



# St Mary's Newsletter

## WELCOME TO WEEK 6

Welcome to the halfway point of the term! The weather is definitely heating up and the count down to Christmas has begun! We hope that all families have enjoyed the past two long weekends and are ready to conquer the last 28 days of face to face schooling! It is hard to comprehend that the end of the school year is near!

This Wednesday we will commemorate Remembrance day. The whole school will take part in a liturgy at school from 10:45am concluding with our one minute silence at 11:00am. We normally represent the school at the Garden park with our friends from the RSL however this year we are unable to do so. We will still remember the sacrifice of all men and women of service and educate our children on this important day.

Over the past week we have seen many learners who are unwell. I continue to thank all families for your diligence on keeping your children home when they are unwell. Even though restrictions are easing we still are unable to care for unwell learners, or have them rest in the sick bay. Thank you for your ongoing support of this.

As of 2021 St Mary's Cohuna will be governed by Catholic Education Sandhurst Limited. This means that Parish Priests and Canonical Administrators are no longer the legal entity of the school. This change of governance will some internal and systemic change and I will keep you informed as the handover progresses. At this stage staff and the school board are becoming acquainted with the changes and what that will mean for the future of our school.

As the season of Christmas is approaching, St Mary's are always such proud supporters of our St Vincent's food drive and our combined Church Toy drive. This year will see minor changes to this also due to Covid #19. St Vincent's this year will not be accepting or collecting food hampers from us. This year if families would like to they may donate a toy or item that will be shared with those in need in our local community. The toy run provides the youth in our community with new gifts at Christmas. The items purchased must be brand new and can be for male / female from ages 0 - 16 years. Any families wanting to donate please send the item to the office where we have a collection box.

Just a reminder that the bubble taps are still turned off. Please continue to send in ample water for your child particularly as the weather warms up.

God Bless

*Jasmine Ryan (Principal)*



## DATES AHEAD

- 11th Nov: Remembrance Day - Liturgy @ 11am
- 13th Nov: Prep Transition (9am - 11:40am)
- 16th Nov: Stewardship of Resources Review, School Board Meeting @ 7pm
- 18th Nov: Prep Transition (9am - 12pm)
- 19th Nov: Junior School Mass @ 12:30
- 20th Nov: Camp Night 5:30pm - 8:30pm
- 23rd Nov: P&F Meeting @ 6:30pm
- 24th Nov: Assembly (Virtual) @ 2:20pm



St Mary's is a Child Safe School.

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

## Remembrance Day



We kindly ask if any families could donate some freshly picked flowers from your garden for us to use at our liturgy service at School this Wednesday morning.

## A PRAYER

This Wednesday is Remembrance Day, we offer a prayer to remember all the brave men and women who died in war and ask God to help us all strive to bring peace to our world.

## Canteen Special

Crunchy Munchy Cups  
Carrot & Cucumber  
Veggie sticks with  
Hummus & Rice Crackers  
**\$4.50 each**



## Prep Transition

Miss Cartwright and Mrs Wood had another successful day with Prep transition last Wednesday. They enjoyed playing games and getting to know some of the senior learners in the school. We look forward to seeing them this Friday 13th Nov, from 9am - 11.40am.



## PBIS

### Respect for Others.

This week as a whole school we will be focusing on Respect for our environment by putting the equipment away and picking up our belongings.



*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.*



## St Mary's Camp Night 2020

As we have been unable to have camps this year, we have decided to have a whole school camp night. This will be held onsite for learners on Friday 20th November, 2020 from 5.30pm - 8.30pm. Learners are welcome to come dressed in casual clothes ready for a fun filled evening. We will be having Pizzas and ice-cream. Please let us know on School Stream of any dietary requirements. Pick up will be from 8.30pm and it will be the same process as end of school dismissal. There will be plenty of games and fun activities for the learners to enjoy. We are looking forward to having this evening with our learners and celebrating the year.

## Leitchville Pool

The Leitchville pool will be opening this Friday the 13th November from 4 - 7pm.

Operating hours will be Mon - Fri 4 - 7pm & weekend/public holidays are 1.30 - 7pm.

Entry is \$4 per adult, even for supervising, and \$3 per child. A family season ticket for the Leitchville pool can be purchased for \$120. Please contact the Shire in regards to a combined Leitchville, Cohuna & Kerang pool ticket.



# OUR LEARNING

## JUNIOR TEAM

The Junior learners have been busy creating their digital stories for 2020. They have been developing the skills to be able to collaborate together. In Inquiry the learners have been continuing to explore different forms of media and how they are created.

The Prep learners have been learning to recognise adjectives in a text. The year 1/2 learners have been learning to recognise nouns, verbs and adjectives in the text. The prep, year 1 and year 2 learners have been learning to ask and answer questions about the text. They have been wondering about the text they have been reading. The junior learners are creating their own persuasive text on cats Vs dogs. They have written their introductions and are moving on to their arguments.

The prep learners have finished their unit on patterns and are moving to days of the week. They will be learning to order the days of the week. The Year 1/2 learners have been learning to multiply numbers.

