



Newsletter



From the Principal....

Dear Parents and Carers

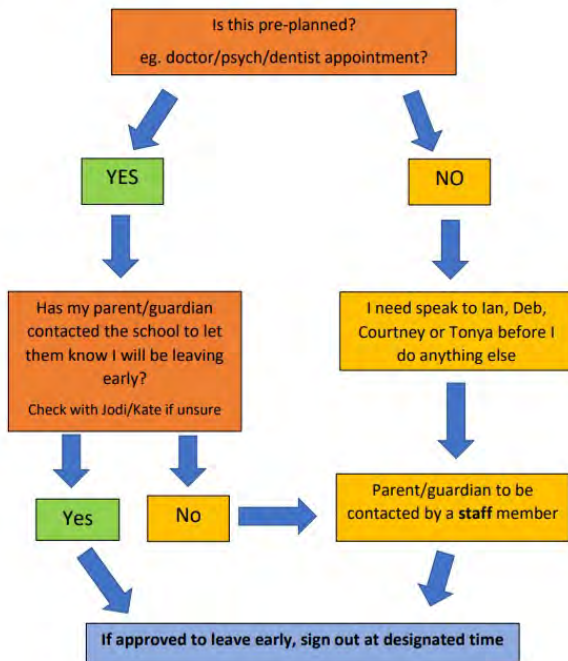
The combined excursion with St Clare's CARE School is always a highlight on the school calendar. Having the students and staff from the two schools come together for the annual combined excursion is a wonderful experience for all involved. On Friday 24 June the two schools met at Bounce in Cannington, having a great time and, after finishing at Bounce, students and staff headed to Kent St Weir for a BBQ lunch followed by games and activities. Whilst there is always some nervousness from both the St Francis and St Clare's students, they have a great time engaging with each other.



At St Francis' School we provide support for the students in many ways including if they begin to feel unwell during the day and need to go home. If a student needs to go home for some reason during the day, it is important that they follow the processes in place at the school. Included with this newsletter is a copy of the flow chart used at the school if a student needs to leave school early, I ask that all parents/caregivers please follow this chart and do not communicate directly with your children during the day as this can impact on their engagement with their learning.



I need to leave school before 2:40pm - What do I do?



STAFFING MATTERS

Mr Alex Mubanga will be concluding his time as a Youth Worker at St Francis' School on the last day of Term Two. Alex has been a wonderful member of the St Francis' community for the past two years contributing so much to the school. Alex will be greatly missed by the students and staff; we wish him all the best

for the future.

Miss Olivia Thornton has been fulfilling the role of Educational Assistant for Semester One, Olivia has brought so much energy and enthusiasm in her role. Olivia has secured a position at St George's College for Semester Two. Olivia has contributed so much during her short time at St Francis' School and will be missed by the students and staff.

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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 or verbal 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

From the Principal....continued

Mrs. Jaid O'Donnell will be returning from parental leave to her role as an Educational Assistant at the start of Term Three. We welcome her back to the St Francis' School community.

Mrs Melissa Paterson will be completing her Social Worker Placement at St Francis' School on Tuesdays, Wednesdays and Thursdays for the whole of Semester Two working closely with our Social Worker Deb Iacozza.

For the month of July, Mrs Jodi Van Nus will be taking some well-deserved Long Service leave. Thank you to Mrs Kate Piccolo for stepping in and running things during this time.

And finally, I will be taking Long Service Leave from Monday 5 September 2022 to Friday October 2022. In my absence Mr. David Willock will assume the role of Short-Term Principal.

Parent / Student / Teacher Meetings – Tuesday 26 July 1:10pm to 7:00pm

A 'good' education is reliant on clear communication between parents/carers, students, teachers, and the school. St Francis School is providing the opportunity for parents/carers to meet with your child's teachers either in person, via telephone or via Teams to discuss Semester One Reports. The letter included with your child's Report indicates which staff have requested PTS Meetings at the start of Term Two. I ask that parents/caregivers please honour the requests made by staff and take the time to with them to discuss your child's progress over the course of Semester One at St Francis' School. Please contact Kate at the school to arrange a suitable time (Phone 9262 4421 or email admin@stfs.wa.edu.au) and to indicate your meeting preference (in person, via telephone or via Teams).

