



St Mary's Newsletter

WELCOME TO WEEK 1

Welcome to term 4! Term 4 is always extremely busy for both home and school. With a term of sun, fun, learning and festivities we know that this term will be as wonderful as all of the others. We look forward to ending the year well!

A few reminders for term 4. Please ensure your child has their school hat at school, to be worn at all times when outside. Feel free to put sunscreen on your child prior to coming to school on our sunnier days. Summer uniform for boys is the tailored short and blue polo shirt / and for girls either a skort/shorts and blue polo shirt, or summer dress. Sports uniform - navy sports short and light blue polo for sport days. School shoes or complete black runners are to worn with corresponding uniforms please.

At St Mary's we are very committed to providing rich, real and engaging learning and know that every day at school counts. This term we will continue with this commitment. Home learning grids and expectations will be shared this week. Last term we observed greater enthusiasm and engagement from the majority of our learners from our home learning partnership and we hope this continues for the duration of this term also. Parent learning support bookings are also now available, please inform us of when you can come in. The more parent learning support the better.

God Bless,



FOR THE CALENDAR

- 11th Oct: Prep 2020 Transition 9am - 11am
- 14th Oct: School Closure Day
- 16th Oct: New Bishops Installation - Bendigo
- 18th Oct: Prep 2020 Transition 9am-11am
- 21st Oct: P&F Meeting @ 7pm
- 22nd Oct: VRQA / Child Safe Audit
- 23rd Oct: Whole school production rehearsal
- 25th Oct: Grandparents Day
- 30-31st Oct: School Production "Jules" - 7.30pm
- 1st Nov: Prep transition 9-11am, Feast of all Souls - whole school mass
- 4th Nov: School Closure
- 5th Nov: No school - Melbourne Cup
- 6th Nov: Collaborative Spirituality Day



ICAS Testing

At the end of last term several learners from Year 2 - 6 took part in the NSW ICAS testing. This testing targets academic excellence and provides such learners with an additional challenge. We look forward to receiving the results and congratulate each learner being selected by their teachers to take part.

Building Update

The new building is really taking shape and looking fantastic. The windows are in, plastering underway and the exterior cladding and red gum look amazing! At this point we are ahead of schedule and hope to move in sooner than expected. We are consistently talking to the learners about what to expect in readiness!

PRODUCTION NEWS

We are nearing the production and rehearsals, costumes and characters are taking shape! Please be sure to regularly read all information regarding production to be informed.

Costume items have been mostly provided by the school and the items required from home were shared in last terms newsletter.

Boys - blue jeans - no rips

Girls - bobby socks, an image was shared on PAM and neutral (plain) underwear (No black).

Learners are to attend both nights of the production. Parents can chose to attend and purchase tickets for both nights, or simply attend one. Information regarding drop off and pick up on production nights will follow soon.

A PRAYER

Father,

We thank you for our holidays
and for the good times that we had.

We thank you for the break from
school,

for the sleep-ins and the family and
friends.

We ask your blessing on all that
we do in this coming term.

Help us to know that you are with us
always,

celebrating with us when things are
great,

and comforting us when things are
not so great.

With the guidance of your Holy Spirit,
may we strive to do our best
throughout this term,

using the gifts that you have given us.
Amen



Child Safe Reminders



As we begin a new term it is a timely reminder that all parents need to sign into our school when on site during the times of 9am - 3pm. Early pick ups and items being dropped to school are to be done at the main office. The back and front gate will be locked from 9am and reopened at 3pm for parent access. We thank you for supporting our child safe practices.

SCHOOL BOARD MEETING UPDATE

On Monday the school board met to discuss the submission of our Master plan in readiness for our application for the Victorian Governments Smarty grant. The board explored the refurbishments of learning spaces, the development of the block and the addition of the canteen. We also discussed looking for two new members to join our board. Please see Jasmine if you are interested.



OUR LEARNING

JUNIOR TEAM (Prep - Year 2)

Welcome to Term 4! We are so glad that everyone has had a fantastic holiday and came back well rested and ready to learn. The Prep - Year 2 learners are so excited to welcome Mrs Grogan and show her everything that we have been learning. The learners are very excited about the Inquiry launch on Thursday. This term's Inquiry investigation is 'What happens when cultures collide?' This Thursday the learners will be participating in a rotation of activities based around different cultures. The Prep and Year 1 learner will be focusing on recounts for the first half of the term. We will be using colourful semantics to help support our writing. We will also be focusing on handwriting to ensure that we are forming our letters correctly and writing on the lines. Year 2 are focusing on descriptive writing this term.

