



St Mary's Newsletter

WEEK 2 - CATHOLIC EDUCATION WEEK

Where did Week 1 go? That's what I'm currently thinking. We had a great, busy start back to school. For many it started at Monday's ANZAC day march, Tuesday was the 'first day back', Wednesday we had a fantastic and moving ANZAC ceremony at school, Thursday was school photos and then Friday was our engaging Inquiry launch! If your children were tired on Friday night - they had good reason to be so!! That brings us to this week - Week 2 - Catholic Education Week. It is another busy one at St Mary's with amazing learning opportunities for our learners. These are some of the activities we have in place this week:

Monday - Gr5/6's Student Conference in Echuca, P-4's have a Smartie Party

Tuesday - Afternoon Disco - DJ Deals in making an appearance!!

Wednesday - Catholic Education Week Liturgy and St Mary's Open Evening

Thursday - Pajama Day - Snuggle Up and Read

Friday - Mother's Day celebrations

Thank you to all the teachers who have put in hours of work to ensure our learners have these wonderful, enjoyable learning experiences. And thanks in advance to our P&F for their work with our forthcoming Mother's Day celebration.

We want you!

COVID restrictions have now eased enough for us to have parent helpers back in the classrooms. I am personally asking all available parents to make contact with your child's teacher if you are able to provide classroom help. We want you back in our rooms listening to reading (RATS), helping small group work and interacting with our learners. This invitation is not just for Junior parents, but also Middle and Senior mums and dads too (if your child says they're embarrassed having you in the class - tell them to get over it! Ha ha). You are no longer required to show vaccination status when entering the school, however you will need a current Working With Children Check to volunteer.

St Mary's Open Evening

On Wednesday 4th May we will hold our St Mary's Open Evening for 2023 Prep families, and potential Prep families. The night will begin at 6:30pm and provide information about our school to prospective parents. Please help us spread the word of this night to any families you know may be interested.

Fr Dean Bongat

Please keep Fr Dean in your prayers as he recovers from COVID. We look forward to building a relationship with Fr Dean to ensure our school continues its faith partnership with the parish.

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

Jarrold Mullavey (Principal)

DATES AHEAD

- 2nd May - Catholic Education Week commences.
- 4th May - Playgroup with Mrs. Fry
- 4th May - St. Mary's Open Evening for 2023 enrolments.
- 6th May - Mother's Day Stall & Celebrations





St Mary's is a Child Safe School.

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

A PRAYER

A Mother's Day Prayer...

Heavenly Father,

We lift up all mothers today and thank them for their guidance and love.

We ask You to bless them with Your own special love, today and always.

Amen



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.



Mother's Day Stall

this Friday

Once again the P & F will be conducting a Mother's Day Stall.

Gifts will be \$5

Please send money along with your child/children on Friday.



IMPORTANT INFORMATION - ST MARY'S A NUT FREE ZONE

As of 2022 St Mary's will be a nut-free zone. Over recent times we have had an increased number of learners with allergies and anaphylaxis. We already expect that our learners do not share food and by limiting some food products coming into school we continue to minimise the risk of harm to these learners. Moving forward can families please refrain from packing:

- Any nut products
- Peanut butter
- Nutella
- Nut based muesli bars
- Nougat
- Biscuits that contain nut products
- Cakes that contain nut products

Thank you to the whole community for your co-operation with this change.



- Millah Crichton - 29th April
- Harry Mathers - 29th April
- Kobe Mathers - 3rd May
- Sylvi Jones - 5th May



Junior School Team

It was all systems go at St Marys, we had a wonderful and productive start to the week beginning with ANZAC celebrations and welcoming friendly faces from our community to our ceremony. Our school photos were taken and we were lucky enough to get them completed before the rain came. Everyone looked extremely smart in their correct school uniform - Well done. Our whole school inquiry launch was a huge success, it was great seeing the Preps practicing their boxing skills with real boxing equipment and our Year 1/2 learners loved meditating to yoga poses. During literacy, the Preps and Year 1/2 will use their knowledge of information texts to create information reports based on our Inquiry focus, keeping healthy. Our Year 1/2 class will continue with show and tell. This term learners will be talking about their favourite activity that keeps them healthy (who, what, when, why and how?)

