



St Mary's Newsletter

TERM 4. WEEK 2

One week down, which means only more more weeks of school this year! If you listen hard enough, I'm sure you can already hear Christmas carols playing somewhere! Well done to Ms. Fletcher who organised The Unbreakable Farmer (Warren Davies) to speak to our community about the importance of taking care of our mental health and well being at the memorial hall yesterday. This is just some of the work Janine carries out as our Mental Health in Primary Schools lead teacher. I was fortunate enough to attend the official opening of the St Joseph's College (Echuca) Kildare campus last Wednesday. The campus has amazing facilities and in 2025 will house Yr7-9 students. I encourage anyone with learners in Yr3-5 to organise a tour of these facilities to see if this might be the right secondary school for your child/ren.

At mass on Sunday, Fr Dean explored Mark's gospel about inheriting eternal life and the pitfalls that can come with focusing on material wealth (Mk 10: 17-30). Material riches are not evil in themselves. They are a blessing if we use them to help those in need. Then, we become spiritually rich, our generosity is uplifting for ourselves and those who benefit from our giving. The gospel warns against material wealth becoming a curse when it destroys the sensitivity of those who become dominated by the craving for it. We cannot allow material riches to possess our hearts! We are defined by how we treat others, not what we own. God calls us to live a life that showcases our spiritual values and gives us the grace to use our material resources for the good of our family and of others.

We've got plenty going on this week beginning with visits from the kinders (Cohuna today and Leitchville on Tuesday), thank you in advance to Mrs Walker who will support these groups whilst they are at our school. Good luck to our 8 athletes/learners who are representing our school at Athletics today in Bendigo, and thank you to Miss Cartwright and Mrs Douglass for supporting them. On Tuesday our school is migrating from Google to Microsoft (all CESL schools are). This is apparently a 'smooth move' however some schools in our diocese have found it challenging. Please be aware that staff emails are also migrating, so if you contact staff via email and they haven't responded within 24hrs, this may be the reason. We finish the week with Super Friday!! Grandparents' and Special Persons' day will begin at drop off time and go to morning tea. Thanks in advance to the staff who have planned activities for grandparents to share with their grandchildren. Thanks also to the P&F (and staff) who will supply morning tea for this event. Then, from 6pm onwards we have our St Mary's Fete - held at the Cohuna Recreation Reserve.

Thank you to the School Advisory Council for their organisation and the work they have put into this event. Please come along, enjoy the jumping castle, miniature train, food vans, sensory tent, raffles, dunking machine, live music and much, much more! Remember to bring cash (\$20 family entry fee) and for the raffle, dinner etc. All money raised by the school will go towards upgrading our playground.

Also this term we have: 2025 Prep Transition, World Teachers Day, Yr5/6 Camp at Cave Hill Creek, MacKillop Art Exhibition (Bendigo), School Dental Van, St Patrick Pyramid Hill celebration ... and that's all before we even start to think about Christmas and Graduation!! A reminder that Monday 4th Nov (Report Writing day) and Thursday 14th Nov (Staff Spirituality Retreat) are pupil free days. And looking even further ahead, our learners finish up the year on Wednesday 18th December.

Have a great week and I hope to see all families at our fete on Friday night!!

Jarrold Mullavey

Principal

PRAYER

Grandparents Day Prayer

Lord God almighty,
bless our grandparents
with long life, happiness, and health.
May they remain constant in your love
and be living signs of your presence
to their children and grandchildren.
We ask this through Christ our Lord.
Amen.

