

Newsletter



From the Principal....

Dear Parents and Carers

It is amazing how quickly Term One has been and gone, it has certainly been an interesting term with all of the developments around the COVID-19 virus and the impact the virus is having on society. I have been very proud of the way in which the students have remained calm during this time, staff have listened carefully to concerns students have raised and responded in a caring and respectful manner.

Catholic Education WA are continually developing and providing resources to assist school and teachers with their conversations with families and students. Much of the advice that is being provided resonates with good parenting strategies.

Some of the key messages are as follows:

- Being calm and reassuring to give young people a sense of security.
- Listening to the concerns of children and acknowledging the feelings they are expressing.
- Putting the virus in perspective – it is unlikely they will get sick and if they do they will go to the doctor. Most children have mild symptoms and will be well again.
- Doctors and others are working on solutions.
- Empowering children with what they can do; washing their hands and being careful with personal hygiene.

I am appreciative of the calm and sensible approach being exhibited by the St Francis' staff and families. As we move into Term Two, I will continue to provide updates on the virus to families and students.

St Francis' Advocate Teacher

At St Francis' School we are committed to creating and maintaining an environment which ensures all students are supported appropriately relevant to their academic needs in addition to their social and emotional needs. It is recognised that in order for a young person to best perform academically their social and emotional needs must be met in a timely manner and in a way appropriate to the individual.

In order for pastoral support of students to be effective, individual student support needs are reviewed regularly to assess if needs are being met (or continue to meet) the needs of the specific student.

To maximise the facilitation of appropriate support for individual student needs, all staff at St Francis' are actively involved in information gathering, goal setting and exploration of relevant steps to achieve the goals of students. This is done in collaboration with the student in addition to discussions with other relevant St Francis' School staff, including the Advocate Teacher.

Each student at St Francis' School has been allocated an Advocate Teacher (AT) (new students are allocated an AT upon the conclusion of their Trial Enrolment period). The role of the AT is outlined below, and a list of each students' AT is included below. Please feel to contact your child's Advocate Teacher.

Mrs Belinda Fabling
Mr David Willock
Mr Geoff Mason
Mrs Krystal Dean
Mrs Helen Capsalis
Mrs Sarah Ware
Mr Simon Emmerson

Overview of the Advocate Teacher Role

The Advocate Teacher (AT) is to:

- Be a point of contact between the student, the Pastoral Care Team and the student's guardians.
- Track patterns of behaviour, school attendance and class participation by gathering general feedback from other staff.
- Gather and consider information available
- Assess information gathered from the relevant sources and determine any unmet need which can be incorporated into the student's overall experience whilst enrolled at St Francis'.
- Document information gathered on a weekly basis
- Liaise with the student, Youth Worker and Social Worker in the creation of a student support plan.
- Check-in with the allocated student on a weekly basis to ascertain changes in class readiness/peer relationships/physical health etc and initiate modified goals and/or plans to suit the students' current and ongoing needs.
- Contact guardians/carers as required to provide feedback on the students' patterns of (positive and negative) engagement at St Francis' School.

God Bless
Ian Hagen

Inside this Newsletter

Recreation & HPO.....	2
In The Workshop.....	2
Important Dates.....	2
Art at St Francis'.....	3
Kids in the Kitchen.....	3
From the Admin Team.....	4
Youth Worker News.....	5
Mental Health & Wellbeing.....	6
Covid-19 Information.....	7

If your son or daughter is absent, please contact the school on 9262 4421 before 9:30am.

A medical certificate is required for absences of 2 or more consecutive days, or when requested by the school.

If you are picking up your son/daughter during school hours, please notify the school prior to your arrival.

You must come to Reception to sign them out. We will not allow them to leave school grounds without written permission.

Our Address:

10 Alloa Road
Maddington WA 6109

Phone: 08 9262 4421

Fax: 08 9262 4411

Email:

admin@stfs.wa.edu.au

Website:

www.stfs.wa.edu.au

IMPORTANT DATES

Last Day for Term One.....Apr 8

Last Day for Staff.....Apr 9

ANZAC Day.....Apr 25

First day for Term 2, 2020

Tuesday 28 Apr 2020

(Staff & Students)

Catholic Day Holiday.....May 29

WA Day Public Holiday.. June 1

Last Day of Term 2.....July 3

(Staff and Students)

Recreation & HPO

Students have had a busy Term with all years having the opportunity to partake in Recreation & HPO (Health, Physical & Outdoor Recreation). In Recreation, students have been on numerous bike rides, swimming at Armadale and Cannington Leisure Plex as well as playing indoor soccer, basketball and floor ball.

