18 September 2015

Leadership Team News

Last Thursday (10th September) was RUOK (Are You OKAY) Day. This is a day of national action that is dedicated to reminding people to regularly check in with family and friends. It’s great to see the amount of attention that this day attracts, particularly on social media. Our school Facebook site received many Likes when a post was made recognising this occasion. One of our followers made a very valid comment: “Should be every day”. This is certainly true.

Recently a friend shared an article that focused on the value of having friends to talk to, particularly when the tough times occur. The article, which is more applicable to adults, is called “Sheltering Trees” and is written by Rev. Susan Gregg-Schroeder from Mental Health Ministries (www.MentalHealthMinistries.net). I thought I’d share this article with you today as I believe it has relevance to us as a catholic school community where care and concern for and from others is valued. I hope you agree.

Sheltering Trees

Shortly before his death, Samuel Taylor Coleridge wrote "Youth and Age", in which he reflected over his past and what had given him strength in his earlier years. One of the most profound lines of his work is the statement, “Friendship is a sheltering tree...” How true this statement is for all of us today. When we face life’s challenges and disappointments, there is nothing like a sheltering tree - a true friend - to give us relief in the cool shade. Beneath the branches of such sheltering trees many discouraged souls have rested.

There are numerous examples of sheltering trees in the Bible. But of all the trees that God provided, the special relationship between David and Jonathan stands out. No matter how hard he tried, Saul could not chop down that tree named Jonathan. There were no limits, no conditions, no bargains and no reservations in this special friendship. When things were at their worst, the book of 1 Samuel reports that Jonathan “Went to David...and encouraged him in God.” (1 Sam.23:16) Jonathan was committed to the basic principles of friendship and “he loved him as he loved himself.” (1 Sam.18:1) Love was the reason for this special friendship.

Beneath whose branches are you refreshed? And who rests beneath your branches? We can probably name persons who rest beneath our branches, for most of us are more comfortable reaching out to others. But sometimes we too need to rest awhile beneath the shade of another’s branches. Too often, I suspect, we give the impression that we have it all together, and we are afraid of admitting our own vulnerability.

Sheltering trees are a gift from God. I believe God works in and through the relationships we share with others. I wrote this poem for one of my sheltering trees.

I had a glimpse of your love today, O God.
It was in the eyes of my friend as she shared my tears.
It was in the arms of my friend as she held me when I cried.
It was in my friend’s being there in her acceptance of my pain.

in her allowing me to let out those feelings.
It was in her loving me.
Surely that was you, Creator God.
Surely it was your eyes, your arms, your presence, your love.
Just as you revealed your nature to us all,?

So my friend became an expression of your love to me.

A key responsibility of all adults is to ensure the well being of our students. In a school, setting such as St Francis College, many forms of pastoral care are put in place through our Guidance Counselors, PC groups, breakfast club and the many other activities that occur around the school.

Another way to help students is through Beyondblue’s online program for youth, which is described in the link below. It’s designed for students to engage with individually outside of school hours.


brains-can-have-a-mind-of-their-own
I wish you all a relaxing and enjoyable holiday and thank you for your support this term. Term 4 commences on Tuesday 6th October.

Les Conroy

On behalf of Tricia, Les and Julian

Staff News

Staff Profiles

This week Ms Lynne Samson is Super Star No.1

- What Lynne likes most about SFC are the students, the flowering grevilleas in spring, conversations with colleagues and the good humour of staff.
- Lynne enjoys swimming, walking, singing, reading, drawing, painting, gardening and being in beautiful places.

To find out more, click on the link below!

Ms Lynne Samson

Mrs Kellie Mudge is Super Star No. 2

- Kellie commenced working at SFC in 2003.
- Her favourite food is Mexican.

Mrs Kellie Mudge

The students were reverent and engaged during the Mass, and almost the whole congregation came up for Eucharist or a blessing from Father Sunil.

It was a very peaceful and enjoyable occasion, and many students said that they couldn’t wait for the next Year 7 Mass!

Ms Rachel Whitaker (Acting Assistant Principal Religious Education 6-12)

Learning and Teaching News

Primary News

Fathers Day Celebration

The fathers of students in Prep and Year 1 were delighted to attend the recent Fathers Day Liturgy which was followed by a BBQ lunch. It was a celebration of smiles where the love for Dads was clearly on display.

