



St Francis of Assisi College - Term 4 Week 6 -2024

Important Dates

Year 9 Outdoor
Education Bike Day
Trek
Tuesday 26 November 2024

2025 Year 7
Transition Day
Thursday 28 November 2024

2025 Year 7
Transition Day
Friday 29 November 2024

Stage 1 Results
Available
Friday 29 November 2024

End of Year Family
Celebration
Tuesday 3 December 2024

Whole School
Assembly and
Student Awards
Ceremony
Wednesday 4 December
2024

SA Sports Institute -
Talent Identification
Thursday 5 December 2024

End of Year Mass
Wednesday 11 December
2024

Last Day of Term 4
- 3:15pm Finish
Wednesday 11 December
2024

Student Free Day
Thursday 12 December 2024

Student Free Day
Friday 13 December 2024

Semester 2 Reports
Available
Friday 13 December 2024

Upcoming Events

End of Year Family Night Celebration

Date: Tuesday 3 December

Time: 5:30pm - 7:30pm

Venue: St Francis of Assisi College - Renmark

Student Award Ceremony

Date: Wednesday 4 December - Monday 30 November

Time: 9:00am

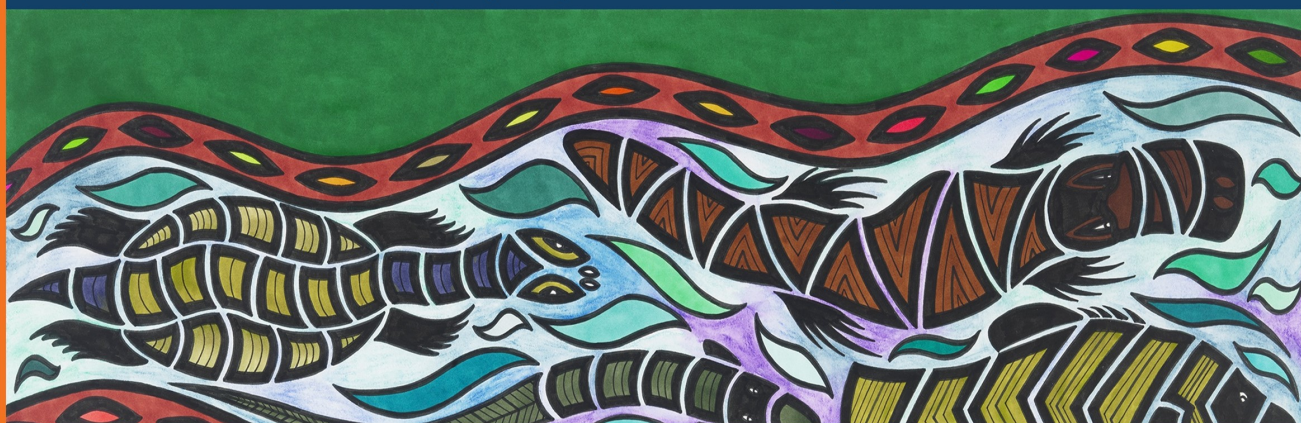
Venue: St Francis of Assisi College - Renmark

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

A Whole School Community Approach to Wellbeing

The intent of the St Francis of Assisi Wellbeing Model is to provide a sustainable and cohesive method to implement a contextualized and evidence-informed wellbeing culture for the entire St Francis of Assisi College Community, including for all Community Members (students, educators, leaders, people connected to the St Francis of Assisi College Community).

The St Francis of Assisi Wellbeing Framework has is grounded in best-practice science. It is most heavily influenced by the following scientific disciplines.

- Trauma-responsive practice.
- Positive psychology and education (strength and growth-focused approaches).
- Implementation science (intentional practice).

Our College approach to wellbeing includes the PERMA model as a practical model of wellbeing. It can be readily understood and applied by adolescents, families, and adults.

It has been developed by Martin Seligman, who is a pioneer in positive psychology.

The model indicates that you will experience higher levels of wellbeing when you bring an intent to five key areas in your life:

- **Positive emotions** – fun, joy, play, curiosity etc.
- **Engagement** – doing activities where you become immersed, including loosing track of time.
- **Relationships** – having positive nurturing relationships in your life.
- **Meaning** – doing things which give you a sense of personal meaning.
- **Accomplishment** – doing things where there is an endpoint and a sense of accomplishment.

Key Commencement Dates for 2025

To support with planning for the beginning of the 2025 school year, here are key dates:

Tuesday January 21	Leadership Team and POR Team commence.
Wednesday January 22	All Teaching Staff commence. Teacher Planning Day.
Thursday January 23	Teacher Planning Day.
Monday 27 January	Australia Day Public Holiday.
Tuesday 28 January	All students commence.

