



St Mary's Newsletter

WELCOME TO WEEK 2

Welcome to week two! We have definitely hit the ground running and transitioned back to face to face schooling with ease! All of our learners have enjoyed being back with their friends, learning and back to the playground. Our return has been hugely positive with our learners returning with a great attitude and responsibility to their learning. We are continuing to use our RRR expectations to refresh how we live, learn and play together. Our staff are all overwhelmed at how much they have all grown! We love that our school is once again filled with our learners.

To be holistic in our approach to healthy living and learning, staff have started to begin discussions around healthy food choices that ensure we are optimal learners. We have observed that many of our lunch boxes are coming filled with processed and high sugar based foods. In the afternoons we are witnessing a physical slump from the sugar high, or some children very hyped up given the amount of sugar they have consumed at school. We are asking that parents please do their very best to provide healthy food options for the school day, to ensure that our learners have the energy and concentration they need for the whole school day. St Mary's will also be putting in the newsletter a healthy lunch or recess recipe to help support our families with the daily lunches!

Last week staff took part in some curriculum and leadership planning days. This has allowed our staff to be well prepared for the term ahead. Given that many events and usual options need deeper planning, the time together was very valuable. We will continue to communicate with our parents as regularly as possible to ensure everyone is well informed. This week our Year 6 families will receive a letter outlining the plans for the remains of the year in regard to transition to secondary school and graduation.

Today we launched our term 4 inquiry investigation launch! How can story be shared through the media! Every learner came as their favourite movie character and we thank everyone for the effort that they went to. Throughout our peer learning session we became movie stars on the red carpet, we stamped our hand prints like Hollywood Boulevard, we created puppet shows, explored sound effects, we became critiques adverts and films! A great effort by our staff and learners for taking part in a great day of learning and tuning in.

Just a reminder that the state of Victoria is still being afforded the public holiday for Grand Final day. The school will be closed to learners and staff on Friday 23rd October - I hope everyone enjoys their long weekend!

God Bless

Jasmine Ryan (Principal)

DATES AHEAD

- 16th Oct: Prep Transition Session #1 (9am - 11am)
- 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



St Mary's is a Child Safe School.

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

CAPTURE THIS TIME

Thank you to the families who took part in the Capture this Time competition. It was lovely to see how the families have captured these times and reflected in such beautifully positive ways!

Well done to our winners: The Keating & Merkel Families!

Your prizes will come home soon!

School Photos

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

All monies paid will transfer over!



Canteen Special

This weeks canteen special is ham & pineapple pita pizza \$4.00 each.



PBIS

Respect for Others.

This week as a whole school we will be focusing on Respect for others and how we speak and interact with one another!



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.



A PRAYER

Father,

We thank you for our holidays and for the good times that we had. We thank you for the break from school, for the sleep-ins and the family and friends. We ask your blessing on all that we do in this coming term. Help us to know that you are with us always, celebrating with us when things are great, and comforting us when things are not so great. With the guidance of your Holy Spirit, may we strive to do our best throughout this term, using the gifts that you have given us. Amen

Prep Transition 2021 Begins!

This Friday we welcome our Prep 2021 Learners! We are so lucky to still be able to hold one of our most valued programs!

Miss Cartwright is so excited to spend time with each and everyone of them over the term!

Parents please drop off at the side entry for a 9am - 11am session!

Book Club

This is a Christmas Edition & with only 10 Mondays left before Christmas, this is a perfect time to grab some special gifts. Due back 27th/10



*I Just >>>
want to
thank you
<<< Lord*

St Mary's Grandparent's Day

On Thursday 22nd October all of learners will come home at the end of the day with their Grandparents pack and afternoon tea! We are hoping that our Grandparents may be able to pick up their grandchildren at the end of the day and take part in our fun pack suggestions!

Thank you to the families who have already shared photos. Wednesday 14th October will be the last day that we can accept photos to ensure we have enough time to include them in our liturgy!



Book Week - Curious Creatures ~ Wild Minds

We will be celebrating Book Week at St Mary's this year between the 19th - 22nd October! Our book week books have arrived and Mrs Fry has made a wonderful display to engage our learners. Our teachers will read many of these books throughout the next fortnight. Our Learners are invited to come dressed as their favourite book character - it must be a character from a book! There will be prizes to win and activities to enjoy throughout the day!



OUR LEARNING

JUNIOR TEAM

The Prep, Year 1 and Year 2 have been focusing on building positive relationships. Last week the learners watched the movie 'Trolls' and discussed ways that they can positively interact with others.

