



St Mary's Newsletter

TERM 1, WEEK 6

We are into Week 6, which means we only have 4 weeks of school left this term before we break on Holy Thursday (28th March). Last Sunday's Gospel of Jesus overturning tables in the Temple (Jn 2:13-25) reminds us that Jesus is God's most holy temple. It also reminds us of the sacredness not only of all places of worship but also of every human being. In this Lenten season, we are invited to renew our commitment to keep all of God's temples holy in every way and at all times.

Last Tuesday staff worked with Kylie Smith from CES Ltd on unpacking the Gospel of Mark. Kylie understands the challenges that come with teaching scripture to primary school children, and also stressed the importance of "recontextualising" (making a book written over 2000 years ago relevant to people in Cohuna in 2024) these stories to ensure the message of God, through the life of Jesus Christ, is clear to our learners (and staff).

Last Thursday I was in Shepparton at the Term 1 Director's Briefing where I met the new Executive Director of Catholic Education Sandhurst Ltd Kate Fogarty. Formerly principal at St Joseph's Echuca and most recently Assumption College Kilmore, Kate spoke to principals about her focus on Learning and Teaching and Catholic Identity and the ways schools will be supported by CES Ltd in these areas. Kate is looking forward to visiting our school, knowing the area well from her time at Echuca.

Thank you to those parents who were able to attend PSG meetings last Monday or Friday to work in partnership with our staff. Thanks also to Miss Cartwright and the staff for their preparation for these meetings and the work they do day to day to ensure that the teaching we provide is accessible to each and every child at St Mary's.

I enjoyed meeting up with the School Advisory Council on Monday night and look forward to meeting with the Parents and Friends Committee tonight - Monday 4th March. Please attend this meeting if you are able to help us out with our fundraising efforts this year (in any capacity). Tonight's meeting will be held in the staffroom at school from 6:30pm onwards, and is also available online using the Google Meet link: <https://meet.google.com/rbd-bcmd-hjh>


Just a reminder that this Friday (8th March) is a Pupil Free Day - there will be no learners at school this Friday. Staff will attend a Spirituality Day in Echuca where we will work with: Gen Bryant, Colleen Hampson, Fr Joe Taylor and Georgia Gordon in a range of Spirituality areas.

We hope that all families enjoy the 4 day weekend - with the Labour Day Public Holiday on Monday 11th March. Next week we also have our Good Samaritan Cup (Summer Edition) in Kerang on Friday 15th as well as the Cohuna Show that afternoon/night!

Have a wonderful week everyone and enjoy the long weekend!

Take care and God bless,

Jarrold Mullavey (Principal)

<i><u>St Mary's Cohuna - Term 1- Families - 2024</u></i>		
<i>Week</i>	<i>Dates & Items</i>	
6	<ul style="list-style-type: none"> Fri 8th Mar - Staff Spirituality day - Moama (Pupil Free day) 	
7	<ul style="list-style-type: none"> Mon 11th Mar - LABOUR DAY Public Holiday Wed 13th Mar - Tech Strategies Parent Info Night - 6-8pm Thurs 14th Mar - Miss Cartwright and Mrs Fry - Autism PD (Shepp) Fri 15th Mar - Good Samaritan Summer Cup - Kerang 	
8	<ul style="list-style-type: none"> Mon 18th Mar - SAC meeting @ 7pm Tues 19th Mar - VACPSP Principal Conference Fri 22nd Mar - Sandhurst Switches Off Fri 22nd Mar - SRC meeting 	
9	<ul style="list-style-type: none"> Tues 26th Mar - Division Summer Sports (new date) Thurs 28th Mar - Last day of Term 1 Fri 29th Mar - Good Friday Sund 31st Mar - Easter Sunday 	

