



# St Francis of Assisi College - Term 2 Week 6 - 2023

## Important Dates

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**Student Free Day**

Friday 9 June 2023

**King's Birthday**

**Public Holiday**

Monday 12 June 2023

**Year 9 - Young  
Women in STEM  
Excursion**

Wednesday 14 June 2023

**Yr 6 Immersion Day  
- St Joseph's School  
Renmark**

Thursday 15 June 2023

**9-side Football**

Wednesday 21 June 2023

**Knockout Netball**

Wednesday 21 June 2023

**College Board  
Meeting**

Wednesday 28 June 2023

**Year 8 Outdoor  
Education Camp**

Wednesday 28 June 2023

**Year 8 Outdoor  
Education Camp**

Thursday 29 June 2023

**Year 8 Outdoor  
Education Camp**

Friday 30 June 2023

**Parish and College  
Mass**

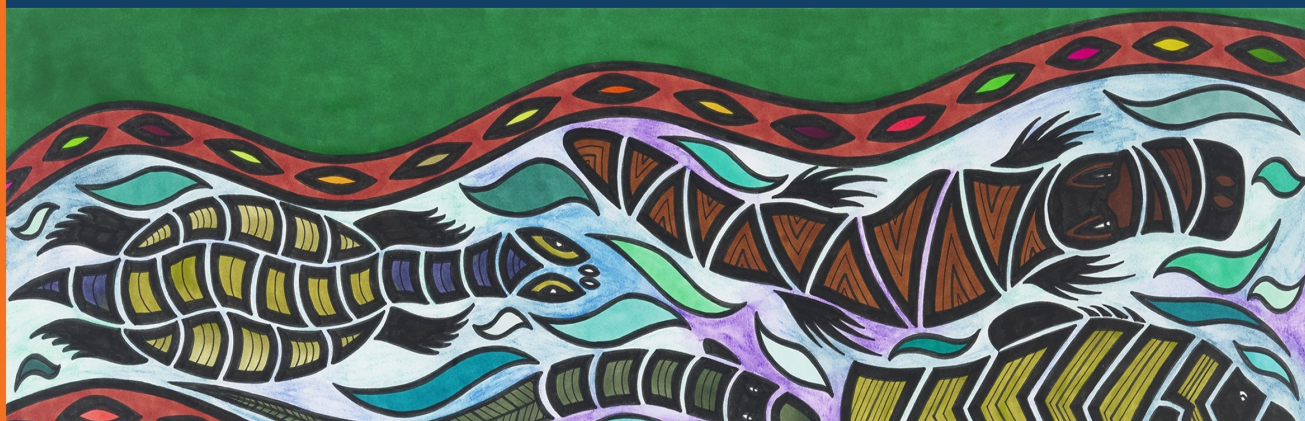
Wednesday 5 July 2023

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**REMEMBER** If you are reading this newsletter from your email don't forget to click 'read more' to expand your view and access all of our feature photos!

# *Acknowledgement of Country*

We acknowledge that we meet today on Meru Country, and recognise the Erawirung and Ngintait peoples as the Traditional Custodians of this land. We recognise their continuing connection to the earth and waters, and thank them for protecting this land and its ecosystems since time immemorial. We pay our respects to Elders past, present, and emerging and extend that respect to all First Nation peoples present here today.



## From the Principal

### **Reconciliation Week – May 27 to June 3**

National Reconciliation Week is a time for us all to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. For the work of generations past, and the benefit of generations future, we are invited to create a more just, equitable and reconciled country for all.

The theme for #NRW2023 is Be a Voice for Generations.

### **Reconciliation Week Prayer**

*Holy Father, God of Love, You are the Creator of this land and all good things.*

*We acknowledge the pain and shame of our history and the sufferings of Our peoples, and we ask your forgiveness.*

*We thank you for the survival of Indigenous cultures. Our hope is in you because you gave your Son Jesus to reconcile the world to you.*

*We pray for your strength and grace to forgive, accept and love one another, as you love us and forgive and accept us in the sacrifice of your Son.*

*Give us the courage to accept the realities of our history so that we may build a better future for our Nation.*

*Teach us to respect all cultures.*

*Teach us to care for our land and waters.*

*Help us to share justly the resources of this land.*

*Help us to bring about spiritual and social change to improve the quality of life for all groups in our communities, especially the*

disadvantaged.