Senior School Team

Wow what an exciting and fun filled week we have ahead of us to celebrate Catholic Education Week! The learners are very much looking forward to being involved in the different activities planned for each day! In the classroom, each senior grade is focusing on prayer in Religion; building our understanding of it, and being able to see and recognise prayerful moments all around us. Learners have completed their pre-assessment on persuasive texts in order to identify key areas to develop- we will be persuading you of anything and everything this term! The Inquiry launch got us intrigued with this term's topic- there were so many exciting activities all focused around 'How Does Our Health Affect Our Wellbeing?' In maths the 3/4 's have been busy completing pre-assessments for addition and subtraction, and the 5/6 's are continuing on with topics from last term. The Year 5/6 's also started to learn collaboratively this week in reading, which is a great chance for them to challenge and extend themselves in this area.



Dear Parents/Guardians, you are invited to our

Year 7 2023 Information

Wednesday 11th May at 7pm

Tour Cohuna Secondary College with our Principal, Mrs Fiona Miller

- Wednesday 4th May at 11am, 2pm and 4:30pm

Book your tour by contacting CSC 5456 2555
or cohuna.sc@education.vic.gov.au





Community—Ownership—Respect—Excellence
Excellimus: Let us excel





St Mary's Cohuna invites
our community to our...

OPEN EVENING 2022

Come and learn about who we
are! At St Mary's all will be
included, nurtured, faith-
filled, respected & inspired to
reach their full potential.

MAY 4TH, 2022 | 6.30PM
Please enter via the office



www.smcohana.catholic.edu.au



The Resilience Project

Throughout 2022, we will be working closely with The Resilience Project to support the wellbeing of our school community.

[The Resilience Project](#) delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.

Our Partnership Program consists of online presentations and weekly lessons for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community.

Over the coming weeks, we'll be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: **Gratitude**, **Empathy** & **Mindfulness**. You'll hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

View the first presentation of the series here: Part 1: Meet Hugh and learn about The Resilience Project - <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

In this presentation, Hugh shares a personal experience about his sister's battles with Mental Illness.

Note: This video contains a story about an Eating Disorder that may be triggering. Please consider this before watching. For mental health resources and support information, visit The Resilience Project's Support Page.

We will be in touch to share the remainder of the program, including research and wellbeing activities to integrate into day to day life.

ST MARY'S PRIMARY SCHOOL
TERM 2 & 3 WINTER MENU 2022

I'm HUNGRY!!!!

Classic Potato Wedges \$4.00

Sweet Potato Wedges \$4.50

Optional add ons - **Sweet Chilli Sauce** 50c
Sour Cream 50c

Baked Potato with Coleslaw & Sour Cream
\$5.00

Baked Potato with Baked Beans & Cheese
\$5.00

Fresh steamed Corn on the Cob with Butter
\$3.00

WARM & TOASTIE!!!!

Please Choose White or Multigrain Bread

Ham & Cheese Toastie \$3.00

Ham, Cheese & Tomato Toastie \$3.30

Chicken & Cheese Toastie \$3.30

Baked Bean Toastie \$3.30

Cheese Toastie \$2.50

Cheese & Bacon Roll \$3.00
served warm with melted cheese

Mini Garlic Rolls \$2.50

Small bread roll with garlic butter, served warm.

CHICKEN NUGGETS 70c each

FISH FINGERS 70c each

TOMATO SAUCE 30c each

Sweet Chilli Chicken Tender Wrap \$5.50

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

Option: with **CHEESE only** \$4.50

Classic Crumb Chicken Tender Wrap \$5.50

Classic Crumb Chicken Tender Strips with Lettuce,
 Tomato & Cheese.

Option: with **CHEESE only** \$4.50

GLUTEN FREE OPTIONS

Gluten Free Chicken Nuggets
 70c each

Gluten Free Crumbed Chicken Tender
 Wrap \$5.50

*GF Wrap with GF Crumb Chicken,
 Lettuce, Tomato & Cheese.*

Option: with **CHEESE only** \$4.50

HAM & PINEAPPLE PIZZA \$5.00

Pita bread topped with tomato pizza
 sauce, ham & pineapple.

