

ST FRANCIS XAVIER'S SCHOOL

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

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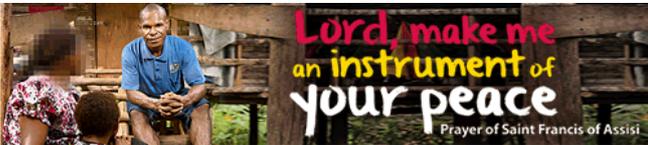
"You are the light of the world, let Jesus shine through you to others"

Welcome back - Welcome back to the last term for 2016 and the last term in primary school for our Year 6 students, Brooke and Tarissa. It was lovely to see so many excited faces glad to be back at school yesterday, pleased to be with friends again and eager to learn and work in their classrooms. Term 4 is another busy term, as you will notice with the Term 4 Calendar that is attached to the newsletter today, but there are many great opportunities for us to work well together, learn and celebrate together.

The staff have spent the end of Term 3 and the beginning of this Term learning together. We are aiming to become a Kids Matter School. Kids Matter is an Australian Primary Schools Mental Health Initiative which provides schools with proven methods, tools and support to nurture happy, balanced kids.

Research clearly shows that children who are mentally healthy are better able to meet life's challenges. They are also better learners and have stronger relationships.

Good mental health in childhood lays the foundations for the future, and it is never too early for families and schools to start supporting the mental health of children.



World Mission Day

World Mission Day is celebrated every year in every country wherever there are Catholics committed to building a better world for all of

God's people, a world where everyone has all they need to live a dignified and fulfilling life. We will celebrate Mission Week next week at school, with starting with Mass this Friday and having Crazy Sock Day next Thursday. We are asking the children to wear some crazy socks and donate a gold coin for the Missions. We will also have a money line in our Peer Support Groups and all this will be sent to the Missions.

2017 Kindergarten Transition

The Transition Program for students commencing Kindergarten in 2017 begins **next Thursday 20th October** and will run through to Thursday 1st December. All children commencing school next year are most welcome to come along and participate in 7 full days of learning and fun activities. Mrs Golding and Mrs Morris will be running these days and are looking forward to meeting the students and helping them prepare for Big School. *"Starting Primary School is a significant event in a child's and family's life. Research indicates that experiencing a positive transition to school will benefit children's success at school in the long term. Kindergarten Transition Programs are an excellent way of preparing pre-schoolers to the challenges they will face when they begin their Primary Schooling."*

Our mission is

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is 'to work in an environment of mutual respect for cultures and backgrounds and celebrating the Gospel principles in order to achieve quality education for all.'

SCHOOL PRAYER

*Lord, bless our school,
May it always be a place where we are reminded of your great love for us.*

As we work and play together, help us to follow the example of St Francis Xavier, who spent his life telling people the Good News of your love.

*May this love be shown in our families, in our care for one another and in the joy of our classrooms.
Amen.*

Our kids matter.

KidsMatter helps our school nurture happy, balanced kids.

KidsMatter
Australian Primary Schools
Mental Health Initiative

kidsmatterprimary.edu.au



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.

Monday 17th—Friday 21st Oct	Mission Week	
Tuesday 18th Oct	Gymnastic Program commences	
Wednesday 19th Oct	OPEN SCHOOL COMMUNITY COUNCIL MEETING - 6PM	
Thursday 27th Oct	2017 Kindergarten Transition commences Crazy Sock Day—Raising Money for the Missions	 catholic MISSION
Tuesday 1st Nov	All Saints Day	<i>Reach out. Give life.</i>
Wednesday 2nd Nov	All Souls Day - Yr 3/4/5/6 excursion to Mt Bolo	
Thursday 3rd Nov	S1 Assembly	
Thursday 10th Nov	Ollie Townsend Concert	

Garden Competition Winner:

We were informed yesterday that the school had been a major winner in the Lake Cargelligo Show Society Garden Competition. The school was awarded a Highly Commended in the “Best School, Commercial or Public Garden Section”.

