



# St Mary's Newsletter

## WELCOME TO WEEK 1

Welcome to Term 4! I cannot express how happy each and every person in the St Mary's community is to all be back at school together! A school with noise, laughter, learning and fun has truly been missed. I recognise and again thank all of our families and staff for the incredible efforts you all went to, to make our remote schooling so effective. This week our teachers will be working collaboratively with their classes to transition all learners back to school as we know it. There will be a great focus on everyone's social and emotional well being, ensuring everyone feels safe and supported. Teachers will check in with every child about how they are feeling about their return to the classroom. If any parents have any concerns with their child's transition to school, please make contact with your classroom teacher.

This week will also be an opportunity to check in on our learners academically. Teachers have been given time and flexibility to assess learners to ensure that term 4 is targeting every individual's need. If there are any concerns from the school, families will be made aware. Given that nearly a quarter of our children's year has been remote learning, time on task with minimal interruption will be a priority. The St Mary's teachers are already creative and highly skilled at providing engaging curriculum so we predict that the term will be fun as well as busy! In line with CECV return to schooling operations, St Mary's has been allowed an increase commitment to literacy, numeracy, physical education and social and emotional curriculum. We know our families will be appreciative of this also.

At the present time St Mary's must continue to enforce Covid safe practices for all in our community. Learners will continue to have increased hand washing opportunities, sanitising on entering and exiting classrooms and daily cleans of spaces and surfaces. Staff are expected to wear mask when not engaging with learners, particularly on yard duties. Unfortunately we are unable to have parents freely onsite, however if there are any essential meetings required, please feel free to contact me to discuss. Drop off and pick ups will remain the same; morning arrive as per normal and the afternoon A - K @ 3:10pm and L - Z @ 3:15pm.

Given the year we have had, we feel very disconnected from our parent community. Until restrictions are lifted St Mary's will continue to share and celebrate the greatness we experience inside on our Facebook page or via virtual platforms. We hope that you all continue to check in with Seesaw as we are very aware that this allows our families to see how great your child is doing! We look forward to a full and wonderful term!

God Bless

*Jasmine Ryan (Principal)*

## DATES AHEAD

- 9th Oct: Capture this Time Competition Due (extended)
- 12th Oct: Inquiry Launch - Come as your favourite Movie Star, School Board Meeting @ 7pm
- 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

**Just a reminder  
that our Capture  
this Time - Family  
Competition  
closes this Friday  
9th October! All  
entries to the  
office please!**





*St Mary's is a Child Safe School.*

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

## Book Covering Helpers

This year Mrs Kelly has worked hard to buy our Learners new books for onsite learning. These fabulous books need contact covering before we can use them. Any families who are happy to help, please contact the school and we will send home what you need! Thank you in advance!



## School Photos

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

**All monies paid will transfer over!**



## Grandparents Afternoon

On Thursday 22nd October we invite all of our Grandparents to take part in our annual Grandparents day celebrations. It will look a little different to last year however we will be creative. More information to follow shortly. If every family can bring in or email to teachers photos of themselves with their grandparents as soon as possible that would be great!

## PBIS

**Respect for Self,  
Respect for Others.  
Respect for  
Environment**

This week as a whole school we will revisit all of our expectations and understanding of all areas of PBIS!

## Inquiry Launch Day - How is story shared through the media?

This term we begin yet another exciting inquiry investigation - How is story shared through the media? The whole school will launch this investigation on Monday 12th October where all learners will explore collaborative peer learning experiences. Our learners will learn from a variety of teachers the how, what and why of digital media and story telling.

Throughout this investigation our learners will explore how film, animation and digital image is made. They will explore that all production begins in writing and can be produced in creative and engaging ways.

On Monday 12th October every learner is invited to come dressed up as their favourite movie character for our launch! We can't wait to see all of the characters to arrive on the red carpet!



## Book Week - Curious Creatures ~ Wild Minds

We will be celebrating Book Week at St Mary's this year between the 19th - 22nd October! We have ordered and received many of the short listed books for our learners to enjoy! Unfortunately, we again need to be creative in how we celebrate and how we share this with our community! On Thursday 22nd October we will have our annual book week parade and story writing awards! To ensure our parents and families can take part, we will live stream this event via our Facebook page from 8:50am - 9:15! We hope many of our families stream in! Our Learners are invited to come dressed as their favourite book character - it must be a character from a book!



