



# St Mary's Newsletter

## TERM 1, WEEK 5

What a big week we had last week with our swimming program, the warm weather and the usual 'going ons' at school. Firstly I would like to thank Mrs Walker for coordinating all the swimming that has taken place since day #2 of this year! Mrs Douglass has also spent the week providing swimming lessons to our learners. We have been amazed at the improvement in swimming ability in our learners since our swimming carnival! I hope your children have rested over the weekend following a busy week at school ... I know the staff have!

On the weekend we celebrated the Second Sunday of Lent where we were invited to reflect on the message of Jesus' transfiguration (Mk 9:2-10) and apply it to our lives. This event in the life of our Lord is an encouragement to let our light shine by bringing out the best that is in us - despite all the darkness that comes our way.

We have another great week at school this week including: PSG meetings on Monday (and Friday), our Preps in for their first Wednesday and Clean Up Australia Day, Assembly and (our second day of) PSGs meetings on Friday. We still need volunteers for Clean Up Australia day first thing Friday morning, and invite all families to assembly in the church at 2:20pm that afternoon.

I would like to make special mention of the work Mrs Fletcher is doing at school in her role as Mental Health and Wellbeing Leader. Janine is currently auditing all the ways we support learners' and staff's mental health and wellbeing to provide clarity on what we already do and how we can improve. From the training I have received in this area, the benefits of this program (MHiPS) are enormous. Janine's role includes leading the school in: building the capacity and confidence of staff to support learners with mental health concerns, de-stigmatising mental health issues, implementing effective mental health strategies and developing a clear pathway for referrals. She will be supported by a Mental Health Team composed of Leiza (Chaplain), Meg (Pastoral Wellbeing), Graecen (Learner Diversity) and myself (Principal).

We have finalised all of our Pupil Free days this year, so please mark the following dates in your calendar:

Term 1

Friday 8th Mar - Staff Spirituality day - Moama

Term 2

Friday 26th April - Improving our Teaching of Writing

Friday 7th June - Using our Data to inform our Teaching

Term 3

Friday 6th Sep - Catholic Identity with Kylie Smith (CES Ltd)

Wednesday 18th Sep - Parent/Teacher Interviews

Term 4

Monday 4th Nov - Report Writing day (Melbourne Cup weekend)

Thursday 19th Dec - Strategic planning for 2025

Friday 20th Dec - Last day of the year

On these dates there will be no students at school. Our Term 3 Parent/Teacher interviews will be held during the day on Wednesday 18th September. We will send out more information regarding the timetable of this day closer to the event. The students' last day of the school year will be Wednesday 18th December.

I hope everyone has a wonderful week and by my calculations, this Wednesday will be HUMP Day for Term 1!

Take care and God bless,

*Jarrod Mullavey (Principal)*



A graphic featuring three hands (purple, green, blue) holding a yellow sun. Above the hands, the text reads 'better health • better future • better outcomes'. Below the hands, the text reads 'Attendance Matters'.

### Explaining Absences

Report your child's absence before school commences

Provide a reason for your child's absence

Notify the school of any upcoming absence



## Cave Hill Creek Camp - postponement

Monday 26th February 2024

Dear families,

Our Yr5/6 learners were scheduled to attend Cave Hill Creek camp near Ballarat next week from Monday 4th March - Wednesday 6th March. However the camp has been damaged by the recent bushfires around the Ballarat area and can no longer host us at this time.

Cave Hill Creek Camp have provided us with alternate dates for later in the year which we will lock in over the next few days. We will inform families (and learners) of these dates as soon as we can.

Sorry again for this news, and we look forward to Yr5/6 Camp at Cave Hill Creek later on in the year.

