

St Mary's Newsletter

Issue 40 –Thursday 12th December 2019

15-33 Bridlington Ave, Echuca, VIC 3564 | Principal: Brendan Atley
PH: 5482 1342 info@smechuca.catholic.edu.au



At St Mary's all children have the right to feel safe and be safe all of the time.

Dear Parents, Friends and Guardians,

Yesterday I had a year one girl remind me that Christmas is a time of giving. This young girl came to me with a note and money from her "giving" jar. The note asked if I could pass the money onto a family she knew that needed it, owing to a recent event. How beautiful was that? How heartening to know her family is encouraging and supporting her to consider others. It was a real God moment for me and I thank her for that.

It is hard to believe that we are at the end of another school year. It is a time to celebrate all that has been achieved. A time to reflect on how many people contribute to make our school what it is. We are blessed with the staff we have and we are indeed lucky to have you all as parents presenting your children so well for their learning. We have wonderful facilities available to us and the completed library will only enhance the opportunities on offer to our children. Yes, we do have much to be grateful for.

I am very appreciative of all those that have given of themselves at School Board and Parents and Friends' level this year. Their support and leadership are valued and critical to our ongoing success. I thank you for your ongoing support and encouragement and wish each and every one of you a Happy and Holy Christmas.

Brendan Atley
Principal

Catholic Identity

Some people wonder why God was so vocal in biblical times but now seems silent. God is not silent. God's voice is just as chatty today as it was in biblical times. **God speaks to us every day, every hour. The question is not whether God speaks ... it's whether we are listening.** It really comes down to whether we can find the 'pause' in our busy schedules to wait in stillness for God's voice to manifest in our awareness.

Catholic Mindfulness

Mindfulness aims to 'fill the mind' with a focussed awareness. It is very effective in managing anxiety. **Catholic Mindfulness** grounds this practice in prayer and invites the active engagement of God in the process.

The Sacramental Pause was designed by Dr Gregory Bottaro as a **daily mindfulness** practice that helps us to connect to God present in the world, and in our bodies. A sacrament 'makes visible the invisible reality of God'. Thus, the Sacramental Pause aims to **enhance our awareness of the presence of God in our life through the ordinary encounter with everyday reality.**

1. **Presence:** With your eyes closed and sitting, or standing straight with both feet grounded, pray: Ever present God, here with me now, help me to be here with you. (x3)
2. **Scan: Become attuned to everything around you;** sounds, smells, temperature, the feel of your clothing etc. Scan your body from toes to head; notice your posture, muscle tension, aches etc. Scan your emotions and thoughts; notice and acknowledge any feelings or thoughts and allow them to pass through your mind.
3. **Focus: Narrow your focus to your breath.** Become aware of the sensation of breathing, of the air moving in and out through your lungs, throat, mouth and nose, of your diaphragm and ribs moving. With your next breath, breathe into your whole body, expanding your focus to incorporate your entire body – one point in the universe with infinite dignity.
4. **Return:** When ready, finish with the prayer:
Ever present God, here with me now, help me to be here with you. (x3)

St Vinnies Drought and Fire Appeal

Thanks to your generosity last Friday with our gold coin donations we were able to collect the total of \$725 which has been gratefully received by St Vinnies Drought and Bush Fire Appeal. Thank you!!!!

2020 ST Mary's Teaching Staff

Classrooms	2020
Prep	Sarah Kilborn Gail Rule / Clare Pentreath Di Dimovski Emma Rosin
One	Bridget Hancock Alison Dunstan Sarah Cockerell Lauren Gould /Terrina Phelan
Two	Lori Hedwards / Angela Bourke Emma Ogden Hannah Fuller Holly Morris
Three	Holly Virtue Madi Higgins Katie Crowder Greta Pearson
Four	Hugh Macauley Jordy Hay Candice Thorp/ Bec Rohde Liz Laird
Five	Alex Daly Brigid Kearney Sam Richardson
Six	Dan Larkin Gabe Phelan / Amy Wickham Bec Lloyd / Amy Wickham
Specialists Indonesian PE Performing Arts Visual Arts Social & Emotional Learning Digital Technology	Tania Dixon Carri Carter Lou Walsh Kristi Larkin Judy Stewart Sarah Dicker
Intervention / Coaching Literacy P-1 Reading Recovery Literacy 2-6 Numeracy P-6 Numeracy Intervention Catholic Identity	Christina Atley Christina Atley Candice Thorp Lauren Gould Angela Finn Angela Finn
Learning Diversity Leader	Naomi O'Connell

2019 SCHOOL CALENDAR**TERM 4**

16 th Dec	Terrific Kid Assembly 12pm
17 th Dec	Prep –Year 2 Christmas Liturgy 9am
18 th Dec	Grade 6 graduation
18 th Dec	End of year Mass 12.00pm
18 th Dec	Last day of School (Wed) 3.05pm

2020

30 Jan 2020	First day of Term 1
31 Jan 2020	Foundations first day 8.45am-12pm

CHRISTMAS EVE MASS

**7pm at Aquatic Reserve,
Heygrath Street Echuca**
Make room for Jesus
Bring your own chair

**School fees are now due.**

Accounts have been sent home via email yesterday. If you require a hard copy please contact the office. Thank you to those who have already finalised their accounts. We appreciate your support.

