



St Francis of Assisi College - Term 3 - Week 9 - 2022

Important Dates

St Joseph's
Renmark Sports Day
at St Francis
Friday 23 September 2022

Carers SA - Meet
and Greet Peer
Support Group
Monday 26 September 2022

College Board
Meeting
Wednesday 28 September
2022

Whole College
Assembly
Friday 30 September 2022

Last Day of Term 3
- 2:15 early finish
Friday 30 September 2022

4 Hour - Accidental
Counsellor Training
- Berri
Tuesday 4 October 2022

4 Hour - Accidental
Counsellor Training
- Renmark
Wednesday 5 October 2022

Mental Health
Festival
Saturday 8 October 2022

Riverland Rose &
Garden Festival -
Festival Fair
Saturday 15 October 2022

Knock Out Baseball
Wednesday 19 October
2022

Headspace - Yr 7
Let's Talk About
Mental Health
Workshop
Friday 21 October 2022

Headspace - Yr 8
Let's Talk About
Mental Health
Workshop
Friday 21 October 2022

Relay for Life -
Team SFoAC
Saturday 22 October 2022

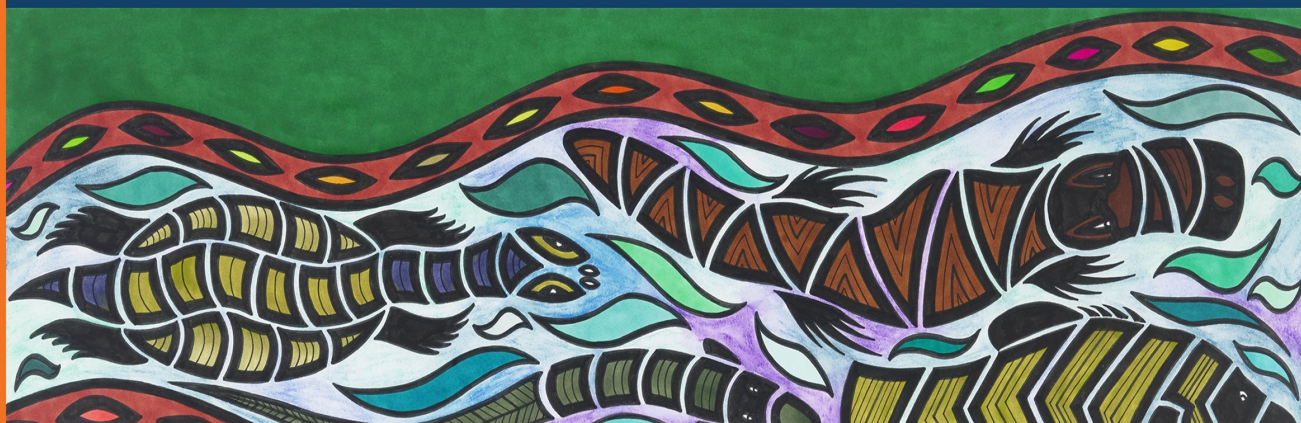
College Board
Meeting
Wednesday 26 October
2022

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



Season of Creation

Each year from September 1 to October 4, the Christian family unites for this worldwide celebration of prayer and action to protect our Common Home. This year, the theme for the season is 'Listen to the Voice of Creation'.

Amplifying marginalised voices

This year's theme focuses on listening to those voices, which are not heard. They include women and girls, Indigenous Peoples, migrants, youth, the economically marginalised and people suffering from systemic racism. These are the diverse voices of those who have the least, whether they live in developed or developing nations. Many are already responding to climate change related catastrophes and the loss of biodiversity. They have contributed the least to the climate crisis yet suffer the most from climate injustice such as environmental racism and gender injustice.

They have voices, and they have raised them, but what they have said has not led to enough action at the global level. We are called to amplify their voices through advocacy. Advocacy based on evidence is meant to influence powerful decision-makers to address the root

causes of injustice, fulfil human rights, and promote the well-being of all. Evidence includes what those affected have to say, their experiences and their solutions.

Advocacy is not the same as speaking on behalf of someone, but is rather lifting up what they have said and making sure it is heard by those who hold power. Advocacy can be a potent way for us to amplify the voices of those who are too often silenced or ignored, a way of showing solidarity, and a way of living our faith. [Proverbs 31:9]

International Day of Peace - End Racism

Build peace, each year the International Day of Peace is observed around the world on 21 September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

We understand that achieving true peace entails much more than laying down arms. It requires the building of societies where all members feel that they can flourish. It involves creating a world in which people are treated equally, regardless of their race. As Secretary-General António Guterres has said:

“Racism continues to poison institutions, social structures, and everyday life in every society. It continues to be a driver of persistent inequality. And it continues to deny people their fundamental human rights. It destabilizes societies, undermines democracies, erodes the legitimacy of governments, and ... the linkages between racism and gender inequality are unmistakable.”