End of Year Student Award Ceremony

All parents, carers and families are invited to our award ceremony in Week 8. This will be an opportunity to reflect and celebrate the individual and collective successes of the 2024 school year at St Francis of Assisi College:

Wednesday 4th of December

9am – 10.15am

Multi-Purpose Room

Morning Tea after ceremony

St Vinnies Christmas Appeal

The Christmas season is near and is a joyful time for many. Yet as we know, it can be a challenging time for less fortunate people within our community. Many people within our Riverland community struggle to keep a roof over their heads and food on the table. Inflation, housing stress, high energy prices, and the rising cost of daily essentials make it difficult for families to thrive.

As a school we are taking part in the Vinnies Christmas Appeal. Vinnies Christmas Appeal aims to provide immediate relief from bills, and the basics such as food and clothing, so that families have a chance to survive and celebrate this Christmas.

Further information will be shared with students and families outlining the range of activities our students will engage in over the last few weeks of term in support the Christmas Appeal.

Mr Nathan Hayes, Principal



PLEASE JOIN US FOR OUR

STUDENT AWARD
Ceremony

DECEMBER

WEDNESDAY

4

9:00AM

2024

MULTIPURPOSE ROOM
ST FRANCIS OF ASSISI COLLEGE

MORNING TEA TO FOLLOW

RSVP www.assisi.catholic.edu.au/news-events-calendar/events

Religious Identity and Mission

End of Year Whole School Mass

We invite all families to join us for our End of Year Whole School Mass with Fr. Hau at 9:30am on Wednesday, 11th December, in the Multi-Purpose Room. This is a time to celebrate the highlights of 2024 and to give thanks for all the blessings and achievements of the year. It is a special opportunity to come together as a community in prayer and gratitude as we finish the school year. We look forward to seeing you there.

Christmas Appeal

In the spirit of giving, Ignis House will be helping to run fundraisers to support families in need through the **Vinnies and Riverland Christmas Appeal**. They have chosen to run a cinema afternoon with a bake sale and popcorn in the afternoon of the last day of school. There will also be an alternative for a Christmas Craft session for students interested in this. We will be collecting donations in our Charity House Bins, including long-life food, Christmas decorations, teenage gifts or other gifts (unwrapped), puddings, and any other items you think could help bring Christmas cheer to families in the Riverland. Your generous donations will make a real difference to those in need.

Advent Calendars

Our Year 8 students have been busy preparing for Christmas by creating beautiful Advent calendars for each Homegroup classroom. These calendars are filled with prayers, quotes, and positive messages designed to inspire and uplift. They will be used during morning Homegroup prayer, helping our students to reflect on the true meaning of the season and in preparation for Christmas. A big thank you to our Year 8s for sharing their creativity and faith with the College!

Advent Prayer

Loving God,

As we begin this season of Advent, help us to prepare our hearts for the coming of your Son, Jesus.

May we find hope, peace, joy, and love through our daily encounters.

Guide us to reflect your light in our words, actions, and kindness towards others. Amen.

Mrs Sheridan Bonney, Assistant Principal, Religious Identity and Mission



Leader of Learning - Semester Two Reports



SEQTA Reports

To view your child's report in SEQTA, simply select **REPORTS** on the main menu. This menu will display your child's name. Click the semester report on the right and this will display the report as pdf which you can view, download and print.

The image shows two screenshots of the SEQTA Engage interface. The first screenshot shows the main menu with the 'REPORTS' option highlighted by an orange callout bubble that says '1. Click on Reports'. The second screenshot shows the 'Reports:' page with a 'Semester 1' report card highlighted by an orange callout bubble that says '2. Click on report to view'. The report card displays '2023 School Year' and 'WEDNESDAY, 17th DECEMBER 2023'.

Student reports will be available to parents and caregivers through SEQTA Engage and Learn on Friday, December 13. This report will provide an overall achievement grade based on the Australian Curriculum and an indication of your child's work habits.

A graded semester report is only one part of the College's assessment and reporting practices. Throughout the year, parents also receive feedback about their child's learning progress through;

- student progress update reports
- learner conversations
- continuous reporting on SEQTA which focuses on timely and targeted feedback for specific subject assessment tasks.

More detailed information about your child's learning and assessment is always accessible on SEQTA Engage. If there are any concerns, please contact your child's teachers, so that we can work in partnership to improve your child's learning outcomes.

The College will not print and issue reports at the end of a semester unless a request is made to the school. Instead, student reports are

uploaded to SEQTA. By accessing the Reports page, you will see your child's report. Clicking on a Report icon will display a pdf record that you can download, view, save and print. Your PC or mobile device will need to be equipped with a pdf reader for you to be able to access your child's reports. New reports will be added to the archive at the conclusion of each reporting cycle.