*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.*



# OUR LEARNING

## JUNIOR TEAM

Welcome to term 4. We are all so excited to be back together this term and teaching face to face. We have missed you all and can not wait to see you all this week. Term 4 is going to be another busy and exciting term. The junior team is so excited to watch you all grow and learn this term. This week the junior learners will be focusing on building positive friendships and teamwork.



## SENIOR TEAM

Today was full of big smiles and laughter as we returned back to school for Term 4. We are excited for our learning to visibly grow in our learning spaces and to learn collaboratively again.

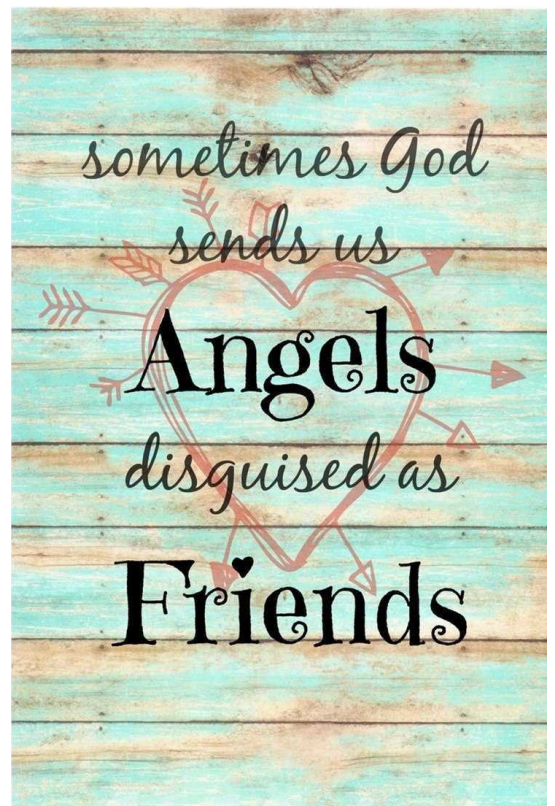
This week in the Senior School we will be refreshing our understanding about how to be a respectful learner at St. Mary's. We will be learning collaboratively and build positive friendships with our peers. After spending a lot of time on our devices, we are going to be participating in many physical brain breaks to have our bodies moving regularly.

We look forward to a term full of warm weather, big smiles and learning growth!

## BIRTHDAYS



- Macey Pollock 2nd October
- Lillian Trezise 2nd October
- Jensen Fountain 3rd October
- Jenny Horvath 7th October
- Jolie Mathers 8th October
- Jack Cutter 10th October
- Tara Jameson 10th October







## The Term Ahead - Our Families

### Term 4 - 2020

Week	Dates & Items
1	<ul style="list-style-type: none"> <li>5th Oct: Term 4 Begins - School Closure Day - Staff Preparations</li> <li>Prep 2021 Family Meetings (onsite)</li> <li>6th Oct: All Learners start back for onsite learning</li> </ul>
2	<ul style="list-style-type: none"> <li>Inquiry Launch - Monday 12th October - Come as your favourite Movie Star!</li> <li>12th Oct: School Board Meeting @ 7pm</li> <li>14th Oct: First Aid Training (Whole Staff) 3:30pm - 8:30pm</li> <li>16th Oct: Prep 2021 Transition Session #1 (9am - 11am)</li> </ul>
3	<ul style="list-style-type: none"> <li>Book Week - Curious Creatures, Wild Minds</li> <li>20th Oct: PSG's (Families / Teachers / Jacqui Deola)</li> <li>21st Oct: Prep 2021 Transition Session #2 (9am - 11am)</li> <li>22nd Oct: Grandparents Day (Take away task) &amp; Book Week Parade (Live Streaming)</li> <li>23rd Oct: Grand Final Public Holiday - No School</li> </ul>
4	<ul style="list-style-type: none"> <li>26th Oct: MSP School Photos</li> <li>27th Oct: PSG's &amp; Assembly</li> <li>30th Oct: Prep 2021 Transition Session #3 (9am - 11am) &amp; World Teachers Day</li> </ul>
5	<ul style="list-style-type: none"> <li>2nd Nov: School Closure Day - Reporting &amp; Assessment for Staff</li> <li>3rd Nov: Public Holiday - Melbourne Cup Day</li> <li>4th Nov: Prep 2021 Transition Session #4 (9am - 11am)</li> </ul>
6	<ul style="list-style-type: none"> <li>10th Nov: Caritas Leadership Day @ St Mary's Echuca</li> <li>11th Nov: Remembrance Day</li> <li>13th Nov: Prep 2021 Transition Session #5 (9am - 11am)</li> </ul>
7	<ul style="list-style-type: none"> <li>16th Nov: Stewardship of Resources Review &amp; School Board Meeting @ 7pm</li> <li>18th Nov: Prep 2021 Transition Session #6 (9am - 11am) &amp; Sacrament of Reconciliation @ 6pm</li> <li>20th Nov: Good Samaritan Cup (Pending) / Camp Night for all Learners (5:30pm - 8:30pm)</li> </ul>
8	<ul style="list-style-type: none"> <li><b>Testing &amp; Assessment Week</b></li> <li>23rd Nov: P&amp;F Meeting @ 7pm</li> </ul>



