



St Mary's Newsletter

WELCOME TO WEEK 10

We come to the end of term one with much to celebrate and be thankful for. We have all grown, learned and achieved so much in ten weeks. As learners we are settled in our learning spaces and have great relationships with our teachers.

We thank all learners for giving their best this term, taking risks to learn new things and bringing an enthusiastic vibe to our school each day! One thing we do know about the learners of St Mary's is that they love their school.

Thank you to the teachers and staff for a term of passion and effort! Although our staff are tired they have given their all each and everyday! They too are proud and positive participants in our school community and make our school a place of fun and learning!

I hope that all staff, learners and all families have a well deserved break. Rest up, enjoy the time together with loved ones and have a happy and Holy Easter.

God Bless

Jasmine Ryan

Principal



FOR THE CALENDAR

- 3rd Apr: Specialist Planning Day, Class Mass @ 12:30pm Yr 3/4 to host
- 4th Apr: First Aid in Schools Program
- 5th Apr: Yr 3-6 Learning Expo 9.00-10.00am, End of Term 1 - Dismissal @ 2:10pm
- 23rd Apr: Beginning of Term 2
- 24th Apr: St Mary's ANZAC Day Ceremony 10.00am
- 25th Apr: ANZAC Day Public Holiday. Cohuna march and ceremony begins 9.00am
- 26th Apr: Richmond footy clinic Yr 3-6
- 28th Apr: ASPA Dance - Yr 5/6
- 30th Apr: Yr 5/6 Leadership Conference, 2:25pm Assembly - Yr 1 to Host
- 1st May: Mass @ 12:30 - Yr 2 to Host



St Mary's is committed to Child Safety.
We believe all children have the right to feel safe and be safe.

P&F NEWS

The P&F met last night and have confirmed events for the following terms:

Term 2:

- Mother's Day Morning Tea
- Catering of Cohuna Deb Ball
- Cake Stall

Term 3:

- Father's Day Breakfast
- Pie Drive

Term 4:

- Garden Walk
- Grandparents Day
- St Mary's Production
- End of Year Mass & BBQ

We thank everyone in our community for all of the support collectively to the P&F.

St Mary's Canteen Reminders

A reminder that the cut off time for canteen orders using CDFPay is 8.30am.

Please also find attached the Canteen policy for your information.

The Winter menu has also been included.

PBIS BLITZ

Talking respectfully towards others and being kind.

What do you think?

St Mary's is seeking parent opinion around: Communication / Uniform / Assessment
Please click on the link below to have your input.

Term 1
Parent Survey

A PRAYER

Easter

Lord, the resurrection of Your Son has given us new life and renewed hope.
Help us to live as new people in pursuit of the Christian ideal.
Grant us wisdom to know what we must do,
the will to want to do it,
the courage to undertake it,
the perseverance to continue to do it,
and the strength to complete it.

Amen

Christ is Risen!

On Thursday the learners had a Hockey Clinic that was run by Jason Hensley and Rachel Warren. The learners got to experience some different skills that are required for Hockey. They were shown how to hold the stick correctly, how to be 'Hockey Ready' and how to push and stop the ball.

We thank Jason and Rachel for coming and showing us these skills. Learners were given some information about Kerang Hockey and 'Hook in 2 Hockey'.

EASTER MASS TIMES

Mass will be celebrated at St Mary's Church at the following times throughout Holy Week:

Holy Thursday - 8:00pm

Good Friday - 3:00pm (Parish based liturgy)

Easter Sunday - 8:30am



We come to the end of the term and have been tracking the use of PAM. At present we have 42 families actively using the communication tool out of 75. We ask that families not yet logged on please take the time to do so on the holiday. This is particularly important as this is where learner medical files need to be stored and kept up to date. Follow up contact will be made after the holidays around medical records. Thank you



OUR LEARNING

JUNIOR TEAM (Prep - Year 2)

The Prep to Year 2 learners have been continuing on with their projects for Inquiry. The Prep learners are continuing to practise writing recounts. The Year 1 and Year 2 learners are continuing to plan and draft their narrative. Exploring the correct structure and what elements need to be included. The Prep- Year 2 learners are continuing to explore strategies to add and subtract. The prep learners are using concrete materials to help count backwards by ones.