Mrs Natalie Meuret, Leader of Learning

College Community Wellbeing

Year 7 Transition Program

Thursday Nov 28 | Friday Nov 29

Limited Spaces for 2025
Enrol Now!



We look forward to meeting our 2025 Year 7 cohort at our two formal transition days held next week on Thursday 28 November and Friday 29 November.

If you are interested to reserve a place for your child, or to book a tour, please contact the College on (08) 8585 4500 or via email info@assisi.catholic.edu.au

Student Leadership

Applications for all student leadership positions have now closed. We have completed our interviews with Year 8-10 SLC applicants and

will begin interviews with House Captain applicants next week. Additionally, House Captain applicants will deliver a short speech to their respective House teams next Wednesday prior to all students voting for their preferred student leaders.

AQUA	
Year 7 Leader	Opens T1 2025
Year 8 Leader	CLOSED
Year 9 Leader	CLOSED
Year 10 Leader	CLOSED
Vice-Captain	CLOSED
Captain	CLOSED

TERRA	
Year 7 Leader	Opens T1 2025
Year 8 Leader	CLOSED
Year 9 Leader	CLOSED
Year 10 Leader	CLOSED
Vice-Captain	CLOSED
Captain	CLOSED

IGNIS	
Year 7 Leader	Opens T1 2025
Year 8 Leader	CLOSED
Year 9 Leader	CLOSED
Year 10 Leader	CLOSED
Vice-Captain	CLOSED
Captain	CLOSED

VENTUS	
Year 7 Leader	Opens T1 2025
Year 8 Leader	CLOSED
Year 9 Leader	CLOSED
Year 10 Leader	CLOSED
Vice-Captain	CLOSED
Captain	CLOSED

The positions will be held by the successful students for the entire school year and will involve responsibilities such as:

- Regular student leader meetings
- Rotating Attendance at College events (e.g. tours, ceremonies, fundraisers etc.)
- Rotating Attendance at Community events (e.g. ANZAC Day, Remembrance Day, Riverland Field Days, Rose and Garden Festival etc.)
- Master of Ceremonies for Term Assemblies
- Participation in Student Action Groups
- Other duties as invited by the Leader of Wellbeing or Principal

The process adopted by the College allows for multiple inputs into the decision-making process by the College leadership team. Each applicant's application is reviewed, and a shortlist of applicants are invited to an interview. Additionally, shortlisted applicants are also listed in a democratic voting system and voted upon by the student body. All aspects of this process are treated equally and give guidance to the selection panel in their decision making.

Timeline	
Week 2	Application forms emailed to students
Week 4	Year 8-10 Applications due on Friday Nov 8th
Week 5	House Captain Applications due on Friday Nov 15th
Week 6-7	Interviews conducted & student vote
Week 8	Announcement at Whole School Assembly

ANXIETY & DEPRESSION: OVERVIEW FOR PARENTS & CAREGIVERS

WHAT IS ANXIETY?

Anxiety is a survival response, and in general it is normal and helpful – anxiety is what tells us to look both ways before crossing the street, or to leave situations that aren't good for us. When anxiety becomes a problem, our minds start to think that our feelings are dangerous and we react to them as if they were a life threatening emergency that we need to avoid. So when we feel something uncomfortable – if we're nervous or disappointed or sad – our mind focuses on finding a way to make those feelings go away. This is why when we're anxious, we become fixated or worried about something that needs to happen, or we start dwelling on what we could have done differently.

WHAT IS DEPRESSION?

Depression is closely linked to anxiety, and often the two go together, but it is also separate and can be experienced on its own. Depression also comes from experiencing overwhelming emotions, but with depression our mind goes numb to avoid the emotion. This leads to apathy, not caring about things, not enjoying things we used to, thinking the future is hopeless.

HOW CAN I SUPPORT MY CHILD IF THEY ARE ANXIOUS OR DEPRESSED?

We want to help them see that anxiety and depression fall on a spectrum, that most people experience it to various degrees throughout their lives, and that they can help themselves by soothing their own emotions in the moment. We want to focus on being their coach, not their rescuer. If we fix the "problem" for them, they won't learn this skill of responding supportively to their own feelings. When we help them soothe their emotion and do things for themselves that boost their mood, they become more empowered with their experiences, and this will help them cope with any future hurdles they may face.

