



St Mary's Newsletter

WELCOME TO WEEK 3

Welcome to week 3 of term 4! It is beginning to pick up the pace and the term is progressing so well. The learners have settled very well and are engaged in all of their learning opportunities. Thank you to our families for realigning with our school routines of sport days, dress up days and home learning. We recognise that we all need to transition back! This term is a 10 and half week term and every moment will count given the year we have had! Thank you for prioritising your child's education and partnering with us to make a difference.

Over the last week we have been unsure as to whether we are able to conduct our school photos given the restrictions imposed on schools. We have confirmed that we will have photographs on Monday but are only able to have individual portraits at this time. MSP Photography will accept orders up until one week after our photo day. Please be sure that your child(ren) are in full school uniform - our new uniform please.

We are nearly twelve months into our few changes to our uniform. This was our roll over year so 2021 will see no old uniform worn. In the coming weeks, St Mary's will share a survey with the community to seek feedback on the changes and what might the future look like for 2021. This survey will be shared through the newsletter and via our App on School Stream.

Last week the St Mary's School board revisited the past and future plans of the Block. The board discussed why, how and what might be the possibilities of the Block space. Over the term St Mary's will include learner voice to capture their ideas as well as the rest of the community. The Block will be planned, designed and created in stages to ensure the financial commitment can be met by the school.

Well done to those who entered the 2D / 3D Book week competition Curious Creatures, Wild Minds Competition. The imagination and creativity was astounding! We look forward to announcing the winners on Thursday at our Book Parade.

Thursday afternoon our families who responded on school stream will come home with their Grandparents day activity packs and afternoon tea! We do hope that many of our grandparents can do the afternoon pick up! We hope all of our Grandparents know how much we appreciate them and all they do!

God Bless

Jasmine Ryan (Principal)



DATES AHEAD

- 19th Oct Book Week Begins - Curious Creatures, Wild Minds, P & F Meeting @ 7pm
- 21st Oct Prep Transition Session #2 (9am - 11am)
- 22nd Oct - Book Week Parade (Live Streaming) & Grandparents Day Celebration
- 23rd Oct Grand Final Public Holiday - No School
- 26th Oct: School Photos (Confirmation Pending)
- 27th Oct: Assembly @ 2:20pm (Virtual) Our link will be shared
- 30th Oct: Prep Transition Session #3 (9am - 11am), World Teachers Day



St Mary's is a Child Safe School.

We promote the safety, wellbeing and inclusion of all children.

School Photos - Pending

School photos have been re-scheduled for Monday 26th October

All monies paid will transfer over!



Canteen Special

This weeks special is Mac & Cheese Croquette
2 for \$3.00



PBIS

Respect for Others.

This week as a whole school we will be focusing on Respect for others and how we collaborate and always be inclusive!



St Mary's acknowledges and pays respects to the traditional custodians of the land on which we meet; the Barrapa Rappa People, and pay respects to elders both past and present.



Public Holiday - Grand Final Weekend

On Friday 23rd October is a Public Holiday for the AFL Grand final. There will be No School for Staff or Learners. This is a day of rest and relaxation. We hope everyone enjoys the long weekend and watch the Grand final on Saturday. Good luck to both teams!

Prep Transition what a success!

Prep transition began last Friday and our new Preps and teachers had a wonderful day. All learners arrived at school very happy and excited and enjoyed the range of activities that Miss Cartwright had prepared. We look forward to seeing them all again on Wednesday.

A PRAYER



Book Club

A friendly reminder that Book Club is due back 27th Oct



St Mary's Staffing 2021

This week we are interviewing for internal and external positions. We are looking for two classroom teachers and a variety of leadership roles. We have a great pool of applicants who would all contribute positively to our community. At the end of schools year we always have to say goodbye to some great educators, but it is also exciting that some new members will join and contribute to our team.

Next week we hope to share with you all further details around staffing for 2021!



Book Week - Curious Creatures ~ Wild Minds

Our book parade will be held on Thursday 8:50am - 9:15am. We will live stream our parade, awards and prizes on Facebook! This is the first time for us to stream so we are excited! Thank you to all of our Mum's and Dad's who are helping prepare costumes! We can't wait to see the creativity arrive!



