



IT'S WEEK 5!

St Mary's Newsletter

It is hard to believe that we are in Week 5 already and approaching the halfway point of the term. Recently I have been enjoying walking through the classrooms and seeing all our learners so settled and engaged in their learning. Thank you to our dedicated teaching staff who work hard to ensure all learners feel respected and valued and are being taught at their point of need.

Congratulations to Fr Novie on his recent appointment to the parish of St Mary's Echuca (starting on 9th April). It is a time of mixed emotions. On the one hand I am really excited for Fr Novie with his move to Echuca, but I know he has been a great leader of our faith community for the past three years and we will all miss him! Good luck Fr Novie! We also welcome Fr Dean Bongat who will replace Fr Novie as Parish Priest of St Mary's Cohuna, St Pat's Pyramid Hill and St Joseph's Kerang. Fr Bongat was most recently an Assistant Priest at Wangaratta. We look forward to getting to know Fr Bongat in the near future and welcoming him into our community.

So far we have been fortunate with COVID having only a minor impact on our school. I would like to take this opportunity to thank the diligence of both families and staff in managing this pandemic. I know many parents have kept their children home when they have had runny noses or sore throats. Staff are calling in sick in similar situations instead of 'trying to push through.' I know the Rapid Antigen Tests aren't fun to administer or take, so thank you for doing your best in this area. Hopefully we can continue to work together to limit the spread of this virus and the second half of this term can see more restrictions eased both at school and in the community.

It was great to see so many friendly faces on screen at our first Parents and Friends meeting last Monday night. Thanks to Casey and everyone involved in the P&F for the work you do behind the scenes that supports the school in providing the best education possible for our learners.

I invite all parents and carers to attend the Resilience Project Webinar with Hugh van Cuylenburg on Wednesday 9th March, 6.30pm-8.00pm. In this presentation, Hugh will share his experiences and combine them with practical strategies that can be implemented everyday to improve our overall wellbeing. The presentation is specially designed to help parents and carers build resilience in their children.

If you would like to attend, you must register using the following registration link:

https://us02web.zoom.us/webinar/register/WN_BSZQ7j8bQ5qAA7dfV6PgHQ

For more information, see the flyer attached to this newsletter.

As COVID restrictions placed on schools are slowly easing, we look forward to having more parents and carers on site over the coming weeks. I will communicate this information with our school community as soon as I receive it.

Thanks for your ongoing support. Take care and God bless!

Jarrod Mullavey (Principal)



DATES AHEAD

- 22nd Feb - PSG's
- 23rd Feb - Prep Rest Day #4
- 1st March - Shrove Tuesday
- 2nd March - Ash Wednesday Mass 12:30pm (Preps attend today)



St Mary's is a Child Safe School.

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

A PRAYER

Open your hearts to the love God instills in them. God loves you tenderly. What he gives you is not to be kept under lock and key, but to be shared. The more you save the less you will be able to give. The less you have, the more you will know how to share. Let us ask God, when it comes to ask God for something, to help us to be generous.

Mother Teresa—In My Own Words



Canteen

Lunch orders must be placed before 8:45am in the mornings. The new cut off time for lunch orders is 8:45am!

Please note: If your child is absent and has a canteen order placed, please contact the school before 11am on the day so we can cancel this order.

PBIS

Caring for our environment

Our focus for the start of Term 1 is how we behave in the toilets.



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.



Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instill positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarming, **one in seven** primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude, Empathy and Mindfulness (GEM).**

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.

Junior School Team

What a fabulous week it has been in the Juniors! We are learning about collaboration and what it means to work as a team. We constructed tiger puzzles and identified how we worked collaboratively and what we could do differently next time. Ms Adelia taught us about what stewardship meant and how we can be an effective steward within our Cohuna community and also at school. Our physical education lessons with Ms B have been extremely active and full of fun, and finally the preps have been learning lots of new letters and have gone on letter hunts while enjoying creating different animals that start with the letters s, a, t and p!

Senior School Team

What a jam packed week we have had in the Senior area! We are continuing to build relationships and expectations within our classrooms, as well as explore different emotions and what these would look like in ourselves and those around us. This helps us to build our empathy towards others. We are developing our understanding of the texts we read by making predictions based on our prior knowledge, and what literal information the cover and blurb of a text presents to us. Learning for our Inquiry topic 'What makes an effective learner at St. Mary's?' is underway; we have explored what risk taking may look like in our learning, and this week we are finding out what a collaborative learner might do. Place Value and Measurement have been our focus in mathematics, and we will continue to build on our knowledge of these in the coming weeks.