TIPS FOR SUPPORTING YOUR CHILD WITH ANXIETY:

- "I'm so sorry you're struggling. What you're feeling is normal, and I'm here to support you"
- "What can you do right now to help you feel a bit more calm – then it will be much easier for us to think this through"
- "Try taking 10 breaths, counting in five counts and out five counts"
- "Why don't you write in your journal for a few minutes about what you're feeling"

TIPS FOR SUPPORTING YOUR CHILD WITH DEPRESSION:

- "I'm so sorry you're struggling. What you're feeling is normal, and I'm here to support you"
- "I can see you're a bit low today, I wonder what you're thinking about?"
- "It's normal to have negative thoughts – even about ourselves!"
- "I'm so sorry you're thinking that. I know how hard it is to have those kind of thoughts!"
- "Can we look for evidence why that thought might not be 100% TRUE?"
- "Can you come up with a new more helpful thought that gives you a different perspective?" (eg. 'Things might be difficult but I am cared for and I am going to get through this')
- "What can you do to boost your mood right now? (eg. Going outside, doing something creative, talking to a good friend, cooking, playing a game"

Ongoing Support

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.

"There's no shame in failing. The only shame is not giving things your best shot."

- Robin Williams

Mr Luke Cotter, Leader of Wellbeing

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
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

Enrolments Open



St Francis
of Assisi College
Laudato Si'

ENROLMENTS OPEN

2026 & 2027 Year 7 Enrolments Now Open

Welcoming 2025 enrolments for years 7, 8, 9, 10 & 11

Contact: Claire Smith, 8595 4500 or
email: info@assisi.catholic.edu.au



Year 9 Canberra Trip

Day 1

Kicked off with a visit to Old Parliament House, then headed to the iconic Parliament House, where the group had the privilege of meeting Tony Pasin, Member for Barker. Tony took the Year 9s on a tour that even included the roof with amazing views of the city. The group then explored the National Capital Exhibition, learning all about how Canberra became our nation's capital.

Day 2

Was just as incredible as Day 1. It started with a fascinating visit to the High Court of Australia, followed by a visit of the Australian Electoral Commission where students learnt their voting rights. Then it was off to Questacon for some hands-on science fun! After dinner, the group wrapped up with an inspiring visit to the Australian Institute of Sport, where they got a glimpse into the world of elite athletes.

