



Term 1 Week 5

St. Mary's Primary School Newsletter

website: www.smswanhill.catholic.edu.au



February 28th 2022

Welcome to Week 5

Dear Parents and families

The Year 3 students, teachers and helpers headed off to Echuca this morning for 2 days of fun-filled activities. Thanks to Kyle and the team for all of their organisation. We will post photos to show you what the Year 3 campers are doing each day on our Facebook page.



THE RESILIENCE PROJECT™

The Resilience Project- Parent Webinar March 9th

At St Mary's we have been working with The Resilience Project since 2021. We are excited to offer parents the opportunity to hear founder Hugh van Cuylenburg share his experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing. To register to join the evening please follow this link;

https://us02web.zoom.us/webinar/register/WN_BSZQ7j8bQ5qAA7dfV6PgHQ

Upon registration, registrants will receive a link to attend the webinar, along with a reminder the day prior.

A flyer with more information about The Resilience Project can be found attached to this newsletter.

Homework

This week, homework commences with all year levels across the school starting to send some home based tasks to be completed during the week. A detailed explanation of homework for each year level at St Mary's has been attached to the newsletter and a hard copy sent home to each family.

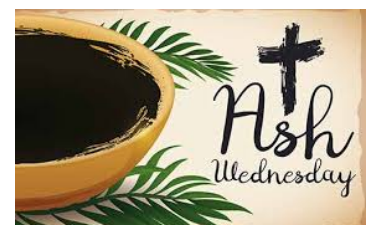
Foundation Family Basket Tea Thursday March 3rd

This **Thursday March 3rd** is a welcome picnic and chance for families from the Foundation area to meet each other. Families are warmly invited to bring the picnic rug, a picnic tea and enjoy time at school from 5:15 pm-6.45pm, mixing informally, having a look around our school and enjoying some music by Tony Haley in the passive play area.



Shrove Tuesday and Ash Wednesday

All classes will be celebrating Shrove Tuesday by making and eating pancakes and participating in activities related to the beginning of Lent. The Year 6 level will be leading the Ash Wednesday liturgy on Wednesday at 9.10am. We will post some photos of this special occasion to share with families.



The History Box

Many aspects of our Australian history were brought to life by Cynda and Baz from the History Box last week. Their workshops and “hands-on” activities were really engaging and the children learned a great deal about our past as they participated in the program. The back page of the newsletter showcases the fun had by all!

St Patrick's Race Meeting

The St Patrick's Race Meeting will be held on Sunday March 20th at the Swan Hill Racecourse. After a two year absence, it will be great to be back on the track to raise some funds for the local Catholic schools. Entry tickets are \$10 per single and \$15 for a double. Raffle tickets are \$2 a ticket or 3 for \$5. This week, your child will bring home entry tickets and raffle tickets. Please return your entry ticket and raffle ticket money to the front office by Friday March 18th.

Casual Dress Day

Everyone enjoyed the opportunity to wear casual clothes for a good cause on Friday with \$551.00 raised.

Open Day 1 - Wednesday 16th March 5pm

We are happiest when prospective families pay us a visit to see for themselves what makes us different. New and existing families are invited to join us to learn about St Mary's at our first Open Day on Wednesday 16th March with tours starting at 5pm. We will have further Open Days on weekends in both April and May and the opportunity to see our school in action throughout the day during Term 2.

Please call the office on 50332541 or filling a registration form at;

<https://app.enquirytracker.net/webforms/event-registration/80bf6780-97a6-497a-87fb-847fc2d93e8c>



COVID Update

In addition to a letter to individual classrooms where there has been a positive case reported, I will continue to send out a twice weekly whole school update that outlines which classes have had positive cases attend school while infectious and the country buses affected by covid cases in the Swan Hill district.

The latest Premiers press release announced that schools will receive additional air purifiers so we look forward to the arrival of more units in the near future.

The Government has also announced that the RATS testing will continue for the remainder of the term. Week 5 & 6 RATS can be collected from the office.