Kind regards

Jarrod Mullavey

## St Mary's Cohuna - Term 1- Families - 2024



<i>Week</i>	<i>Dates &amp; Items</i>
<b>5</b>	<ul style="list-style-type: none"><li>● Mon 26th Feb - PSG Meetings</li><li>● Mon 26th Feb - SAC meeting @ 7pm</li><li>● Wed 28th Feb - Prep's first Wednesday of the year</li><li>● Wed 28th Feb - Principal Commissioning Mass and Dinner</li><li>● Thurs 29th Feb - T1 Principal's Briefing</li><li>● Fri 1st Mar - PSG Meetings</li><li>● Fri 1st Mar - Clean Up Australia Day</li><li>● Fri 1st Mar - SRC meeting</li></ul>
<b>6</b>	<ul style="list-style-type: none"><li>● Mon 4th-Wed 6th March- Year 5/6 camp @ Cave Hill Creek Ballarat</li><li>● Fri 8th Mar - Staff Spirituality day - Moama (Pupil Free day)</li></ul>
<b>7</b>	<ul style="list-style-type: none"><li>● Mon 11th Mar - LABOUR DAY Public Holiday  </li><li>● Wed 13th Mar - Tech Strategies Parent Info Night - 6-8pm</li><li>● Thurs 14th Mar - Miss Cartwright and Mrs Fry - Autism PD (Shepp)</li><li>● Fri 15th Mar - Good Samaritan Summer Cup - Kerang</li></ul>
<b>8</b>	<ul style="list-style-type: none"><li>● Mon 18th Mar - SAC meeting @ 7pm</li><li>● Tues 19th Mar - VACPSP Principal Conference</li><li>● Fri 22nd Mar - Sandhurst Switches Off</li><li>● Fri 22nd Mar - SRC meeting</li></ul>
<b>9</b>	<ul style="list-style-type: none"><li>● Tues 26th Mar - Division Summer Sports (new date)</li><li>● Thurs 28th Mar - Last day of Term 1</li><li>● Fri 29th Mar - Good Friday</li><li>● Sund 31st Mar - Easter Sunday</li></ul>



# PRAYER



## *A Prayer for Lenten Grace*

Loving God,

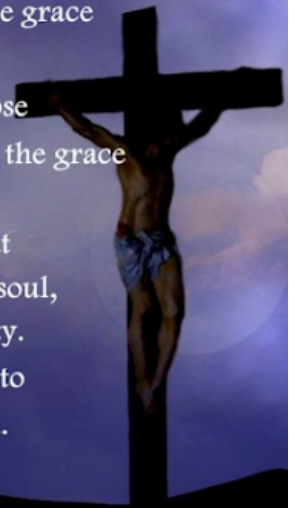
During the sacred season of Lent, bring me closer to you. Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.

Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.

Help me to fast from those things that threaten the well-being of body and soul, remind me of the grace and simplicity.

May this season be grace-filled time to rekindle my love for and faith in you.

*Amen.*



[www.ShareCatholic.com](http://www.ShareCatholic.com)

# SWIMMING



# YR 2/3 WEEKLY CLASS UPDATE

## Year 2/3 LM are flying through the term!

It's been a very busy start to the year and the learners have managed well with all the changes and special events that have taken place so far.

In Writing we have been focusing on identifying Colourful Semantics including who is involved, what happened, what they are doing, when it happened, where it took place, how it occurred and feelings they may have experienced. Enjoy reading some of our interesting recounts!

**Tully** - On the weekend I had wings for dinner. I played chess with Oskar and I played Roblox.

**Parker** - I went to the park with Nan. We played on the playground.

**Henry** - On Sunday I went canoeing in the creek at home.

**Addy** - I stayed up until 12:00 to see the fireworks. It was fun but it was tiring. ZZZZZ!

**Brooklyn** - On the weekend I stayed home with Mum. We went for a walk.

**Ileana** - On Friday I went to Melbourne with my Mum to pick up my dad from the airport. We waited at the airport for half an hour. Then he came, I was so excited I ran to him. Then we stayed at the hotel for 2 days.

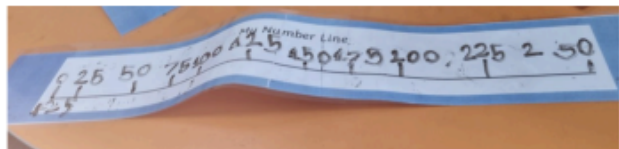
In Maths we have been building our knowledge in the areas of counting and place value.