POLICE BLITZ ON SPEEDING DRIVERS NEAR SCHOOL CROSSINGS

We have had a visit from our local Police who are concerned that drivers are not obeying the speed restrictions near school crossings during school times. Police will be conducting a blitz near the crossings over the coming weeks so please take care to observe the speed limits. Also, the police are concerned that our students are not using the Sampson Street crossing correctly and are instead crossing over the road near the Post Office. Could parents please speak to their children who use the Sampson Street crossing and reinforce the importance of crossing Sampson Street correctly.



- Miley Pollock 17th February
- Chloe Hawken 20th February



Shrove Tuesday



Tuesday 1st March 2022

LET'S CELEBRATE SHROVE TUESDAY
PANCAKES WILL BE SERVED AT RECESS
WE ARE ASKING FOR DONATIONS PER PANCAKE
ALL PROCEEDS WILL BE GOING TOWARDS
PROJECT COMPASSION

SHROVE TUESDAY

Tuesday 1st March 2022

St Mary's Primary School
in conjunction with the
Cohuna Lions club will
be serving pancakes to
celebrate Shrove
Tuesday. 10am at Apex
park.

**WE ASKING FOR A DONATION PER
PANCAKE**

**ALL PROCEEDS GOING TOWARDS
PROJECT COMPASSION AND A LOCAL AGENCY**



ANNUAL ART SHOW Rotary Club of Kerang
Easter April 15th, 16th & 17th, 2022. At the Kerang Basketball Stadium, Maxwell St, Kerang.

Prizes totalling \$7,300

Official Opening, Judging & Sales
Friday April 15th, 7 pm - 10 pm
Entry \$25.00 includes program, supper, complimentary wine, judging announcements & entry for Saturday and Sunday
All Welcome. COVID regulations will apply

Display, Sales & Demonstrations
Saturday April 16th, 10 am - 4 pm
Sunday April 17th, 10 am - 3 pm
Refreshments available.
Entry \$7 includes program.
All Welcome. COVID regulations will apply

High Standard Exhibits for Sale, by Artists from all parts of Victoria and Interstate

Major Prizes

- Gannawarra Shire Acquisition Award - \$1,500
- Best of Show (any medium) - \$750
- Best Oil/Acrylic - \$500
- Best Pastel/Drawing - \$500
- Best Watercolour/Pen & Wash - \$500
- Best Mixed Medium - \$300
- Best Any Other Medium - \$300
- Best Photographic Print - \$300

Kerang Progress Association Acquisition Award depicting Kerang - \$500
Kerang Turf Club Award themed "Country Racing Strong" - \$500
Mallee District Aboriginal Services Indigenous Artwork Award - \$500
Regional Encouragement Award - 50 km radius - \$300
Kerang Ministers & Chaplains Assoc. Best Easter Themed Artwork - "Hope" - \$400
Peoples Choice Award - 50 km radius - \$250
Yvette Brimacombe Memorial Youth Encouragement Award (16-25 years) - 50km radius - \$200
Judge - Jon Lam, Artist & Tutor
Raffle prize - Abstract Triptych Acrylic artwork donated by Rhonda Willoughby

Entries close Friday 1st April 2022.

Email rotarykerangartshow@gmail.com
Enquiries
Art Show Coordinators Jenny Kelly 0400 571 266
Annette Kelly 0409 183 354

WOW! Check out these amazing pieces of art.
Over the last two weeks learners have been creating self-portraits in Visual Arts.

Our Prep learners drew a picture of themselves and coloured it in. They then created a background by using coloured strips of paper that they had drawn a variety of different lines on.

Grade 1/2 learners were focussing on trying to draw a good shape and size for a face with correct facial features. For their background we spoke about stewardship and how we can be stewards for God's creation. They then drew pictures of things from God's creation that are important to them and stuck coloured tissue paper over it.

Our 3/4 learners were also focussing on drawing a good shape and size for a face using guidelines to help them place facial features in the correct place. They then created a background by drawing things from God's creation that are important to them.

