

Important Dates

Riverland Field Day

Friday 13 September 2024

Riverland Field Day

Saturday 14 September 2024

College Board Meeting

Monday 16 September 2024

Student/Parent/Teache Learner

Conversations

Tuesday 17 September 2024

Student/Parent/TeacherYear 8 Outdoor

Learner

Conversations

Wednesday 18 September 2024

Camp - 18-20 September 2024

Wednesday 18 September 2024

5 Aside Soccer

Wednesday 18 September 2024

Flinders University Enrichment Day -Careers and Pathways

Thursday 19 September 2024

Grade Rowing Regatta #3 at West Lakes

Saturday 21 September 2024

Showcase of Learning, \$20 BOSS and BBQ

Monday 23 September 2024

Hosting St Joseph's Barmera Sports Day

Tuesday 24 September 2024

Adelaide University Rural Health Alliance Presentation

Tuesday 24 September 2024

Whole School Assembly

Wednesday 25 September 2024

Hosting St Joseph's Renmark Sports Day

Wednesday 25 September 2024

Year 9 Retreat

Wednesday 25 September 2024

Hosting Our Lady of the River Sports Day

Thursday 26 September 2024

Friday 27 September 2024

Friday 27 September 2024

Upcoming Events

Showcase of Learning

Date: Monday 25 September Time: 5:00pm - 7:00pm Venue: St Francis of Assisi College - Renmark

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!

Acknowledgment of Country

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

St Francis of Assisi College Community Wellbeing Week: Ask R U OK?

Any Day because life happens every day.

This week we celebrate R U OK? Day on Thursday 12 September. The message this year is that a lot can happen in a year, a month, a week. Whether it's your friend, family member, colleague, partner, or teammate, the people you care about go through life's ups and downs every day.

By having regular, meaningful conversations, we build trust and normalise talking about what's really going on, so when the people in your world find themselves struggling, they know you're someone they can talk to.

The chances are someone we know might be struggling, and our genuine support can make a difference whatever they are facing, big or small. R U OK? Day encourages us not to wait until someone is visibly distressed or in crisis. Rather we are urged to make a moment meaningful and ask them how they're really going on a regular basis.

So whilst R U OK? Day on Thursday September 12 is our National Day of Action, we are encouraged to Ask R U OK? Any Day of the year because a conversation could change a life.

I take this opportunity to also reiterate that St Francis of Assisi College has a strong commitment to wellbeing, using trauma informed, scientific methodology of Positive Psychology, which is designed to guide and strengthen relationships. All staff are trained in the Resilient IMPACT program of intentional practice which is carried out with our partner, Life Buoyancy Institute and focuses adults being mindful teachers, who intentionally respond to individual and student growth needs.

Throughout Week 8, staff and students participated in a range of wellbeing activities to engage more deeply in the notion of 'being well'.

Led by Mrs Trudgian, and Mr Cotter, the terrific week long program had the intent of ensuring we understand the importance of looking after ourselves, and how to support our peers who may not be at their best.

Season of Creation

We are currently in the Season of Creation which will end on October 4, the Feast of St. Francis of Assisi, the patron saint of ecology.

This week you might like to ponder these questions as a family:

- 1. Can we be more mindful in the way we reduce, reuse, and recycle?
- 2. How can we live more simply and incorporate time in nature into our day?

"... Teach us to discover the worth of each thing,

to be filled with awe and contemplation,

to recognize that we are profoundly united with every creature...'

(Excerpt from the 2023 Laudato Si' Prayer)

Key dates for the commencement of 2025:

A full list of 2025 key dates will follow soon, but to assist with planning I inform our College community of dates to commence the 2025 academic year:

Tuesday January 21 Leadership Team and POR Team commence.

Wednesday January 22 All Teaching Staff commence. Staff Planning Day.

Thursday January 23 Staff Planning Day.

Monday 27 January Australia Day Public Holiday.

Tuesday 28 January All students commence.