Help young people to find true dignity and self-esteem by your Spirit.

May your power and love be the foundations on which we build our families, our communities and our Nation, through Jesus Christ our Lord.

Amen.

**Wontulp-Bi-Buya Indigenous Theology Working Group, 13 March 1997, Brisbane**

## Experiential Learning and The Pursuit of Excellence

A pillar of St Francis of Assisi College is 'Excellent Catholic Education', for our student's, embracing excellence has many benefits, both short and long term. It is my view that in the world our adolescents experience today, it is useful to differentiate between excellence and perfectionism.

Excellence is the intrinsic motivation to do our best and reach our highest personal standard with the resources available to us at any given time. Pursuing excellence is usually challenging, and mistakes are inevitable as part of learning and improving. As it is intrinsically driven, we are not placing unrealistic pressure on ourselves to not make mistakes to prove ourselves to others (perfectionism), and we do not have the need to compare ourselves to others, or 'beat' others to prove ourselves.

Experiences away from the classroom, in areas of passion, provide students with the opportunity to achieve sense of accomplishment, and build teamwork and resilience. Already this year our students have been afforded many opportunities to stretch comfort zones through testing themselves in competitive situations and contribute to the wider community.

Examples of recent and approaching opportunities include the Vinnies Winter Appeal, The Relay for Life, Mountain Bike Challenge, Cross Country, Knockout Basketball and Netball, and the Wakakirri Dance Competition.

With a focus on the process, and pursuit of excellence, as opposed to the outcome attached, our students can continue to be the best they can be, with the intent of minimizing the pressure of external expectation and validation.

## 2024 Enrolment of Students

I am very pleased to see that the College is experiencing significant demand in relation to enrolments. Current projections indicate our two year 7 classes will fill to capacity by mid-2023 and parents planning to enrol their child are encouraged to do so as soon as possible.

To assist with our medium and long-term planning I encourage parents to lodge an enrolment form with the school as soon as they have decided to enrol their child at the school.

There remain places for enrolment open in years 8, 9 and 10 for 2024.

Should you wish to discuss this further please contact our College Registrar, Claire Smith (phone 8595 4500, or email [claire.smith@assisi.catholic.edu.au](mailto:claire.smith@assisi.catholic.edu.au)).

**Nathan Hayes, Principal**



## Leader of Learning

### Student Free Day – Professional Development

On Friday June 9, the St Francis of Assisi staff gathered for a professional development day focusing on using assessment data to inform teaching and learning. This day was facilitated by Jarrod Carter, Educational Data Analyst from Catholic Education SA. At the

College wellbeing and academic data is collected regularly. This day provided time to analyse and reflect upon data collected, as this can collectively provide a great impact on student learning. Jarrod worked with staff around building capacity to analyse and interpret data from a range of sources to inform learning and teaching, to identify student and school progress over time. Staff firstly unpacked the components of the newly released Literacy and Numeracy Strategy from CESA. This strategy focusses on developing literate, numerate and effective communicators within Catholic Education. Staff then examined the College's Student Dashboard. This assisted with the overall understanding of students' progress using both academic and wellbeing data. Using this data, staff worked collaboratively in cohorts to identify students who are exceeding, and students needing additional support. Staff then focused on academic planning and programming for differentiated teaching interventions based on student literacy and numeracy data. We are grateful for Jarrod's expertise in supporting and guiding our staff to develop and implement, intentional and informed strategies to improve learning outcomes for all students.

**Natalie Meuret, Leader of Learning**



## College Community Wellbeing

### Student Transitions

This week we welcomed Year 5/6 students from Our Lady of the River School, Berri for the first Immersion Day of Term 2. The students were well-hosted by our student leaders and engaged in Science, PE, and Digital Technology lessons.

