



# St Mary's Newsletter

## TERM 1, WEEK 4

Well done to all learners (and families) on getting through a really busy, and enjoyable, Week 3! It was great to see so many happy faces enjoying a pancake on Shrove Tuesday and our learners were extremely reverent at our Ash Wednesday Mass which marked the beginning of Lent. Congratulations again to our School Leaders, House Captains and SRC Leaders who were officially recognised at our Beginning of Year Mass on Thursday night. It was also great to see our new Preps take part with their Yr6 Buddies. Thank you again to all families who were able to join us after Mass for our gathering, enjoying each other's company and the food trucks that were on hand to keep us fed!

On the weekend we celebrated the First Sunday of Lent where we focus on Jesus' time spent in the desert, fasting, reflecting, praying and battling the devil victoriously. As Jesus faces his challenges head on, he models how by taking the Gospel seriously this Lent, we too can change for the better.

This week at school our attention turns to the pool! Thank you in advance to Mrs Walker who has coordinated our swimming program, and also to our staff who will be in the water with our learners - looks like we have a good week of weather ahead of us!! Good luck to Maggie, Lola, Summer and Lewis who will represent our school at Divisional Titles in Swan Hill today!

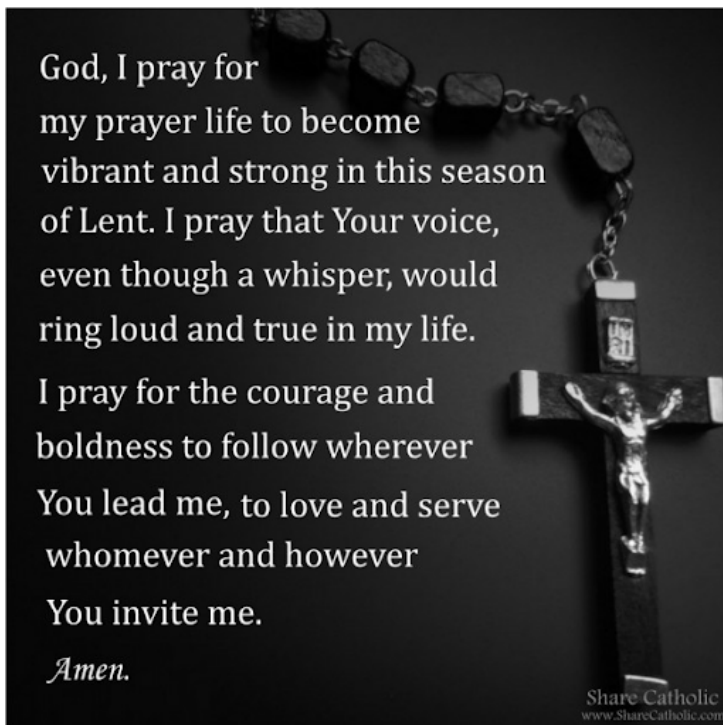
I look forward to meeting with the School Advisory Council next Monday to discuss what is going on around the school and what we have planned for the year. We will also be holding our first Parents and Friends Committee meeting of the year in the next few weeks (date to be confirmed). Over recent years our P&F fundraising work has been left up to a small core group of parents (mums) and it would be great to see more parents jump on board the P&F this year to support our school. I will share more information about the role of the P&F and how you can support the school, in the coming days.

Mrs Fletcher, whose role this year is not only teaching Wellbeing with the learners, but also leading the whole school in our approach to mental health and wellbeing, has included some important statistics on the subject in this week's newsletter. I implore all parents and guardians to watch the short (4 min) video on Mindfulness by Dr Craig Hassed.

Have a wonderful week and we hope our learners enjoy the pool!

