



# St Mary's Newsletter

## TERM 1, WEEK 7

I hope that all families had a relaxing 4 day weekend. The staff enjoyed collaborating with Catholic school teachers from Inglewood, Heathcote, Echuca, Pyramid Hill, Kerang, Elmore and Rochester on Friday at our Staff Spirituality Day. I particularly enjoyed Fr Joe Taylor's thoughts on 'what makes a Catholic school 'Catholic',' Colleen Hampson's take on our scriptural theme 'Behold, I make all things new' Rv 21:5 and the music of Gen Bryant.

Sunday marked the 4th Sunday of Lent and as we approach the significant days of Holy Week, we are called to focus on God's boundless mercy towards humanity. His love is eternal, patient, wise, kind, strong, resourceful and unwavering. It is the kind of love we endeavor to bestow on those closest to us.

Following today, we have 12 more school days left this term. Unfortunately, Wednesday night's Parent information night on Tech Strategies for Families has been cancelled due to lack of numbers registered for the event. . On Friday all learners will travel to Kerang to take part in the Good Samaritan Cup (Summer Edition). The day will begin by celebrating Mass with St Joseph's Kerang and St Patrick's Pyramid Hill at 10am. This will be followed by an afternoon of sport and activities. All families are welcome to attend Mass and/or the sports and activities. Recess and lunch will be provided for our learners. Permission forms will go home today - I apologise for the lateness and ask that families complete these as soon as possible. And to finish off the week we have our annual Cohuna Show Friday afternoon/night! Good luck to all our learners who have entered competitions and I hope everyone has a wonderful night.

Last Monday night I met with the P&F Committee and we discussed fundraising events for our school, and I am excited about what we have planned for the year. I would like to make special mention of Casey Spring who will step down from the P&F Committee after almost 8 years of service. Casey is a former President of the P&F and would have spent hundreds and hundreds of hours raising funds for our children. On behalf of the staff at St Mary's - thank you Casey!

One of the fundraisers we have this year will be selling Cadbury Freddo and Friends Chocolate boxes. Currently we have 50 boxes in the office and we are inviting families who would be able to sell these to contact the office and/or come and collect one. (We do not want to force this on any families). The boxes include 120 items and we are selling 2 chocolates for \$1 (total box cost is \$60).

Next week is a busy one. Just a reminder that next Tuesday - 19th March - we will have our Term 1 Learning Conversations (Parent/Teacher Interviews). Please see the booking information attached to this newsletter to make a booking. If you have any troubles, just get in contact with your child's teacher. Next Thursday - 21st March - we will celebrate Harmony Day at St Mary's. Miss Cooke will share more information with families shortly. And then next Friday - 22nd March - we will wear "Casual Clothes for St Joes." All learners (and staff) are invited to dress up and bring in a gold coin donation which we will then send to St Joseph's Rochester so their children can enjoy fish n chips on the last day of term. St Joseph's are still working through the fallout from the 2022 floods when homes and the school were badly damaged, and this will provide their learners with a real boost going into the Easter holidays - and teach our learners about God's call to look out for our neighbours.

Take care and God bless,

*Jarrold Mullavey (Principal)*

<u><i>St Mary's Cohuna - Term 1- Families - 2024</i></u>		
<i>Week</i>	<i>Dates &amp; Items</i>	
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>	



**Tuesday 5th March 2024**

Dear families,

Term 1 Learning Conversations will be held on **Tuesday 19th March from 1:00-6:00pm.**  
The booking platform is now open. Please take this opportunity to meet with your child's teacher/s to discuss their learning and growth. The booking links are below:

**Booking link:**

**<https://www.schoolinterviews.com.au/code/e22ww>**

**Booking QR Code:**



The booking platform will close on Friday 15th March at 4pm. If you have any problems making a booking please contact us at school, we are more than happy to help out. If you are unable to meet during the times offered, please contact your child's classroom teacher/s to make alternative arrangements.