In HPO, we have been learning the different aspects associated with coaching, officiating and playing volleyball. It has been wonderful to see the students' skills and confidence improve as the Term has progressed. All the staff at St Francis' are pleased with the enthusiasm of the students which has made it an enjoyable experience for everyone.

Some students have also had the opportunity to learn to surf at Brighton Beach in Scarborough. These students are commended for their efforts. We look forward to continuing the surfing programme again next year due to the interest shown by the students.



Respect *Responsibility* Belief *Belonging*

- The principles of St Francis' School -

Our School Prayer

St Francis,

Help me to jump into this day, full of joy and hope.

Help me to see every problem as a learning opportunity.

To myself and others, let me show respect, act responsibly, believe in myself and learn to belong to our school community.

Amen

In The Workshop by Mr David Willock

In Year 10 we tried something a little different, making roses in readiness for Valentine's day. As the photo suggests, the roses turned out okay and look good.



In the Engineering class, Connor completed his own project. The coffee table showcases his fabrication and welding skills. The project looks great and is well constructed.



Hi all, I would like to take this opportunity to say thank you to the St Francis Community for welcoming me into their family. It has been a very exciting start to the year seeing the fantastic drawings that the students have completed so far in Art.

The talent is incredible. Here are some examples.



In the Hospitality wing at St Francis' we teach an exciting curriculum relating to nutrition and hospitality.



This Term the Year 10 students had the opportunity to learn barista skills. They have been learning a variety of coffees including cappuccinos, mocha, flat white and of course the much-loved hot chocolate.



They have also been baking up a storm and made several sweet treats including chocolate brownies, melting moments and banana choc chip muffins.



Students are involved throughout the year in a range of functions including baking for special morning teas and catering for the school board meeting.

Vocational Education & Training

 by Ms Sarah Ware

Term 1 2020

This year we are delighted several of our Year 11 & 12 students are participating in TAFE courses:

- Jayden Priest & Jack McAuliffe (Year 11) – Certificate II Automotive Vocational Prep.
- Jasmin Sullivan (Year 11) - Certificate II Building & Construction (Painting & Decorating)
- Connor Rose (Year 12) - completing his 2nd year of Certificate II Plumbing (Pre Apprenticeship)

The Year 10 students have made an excellent start to their Certificate II Skills for Work and Vocational Pathways. This term they have completed units in using digital technology for workplace tasks and using strategies to respond to workplace problems.

Future Date:

Friday 23rd – Saturday 24th October 2020

WA's largest Careers & Employment Event will host over 80 organisations and employers with career opportunities for all ages. The event is for school students, parents, graduates, job seekers, people looking for courses and workers seeking new training options.

The Expo is packed with free advice, you can...

- talk with over 80 training organisations & employers
- gain advice from members of the Career Development Association
- learn how to write a winning resume at Free Workshops
- experience the daily Career Seminars enjoy the Interactive Displays



From the STFS Admin Team...

STFS Administration will be closed from 4pm Wednesday 8th April 2020 to Tuesday 28th April 2020.

Should you have any queries during this time, please call and leave a message or alternatively, please email admin@stfs.wa.edu.au



IMPORTANT NOTICE **ABOUT SCHOOL FEES**

If you pay your fees by Bpay, please check and amend your customer number as this has changed.

Your new customer reference number can be found on your Fees Statement which was sent out end of March.

Using this code will ensure your fees payment is allocated quickly and correctly.

Our Biller Code:

Name: St Francis' School

BPay Biller Code: 280073



Students Leaving Early

At STFS, we encourage our students to take responsibility for themselves and their actions.

At times, we have students calling or messaging parents during classes or break times asking to be picked up or to leave the school and go home.

Should students feel the need to go home (for whatever reason), we ask that they speak to their staff mentor who will try and provide support and encourage them to stay at school.

If a student needs to go home or be picked up, parents will be contacted by a member of staff who will advise of the situation and seek approval for the student to be dismissed from school.

Please do not hesitate to contact the school when you receive a call or message from your son/daughter. We are happy to work with them so they can remain at school for as long as possible.

Youth Worker News

Harmony Day at St Francis' School

On the 18th March our school community came together to celebrate Harmony Day. Our focus was to celebrate Australia's cultural diversity and embrace shared values and cultural traditions. The key message for our 2020 Harmony Day celebration is "Picture a World in Harmony".