We all have a role to play in fostering peace. And tackling racism is a crucial way to contribute.

We can work to dismantle the structures that entrench racism in our midst. We can support movements for equality and human rights everywhere. We can speak out against hate speech – both offline and online. We can promote anti-racism through education and reparatory justice.

Through the 2022 theme for the International Day of Peace “End racism. Build peace” we are invited to join the efforts of the United Nations as they work towards a world free of racism and racial discrimination; a world where compassion and empathy overcome suspicion and hatred and a world that we can truly be proud of.

High Expectations of All

One of our Pillars at St Francis of Assisi College is ‘Excellent Catholic Education’, and there are many contributing factors that combine to deliver on this commitment to excellence. At the College, we are openly committed to excellence in everything we do, and excellence is not perfection.

Some of these factors are pragmatic, day to day non-negotiables, that both school staff and students must all commit to as part of the bigger picture. This commitment to the whole enables the range of outstanding opportunities to emerge for staff and students.

With respect to students, some of these non-negotiables include:

- Wearing our College uniform well every day.
- Using and respecting the range of ICT’s (e.g. student laptops) provided for student learning.
- Respecting our school environment and resources (e.g. lunchtime sports equipment, student kitchen).

We have been very happy with the high levels of personal responsibility shown by our students overall, and thank parents and carer’s for supporting their children, and the College staff, in maintaining these high standards.

Nathan Hayes, Principal

Leader of Learning

NAPLAN Reports

Individual NAPLAN reports have arrived at the College and will be distributed in envelopes to families via students early next week. NAPLAN individual student reports provide information about what students know and have achieved in reading, writing, conventions of language and numeracy. If you have any concerns about your child’s NAPLAN report, please contact your child’s teacher. The College will analyse the data from the NAPLAN reports to inform our teaching and learning, however we understand that the tests are only one snapshot of a child’s learning and therefore we also consider teacher assessment and every child’s needs. We value all students for who they are and the qualities they bring to the college.

Parent/Teacher/Student Conversations

Thank you to those families who attended this term's parent/teacher/student conversations. As a College we greatly value these conversations as it builds a strong relationship between families and teachers. These relationships allow parents and teachers to work together to best support the child's learning and development. We also appreciated the involvement of students in the conferences, as they are at the center of what we do, therefore it is important for them to communicate and listen to their learning achievements. If you were not able to attend the interviews, but would still like to meet with a teacher, please contact the school on 8595 4500.

Mrs Natalie Meuret, Leader of Learning


School Community Wellbeing

School Holidays

As we near the end of term, the school holidays provide our students the chance to recuperate and recharge. It is easy for this break in learning to become quite sedentary for young people with the lure of social media and streaming services at their fingertips. This can have a negative effect on an adolescent's wellbeing due to reduced movement and real-life socialising. The combination of a wide range of factors can make the transition back to the school term routine much more difficult.

You will find some wellness tips below to draw upon to assist your teenager in having a successful holiday period and hopefully make the morning of first day back a little bit easier for all!

School Holiday Wellness Tips



Limit Screen Time

Two hours or less of sedentary recreational screen time per day.

Be Active

At least 60 minutes of moderate to vigorous intensity physical activity every day (12-17 years)



Social Connections

Make space
for social
catchups and
family time

Brain Puzzles

Engage in
creative tasks
such as board
games, art or
tinkering

Resources:

- Australian 24-Hour Movement Guidelines for Children and Young People

- <https://www.today.com/health/more-just-friday-night-fun-socially-active-teens-are-physically-t65136>

Other resources:

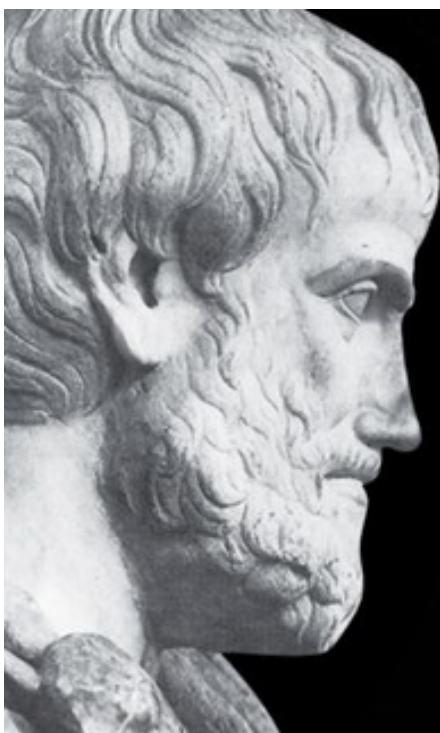
Fact Sheets - Be You

24-Hour Movement Guidelines | Australian Government Depart of Health and Aged Care

Socially active teens enjoy better health, study finds (today.com)

Headspace | Young people - Wellbeing

Finding the Balance: Screen Time, Gaming and Social Media by Luke Sheehan (peacefulkids.com.au)



**Knowing yourself is the
beginning of all wisdom**

Aristotle

This week's Words of Wisdom comes from Aristotle. Aristotle was an Ancient Greek philosopher who lived during the Classical period of Ancient Greece. Taught by Plato, he became a scholar of many subjects including physics, biology, zoology, poetry, theatre, music, and psychology.

You may find a link in these words to our College value of Integrity – being honest to one self and knowing the right thing to do in all times.

Luke Cotter, Leader of Wellbeing

Hosting St Joseph's School, Renmark - Sports Day

The College had the privilege of hosting St Joseph's School Renmark Sports day. This was a fantastic opportunity to share our facilities with students, parents and friends from the St Joseph's School community. During the day guided tours were offered to visitors who had not yet had a chance to look through the school and a large number of our students enthusiastically volunteered to help the sports day organisers in a range of activities.





\$20 BOSS

Term 3 has seen our Year 8 Students focusing their energy into developing entrepreneurial skills while gaining important experience through teamwork, organisation and time management. Students went through a range of planning activities and after producing a pitch were given \$20 to start up their business. The highlight of this program is our Market Day! Students set up their own stall and sold their product to the school community. The Market Day was run as an in-school event and due to its success, we hope to open the market up to families in the future.

Some of the business ideas students pursued included: **Cookies, Spider Drinks, Printed T-Shirts, Clay Bead Accessories, Dehydrated Limes and Choc-Dipped Oranges, Slime, Puppy Treats, Seeds, Pot Plants, Decals and Sausages.**

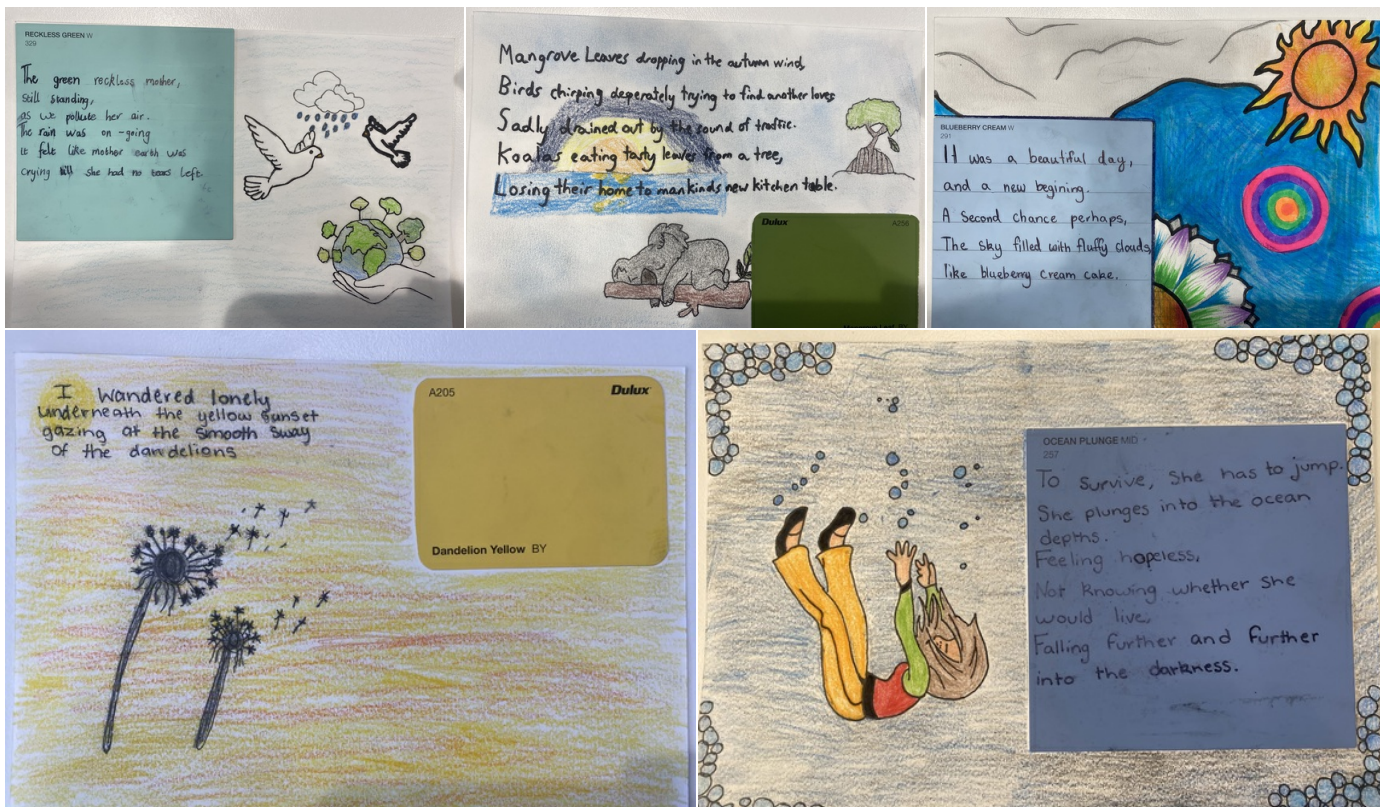
The students did such a fantastic job at showcasing their products and thoroughly enjoyed the experience. Thank-you to those students, staff and families who supported the Year 8's throughout this term.