PRAYER

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



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

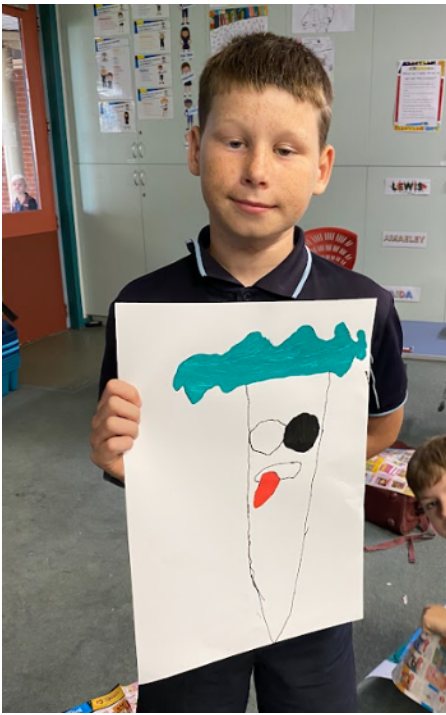
YR 4 CLASS WORK

Year 4 Art

This term, Year 4 learners have started off their art unit focusing on the artist Joel Moore (Mulga). Mulga is a Sydney based artist and enjoys using bright colours in his murals, designs and artworks. Students learnt all about Mulga before planning and developing their art ideas. They have now begun adding pops of colour to their artwork.

Task: Students were required to choose a fruit or vegetable, add some cool features like sunglasses, a mustache and a smiling face before using bright colourful marker pens to finalise their pieces. Students will display their artwork in the classroom for a few weeks before bringing it home.