SENIOR TEAM (Year 3 - Year 6)

It's hard to believe that we are in the last week of term! It has been jam packed with new learning experiences for the Grade 3-6's, in which they have been able to demonstrate their knowledge, as well as strengthen their understanding within topics. This week the learners are busy putting the finishing touches on their Inquiry safety ads, which will be on show this Friday morning from 9-10 in the Grade 3/4 room. Please come along to celebrate the learners achievements in this area. We hope everyone has a safe, happy and relaxing holiday.

BIRTHDAYS

- Harvey Peacock - 3rd April
- Noah Hore - 9th April
- Isabella Hore - 14th April
- Lachlan English - 17th April
- Paige Fehring - 19th April
- Tyler Jones - 21st April
- Camm Nicholson - 21st April
- Declan O'Mahony - 23rd April



GREEN TEAM NEWS

We had a visit from Lee and Norm from the Lions Club to teach the team about Fruit Fly and the ways that we can help our community to get rid of this extremely harmful pest.

FAREWELL MRS PAGE!

This week we farewell Mrs Asta Page. Asta has taught at St Mary's in a variety of capacities now for 3 years. She has touched the lives of many learners and brought many of her passions to our school.

This is Asta's last term at St Mary's before she embarks on a world wide trip of a life time with her husband Matt. We hope their trip keeps them safe and well and offers them great adventure! We look forward to seeing them in the future . Thank you for all that you have contributed to St Mary's!

ST MARY'S CANTEEN WINTER MENU

TERM 2 & 3 2019

St Mary's School offers affordable quality food choices to our learners to ensure the whole school is well nourished throughout the day.

Ham & Cheese Toastie 2.80
Ham, Cheese & Tomato Toastie 3.00
Chicken & Cheese Toastie 3.00
Cheese Toastie 2.50
Baked Bean Toastie 2.80

Please choose Multigrain or White

BAKED POTATO 4.50
with Baked Beans & Cheese

BAKED POTATO 4.50
with Baked Beans & Cheese

Fresh Corn on the Cob with Herbed Butter
2.50

Chicken Nuggets 60c each

Fish Fingers 60c each

Sweet Potato Wedges 4.30

Potato Wedges 4.30

Sour Cream 50c extra

Cheese & Bacon Roll served warm with
melted cheese 2.80

Sweet Chilli Chicken Tender Wrap 5.00

Sweet Chilli Chicken Tender strips with
Lettuce, Tomato, Cheese & Mild Sweet
Chilli Sauce

No Salad, Cheese Only 4.00

Classic Crumb Chicken Tender Wrap 5.00

Plain Crumbed Chicken Tender Strips with
Lettuce, Tomato & Cheese

No Salad, Cheese Only 4.00

MILKSHAKES & SIPPAH STRAWS 2.00

Cocoa Bean Chocolate, Luscious Strawberry, Velvety Vanilla,
Cookies & Cream, Banana Smoothie, Choc Mint & Hello
Marshmallow

All milkshakes served with 200mls light milk shaken for FUN!

JUST JUICE 2.00

Apple, Orange, Apple Blackcurrant & Paradise Punch

WATER 1.20

PADDLEPOPS 2.00

Rainbow & Banana

VAALIA YOGHURT TUBES 3.00

Strawberry, Vanilla

POPCORN 1.00

WEDNESDAY SPECIALS

Each Wednesday there will be Special Menu Items advertised in the newsletter for the following week.

