



# St Mary's Newsletter

## WEEK 8 - GOD BLESS THE QUEEN!

I hope everyone has enjoyed celebrating the Queen's Birthday with a three day weekend! It felt like it came at the right time! Just think, after today we only have 8 days of school left this term. In that time we do have a bit going on at St Mary's with: reports to go home, learning conversations, cross country, walk to school safely, Pet day, Specialist Learning Expo and an Amazing Race ... and we also have a couple of planned evacuation and lockdown drills to run through!

Thank you to Miss Adelia, Miss Cooke, Fr Dean and all families who were able to attend our Sacramental Orientation Night last Thursday night. This year we have 9 learners who will receive the Sacraments of First Eucharist and Confirmation - Connor, Aesha, Oskar, Chloe, Kaden, Harry, Jacob, Camm and Nathan. Please keep these children and their families in your prayers as they prepare to celebrate these sacraments on Sunday 7th August.

Last Thursday and Friday our learners participated in Footy Clinics held by AFL Victoria (Swan Hill). We finished the week with Footy Day - celebrating all that is good about sport! Thank you to Ms Brereton for organising our footy clinics and Footy Day - I know the learners (and staff) really enjoy these types of experiences. Especially well done to Alba, Harry and Noah Mathers who each received 5 Triple R tokens for supporting the Mighty Saints!! (And yes, I have apologised to our neighbours for the amount of times the Carlton theme song was played over the PA system throughout this day!! ha ha). Thanks also to Mrs Edge for organising pies and sausage rolls for lunch!

School Reports will be uploaded on Friday of this week. Although there should be no surprises in these reports - I do encourage all families to book a time via the learning conversations portal to meet with teachers and discuss future goals for your child/ren. To make a booking go to: [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the code: 6fs6w

Learning Conversations will be held on Wednesday 22nd June from 12:30-7:00pm. The booking platform will close on Monday 20th June at 4pm. If you have any problems making a booking please contact us at school, we are more than happy to help out.

Next Monday 20th June we will have Pet Day! I am getting very excited ... and a little nervous about Pet day. Just a reminder, parents need to attend this morning with their pet. Pets need to be controlled by families. Pet day will run from 8:30am until 10am when Fr Stan (from Sacred Heart Barham) will provide a 'blessing' to all pets. I look forward to seeing the range of pets we have here in Cohuna!!

And lastly, we received some great news from Catholic Education Sandhurst who will assist us in building our school canteen. We hope this will be completed by the end of the year.

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

Jarrold Mullavey (Principal)

## DATES AHEAD

- 17th June - School reports sent home
- 17th June - School assembly @ 2.20 in the church
- 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





St Mary's is a Child Safe School.

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

## A PRAYER

### Prayer to The Holy Trinity

Glory be to the Father,  
Who by His almighty power and love created me,  
making me in the image and likeness of God.

Glory be to the Son,  
Who by His Precious Blood delivered me,  
and opened for me the gates of heaven.

Glory be to the Holy Spirit,  
Who has sanctified me in the sacrament of Baptism,  
and continues to sanctify me  
by the graces I receive daily from His bounty.

Glory be to the Three adorable Persons of the Holy Trinity,  
now and forever.



### 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.



- Levi Langley-Lynch - 14th June
- Amber Merkel - 14th June
- Ellie Dye - 17th 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](mailto:dental@rfdsvic.com.au).

## Junior School Team

Happy birthday to the Queen and I hope you are all well rested and healthy. Last week we had three expert footy players in to teach us some amazing ball skills. Our junior school thoroughly enjoyed learning new techniques and were recognised for their outstanding behavior. Our footy colours day was a hit and we loved dancing to our teams anthem song in front of the whole school during assembly. Continuous testing is being conducted throughout the whole school in preparation for the hand out of end of term reports. It is safe to say that our junior school have been absolute superstars and shown enormous amounts of resilience and self management during this time. We have been working hard with information report writing and have made extensive improvements with our content and formatting. Our learners showed great improvement when reading an analog and digital time. We will continue to work on days and months of the year. Please continue to review our social media posts and newsletters as there are some amazing events coming up such as our specialist learning expo, cross country, walk safely to school day and our whole school learning expo on the last day of term.

## Senior School Team

We hope everyone had a relaxing long weekend, recharged to make it through the next 2 weeks of school, which will be very busy! There are a lot of extra events happening, so please make sure you watch SeeSaw, Schoolstream and our social media accounts to keep up to date with what is happening to get us to the end of term!

Well done to the Year 5 and 6 learners who qualified from the Lightning Premiership to progress to the next level representing our district in either T. Ball, football or football. Sam Dobie, Tai Edwards, Noah Mathers, and Jack Pollock will be progressing with football. Allegra Toll will be progressing with T-ball. Matilda Matthews, Edie Power, Lainie Spring, Bella Douglass, Milla Ryan and Millah Crichton will be progressing in netball.