Year 1 End of Term Liturgy and Celebration of Learning

The Year 1 End of Term Liturgy was focused on Moses and God’s messages for us in the Old Testament. We talked about how we can be lights in our community - like Moses was for his people. We learnt a new song about how God is like a lighthouse for us. We had lighthouses big and small at our celebration! Thank you to all our parents and friends for joining us.

Religious Life of the School

Year 7 Mass

On Tuesday 15th September, Father Sunil came to the College and celebrated a Eucharistic Mass with students in Year 6 and 7. The Mass was held in the San Damiano Hall where students were joined by several staff and parents.
Year 1 Fire Education Visit

What an exciting week it was for Year 1! We were so fortunate to have representatives from the Loganlea Fire Brigade come and talk with us about what to do if there is a fire and how to stay safe. We got to check out the Fire Engine and we all had a turn with the water cannons. It was a blast!! A big thank you to the Fire Fighters who shared their time and their knowledge with us and answered all our ‘burning’ questions!

Secondary News

Middle Years Matters

As we come to the end of another term we reflect on all the wonderful successes and achievements made throughout these weeks and look forward to building on these as we approach the final term for 2015.

Each year the International Day of Peace is observed around the world on 21st September. The General Assembly has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples.

The theme of this year’s commemoration is “Partnerships for Peace – Dignity for All” which aims to highlight the importance of all segments of society to work together to strive for peace.

21st September is also recognised as World Day of Gratitude, so as we finish the term and move into holiday mode, it may be good to spend some time thinking about how much we have to be grateful for – people, encounters, experiences. Perhaps during the holidays one thing we can do is to express our gratitude to those around us in a special way.

Working With Transition

This week Year 6 students participated in their final transition session for the term. Throughout this program, students have engaged in a variety of activities that should assist them in building their confidence as they prepare to encounter life in the secondary school.

There will be two more sessions next term before students will be busy preparing for their own Rite of Passage, which will celebrate their final year of Primary School and all they have achieved during these years. This ritual is an important aspect of their preparation for moving forward into the Middle Years Phase of Learning in the Secondary School environment.

Sharing Faith Together

This week Year 7 and Year 6 students will join together for a Eucharistic celebration. This is yet another important way for our students to experience a sense of belonging and be able to build a faith community together as part of St Francis College.

Science Day

On Wednesday 16th September some of our Year 7 students assisted at the Science Day in the Primary School. Students worked in the primary classrooms assisting younger students to complete a variety of hands-on experiments related to Science Week’s theme of ‘Making Waves – The Science of Light’.

Date Claimer: Middle Years Parent Information Night

This will be held on Tuesday 17th November at 6pm in the Hall. All parents with students in the Middle Years Phase of Learning (Years 7-9) in 2016 are invited to this Information Night.

More information to follow next term.

Wishing everyone a very restful and safe holiday over the next two weeks.

Sr Lee Veriga (Assistant Principal Curriculum: P-9)

Chill Out and Create Graduation

Every Monday over the last 8 weeks a group of Year 9 & 10 students participated in team workshops with the amazing Tom Strong and his daughter, Amy. The Chill out and Create groups spent their time each week learning about how to deal with the challenges that they face as young adults. Through the team building activities that the students participated in, they have developed skills that will be used in the future within school and in general life. The students concluded the development program on Monday with a graduation ceremony that their parents, Michelle Kelly and Les Conroy attended. We would like to thank Tom and Amy for coming out each week and for the help of the teachers and school officers that assisted.

Mr Matthew Lane (A&TSI Teacher and Youth Coordinator)
Parenting Ideas

How do you maintain a good relationship with a teenager? Here are two simple strategies to help parents hit the right parenting mark through this sometimes-challenging stage.

Thank You

On Tuesday during the secondary schools assembly we had the pleasure of thanking some of our breakfast club volunteers. Louie and Christina Loizou put in long hours supporting our students, parents and friends by providing a nice breakfast 5 days a week. There are many helpers busy making toast, cereal, milo and many other delicious things for breakfast. Without these volunteers which provide for approximately 200 people a day, breakfast club would cease to exist. So on behalf of the SFC community I would like to say once again to all the volunteers – Thank You!