Students are expected to attend and participate in the meetings as they need every opportunity to take an active part in their education. Feedback on a student's Report and their progress is not effective unless the student is present as well.

NAIDOC Week & Aboriginal and Torres Strait Islander Sunday

NAIDOC Week is a time for Aboriginal people to come together in different ways to connect to culture and country and in 2022 it is officially celebrated from Sunday July 3 to Sunday July 10. This year's NAIDOC theme is "Get Up! Stand Up! Show Up!". Whether it is seeking proper environmental, cultural and heritage protections, Constitutional change, a comprehensive process of truth-telling, working towards treaties, or calling out racism — we must do it together. It must be a genuine commitment by all Australians to Get Up! Stand Up! Show Up! and support and secure institutional, structural, collaborative, and cooperative reforms. It's also time to celebrate the many who have driven and led change in our communities over generations—they have been the heroes and champions of change, of equal rights and even basic human rights.



Getting Up, Standing Up, and Showing Up can take many forms and there is a need to move beyond just acknowledgement and good intentions. The relationship between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians needs to be based on justice, equity, and the proper recognition of Aboriginal and Torres Strait Islander peoples' rights. Every year NAIDOC week grows in stature and depth of celebrations at community, state, and national level. It is an opportunity for all Australians to come together to celebrate the rich history, diverse cultures, and achievements of Aboriginal and Torres Strait Islander peoples as the oldest continuing cultures on the planet

NAIDOC Week is also an opportunity for non-Aboriginal Australians to grow their cultural awareness, knowledge, and skills, by participating in Aboriginal community events in a respectful way. At St Francis School NAIDOC Week will be celebrated in the first week of Term Three with a variety of activities and events. I encourage all our families to participate in many of the NAIDOC Week activities in your local communities in the first week of the school holidays.

School Holidays

I Wish all staff, students, and families of the St Francis' School community a safe, relaxing and refreshing holiday break. I look forward to seeing everyone back for the start of Term Three on Monday 18 July.

God Bless,
Ian Hagen
Principal

*Lord, make me an instrument
of your peace. Where there is
hatred, let me sow love.*

St Francis of Assisi

IMPORTANT DATES

Last Day Term 2.....July 1
(Staff and Students)

First Day Term 3.....July 18
(Staff and Students)

NAIDOC Week @ STFS.....July 18-22

Parent/Teacher meetings.....July 26

Student Free Day (Staff PD).....Aug 1

Staff & Student Free Day.....Aug 19

Student Free Day (Staff PD).....Aug 22

OLNA.....Aug 19-Sept 23

R U Ok Day.....Sept 8

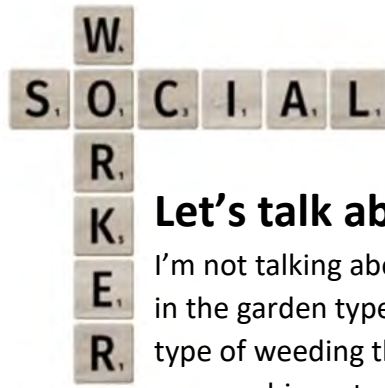
St Francis Day!Sept 16

St Francis Creates Exhibition.....
.....Sept 19-Oct 14

Year 12 Graduation Dinner....Sept 21

Last Day Term 3.....Sept 23
(Staff and Students)

First Day Term 4.....Oct 10
(Staff and Students)



By Debbie Iacozza

Let's talk about weeding....

I'm not talking about the wholesome and healthy out in the garden type of weeding, I'm referring to the type of weeding that many of our youth engage in, also known as cannabis, pot, grass, ganga, mull, dope, joint, blunt, blaze, 420, hydro, yarndi, bud, or green (Reachout.com).

Marijuana has an immediate and lasting effect on the cognitive, emotional, and psychological health of our youth. This effect is amplified if the young person is already experiencing or has been diagnosed with mental health issues, or if there is a family history of mental health issues.