Mr Nathan Hayes, Principal





Religious Identity and Mission



Staff Retreat

Last Friday, our staff retreat at St. Francis of Assisi College was a deeply enriching experience, centered around the themes of *Laudato Si'*—care for self, others, and our common home. We began with Christian Meditation and creative activities like drumming and candle making with Fr. Brian Matthews, reflecting on this year's theme, "Your Light." Sam Mitchell's smoking ceremony emphasised the importance of light and land connection, while Jordan Beech from Riverland Active provided valuable insights into supporting students with disabilities. The day was a powerful reminder of our collective purpose and commitment to nurturing both ourselves and our community. Thank you to the Riverland Wine Centre for their hospitality and for being the perfect venue for this event.

Prayer - Wellbeing Week

Dear God,

We ask for Your blessing on our well-being—mind, body, and spirit.

Help us to embrace this day with a positive heart and a calm mind. Guide us in making choices that nurture our health and happiness. Grant us the strength to face challenges with grace and the wisdom to care for ourselves and others.

May we find moments of peace and joy throughout the day, and may Your presence be a constant source of comfort and encouragement. Bless our endeavours and our interactions, and let this day be filled with Your light and love.

Amen.

Mrs Sheridan Bonney, Assistant Principal, Religious Identity and Mission



Leader of Learning

Showcase of Learning Event

On Monday 23 September, from 5-7pm, the College will be holding our annual Showcase of Learning evening. This night will showcase students learning and their achievements across all year levels, with year 8 \$20 boss business products available to purchase. There will also be a BBQ, with salads and drinks provided. Please join us and celebrate in our students' successes.

Term 3 Learner Conversations

Student/Parent/Teacher conversations will occur Tuesday 17 September and Wednesday 18 September from 4pm-6pm at the College. This term these conversations will occur with your child's subject teacher. Your child is an important part of this conversation as they reflect on their strengths and needs as they become a capable learner.

Student progress update reports were released through SEQTA on Thursday 5 September. To access these reports, click on assessments and the relevant subject. Please view these reports, as a subject teacher may have identified an interview would be beneficial to discuss your child's learning and to support their progress.

If your child has a teacher for multiple subjects, could you please make one booking time slot with that teacher. This will ensure there is enough booking times available for all parents.

Bookings are made online through School Interviews

To log on, please use the link:

https://www.schoolinterviews.com.au/code/yhet8

If you are unable to book an appointment but would still like to meet with a teacher, please contact the school on 8595 4500. Please contact the College if you have any questions.

Mrs Natalie Meuret, Leader of Learning

College Community Wellbeing

Community Wellbeing Week

We thank our student leaders for their organisation of the events across this week in the lead up to and on R U Ok? Day to promote wellbeing and build community within our College.

On Monday, students participated in a variety of activities to promote mindfulness and stillness including yoga, meditation, music, a nature walk, colouring and vision setting. A big shout out to Ruby M (Year 8) for leading students through the Yoga sessions.

Our House teams competed across a range of team and individual games and tasks on Tuesday. Ventus was successful in winning the Volleyball and Table Tennis tournaments and the House Art competition. Basketball and Uno were won by Terra House, with Louisa DZ taking out the Uno Crown! And Aqua were the worthy winners of the Lacrosse tournament. All games were played in the right spirit with many examples of camaraderie and support across all Houses.

On Wednesday, there was a focus on healthy lifestyles. Thank you to Kelly Tschirpig for coming in and presenting to several students on

nutrition, sleep and how to manage stress in our daily lives. Other groups were able to bake some breakfast muffins and make smoothies – thank you to Mrs Warner for her support in ensuring we had all the ingredients! Mr Sampson led a group on a bike ride around Bookmark Creek while over 50 students had the opportunity to sit in on a forum with Mr Prokopec and Mrs Turnbull who shared their experiences in professional sport and how their mindsets determined their levels of success – some of their key quotes feature in this week's quote of the week. In another session, Miss Gibbons put over 60 students through their paces in a Strength & Conditioning workout.