This week in reading the learners will be focusing on building hear sounds in words to build in their understanding of phonics. They will also be focusing on inferring meaning from the text and practise fluency to ensure they are reading smoothly. This week in writing the Prep, Year 1 and Year 2 will be learning about persuasive text. They will be exploring the structure and any vocabulary that can be used to persuade people. This week in numeracy the Year 1 and Year 2 will continue to build on their understanding of place value. The Prep learners will be continuing to build on their understanding of measurement and in particular mass. The Prep, Year 1 and Year 2 learners are so excited to participate in the Inquiry Launch this week! They can not wait to being to investigate the different types of media in our world and how they are created and shared through story.

BIRTHDAYS



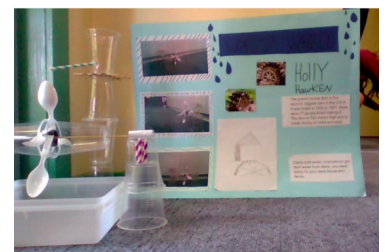
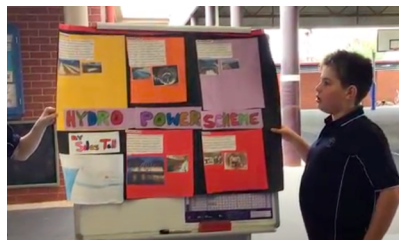
- Mieke Van Der Berg 16th Oct
- Kaden Hollingworth 16th Oct
- Zarah Crichton 17th Oct
- Charlie Hauser 17th Oct



SENIOR TEAM

In the Year 3/4 Learning Space we are enjoying lots of collaborative learning, practising different roles in different learning situations. In Writing, our learning focus is around the text structure and features of Persuasive Texts. In Mathematics, we are extending our knowledge and skills in Multiplication. We are all excited about our Inquiry Investigation this term!

The Year 5/6 learners have been very curious as to why there are animated characters scattered throughout their learning space. We are very excited to learn about media in our world. We are creating an inferred narrative for our book week competition, using curious creatures as characters. This year our books will have no words! Just like reading books from famous author Shaun Tan, you will have to use your inferring skills and curious mind. We have enjoyed extra physical activity to collaborate with our peers and have our bodies moving. We have presented our science fair learning through a video and were able to share our models and posters with our friends.





TERM 4 INQUIRY INVESTIGATION LAUNCH!





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](#)

Nondescripts 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 >](#)

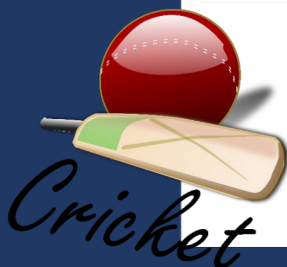
Junior Blasters is for kids new to cricket with participants building their skills through fun, game based activities. The games are designed for small groups to ensure every child gets a go, allowing them to test and learn new skills. When they have mastered the basics they will be ready to graduate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

It's National Nutrition Week and to celebrate we are encouraging everyone to Try for 5!- that's 5 serves of vegetables daily! The latest research shows that only 4% of Aussies eat the recommended 5 serves or more of vegetables a day. To help you increase your family's vegetable intake why not try this vegetable fritter recipe.

Vegetable Fritters

Ingredients

- 1 carrot (grated)
- 1 potato (grated)
- 1 zucchini (grated)
- 2 eggs (beaten)
- 1 tablespoon (metric) self-raising flour
- 1 tablespoon (metric) parsley (finely chopped)
- 1 tablespoon (metric) chives (finely chopped)
- 1/2 teaspoon (metric) nutmeg (ground)
- Pepper (to taste)
- 2 teaspoons (metric) olive oil

Instructions

1. Mix carrot, potato, zucchini, eggs, flour, parsley, chives, nutmeg and pepper in a bowl.
2. Heat one teaspoon of oil in a non stick frypan and add 2 spoonfuls of mixture to the pan.
3. Flatten mixture slightly and cook for 4-5 minutes on each side or until golden brown.
4. Drain on absorbent paper, set aside and keep warm.
5. Heat remaining oil and repeat with remaining mixture.



For more information see: www.nutritionaustralia.org/recipes/vegetable-fritters/



Nutritional Information (per serve)

Each serve of this recipe provides 1 serve of vegetables.

Energy: 560kJ	Total sugars: 4g
Protein: 5g	Fibre: 4g
Total fat: 3g	Sodium: 54mg
Saturated fat: 1g	Calcium: 36mg
Carbohydrate: 24g	Iron: 1mg

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.