Follow this link to learn more about how marijuana is affecting our children.

<https://arents.au.reachout.com>



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

Pastoral Care Team Staff Hours

To avoid disappointment please be advised the school Pastoral Care Team are unavailable after 4.30 pm each school day and on weekends.

Please also note that the Pastoral Care Team will not be available during the school holidays

If assistance is required please contact the relevant 24 hour support numbers below.:

Emergency 000 or go to any Hospital Emergency Department

Crisis Care: 9223 1111

Suicide Call Back Service: 1300 659 467

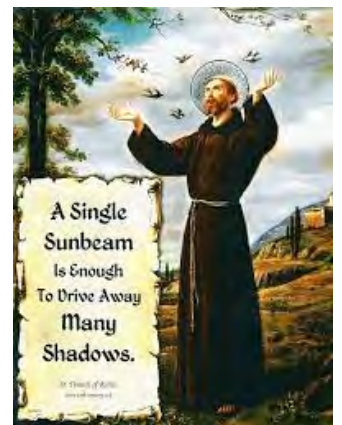
Mental Health Emergency Response Line: 1300 555 788

Lifeline: 13 11 14

Youth Beyond Blue: 1300 224 636

Kids Help Line: 1800 551 800

Health Direct (information/advice): 1800 022 222





Youth Worker News

with Courtney Marie Gratteri

Thankyou Term 2!

As we move into school holiday and enter second semester after our break, I thought it would be timely to reflect on the great things we are doing and goals we would like to focus on. Our mind-set is such an important component of reaching our goals and successes. I have included some helpful ideas and tips on how to keep ourselves buoyant and happy during the holidays and the term ahead.

It can be difficult to stay positive at all times about your school-work, our attendance ,our educational goals and transitioning to adult life particularly if you have challenges whether they be personal or whether you are grappling with especially in these COVID-19 times. When we allow pressure and stress to build we can get into bad habits and let go of good habits and at times our vision to achieve things that are important to us. As a result some people can feel even more drained and exhausted. The key to being positive and managing negative emotions and finding ways to “fuel up”. “Fuelling Up” is about boosting wellbeing factors in your life. You need to boost the wellbeing factors in your BODY, MIND and EMOTIONS.



HERE ARE SOME THINGS YOU CAN DO TO THINK MORE POSITIVE

Change your Thinking and Perceptions

Write down your top 5 fears and worries. What’s the worst thing that can happen? Then ask yourself, “IS THAT TRUE”? Usually fears and worries are not based on reality but on imagined scenarios that have little to no evidence. If it’s something that can’t be changed bring acceptance to it. It is what it is for now!

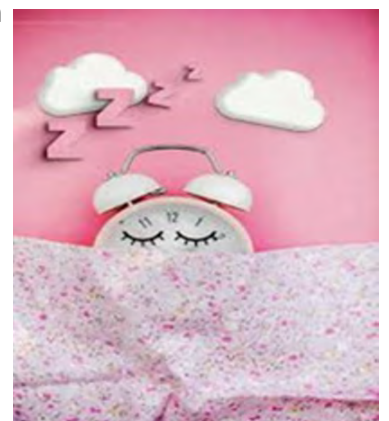
Change Your Focus

Have you noticed that what we worry about we make bigger and keep closer to us by the way we think and focus. Try this...make your fears and worries SMALL in size (5 cm in height) DARK in brightness and as far away as possible in DISTANCE. When we change the size, brightness and distance of the things that upset us in our minds it reduces the intensity of the emotion.

HERE ARE SOME THINGS YOU CAN DO TO BOOST THE ENERGY IN YOUR BODY

Get Better Sleep

Feeling good all starts with getting the right amount and type of sleep. Start with a good night-time routine. Stop anything that stimulates you such as caffeine or TV or computer, iPad or phone screens etc. Try a warm drink such as chamomile tea and use essential oils such as lavender oil. Having a soothing bath or long shower can also help along with gentle stretching of tight or tense muscles. If you still feel you are not getting a “good” sleep be sure to see your doctor. Do you have a comfortable pillow and a warm bed?