OUR LEARNING

JUNIOR TEAM

The Prep, Year 1 and Year 2 enjoyed the Inquiry Launch on Monday. They had a lot of fun discovering different types of media. They enjoyed sharing their costume and favourite movies with their class.

This week the Prep, Year 1 and Year 2 learners have been learning to recognise and experiment with vowel sounds in a text. They have been learning to identify if a vowel is long or short and how they can apply their knowledge of vowels to their reading and writing.

The Year 1 and 2 learners have been continuing to build on their knowledge of number and place value. They have been learning the place value of numbers into the hundreds. The prep learners have been continuing to build on their knowledge and understanding of mass and measurement. They have been learning to compare the mass of objects within the classroom.

SENIOR TEAM

In the Year 3/4 learning space, we have immersed ourselves in writing our narratives for Book Week. Learners have also been putting on their author hats with their writer's notebooks using a sensory ocean scene to inspire them. Some learners are writing information or persuasive texts while others are enjoying writing a narrative.

In Mathematics, we have been making connections between different strategies to solve multiplication equations. We have also begun a Mathematics Investigation "How can I schedule my day?" Learners love having ownership over their learning and how they present their new understandings!

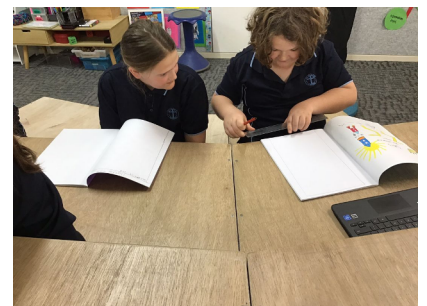
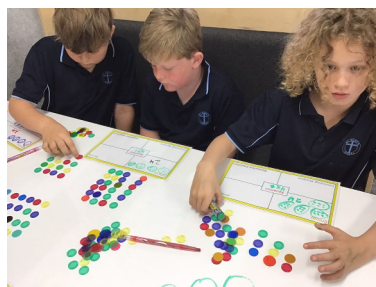
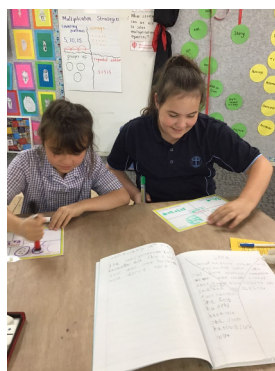
In the Year 5/6 classroom, we have been busy creating our inferred narratives for Book Week. Our narratives are full of visuals that make you use your inferring skills. We have included a lot of humour with wild, wacky characters and some great connections to the current context of our world. We loved watching Monsters Inc with popcorn on Friday and we are beginning to explore how characters are created in the media. We are tuning ourselves into the division concept and searched for arrays in the real world. We are connecting our times table understanding to division to become more efficient mathematicians.

The Senior School looks forward to another week of happy learners who are always willing to grow their learning!

BIRTHDAYS



- Beau Appleby 21st October



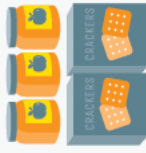
TIPS FOR PACKING A HEALTHY SCHOOL LUNCH

GET THE KIDS INVOLVED

Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.



Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.



Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.



MAKE YOUR OWN SNACKS & LIMIT PROCESSED ONES

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

NO BAKE ENERGY BITES



ANTS ON A LOG



FRUIT LEATHERS



YOGURT COVERED RAISINS



ENCOURAGE HYDRATION

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).



Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!



If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up and keep it cooler.



TURN HEALTHY FOODS INTO FUN FOODS

Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.



Use kid-friendly skewers to make colorful food kebabs.

Create a lunch theme for the day and have all of the foods in their lunch relate to the theme (i.e. pirate theme, rainbow theme, etc).



INCORPORATE ALL FOOD GROUPS

A balanced diet includes all of the food groups. Use MyPlate as a visual to help you structure what should go into your child's lunch. Luckily, there are so many different ways to enjoy each food group.