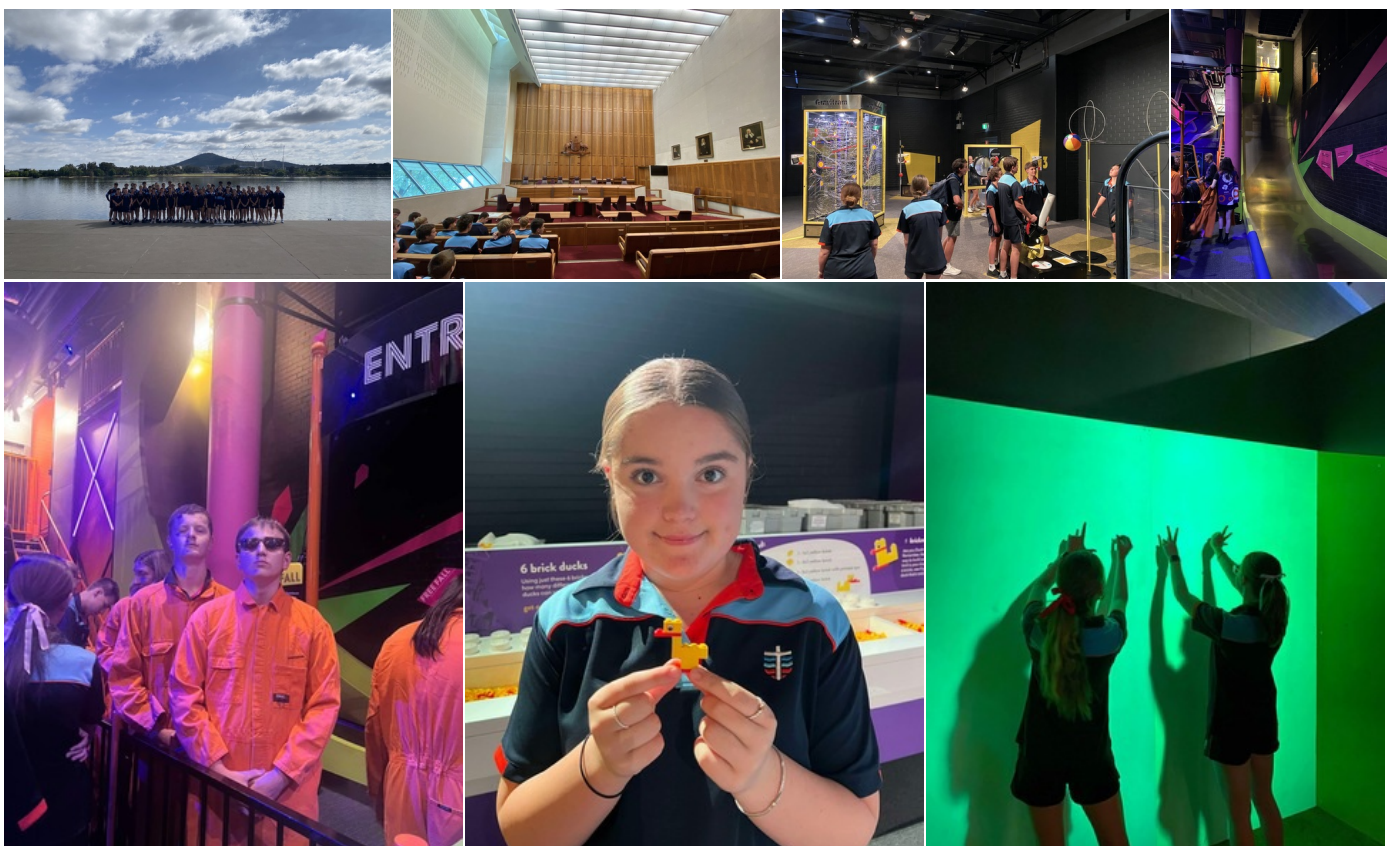
Day 3

Started with a visit to the Australian War Memorial and ANZAC Parade, paying our respects to the heroes who shaped this nation. Then, the students explored the Museum of Australia, diving deep into the country's rich history, before heading to the Royal Australian Mint to see how the coins we use every day are made. They ended their day with a breathtaking view of the city from Mount Ainslie—what a perfect way to wrap up an amazing trip!

Year 9 Canberra Trip - Day 1



Year 9 Canberra Trip - Day 2



Year 9 Canberra Trip - Day 3



Year 10 Surf Camp

In Week 4, Miss Orchard, Mr Goodman and Year 10 Outdoor Education students travelled to Middleton to participate in a 2-night Coastal Care Camp. The camp was centred around two main assessments, surfing and human impacts on our coastline. All students participate in 2 x two hour surf lessons and conducted fieldwork for their assessment at Goolwa Beach, Middleton, Victor Harbor Beach and Granite Island.

Miss Ruby Orchard, Outdoor Education Teacher



Metal Technologies

The Year 10 Metal Technologies class have been diligently working on their major product for 2024. The students have designed and begun fabrication of fire pits this term. They have needed to demonstrate skills in interpreting plans, measuring and marking the components, cutting and folding sheet metal and welding the components together.



Rowing Program News

State Rowing Regatta Championships

At the end of week 5, our Senior and Junior Rowing Squad headed to West Lakes to compete in the 3rd Grade & Novice State Championships Regatta. This was our first weekend stay as a group and it proved to be a huge success, both on and off the water.

Students travelled to Adelaide on Friday, unloading and rigging boats in preparation for an early start on Saturday. We then headed to the West Beach Caravan Park where students settled in and enjoyed a swim before the group battled it out in mini golf. It was a great afternoon continuing to build team relationships and manage our competitive personalities.

Crews arrived at West Lakes early Saturday to set up the tent site and walk the course to check conditions and discuss tactics. They were presented with a strong cross-head wind and forecast temps of 35deg, which did impact some events due to crew scratching's. Racing then was underway from 9am.

Our girls crew were up first with heat 1 of the 3rd Grade Women's Coxed Quad (3W4x+). Billie led the crew of Riley, Jady and Imogen, joined by Sophie as their coxswain for this regatta. It was a tough field, with a total of 21 crews entered, predominately school crews from Seymour, Unley, Pembroke, Wilderness, Loreto, Norwood and Murray Bridge. Progression into the final was the top 2 crews from 3 heats, with the next 2 fastest times also gaining a place. Our crew raced hard, but just missed the mark. Competing in the fastest heat,

they placed 4th and missed a spot in the final by only 3 seconds. Going off heat times, they finished 10th fastest out of the 21 crews. This was a great effort in our 2nd competitive season.

The boys crew raced next in heat 2 of the Novice Men's Coxed Quad (NM4x+). Tate led the crew of Reece, Ryan and Harry, coxed by Ruby. Again, the field was made up of school crews from the likes of St Peter's, Unley, Adelaide High, Pembroke, St Ignatius, Norwood and PAC. With 9 crews in this event, they needed to secure a top 4 finish in the heat to make the final. They achieved this by securing a comfortable 2nd place finish. Soon after they competed in the final. They improved their race time by a whopping 33seconds, coming in 4th place with plenty of clear water ahead of 5th. A great effort and result for the crew.