We look forward to welcoming St Joseph's School, Renmark next week!

<b>School</b>	<b>Term 2</b>	<b>Term 3</b>
<i>OLOR</i>	25 <sup>th</sup> May (Week 4)	3 <sup>rd</sup> August (Week 2)
<i>St Jo Barmera</i>	1 <sup>st</sup> June (Week 5)	10 <sup>th</sup> August (Week 3)
<i>St Albert's</i>	8 <sup>th</sup> June (Week 6)	17 <sup>th</sup> August (Week 4)
<i>St Jo Renmark</i>	15 <sup>th</sup> June (Week 7)	24 <sup>th</sup> August (Week 5)

The College will share further communication via your child's classroom teacher at all four catholic primary schools. If your child is enrolled at a non-Catholic school, please contact the College on (08) 8585 4500 or via email [info@assisi.catholic.edu.au](mailto:info@assisi.catholic.edu.au)

## Yr 5 & 6 Students from St Albert's Immersion Day



## Wellness Hub



This term, the Wellbeing Hub has a focus on Women's Health. So far, students have engaged in Strength and Conditioning, Breathwork & Meditation, and making energy boosting lunches!

### Upcoming sessions

Friday June 29<sup>th</sup> – Nutrition with Holly Ranson (Mind, Body and Bowl Health Coaching – Dietician)

Sign up sheet is on the student notice board.



## Student Leadership Council

### Fundraisers

The Student Leadership Council are proud to present the College's first walkathon to fundraise goods and cash donations to the St Vincent de Paul Society.

Date: Friday 23rd June

Where: St Francis of Assisi College

Time: 8:55am – 10:55am

Students are encouraged to seek sponsorship donations from family, friends, and local businesses by using the link to Sponsor Form.

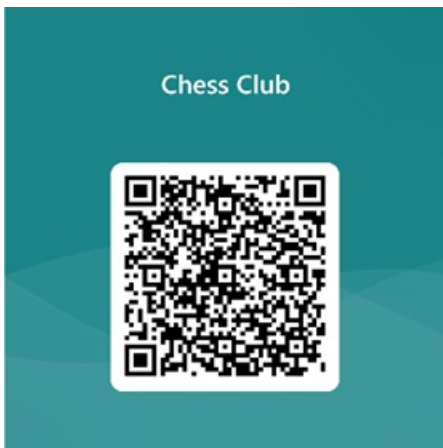
[Sponsorship Form](#)

As well, students can also donate non-perishable items (e.g. soup cans, soup packets, spaghetti, baked beans, pasta, rice etc.) for the St. Vincent de Paul Winter Appeal. Our aim is to have all our donated goods placed end to end and complete at least 1 lap of the oval on Friday 23rd June.

## Laudato Si' Action Group

### Laudato Si' Action Group

The Laudato Si Action Group are seeking to gauge interest for a Chess Club. If you would like a Chess Club at the College, please complete the form using the QR code below or click here: [Chess Club Form](#)



Laudato Si' Action Group	
Bookmark Creek	Peer Support
Inclusion and Diversity	Arts Development
Student Clubs	Community Outreach

*“Every person on this earth is full of great possibilities that can be realised through imagination, effort and perseverance.” – Scott Kaufman*

## Wellbeing Focus Article

### Anxious & Depressive Patterns

Welcome to the first of a 5-part series on Anxiety & Depression in teenagers brought to you by Open Parachute (Wellbeing and Health Partner). Part 1 consists of how to notice Anxious and Depressive Patterns in teenagers.

You can access a video and reflections the below link.

[Open Parachute \(openparachuteschools.com\)](https://openparachuteschools.com)

Just enter in your email address to log in for free and select ‘Parent Resources’. Navigate to the ‘Teenager’ tab and view the fifth lesson.