FRUIT

Fresh, frozen, dried, canned, baked (think apple chips!) or pureed.



VEGETABLES

Fresh, frozen, or baked (think kale chips!)



LEAN PROTEIN

Baked chicken, deli meats, hard boiled eggs, beans or nuts (make sure you're aware of nut allergy regulations at your child's school).



LOW-FAT DAIRY

Milk, cheese or yogurt.



WHOLE GRAINS

Pita, sandwich bread, tortillas, wraps, and pastas.





Curious Creatures, Wild Minds

CREATIVE COMPETITION

To celebrate CBCA Book Week 2020, learners are challenged to create a 2D or 3D curious creature that has a wild mind!

Your creations need to be submitted to Mrs Fry for display and judging by Monday the 19th of October.

AMAZING PRIZES TO BE WON!



Our virtual book parade will be live streamed on Thursday 22nd October from 8:50 - 9:15 am! We hope you can join us!



Nondies Cricket Club are running Blast Cricket for all kids aged 5-8 Years Old. If your child would be interested in this program please contact Kyran Ellery on 0475 016 598 or go to the Nondies Facebook Page to see more details. Link is below to register.



Club Details

Home Ground

Cohuna Island Rd, Cohuna, 3568

[View map](#)

Main Contact

Kyran Ellery

0475016598

[Get in contact](#)

Learn more via our:

[Website](#)

[Facebook Page](#)

Nondies Cricket Club

Senior A & B grades Combined Under 16 and 13 with Junior Blasters program



THU 5:30pm- 6:30pm Begins 05 Nov Ends 17 Dec

\$99

[Register >](#)

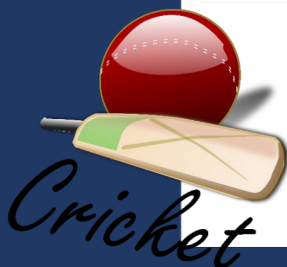
Junior Blasters is for kids new to cricket with participants building their skills through fun, game based activities. The games are designed for small groups to ensure every child gets a go, allowing them to test and learn new skills. When they have mastered the basics they will be ready to graduate to Master Blasters where they can play modified games of cricket.

Contact: **Kyran Ellery**

[0475016598](#)

[Enquire](#)

Location: Cohuna Recreation Reserve





NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

Benefits of Baking

Kids love cooking and there are many extra skills that they will use and develop while baking a cake or cooking the family dinner.

Increases Reading, Math & Science skills

Cooking involves a lot of reading, math and science, whether it is learning new words on the recipe list, understanding fractions for measuring cups or understanding when and why we use certain flours or raising agents. There are lots of lessons to share with your child during the cooking process.

Improves coordination

From measuring cups of flour and sugar, to cracking and whisking eggs, or spooning mixture into patty pans, there are lots of different coordination skills kids will use while baking. Although it is messy, it is good for them to be able to try do these things themselves to help improve these skills.

Promotes life skills

Cooking is not just about making food. It is also about responsibility, planning and learning to clean up afterwards. For younger kids you can talk them through this process. For older children or teenagers, it is a good opportunity for them to begin to practice for life out of the home. Encourage them to be a part of family meal planning and shopping lists as well as the cooking process.



Northern District Community Health are celebrating the annual Agriculture Show baking by hosting a Show Baking Essentials virtual show baking competition online on 29th October at 7:30pm. Go to www.ndch.org.au/events to register.

www.ndch.org.au

Show Baking Essentials

Gannawarra locals are invited to watch as Kerang local and acclaimed show judge Lorraine Morris judges our baked goodies LIVE in SHOW BAKING ESSENTIALS.

Kerang District Health, Cohuna Hospital, Gannawarra Shire Council, Mallee District Aboriginal Service and VIC Police are up against the NDCH team in the friendly bake off.

Rest assured the stakes are high!

You could even WIN yourself 1 of 8 copies of the Australian Blue Ribbon Cookbook.



- Have you ever wondered what makes a show winning baked entry?
- What do the judges look for?

It's guaranteed to be A LOT of FUN!

