



St Mary's Newsletter

WEEK 6 - WINTER IS COMING!

Can you believe we will enter the month of June this week!? This week begins the last month of Term 2 and I hope all families are feeling healthy and happy. This week is also National Reconciliation Week and a great opportunity to educate our community on the need to work towards Reconciliation.

It is true! We are having a “Bring your Pet to school day!!” After trading in their Triple R cards, our learners smashed their whole school goal! When we asked them what they would like as a reward the response was unanimous - “*We want to bring out pets to school!!*” So, on Monday 20th June (last week of Term 2), our school will be taken over by pets!! It will be a great way to celebrate the excellent student behaviour we continue to see at St Mary's Cohuna. We can't wait for Pet day!

I would like to take this time to acknowledge the great work being done by our staff during this challenging period who are currently doing extra yard duties, covering extra classes, planning excursions, camps, masses, transition days - the list goes on! And I haven't even mentioned “Report Writing!!” We have a few staff members out this week again due to illness, so I ask for your support and understanding as we manage this challenging (COVID/flu) period.

We have another action packed week ahead of us with school nurse visits for our Preps, Mass for the Juniors on Wednesday (12:30pm - all welcome) and the Lightning Premiership in Kerang for Grade 5/6s on Friday!

I would like to advise a date change to our Sacramental Information Night. This night was to be held this Thursday 2nd June, however will now need to be rescheduled for Thursday next week - Thursday 9th June. This night is for those parents who have children making the Sacraments of Confirmation and Eucharist this year. We will share more information on this night shortly.

It has been great to see so many parents in our classrooms each day helping out with Reading, Maths and other learning activities. Please feel free to contact your child's classroom teacher and organise a time to help out if you have the time!

I know it was disappointing last Thursday when we postponed our Good Samaritan Cup. I will share the new date (most likely Term 3) as soon as I receive it.

And finally, congratulations to Grandma Barry who now has 2 brand new baby grandsons! Theo, who was born in April now has an even younger cousin - Asher, who was born at 5am yesterday morning!! I'm surprised they're not called Harry, Charlie or Kouta (after Carlton players!). Enjoy this special time with your family Jenny. Also congratulations to our very own Mrs Smith who ran a half marathon at Mansfield yesterday ... and is here at school today! A great effort to cover that distance, and an even greater effort to back up at school today Raewyn!

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

Jarrod Mullavey (Principal)

DATES AHEAD

- 1st June: School Mass - Junior
- 3rd June: Lightning Premiership
- 6th June: SAC Meeting 7pm
- 9th June: 2nd June: Sacramental Program Orientation (Confirmation and Eucharist)
- 10th June: Footy Colours Day!!





St Mary's is a Child Safe School.

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

A PRAYER

National Reconciliation Week

God of justice and forgiveness,

Guide us as we continue on our pathways to Reconciliation. Grant us the courage to speak out against the injustices that our Indigenous brothers and sisters continue to suffer. Help us to see with new eyes, to listen to the stories of our Indigenous brothers and sisters and to feel with a heart of compassion. Help us to build right relations with each other based on truth and justice.

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

Our focus for the start of Term 2 is :-

Looking after your own 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.



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.



- Pippa Reid 28th May

Junior School Team

It was a fabulous start to the week with our Junior School learning about first aid and what to do when someone is choking or finding it difficult to breathe.

Thursday last week marked the beginning of Australia's National Reconciliation Week therefore we will continue to implement reading and writing activities in support of this celebration. Our Preps and Year 1 / 2 classes have been working hard and practicing for Mass this week as we are hosting, parents, you are welcome to join.

During inquiry we are continuing to learn about 'How does our health affect our well being'. We will take a deeper look into sleep and meditation this week and some students will select an area of interest, then will write an information report on the area. Unfortunately due to the wet weather, the Good Samaritan Cup has been postponed until further notice. Wrap up warm and stay safe.

Senior School Team

Thursday last week marked the beginning of National Reconciliation Week, with National Sorry Day being held on that day. Each class in the senior area read the text Sorry Day by Coral Vass and Dub Leffler. Through this book we learned what Sorry Day is, and why it is so important to Australian history.

In writing, we have been completing our persuasive texts, exploring ways to add extra detail to our completed texts, and writing in complete sentences. We are also learning to include different persuasive techniques to strengthen our arguments. In Year 5 and 6 we have been continuing to build our understanding of fractions, as well as working out elapsed time. In Year 3/4, our maths focus has been addition algorithms, how to add with and without renaming, and setting out the algorithms correctly.

Recess and lunch times have seen us all hit the netball court or the oval to practice our netball and football skills in preparation for the Good Samaritan Cup, which has been rescheduled, as well as the Lightning Premiership this Friday.

FLYING DOCTOR SCHOOL DENTAL PROGRAM

The Flying Doctor Dental team will be visiting St. Mary's in late July to provide FREE dental check-ups and education about healthy teeth and gums. Please be aware that this dental check-up is a basic evaluation and does not take the place of a full comprehensive dental examination. If you would like your child to have a dental check-up, please complete the consent form which will be sent home shortly, and return it to school. After your child's check-up, the dental team will send home a report. If your child requires follow-up treatment this will be stated in the report. The mobile public clinic will be in town shortly after and your child can have their treatment completed at no cost, or you can visit your nearest public or private practice. If you require any further information please contact Flying Doctor Dental Team on (03) 8412 0444 or dental@rfdsvic.com.au.