Congratulations to Stan for the many hours and hard work he puts in keeping the school and grounds looking so amazing. We are so very fortunate that he is our grounds person and we thank him very much.

Welcome to the McFadyen family who have joined our school family. Andrew McFadyen is an ex-student of St Francis Xavier School. The family have been living in Coolah but have decided to make Lake Cargelligo their home for business reasons.

Carter is in Year 2 and has joined Mrs Johnston’s class, the students are very excited having a new person in their classroom.

A big welcome to Andrew, Kristy, Carter and Rose.

Gymnastic Program will commence next Tuesday 18th October and will run for 5 weeks finishing on Tuesday 15th November. The program will be for all the children with two classes Kindergarten, Year 1 & 2 and Years 3/4/5 & 6. These are 40 min sessions and will be conducted by a qualified gym instructor. For these five weeks, Tuesdays will be our sports day and children can wear their sports uniform and joggers.

This program is being funded by our Commonwealth Grant Outer Region Small Schools Program.

So Sports Uniforms will be worn on Tuesdays for this term—thanks.

Peer Support: Peer Support is a program that has been run at St Francis Xavier School over the last 10 years. Peer Support teaches young people practical life skills that help both themselves and their friends through times of changes and difficulty. The program provides a fun but thought provoking environment to address issues. The theme for Peer Support this year is “Stronger Together” – which focuses on Anti-Bullying through building a better understanding of Relationships.

Students will be put into a Peer Support group with children from all the classes in the school, a group of approximately 10 children. These groups will be lead by our Stage 3, Year 5/6 students. The stage 3 students will participate in training tomorrow with Mrs Morris to assist them in leading these Peer Support groups and will be assisted in any way necessary by the classroom teachers in their sessions..

We will start our Peer Support sessions next week. Peer Support will take place on Thursday afternoons after lunch. The Peer Support time will consist of 30 minutes working through the “Stronger Together” lessons, then the children. The whole school will be working together in their Peer Support groups.

If anyone has any questions, concerns or queries regarding Peer Support, or over the following weeks if any problems or concerns arise, please do not hesitate to contact Mrs Morris or Mrs Elwin.

Afternoon Tea with Heidi

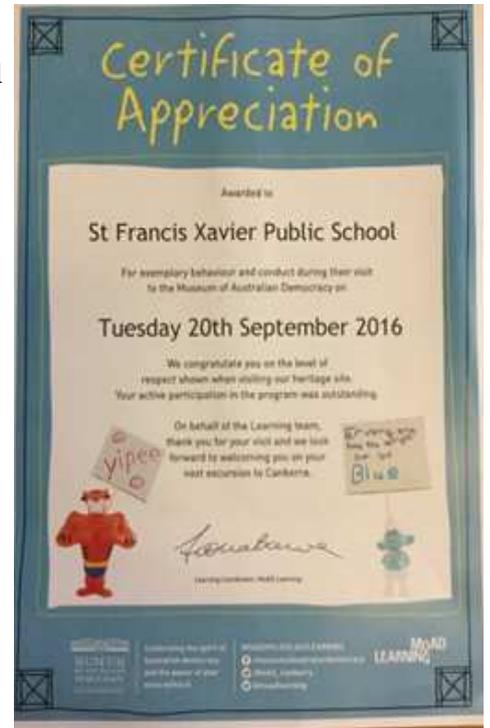
Late last term we were lucky enough for Heidi to join us for afternoon tea and share some tips on supporting children experiencing anxiety. This term we are looking at repeating the event, inviting families from other schools in the community with the view of building support networks. Once dates and topics have been confirmed, we will let you know.

Heidi's tips for families:

- Most children will experience anxiety at some stage, we are encouraged to label it and talk about it.
- Educate yourself
- Assist children to recognise and manage their triggers
- Evaluate your responses to situations
- Seek advice if concerned

Tips for teachers

- Discourage avoidance
- Teach coping skills
- Realistic and clear expectations
- Modify stressful situations
- Develop independence
- Encourage children to have a go
- Access help when required



Canberra Thank-yous!

