



St Mary's Newsletter

WEEK 7 - BUSY, BUSY AT ST MARY'S!

Winter has arrived and the long, warm days of first term feel like they were years ago! We enter Week 7 today, which means that from tomorrow there are 13 more school days until the 'mid-year' holidays. We have a lot of exciting days ahead before then including: AFL footy clinics, Footy Colours day, Sacramental Orientation and Information Night, School Cross Country, Walk Safely to School day, Pet day, Learning conversations and an Amazing Race to finish up the term!!

We have just been notified that because both Cohuna Secondary College and Cohuna Consolidated School are having a pupil free day this Friday 10th June - there will be no school buses operating on Friday 10th June. I apologise for the huge inconvenience this will cause and the extremely late notice provided. We are not happy with this decision, however as the buses operate out of the secondary college, this was not a decision we had any say in. We completely understand if you are unable to get your child/ren to school on this day and apologise again for the issues it will cause.

We had another great week last week at St Mary's. The school nurse Kerry met with many of our Junior learners on Monday and Friday. I enjoyed seeing so many families at the Junior School Mass held on Wednesday. Fr Dean 'wowed' us again using coloured water to explain how kindness can overcome sin. And to finish off the week, our Grade 5/6 learners headed to Kerang to play either Tee Ball, Netball or Football as a part of the Lightning Premiership. Our learners teamed up with students from other schools in our district with a focus on enjoyment, getting to know others and teamwork. From this day a Tee Ball, Netball and Football team will be selected to represent our district at the next level. We will find out this week if any St Mary's learners made these teams. A huge thanks to Ian Mathers for helping out with coaching on this day!

As I mentioned earlier, the sporting fun doesn't stop at the Lightning Premiership! During P.E. this Thursday and Friday our learners will take part in an AFL clinic and on Friday will be able to wear their "Footy Colours" (including netball, soccer, cricket ... any sporting team). Any learner who wears Saints colours will receive 5 Triple R cards!!

A reminder to families of learners who will be preparing for the Sacraments of Confirmation and First Eucharist this year: you are invited to attend an information night to be held in the Church on Thursday 9th June at 6:00pm.

Staff have been busy collecting assessment data and anecdotal notes to assist with writing relevant and constructive school reports. These reports will be uploaded to PAM by Friday 17th June. Teachers put a lot of effort into writing these reports, so please read them, and come to our Learning Conversations (held on Wednesday 22nd June - the last week of Term 2) with any questions, suggestions and insights on how we can best support your child moving forward.

If you want to know more about what is going on at St Mary's then please join our social media pages on Facebook and Instagram where we post regularly. I hope everyone has a wonderful Week 7, and remember that this coming weekend is the Queen's Birthday Weekend, so there will be no school on Monday 13th June. God Bless the Queen!

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

Jarrold Mullavey (Principal)

DATES AHEAD

- 6th June: SAC Meeting 7pm
- 9th June: 2nd June: Sacramental Program Orientation (Confirmation and Eucharist)
- 10th June: Footy Colours Day!!
- 13th June Public Holiday (Queens Birthday)





St Mary's is a Child Safe School.

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

A PRAYER

Reflection

Last Weekend we celebrated Pentecost Sunday, the anniversary of our church and a renewed call to ministry. As we imagine the disciples huddled together in fear, we remember the times in our life when we have been gripped with fear, anxiety, uncertainty. Jesus reassures us with his words 'peace be with you.'

Prayer

Spirit of God breath life in your people

Give us your eyes

Show us the way

Hearing your voice

Sharing deep listening

Healing transforming

Our lives everyday

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

Our focus for the start of Term 2 is :-

Looking after your own belongings.



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.



- Lainie Spring 1st June
- Matteo Toll 4th June
- Jaida Dehne 5th June

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.



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.

Junior School Team

As a staff we are absolutely super proud of our Junior learners as they did a remarkable job of presenting our Junior School Mass on Wednesday. We had a wonderful turn out of parents who praised our learners for their efforts. Many of our Prep learners had a visit from the school nurse to test hearing which was great. With only three weeks until the end of term, teachers are frantically testing our learners and perfecting reports. We have some amazing events coming up including Footie day and bring a pet to school day, please check our Seesaw, Facebook and Instagram pages for more information. In writing we have been learning how to write a beginning statement and conclusion at the end of an information report. There were some fabulous reports on National Reconciliation Week and Australia's native animals. During math we are learning about place value, analogue time and months of the year. In religious studies we learnt about the importance and placement of the Rosary beads, we will continue with prayer meditation and explore different books to extend our knowledge of different ways of praying.