We all enjoy a Multicultural Food Festival feast prepared by both students, staff and parents. We filled our day with cultural music, art and a variety of cultural games. Australia is one of the most multicultural countries in the world. It is important that we respect all people who live and belong in our communities.

What is Harmony Week?

It is a time to celebrate Australian multiculturalism and the successful integration of migrants into our community. Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it. Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Why orange? Orange is the colour chosen to represent Harmony Week. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect and an inclusive Australia



Chill out Zone

This term we have created some great new ways our young people can "Chill out" and connect with their peers and teachers. This has given our students the opportunity to share their knowledge, create or make something new as well as feeling comfortable in connecting with others.

Our Chill out Zone moves around the school and each week has a new activity and theme. Our Theme this term has been "Creating Connections" and "Healthy Habits" we have explored Self Care, Hygiene, Health and Fitness, connecting with others through going for walks, Dream Catcher designs, activating our school gym, making our own hand moisturizing scrubs, beaded bracelets, glitter jars for our calming kits and hanging out with our beloved school pets. Each week we are engaging from 10+ young people as well as staff. I would also like to take this time to say thank you to our students for serving our community well with their café connect coffee's.



Strong Hearts Strong Minds- Year 11 and 12

Strong Hearts Strong Minds this term has brought much success and engagement with our Year 12 group reconnecting after summer holidays, reviewing and recreating their personal vision boards, identifying their character strengths and creating a vision for 2020... not to mention our excursion to Lion's Lookout in Kalamunda.

Our Year 11 students focused on creating an engaging timetable for 2020, revisited Brain Basics, Brain foods and Sleep hygiene... we also visited the Food Bank in preparation for our Shop Front cooking class.



Mental Health & Wellbeing

News of COVID-19 is everywhere and many parents are wondering how best to discuss this topic with their children and provide reassurance.

Key messages:

1. Speak to your child when you are calm and have time.
2. Be open and honest.
3. Provide age appropriate information.
4. Provide facts without causing alarm.
5. Give small amounts of information, wait and then listen if they have any questions. It's okay if you can't answer everything.
6. Be reassuring. Let your child know they are safe and that it is normal to feel a little worried.
7. Limit your child's exposure to media and adult conversations.
8. Keep talking.



Included in this weeks newsletter is a flyer from Be You/Beyond Blue with more information and links to help support our community through this challenging season. Choosing kindness is more important than ever and I believe we will come out stronger as a community if we continue to work together and have generosity of heart. So it's not just 'Be You', but even better is 'Be Us!'

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

<https://headspace.org.au/tips/>

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

- | | | | | | | | |
|--|---|--|--|--|--|---|--|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help | |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger | |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with | |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year | |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time | <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> | | | | | |

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



Here are some links with information about Covid-19 for parents/carers and our young people.

<https://beyou.edu.au/resources/news/covid-19-supporting-schools>

<https://headtohealth.gov.au/>

Australian Government—
Department of Health App.

Apple Users:

<https://apps.apple.com/au/app/coronavirus-australia/id1503846231>



Android Users:

<https://play.google.com/store/apps/details?id=au.gov.health.covid19>

STAFF ASSISTANCE

If students have any questions regarding the work in their packs, they can email staff directly using the email addresses below or alternatively phone the school on 9262 4421, leave a number to be contacted on and staff will call the students back when they are available.

ian.hagen@cewa.edu.au

belinda.fabling@cewa.edu.au

david.willock@cewa.edu.au

geoff.mason@cewa.edu.au

krystal.dean@cewa.edu.au

helen.capsalis@cewa.edu.au

sarah.ware@cewa.edu.au

simon.emmerson@cewa.edu.au

Hygiene Aware

- WASH HANDS**
often with soap and water for at least 20 seconds.
- COVER COUGHS AND SNEEZES**
with your inner elbow or use a tissue and dispose of immediately.
- AVOID TOUCHING YOUR FACE**
especially your mouth, nose and eyes.
- SOCIAL DISTANCE**
yourself 1.5m from others and avoid physical contact.
- STAY HOME**
if you are sick.
- CLEAN SURFACES**
and objects such as desks, keyboards and phones regularly.

The logo for Headspace Armadale, featuring a green square with a white icon of two people and the text 'headspace Armadale' in white and green.

In response to COVID-19, we are transitioning from in-person to phone and online services so we can continue to support the mental health of young people.

An illustration of a hand holding a smartphone. The screen shows a profile icon, a list of items, and a large red heart icon.

As of **Monday 30th March 2020** We will only be providing phone and online services.

Please call us on **9393 0300** or email **reception@headspacearmadale.com.au**