In the classrooms, learners in the senior area have been continuing to learn about and research their topic for the Lions Club Public Speaking Competition, which will be held next term. We have been continuing to learn about 'How Our Health Affects Our Wellbeing' in Inquiry, and have chosen our own wonderings to research and learn about. In Year 5/6 religion, we have been revising our understanding of prayer, and writing our own thankyou, praise, petition and growth prayers.

### Representation of Kerang District at Mallee Zone Winter Sports

We are proud to announce the following learners have been selected to represent our district at Mallee Zone on the 21st June in Swan Hill.

Congratulations and we wish them all the very best!

#### Football

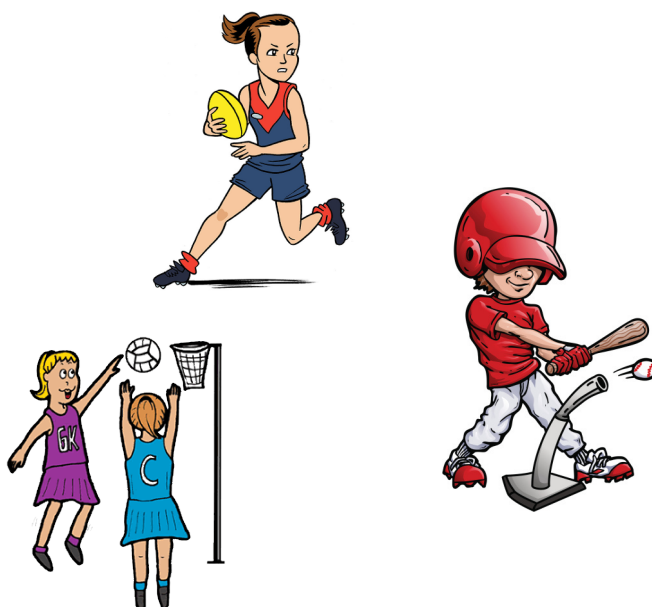
Sam Dobie  
Tai Edwards  
Noah Mathers  
Jack Pollock

#### Tee Ball

Allegra Toll

#### Netball

Matilda Matthews	Bella Douglass
Edie Power	Milla Ryan
Lainie Spring	Millah Crichton





Today's presentation from [The Resilience Project](https://theresilienceproject.com.au/) is all about Mindfulness.

**Mindfulness is our ability to be calm and present at any given moment. We practise this by slowing down and concentrating on one thing at a time.**

Thousands of studies have proven benefits include reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

**View Part 4 of the series here - Mindfulness**

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

Mindfulness can be practised through meditation, yoga, flow-states and daily activities such as cooking.

Source: [UC Berkeley](#), [Greater Good Science](#), [American Psychological Association](#)

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



# AUSTRALIANA

FREE School Holiday Program

## Australian Watercolour Workshop

Create beautiful Australian landscapes and floral paintings with local artist, Lesa McKenzie. For children aged 9 years and above.



Cohuna - Wednesday 29 June, 2.00pm  
Kerang - Thursday 30 June, 10.30am

## Australian Icon Snowglobes

Use special waterproof modelling clay to recreate your favourite part of Australia - animals, locations, sport or food. We can't wait to see what you come up with! For school-aged children.



Cohuna - Friday 8 July, 10.30am  
Kerang - Tuesday 28 June, 10.30am

## Australian Biscuit Decorating

Yum, yum in my tum!  
You get to decorate and take these delicious treats home!  
Please be aware that we are unable to cater for food allergies. All ages welcome.



Cohuna - Monday 4 July, 10.30am  
Kerang - Wednesday 6 July, 10.30am



Adults to accompany children.  
Bookings are essential.  
Phone (03) 5452 1546

# GIRLS FOOTBALL

"PROVIDING OPPORTUNITES IN OUR REGION"

ARE YOU INTERESTED IN GIRLS FOOTBALL?  
MEET NEW FRIENDS AND HAVE SOME FUN

FEMALE FOOTBALL IS GROWING AND THERE IS  
PLENTY OF PROGRAMS AVAILABLE IN THE REGION.

SCAN THE QR CODE AND WE CAN KEEP YOU  
UPDATED WITH ALL THE PROGRAMS COMING UP!

AFL play.afl

## 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](mailto:rachel.brooks@ndch.org.au) for the application link

Pictured: Demi Greenwood (Bendigo Pioneers Player)

## 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.



# 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](mailto:maternity@cdh.vic.gov.au)  
OR CALL **0417 598 491**  
Find out more at [cdh.vic.gov.au](http://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