Anxiety and depression are very common in teenagers. It is helpful to notice anxious and depression patterns in teens so that we can assist them in supporting themselves.

Reflect:

- In what ways does your teen exhibit anxious patterns? (e.g. Doubting themselves, avoiding things, getting overwhelmed easily, getting angry easily etc.)
- In what ways does your teen exhibit depressive patterns? (e.g. Isolating, disengagement, low self-esteem, aggression etc.)

If this has raised any concerns for you or your child, you can contact LifeLine on 13 11 14.

At St Francis of Assisi College, we have a well-rounded Wellbeing team with broader access to professional support. Please get in touch with Mr. Luke Cotter (Leader of Wellbeing) if you wish to seek support for your child.

*“Integrity is doing the right thing, even when no one is watching.”*

– C. S. Lewis

### Wellbeing Webinar: Phone Addiction & Social Media

In exciting news, we have partnered with [Wellio](#) this year to support student wellbeing through the delivery of lessons in Pastoral Care.

Wellio helps students proactively improve their mental wellbeing using research-backed habits and techniques. Their programme supports students in improving their sleep, managing social media use, building healthy relationships, improving physical well-being, and reducing anxiety.

Alongside their work with students, Wellio will be delivering a webinar each term to parents. The upcoming webinar next term is titled “Phone Addiction & Social Media”. Drawing on the latest psychological science, this webinar helps you guide your child to better habits

and beat back phone addiction.

If you would like to attend, you can register here: [https://www.wellioeducation.com/en\\_au/webinars](https://www.wellioeducation.com/en_au/webinars).

Wellio will record the event, so please register if you can't attend but want access to the recording.

**Luke Cotter, Leader of Wellbeing**



## Parent webinar

# Phone Addiction & Social Media

**Details:** On Zoom, Thursday 22 June at 6:30 PM (Melbourne/Sydney time)

Wellio helps students proactively improve their mental wellbeing using research-backed habits and techniques. Alongside their work with students, Wellio will be delivering a webinar each term to parents! Join us to learn about the below:



### Reality vs Social Media

We discuss how students compare their lives with what they see on social media and the impact this has on their self esteem. We give you 3 simple strategies to keep them on track.



### Technology and Sleep

73% of teenagers aren't getting enough sleep and their devices are a primary cause. We explain how you can limit the impact.



### FOMO and Phone Addiction

Drawing on the work of Cal Newport we explain how to beat phone addiction and only use technology that makes your life better.

[Click here to register](#)

# Catholic Education Week Celebration 2023

Enjoy our Catholic Education Week Celebration 2023

[VIDEO LINK](#)

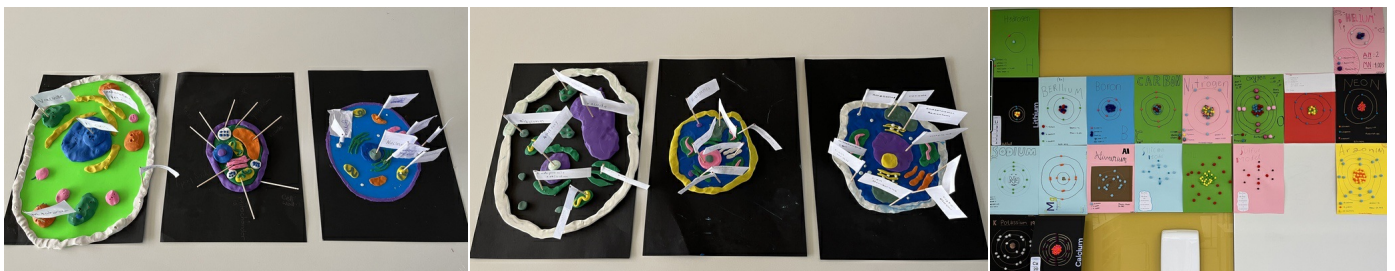
## Year 8 and Year 9 Science



Year 8 and 9 students have been creating models to show their understanding of concepts. The Year 8's are learning about cells so they created labelled models of the cell using modelling clay. They were encouraged to look at models made by other students in order to improve them.