Specials will include Pasta with Tomato Sauce, Pita Pizzas, Quiche



St Mary's Primary School CANTEEN POLICY

MISSION STATEMENT

St Mary's Canteen is an important and integral part of St Mary's School and community. St Mary's Canteen offers healthy menu options that support a growing and nurturing learning environment. St Mary's Canteen provides an efficient lunch time service to learners and staff as well as supporting school functions and families in need. St Mary's operates a very high standard in Food Safety and Hygiene practices. St Mary's Canteen actively supports the National Healthy School Canteen Guidelines Victoria. This is a category based system (GREEN, AMBER, RED) which encourages menus based on every day healthy food choices and discourages unhealthy food choices. When our learners actively choose nutritious foods and a healthy lifestyle, it supports learning and lifelong healthy eating habits and preferences. All food items are priced affordably to allow accessibility for all families whilst maintaining a financially sound business.

AIMS

- To provide a school food service to St Mary's families to purchase a healthy lunch for learners.
- To encourage and promote every day healthy and nutritious foods.
- To provide healthy food choices that are tasty, interesting and affordable.
- To support our learners to make healthy food choices at school and throughout life.
- To provide healthy foods from our Canteen that will supply important nutrients that learners need to be alert and engaged in the class room.
- To provide a financial contribution to the school towards resources for the learners of St Mary's.
- To function as an efficient business within the school and with means to remain profitable and sustainable.
- Demonstrate high standards in Food Safety & Hygiene in relation to preparation, storage and serving of food consistent with National Food Safety Standards in accordance with the Victorian Food Act 1984 and the subsequent Food Amendment Act 1997 and the Food Amendment Act 2001. (Resource - Healthy School Kids Association)
- To only serve food prepared in a registered food premises (eg: St Mary's Canteen) or foods prepared in a commercial kitchen. No homemade foods or foods prepared outside of School Canteen will be accepted for sale or sold through the school canteen.
- No confectionery is to be supplied or sold by St Mary's Canteen.

St Mary's Primary School

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E: principal@smcohuna.catholic.edu.au

The Everyday Category (GREEN) is consistent with the Australian Dietary Guidelines for Children and Adolescents in Australia and are most suitable for our School Food Service.

Everyday Category Foods include:

- VEGETABLES
- FRUITS
- DAIRY FOODS - reduced or low fat milk, yoghurt & cheese
- LEAN MEAT, POULTRY, FISH, EGGS, NUTS & LEGUMES
- BREADS, CEREALS, RICE & PASTA
- WATER

These foods are to be included most often as the main choices on our Canteen Menu. A wide range of choices from this group is to be encouraged and promoted.

The Select Carefully Category (AMBER). St Mary's canteen encourages limiting the availability of these products and they are not to be promoted at the expense of food and drinks from the Everyday Category. **AMBER** foods contain some valuable nutrients, but may also include unhealthy ingredients. They are mainly processed and have fat, sugar or salt added.

Food and drinks in the **(AMBER)** Select Carefully Category include:

- FULL FAT DAIRY FOODS
- 100% FRUIT JUICES & 100% FRUIT JUICE BASED ICES
- ARTIFICIALLY SWEETENED DRINKS
- REDUCED FAT PROCESSED MEATS
- COMMERCIALY PREPARED HOT FOODS
- REDUCED FAT HIGH FIBRE SNACK FOODS
- MARGARINE, OILS, SPREADS, SAUCES & GRAVIES

The Occasionally Category (RED). Food and Drinks in this category are not consistent with the Australian Dietary Guidelines and are not recommended for school food services. The availability of these foods are limited to no more than 2 occasions per term.

Select occasionally foods include:

- SUGAR SWEETENED DRINKS - Sports drinks, cordial
- DEEP FRIED FOODS
- PASTRY BASED OR CRUMBED HOT FOODS
- SAVOURY SNACK FOODS - Crisps, Chips, Biscuits
- ICE CREAMS and ICE CONFECTIONS - Chocolate Coated and Premium ice creams, icy poles and ice crushes.
- CAKES, MUFFINS, SWEET PASTRIES, SLICES, BISCUITS and BARS
- CONFECTIONERY is of minimal nutritional value and for this reason it is not to be sold through our Canteen

SPECIAL DIETS FOR MEDICAL REASONS

All efforts will be made to provide menu options to safely meet the needs of Learners with special diets for medical reasons. Learners with severe allergies e.g.: Anaphylaxis or Coeliac disease must be in consultation with Principal and Canteen Manager as to the safety and risks associated with food preparation and storage in an environment where possible contaminants with triggers may occur.