Youth Worker News

Eat in Moderation

Never skip a meal, especially breakfast. Breakfast replenishes your body and helps you start your day full of energy. Eat three main meals, and two to three snack meals a day. Eating five to six times in a day keeps your blood sugar levels balanced, giving you an overall sense of well-being needed for focusing on your tasks and responsibilities. At the least we should aim for 2-3 wholesome meals a day.

Exercise Regularly

Regular exercise, at least three times per week for a minimum of 30 minute sessions, can virtually “soak up” stress chemicals in your body and help you to relax and even sleep better. Walking to the local park, fitness classes, swimming, bike riding, dog walking or jogging are great exercises to release stress build up and relax your body and mind to either start or end your day right. Even if you start small and aim for 30 minutes for your first week to get you started.



HERE ARE SOME THINGS YOU CAN DO TO FEEL MORE POSITIVE

Acts of Kindness

Make a list of 5 acts of kindness you can do every day. Make them simple acts of kindness that are easy to do such as saying thank you or holding the door open for someone. Do these 5 acts of kindness every day for 6 weeks. The research shows that people that do this and think of 3 good things in their life (see below) have a dramatic positive boost in their mood.

3 Good Things

Every day at the start and end of your day think of 3 good things that happened. Write them down. Then think about either WHY those good things happened or how it MADE YOU FEEL when those good things happened.

Start Ticking Things Off Your List

Pick something small and achievable to start with that you need to do for school and get it done. You will feel much more positive when you start doing things. Do a few more easy things to get your confidence up then tackle a more challenging task.

Take care,

Courtney Marie Gratteri (Youth Worker)

I would like to take this time to thank our Youth Worker Alex for his vast contributions not only to our students and the team, but to me individually whilst we have shared the Youth Worker role this year. It has been a pleasure working with you and we are very thankful for projects and the key awareness days you have facilitated. The school community and I will miss the commitment and efforts you have shown.



I wish you the very best of luck in everything you do and we are forward to staying in touch. Don't forget to visit us!

Best Wishes to you always and thank you.

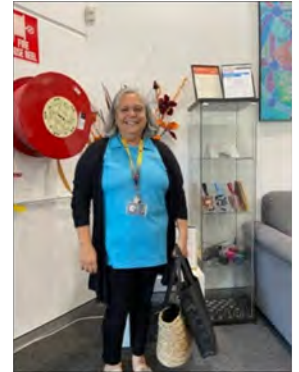


Youth Worker News

with Alex Mubanga

This term we had the privilege to be involved in various activity within the school.

Among many things we played Basketball against Communicare Academy, Kathy from Yogum Healing share with us about Reconciliation week and we had beautiful day out on a joint Excursion with St Clare's School starting at Bounce in Cannington and later on finishing up at Kent Street Weir Park.



Sadly my time at St Francis' School has come to an end. I have had the privilege of meeting an amazing team and staff at St Francis' school who have been very helpful and supportive. Each staff member has impacted my time at St Francis' very positively and I am truly grateful. I have also been blessed at being given the opportunity to connect, contribute and support our young people. St Francis' School upholds the values in Respecting each other, acting Responsibly, Believing in God and yourself, and Belonging to the school community – everything is held together by these values and everyone is accepted with open arms regardless of religion, cultural background or race.

St Francis has been one of the best schools I have ever worked for. This experience has been defined by the wonderful staff and students, and the care that each staff member shows the students is inspiring.

This being my last term, I would like to express my sincere gratitude by thanking the St Francis' School community for always being supportive especially the School's Pastoral Care Team.

I have thoroughly enjoyed my time here and look forward to dropping in to say Hi!

Take care everyone.

Alex





Vocational Education & Training

with Miss Sarah Ware

INSTEP Work Experience

Year 12 Student Taj Van Heekeren is having a very successful work placement at Hawk Diesel in Maddington.

During the day Taj is learning how to rebuild parts of the engines, servicing trucks and checking for air and oil leaks.

