



St Mary's Newsletter

TERM 1, WEEK 3

We are now into Week 3 and it feels like school routines are returning ... slowly. We have a big week with Shrove (Pancake) Tuesday where our learners (and staff) will enjoy some pancakes. Shrove Tuesday comes from the word 'shriving' meaning listening to someone's sins and forgiving them. Many people would often give up eating unhealthy foods during Lent, so pancakes with lots of different toppings were eaten on Shrove Tuesday to have one last enjoyable/unhealthy meal before Lent begins.

Nowadays we understand that it is more important to do something extra during Lent than focus on giving something up. Lent provides us the opportunity for extra prayer and doing good deeds for others, such as jobs around the home and small tasks to help others

On Wednesday we will celebrate the beginning of Lent at Ash Wednesday Mass, please join us at the church at 12:30pm if you can make it. On Thursday night we will officially celebrate the new school year with our Beginning of Year Mass and Gathering - mass begins at 6pm in the church. At our Beginning of Year Mass we will celebrate our Yr6 leaders and recognise our School Representative Council (SRC) Reps for our first semester. Just a reminder that we have changed things up this year at the gathering. There will be no BBQ supplied, but rather food trucks available for those who wish to purchase food, otherwise BYO picnic dinner. BYO drinks. The food available includes: Murray Mallee Wood Fired Pizzas, Cleo's Kitchen (nachos, loaded fries, nuggets and chips) and Mincha Munchies (hot dogs and spuds). Thank you in advance to Miss Cartwright for organising the food trucks, and please spread the word of these events to all in our community - everyone is welcome!

We will send a strong swimming team of 19 learners to the District Swimming Trials in Kerang on Tuesday. Thank you to Mrs Walker for organising the team and to Mrs Douglass and Kristen who will accompany the group on the day. Good luck swimmers!

Have a wonderful week and keep cool.

Take care and God bless,

Jarrod Mullavey (Principal)

St Mary's Cohuna - Term 1- Families - 2024



<i>Week</i>	<i>Dates & Items</i>
3	<ul style="list-style-type: none"> • Tues 13th Feb - District Swim Trials @ Kerang • Wed 14th Feb - Ash Wednesday • Thurs 15th Feb - Beginning of Year Mass and Gathering
4	<ul style="list-style-type: none"> • Mon 19th Feb - Swimming Program (this week) • Mon 19th Feb - Division Swimming (Swan Hill)
5	<ul style="list-style-type: none"> • Mon 26th Feb - PSG Meetings • Wed 28th Feb - Prep's first Wednesday of the year • Wed 28th Feb - Principal Commissioning Mass and Dinner • Thurs 29th Feb - T1 Principal's Briefing • Fri 1st Mar - PSG Meetings
6	<ul style="list-style-type: none"> • Mon 4th-Wed 6th March- Year 5/6 camp @ Cave Hill Creek Ballarat • Fri 8th Mar - Staff Spirituality day - Moama (Pupil Free day)
7	<ul style="list-style-type: none"> • Mon 11th Mar - LABOUR DAY Public Holiday • Wed 13th Mar - Tech Strategies Parent Info Night - 6-8pm • Fri 15th Mar - Good Samaritan Cup - Summer edition
8	<ul style="list-style-type: none"> • Tues 19th Mar - VACPSP Principal Conference
9	<ul style="list-style-type: none"> • Tues 26th Mar - Division Summer Sports (new date) • Thurs 28th Mar - Last day of Term 1 • Fri 29th Mar - Good Friday • Sund 31st Mar - Easter Sunday

PRAYER

A Lenten Prayer

*Lord, I know how much you love me
It's hard for me to feel it sometimes
but I know your love is always with me
Help me to use your love as a way
to persevere in my Lenten intentions
I am weak, but I know with your help
I can use these small sacrifices in my
life to draw closer to you. Amen*