Senior School Team

Well done to everyone who competed and gave their best effort in the Lightning Premiership on Friday. How fantastic to finally be able to participate in a sporting event without the weather affecting the day!

We are steaming very quickly towards the end of term, with lots of exciting events coming up. Keep an eye on the newsletter and our Instagram and Facebook pages for all the information.

In the coming weeks all senior classes will begin their research for their Lions Club Speeches. The Year 3/4 's must talk about a place they would like to go on holiday, and the Year 5/6 's must introduce a famous person from the 19th Century.

In maths, the Year 3/4 's have been learning how to use the jump strategy to solve subtraction sums, and the Year 5/6 's are continuing to build their understanding of fractions and time. All classes have been focussing on finding key points within a text they are reading, as well as locating the author's point of view and purpose for writing the text. In R.E the Year 3/4 's have been making connections to prayers in their lives and the lives of others, and the Year 5/6 's have been learning about The Lord's Prayer and what each line actually means.

Year 5/6 Lightning Premiership

On Friday 3rd June, the year 5/6 learners went to Kerang to play in our chosen sport of Football, Netball or Tee Ball for the Lightning Premiership. We were very excited that the weather played nice and the day went ahead, our first for the year! Our teams consisted of students from all the schools in our district. It was great to see old friends and make new ones! Well done to everyone who tried their best and showed sportsmanship across all the sports! The Teeballers played some warm up activities before their competition. It was super fun and they would love to do it again! Footy was great, a lot of people shared the ball around and everyone was happy. Everyone was very eager to get their hands on the ball and as a result many goals were scored. It was a really fun but tiring day.

Thank you Ian Mathers for assisting the Footballers for the day and also to Miss B and Ms Vevers for taking us!

We will find out shortly if any learners will represent the Kerang District at the next level. Stay tuned.

Written by Lainie, Edie, Paddy, Allegra, Mitchell and Ryder.



Loddon Mallee Cross Country

Congratulations to Bella Douglas who represented our school in the Loddon Mallee Cross Country on a chilly Tuesday the 31st of May at St Arnaud. Bella ran over hills and through the fog. She ran a time of 16:25:047 in the 11 year old girls, placing 38th out of 54 competitors. Well Done Bella, an amazing effort. A huge thanks to Mum and Dad for traveling over and cheering you on!





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](#).



**We're wearing our
FOOTY COLOURS**

on: FRIDAY 10TH 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.

WEAR YOUR FOOTY COLOURS DAY

FRIDAY 10TH JUNE

To celebrate, all learners will participate in an AFL clinic during their scheduled PE class in week 7.

On Friday, learners are encouraged to wear footy colours.

At lunchtime learners can enjoy footy food. Please order by 2pm Wednesday through CDF pay.

Learners will also be able to participate in a range of football competitions.

The day will conclude with a footy parade at kids briefing!

Gold coin donation.




HOW TO EAT HEALTHY

with rising food prices!

Brought to you by  **NOCH**

PLANT VEGETABLES

June is an ideal time to plant seedlings of the following vegetables:

- Beans
- Broccoli
- Radish
- Turnip
- Cabbage
- Peas
- Artichoke
- Peas

BUY FRUITS AND VEGETABLES IN SEASON

It is usually cheaper to eat seasonally. Seasonal produce requires less travel time, and therefore lower transport costs. Seasonal produce is also more likely to be on special because there is more supply reaching the supermarkets!

- Avocado
- Pear
- Apple
- Kiwi Fruit
- Lemon
- Orange
- Carrot
- Broccoli
- Cauliflower
- Pumpkin
- Onion
- Potato
- Sweet potato
- Celery
- Cabbage
- Cucumbers





POP INTO COHUNA OR KERANG NEIGHBOURHOOD HOUSE

Drop into Cohuna or Kerang Neighbourhood House anytime and grab plenty of food from their community cupboard. They also have a community garden with ready to pick vegetables and herbs.





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)



ARE YOU HAVING A BABY?



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



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



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: Sacramental Program Orientation (Confirmation and Eucharist) (new date)
- 10th June: Footy Colours Day!!

Week 8

- 13th June: Queen's Birthday 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