Taj quoted *"I have enjoyed my work placement at Hawk Diesel. Everyone has been friendly and they will always take time to show me a new task or explain something to me. After I graduate in Year 12 I hope to get an Apprenticeship"*



TAFE Applications 2023 (VET in Schools)

Applications will open in **early July 2022** for Year 10 & 11 Students to apply to complete a VET in Schools TAFE course starting in February 2023.

The courses will be one or two days a week at a local TAFE for one or two years. If students are interested please apply online directly on the TAFE website or see Sarah who can assist students with their application.

Applications submitted through St Francis School close on Thursday 25th August 2022

More information on VET in Schools 2023 courses can be found at:

<https://www.southmetrotafe.wa.edu.au/study-types/vet-delivered-secondary-students>

<https://www.northmetrotafe.wa.edu.au/schools-and-parents/vet-delivered-secondary-students>

Certificate II or III subject areas include:

Animal Studies	Furniture Making
Applied Fashion	Hospitality
Automotive (Light & Heavy)	IT (Cyber Security)
Building & Construction	Kitchen Operations
Community Services (Early Childhood)	Plumbing
Education Support	Retail Cosmetics
Engineering	Salon Assistant
Events	Technology

Skills West Expo 2022

Thursday 25th – Saturday 27th August 2022

WA's largest Careers & Employment Event will host over 100 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.

This **FREE** Expo is packed with great advice, you can...

- talk with over 100 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



Nudge Pathways Training

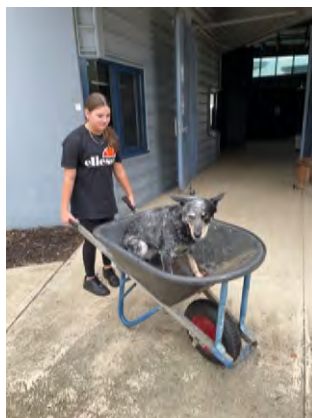
Nudge invites young people interested in pursuing traineeships or apprenticeships to our Pathways Training Program on **Tuesday 12th July 2022**.



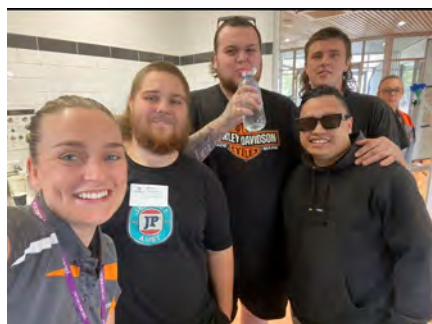
This program explores Nudge and the various traineeships available, whilst giving resume and interview tips. This is the perfect opportunity to get some handy tips for applying for roles and to meet the Nudge team and find out everything about new and upcoming roles in various sectors.

This training is **FREE** and facilitated by a Nudge trainer and targets both professional and personal development so the participants are ready to succeed in the workplace. This is a great first step into gaining an apprenticeship or traineeship through Nudge www.nudge.ngo

Around the School in Term 2...



Let us always meet each other with a smile, for a smile is the beginning of love.



It's nice when our ex-students pop in to say hi!



SPORT & RECREATION

with Mr Simon Emmerson

Term Two saw a renewed commitment to Recreation as Covid restrictions reduced. We were able to get back to local recreation centres such as Hartfield and Fitzpatricks.

On a sad note, Fitzpatricks is closing their doors and we bid farewell to a truly iconic Maddington venue providing recreation opportunities to residents in the local areas for 40 years. We will miss our regular games of Floorball, Soccer, Netball, Cricket and of course seeing owner Lenah every visit with her ever present sound advice on life and teenagers! Thank you to Lenah and her team for everything; we wish them well.

Students and Staff engage in a recreation activity each Wednesday and Friday afternoon with some students working on the Art project or cooking for charity as part of our Live To Give program. A large proportion of students have committed to the more active pursuits like Walking, Basketball, Swimming, and Cycling. It's great to see so many students choosing to be active and getting outside.

Communicare Academy and St Francis' School also returned to the basketball court this term. The mixed gender game was a close affair with Communicare holding on to a 32 to 31 victory. We look forward to the volleyball game next term and a visit to Communicare Academy in term 4 for an array of sports and food. Congratulations to both schools for their sportsmanship and love for competition.