Our boys were up again next, racing in the 3rd Grade Men's Coxed Quad (3M4x+) heats. There was a larger field of 16 crews, but our progression was still top 4 finish. The boys had their best race of the day during the heat, taking another 11seconds off their previous race time, in a strong gusty headwind. It was a fight to the finish securing them 3rd place and a lane in the final. They were in fact the only novice graded crew in the 3rd grade final – a strong testament to their determination to get the job done! The final was their fourth race of the day, and it was a tough one, pushing right to the finish line to come in 7th place ahead of St Ignatius. They completely emptied their tanks and should be incredibly proud of their efforts, coming in 7th out of 16 crews.

After a lengthy break, the girls were up in the Novice Women's Coxed Quad (NW4x+). Due to several scratching's, this event ran as a straight final of 7 crews. Nearing the end of the regatta, it was a bumpy row out on the course! They fought well to secure a 4th place finish, fighting to the line to hold off 5th placed Murray Bridge but unable to catch Loreto who came in 3rd. A great effort in tough conditions against some technically sharp crews.

Our students handled the challenging conditions, heat and wind, exceptionally well, not once complaining or backing down. They impressed us with their support for team mates, determination and ability to really push themselves to the limit. We look forward to putting what we continue to learn about racing into practise as we prepare for the Riverland Regatta in Renmark on the 7th & 8th of December.



Learn to Row Squad

This week saw our Year 8 Learn to Row Squad hit the water for the final time this year. The group of Tom, Jenson, Noah, Charlotte and Jana have been training twice a week since the start of Term 3. They have completed a mixture of strength & conditioning and on-water sessions to continue developing their skills in the sport.

This squad has been a new addition to our program and proved to be a success. Each student has progressed technically and in their fitness. Above all, they have enjoyed themselves and are keen for what next year holds as they look to progress into the Junior Squad.



EMPLOYMENT OPPORTUNITY: Apprentice Cabinet Maker

Prestige Kitchen and Cabinets are seeking to appoint a Apprentice Cabinet Maker.

The Company will consider a school-based apprenticeship for the right person. They have a mentor program and task rotation system that provides for an extremely supportive environment for learning for young adults.

See link below for more detail:

<https://www.seek.com.au/job/80319291?ref=search-standalone&origin=showNewTab#sol=96322130e833ee42f90c6daba14ac2f91b93e0af>

Catholic School Parents SA - Advent Calendar

2024
Advent Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Week 1	<p>November 24 LET THE Christmas season BEGIN</p> 	<p>25</p>  <p>Donate unwanted or unused clothing and toys to Vinnies.</p>	<p>26 Download your letter to Santa</p> 	<p>27 Have you ever wondered... what the 4 candles of advent represent. what do they mean and why 3 are purple and 1 is pink.</p>	<p>28 Advent is a joyous season of preparation. During these 4 weeks we prepare our hearts for the coming of Jesus.</p> 	<p>29 Advent begins four Sundays before Christmas. Each Sunday, we light a candle to represent Jesus' virtues, the wreath the candles are placed in symbolises eternal life.</p>	<p>30 Bake cookies for a neighbour or a friend</p> 	
Week 2	<p>December 1 1st Sunday of Advent Pray for those in need of HOPE</p> 	<p>2</p>  <p>Gifts were given to Jesus from the wise men. Create an ornamental gift</p>	<p>3</p>  <p>Check out your local parish website for upcoming events</p>	<p>4</p>  <p>The wise men followed the star to find baby Jesus Together as a family make a star ornament or gift tags.</p>	<p>5 Read Christmas stories together.</p> 	<p>6 St Nicholas Today is the feast day of St Nicholas. Let's show our generosity & kindness just like St Nicholas.</p> 	<p>7 Make Christmas Cards with your family. Download & print free.</p> 	
Week 3	<p>8 2nd Sunday of Advent Pray for those in need of PEACE</p> 	<p>9 Feast of the Immaculate conception Think about Mary - the mother of Jesus. Tell her what is in your heart</p> 	<p>10</p>  <p>Church bells ring to share the Good News. Create a bell ornament for the Christmas tree</p>	<p>11</p>  <p>The angel came to share the 'Good News' of Jesus being born. Make an angel to place on the tree</p>	<p>12 Do something that bring your family or friends JOY</p>	<p>13 Look at the Christmas lights/decorations around your neighbourhood, remembering that Jesus is the light of the world</p> 	<p>14 Design and make your own wrapping paper</p> 	
Week 4	<p>15 3rd Sunday of Advent Pray for those in need of JOY</p> 	<p>16 Have you ever wondered... why the third Advent candle is a pink (rose) colour?</p> 	<p>17 It is called the 'Shepherd's Candle' and is PINK because rose is the liturgical colour of JOY.</p>	<p>18 Caritas are celebrating 60 years. Over this time Caritas in conjunction with the community have helped people in need globally.</p>	<p>19 As a family, take a look at the Caritas website Money raised has helped so many people around the world. Our Catholic schools & families have been a big part of this.</p> 	<p>20 Download free printable gift tags</p> 	<p>21 Say a prayer for people who are lonely or far from home this Christmas.</p> 	
Week 5	<p>22 4th Sunday of Advent Pray for those in need of LOVE</p> 	<p>23 Watch a Christmas movie with your family</p> 	<p>24 Decorate a white candle for Christmas to place in the centre of your Advent wreath.</p> 	<p>25 Christmas Day Lay baby Jesus in his manger</p> 				