On Thursday our students learned the importance of checking in with one another, discovering different ways to ask, "Are you okay?" and how to respond with empathy and support. They even completed a secret mission to find R U OK? Ventus leaders around the College! In the afternoon, we welcomed families and friends to join us for games, a bake sale, a BBQ, and some amazing live music by our talented students.

Thank you to everyone who came together to create a community of care and connection. Let's keep the conversation going! And thank you to all staff for their support across the week!

Community Wellbeing Week - Monday - Meditation and Mindfulness



Community Wellbeing Week - Tuesday - Teamwork and Spirit



Community Wellbeing Week - Wednesday - Wellness and Health



Community Wellbeing Week - Thursday - R U OK?





Riverland Field Days

Members of our Student Leadership Council and staff will be present at the Riverland Field Days this Friday and Saturday. Come say hi to us in the Main Pavilion at Site 62!

When Your Kid Screams for Screens: Building a Family Screen Time Solution

The College has an educational partnership with Open Parachute to support the pastoral development of our students and the broader community! Their next parent webinar is now open for registrations. Please see details below.

openparachute*

BUILDING A
FAMILY SCREEN TIME
SOLUTION

A COMPLIMENTARY WEBINAR FOR CAREGIVERS

Boost your confidence in managing screen time in your household.

Drawing upon her experience as a clinical psychologist and Mum, Dr. Nicole Sokol from *Head into Healing* will provide valuable insights and practical tips for leading your family through the daunting, and often daily, challenge of managing screen time usage.

You will learn how to minimise risks associated with screen time and the essential steps to leading your family in establishing healthy digital habits.

Time: 7-8pm AEST

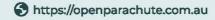
Date: Tuesday, 17 Sept 2024



REGISTER NOW!



This webinar is proudly presented by Open Parachute®



Circle of Support

A reminder that if you have any concerns or questions or information to share regarding your child's wellbeing or academics, please contact their home group teacher in the first instance via email or through the College phone number - (08) 8595 4500.

Home Group	Teachers	Email
AQUA1	Miss Rebecca Ward	rebecca.ward@assisi.catholic.edu.au
AQUA2	Miss Ramanjeet Arkan	ramanjeet.arkan@assisi.catholic.edu.au
IGNIS1	Miss Niamh Graney	niamh.graney@assisi.catholic.edu.au
IGNIS2	Mr. John Lyons	john.lyons@assisi.catholic.edu.au
TERRA1	Miss Mae Camporeale	mae.camporeale@assisi.catholic.edu.au
TERRA2	Mr. Fraser Sampson	fraser.sampson@assisi.catholic.edu.au
VENTUS1	Mrs Isabella Trudgian	isabella.trudgian@assisi.catholic.edu.au
VENTUS2	Miss Ruby Orchard	ruby.orchard@assisi.catholic.edu.au

+ Mr Prok's Keys +

Some people dream of worthy accomplishments while others stay awake and do them.

Know what you do when you're doing well and when you're not doing well.

Surround yourself with people who will help you to be successful.

+ Mrs Turnbull's Keys

The times when things don't go to plan, that's when resilience grows.

You grow through what you go through.

Trust that your mind is up for the challenge - it will be your mind that carries you through to success.



Mr Luke Cotter, Leader of Wellbeing

Year 8 English - Bush Poetry

Our Year 8 students have been engaged in their bush poetry unit, where they explored the unique style and history of bush ballads. They've been learning about the rhythm, rhyme, and storytelling techniques that define this traditional Australian form.

The students moved on to create their own bush poems! As part of this creative process, the class visited Bookmark Creek to draw inspiration from the natural surroundings. Students created unique poems, capturing the essence of the Australian bush in their own words.

Mrs Isabella Trudgian, English Teacher









Child Studies & Pre-Natal Nutrition



Students in Stage 1 Child Studies have been focussing on pre-natal nutrition and in particular how certain nutrients are crucial for development in utero.