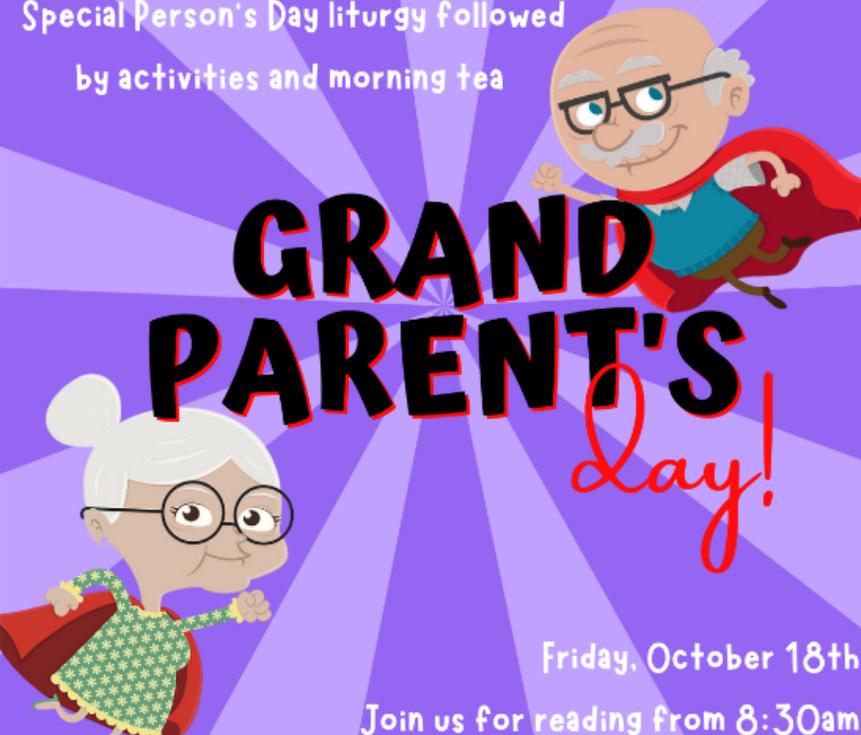




2	<ul style="list-style-type: none"> ● Mon 14th Oct - SAC @ 7pm (TBC) ● Tues 15th Oct - SoSafe Curriculum Day @ Shep (Meg) ● Wed 16th Oct - Meaghan's B'day ● Fri 18th Oct - Grandparent's day ● Fri 18th Oct - St Mary's Community Event
3	<ul style="list-style-type: none"> ● Fri 25th Oct - 2025 Prep Transition day #1 (TBC) ● Fri 25th Oct - Primary Principals' Network PL day - Shepp ● Fri 25th Oct - World Teacher's Day
4	<ul style="list-style-type: none"> ● Tues 29th Oct - Jarrod at Mini-HUB meeting at P.H.
5	<ul style="list-style-type: none"> ● Mon 4th Nov - Report Writing Day - <i>pupil free day</i> ● Tues 5th Nov - Melbourne Cup Public Holiday ● Fri 8th Nov - Jarrod at Child Safe Officer training @ Bendigo
6	<ul style="list-style-type: none"> ● Mon 11th - Wed 13th Nov - <u>Yr5/6</u> Camp at Cave Hill Creek ● Thurs 14th Nov - Staff Spirituality Retreat - <i>pupil free day</i> ● Fri 15th Nov - MacKillop Art Exhibition opening (Bendigo)
7	<ul style="list-style-type: none"> ● Thurs 21st Nov - Principal's briefing - Shepp ● Fri 22nd Nov - Principal's network - Shepp ● Fri 22nd Nov - SAC Christmas celebration
8	<ul style="list-style-type: none"> ● Mon 26th Nov - School dental van ● Tues 27th Nov - School dental van ● Wed 28th Nov - School dental van ● Fri 29th Nov - Leiza WB training
9	<ul style="list-style-type: none"> ● Sun 8th Dec - St Pat's PH Celebration and Mass with Bishop Shane
10	<ul style="list-style-type: none"> ● Thurs 12th Dec - Graduation Night @ The Tav
11 	<ul style="list-style-type: none"> ● Wed 18th Dec - Learner's last day ● Thurs 19th Dec - Staff strategic planning day
	<ul style="list-style-type: none"> ● Fri 20th Dec - Last day of the school year!