SAFE SPR⁺OUTS

river
families
first

USUALLY \$165
SUBSIDISED
TO \$30

BABY & CHILD FIRST AID



REGISTER

DEC 7 • 9.30AM-1:00PM • BERRI COMMUNITY CENTRE

We're offering this heavily subsidised **first aid** course to ensure every parent and caregiver has access to **vital, life-saving** skills, that could **save** a child's life

3.5 hour in-person workshop

Essential life-saving techniques

Empowerment and confidence

Ongoing support via Safe Sprouts app

FINANCIAL AND TRAVEL ASSISTANCE CAN BE ARRANGED PLEASE
CONTACT BRITNEY AT RIVERFAMILIESFIRST@GMAIL.COM

River Families First's subsidised Baby and Child First Aid training coming up in December. Such a vital training and we're hoping to reach as many parents as possible!

Travel and financial assistance may be available if required. To register:

Facebook: <https://www.facebook.com/events/838426391703291>

Register: <https://www.trybooking.com/CWLLD>

Riverland Triathlon Club



CALENDAR OF EVENTS

Summer Challenge Series - Triathlon

Lake Bonney, Barmera (near Yacht Club)

Enticer: 200m swim, 10km bike ride, 2.5km run

Sprint: 800m swim, 20km bike ride, 5km run

Event # 2— Sunday 19th January 2025

Event # 3— Sunday 16th February 2025

Event # 4— Sunday 30th March 2025

Registration and Costs

8:30 am registration for 9:00 am start

All ages and abilities welcome

- \$20 non-members,
- \$10 TriAus Members,
- \$5 Juniors for short course
- Club members free



Check our Facebook page for more details

The Riverland Triathlon Club have been wonderful in again hosting and organising the school Riverland Triathlon competition held on Friday 8 November.

Our College is therefore keen to help promote the Club's Summer Challenge Series! Sounds like fun!



2024

LOXTON
CHAMBER OF COMMERCE

FUN FOR THE WHOLE FAMILY

LIGHT UP DAY
Saturday 30th November

Visit Santa
10am - 1pm & 4pm - 8pm
Professional photos available

All Day Shopping
from 9am - 8:30pm

Entertainment
Live music, local performances,
Pixie Sparkle & Tinsel the Reindeer
Christmas Show!

Free Craft + Activities
Reindeer Road and
Kids Zone Craft activities

Christmas Markets
Open from 4:30pm 'til late

Festive Ferris Wheel
From 10am - 10pm

FIREWORK SPECTACULAR AT 9PM!

LEARN MORE    www.loxtonlights.com

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Murray Pioneer

Royal Life Saving Swim & Survive Program



ROYAL LIFE SAVING
SOUTH AUSTRALIA

***LEARN SKILLS
THAT COULD SAVE
THEIR LIFE***

**ENROL YOUR CHILD INTO
WATER SAFETY LESSONS**

**Holiday
Swim**

Royal Life Saving SA - teaching the
kids of South Australia since the
1950's



Get ready to dive back into fun and fitness! The renowned Royal Life Saving Swim & Survive program is making a splash in December 2024 and January 2025.

PROGRAM FEES A small investment of \$41.50 per child (plus pool entry fees if applicable) secures their place in our fantastic program! For aspiring champions looking to reach the pinnacle, we offer more advanced lessons starting from just \$50.

Kiddos aged 5 years and up will enjoy 45 minutes of action-packed lessons.

Specially designed lessons for little swimmers under 5 will ensure they have a fun-filled 30-minute session.

It's never been easier to get started!

Simply visit www.holidayswim.com.au and register your child for a lifetime of aquatic confidence and skills. Let's make a bigger splash this Holiday Swim season!

Uniform Buy, Swap, Sell, Giveaway



St Francis
of Assisi College

Laudato Si'

www.assisi.catholic.edu.au

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.

College Office - Open Hours



St Francis of Assisi College

UPDATED OFFICE HOURS

WEEKDAYS
8:20AM-3:45PM

Family Business Directory

We are championing our Family Business Directory and inviting families to be part of the Directory.