The goal was to prepare a nutritious, quick and easy meal for a pregnant woman. Students were tasked with a research component along with an action plan to help guide their choices for appropriate food, from this information a suitable meal was chosen.

Students chose to prepare a breakfast, lunch, or dinner option and they each produced a suitable dish that included nutrient-dense ingredients suited for pregnancy.

Everyone worked really well under pressure and students' hard work and commitment were evident throughout their learning.

Some recipes selected were: Apple & Cranberry Granola, Vegan Burrito Bowl, Grilled-Chicken Salad, Smoothie Bowl, Sweet Potato & Black Bean Tacos and a breakfast burrito.

Mrs Amber Burgess, Child Studies Teacher

Rowing Program Update

On Saturday 7th September Senior and Junior Squads competed in their first Regatta for the 2024/25 Rowing Season at West Lakes. We entered 10 crews in 7 events – Singles, Doubles and Coxed Quads, in Novice and 3rd Grade Divisions.

The first Regatta of the season provides an opportunity for rowers to compete in a quieter environment as most clubs and schools are yet to commence their programs. Students refamiliarised themselves with steering within a buoyed course and set a benchmark for competitive season racing.

We secured **four wins**, competing against Riverside and Goolwa. In three events we were the only crew entered but were still provided racing opportunities as Rowing SA merge events – this is called a row-over and is not registered as a win. We competed in the same regatta last year, with this year's results highlighting 45+ sec improvements, even with a strong head wind this time around! A sign of great progress. Students were commended by Rowing SA volunteers for their manners and attitude while representing our College – well done team

Crews have now regrouped to set the focus for our next block of training, with clear technical goals and targets. We will travel to another regatta in Week 9, before we compete against other schools in Term 4.

Mrs Stephanie Turnbull, Rowing Program Coordinator, Rowing Coach & Learning Support



Father's Day Coffee and Muffin

A Father's Day celebration was held on Tuesday morning Week 7 for all of the dads, step-dads, grandparents, uncles and special friends from our College community. Guests were served freshly brewed barista-made coffee by our Year 10 Food and Hospitality students and enjoyed delicious muffins while they enjoyed the morning sun!



OLOR Parish 10 Yr Celebration





Don't forget we have a Facebook page for parents/caregivers to exchange College uniforms.

You'll need to be a member of the group to access and can then directly communicate with others wanting to exchange uniforms.

https://www.facebook.com/groups/sfoacrsecondhanduniform

The College also keeps a small supply of emergency uniforms that are needed from time to time. If you would like to donate pre-loved uniforms please drop them into the College office. Thank you.





St Pat's Technical College, Adelaide

October School Holiday Sessions:

Automotive

Wednesday 2 October 2024 - Term 3 holidays 9:30am to 3pm (arrive 9:20am) Year 8 - 10

Civil Construction

Wednesday 2 October 2024 - Term 3 holidays 9am to 12pm (arrive 8:50am) Year 7-10

Bricklaying and Tiling

Tuesday 1 October 2024 - Term 3 holidays 9am to 3pm (arrive 8:50am) Year 7-10

Food, Hospitality & Industry Pathways

Tuesday 1 October 2024 – Term 3 holidays 9:30am to 3pm (arrive 9:15am) Year 8-10

Register here: https://stpatstech.sa.edu.au/try-a-trade/

Junior Employment Opportunity - Tri State Graphics

Tri State Graphis are looking for a junior staff member to work after school hours.

3.30pm to 5.30pm, 3 nights a week plus two - three Saturday mornings per month, plus extra hours.

Looking for someone who is available during school holidays.

Key Duties & Responsibilities:

- Regular cleaning & dusting of the showroom and office area.
- Assisting sales staff with shop displays
- Pricing stock
- Refilling clothing racks
- Answering phones occasionally.

Required Skills and Experience:

- Ability to work independently and within a team
- Reliable and committed
- Willingness to learn
- General knowledge of computers
- Polite phone manner
- Good Communication skills
- Position to start Mid-August.