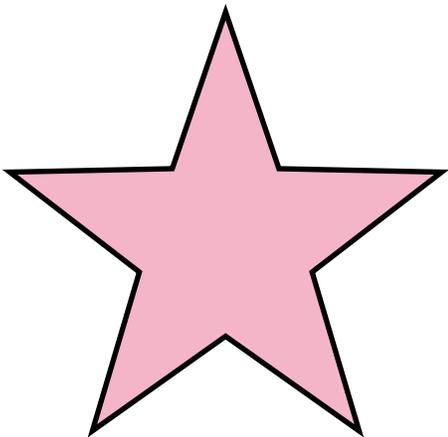
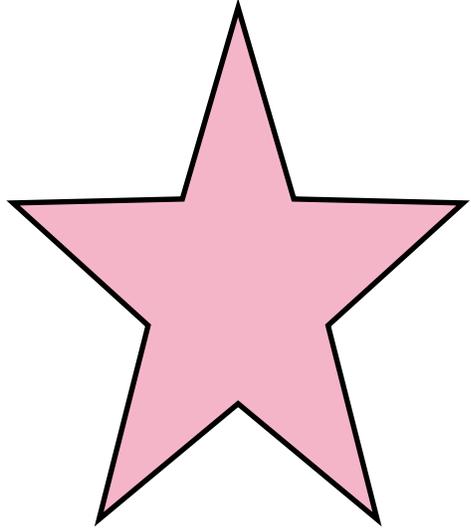


 Joins us for a Grandparent's and Special Person's Day liturgy followed by activities and morning tea



GRAND PARENT'S
Day!

Friday, October 18th
 Join us for reading from 8:30am





WE ARE INVITING YOU!
ST. MARY'S Fete

COHUNA RECREATION RESERVE

October 18 | 6 pm

\$20 per family
 ENTRY COST INCLUDES ACCESS TO KIDS ACTIVITIES



FOOD TRUCKS **RAFFLE**
MUSIC **KIDS ACTIVITIES**
SILENT AUCTION

HAPPY BIRTHDAY!



**16TH OCTOBER
KADEN
HOLLINGWORTH**

**17TH OCTOBER
ZARAH
CRICHTON**

Dentist Visit to School

On Tuesday 26th November the Martin Vale Dentistry Van will be visiting St. Mary's. Treatments may be bulk billed through the Medicare Child Dental Benefits Schedule (CDBS) for eligible students (families who receive FTB).

Information will be sent home to families tomorrow, however parents can click on the link below to complete their child's details

<https://form.jotform.com/220327988392062>



A poster for Cohuna Secondary College's School Saving Bonus. The top left features the college's logo and name. The main text reads 'School Saving Bonus' in large white letters on a dark blue background. Below this, it says 'Enrol for 2025 by 18th of October 2024' and '\$400 School Saving Bonus' in a yellow rounded rectangle. A large yellow circle with a blue and white striped pattern contains the text 'Enrol now'. Below this, there are two sections of text: 'Actions for parents and carers' with a list of instructions, and a yellow box with text about contact information. The bottom right shows a group of students in blue and white tracksuits walking on a path. The background includes a photo of the school building and trees.

A registration poster for Little Athletics Victoria. The top left has the 'Little Athletics Victoria' logo and a '30' anniversary logo. The main text reads 'WE ARE LITTLE ATHLETICS' in large white letters with red horizontal lines. Below this, it says 'Season 2024-25 Open Now' and 'REGISTER TODAY' in a red rounded rectangle. The background is dark purple with red and white curved lines.

Registrations are opened for Cohuna Little Athletics 2024/25 season. Come and join us for fun and fitness on Friday nights from 5:30pm. If you haven't done little athletics before, you can register as a trial member and receive two weeks free before you have to fully register. Our first night of competition begins Friday 11th October.



ST MARY'S LIMITED EDITION BEANIE

IF YOU WERE LUCKY
ENOUGH TO BE RANDOMLY
SELECTED TO DO THE
SURVEY AND YOU HAVE
COMPLETED IT, PLEASE LET
STACEY KNOW IN THE
OFFICE AS SHE HAS YOUR
FREE BLOCK OF CHOCOLATE
FOR DOING THE SURVEY.
THANK YOU



St. Mary's

PREP ENROLMENTS

NOW OPEN

School tours available daily!
Contact the office
(03) 5456 2062

RECYCLE BIN!!!

Mrs Mac has provided a bin
near the entrance (near shed)
for anyone that would like to
use it to recycle.

GLASS , PLASTIC, ALUMINUM

*If anyone is interested in
joining in saying the
Rosary on a Wednesday
morning at 10am please
contact*

Donna 0431 737 790.

