



# St Mary's Newsletter

## TERM 1, WEEK 8

Can you believe we are heading into the penultimate (second last) week of the term! Last Friday we had a wonderful day in Kerang at the Good Samaritan Summer Cup. It was great to see our learners mixing with the kids from St Joseph's and St Patrick's. Thank you to all staff and parent volunteers who spent the day outside in the sun, leading activities and sports and ensuring everyone had a great time. Thanks also to Miss Dennis who accompanied many of her Yr6 learners to the Garden Park early last Friday morning, where Oscar, Camm and Levi were live on the radio for Mixx FM.

On Saturday night Patrick and I were blessed to attend mass in Pyramid Hill where Fr Dean and the Pyramid Hill parishioners celebrated the Feast of St Patrick outside, in the school grounds (a few doors down from the church). This wonderful celebration was a reminder to me that 'going to church' is not about a building but rather about people. It is easy to get caught up in the rules and rituals of faith, when really it can be as simple as spending time with good people reflecting on how we can become more like Jesus.

This week (Week 8) is another busy one and we race towards Easter! On Tuesday we have our Learning Conversations. Bookings for these have closed, so if you have missed out on making a booking, please contact the office and Stacey and Jenny can sort it out for you. Thursday is Harmony Day. Miss Cooke has prepared a lovely liturgy to celebrate diversity and embrace the many different cultures that make up our beautiful country. The teachers have also prepared a range of great activities for the learners to complete on this day. On Friday we finish the week with 'Casual Clothes for St Joes (Rochester)'. Please remind learners to bring in a gold coin that will go directly to the learners at St Joseph's Rochester so they can finish a tough term with fish n chips (thanks to us). We also have assembly in the church from 2:20pm - all are welcome. Thanks in advance to the Senior team/learners for leading this celebration.

Next week - our last week of Term 1 - finishes on Thursday at 2:15pm. To celebrate the end of term and Easter weekend, we will have an Easter Bonnet parade at 8:45am and our Stations of the Cross liturgy (in the church) at 10am. Just a reminder that our first major fundraiser for the year involves families selling Cadbury Freddo and Friends Chocolate boxes. Currently we have about 30 (of the 50 boxes we ordered) 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).

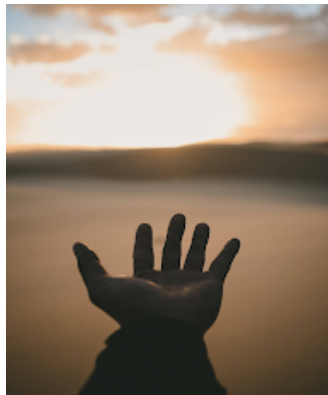
And finally, we will be having a bit of staff movement occurring shortly. Mrs Mullavey will be taking maternity leave from the beginning of next term, and Mrs Walker is very excited to be taking over in the Yr2/3 room on Thursdays and Fridays. Then at the beginning of Term 3 Mrs Lamb will take maternity leave and Mrs Walker will be the full time Yr2/3 teacher with the support of Mrs Patterson (LSO). I know Mrs Walker is looking forward to moving back into the classroom and will provide these learners with wonderful learning experiences. We are currently working through options to replace Mrs Walker's Specialist roles (Auslan and P.E.).

Also at the beginning of Term 2, Mrs Kelly will take 5 well-earned weeks of Long Service Leave. Ms. Kath Moore (who has done many CRT days at St Mary's) will teach the Yr5's on these Thursdays and Fridays and is looking forward to joining the staff on a more regular basis.

Take care and God bless,

*Jarrold Mullavey (Principal)*

# PRAYER



God of new life, of resurrection and hope, thank you for this gift of your word. Help us to believe what we have heard and to answer with Mary, "I believe that Jesus is the Messiah, the Son of God." And by believing show us your glory in putting death to death, in bringing life to the dark and cold places of our lives and our world.

Amen

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



*Week*

*Dates & Items*

8

- Mon 18th Mar - SAC meeting @ 7pm
- Tues 19th Mar - VACPSP Principal Conference
- Fri 22nd Mar - Sandhurst Switches Off
- Fri 22nd Mar - SRC meeting

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- 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

# YEAR 1/2 CLASS

## YEAR 1/2



THIS TERM WE HAVE ENJOYED COLLABORATING WITH OUR PEERS,  
LEARNING TO CREATE AND READ NUMBERS AND MEASURING  
CORRECTLY WITH A RULER. WE HAVE BEEN LEARNING TO WRITE 5 STAR  
SENTENCES AND USING DESCRIBING WORDS TO MAKE OUR SENTENCES  
MORE INTERESTING!!

ON FRIDAY THE YEAR 1/2 LEARNERS  
ENJOYED THE GOOD SAMARITAN CUP  
IN KERANG. WE PARTICIPATED IN 8  
DIFFERENT GAMES AND ENJOYED  
MAKING FRIENDS WITH OTHER  
LEARNERS FROM ST JOES AND ST  
PATRICKS SCHOOL!!







## 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!



**19th March**  
**HEATH**  
**SPALDING**



**AFL PLAY**

**FOR the Kicks**

**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

**nab AFL Auskick**

[play.afl/auskick](https://play.afl/auskick)



ECHUCA FOOTBALL NETBALL CLUB

# HOLIDAY FOOTY FRENZY

BOYS + GIRLS  
5-14 YEARS OLD

PROUDLY PRESENTED BY

**HOLIDAY FOOTY FRENZY**

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

**GOOD FRIDAY APPEAL**

**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



**REGISTRATIONS NOW OPEN**

**COHUNA AUSKICK CENTRE**

**COME & TRY NIGHT THURSDAY 28TH MARCH AT 4:45PM AT THE COHUNA FOOTBALL COMPLEX**

**FREE BBQ TO FOLLOW**



Registrations now open. Sessions will run for an hour on Thursdays at 4:45pm. Head to Cohuna Auskick 2024 facebook page for more information



YOU'RE INVITED TO OUR

# YEAR 7 2025 INFORMATION EVENING

WEDNESDAY  
8 MAY AT 7PM

SCHOOL TOURS: MONDAY 6 MAY  
11AM, 2PM, 4:30PM

# LAST DAY OF TERM 1

THURSDAY, MARCH 28TH

## EASTER BONNET PARADE

Learners are encouraged to create an Easter Bonnet  
9AM, UNDER THE COLA

## STATIONS OF THE CROSS

Families are invited to join us for our Stations of  
the Cross liturgy  
10AM, IN THE CHURCH




2:15PM FINISH



**PLEASE COME GRAB A BOX  
OF CHOCOLATES FROM  
THE OFFICE AND SUPPORT  
OUR P&F FUNDRAISER IF  
POSSIBLE**





**Congratulations to Lola McGlone on her medal win at regionals. Lola and her freestyle relay team came third in their event at Swan Hill last Tuesday. Well done Lola, you should be proud of your achievement!**

**CONGRATULATIONS TO OUR VERY OWN MRS BARRY WHO ENTERED HER SON (TIM) PHOTOS FROM THEIR TRIP AWAY.**

**BEST EXHIBIT**





# GOOD SAM CUP TENNIS SHOTS



### Your Donation Partner ID & next steps

Now you've received a Donation Partner ID, you're on the way to raising funds from CDS Vic. Please take note of these important details and follow the steps below to complete the process of activating your Donation Partner ID with Zone Operator/s.

**C2000010464**



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.



# GARDENING FUN





## 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