## SENIOR TEAM

The Year 5/6 learners are growing their persuasive skills by sharing their opinion and learning to use an explicit planner. In Reading, learners have been focusing on inferring with pictures and animations. In Mathematics, learners have been expanding their division knowledge by applying their strategies to problems. We have watched the movie Shrek to understand Reconciliation and discussed what forgiveness looks like in our world.

The year 3/4 learners are continuing to use the OREO structure to convince their audience of their chosen topic. In reading, learners have been focusing on synthesising and critiquing with different texts. In Mathematics, learners have been continuing to expand their multiplication algorithms strategies. We have continued to explore and analyse different forms of media, including; social media, newspaper and magazines in Inquiry. We have been recognising the purpose of the forms of media and explaining why they are informative, entertaining or persuasive.

## BIRTHDAYS

Happy  
Birthday



- Harry Rennie 13th November





ST MARYS COHUNA

# Christmas Raffle

*St Mary's Cohuna would like to give back to the community by running a Christmas raffle of vouchers. We hope you all can shop locally at Christmas to help out our very special businsses' in these hard times.*



**DRAWN FRIDAY 27TH NOVEMBER 2020**



Raffle tickets will be sent home by the end of this week. Tickets are \$2.00 each. If you require more tickets please contact the office. Tickets & money will need to be back Monday 23rd November.



# Pack a healthy Lunchbox

For a HEALTHY, BALANCED packed lunch, choose something from EACH GROUP 1, 2 & 3 . . .

## 1. Fill-you-up foods

enjoy a **BIG PORTION** of SLOW-RELEASE ENERGY FOODS (naturally carbohydrates).  
 carbohydrate is best.

CHRYSLER HOLDING  
CORP., PITTSBURGH

**MEAT & SALAD**  
MEAT & SALAD  
MEAT & SALAD  
MEAT & SALAD

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100% Satisfaction Guarantee

## 2. Help-you-grow foods

**Small Business** and



Place in **Tray 1, Position 1**  
Facing back, then sideways

### 3. Fruit & veg

100

1000

**Abstract**



## VALUATION

1-800-855-8844 • 1-800-855-8844

■ 1990年12月15日，在江蘇省江浦縣，  
 一名男子因患肺結核，在醫院內死亡。

[illegible]

• embossers • colery • carrots  
cauliflowers • cabbage • peppers  
tomatoes • cucumber • daisies  
• zucchini • bean sprouts

1. **Introduction**  
 2. **Background**  
 3. **Methodology**  
 4. **Results**  
 5. **Discussion**  
 6. **Conclusion**  
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reduced fat mayonnaise  
• salad cream • piggyback  
**LOWLY!**

**Take a drink:**

- Use a carton or leak-proof plastic bottle—
- water
- milk
- soups
- fruit drink concentrates

[illegible]

## From time to time





# NDCH

Northern District Community Health

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

## The Benefits of Being Active Outdoors



Many of us have discovered the joy of being active outdoors since COVID-19 restricted our daily movements. With the weather at its best right now there are many reasons to continue to enjoy being active outside.

### Vitamin D

The best form of Vitamin D comes from direct sunlight. While we encourage you to practice sun smart behaviours, getting just 20 minutes of direct sun exposure on your skin a day is the most effective form of Vitamin D. Vitamin D is good for your bones, teeth and muscles.

### More chance of incidental exercise

Incidental exercise-exercise which is not planned- was one of the things many of us were missing during the restriction periods. By actively choosing to exercise outdoors you are more likely to increase your incidental exercise –such as daily steps or movement- while going outside and as a result of being outside.

### Improved Mental Health by Taking Notice

Being outside improves our mental health. The act of noticing our surroundings is a form of mindfulness and helps calm our anxiety by bringing us back to the present. Noticing changes in the weather, the flora and fauna or simply the beauty of nature helps us appreciate where we are and what we have in any given moment and stops our thoughts running forward or backwards.



# BE ACTIVE *and* TAKE NOTICE



**Women in the Warra**  
Your Health Matters

This November local Women are encouraged to enjoy our beautiful Gannawarra outdoors and join in our fitness classes. Sessions are FREE but are limited to 10 persons due to current restrictions.

Bookings via [www.ndch.org.au/events](http://www.ndch.org.au/events)

**STAINLESS STEEL  
DRINK BOTTLES TO  
GIVEAWAY**

## Session Details

- 12/11/20 - 10.15am at Koondrook - Rach Robertson Fitness: 30 minute exercise session
- 18/11/20 - 10.00am at Cohuna - Love Your Lifestyle Yoga: 1 hr Yoga session
- 19/11/20 - 10.00am at Quambatook - Sara McNeil NDCH Exercise Physiologist: 45 minute exercise session
- 19/11/20 - 10.15am at Koondrook - Rach Robertson Fitness: 30 minute exercise session
- 23/11/20 - 6.45pm at Kerang - Belinda Batchelor of The FiitSpace Kerang: 45 minute exercise session
- 26/11/20 - 9.30am at Murrabit - Sara McNeil NDCH Exercise Physiologist: 30 minute exercise session
- 27/11/20 - 7.00am at Kerang - Belinda Batchelor of The FiitSpace Kerang: 45 minute exercise session



YOU CHOOSE YOUR HARD  
- TFSK -  
THE FIIT SPACE KERANG