We have been using MAB (multibase arithmetic blocks or base 10 blocks) materials, numberlines and the technique of bundling to assist our learning. Learners enjoyed playing "Chicken scramble" which is a game involving Place Value. They collaborated in small groups to make numbers using "bundling" (a technique where we use paddle pop sticks in groups of tens and ones to make numbers). Learners collaborated to make and count the bundles and ones to make sure we had the correct amount.

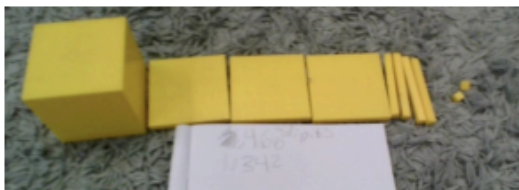
Chicken Scramble



Curtis



Jasmine



Ellie



We are leading our school assembly this week with Year 1/2 and look forward to sharing some more of our learning at this time.  
Have a great week!



# HAPPY BIRTHDAY!



**26TH FEB  
MAGGIE MCGLONE**



**26TH FEB  
LUCAS ORR**



**27TH FEB  
MATILDA  
DOUGLASS**

## MARRIAGE ENCOUNTER Weekend

### "Live Your Best Married Life in Love"

Every relationship is a journey and the grind of everyday life can cause you to lose touch with your spouse.

This experience gives married couples the tools to keep your passion alive in a gentle, nurturing environment, away from pressures and distractions of daily living.

The weekend is based around Catholic values and couples of all faiths are welcome.

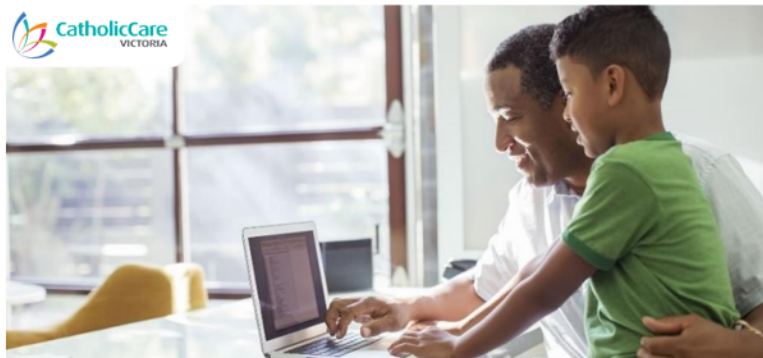
**Please check our website for more details.**

**12-14 April 2024** in Melbourne

Information/Bookings: Phone **Mercy & James 0409 183 676** or

Email: [vicbookings@wwme.org.au](mailto:vicbookings@wwme.org.au)

Website: [wwme.org.au](http://wwme.org.au)



## Tech Strategies for Families

Parenting in a world driven by technology presents a set of challenges for parents, guardians, grandparents, and carers. Technology is part of our reality but setting boundaries around its use is not always easy. This workshop aims to:

- Present current research
- Reflect on tech use in your family, considering both the challenges and opportunities.
- Explore strategies that focus on creating a safe and healthy tech environment for your family.

✓ Reduce conflict

✓ Set boundaries

✓ Strategies

### Workshop Details:

**Location:** St Mary's Primary School  
51 King Edward Street, Cohuna

**Date:** Wednesday 13th March 2024

**Time:** 6.00pm-8.00pm

Hosted by



This is a free workshop available to all parents, carers and grandparents in and around Cohuna.

### Register:

[Click here](#) or scan the QR code



P 5438 1300

E [bendigo.reception@catholiccarevic.org.au](mailto:bendigo.reception@catholiccarevic.org.au)

[www.catholiccarevic.org.au](http://www.catholiccarevic.org.au)

(03) 5438 1300 | 176 – 178 McCrae St, Bendigo VIC 3550



## MENTAL HEALTH AND WELLBEING KEY FACTS

- In Australia, 1 in 12 children aged 4-11 years have a diagnosed mental health disorder
- 20 percent of children experience mental health difficulties that affect their daily living
- Over half of all adult mental health problems have their origins before the age of 14
- 9 hours per year with a health professional - over 1000 hours in class
- Social and emotional competence, academic achievement and mental health are all highly related

Focus on early intervention and prevention - happy, healthy, resilient, tools and strategies