**LAST PLAYGROUP MONDAY
MORNING – Come and make some
reindeer food!**

All welcome. 8.50 -10.00am. Come and enjoy a Cuppa while the children play and socialise. Call Mel 0417 822 589

PARENTS AND FRIENDS NEWS

THANK YOU

Thank you once again to everyone that has supported and contributed to our Parents and Friends Events this year. It has been a busy year, and we are grateful for the support of our school community and event sponsors who are always so generous.

We are extremely excited to make a donation to the school which will be presented at Terrific Kid Assembly on Monday.

Fundraising efforts have also allowed us to purchase new school sports uniform sets such as AFL football jumpers and shorts and more netball dresses. We were also able to contribute to care meals for our school community and subsidise the year 6 graduation (in lieu of supplying year 6 shirts/photo).



The P&F offers lots of opportunities to be involved - no matter what your interest is, how much time you have to spare, or what skills you can offer. Please consider how you can be involved next year.

If you have further feedback or ideas we would love to hear from you. Please email

stmaryspandf@smechuca.catholic.edu.au

We look forward to another successful year in 2020 and wish everyone a safe and Merry Christmas.

The home of a St Mary's family has been destroyed by fire. St Mary's has provided new school uniforms for the children and will provide further assistance as required. St Marys Parents and Friends are kindly seeking donated vouchers from our generous business community to assist the family. Vouchers can be left at the school office or emailed to the above email address. We thank you for supporting this family to make their Christmas a little more bright.



Would you like to know more about our Catholic faith community and spirituality?

We will be commencing our RCIA process for 2020 during the first week of February 2020.

This will be a 10-week process which includes weekly meetings until Easter time. It promises to be a journey that embraces an open and all-inclusive perspective of the Catholic faith and anyone and everyone is very welcome to attend.

If you would like to know more about St Mary's Parish RCIA journey, please contact

Malia Black

0438871100

malia.t.black@gmail.com

Or the parish office 5482 1127

Moama Lions Club presents

Carols by Candlelight

Great Local Entertainment
Father Christmas on the Fire Truck
Candles & Programs available
Lions BBQ 5.30pm

Sunday 15 December 6.30pm
Kerrabee Soundshell Moama

JANUARY 8TH – 12TH

2020



• 50 WORKSHOPS • OPEN MIKES •

- TOP BANDS • TWO STAGES • JAMMING • FREE INSTRUMENT LOAN •
- KIDS' MUSTER • JAZZ • COUNTRY • FOLK • BLUEGRASS • BLUES • GOSPEL •
- POP MUSIC • POETRY/SONG WRITING • AIR-CONDITIONED VENUE •

FREE CONCERTS FRIDAY & SATURDAY NIGHT

- LOW COST CAMPING & MEAL PACKAGES AVAILABLE •
- FOOD & SOFT DRINKS AVAILABLE •
- FARMERS' MARKET – FRESH PRODUCE & CRAFT GALORE! •

GIRGARRE MEMORIAL HALL, 9 MORGAN CRESCENT, GIRGARRE

ENQUIRIES: JAN SMITH: (03) 5854 6283 / 0458 546 283 • EMAIL: GARRYANDJAN@BIGPOND.COM

DI BURGMANN: 0408 011 634 • EMAIL: DIBURGMANN@HOTMAIL.COM



MURRAY ROSS – KIDS ART CLASSES

MONDAY 6TH, 13TH & 20TH JANUARY

10.30AM

Develop your artistic skills with guidance from a successful artist & author, Murray Ross.

INCLUDED IN DISCOVERY CENTRE ENTRY OR JUST \$5 FOR LOCAL KIDS

Bookings Essential.

KIDS TORCHLIGHT TOUR

FRIDAY 3RD, 10TH, 17TH & 24TH JANUARY

7.30PM

Experience the Port of Echuca by torchlight on this fun & engaging evening tour.

Catered to the whole family, our guides tell the story of Echuca's historical figures.

COST \$10 P.P.

(INCLUDING ADULTS)

Bookings Essential.



KIDS TRAIL

AVAILABLE ALL DAY EVERY DAY

Dress up in old-fashioned costumes, play games on the Echuca Wharf & complete our Kids Trail to earn a prize.

INCLUDED IN DISCOVERY CENTRE ENTRY.

No bookings required.

THE ECHUCA WHARF'S CARGO SHED IS IN PROGRESS TO TRANSFORM INTO A NEW 'KIDS SPACE'!



When completed, the space will be all about fun, creativity, colour and learning through playing. In the meantime, come and engage in our history through historic games, musical instruments, building blocks and old-fashioned costumes.

On your way out, feel free to leave some feedback about what you think would be fun for a 'Kids Space'.