With winter soon to conclude and the warmer weather returning, I would like to encourage everyone to commitment to activity at break times with regular walks, games of volleyball, and table tennis always on offer.

A big congratulations to all students and staff for their reviving recreation in Term Two and making it a success each week.



Kids in the Kitchen

by Mrs Krystal Dean

This Semester the Year 10 students have been cooking up a storm in the kitchen, raspberry white chocolate muffins, chocolate brownies, pizza scrolls and good old fashion jam drop biscuits- just to name a few.

Recently the year 12 students made beef pie with gnocchi topping and a magic custard cake; very tasty and worth a try at home!

Find the recipe on <https://createbakemake.com/magic-custard-cake/>

As part of our Live To Give program students have done an incredible job of cooking up many meals to donate to the local community.



This term we have donated 87 meals to The Shop Front in Bentley and 10L of soup to Real Life Church in Gosnells.





Art at St Francis

by Mrs Helen Capsalis

Congratulations to all the students for working hard and completing some beautiful artworks. This term we saw very creative lino prints, drawings and paintings produced by our amazing Year 10, 11 and 12s.

(lino) Archer Yr11



(lino)
Bailey Yr12



(painting) Charlie Yr10



(painting)
Lara Yr12



(painting)
Monet Yr12



(lino) Matilda Yr11



Monster - Grace Yr11



In The Workshop

by Mr David Willock

As part of the Certificate II Engineering Pathways programme, students need to showcase their oxy fusion and brazing skills. A few more helicopters were completed this term and the quality of work was excellent.

Well done Jeremy, Archer and Emily.



ABILITY
is what you're capable of doing

MOTIVATION
determines what you do

ATTITUDE
determines how well you do it

From the STFS Admin Team...

STFS Administration will be closed from 4pm Friday 1st July reopening on Monday 18th July 2022. Should you have any queries during this time, please call and leave a message or alternatively, please email admin@stfs.wa.edu.au

Jodi will be taking some well deserved long service leave in July and travelling around WA for 4 weeks - a huge **THANK YOU** to Kate for stepping in and taking over while Jodi is away.



We hope you enjoy the school holidays. Take some time for yourself and do something that makes you happy. Although the weather might be a bit wet and cold, there are still lots of (free) things to do that will help you relax and unwind.

Take care,
Kate & Jodi
STFS Admin



IMPORTANT NOTICE ABOUT SCHOOL FEES

Final payments for school fees are due unless you have an Approved Payment Arrangement.

If you are unable to pay your fees by the end of April, please contact Jodi at Admin to arrange a payment plan as soon as possible.

A huge **Thank you** to those parents who have paid their 2022 fees or have organised a payment plan. Your cooperation is greatly appreciated.

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 Advocate Teacher or a member of the Pastoral Care Team 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.

St Francis' School is participating in the Wonder Recycling Campaign again this year and we are putting the call out to the community for help.

Please collect and bring in **any** bread or wrap bags for recycling and place them in the box in Admin. The School will receive reward points for every kilo of bread and wrap bags that we send in for recycling.

These reward points can be redeemed for school supplies and sports equipment.

Help us turn
BREAD BAGS into
SCHOOL* PLAY EQUIPMENT

**COLLECTIONS
CLOSING
SOON!**

Our school* is taking part in the Wonder Recycling Rewards campaign this term.

Help us collect bread bags so we can earn points to redeem on new RHSports equipment.

It's simple! All you need to do is keep your empty bread bags and send them to school* with your kids! We will then place them in Wonder's pink collection box and post them off to be recycled. The more we collect the more points our school* earns!

Collections close 9th September.

Tip for collecting:

Use one empty bread bag to collect a bunch of other bags.

Did you know?

We can now collect our bread bags over the holidays!

**BRING IN YOUR BAGS
BEFORE SEPT 9TH!**

*Includes early learning centres and pre-schools.

Tag [@wonder.australia](#) [#wonderrecyclingrewards](#) to share all your recycling champion stories!