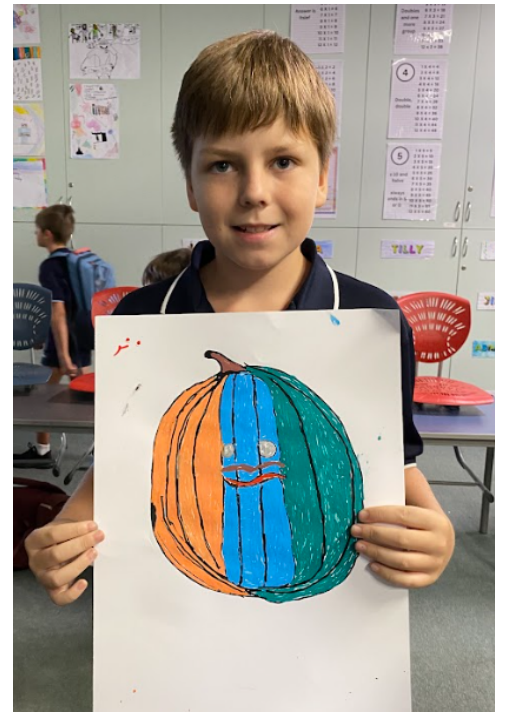




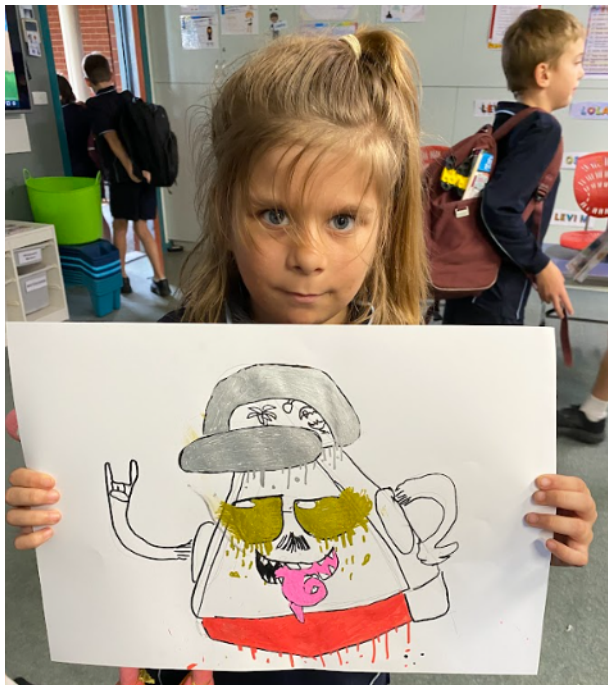
JAX



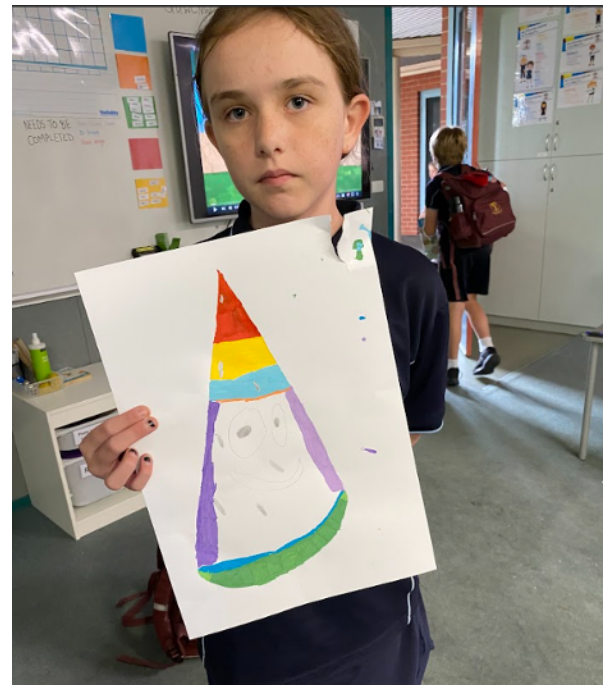
JAMES



BROCK



LOTTIE



SUZANNE

HAPPY BIRTHDAY!



6th March
PETER
MANNING



10th March
BAILEY
GRAY

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.

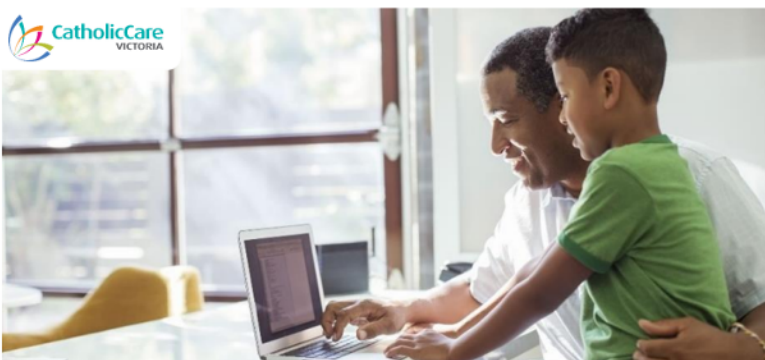
Please check our website for more details.

12-14 April 2024 in Melbourne

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

Email: vicbookings@wwme.org.au

Website: 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

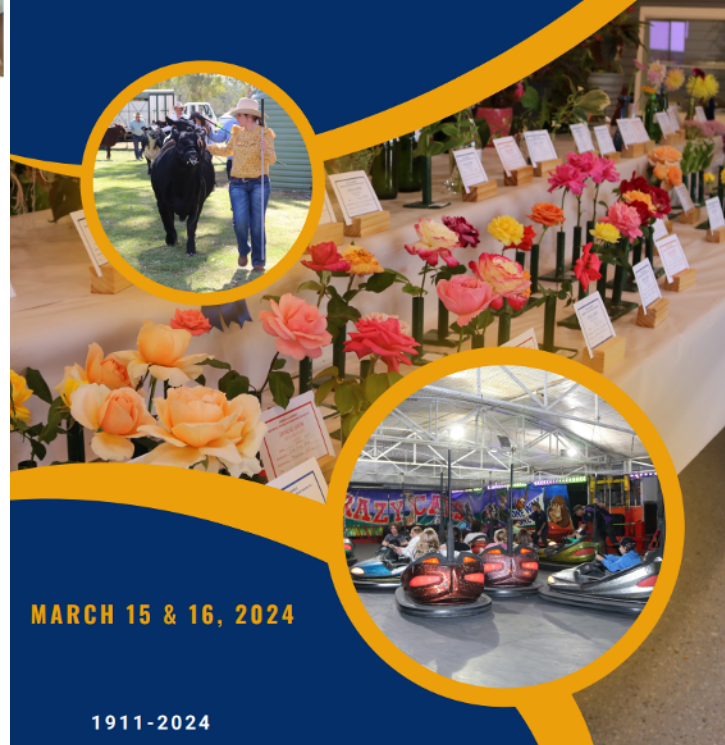
E bendigo.reception@catholiccarevic.org.au

www.catholiccarevic.org.au

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

COHUNA A.P. & H. SOCIETY INC.

110TH ANNUAL SHOW



MARCH 15 & 16, 2024

1911-2024

A Cohuna and District
Progress Association event



Wonka



**NOW
SHOWING**

31st March 2024 at
Cohuna Rec Reserve

**Gates open at 6pm;
movie to start at 7pm**

BYO alcohol, chairs, and rugs
BBQ dinner, snacks, and non-alc
drinks available for purchase

\$5pp or \$15 for family

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

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

BOTTLE RECYCLING

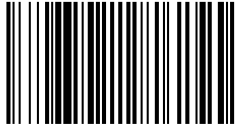
Congratulations ST MARYS SCHOOL COHUNA,

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.

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