If this sounds like the position for you, please present your resumé and cover letter to our business manager in person or email a copy to: accounts@tristategraphics.com.au

Manager

Tri State Graphics

216 Renmark Avenue

Renmark S.A.

85865815

Barmera Little Athletics - Come-and-try Sessions

SEASON 2024-25



DISCOVER THE FUN OF ATHLETICS

Ever thought about trying athletics? Now's your chance! Meet new friends, bond with family, and enjoy achieving your personal best.



Join us for a thrilling come-and-try session

5pm Monday 16th September 20245pm Monday 23rd September 2024

BARMERA LITTLE ATHLETICS
OVAL 3, GLASSEY PARK, BERRI

Register today at littleathletics.com.au

Life Without Barriers - Become a Foster Carer



Share your world

Become a foster carer

It's the little things that matter most – like having a safe place to call home, someone you can smile with and the right support.

You can make an extraordinary difference in the life of a young person by sharing those ordinary, everyday moments.

We are looking for compassionate individuals, couples and families to become foster carers to provide a safe and supportive home for vulnerable children and young people. We'll support you 24/7 and provide all the training you need.

If you have a spare bedroom and time to share, we'd love to hear from you. Contact us today and be the positive change in a child's life!

1300 592 227 lwb.org.au/foster<u>-care</u>

LIFE WITHOUT BARRIERS









"HEALTH OF THE RIVER" 2024 ROTARY YOUTH FORUM

MONDAY 23rd - FRIDAY 27th September, 2024

CALPERUM STATION, Renmark, South Australia

OPEN TO YEAR 9 and 10 STUDENTS

Are you curious about the Natural World?

Are you interested in Ecology and the Environment?

Are you interested in protecting the Environment?





This 5 day forum provides hands on learning and mentoring from specialist ecologists and researchers on a working conservation and research property, with an emphasis on "River Health"

Supported by Rotary Clubs, the forum provides transport, accommodation, meals and exceptional learning experiences.

Activities will include a focus on sustainable water management and irrigation practices, salinity issues and environmental flows, conservation, land degradation and rehabilitation and more.

https://rotary9510.org/sitepage/youth/health-of-the-river-forum

Cost: \$800 (paid by your local Rotary Club)

Please note that a \$50 deposit from the student is required.

This will be refunded on completion of the program.

Enquiries: Registrar Cathy Cameron Ph: 0408 951 958

E: healthoftheriver@rotary9510.org

Date: 15 May 2024

Renmark Paringa Council in partnership with Mental Health First Aid Partners have secured grant funding from the State Emergency Relief Fund to bring Resilience First Aid Training to the Riverland at the end of October 2024. More information as to what Resilience First Aid Training is, when the courses are taking place etc, details can be found on Council's Engage RPC Platform https://engagement.renmarkparinga.sa.gov.au/resilience-first-aid

The 2-day courses available are wonderful professional development opportunity and best of all they are FREE. Following the River Murray Floods 2022/2023, the aim for this program is to equip front facing professionals in our community with tools that enable and build resilience.

SA Police Hosted: Business Security Conference - 2 October 2024



South Australia Police are hosting a Business Security Conference in Berri in order to engage with Riverland business owners about security, cybercrime, and reporting. SAPOL senior management from the Murray Mallee will also be in attendance for questions.