Uniform Reminder

It is hard to believe that Term 4 is upon us all ready. We need to keep on encouraging each other to “be the best we can be” in all aspects of our busy lives. So let’s enjoy the holidays and return to school wearing our full correct day uniform with pride.

As the winter has been and gone we will have no need for school jumpers or jackets. I ask that you leave them at home, with the exception of the Year 12’s and their jerseys. Please see the attached letter for more important information in this regard.

Mr Jim Boucher (Acting Assistant Principal Pastoral: P-12)

Counsellor Corner

Zest for Life!

The Zest for Life festival is taking place on Wednesday 7th October from 10-2pm at the Kingston Butter Factory. It sounds like a great opportunity + it’s free!

Sr Marg Smith, Mrs Caroline Vakaci and Ms Melissa Stevenson (Counsellors)

Culture and The Arts

Having Fun with The Arts

This term Ms Andzue’s, Ms Darcy’s, Ms Strain’s and Ms Brooke Litzow’s Year 5 and 6 classes have been doing Visual Art.

Our focus has been to experiment with different mediums and to look at line, shape and colour. We have been inspired by Van Gogh, by some indigenous Australian artists, and other established artists such as Australia’s Margaret Olley and Peter Kingston. We have sketched outside the classroom using charcoal and created our own landscape and still life paintings. We have talked about the effects of light and dark in paintings.

I am proud to celebrate the work of many of the students who have shown a wonderful sense of colour and shape and a commitment to creating their own art works.

Ms Litzow’s class has been doing Drama. We have played drama games, looked at how we use the drama space, created improvisations and role plays and performed for peers. It has been a delight teaching drama to this enthusiastic and creative class.

Ms Lynne Samson (Teacher-Literacy/Visual Arts/ Drama)

Sports Update

From the Sports Department

Congratulations

Congratulations to Azaria Lam Sam, Carla Cocks, Jasmine Shearer, Kadeeja Wilson, Kaylee Large, Keelie Nason, Losa Niumata, Chloe Dixon, Rani Hunter, Evannea Tuuala and Trinity Chadwick for making the Mission Foods Primary Schools Cup Team. This event will be held on the 17th & 18th October at the Sunshine Coast Netball Association.

Congratulations also to Charity Vaimili Toalepai for winning the 10 Year Girl Age Champion at the recent South Coast Track and Field trials. Charity competed in both the 100m and 200m sprints and also Shot Put. Well done!

SFC v St Paul’s Netball

On Tuesday afternoon Miss Litzow, Ms Andzue and Mrs Philpott took the St Francis College netball development squad to St Paul’s Primary to compete in a friendly game.
Congratulations all students for displaying such great skills, dedication and enthusiasm. The final scores for the afternoon were: SFC B -15 vs St Paul’s B - 2, SFC A – 25 vs St Paul’s A – 0.

Rugby 7s

Summer is upon us and so is Rugby 7s.

Having done well at the SECA 7s we are now getting ready for the Q7 (QRU 7s) run by the QRU at Logan Saints home ground this Friday 18th. U18 Boys and U16 & U14 Boys & Girls teams will play.

<table>
<thead>
<tr>
<th>U18 Boys</th>
<th>Anthony Turaki, Carlos Kiwi Kiwi, Michael Miranty, Whetu Kiwi Kiwi, Kobe Grey, Quentin Tufaasisina, Aaron Moefaauo, TJ Tuia, Damon Lam Sam, Densel Harrison.</th>
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<tr>
<td>U14 Boys</td>
<td>TBA</td>
</tr>
<tr>
<td>U14 Girls</td>
<td>Emily Rogers, Echo Comninos, Luck Kiwi Kiwi, Millie Fergus, Ebony Denman, Naomi Matagisala, Tyesha ikaio, Lillian Mikao, Raewyn Tuuga, Ivana Muavae, Areeyah Chea.</td>
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All Schools Touch

All Schools Touch will run from Wednesday 7th to Sunday 11th October, inclusive. The Under 15 team is yet to be announced. Games will be played at Wavell SHS.