9	<ul style="list-style-type: none"> <li>• 24th Nov: Assembly (Virtual)</li> <li>• 27 Nov: Prep 2021 Transition Session #7 (9am - 11am) &amp; Advent Liturgy @ 12:30pm</li> </ul>
	<ul style="list-style-type: none"> <li>• Swimming Program to start daily (11:30am - 3:00pm)</li> <li>• 2nd Dec: Prep 2021 Transition Prep Transition Session #8</li> <li>• 4th Dec: Advent Liturgy @ 12:30pm &amp; Semester 2 Reports to come home</li> </ul>
	<ul style="list-style-type: none"> <li>• Swimming Program continues this week daily (11:30am - 3:00pm)</li> <li>• 8th Dec: Community Step Up Day 2021, Prep Parent Information Session &amp; Year 6 Graduation Dinner</li> <li>• 10th Dec: Optional Learning Conversations (1:00pm - 5:00pm) &amp; End of Year Mass &amp; BBQ @ 6pm (Pending)</li> </ul>
	<ul style="list-style-type: none"> <li>• 16th Dec: Last Day of Term 4 for Learners</li> <li>• 17th Dec: School Closure - The Year Ahead: 2021</li> <li>• 18th Dec: Last day for Staff</li> </ul>

# ***ST MARY'S SUMMER CANTEEN MENU***

***TERM 4 2020***

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

## **FRESH IS BEST!**

### **CHICKEN & SALAD WRAP \$4.50**

Diced roast Chicken, shredded lettuce, grated carrot, beetroot, tomato & cheese.

### **HAM & SALAD WRAP \$4.50**

Ham, shredded lettuce, grated carrot, beetroot, tomato & cheese.

### **CHICKEN, LETTUCE & MAYO WRAP \$4.00**

Diced roast chicken, shredded lettuce & mayonnaise.

### **RAINBOW SALAD CUPS \$4.50**

Layered salad cups with lettuce, grated carrot, diced tomato, corn & your choice of tuna or diced roast chicken.

## **SWEET & FRESH!**

### **FRESH FRUIT FIESTA \$5.00**

Watermelon, Orange, Kiwi Fruit & Strawberries

### **FROZEN BANANA POP**

**\$2.50**

Whole frozen banana dipped in vanilla yoghurt and coconut.

### **VAALIA YOGHURT TUBES**

**\$3.00**

Strawberry & Vanilla

### **SWEET CHILLI CHICKEN TENDER WRAP \$5.00**

Sweet chili chicken tender strips with shredded lettuce, tomato, cheese & mild sweet chili sauce.

### **CLASSIC CRUMB CHICKEN TENDER WRAP \$5.00**

Plain crumb chicken tenders with shredded lettuce, tomato & cheese.

### **CHICKEN NUGGETS 60c each**

### **FISH FINGERS 60c each**

## **SANDWICHES**

Ham & Cheese \$2.80

Ham, Cheese & Tomato \$3.00

Cheese & Tomato \$2.80

Chicken & Cheese \$3.00

*Sandwiches are available to be toasted upon request.*

*Please choose White or Multigrain.*

## **JUST JUICE \$2.20**

Apple, Orange, Paradise Punch & Apple Blackcurrant.

## **WATER \$1.50**

## **PADDLE POPS \$2.20**

Rainbow & Banana

## **MILKSHAKES WITH SIPPAAH STRAWS \$2.50**

Cocoa Bean Chocolate, Lucious Strawberry, Velvety Vanilla, Banana Smoothie, Cookies & Cream, Smooth Caramel.

**All milkshakes served with 200mls light milk and shaken for fun!**



# NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

## Tips to Look after your Mental Health

Saturday Oct 10<sup>th</sup> is World Mental Health Day 2020 and this year we are reminding everyone to **look after their mental health**. Here are some ways to look after your mental health.



October is also **Walk to School** month. Walking, riding or scooting to school can be good for mental health as well as you physical health.



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.