*By sitting and mindfully breathing for ten minutes a day,  
in as little as eight weeks*

*You can strengthen the part of the prefrontal cortex  
Involved in generating positive feelings  
And diminish the part that generates negative ones.*

**Richard Davidson, Ph.D.**



### BENEFITS FOR ADULTS AS WELL

Mindfulness - Dr Craig Hassed

[https://www.youtube.com/watch?v=IsXxvPWd\\_k](https://www.youtube.com/watch?v=IsXxvPWd_k)  
(4 minute video)

# BOTTLE RECYCLING

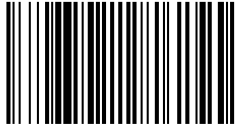
Congratulations ST MARYS SCHOOL COHUNA,

Your organisation is officially approved as a donation partner for Victoria's Container Deposit Scheme (CDS Vic). Please see below your Donation Partner ID information and the important next steps you need to complete before you begin fundraising.

## Your Donation Partner ID & next steps

Now you've received a Donation Partner ID, you're on the way to raising funds from CDS Vic. Please take note of these important details and follow the steps below to complete the process of activating your Donation Partner ID with Zone Operator/s.

**C2000010464**



## To start fundraising with CDS Vic follow these next steps:

### Step 1

Identify your relevant Zone Operator/s

### Step 2

Activate your Donation Partner ID and register for payments with each Zone Operator/s

### Step 3

Start fundraising from 1 November

The St Mary's Sustainability Group are starting up a fundraiser to raise money for the school veggie garden "Everyone Welcome Garden". To buy more seedlings, soil, sand, and tools.

Also some more seats for the school garden.

We would love a sturdy Green house, and hope that you and your family could help.

It is easy, no cash on your side. Just your empty aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, They recycle them too.

**Look for the 10c mark on the drink container label. It is often located near the barcode.**

Take to the back of the Neighborhood house, and tell them you would like to donate to St Mary's Sustainability group. They will do the rest.

Even family, and friends that live away, can donate at their nearest Container deposit centre.



We are also up to harvesting our vegetables. We will have corn, potatoes, cherry tomatoes, zucchini, and squash for eating, and selling soon we hope. Thanks to Mrs Jones, Jarrod, Mrs Williams, Levi Spring, Jax Taylor, Peter Fawcner, and Val Spring who helped with the care of the garden over the holidays.

We have been eating tomatoes, cheese and cucumbers on a cracker, during lunch breaks. Children who told me they did not like these vegetables, had a try and surprised themselves how delicious they were.

Wade Mathers, and Shaun McIvor will be donating their time to put up some shelter above the chook shed. When the chooks come back from their holiday at Sam Cookes (Thank you, Sam!) The girls will be pleasantly surprised. Thank you Wade and Shaun.



7th February 2024

Dear families,

We will hold our first Parent Support Group (PSG) meetings for the year on Monday 26th February and Friday 1st March. These meetings are very important to help us plan for, and meet, the needs of our learners who have additional needs.

If you haven't done so already, please book a time to meet with your child's teacher to discuss their learning via School Interviews with the link or QR code below:

<https://www.schoolinterviews.com.au/code/pnv8y>



If you have any further questions (or trouble booking), or need to make a time to meet outside of the two days we've provided please contact me (or your child's teacher) at school on 5456 2062 (or via email and Seesaw).

These bookings will close on Thursday 22nd February.

Kind regards

Jarrod Mullavey  
Principal  
St Mary's Cohuna



The St Vincent de Paul Society is an international organisation operating in 153 countries and has over 800,000 members worldwide. The Society has a presence on every continent in the world with the exception of Antarctica perhaps. Mrs Mathers in her role as chaplain at our school is also a St Vinnies Kerang member. She is able to assist families with food vouchers or other resources that families require. You can make appointments to see her if a need arises. Please do not hesitate to contact the school.

**"Helping one person may not change the whole world, But it could change the world for one person."**

God Bless Mrs Mathers



*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.*



School Term Dates 2024:

Term 1: 29th Jan - 28th March

Term 2: 15th Apr - 28th Jun

Term 3: 15th Jul - 20th Sep

Term 4: 7th Oct - 20th Dec