wed 9/8, - 3.30pm Venue SFX school.
- Commitment Mass: 20/8 Sunday 9:30am
- Focus Masses: 27/8 Sunday 9:30am, 2/9 & 9/9 6pm **Saturday**
- Retreat Day: Monday 28th August Bolo farm chapel.



Pastoral Care and Welfare Policy—Changes

At the staff meeting yesterday the Pastoral Care and Welfare Policy was discussed and some minor changes have been made to this policy. The changes are highlighted below:

Forms of Encouragement

Students will be encouraged to contribute to and observe the Student Code of Behaviour which will be advertised to parents annually and displayed in prominent positions around the school.

Students will be reminded by teachers (in a manner and style appropriate to the age, needs and understanding of their students) of the School Expectations from time to time.

Students who meet expectations will be acknowledged in the following ways:

- A simple “Thank You” or similar comment
- Individual Consequences and Rewards charts in Classrooms
- Acknowledgement by the teacher in front a student’s peers
- Special mentions at assemblies or in School Newsletters
- Granting of awards such as ‘Weekly Classroom Awards’
- Presentation of certificates, ribbons, medallions and other memorabilia at school assemblies and • Major Awards presented on Speech Night
- Election of School Leaders and presentation of them to the school community at a School Mass

4. Attendance at school is very important for success at school and therefore students who achieve 100% attendance each term will be recognised as will the Year group (e.g. Year 3) that achieves the highest percentage of attendance.

St Francis Xavier’s classrooms and learning areas all display and record the following charts for Rewards and Consequences

Individual Rewards	
5 Points	= Merit Slip
10 Points	= Class Reward Point
25 Points	= Letter to go home
5 MJR Stars	= Class Reward Day Point

Individual Consequences-Negative	
<i>Students will receive a cross for unacceptable behaviour and / or breaking of rules:-</i>	
X	= Warning
XX	= Loss of play time (5mins K/1/2-10mins 3/4/5/6)
XXX	= Time out in the office with the Principal
XXXX	= Detention
<i>Severe Consequence</i>	
<i>Violent and / or abusive will result in immediate removal from classroom and student is sent straight to the Principal.</i>	

Kinder Class Rules

In our classroom we will:

- Make good choices
- Keep our bodies safe
- Share with our friends
- Show Kindness
- Be a good listener
- Follow directions
- Play together

Year 1/2 Class Rules

So we can learn and be safe we will:

- Listen to others
- Put up our hands to speak
- Work quietly so as to not distract others
- Walk safely inside
- Always have-a-go!

Year 3/4/5 & 6 Class Rules

- Treat others as you would like to be treated
- Treat others with kindness
- Think before you speak

Mass times for Our Lady of Lourdes Parish

Sunday Mass—23rd July at 9.30am

Wednesday Mass— 26th July at 10.30am

Holy Hour 2—3pm



POSITION VACANT

Lower Lachlan Community Services Inc.

PART-TIME CENTRELINK AGENT & OFFICE ASSISTANT/RECEPTIONIST

-Date Extended-

Lower Lachlan Community Services Inc is seeking a well presented, reliable and enthusiastic person for the following position:

Working Wednesdays 10am – 5pm (lunch 1 – 2pm)
as Centrelink Agent – 3 hrs & Reception – 3 hrs

Plus casual relief and covering staff leave as required
Flexibility in availability is essential

For more details please obtain an Information package from
Lower Lachlan Community Service's office at 30 Foster Street,
Ph: (02) 6898 1151 or email eo@lowerlachlan.com.au

Applications close 5pm on Friday 21st July 2017
and should be addressed to:

The Executive Officer
Lower Lachlan Community Services Inc
30 Foster Street
LAKE CARGELLIGO NSW 2672
Email to eo@lowerlachlan.com.au

FRIDAY RECESS CANTEEN ROSTER TERM 3.

21 st July	Sue MacRae, Sharon Thorpe
28 th July	Rachael Morris, Therese Stenhouse
4 th August	Amy Golding, Leanne Middleton
11 th August	Shane Phillips, Kirsty McFadyen
18 th August	Sharna Hayward, Shannon Nicholson
25 th August	Lana Clarke, Georgina Kelly
1 st September	Rebecca Keeley, Jacinta Elwin
8 th September	Sharon Thorpe, Rachael Morris
15 th September	Amy Golding, Shane Phillips
22 nd September	Leanne Middleton, Kirsty McFadyen

INTERAGENCY MEETING ROSTER

(2nd Tuesday of each month)

Sandwiches can be dropped at
school by 10.15 am

August 8th:	Amy Golding
Sept 12th:	Tara Wallace
Oct 10th:	Sharna Hayward
Nov 14th:	Kirsty McFadyen

CANTEEN LUNCH ORDERS THIS FRIDAY.

We need more of those mums and dads

by Michael Herbert

Matt Walker, Professor of Neuroscience and Psychology at the University of California, Berkeley, and Director of the Sleep and Neuroimaging Laboratory says:

The evidence is overwhelming, it is irrefutable. Sleep is the single most effective thing you can do to reset your brain and body health each and every day."

Walker goes on to say the sleep-loss epidemic is the greatest public health challenge we now face in the 21st century. His research has linked sleep deprivation to:

SHORT TERM - a poor night's sleep may hinder our ability to accurately read the emotions of others – an impairment that may have wide-ranging consequences for our social interactions.

LONG TERM - psychiatric disorders, obesity, risky behaviour, post-traumatic stress disorder, learning, and memory loss in old age. Insufficient sleep is also tied to high rates of cardio-vascular disease, the calcification of the coronary arteries, hypertension, a number of cancers and stroke.

This is no longer only an issue for adults. We are increasingly aware of the impact of poor sleep on the health and wellbeing of students.

Murdoch and Griffith Universities have recently released the results of their first long-term assessment of mental health effects from adolescents' late-night mobile use. The results should be of concern to parents and schools.

Of particular significance was the discovery of a direct link between adolescents' late-night mobile phone use and poor quality sleep, which subsequently led to poorer mental health outcomes, reduced coping, and lowered self-esteem. They concluded that late night phone use was overtaking time set aside for sleep, leading to declines in overall wellbeing and mental health.

According to co-author of the study, Dr Kathryn Modecki from the Griffith Menzies Health Institute: "What is especially compelling is that these increases in poor sleep, in turn, led to rises in depressed mood and externalising behaviours (e.g. disruption, conduct problems, disconnection, poor emotional response control), and declines in self-esteem and coping one year later."

I commented to a year 12 student earlier this week that she was looking much better in the past day or so; she rolled her eyes and said her mum had watched an ABC documentary on sleep at the start of the week and now she confiscates her phone at 8.30 every night.

We need more of those mums (and dads!)