MRS MAC IS CHASING SOME CONCRETE POTS IF ANYONE HAS ANY HANGING AROUND THAT THEY DON'T NEED. THANKS



Attendance Matters

ARE YOUR DETAILS UP TO DATE???
Please contact the office of any changes to your details!!!

VICTORIA'S CONTAINER DEPOSIT SCHEME

Check for the 10c mark 

DONATE YOUR DRINK CONTAINERS TO COHUNA ST MARY'S SUSTAINABILITY GROUP
EVERY CONTAINER YOU RECYCLE CAN EARN 10c FOR OUR CAUSE

We are raising funds for:
GARDEN GREEN HOUSE

 FOR A BETTER WORLD  

Can we please with the change of times for lunch, ask that all lunch orders be in by 9pm the night before to help Kimmie's be organised for these earlier lunches.

ST. MARY'S is a **NUT FREE SCHOOL**



P & F chocolate fundraiser

A reminder to please deposit the \$60 into the School bank account :-
BSB 083-543
Acc. No. 457171993

School Term Dates 2024:
Term 2: 15th Apr - 28th Jun
Term 3: 15th Jul - 20th Sept
Term 4: 7th Oct - 20th Dec

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.





SATURDAY JUNIOR PROGRAM

Are you a Junior keen on playing Tennis this year?
Starting **26th September 2024**. Every Saturday Morning, 9:00am - 10:30am
The first three sessions are **FREE!**
No need to register for the first three sessions — just turn up and have fun!
After three sessions, membership is only \$60 for the season.
Program runs throughout:

- Term 4, 2024
- Term 1, 2025

Come and Try!

All abilities welcome – come join the fun, learn new skills, and make new friends!

Contact Cohuna Lawn Tennis Club on FB,
Jason Hensley: 0429 428 084 or cohunatennisclub@gmail.com



Don't you just love beetroot? Or even better, pickled beetroot? Well the learners in Year 5 sure do! That's why Nina Reid, Heath Spalding, Dan Murray, Bailey Gray and Savannah Roberts have planted, washed, cooked and put a whole heap of them into jars, and are preparing to sell them next Monday.

When planting the beetroots, we had a lot of help from Peter and Val who prepared us with the task of planting, growing and watering. But the best part was peeling them, cutting them up, putting them into jars and cooking the pickle juice.

WELLBEING CLASSES



IN THE SENIOR SCHOOL

THE FRIENDSHIP SAVER PROGRAM

In years 4,5 and 6, we've been learning that in most friendship dramas there will be 3 main characters;- the Lion, the Maggie and the Mouse. The way we can stop a friendship drama is by choosing to use our character's strengths.

The Drama Triangle

A black and white line drawing of a lion standing on its hind legs, holding a small object in its right paw. Below the drawing is a small black box with white text that reads "Lion: I will fix everything." The drawing is set within a white-bordered box.	<p>I Will Fix Everything I like to give advice and get involved Sometimes by accident I can make things worse Or bigger than they were I can become a lion to help a mouse.</p>
A black and white line drawing of a grumpy-looking character with a large, bushy mane, standing on its hind legs with its arms crossed. Below the drawing is a small black box with white text that reads "Maggie: When I get mad, watch out!" The drawing is set within a white-bordered box.	<p>When I get mad, Watch out! I argue I want to get my way I want to punish and hurt others for the hurt they have caused me I do not forgive</p>
A black and white line drawing of a mouse standing on its hind legs, looking up with a pleading expression. Below the drawing is a small black box with white text that reads "Mouse: Help me!" The drawing is set within a white-bordered box.	<p>Help Me! I don't like to fight or argue I might run away or cry I want someone to fix the problem for me I wish the problem would just go away.</p>

The Strength Triangle



I care for others
I try to understand what other people experience and feel
I am a good listener
I only help people with their problems if they ask me to help and I feel ok about it
When I do help, I don't take over.
Instead, I help people to work through their options



I am assertive
I stand up for what's right
I communicate face to face, calmly and clearly
I can forgive
I can negotiate and compromise
I respect others.
That means, I do not insult or put others down, even if I'm angry



I Notice My Feelings
I always notice my feelings
If I don't feel good about something, I problem solve because no matter what, there are always options