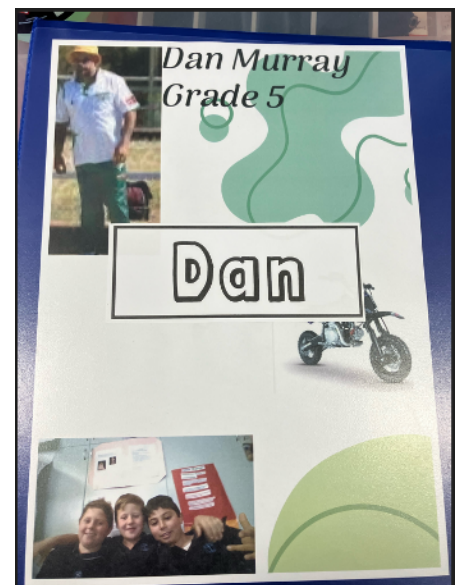
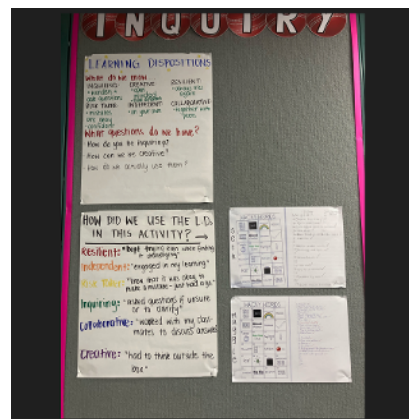
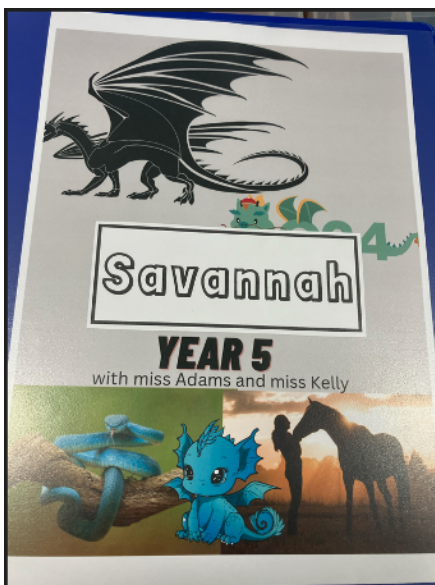
**MILEY POLLOCK
17TH FEB**

YR 5

WEEKLY CLASS UPDATE

WHAT AN AMAZING FIRST WEEK WE HAVE HAD IN YEAR 5! WE HAVE BEEN SO IMPRESSED BY THE WAY ALL THE LEARNERS HAVE STARTED THIS YEAR. LAST WEEK, WE CONTINUED SETTING UP OUR CLASSROOM PROCESSES & EXPECTATIONS WHILE ENGAGING IN OUR LEARNING ACTIVITIES. WE EXPLORED THE HISTORY OF OUR SCHOOL & PARISH FOR READING AND RECOUNTED OUR HOLIDAYS FOR WRITING, WHILE IN INQUIRY WE BEGAN EXPLORING WHAT MAKES AN EFFECTIVE LEARNER BY UNPACKING THE LEARNING DISPOSITIONS. A HIGHLIGHT OF OUR WEEK WAS LEARNING TO NAVIGATE OUR WAY AROUND CANVA TO CREATE A FRONT COVER FOR OUR LEARNING FOLDERS... WHICH TURNED OUT FANTASTICALLY! BRING ON THE REST OF THE TERM!

MISS ADAMS & MRS KELLY






Please join us for the
Beginning of year Mass & Gathering

Thursday, February 15th, 6pm
 St. Mary's Church

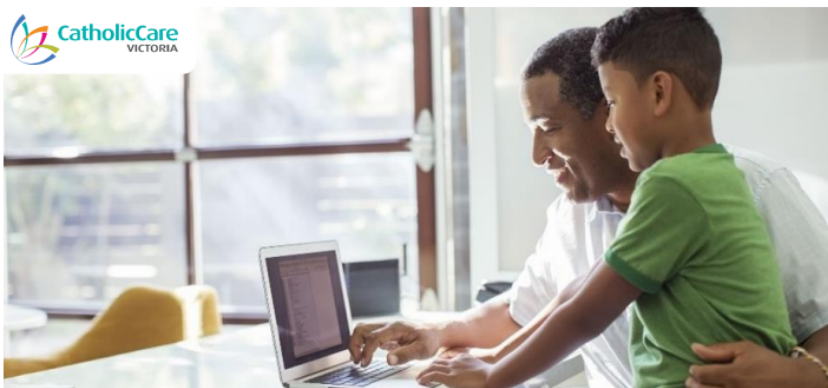
Followed by dinner from the Lions Club, Cleo's
 Kitchen, Murray Mallee Wood Fired Pizza OR BYO
 St. Mary's School Grounds




eSmart

St Mary's is officially an eSmart school which is very exciting! It has been a 3-year journey, focusing on cyber safety and developing an understanding on how to be safe and responsible while using the internet. It also allows teachers to be supported in implementing the curriculum into their own classrooms.

eSmart helps manage the issues that can arise with using the internet such as; cyber risks, bullying and cyber bullying. It is not only for teachers and learners, but also parents and families. We look forward to it being an explicit focus of teaching during STEAM in Term 1 then carried out in the classrooms to consolidate these skills.