Every effort will be made to ensure the safety of the learner at all times.

CANTEEN ADMINISTRATION

- St Mary's Canteen is run by a Part Time Canteen Manager with Canteen operating a lunchtime only service, 3 days per week; Monday, Wednesday and Friday.
- Canteen will provide a Summer Menu and Price List for Terms 1 and 4 and Winter Menu and Price List for Terms 2 and 3.
- The Canteen Manager will ensure the menu provided has nutritious options and prices are kept affordable.
- Canteen provides a preferred method of Ordering and Payment via CDF PAY. No cash is kept in the Canteen.
- The Canteen Manager will report directly to Principal with matters of management.
- The Canteen Manager and Principal will develop, implement, review and evaluate canteen operations and policy.
- The Canteen Manager will oversee all operations of the Canteen.
- The Canteen Manager will maintain Canteen Policy and all Food Safety Programme Guidelines.
- The Canteen Manager will ensure canteen meets all Council Operational Guidelines.
- The Canteen Manager will keep all financial records in matters of Finance and Purchasing. The Canteen Manager will present written reports to the Principal as well as regular meetings throughout the year.
- The Canteen Manager and Principal will make decisions on items to be sold in the Canteen as well as the need to make adjustments for price increases.
- The Canteen Manager will monitor and notify Principal of upgrades to Canteen equipment and facilities as required.
- The Canteen Manager and Principal will ensure volunteers have a sound knowledge of hygiene and Food Safety practices.
- All Volunteers are required to complete the free online course "**Do Food Safely**". The course can be accessed through our local government website www.gannawarra.vic.gov.au or directly visit <http://dofoodsafely.health.vic.gov.au/safety>
- The Canteen Manager and Principal will provide advertising of Canteen initiatives through newsletter and our Apps.
- The Canteen Manager will maintain a happy, safe, sociable working environment.

FOOD SAFETY:

St Mary's Canteen is a registered Class 3 Food Premises and has a Food Safety Programme. The Canteen Manager is appointed as a trained Food Safety Supervisor and has the authority to ensure all food handlers who work paid or volunteer have the appropriate food safety and hygiene skills and knowledge.

Food Safety and handling requirements cover personal hygiene practices, food preparation practices, food storage and cleaning procedures.

PERSONAL HYGIENE REQUIREMENTS INCLUDE:

- washing and drying hands before handling food and frequently during work.
- no smoking within 200m of the school grounds.
- not going to work when sick with gastric disorder or contagious disease.
- using disposable tissue when coughing or sneezing.

FOOD PREPARATION REQUIREMENTS INCLUDE:

- ensuring food is handled by gloved hand or utensils.
- ensuring benches and work surfaces are clean.
- ensuring there are suitable areas for food preparation.
- avoiding cross contamination of cooked and raw foods - hands or utensils that have been used to prepare raw foods must be washed properly before they are used to prepare ready to eat or cooked foods.

FOOD STORAGE REQUIREMENTS INCLUDE:

- ensuring cold food is stored below 5°C
- ensuring frozen food is stored below minus 15°C
- ensuring hot food is maintained over 60°C
- minimising the time that food is kept in the danger zone, that is between 5°C and 60°C - the temperature range which bacteria are most likely to grow.
- ensuring that when cooling hot, potentially hazardous food, it is cooled within 2 hours from 60°C to 21°C and within a further 4 hours to 5°C

CLEANING REQUIREMENTS:

- ensuring there is a display of schedules outlining how the premises is cleaned.
- having procedures for the storage and disposal of garbage and the location of bins.