Kind regards,

Jarrod Mullavey



## Unexplained Absences

If a student is absent without reason, the school will contact the parent

If contact cannot be made with the parent, the emergency contact/s will be contacted to ensure the safety of the student

# HAPPY BIRTHDAY!



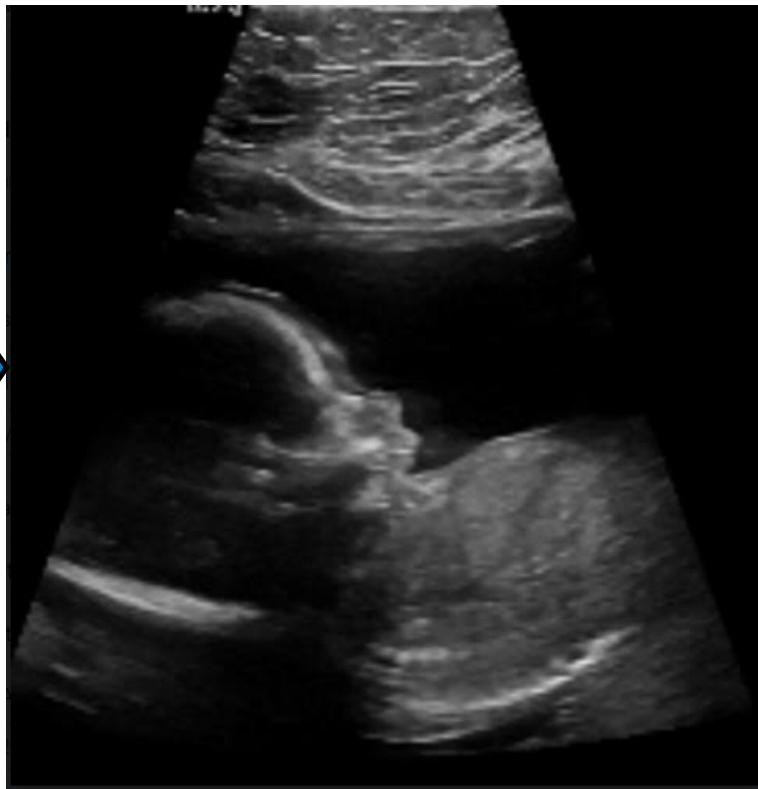
**11th March**  
**HENRY**  
**BORKOWSKI**



**12TH MARCH**  
**OSKAR**  
**FLETCHER**

# CONGRATULATIONS

MRS LAMB, WILL AND CHARLIE  
ARE EXPECTING BABY NO 2  
COMING THIS JULY





# PRAYER

May we be united  
May we speak in harmony  
May our minds think in harmony  
Our prayer be one prayer  
Our resolution be one  
Our feelings one  
Our hearts unified  
And may our unity be perfect.

Rg Veda X, 191.4

DOOZYCARDS.com

## Are you interested in learning how to play netball?

### Are you primary school age?

At Leitchville Gunbower, we have two programs to suit everyone.. NetSetGo & Mini's.

NetSetGO is our beginner program, suitable for girls and boys aged between 5 and 9. it will be run on either Thursdays or Saturdays (home games only), depending on our coach. This is most suited to players who have had limited or no experience with netball and who want to learn the basics (throwing, catching, shooting and footwork). This is delivered using a structured program and is the first step in learning how to play netball. There is very limited game play in NetSetGO until players have learnt the basic skills. Cost is \$89 which includes some NetSetGO merchandise.

Mini Squad (previously called Development squad) is our next program for girls and boys aged 9 to 12. Mini's will be playing most Saturday mornings and will follow the football draw (so yes, there is travel involved). Mini's will train on a Thursday night and will build on the foundations from NetSetGO. Players will learn netball playing positions and will have game play each week. We have locked in coaches for Mini's- Emily Hay & Zazney Ellwood who are taking on the coaching roles for this vital link, preparing our juniors for when they step up to competitive netball in Under 13s. There is no scoring in Mini's however there is an end of season Lightning Premiership. Cost is \$110 which includes VNA and player membership.

Here are instructions on how to register..

1. login using this link <https://registration.netballconnect.com/login>
2. go to the right hand side and select 'Actions' and 'register'
3. select participant
4. check personal details, then scroll to the bottom of page and click 'NEXT'
5. Go to organizational name and type in LEITCH. this should be enough to bring up Leitchville Gunbower
6. the LGFNC colorful logo will appear.
7. Click on the empty box just below the LGFNC logo
8. this will take you to the membership details page
9. select player membership
10. select registration division JUNIOR
11. click 'add competition & membership'
12. check and add additional personal information
13. click 'add competition and membership'
14. total payment should appear.
15. tick the box to say that you have read and understood T&C
16. click the button near the credit/debit card
17. enter payment details and submit
18. you will then receive a confirmation email

If you have any questions regarding our programs, please contact Kellie on 0408 564211.








