



St Mary's Newsletter

WELCOME TO WEEK 6

What an awesome effort at our working bee last Friday night! In preparation of our new build we had to remove and store our prayer garden and our beautiful statue of Mary. Thank you to the many Mum's and Dad's who turned up in the heat, work together, had a laugh to get it done! Many hands did make light work!

This week we spent time reflecting and planning in preparation for Lent. Our school community made Lenten promises, explored the tradition to Shrove Tuesday and today were sealed with the Ashes to mark the beginning of our Easter journey.

Some families may have received reminder information last week in relation to our required documentation to ensure St Mary's is Child Safe. We are very excited about the prospect of having our families in to support learning. Ensuring our Child Safe standards and practices are up to date is crucial to this process. St Mary's will undergo a review around our Child Safe Standards and procedures this year. Any families wanting to complete their Child Safe training to take part in school, all learning can be found on our website.

I hope everyone enjoys their long weekend this week! Stay safe and well!

God Bless

Jasmine Ryan



FOR THE CALENDAR

- 11th Mar: Labour Day - No School
- 14th Mar: Cake Stall, School Board AGM @ 7pm
- 15th Mar: School Photos
- 15th - 27th Mar: Jasmine Ryan on LSL
- 17th Mar: Family Mass lead by Yrs 5/6
- 26th Mar: Assembly - Host Yr 2
- 28th Mar: Yr 6 Transition to CSC 1:30 - 2:45, Learning Conversations 1:00 - 7:00pm
- 1st Apr: No School - Closure Day for Staff PD
- 2nd Apr: P&F @ 7pm
- 3rd Apr: Specialist Planning Day, Class Mass @ 12:30pm Yr 3/4 to host



St Mary's School Board AGM

St Mary's AGM is on Thursday 14th March @ 7pm. We are looking for new members to join us!

Nomination forms are available from the Office

Friends In Need

As we have started a new year so has our Friends in Need freezer donations. Please indicate on the App whether you are happy to take part in the roster. Thank you for your support!

PBIS BLITZ

Talking respectfully towards others and being kind.



P&F NEWS

Cake Stall

14th March 9am-12pm in front of UNA.

- Containers have been sent home with eldest family members x4 and P&F have provided these for your convenience
- Containers have already got stickers on top for families to write their ingredients on. Also containers have already been priced (\$5.00)
- Families that are wanting to make a cake, we are asking for it to be put on a disposal plate and generously glad wrapped.
- All cake/slice donations are to be at the school by 8.45am. If not at this time please drop them directly to cake stall in front of UNA by 9am.

Easter Egg Raffle

- Keep donations coming in for Annual Easter Egg Raffle – Can we please have donations in by Friday 22nd March. (So we can sort out prizes)
- Tickets/Money to be in by 22nd March
- Raffle drawn at School Assembly Tuesday 26th March @ 2.15pm

A PRAYER

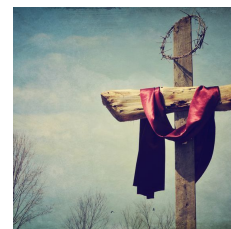
God of goodness and mercy,

Hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love.

May humility guide my efforts to be reconciled with you and live forever in your abundant grace.

Transform me this Lent, heavenly Father. Give me the strength to commit myself to grow closer to you each day.

Amen.



SHROVE TUESDAY – THANK YOU EVERYONE

A huge thank you to our parents who volunteered to flip pancakes for our learners to celebrate Shrove Tuesday. There was the wonderful smell of maple syrup, butter and sugar wafting through the air. For our first fundraising event for Project Compassion we have raised \$125.

Thank you again we appreciate our parent support.

(A necklace was left in the Canteen - it is in the Office if the owner would like to claim it)





OUR LEARNING

JUNIOR TEAM (Prep - Year 2)

The Prep – 2 Learners have been identifying ways to stay safe in our lives. We had a visit from the flying doctor last week, receiving a dental check and gathering information about the correct way to brush our teeth. The Year 1 and 2 Learners have been looking at the structure of recount. The Prep learners are continuing to develop their knowledge of letter and sounds.

SENIOR TEAM (Year 3 - Year 6)

We are busy, busy, busy in the 3-6 area! On Monday in Inquiry we split into interest groups to begin our personal inquiries into 'How Safe Are We?' Over the next few weeks we will be creating an advertisement to inform others on how to be safe in an area that interests us, such as road safety, bike safety and being sun smart. Watch this space as we become actors, script writers, prop makers and directors while sharing what we have learnt about this topic!



BIRTHDAYS

- Ruby Cutter 7th March
- Emmy Easton 9th March
- Bailey Gray 10th March
- Jacobi Robinson 11th March
- Oskar Fletcher 12th March
- Ava Brown 12th March
- Edie Power 12th March

SCHOOL PHOTOS

Please be sure to complete your school photos order form on line or send into school ASAP! Thank you

Medical Information on PAM

Can families please continue to log on and personalise accounts on PAM. We are asking that all Medical files be up to date, completed and current on PAM by the end of Term 1. Less than half of our families have completed this. Thank you everyone





NDCH

Northern District Community Health

Supporting healthy rural communities



Be a Body Positive Role Model

Parents and carers are the biggest influence on a young person's body image. The best way to encourage and support a positive body image in our children we need to lead by example.

Ways to help your young person to have positive body image include:

- Make healthy eating and physical activity part of your everyday family life, and avoid fad diets – this will help your child find the right balance
- Appreciate your own body for what it can do, not just how it looks
- Be proud of things about yourself that aren't related to how you look. Things like having a sense of humour, trying hard, being caring or being helpful – you can point out these qualities in yourself and your child
- Accept and value people no matter how they look. Do not comment on how people look.
- Talk about social media – a lot of what is on social media is to sell products. Social media can be edited to make people look a certain way.

If you would like more information about supporting your young person to have a positive body image, NDCH are hosting a [Body Confident Children and Teens](#) session with The Butterfly Foundation.

For further information please contact NDCH on 03) 54 510 200.

BODY CONFIDENT CHILDREN & TEENS

A **FREE** relaxed information evening for
PARENTS & CARERS supporting positive
body image and healthy behaviours

13 March 2019 | 7.00pm to 8.30pm
NDCH Kerang | 24 Fitzroy Street

You will learn about:

- Body image
- Things that effect body confidence
- Role modelling positive body image and healthy behaviours
- Reducing appearance based talk and how to handle the 'stuff' they say
- Behaviours that increase or decrease body satisfaction
- Where to find support information

* This session does not cover fussy eaters.

Register at www.ndch.org.au/events



NDCH



Butterfly acknowledges the support of



The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are proud to be bringing our unique whole community program to young people, parents & professionals in your area.

This session is supported by NDCH and the generous donation from the Kerang Turf Club's 2017 Melbourne Cup Day Charity Luncheon.