The Year 9's are learning about atoms so each student used pompoms to create a different atom, showing the number of protons, neutrons and electrons. These are displayed in the classroom in the format of the Periodic Table of Elements.

**Jean Booyen, Science Teacher**





*Custom hand carved spatulas drying in the afternoon sun.*

Group 7A have been working on their hand carved spatulas finishing them off with a coat of olive oil. The Planter Boxes created in 9A Sustainable solutions last term are performing well with winter herbs, vegetables and flowers blooming.

## Knockout Basketball

On Wednesday of Week 6, Mr Sampson, Mr Hayes and Miss Stavrou took the Year 7/8 boys and girls basketball teams to Tanunda to compete against Nuriootpa HS, Kadina HS and Faith Lutheran College.

The girls team were very inexperienced in comparison to their opposition, but improved drastically throughout the day with their skills and stayed positive despite the scores.

The boys team lost their first game narrowly to Kadina HS, but won their next two games. The boys impressed with their team chemistry and ability to match it with often bigger opponents.

All students represented the College well and should be very proud of their efforts. Thanks to Mr Hayes and Miss Stavrou for coaching the two sides, and Jodie Clark for assisting with scoring.

**Fraser Sampson, HPE Teacher**



## Riverland Interschool Cross Country



## State Cross Country Championships at Oakbank

On Thursday, students braved the muddy, wet conditions to participate in the State Cross Country Championships at Oakbank. They all did a fantastic job and represented the College well!

A special mention to Sebastian C placing 13th out of over 200 competitors. Well done Seb!

Congratulations to all competitors of the St Francis of Assisi College Cross Country, Riverland Interschools Cross Country and the State Cross Country Championships.

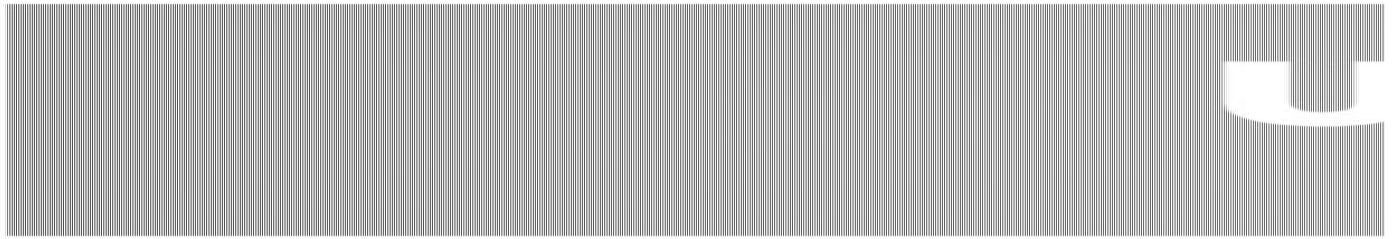


# Visual Rowing Update



# Stage Two Build - Progress Photos





# Pharmacy

- ✓ Friendly and welcoming
- ✓ On the job training
- ✓ School student
- ✓ Casual opportunity

## About the Role:

Our team at United Pharmacy Assistant under direct supervision

You will work across register. You will thrive shopping experience

In your role as a Pharmacy

- Provide an excellent
- Finalise sales and
- Acknowledge customer needs

## About You:

- Previous retail/healthcare experience
- Positive, bubbly and friendly
- Thrive in a team
- Can build strong relationships
- Available to work evenings and weekends.

## Benefits

- Personal development
- Supportive team
- Plenty of variety
- Employee discount





United Chemists Renmark are recruiting for two junior pharmacy assistant positions available to start immediately.

We are seeking applicants from 14 yrs with a positive and friendly and mature outlook to join our team.

The role will include customer service, stock maintenance and general housekeeping duties.

Industry training will be provided.

The role includes after school and will include weekend shifts averaging approx. 12 hours or 2-3 shifts per week.