# come find your awesome

## JOIN YOUR LOCAL AUSKICK CENTRE TODAY!

Plenty of Fun for Boys and Girls 5-12 years of Age  
Meet new friends and get an awesome Auskick Pack!

REGISTER by the 17th March 2024 to be in the draw to WIN a signed 2024 CARLTON Jumper plus tour of Ikon Park & 4 tickets to a mutually agreed Carlton Game in 2024



play.afl/auskick



ECHUCA FOOTBALL NETBALL CLUB

# HOLIDAY FOOTY FRENZY

BOYS + GIRLS  
5-14 YEARS OLD



PROUDLY PRESENTED BY



Fitzpatrick Cup + Medal  
Draft Day  
Trades  
Tribunals  
Successful state wide program



## 2 FULL DAYS

April 2nd + 3rd (Easter School Holidays)  
8:30am - 5:00pm  
\$80 for 1 day - \$150 for both days  
Victoria Park, Echuca

BOOK NOW





## goodFriday

## appeal

THE ROYAL CHILDREN'S HOSPITAL



### Cohuna Lions Club needs your help to help them!!

Volunteers needed for  
Good Friday Appeal 'Door Knock'  
Friday 29<sup>th</sup> March 2024

If you would like to help, please contact  
Faye Donaldson~ Secretary  
0488 043 339



COHUNA A.P. & H. SOCIETY INC.

# 110TH ANNUAL SHOW

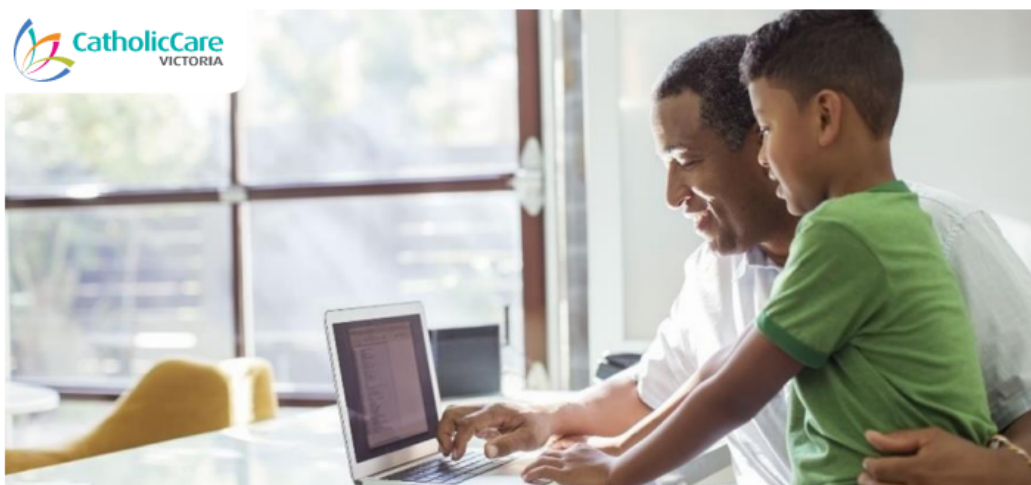





MARCH 15 & 16, 2024

1911-2024

# CANCELLED :( DUE TO LACK OF NUMBERS



## 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



## 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)



A Cohuna and District Progress Association event

**COHUNA**  
Progress Inc.

**Wonka**

TIMOTHEE CHALAMET IS  
**WILLY WONKA**

**NOW SHOWING**

31st March 2024 at  
Cohuna Rec Reserve

Gates open at 6pm;  
movie to start at 7pm

BYO alcohol, chairs, and rugs  
BBQ dinner, snacks, and non-alc  
drinks available for purchase

\$5pp or \$15 for family

## 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.**



### BENEFITS FOR ADULTS AS WELL

Mindfulness - Dr Craig Hassed

[https://www.youtube.com/watch?v=IsXxvPWd\\_k](https://www.youtube.com/watch?v=IsXxvPWd_k)  
(4 minute video)

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