Stages 2/3 had an exciting end to Term 3, with their much anticipated Canberra Excursion taking place. While the students will write about their experiences in next week's newsletter, I would like to share some highlights this week.

A big thanks to Mrs Elwin for her fantastic driving, she did an amazing job keeping us safe (and dry!).

An enormous thank you to Mrs Morris and Mrs MacRae for organising all the excursion, the accommodation, all the venues and attractions and notes etc.

To Michael Mitchell, for giving up his time to join us, the students benefitted greatly from your knowledge and jokes. And mostly to the amazing kids that joined us. Several times during the week, Mrs Elwin and myself were pulled up by members of the public and told how respectful, well mannered, enthusiastic and knowledgeable our children were. Very proud teacher moments!

Thanks again, to all who supported the excursion. They are tough work, but very worth it!



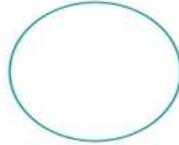


HAM & CHEESE SCROLLS

GREEN SNACK FOODS AND DRINKS

SUMMARY

Number of Serves	12
Total Cost of Ingredients	\$4.00
Cost price per Serve	\$0.35
Selling price per Serve	\$0.55
Source of recipe	Adapted from Healthy Food magazine
Last reviewed	11/01/2016



INGREDIENTS

INGREDIENTS	QTY	COST
White self-raising flour	2 cups	\$0.20
Butter	30g	\$0.20
Reduced fat milk	3/4 cup	\$0.75
Tomato pasta sauce	1/2 cup	\$0.45
Reduced fat cheese, grated	100g	\$0.95
Ham, diced	100g	\$1.45

METHOD

1. Preheat oven to 200°C and line baking tray with baking paper.
2. Sift flour into a large bowl and add the butter. Using your fingertips, rub the butter into the flour until it resembles fine breadcrumbs. Stir in milk and mix until the dough comes together. Knead with hands until smooth.
3. Roll into a ball and place on a floured surface. Using a rolling pin, roll out to a 24cm by 36cm rectangle.
4. Spread the pasta sauce over the dough leaving a 3cm border on the long edges. Sprinkle with the cheese and ham and roll up firmly along the short edge like a swiss roll. Use your finger to spread some milk across the long border of dough not covered with sauce to seal the roll.
5. Cut into 12 slices and arrange the scrolls close together on the tray. Ensure the join faces inwards to prevent the scrolls unravelling. Bake for 18-20 minutes until golden and cooked through.

NUTRITION (PER SERVE)

Energy (kJ) 637 Saturated Fat (g) 2.94 Sodium (mg) 379



Canteen Roster

Thursday 13th October

Recess Cooking:

Sue MacRae, Anita Clarke

Lunch Duty:

Kylie Phillips

Mass Times for

Our Lady of Lourdes Church

School Mass Friday at 10.30am.

Holy Hour: Friday 2pm to 3pm

Sunday 9.30am:

PLEASE NOTE:

- ◆ Change of Sports Day next week from Thursday to TUESDAY due to Gymnastics
- ◆ NO HAT NO PLAY - all children need to be wearing a hat for all play times at school. Please ensure your child has a school hat everyday. Thank you

Reminder that we are continuing this term with the healthy food / fruit break at 10.00am each day.

The school will still have a small quantity of fruit available for purchase (50c each) if children forget to bring in some. But this is only a back up so please try to remember to send a piece of fruit with your child for the fruit break each day.

School Community Council Open Meeting will be held next Wednesday 19th October at 6pm. ALL WELCOME

Agenda Items: Working Bee
Future Fundraising
SFX Florey Visit
Book Fair
Staffing 2017
Sport 2017

Any other agenda items to Shane Phillips or Rebecca Keeley



For God & Australia