SCHOOL NURSE VISIT

Kerrie McCosh, primary school nurse, will be visiting our school on May 30th and June 3rd this year.

Prep Health Assessments:

All parents/guardians of Prep children will be asked to complete a Health Questionnaire and return the form to the school before May 30th 2022. If you do not wish your child to be seen by the school nurse, please sign the non-consent section and return the form to the school.

Referrals (Grades 1-6): Parents and/or teachers may refer children from any grade for assessments of vision, hearing, basic speech, physical abilities, medical conditions, behavioural and parenting issues. Please collect a referral form from the school office. Completed forms are to be handed into the school office prior to May 30th 2022. Should parents wish to have an interview with the School Nurse, please indicate your request on the form.



This next presentation from [The Resilience Project](https://theresilienceproject.com.au/) is all about Empathy and Kindness.

Empathy is our ability to put ourselves in the shoes of others to feel and see what they do. We practise this through being kind and compassionate towards other people.

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)!

Research shows that practising empathy, such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.

View Part 3 of the series here - Empathy

<https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

Here's an activity to practise empathy and kindness:

1. Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
2. Make a plan for who you are going to show an act of kindness to, and what you are going to do.
3. If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
4. Follow up with each other in a few days time, to ask how it went!

Sources: [Psychology Today](#), [UC Berkeley](#), [Greater Good Science](#)

For mental health resources and support information, visit [The Resilience Project's Support Page](#).



RECONCILIATION AUSTRALIA

BE BRAVE. MAKE CHANGE.

KERANG RECONCILIATION WEEK
Friday 27 May 2022

10.00am Flag raising and Reconciliation Walk | commences from Kerang Council Building, Victoria Street, Kerang
10.15am Walk to Sir John Gorton Library
10.30am Smoking Ceremony & Welcome | Storytelling | Q&A with Elders & Typien Kwe Children's Group | School Poster Exhibition

Morning Tea provided

27 MAY - 3 JUNE

NATIONAL RECONCILIATION WEEK 2022

#NRW2022
NRW.RECONCILIATION.ORG.AU

Fight Cancer FOOTY COLOURS DAY!

We're wearing our FOOTY COLOURS on: FRIDAY 9TH JUNE

Help us kick goals for kids with cancer by wearing your favourite footy team's colours and making a donation.



footycoloursday.com.au #footycoloursday

Proudly supported by **FOXTEL** **Fight Cancer Foundation** *Living Hope. Saving Lives.*

NATIONAL FAMILY READING MONTH!
Read more in May 2022!

Recommended books to read for Reconciliation Week:



BE BRAVE. MAKE CHANGE.
NATIONAL RECONCILIATION WEEK 2022
27 MAY - 3 JUNE

- Tell Me Why by Robyn Templeton & Sarah Jackson
- Finding Our Heart by Thomas Mayor
- Our Home, Our Heartbeat by Adam Briggs
- Somebody's Land: WELCOME TO OUR COUNTRY by Adam Goodes
- Freedom Day by Thomas Mayor, Rosie Smiler & Samantha Campbell
- Day Break by Amy McQuire
- Found by Bruce Pascoe
- Kimberley Warrior: The Story of Jandamarra by John Nicholson

Brought to you by **NOCH**

SUPPORTING WOMEN AND GIRLS IN SPORT
ACTIVATION GRANTS



Applications for \$500 grants are OPEN for sporting clubs in Gannawarra

GLAM in partnership with Mallee Family Violence Executive are providing 10x\$500 activation grants to sporting clubs to deliver events and initiatives that aim to increase participation and create environments where women and girls feel safe, valued and welcomed to participate equally.

The grants will assist local clubs to improve the promotion, participation and/or leadership opportunities for women and girls within the sporting club.

Visit NDCH Facebook or email rachel.brooks@ndch.org.au for the application link

Pictured: Demi Greenwood (Bendigo Pioneers Player)

GANNAWARRA Shire Council **NOCH** **Mallee Family Violence Executive** **SHIRE OF BENDIGO** **BENDIGO HEALTH** **mfc** **MDAS**

Get Active Kids Voucher Program
APPLICATIONS CLOSING SOON ON 31 MAY
Find out more at getactive.vic.gov.au



VICTORIA Government

ARE YOU HAVING A BABY?



Cohuna District Hospital is changing the way it delivers maternity care & it's all about you.

COHUNA DISTRICT HOSPITAL

The redesigned service will bring together local midwives and GPs, obstetricians, larger health services, allied health, community & technology to care for women & families.

If you're pregnant now, you can still receive care during your pregnancy and care at home after you have your baby from our Midwifery Clinic.

Your ideas are helping us redesign our maternity service.

- Care that suits you, your needs and your family
- Care as close to home as possible
- Care from people you know
- Easy access to other services if you need them

EMAIL US
maternity@cdh.vic.gov.au
OR CALL 0417 598 491
Find out more at cdh.vic.gov.au



COHUNA DISTRICT HOSPITAL

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

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 and 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**
- 30th May: School nurse visit
- 1st June: School Mass - Junior
- 3rd June: Lightning Premiership

Week 7

- **Testing and Assessment week across the whole school**
- 6th June: SAC Meeting 7pm
- 9th June: 2nd June: Sacramental Program Orientation (Confirmation and Eucharist)
- 10th June: Footy Colours Day!!

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

- 20th June: Pet day!!
- 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