Enjoy our \$20 Boss, click the link [here](#)

Mrs Burgess and Mrs Camporeale

Year 7 Global Perspectives

The Year 7s have been making various types of poetry in Global Perspectives this term. Students explored paint chip poetry and had a go at creating their own based on the paint chip they chose. Students had to include the name of the paintchip in their free verse poem and use the colour as inspiration.



Year 7 - Food Practical Assessment

Our Year 7 Master of Meals students showcased all their culinary skills through their first assessed practical. Students have been focusing on the Australian Guide to Healthy Eating and gaining the knowledge and skills to incorporate all of the food groups in their every day eating. Students were asked to design a recipe card for a Smart Snack that would be suitable for their lunchbox, they then produced a food order and prepared this food during their practical assessment. It was fantastic to see students using their culinary skills with confidence. Along with excellent team work, students presented their food in creative and appealing ways.



Riverland Schools Sports SA - 5 Aside Soccer





St Francis
of Assisi College

Laudato Si'

Principal Twilight Tour

5:45pm Wednesday 19 October 2022

Register: assisi.catholic.edu.au/news-events/events



Have your family and friends visited our College?

If not, why not invite them to the next Principal's Twilight Tour at 5:45pm Wednesday 19 October.

Register at <https://www.assisi.catholic.edu.au/news-events/events>

Arrangements for personalised tours can be made by call our office 85954500.

Relay for Life - TEAM SFoAC



Mrs Burgess is organising a College Team for Relay for Life

We're relaying because

We're relaying to recognise and celebrate local cancer survivors, honour those going through a cancer experience and their carers, remember loved ones lost and raise money to help save future lives.

Please help us reach our fundraising goal! Below is a link to our Team. People can donate or sign up to participate on Saturday 22 October 2022.

<https://www.relayforlife.org.au/fundraisers/TeamSFoAC>

www.relayforlife.org.au

Family Business Directory

St Francis of Assisi College is establishing a 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 through our College community, via our College webpage and Facebook page.

The Family Business Directory is also an opportunity for members of the College community to consider supporting 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!

Check out our Family Business Directory: [listings so far!](#)

Carers SA - Meet and Greet Peer Support Group



Carers SA invites parents/carer givers of a child/children with a disability to a “meet and Greet” Peer Support Group session on the 26th of September, held at the Guides Hall in Renmark.