Grade 5/6 learners created a split face. They also were focussing on creating a good shape and size for a face and used guidelines to help them place their facial features correctly on one side of the face. On the other side they used items from God's creation to represent facial features on that side of the face. **Excellent effort by everyone!**

29th annual

Cohuna
BRIDGE to BRIDGE

Sunday, March 6
Ride/Run/Walk
Factory and Field Waffles
Cohuna Bridge to Bridge
Island Road, Cohuna
www.bridgetobridge.org.au
If the Bridge to Bridge is cancelled, all events will revert to virtual events.

- CMA Healthy Gunbower Forest Kids K
- Dunkinway Tyrepower 6.5km Fun Run/Walk
- The Bridge Newspaper 12.5km Trail Run
- Cohuna Auto Electrical 21.1km Trail Run
- 6.5km Junior Cycle
- 25km Cycle
- Mawsons 50km Cycle
- Virtual Options for Each Event

A major fundraiser for the
Cohuna Hospital
with proceeds going towards a cardiac monitor.

Organised by
the Bridge to Bridge Committee and
Cohuna Neighbourhood House
The heart of our community.

Waffles
FACTORY - FIELD

Kangas Junior Netball

CKFNC are seeking interest from all junior netballers

• 18 & Under • 16 & Under • 14 & Under • 12 & Under •

Current Kangas or new players looking to join, we are seeking interest for season 2022!! Girls from 10yrs up and of all abilities encouraged and very welcome.

Why join the Kangas:

- For fun and fitness
- For great competition
- To build freindships
- To develop social skills
- To create long lasting memories

More info to come regarding Preseason Training and Registration dates

COACHES ALSO WANTED!!

For more information or to confirm playing interest for 2022 Please contact Gab Fitzpatrick 0447798956 or Kim Lister 0428557473

FOOTY FUN

FOOTBALL PROGRAMS

KERANG **SWAN HILL**

WEDNESDAY 23RD OF FEB 4.30-5.30 TUESDAY 1ST OF MARCH 4.30-5.30

KERANG FOOTBALL OVAL SWAN HILL REC RESERVE

8-12 YEARS OF AGE BOYS
HAVE SOME FOOTBALL FUN AND LEARN MORE ABOUT THE 2022 SEASON

REGISTER USING THE LINK OR SCAN THE QR CODE
<https://www.playhq.com/afl/register/d3f3f1>

ANY QUERIES PLEASE CONTACT
DAVID.BALDWIN@COHUNA.COM.AU

COME AND TRY FEMALE FOOTY!

KERANG **SWAN HILL**

WEDNESDAY 23RD FEB 4.30-5.30 - KERANG OVAL 8-14 YEARS OF AGE TUESDAY 1ST MARCH 4.30-5.30 - SWAN HILL REC 8-14 YEARS OF AGE

QR CODE 8-12 YEAR OLDS QR CODE 13-14 YEAR OLDS

REGISTER USING THE LINK OR SCAN QR CODE
<https://www.playhq.com/afl/register/827df0> 8-12 YEAR OLDS
<https://forms.office.com/r/5BaNe2BFb7> 13-14 YEAR OLDS

AFL play.afl

TERM 1 DATES:

Term 1 Dates:

Week 3

7th Feb - SAC Meeting 7pm

9th Feb - Prep Rest Day #2

- Parent Information Night 6:30pm (via Google Meet)

10th Feb - Curriculum Newsletter (sent home)

Week 4

14th Feb - P&F Meeting 6:30pm (online)

15th Feb - PSG's

16th Feb - Prep Rest Day #3

18th Feb - School Closure Day (Staff attending Visible Learning Professional Development)

Week 5

22nd Feb - PSG's

23rd Feb - Prep Rest Day #4

Week 6

1st March - Shrove Tuesday

2nd March - Ash Wednesday Mass 12:30pm (Preps attend today)

4th March - Clean Up Australia Day

- Assembly (Grade 6's to lead)

6th March - (Sunday) Cohuna Bridge to Bridge

Week 7

9th March - Resilience Project Parent Information Night (Webinar)

Week 8

14th March - Labour Day Holiday

Week 9

21st March - Harmony Day

Week 10

29th March - Learning Conversations (12:30-7:30pm)

1st April - Assembly (Grade 5's)

Week 11

6th April - Learning Expo

8th April - Term 1 ends (2:15pm)