Take care and God bless,

*Jarrold Mullavey (Principal)*



# PRAYER



**Talk to school if:**

Your child is not wanting to attend school

You need support getting your child to school

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



Week	Dates & Items
4	<ul style="list-style-type: none"><li>• Mon 19th Feb - Swimming Program (this week)</li><li>• Mon 19th Feb - Division Swimming (Swan Hill)</li></ul>
5	<ul style="list-style-type: none"><li>• Mon 26th Feb - PSG Meetings</li><li>• Mon 26th Feb - SAC meeting @ 7pm</li><li>• Wed 28th Feb - Prep's first Wednesday of the year</li><li>• Wed 28th Feb - Principal Commissioning Mass and Dinner</li><li>• Thurs 29th Feb - T1 Principal's Briefing</li><li>• Fri 1st Mar - PSG Meetings</li><li>• Fri 1st Mar - Clean Up Australia Day</li><li>• Fri 1st Mar - SRC meeting</li></ul>
6	<ul style="list-style-type: none"><li>• Mon 4th-Wed 6th March- Year 5/6 camp @ Cave Hill Creek Ballarat</li><li>• Fri 8th Mar - Staff Spirituality day - Moama (Pupil Free day)</li></ul>
7	<ul style="list-style-type: none"><li>• Mon 11th Mar - LABOUR DAY Public Holiday</li><li>• Wed 13th Mar - Tech Strategies Parent Info Night - 6-8pm</li><li>• Thurs 14th Mar - Miss Cartwright and Mrs Fry - Autism PD (Shepp)</li><li>• Fri 15th Mar - Good Samaritan Summer Cup - Kerang</li></ul>
8	<ul style="list-style-type: none"><li>• Mon 18th Mar - SAC meeting @ 7pm</li><li>• Tues 19th Mar - VACPSP Principal Conference</li><li>• Fri 22nd Mar - Sandhurst Switches Off</li><li>• Fri 22nd Mar - SRC meeting</li></ul>
9	<ul style="list-style-type: none"><li>• Tues 26th Mar - Division Summer Sports (new date)</li><li>• Thurs 28th Mar - Last day of Term 1</li><li>• Fri 29th Mar - Good Friday</li><li>• Sund 31st Mar - Easter Sunday</li></ul>

# SWIMMING

## SWIMMING WEEK





# HAPPY BIRTHDAY!



EMMETT KEMP  
19TH FEB



CHLOE HAWKEN  
20TH FEB



TULLY FLETCHER  
25TH FEB

## 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](mailto:vicbookings@wwme.org.au)

Website: [wwme.org.au](http://wwme.org.au)



### 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



**P** 5438 1300

**E** [bendigo.reception@catholiccarevic.org.au](mailto:bendigo.reception@catholiccarevic.org.au)

[www.catholiccarevic.org.au](http://www.catholiccarevic.org.au)

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

## MENTAL HEALTH AND WELLBEING KEY FACTS

- In Australia, 1 in 12 children aged 4-11 years have a diagnosed mental health disorder
- 20 percent of children experience mental health difficulties that affect their daily living
- Over half of all adult mental health problems have their origins before the age of 14
- 9 hours per year with a health professional - over 1000 hours in class
- Social and emotional competence, academic achievement and mental health are all highly related

Focus on early intervention and prevention - happy, healthy, resilient, tools and strategies

*By sitting and mindfully breathing for ten minutes a day,  
in as little as eight weeks*

*You can strengthen the part of the prefrontal cortex  
Involved in generating positive feelings  
And diminish the part that generates negative ones.*

**Richard Davidson, Ph.D.**



*"Never see a need  
without trying  
to do something  
about it"*

298 x 331 mm Mary Mackillop

### BENEFITS FOR ADULTS AS WELL

Mindfulness - Dr Craig Hassed

[https://www.youtube.com/watch?v=lsXxvPWd\\_k](https://www.youtube.com/watch?v=lsXxvPWd_k)

(4 minute video)



## 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](mailto:carers@riac.org.au)



FOLLOW US   

[riac.org.au](http://riac.org.au)



## BOTTLE RECYCLING

The St Mary's Sustainability Group are starting up a fundraiser to raise money for the school veggie garden "Everyone Welcome Garden". To buy more seedlings, soil, sand, and tools.

Also some more seats for the school garden.

We would love a sturdy Green house, and hope that you and your family could help. It is easy, no cash on your side. Just your empty aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, They recycle them too.

Look for the 10c mark on the drink container label. It is often located near the barcode.

Take to the back of the Neighborhood house, and tell them you would like to donate to St Mary's Sustainability group. They will do the rest. Even family, and friends that live away, can donate at their nearest Container deposit centre.



We are also up to harvesting our vegetables. We will have corn, potatoes, cherry tomatoes, zucchini, and squash for eating, and selling soon we hope. Thanks to Mrs Jones, Jarrod, Mrs Williams, Levi Spring, Jax Taylor, Peter Fawcner, and Val Spring who helped with the care of the garden over the holidays.

We have been eating tomatoes, cheese and cucumbers on a cracker, during lunch breaks. Children who told me they did not like these vegetables, had a try and surprised themselves how delicious they were.

Wade Mathers, and Shaun McIvor will be donating their time to put up some shelter above the chook shed. When the chooks come back from their holiday at Sam Cookes (Thank you, Sam!) The girls will be pleasantly surprised. Thank you Wade and Shaun.

## COHUNA A.P. & H. SOCIETY INC. 110TH ANNUAL SHOW



MARCH 15 & 16, 2024

1911-2024



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