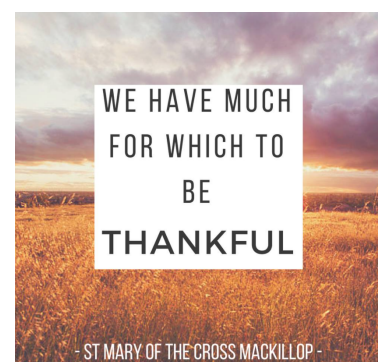
Just a reminder about the key Rapid Antigen Testing (RAT) information;

- **Free RATS are available for all students at St Mary's School for first term**
- **Testing is voluntary**
- **Students are requested to test twice weekly with most families reporting that they are testing Sunday and Tuesday nights**
- **Tests are provided in packs of 5 individual nasal tests**
- **Masks are mandatory for Students in Year 3-6, unless a lawful exemption applies**

As masks need replacing (or washing) could I ask our parents of Year 3-6 students to regularly please check your child's bag and ensure they have sufficient supplies of masks each week.

Our Josephite Heritage

This year we will endeavor to honor our Josephite heritage and the immense contribution by the sisters in shaping our school, by including a reflection or quote from Mary MacKillop in our newsletter each week. Mary MacKillop's words reminds us all that we truly do have so much to be thankful for in our lives.



THE

**RESILIENCE
PROJECT** TM

THE RESILIENCE PROJECT

**PARENT
WEBINAR**

March 9th 2022 at 6.30pm

At St Mary's, we have been working with The Resilience Project since 2021. We are excited to offer parents the opportunity to hear founder Hugh van Cuylenburg share his experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

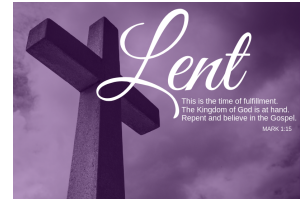
Register via the following link;

https://us02web.zoom.us/webinar/register/WN_BSZQ7j8bQ5qAA7dfV6PgHQ

RE News - Mrs Davies



On Wednesday 3rd March we celebrate our first liturgy for this year with Father James for Ash Wednesday, which is the commencement of the Lenten Season (the six weeks in the lead up to Easter) and culminates in the celebration of Christ's Resurrection. Lent is about the preparation for Easter, which includes prayers, fasting and penance over forty days. It is a time for personal reflection as we struggle with our bad habits and find new opportunities to turn back to God.



Lent is a wonderful opportunity to spring clean our lives and start anew. Many of us will connect Lent with Project Compassion and donate money to help with projects around the world which impact greatly on the lives of others. We also connect Lent with giving up something we enjoy, like chocolate. Making sacrifices is also an important part of Lent, we are called to come from a place of selfishness towards caring about and appreciating others and hopefully our lives will take on a meaning that is more about others than ourselves.

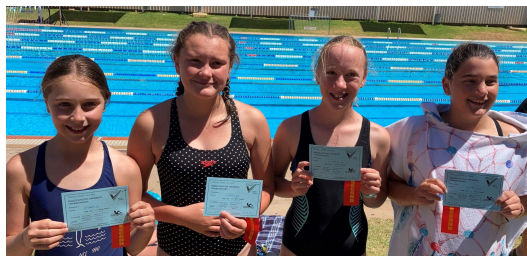
Project Compassion boxes will be coming home this week as a part of the Lenten Program. If you have any spare coins laying around, you may wish to have your children place these in the Project Compassion box for Caritas Australia. You are also able to visit the Caritas website to see some of the stories behind the project. <https://lent.caritas.org.au> Thank you for your on-going support for the wellbeing of others. You make a difference!

Physical Education - Miss Clark

Division Swimming Carnival

On Monday 21st of February, 25 St Mary's students represented the school at the Division Swimming Championships at the Swan Hill town pool. We had lots of ribbons and some great results with all students doing themselves and the school proud.

From the event, 13 students came first in their individual or relay event to qualify. They will progress and represent the school at the **Regional Swimming Championships** at the Swan Hill Outdoor Pool on **Thursday, March 17th**. We wish all of the competitors the best of luck!