Rugby 15s Vs Trinity

On Thursday 22nd October we will play a game of Rugby with Trinity at lunch time. This will be followed by a BBQ for players.

Rugby 7s @ TSS

All Schools Rugby 7s will be held on the weekend of 24th – 25th October. We are hoping to enter two teams in this carnival based on results in Logan 7s carnival.

Keep an eye on the sports noticeboard for upcoming events and information!

Mr Harry Norris and Miss Jordan Litzow (Sports Program Leaders)

Special Events

St Francis Festival

The annual St Francis Festival is only 35 ‘sleeps’ away!

Please mark Friday 23rd October from 2.45 – 6.30pm in your diaries.

Student Performances (dance, drama, instrumental and song) and a Student Art Gallery are the two focal points of the evening. The student performances are well rehearsed and highlight the talent of our students. The Art Gallery is presented at a professional level in terms of its display and the quality of the work exhibited.

Activities for the Kids!

- Jumping Castle
- Animal Nursery
- Littlies Corner (includes Face Painting)
- Skittles
- Sports Shack
- Tombola
- Chocolate Board
- Photo Board

Something to Eat?

- Hot Fish and Chips (NEW)
- Barbecue
- Drinks
- Café Francis crus
- Mocktails
- Fairy Floss
- Sweet Spot

And there’s More!

- 2nd Hand Clothing Stall (NEW)
- 2nd Book Stall (NEW)
- Plants Stall (NEW)
- Monster Raffle

Can You Help?

We are seeking donations in the following areas. If you can assist in any way, the staff at SFC would be most grateful.

- **Clothes** (washed, ironed and in good condition)
- **Clothes hangers**
- **Clothes racks** to borrow for the display
- **Books** and **magazines**
- **Potted plants**
- **Items to include as Art Prizes** (e.g. Felt pen sets or crayons)
- **Other raffle items** such as gift vouchers, movie tickets, etc.
- **Chocolates** (wrapped) for the Chocolate Wheel
- **Glass jars filled with items** such as wrapped lollies, hair ties, marbles, or play dough for the Tombola Stall.
Ms Karen McIntosh (Communications, Events and Facilities Manager)

General News

Back to School Supplies for 2016
If you didn’t catch our last notice, we want to make sure you know about our Layby Service because it just might be the solution you are looking for at the start of the year when all the bills start piling up and you need to get the kids ready for the new school year. Simply contact us so that we can advise you how to start making payments NOW towards the cost of your booklist(s). Phone (07) 3391 7000 or enquiries@schoolstuff.com.au.

SFC Community Hub

Be Active School Holiday Program
This program is aimed at children from 5-12 years of age. Sports include netball, touch and tennis. It is held at the Logan City Netball Association, Netball Drive, Woodridge.

Ms Tammie Usher (Coordinator)

Parish News

Parish’s 35th Anniversary Celebration!
Thank you to all involved in the Parish’s 35th Anniversary celebrations.
Pictured is Archbishop Mark Coleridge at the launch of the Parish’s 35th anniversary launch last Friday evening.

Community News

Attention St Columban’s Past Students!
Are you a St Columban’s past Student from the Albion or Caboolture campus? If so, you may be interested in joining others at a gathering at Hotel Orient on 23rd October. See the flyer for more details.

Does Your Child have Type 1 Diabetes?
Every day, thousands of Australian children suffer the effects of type 1 diabetes and families struggle with illness management and children’s behavioural and emotional adjustment.

Positive Parenting for Healthy Living is an adaptation of the successful Triple P- Positive Parenting Program offering practical ideas and support for parents of children with type 1 diabetes. This innovative group program is designed to help parents manage their child’s illness, assist children in coping with their illness and emotions, and prevent and manage difficult child behaviour.

Over the next few months and for a limited time only, parents of 2-10 year old children with type 1 diabetes are able to access Positive Parenting for Healthy Living Triple P as part of a University of Queensland research project. Parents will be able to attend the program free of charge, and will be asked to complete three sets of assessment measures (questionnaire and family observation) over a 6-month period, as part of the study. Contact Dr Amy Mitchell on (07) 3346 1202 or email diabetes.healthyliving@uq.edu.au or visit http://exp.psy.uq.edu.au/t1diabetes for more information.