The Family Business Directory is an opportunity for families who run businesses to promote their business via our College webpage and Facebook page.

The Family Business Directory gives members of the College community a chance to support businesses from the Directory when making their purchasing decisions.

The Family Business Directory is free of charge *for* current families of the College.

To be included, send the following information to info@assisi.catholic.edu.au

Family Surname (not for publishing):

Business Name: Sample Family Business

Business Phone Number: 1800 SAMPLE

Business Email Address: sample@familybusiness.com.au

Business Website: www.sample.com.au

And your business logo or photo (small file size is fine).

We look forward to seeing many College families' businesses get involved!

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 classroom.



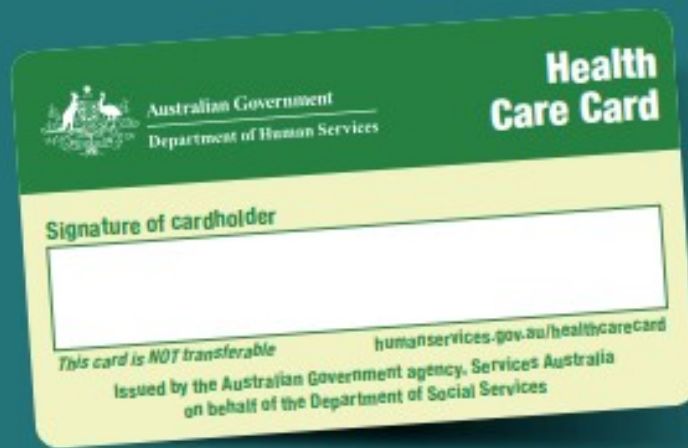
NEWSLETTER

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

Don't hesitate to contact the College office on 8595 4500 if you have any difficulty with the various mediums used by the College to communicate with families. Or alternatively complete the form below.

Saver Plus-Funded by Department of Social Services, partnered by Brotherhood St Laurence and ANZ, delivered by The Smith Family.



Do you have a health care card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of 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
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops



1300 610 355 saverplus.org.au

consistently delivered real, measurable outcomes that have positively impacted participants' financial well-being.

In addition to the matched savings component, Saver Plus also offer our *MoneyMinded* financial literacy workshops. These workshops support participants not only manage their money but also gain critical skills in areas like scams and cybersecurity—ensuring they stay informed and protected in today's digital age.

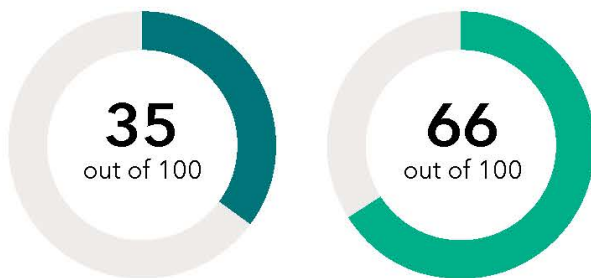
Saver Plus will chat with families about their eligibility:

- **Health Care or Pensioner Concession Card**
- **Payment from Centrelink and**
- **Earning an income (employment, carer's payment, or child support).**

Families can check their eligibility and receive a call back using the enquiry link - [Saver Plus - Enquire Now](#) or call our national number 1300 610 355 and a local coordinator will contact them directly.

Saver Plus Highlights

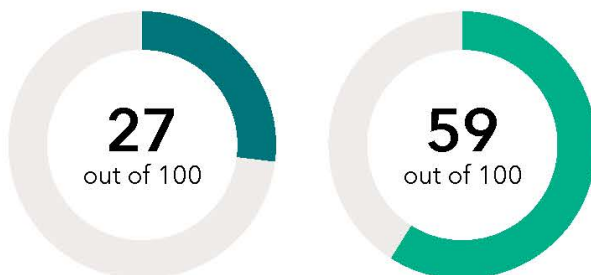
Saver Plus delivers improved financial wellbeing for participants...



Before Saver Plus → After Saver Plus

Compared to financial wellbeing for all Australians 54 out of 100

Financial resilience



Before Saver Plus → After Saver Plus

Saver Plus doesn't just improve people's financial skills

92% felt **more confident generally** after achieving their Saver Plus goal



75% felt more confident **finding paid work**



71% felt **more satisfied** with their life overall



69% felt **less stressed** about the future generally



"It felt validating and empowering that I'm not the only one that's going through this."

Julianne, Saver Plus Participant 2021

Saver Plus creates a long-term savings habit. Helping to build assets and gain control of finances



felt more in control of their finances



still saving more than 7 years after completing Saver Plus



experienced an increase in total savings and assets after Saver Plus



shopped around more when buying products or services



were better able to make ends meet

saverplus.org.au



Name

Email

Phone

Message

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