KEY DATES

Monday February 28th &

Tuesday March 1st

Year 3 Camp

Wednesday March 2nd

Foundation rest day

Thursday March 3rd

Foundation Welcome Picnic

5.15pm-6.45pm

Monday March 14th

Public Holiday

Tuesday March 15th

Pupil Free Day

Staff PD

Wednesday March 16th

Open Day

Tours at 5pm

News from the Office

OSHC @ 2 Murlong - Before & After School Care



The Out of School Hours Care program, @ 2 Murlong, is operating out of the gym hub and provides before and after school care for school age children in the Swan Hill area. Please express your interest via the following link;

<https://prodadmin.myxplor.com/enrollment/index/dHdBOThsSW9JeHUxYTFEwaHNxZlMrdz0>

Canteen Helpers Needed

We are looking for volunteers to help in our school canteen. Parents, grandparents, aunts, everyone is welcome. Volunteer hours are generally from 11.30am-1.30pm but any assistance would be greatly appreciated. You will need to have a valid Working with Children's Check and also provide evidence of your vaccination status.

Please email office@smswanhill.catholic.edu.au with days/dates that you are able to assist.

Mon Feb 28	Tues March 1	Wed March 2	Thur March 3	Fri March 4
Karen Thamm	Helper needed	Kristy Kelly	Helper needed	Helper needed
Mon March 7	Tues March 8	Wed March 9	Thur March 10	Fri March 11
Helper needed	Lisa Brady	Kylie Andrews	Helper needed	Helen Shepherd

Lost Property

Our lost property bin is emptied each week with items that are clearly named returned to children via their classroom baskets. A reminder to please clearly label jumpers, hats, drinkers, lunchboxes etc with your child's first name and surname.

Collecting your child outside of regular finishing times

We understand that appointments come up unexpectedly and plans change, however we kindly remind you that we do call ups for students at the following times to minimise distributions to the classrooms;

10.55am (recess), 12.55pm (lunch) & 3pm (end of day)

Please phone the office 50332541 ahead of time if you need to pick your child up early.

Bus changes on PAM

We encourage you to make bus changes via your PAM account. This includes bus passes, not on bus, change of bus etc.

- Log in to your PAM account.
- From the three line menu in the top right hand corner, select "Transport Passes".
- Ensure the date is correct, displayed above the student schedule table.
- Click on the "Edit" button of the child you wish to add/remove from a bus.
- "Select New Route" will allow you to add your child to a bus, add your child to a different bus or select "No transport needed" if your child is not to travel on the bus on that particular day.

Scheduled Transport - this is for children who are on a regular bus schedule. It is the bus that your child would usually catch on that day.

Actual Transport - the bus that your child is catching on that particular day eg. if a change has been made.

Bus changes via PAM must be made by 2.30pm. For last minute changes, contact the office on 50332541. You can make bus changes up to 7 days in advance. If your child requires a permanent schedule change, please contact the office. Need assistance? Please contact the office 50332541.

Camps, Sports & Excursions Fund (CSEF)

Applications for CSEF close on 24th June 2022.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child. The annual CSEF amount per student is \$125 for primary school students.

HOW TO APPLY:

New applicants should contact the school office to obtain a CSEF application form or download from the CSEF website.

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

If you applied for the CSEF at your child's school in 2021, you do not need to complete an application form in 2022 unless there has been a change in your family circumstances. You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools in 2022 or you did not apply in 2021
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2022.

If you are unsure please contact the school office on 50332541.

If you are eligible for CSEF you are also eligible for the Family Fee Assistance Scheme. The FFAS amount for 2022 is \$850.00. This amount is credited against your school fee account once your CSEF application has been validated.



CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

Student of the Week - Term 1 Week 4

6A	Meg Y	Gypsi O'B
6B	Zara P	Rory D
6W	Chloe N	Ryan H
6Y	Bailey R	Zoe D
5 Orange	Aaron G	Mayla C
5 Yellow	Ananya J	Cooper G
5 Green	Leo K	Hattie M
5 Blue	Coco N	Jasnoor K
4K	Sarah L	Zac R
4L	Harlow R	Tyler M
4M	Sadie M	Aidee B
4N	Isla B	Maddie H
3G	Esha K	Vincent C
3H	Lexi M	Brodey C
3I	Charlotte M	Oliver S
3J	Chloe J L	Mitchell J
2R	Ekamdeep K	Alisha K
2S	Raf F	Kaleila O
2U	Kye T	Frankie M
1O	Zac D	Sophie K
1P	Maddison S	Nylah K
1Q	Gussie B	Parks K
F C	Max H	Tehan B
F D	Hattie M	Miller C
F E	Stella T	Rosa F
F F	Lara M	Fleur McN
F T	Ada G	Jordan L
Art	Harry B, Natalia B, Louis R	
Drama	Maeve Mcl Sophia N	
Music	All of 4K, Jameson B, Maddy McM	
Italian	Benjamin C, Darcy McL, Katie A, Hattie M	
PE	Sam B, Sarah M, Sampson S, Rylan G	



St. Mary's Primary School

Swan Hill

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PO Box 727, Swan Hill 3585

Phone: (03) 50332541
Email: office@smswanhill.catholic.edu.au

28/2/2022

Homework Information

Homework is a great opportunity for parents to participate in their child's education. Parents, in partnership with the school, should encourage their children to establish good homework patterns from early primary school.

Homework helps students by complementing and reinforcing classroom learning, fostering good lifelong learning and study habits, and providing an opportunity for students to be responsible for their own learning. At St Mary's, we provide homework for each year level and actively encourage children to complete the homework tasks provided.

Homework takes many different forms, depending on the year level of the students and each year level. The following gives a general summary of homework with each Year level, providing a more detailed explanation about how homework operates in their particular area of the school.

Foundation

- Home reading each night recorded in student diary.
- Phonics Hero – username and passwords provided for children to reinforce phonics program taught at school.
- Sunshine Classics & Sunshine Online -usernames and passwords provided for children to reinforce reading skills taught at school.

Year 1

- Home reading each night recorded in student diary.
- Reading Eggs and Sunshine Online - usernames and passwords provided for children to reinforce reading skills taught at school.
- Weekly spelling words to practise.
- Mathseeds - all children have an individual subscription which can be used at home to practise mathematical skills and concepts covered in class.

Year 2

- Home reading each night recorded in student diary
- Sunshine Online and Sunshine Classics -usernames and passwords provided for children to reinforce reading skills taught at school.
- Weekly spelling words to practise.
- Mathletics - all children have an individual subscription which can be used at home to practise mathematic skills and concepts covered in class.

Year 3

- Home reading each night recorded in student diary
- Sunshine Online - usernames and passwords provided for children to reinforce reading skills taught at school.
- Weekly Spelling Mastery homework page.
- Mathematics - all children have an individual subscription which can be used at home to practise mathematical skills and concepts covered in class.

Year 4

- Home reading each night recorded in student diary.
- Weekly Spelling Mastery homework page.
- Mathematics - all children have an individual subscription which can be used at home to practise mathematical skills and concepts covered in class.
- Times Tables practise.

Year 5

- Home reading each night recorded in student diary.
- Home based tasks posted on Google Classroom.
- Weekly Spelling Mastery homework page.
- Mathematics - all children have an individual subscription which can be used at home to practise mathematical skills and concepts covered in class.

Year 6

- Home reading each night recorded in student diary.
- Home based tasks posted on Google Classroom.
- Weekly Spelling Mastery homework page.
- Mathematics - all children have an individual subscription which can be used at home to practise mathematical skills and concepts covered in class.

Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarming, one in seven primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude**, **Empathy** and **Mindfulness (GEM)**.

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.



Happy Birthday

**February 28th - Tarkin B, Alira C,
Madison D, Jai P**

February 29th - Spencer H

March 2nd - Archie O'B, Kaitlyn S

March 3rd - Otto P, Owen U

March 4th - Brody S

March 6th - Rosa F, Logan K

We hope you have a lovely day!!!!



History Box Fun



Foundation to Year 6 all thoroughly enjoyed the hands-on workshops!!!