(Available on Wednesday's only!)

MILKSHAKES WITH SIPPAH STRAWS \$2.20

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

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

JUST JUICE \$2.20

Apple, Orange, Apple Blackcurrant, Paradise Punch &
 Orange

WATER \$1.50

VAALIA YOGHURT TUBES \$3.00

Strawberry or Vanilla

PADDLEPOPS \$2.20

Rainbow or Banana

CALIPPO ICYPOLE \$2.20

Raspberry Pineapple

TERM 2 DATES:

Week 1

- 25th Apr: ANZAC Day (no school)
- 26th Apr: Term 2 begins
- 27th Apr: ANZAC Day at school ceremony 10:30am
- 28th Apr: School photos
- 29th April: Inquiry Launch - How does our health affect our wellbeing?

Week 2

- **Catholic Education Week**
- 2nd May: Student Conference - Echuca (Gr5/6 learners)
- 3rd May: SAC meeting 7pm
- 4th May: Classroom Mass - Seniors
- 4th May: St Mary's Open Evening - potential enrolments
- 6th May: Mother's Day stall and morning tea

Week 3

- 9th May: PSG's
- 9th May: P&F Meeting 6:30pm
- 12th May: Cross Country @ the Cohuna Ovals
- 13th May: GRIP Leadership day Bendigo (Gr 6 Sports Captains)

Week 4

- 16th May: PSG's
- 17th - 19th: NAPLAN
- 17th May: Zone Cross Country
- 20th May: Assembly @ 2.20pm Yr 3/4 to host

Week 5

- 25th May: National Simultaneous Storytime 11am
- 26th May: National Sorry Day
- 26th May: Good Samaritan Cup @ Kerang (new date)

Week 6

- **National Reconciliation Week**
- 1st June: School Mass - Junior
- 2nd June: Sacramental Program Orientation (Confirmation and Eucharist)
- 3rd June: Lightning Premiership

Week 7

- **Testing and Assessment week across the whole school**
- 6th June: SAC Meeting 7pm

Week 8

- 13th June: Public Holiday - no school
- 17th June: School Report sent home
- 17th June: School Assembly @ 2.20pm Yr 1/2 to host

Week 9

- 21st June: Collaborative Planning with St Pat's for Term 3
- 22nd June: Learning Conversations (12.30pm - 7.00pm)
- 24th June: Last day Term 2 - 2:15pm finish



TERM 1: 28th January - 8th April

TERM 2: 26th April - 24th June

TERM 3: 11th July - 16th September

TERM 4: 3rd October - 20th December

INQUIRY LAUNCH – HOW DOES OUR HEALTH AFFECT OUR WELLBEING?



NDCH supports over 200 individuals and families across our region who are at risk of or are experiencing homelessness. For these 200 people there are over 500 dependent children.

WINTER WOOLLIES DRIVE

Donate clean, undamaged blankets and warm winter clothes at:

- NDCH Kerang
- NDCH Quambatook
- NDCH Cohuna
- NDCH Pyramid Hill
- BRIC, Boort

2nd May to 13 May 2022



BE THE FIRST!

ARE YOU INTERESTED IN PLAYING IN THE GIRLS COMPEITION IN 2022.
PLAYERS WELCOME!

CONTACT ONE OF OUR FANTASTIC SIX CLUBS

 WOORINEN TIGERS Ange Young 0419 895 580	 LYXENDER Jess Merrett 0419 436 049	 SWAN HILL FOOTBALL NETBALL CLUB Emily Patterson 0409 052 745
 KERANG Bianca Wise 0439 656 173	 BULLS Sandie Richardson 0417 399 060	 SEAFORD NANDYS Jarrod McKenzie 0428 339 633

2022 netball connect logo AFL VICTORIA

•NET SET GO•

LG's own net set go will be kicking off this Thursday the 28th of April

Ages 5-8 *4:30 - 5:15pm

Ages 9-11 *4:45 - 6:00pm

There is still time to register, please use the link below: Net set go is such an important program which sets up the skills to further netball development in highest grades in future years, if you are thinking your child will want to play primary netball next year at LG it is highly recommended that they complete NSG in 2022 to learn the skills.

<https://netballconnect.worldsportaction.com/login>