Tech Strategies for Families

Parenting in a world driven by technology presents a set of challenges for parents, guardians, grandparents, and carers. Technology is part of our reality but setting boundaries around its use is not always easy. This workshop aims to:

- Present current research
- Reflect on tech use in your family, considering both the challenges and opportunities.
- Explore strategies that focus on creating a safe and healthy tech environment for your family.

✓ Reduce conflict

✓ Set boundaries

✓ Strategies

Workshop Details:

Location: St Mary's Primary School

51 King Edward Street, Cohuna

Date: Wednesday 13th March 2024

Time: 6.00pm-8.00pm

Hosted by



This is a free workshop available to all parents, carers and grandparents in and around Cohuna.

Register:

[Click here](#) or scan the QR code



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www.catholiccarevic.org.au

(03) 5438 1300 | 176 – 178 McCrae St, Bendigo VIC 3550

Gannawarra parent and guardian carer support group

riac
Rights Information
and Advocacy Centre



Supporting parents and carers of children under the age of 18 with disability, mental ill-health and neurodiversity

We offer:

- » A cuppa and chat with a qualified social worker
- » Peer support and meeting other carers
- » Self-care Stations with a variety of activities that carers can choose such as:
 - » Adult colouring
 - » Kinetic sand
 - » Knitting/crochet
 - » Art/craft
 - » Massage station
 - » Fiction book exchange
 - » Gentle stretching/mobility



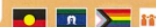
Locations and times:

Kerang Self Care Hub 10am-11.30am, 3rd Wednesday, monthly
Northern District Community Health
16 Fitzroy Street, Kerang

Cohuna Self Care Hub 1pm-2.30pm, 3rd Wednesday, monthly
Northern District Community Health
25 King Edward Street, Cohuna

Find out more today!

Contact us on 0488 605 363
or email carers@riac.org.au



FOLLOW US

riac.org.au

MARRIAGE ENCOUNTER Weekend

"Live Your Best Married Life in Love"

Every relationship is a journey and the grind of everyday life can cause you to lose touch with your spouse.

This experience gives married couples the tools to keep your passion alive in a gentle, nurturing environment, away from pressures and distractions of daily living.

The weekend is based around Catholic values and couples of all faiths are welcome.

Please check our website for more details.

12-14 April 2024 in Melbourne

Information/Bookings: Phone **Mercy & James 0409 183 676** or

Email: vicbookings@wwme.org.au

Website: wwme.org.au



7th February 2024

Dear families,

We will hold our first Parent Support Group (PSG) meetings for the year on Monday 26th February and Friday 1st March. These meetings are very important to help us plan for, and meet, the needs of our learners who have additional needs.

If you haven't done so already, please book a time to meet with your child's teacher to discuss their learning via School Interviews with the link or QR code below:

<https://www.schoolinterviews.com.au/code/pnv8y>



If you have any further questions (or trouble booking), or need to make a time to meet outside of the two days we've provided please contact me (or your child's teacher) at school on 5456 2062 (or via email and Seesaw).

These bookings will close on Thursday 22nd February.

Kind regards

Jarrod Mullavey
Principal
St Mary's Cohuna

The St Vincent de Paul Society is an international organisation operating in 153 countries and has over 800,000 members worldwide. The Society has a presence on every continent in the world with the exception of Antarctica perhaps. Mrs Mathers in her role as chaplain at our school is also a St Vinnies Kerang member. She is able to assist families with food vouchers or other resources that families require. You can make appointments to see her if a need arises. Please do not hesitate to contact the school.

"Helping one person may not change the whole world, But it could change the world for one person."

God Bless Mrs Mathers



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.



School Term Dates 2024:

Term 1: 29th Jan - 28th March

Term 2: 15th Apr - 28th Jun

Term 3: 15th Jul - 20th Sep

Term 4: 7th Oct - 20th Dec