FOR MORE INFORMATION: enquiries@portofechuca.org.au or call (03) 5481 0500

FOLLOW US ON:

74 Murray Esplanade, Echuca.
W www.portofechuca.org.auPORT OF ECHUCA
DISCOVERY CENTRE

SCHOOL HOLIDAY GOLF PROGRAM JANUARY 2020

DISCOVER GOLF AT RICH RIVER GOLF CLUB

SIX DAYS OF GOLFING FUN!

- Sessions designed for boys and girls aged 6 years to 12 years
- 4 hours with a half hour break for something to eat or drink each day
- Perfect Introduction to golf.

What to bring:

- Drink, snacks, hat, golf clubs (if you don't have clubs we can supply them)

Twenty Four Lane, Moama, NSW 2731
p. 5481 3333 | www.richriver.com.au

St Mary's Echuca Mens Ministry

Invites you to an Advent Breakfast event

December 14

From 08.00 for Liturgy and Breakfast

St Mary's Parish Centre

Anstruther Street, Echuca

OUR THEME: GET YOUR HEART INTO CHRISTMAS

Men of all ages welcome!

For catering purposes (so everyone gets enough to eat),

please let Doug Black 0408 571 100

or Brendan Shingles 0437 941 620

know if you are attending.

St Mary's Mens Ministry is looking forward to your company.

parenting * ideas

insights

Why validation is the best parenting skill of all

by Michael Grose



POSITIVE PARENTING



At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as:

"I see you're worried about going to camp. I can understand that."

"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."

"I'd be afraid too if I was left alone on my own for that long."

Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

Attend - Stop what you are doing and give your child full attention.

Observe - Listen with your eyes as well as your ears.

Reflect back their worries Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

Touch if appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted. There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands them.



MASS TIMES



Christmas Mass Times

Christmas Eve: Mass 7pm
at Aquatic Reserve, Heygarth Street Echuca

In Church:
Christmas Eve: Carols 9.30pm
Mass 10pm

Christmas Day: Mass 10am

Boxing Day: No Mass




Kinder Sports

At Echuca Stadium

Starts 29 Jan. Will run during the school holidays

Mondays & Fridays
9 – 10:30am



Fun sports, play & games
for 2 to 5 year olds

\$4.50 per child | No bookings needed
Mum & Dad can join in the fun too
Parental supervision required

For more information call Sharon on 5481 2247
or email s.briscoe@campaspeaquatics.com.au



SCHOOL'S OUT!

TAKING BOOKINGS NOW FOR
ST. MARYS SCHOOL, ECHUCA!
TERM ONE 2020! THE ST. MARYS SERVICE
WILL BE RUNNING FROM TWIN RIVERS
SCHOOL

* HEAD TO WWW.SCHOOLSOUT.NET.AU
* CLICK ON THE IPORTAL LINK ON THE HOMEPAGE
* REGISTER AS A NEW USER
* CLICK ON "FIND A PLACE" TO SECURE A SPOT IN
YOUR SELECTED SERVICE!

Quality outside of school hours care

PH: 0436 819 832



Welcome to Echuca and Moama YMCA AFTER SCHOOL CARE PROGRAM

BENEFITS TO YOUR CHILD

Our after school program is designed to complement your child's school learning through activities and socialising. Your child and family will benefit from our programs because we focus on:

- ✓ Building their emotional intelligence.
- ✓ Improving cognitive development through activities.
- ✓ Offering families flexibility and support.

PROGRAM DETAILS

Your child will enjoy a nutritious menu (afternoon snack) and a range of activities planned by our experienced educators to keep even the most active of minds entertained! We offer a variety of activities, including:

- ✓ Sports, ball games and team games
- ✓ Arts and crafts
- ✓ Cooking
- ✓ Creative and expressive arts such as drama, singing and dancing
- ✓ Board games and puzzles

THE TEAM

Our passionate and experienced educators are there to support children and their families and are accredited with Safeguarding Children Training and Working with Children's Checks.

HOURS

To accommodate our families, we provide **after school care** from **3:00pm to 6:00pm** at Echuca Primary School. We also run a School Holiday Program at Moama Public School.

OTHER ECHUCA SCHOOLS PICKUP

Echuca after school care collects children every day from:

- ✓ **St Mary's Primary School**

An educator travels with the children on the bus from St Marys to the service at Echuca Primary School

If your children attend a different school in the Echuca/Moama area please contact the service to discuss your requirements

FEES/ CHILD CARE SUBSIDY

Below is the full paying fee per day.

These do not include access to Child Care Subsidy (CCS) amounts you may be entitled to.

SESSION TYPE	HOURS	SESSION FEE	SESSION FEE (with transport)
After School Care (ASC)	3:00pm - 6:00pm	Permanent \$27.00 Casual \$32.00	Permanent \$31.00 Casual \$36.00
School Holiday program	8:00am - 6:00pm	\$82.00	

For further information and details on how to register for your Child Care Subsidy (CCS) entitlements please contact the Family Assistance Office (FAO) on 13 61 50.

Please note that if you are only attending School Holiday Program you will be required to reconfirm CCS before each program commences.



**BEFORE & AFTER
SCHOOL PROGRAM**