Disabilities include, but not limited to

- ASD
- ADHA
- Genetic disorders
- Physical disabilities
- Mental health/anxiety disorder
- Trauma
- Sensory processing disorder

If you know of anyone who would be interested in meeting others in a caring role, please print a copy of the attached invitation and share amongst the school community

For further questions, please contact Hannah Birch, Carer's SA, mobile 0490 102 795, email hannah.birch@carerssa.com.au

Renmark Lions Club - Social Justice Fund

Renmark Lions Club has established a Social Justice Fund. The fund has been setup to support disadvantaged students and families through schools to ensure particular students have access to the same programs and experience at school as other families. Support requests can involve funds for (but not limited to):

Uniforms

Food

Camps and Excursions

Carnival participation

Sport programs (for example the College Rowing program)

The Renmark Lions Club looks at each submission from schools on a case-by-case basis.

If you would like more information contact Mr Luke Cotter, Leader of Wellbeing



headspace Day Mental Health Festival

**Come along and
enjoy a relaxing
afternoon
on the river.**

**Bring a picnic rug
and enjoy
some healthy
headspace
activities, open mic
performers
and much more!**



**Where: Berri Riverfront (across from
the headspace office)
When: Saturday 8th Oct 12pm-2pm
Who: Everyone Welcome**





Mental Health Festival 2022

SEEKING LOCAL PERFORMERS OR ARTISTS

DATE: OCTOBER 8 2022

For more information please contact Keira

keiraleef@hotmail.com



Riverland Youth Theatre - October Holiday Program

get moving

Music and Movement for 0-4s 
Mon 10th, 9am
Start your Monday right with song, dance, ribbons, bells and bear hunts

Hip Hop Dance with Keisha
Mon October 10th

5-8s @ 10am-11am
9-14s @ 11.30am-1pm
A funky fresh hip hop class to get your minds creating and bodies moving.

get making

Flower Making for 0-10s
Tues October 4th, 11am-2pm
Let's start the Rose Festival early! Make flowers from paper, cloth, leaves and every colour of the rainbow.

DIY Magazines for 10-16s
Wed October 5th, 2pm-3.30pm
Make your own Magazine with artist and poet, Jess Weidenhofer! What do you want to tell the world about your style, passions and ideas?

\$5

play up

Drama Club for 8-13s
Thurs October 6th, 10am-3pm
Take to the stage with Alysha Herrmann. Become a hero or villain, a drop bear or a giant squid. Take up space and tell your own story.

\$10

Dungeons and Dragons for 10-16s
Tues October 4th, 3pm-6pm
In this Table Top role playing game, we are heading up the mountains. Hunt a baby t-rex, meet giants, guards and climbers with Zacharie Steele from Delving Around Gamez.

\$10

be you

Drag Race Watch Party for 12-20s
Fri October 7th, 4pm-10pm
Get dressed up, get made up, lip sync, vogue and experience Ru Paul's Drag Race. This is a night to hang out in a safe, queer space, find new friends and celebrate being you.

CARCLEW

R
Renmark Paralinga
Council

W
WRITERS SA

FREE

DAGz

RIVERLAND
YOUTH THEATRE
OCTOBER SCHOOL
HOLIDAYS IN
RENMARK

FOR BOOKINGS AND INFO
[HTTP://RYT.ORG.AU](http://ryt.org.au)
8586 3437



Accidental Counsellor



Ski for Life

Funded by Ski
for Life

The 4-hour Accidental Counsellor Training provides you with the necessary skills and tools to be able to draw from if ever called upon in a counselling and caring capacity.

It teaches participants to respond appropriately, efficiently and effectively to people in crisis or distress when there may not be a professional immediately available.

Developed using adult-centred learning principles, strengths-based approaches and unconditional positive regard. As well as active listening and activities that aim to facilitate effective learning outcomes.

Open for 16+
No prior skills
or knowledge
required

Recognise Respond Refer



Location:
Berri Hotel, Riverview Drive.

Date & Time:
4th of October 2022, from 10am to 2pm.

Register: Please email: Shelby Jones
admin@lbhc2c.org.au before the 26.09.22



Accidental Counsellor

Ski for Life

Funded by Ski
for Life

The 4-hour Accidental Counsellor Training provides you with the necessary skills and tools to be able to draw from if ever called upon in a counselling and caring capacity.

It teaches participants to respond appropriately, efficiently and effectively to people in crisis or distress when there may not be a professional immediately available.

Developed using adult-centred learning principles, strengths-based approaches and unconditional positive regard. As well as active listening and activities that aim to facilitate effective learning outcomes.

Open for 16+
No prior skills
or knowledge
required

Recognise Respond Refer



Location:
Hotel Renmark, Murry Avenue.

Date & Time:
5th of October 2022, from 9am to 1pm.

Register: Please email: Shelby Jones
admin@lbhc2c.org.au before the 26.09.22