The details of the conference are as follows:-

WHERE: Berri Hotel, Riverview Drive, Berri

WHEN: Wednesday, 2 October 2024

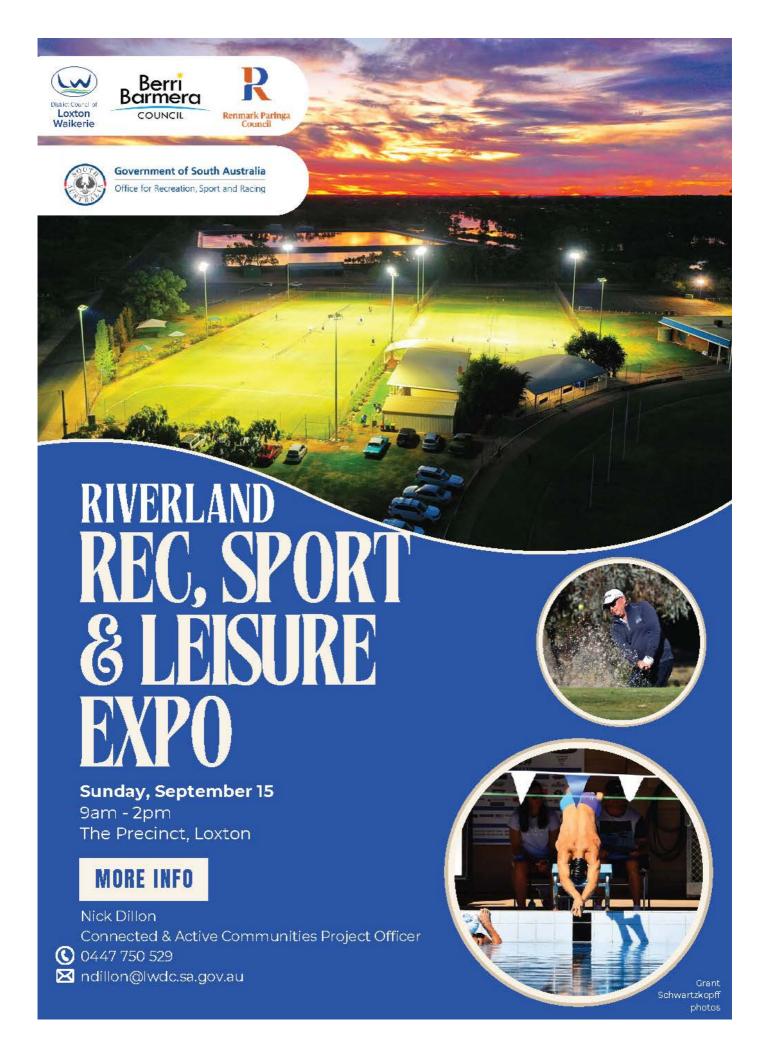
TIME: 6:00 PM - 7:30 PM

COST: \$13.50 (plus booking fee)

Includes finger food, with tea and coffee.

To book visit eventbrite.com.au and search "SA Police"

Riverland Rec, Sport & Leisure Expo - Sunday 15 September 2024







SANF Girls Football Clinic - Sunday 15 September 2024



IT'S PLAY TIME!

FREE girls footy clinic at the Riverland Recreation, Sport & Leisure Expo!

Ages 11 - 16

Meet & be coached by current SANFLW players from the West Adelaide Football Club!

New & returning players welcome.

- September 15th
- The Precinct, Loxton
- 9am 10am

Skill practise to build your confidence, kicking challenge & a mini game to finish the session.



Register your details here to attend











A GRADE, B GRADE, U16S, U12S AND WOOLWORTHS CRICKET BLAST

AT THE RENMARK OVAL COMPLEX.

BBQ & DRINKS PROVIDED.

2024/25 SEASON LAUNCH

FOR MORE INFORMATION
PLEASE CONTACT
PRESIDENT
TROY HENDERSON
0400 842 355

SATURDAY 14TH SEPTEMBER 10AM-12NOON



U12S CRICKET

SEASON 2024/25

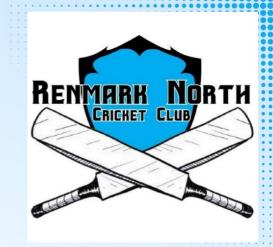


GAMES WILL BE PLAYED ON SUNDAY MORNINGS

Come out for a bat & a bowl at our season launch on Saturday 14th September, 10am-12noon at the Renmark Oval Complex. Gear provided or bring your own.

For more information contact U12s coach, Darren Schwartzkopff: 0407 951 853

renmarknorthcricketclub@gmail.com







Come out for a bat & a bowl at our season launch on Saturday 14th September, 10am-12noon at the Renmark Oval Complex. Gear provided or bring your own.