SENIOR TEAM (Year 3 - Year 6)

In the Yr 3/4 Collaborative room we have had a busy start to the term. In reading we have had a focus on verbs and been sorting them into past, present and future tenses. Learners are very excited to have a choice with their spelling activities. In numeracy we are focusing on measurement using mm, cm and m's. We are converting measurements and ordering from smallest to largest.

In the Yr 5/6 learning space are beginning to learn about poetry and the different types. They are continuing to learn fractions, proper fractions and mixed fractions. Learners are looking forward to the Inquiry launch on Thursday and eager to find out what the topic will be.

BIRTHDAYS

Tara Jameson - 10th October



NDCH
Northern District Community Health
NDCH-your first port of call in the pursuit of good health!

MENTAL HEALTH WEEK
November 5th-11th

Do you know how to talk to your children about mental health?

Warning signs of potential mental health issues in children
Behaviours that last at least 3 weeks, such as:

- Being less interested and involved in activities that they would normally enjoy
- Change in appetite or sleeping pattern
- Being easily irritated or angry, having negative thoughts and feeling stressed or worried for no reason
- Decline in school, university or work performance
- Involving themselves in risky behaviour that they would usually avoid

Encouraging your children to talk about mental health

- Spend regular time with them
- Show that you are interested in what is happening in their life
- Take their feelings seriously, listen carefully and don't judge
- Let them know that you love them
- Think of an appropriate place to discuss sensitive topics: on a walk, in the car, at home or outside of the home

Starting a conversation with your child about mental health

- Begin with general questions such as 'how is school going?' or 'how are you feeling about exams?'
- Say 'I've noticed that you seem to have a lot on your mind lately. I'm happy to talk or listen to see if I can help.'
- Ask 'It seems like you have not been yourself lately, how are things?'
- Let them know that it's okay if you don't want to talk to you about it, and let them know that there are trusted people to talk to whether that be a family member or a professional.

For more information and support visit <https://headspace.org.au/dads/>

www.ndch.org.au

ST MARY'S CANTEEN SUMMER MENU

TERM 4 2019

St Mary's School offers fresh, affordable quality food choices for our learners to ensure the whole school is well nourished throughout the day.

FRESH IS BEST!

CHICKEN & SALAD WRAP 4.50

Diced Roast Chicken, shredded lettuce, grated carrot, beetroot, tomato and cheese.

HAM & SALAD WRAP 4.50

Ham, shredded lettuce, grated carrot, beetroot, tomato & cheese.

CHICKEN, LETTUCE & MAYO WRAP 4.00

Diced roast chicken, shredded lettuce and mayonaise.

RAINBOW SALAD CUPS 4.50

Layered salad cups with lettuce, grated carrot, diced tomato, corn and your choice of tuna or diced roast chicken.

BAKED POTATO 4.50

Baked Potato filled with Coleslaw and a dollop of sour cream

FRESH CORN ON THE COB 2.50

served warm with Herb Butter

SANDWICHES

HAM & CHEESE 2.80

HAM, CHEESE & TOMATO 3.00

CHEESE & TOMATO 2.80

CHICKEN & CHEESE 3.00

BAKED BEANS 2.80

Sandwiches available to be toasted on request.

White or Multigrain

SWEET & FRESH!

FRESH FRUIT FIESTA

4.50

Watermelon, Orange, Kiwi Fruit & Strawberries

FROZEN BANANA POPS

2.50

Frozen Banana dipped in yoghurt & toasted Coconut

VAALIA YOGHURT TUBES

3.00

Strawberry or Vanilla

SWEET CHILLI WRAP 5.00

Sweet Chilli Chicken Tender Strips with lettuce, tomato, cheese & mild sweet chilli sauce.

CLASSIC CRUMB CHICKEN

TENDER WRAP 5.00

Plain Crumb Chicken Tenders with lettuce, tomato & cheese.

CHICKEN NUGGETS 60c each

FISH FINGERS 60c each

MILKSHAKES WITH SIPPAAH STRAWS 2.00

Cocoa Bean Chocolate, Lucious Strawberry, Velvety Vanilla, Banana Smoothie, Cookies & Cream & Chilled Out Choc Mint

All milkshakes served with 200mls light milk & shaken for FUN!

JUST JUICE 2.00

Apple, Orange, Paradise Punch or Apple & Blackcurrant

PADDLE POPS 2.00

Rainbow & Banana