Resource: <http://dofoodsafely.health.vic.gov.au/>

LUNCH ORDERING & CDF PAY:

- St Mary's Canteen is a lunch time service and days of operation are Monday, Wednesday and Friday from 9am. Lunch is served at 1.40pm.
- St Mary's offers the pre pay service of CDF Pay for Parents and Guardians to directly place lunch orders to the Canteen. Lunch orders for the day must be placed prior to the cut off time of 8:30 am.
- CDF pay is a Cash Free system which allows us greater benefits for accessibility, automated payments and faster ordering. It is a valuable tool creating convenience for parents and guardians and security for Learners.
- No cash is kept in the Canteen.
- CDF PAY is our preferred method of payment for lunch orders. In the instance where access to CDF pay is unavailable, cash may be sent with lunch order.
- The CDF Pay system may be used to place orders daily, or up to 2 weeks ahead.
- Your CDF Pay account is easily accessed from your smart phone or computer 24/7.
- Payments are made via credit card, debit card or bank transfer making orders lunches faster and easier without the need to find small change.
- It is a much safer option for our learners as there is no need for them to be concerned about losing coins or notes from their bags. It is also more time efficient for staff.
- No accounts will be kept for families to book up. Financial hardship will be acknowledged and arrangements will be made through the discretion of the Principal.
- All lunch orders including CDF Pay orders must be accompanied by a named lunch order bag with the order clearly stated on the bag.
- Lunch order bags must be cleaned and emptied of all rubbish before each use.
- Learners are to place their named lunch order bag in the class room basket upon arrival at school.
- Special requests Eg: no tomato, maybe written on the lunch order bag if there is no preference given on CDF Pay options.
- Lunch order bags can be purchased through the uniform shop on CDF Pay. These are our preferred bags for food storage as they offer some insulation and they are re-useable.
- Lunch order bags are required for food safety as well as the efficiency of packing lunches as they will be placed back into classroom baskets and delivered to our Learners.
- As Canteen currently only operates for lunchtime service, fruit for fruit break and snacks for recess are required to be provided from home.

Policy Initiated: 2019

Reviewed: Annually

Hello School Holidays

April 2019



Echuca Moama



SCHOOL HOLIDAY PROGRAM

Open 8am - 6pm



ENROL ONLINE NOW AT bendigo.ymca.org.au



STRENGTH & KINDLINESS



ST. JOSEPH'S COLLEGE ECHUCA

Please come along to the

YEAR 7 2020 INFORMATION EVENING

Wednesday, 8th May 2019 at 7.00pm
in the Oak Centre

Book in for a "Principal Tour"

Thursday 04.04.19 9.00 & 9.45am

Monday 29.04.19 9.00 & 9.45am & 4.15 & 5.15pm

Thursday 02.05.19 9.00 & 9.45am

To book a tour, contact Mrs Rhonda Battye
(03) 5482 2577 or registrar@sje.vic.edu.au
Website: www.sje.vic.edu.au

Collect an Enrolment Pack
at the College AFTER 8th May 2019
if you are unable to attend.

Parking is available at VIC PARK

**School
Holiday
FUN**



@ Cohuna Neighbourhood House

MAKE A SCRUNCHIE

MONDAY 8th April 1pm - 3pm Cost \$2

BYO favourite material (old shirt/dress) or choose from material supplied. We will have members of our Social Stitches Group to assist



**Creative, Supportive
and Community**

**LET YOUR CHILD HAVE
AN EDUCATION ADVENTURE
THEY WILL REMEMBER**
Information Evening
for 2020 Year 7 students
Wednesday, 1st May at 7pm

You will have the opportunity to discover the many exciting programs on offer and tour our wonderful school. We will introduce many of our staff responsible for the classroom and specialist programs provided at CSC.

Enquiries: 5456 2555

GOOD FRIDAY APPEAL

Friday 19th April

The Lions Club of Cohuna are once again conducting the Good Friday Appeal and are asking for children and parents to volunteer their time.

If you would like to help please be at the Cohuna Fire Station by 9.00am.

Please remember to bring a drinker, hat and sunscreen.

All children will be accompanied by an adult or older teenager.