For more information contact U16s coach, Blake Henderson - 0428 195 886 renmarknorthcricketclub@gmail.com



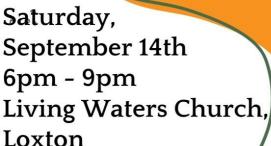




OODLES OF FOODLES NIGHT



food making & food based games



\$2 for food and a drink







For High School Aged Youth Events contain some Christian content

For more details call or text 0488 444 240.

@reachargeyouth



REACHarge Youth





Government Funded Program: Saver Plus – Assisting families with education costs



Get up to \$500 extra in the bank to lighten the load of education expenses



Count me in.

Commit to saving up to \$50 a month for 10 months and **we'll double it.**

saverplus.org.au 1300 610 355



Save \$500 and ANZ will top up your bank account with another \$500.

Yes, it's true. No catch, no scam.

Just real knowledge and information for real people that's easy to understand... It's just, downto-earth money talk - and a \$500 incentive to build your savings!

Join Saver Plus and get







Free financial education

Your savings doubled (up to \$500)

What can the \$500 be spent on?



Laptops and tablets

Vocational education

Books and supplies



Uniforms and shoes







Lessons and activities



Camps and excursions

Can I join Saver Plus?

To be eligible, you need to meet these requirements:



Be 18 years or older



Have a current Health Care or Pensioner Concession Card



Have a child in school, starting school next year, or be studying yourself



Have regular income (you or your partner)*



Agree to join in free online financial education workshops

Ready to start saving? Let's talk.

saverplus.org.au | saverplus@bsl.org.au | 1300 610 355

^{*} Most types of income are valid. Speak to your local Saver Plus Savings Coach if you're not sure.

Saver Plus is a program for people on lower incomes. It's about enhancing financial **skills**, **to develop (and keep) good savings habits**. Since 2003, Saver Plus has supported more than 60,000 people to start saving.

Saver Plus has helped overcome the barriers around education expenses. And sets families up for a brighter future.

To be eligible You must have all of the following:

- A Health Care Card or Pensioner Concession Card
- an eligible Centrelink payment*
- . Be studying yourself OR have a child in school (can be starting school next year)
- . Have regular income from work (either yourself or your partner)* including Carers Payment / Child Support / Cash in hand
- · Be 18+ years old
- Agree to join in free online financial education workshops called MoneyMinded
- Not completed Saver Plus previously
- * Many types of income and Centrelink payments are eligible, see the Saver Plus terms and conditions for more information.

What are the eligible savings goals?

Eligible savings goals are education related products or services eg:

- laptops and tablets
- books and supplies
- · uniforms and shoes
- · sports fees and gear
- · lessons and activites
- · camps and excursions

The Ways We Communicate



Stay Connected!



SEQTA

SEQTA is used in many ways.
Students and Parents/
Caregivers are able to access
lesson details, assessment
submissions, grades and
feedback. SEQTA Engage is
great for parent/teacher
communications, student
timetable details and to keep
up to date with the College
notices.



EDSMART

Edsmart enables parents to sign and return permissions electronically. Our College utilises Edsmart to send out school policy information and agreements, permission and consent forms, general updates and information around upcoming events.



FACEBOOK

St Francis of Assisi College Facebook page features exciting event updates and general information. We share school sporting results, student achievements, along with many photos and videos of our students and activities both inside and outside the



NEWSLETTER

The Newsletter is sent out fortnightly via email. You can also find our newsletter link on our webpage. In our newsletter, we share what's happening in the College community, upcoming events and general notices.

Absentees to be notified via: SEQTA Engage, absent@assisi.catholic.edu.au, or call 8595 4500

Name	
Email	
Phone	
Message	

Don't hestiate to contact the College office on 8595 4500 if you have any difficulty with the various mediums used by the College to

commuicate with families. Or alternatively complete the form below.

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