



St Mary's Newsletter

WELCOME TO WEEK 5

We concluded our Year 3 and 5 Naplan testing last week, with a delicious shared lunch of fish and chips. Our learners celebrated their efforts together and doing their best! The testing has come and gone and our learners approached it with a willing attitude and calm demeanor. Well done to our teachers and Mrs Kelly for their preparations.

This week we share our learning environment with Christine Hill who has begun her first year teaching degree and Nicky Merkel who is studying educational support. It is fantastic that St Mary's can share our world of education with others. We thank them both for supporting the learners at St Mary's.

Just a reminder to all families about the value and importance of practicing reading at home. Throughout the school it is expected that all learners are reading at home, five times a week. We are hoping that all families can recommit to this practice as the benefits are so important. Reading is not only an academic skill, it is a life skill that we all need!

We are still encouraging all adult family members to obtain their free Working With Children's Check. This is in support of our mandated Child Safe practices and policies. Some families have components of the process to return to the school and phone calls home will be made as an additional reminder. We thank everyone who has supported the school on this.

God Bless

Jasmine Ryan

Principal



FOR THE CALENDAR

- 23rd May: CSC Transition Session #2
- 24th May: Good Samaritan Cup @ St Patrick's Pyramid Hill
- 28th May: Assembly @ 2.15pm - Yr 5/6 to Host
- 5th Jun: Class Mass - Yr 5/6 to Host
- 7th Jun: Chaplain Network Group day
- 10th Jun: Public Holiday
- 11th - 13th Jun: Yr 3/4 Camp
- 12th Jun: Yr 5/6 @ Festival of the Sacred
- 13th Jun: Yr 5/6 @ Lightning Premiership Kerang
- 14th Jun: School Closure Day
- 17th Jun: P&F Deb Ball Meeting @ 7pm, Yr 5/6 Life's Relationships Family Night @ 7pm
- 21st Jun: Reports to come home
- 23rd Jun: First Eucharist @ 10am in the Church



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

A Reflection

Cross Country - Swan Hill

Well Done to Noah Hore, Liam Edge, Campbell Wood, Mackenzie Dobie, Mac Ryan, Harry Link, Eliza Brown, Chloe Dehne, Seth Miller and Jack Pollock on their amazing effort at the Swan Hill cross country on Tuesday 21st May. They all did a fantastic job and showed outstanding sportsmanship towards other participants. There was great determination by all, lots of nerves to begin with but displayed great resilience and overcame the initial nerves! We are all proud of how they represented the school!

Food Handling

St Mary's P&F are all striving hard to obtain their basic Food Handling certificate. This will ensure we are operating with optimal health and safety standards when working with food on behalf of the school. Regardless of whether you are on the P&F, we are encouraging anyone in our community who volunteers or helps occasionally to obtain this free learning on line.

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

Baby Boy News

Congratulations to the Dehne family - Bernie, Justin, Chloe, Emily and Jaida on the arrival of baby Ted! We hope he is bringing you all much love and joy at this time!



PARENT LEARNING SUPPORT PROGRAM

The Parent Learning Support Program provides parents with the opportunity and insight how to effectively support learning in the classroom. Learners enjoy having their parents in classrooms, it models a love of learning and allows parents to experience how a classroom operates. The program will run on Monday 3rd June @ 6.00pm in the staff room at St. Mary's. Please fill out the form provided on the App if you are interested in coming along. A Working With Children's Check is required to complete this program.

"JULES" SCHOOL PRODUCTION 2019

Year 5&6 have auditioned and have been allocated their roles for this year's musical production. They were very excited upon receiving their roles and extremely supportive of each other. As mentioned before this is a real life lesson in accepting disappointment, and the learners are to be commended on their graciousness and resilience. They will all need help in rehearsing their lines at home and this is a wonderful way for families to assist in our production preparation. Many thanks to those who came to our committee meeting. We would like to get started on organising props and costumes and our first job is to paint an undercoat on our calico backdrop.

Child Safe Update



As St Mary's continues to adhere to Child Safe practices and standards a reminder to our Volunteers that no photography is to be taken when in the Volunteer Role. Please remember that all visits require any person to sign in at the front office. We thank you for your co-operation on this.



OUR LEARNING...

JUNIOR TEAM (Prep - Year 2)

The Prep – Year 2 learners have been practising their throwing and catching skills in sport. This week we have been looking at the human life cycle and looking at how we have changed and grown throughout our lives. We have made a timeline of the different stages in our life. The Prep's are beginning to order and name the months of the year. The year 1 learners are continuing to practice skip counting by 2's, 5's and 10's. The Year 2 learners are continuing to build their knowledge and understanding of multiplication and division.

SENIOR TEAM (Year 3 - Year 6)

A big week last week for the Year 3's and 5's, who completed their NAPLAN testing. It was great to see them putting in their best effort and giving each question a go.

In Inquiry each class has started to look at their end of unit assessment, which looks to be a lot of fun. The Year 3/ 4's will be creating a documentary, and the Year 5/ 6's will be creating Podcasts. Once again these will be on display in our end of term Learning Expo. More details on this will be given at a later date.

In maths we are learning about multiplication, including strategies that can be used to solve multiplication problems.



BIRTHDAYS

- Pippa Reid - 28th May



Is your child a worrier?

Part 1 of a 5 week series providing steps to help you manage your child's anxiety.



Step 1: Explain anxiety

Anxiety in children is common, with almost 7% of Australian children aged 4-17 years of age experiencing an anxiety disorder in 2015. If your child is anxious they may struggle to explain how they feel. An important first step in helping your child manage their anxiety is explaining to your child how it works.

- Teach your child that the part of the brain that protects them from danger (the amygdala – pronounced *ahh-mig-dah-la*), is on high alert when they are feeling anxious.
- Explain that the amygdala sees danger, sometimes where there is none, and the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion.
- Discuss that the amygdala can't tell the difference between a hungry lion and public speaking or some other task they must face.
- Talk about the changes that happen in their body to power them up to fight or flee, including increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause them to feel sick and even vomiting for some.

For more information check out the Parenting Ideas website [HERE](https://parentingideas.com.au)

www.ndch.org.au

FREE EVENT FOR PARENTS



MAKING PARENTING A LITTLE EASIER

presented by **DAN PETRO** - Behaviour Analyst

SATURDAY 25 MAY (Bendigo)

Catholic Education Office (120 Hargreaves St Bendigo)

Please enter via rear door in carpark

9:30am - 3:00pm

Parenting is a demanding task under any circumstances, and doing so when a child displays challenging behaviours increases the difficulty. These problem behaviour situations are often amplified as the child's challenges can collide with typical developmental changes all children experience. Parents can become at odds with the child, or even between themselves, when searching for the best responses to these tough situations. Other children in the home can also be impacted, as the problem circumstances become a common part of their day. During this one-day workshop, participants will be provided with practical, flexible alternatives they can draw upon to teach new skills at home, help establish daily routines and effectively prevent or respond to challenging situations.

Who is invited:

Parents, those parenting and anyone interested in learning

Catering:

Morning tea and lunch provided. When registering please note any dietary requirements

Registration:

Free Event - to register please call the Catholic Education Office between 9-5pm on (03) 5443 2377 and ask to register for

Making Parenting a Little Easier