## Relay for Life

**#RelayForLife**

St Francis of Assisi College  
Laudato Si

**We are  
Relay  
For Life**

**This year 43 students from St Francis of Assisi College will be participating in Relay for Life!**

Our students have a goal to try and raise \$8,000 and would love your support.

Through your support of this event we are getting closer to a cancer free future every minute, every hour, every day.

Your fundraising ensures that Cancer Council SA continues:

- Support Services:** Cancer Council supports all Australians impacted by cancer.
- Advocacy:** Cancer Council works with the community to change laws and policies to reduce cancer risks and improve cancer care.
- Research:** Cancer Council conducts and funds world-class research to reduce the impact of cancer.
- Prevention:** Cancer Council empowers all Australians to reduce their cancer risk.

Students will be broken into house groups: Ignis, Terra, Aqua and Ventus. This will create a in-house competition and give all students more time on the track doing laps.

More information about upcoming fundraising events and student registration will be shared soon.  
Please email: [amber.burgess@assisi.catholic.edu.au](mailto:amber.burgess@assisi.catholic.edu.au) if you have any further questions.

RELAY FOR LIFE  
Cancer Council

**Celebrate.  
Remember.  
Fight Back.**

INFORMATION FOR CUSTOMERS

# Australian Government Mobile Service Centre



## Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

## Monday, 26 June 2023

9 am to 4 pm

## RENMARK

For more information, go to [servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)



**Services  
Australia**

[servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)

INFORMATION FOR C

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servicesaustralia.gov

The stopping location  
are promoted in each  
before each visit.



Australian Government

# Australian Government Mobile Service Centre



## Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

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## RENMARK

For more information, go to [servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)



# Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

## More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit [servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

## Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards

## College Uniform Update

Yates Menswear supply our College uniforms directly to families. Jenny, from Yates, has let us know they have the following knitwear and softshell jackets available:

**Softshell jackets sizes: 10, 12,14,16, XS, S, M and L**

**Rugby knit jumper sizes: XS, S,M,L,XL and XXL**

**Knit jumper sizes: 12, 16, 18, 20 and 22**

A number of other winter uniform items are due for delivery to Yates in two - three weeks time.



Renmark Paringa  
Council

# Youth Sponsorship



## ARE YOU:

- An individual aged 24 years and under and live in the Renmark Paringa area?
- Participating in events representing the District, State or the Country within South Australia, Australia or internationally, for example sport and recreation, the arts eg visual, creative, performing, music, dance; debating; youth leadership eg youth parliament, youth forums; community, culture and heritage; First Nations; environmental; technology and innovation; events or workshops that develop personal or professional skills and experience; leadership programs or conferences or something else?
- Looking for funding to help you attend your event?

Renmark Paringa Council offers youth sponsorship funding to assist youth attend these type of events. All you need to do is complete the application form and submit to Council to be reviewed and assessed.

Download the application form at

[www.renmarkparinga.sa.gov.au/community/grants/youthgrants](http://www.renmarkparinga.sa.gov.au/community/grants/youthgrants)

Contact Emma Warner or Laura John for more information - 8580 3000 or [grants@renmarkparinga.sa.gov.au](mailto:grants@renmarkparinga.sa.gov.au)



## Mental health support for children and young people impacted by the River Murray flood

Families living in the River Murray flood affected areas, who have a child or young person experiencing severe and/or complex mental health concerns, are encouraged to contact their GP or other Health Practitioner.

They will help direct you to the most appropriate service for your child. Where that is the Child Adolescent Mental Health Service (CAMHS), please call 1300 222 647 during office hours.

CAMHS offers appointments through its Berri and Murray Bridge offices, outreach locations and telehealth.



For any urgent injuries, illnesses or mental health, contact the Child and Adolescent Virtual Urgent Care Service, 7 days a week, from 9am to 9pm.

**For more information visit [wchn.sa.gov.au/camhs](https://wchn.sa.gov.au/camhs)**



**Government of South Australia**

Women's and Children's  
Health Network