When: Thursday, 29 October 2020
7.15pm for a 7.30pm start via Zoom (online)

Register at www.ndch.org.au/events and receive our show cooking tips leading up to the night.

Do you need help with Zoom? We can send you instructions to help.

THANK YOU to the 100's of local volunteers who have given their time over many years to put on our local Agricultural Shows.

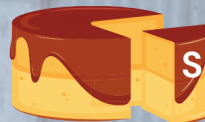
YoYo Biscuits



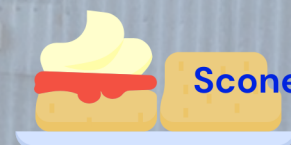
CEO Carrot Cake Challenge



Sponge Cakes



Scones



Cupcakes



GIVE...



Women in the Warra
Your Health Matters

Please note any questions or queries you may have



Call to Make an Appointment

Phone: 03 54 565300
Fax: 03 54 562627

144-158 King George Street
Cohuna VIC 3568



Intranet>General Information>CDH Brochures etc.



COHUNA DISTRICT HOSPITAL MIDWIFE ANTENATAL CLINIC



144 - 158 King George Street, Cohuna

Tel: 03 54 565300
Fax: 03 54 562627

CDH provides a phone interpreter service for women of Culturally and Linguistically Diverse (CALD) Backgrounds

Midwife is available
Monday

Tuesday (if Monday is a Victorian Public Holiday)
8.00am - 4.30pm
Bookings are essential
Phone: 03 54 565 300

Sept 2019

Antenatal Shared Care

Antenatal shared care is provided by a midwife and a doctor/obstetrician. Which means the Doctor will see you at key stages in your pregnancy and share the remainder of your care with a midwife.

Regular check-ups are important to monitor your pregnancy. This will include asking you about your health, checking blood pressure and monitoring your baby's growth. You can also ask questions and talk about anything that may be bothering you.



It is advisable to contact the Midwife as early as possible in your pregnancy to ensure you receive important information regarding pregnancy care.

This is a **FREE** service provided by a local Midwife. A GP Obstetric clinic is available at Ochre Health in Cohuna.

Booking in to Birth

Between 14 & 16 weeks of pregnancy you need to "Book In" for Cohuna District Hospital (CDH). This involves completing pre-admission documents and will take approximately 1 hour. Please bring:

- > Victorian Maternity Record (VMR)
- > Private health fund details
- > Medicare Card
- > Health Care Card
- > Consent form on this brochure

CDH is a low risk birth facility. Some women may have risk factors that require them to birth in Echuca, Swan Hill or Bendigo. Postnatal care is still available to these women after they have had their baby.

Preparing for Labour & the Birth of your Baby

We recommend that you attend childbirth classes as they help reduce anxiety about labour and birth. Childbirth classes (also called 'antenatal classes') for you and your partner are held in the CDH birth suite and run by the Midwives.

During classes we discuss normal labour, variations to normal labour, pain and pain relief, breastfeeding and parenting issues. Make sure you discuss anything that worries you or that you feel you need to know about. These classes are highly recommended for first time parents.

Bookings are essential
Speak with the Midwife
Phone: 03 54 565 300

During a Diversion Period

Due to workforce shortfalls, sometimes CDH is required to be on Obstetric Diversion. You will be notified of the Diversion periods and information sharing will be implemented between CDH, Echuca, Swan Hill and Bendigo.

Home Care Midwife

Domiciliary care (care received at home) - A Midwife will visit you and your baby within a few days after being discharged from hospital. You may be eligible for one or two visits from the midwife depending on your requirements. Your local Maternal Child Health Nurse will be informed that you have arrived home and will visit you at home and continue your care.

Post Natal Check Up

We recommend that you and your baby both have a post-natal check-up 6 weeks after birthing. The main focus at this appointment will be on you and your recovery after birth, cervical screening if due and a discussion about contraception. Your baby will also be examined. This is also an opportunity to ask any questions you may have of your doctor. This will occur at Ochre Medical and an appointment will be made for you on discharge from Hospital.

Please call 03 54 565300 for any concerns during your pregnancy or post natal period of 6 weeks.