St Mary's Newsletter

Issue 5 – Thursday 27th February 2020

15-33 Bridlington Ave, Echuca, VIC 3564 | Principal: Brendan Atley
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At St Mary's all children have the right to feel safe and be safe all of the time.

Dear Parents. Friends and Guardians,

Lent is an ideal time for us all to reflect. A time to check ourselves to see where and how we find time for God in our lives. Your children will spend time over the coming weeks looking for ways to be Jesus people. They may be wanting to help others and be looking to you to share their enthusiasm. I encourage you to spend some time as a family discussing what Lent can look like in your home.

When we gather as a community of faith at school I understand more fully the value of Catholic Education. As we burnt the palms and then distributed the ashes, we were understanding the need to be the best we can be. It is something special to see 620 students being so respectful and engaged at these times.

A reminder to use the crossing when getting children across Bridlington Ave. It may be an extra 50-100 metres but it keeps your child safe.

Brendan Atley
Principal

Catholic identity

Yesterday was **Ash Wednesday**. The Lenten season has begun. The 3 pillars of Lent are: **Prayer, Penance** - giving up or taking up and **Giving** to the poor and needy.

Lent is a time for us to examine our lives in light of God's love - what do we do well as loving people? What are some areas of our life where we might not be at our best? What can we renew, start afresh?

Prayer is a way to build a relationship with God. We do not have to say the right words!

Prayer can be as simple as reflecting on our day and how we have been gifted in our lives - graced if you like.

Loving God,
I place into your hands the past - with all its mistakes, successes, hurts and joys.
I place into your hands the future - with all its uncertainties, hope, dreams.
I place into your hands the present - this day - this minute - knowing that you are here and you are my God. Amen.

Lent is a time where we focus on raising money for those most in need - we call this Project Compassion - which is run by Caritas. Caritas is a wonderful Catholic agency which reaches out to the poorest and most marginalised people around the world regardless of ethnicity, religious or political beliefs. 95% of every dollar raised goes directly to support people in need to support themselves. This is a far higher figure than any other charity.

Caritas K's

Our major fundraiser will be Caritas K's, where every child will walk or run on Friday 27th March. Sponsor books complete with receipt slips for donations over $2 will go home this week. I ask that you support this in any way you can. If every family were to raise $10 we would have close to $4000. We will have a competition between our Houses to see who can raise the most money. Online donation details will be included next week.

School fees

School fees have been emailed out, Term 1 school fees are now due. Thank you to those people who are direct debiting.

Performing Arts

During Term 3 we will be holding our very popular St Mary's School Production. We are in the process of finalising the script; it's going to be amazing.
We are looking for anyone who'd like to join our School Production Team.
If you have an interest in set design, dance choreography or creating costumes please feel free to email me. Thanking you, Kristi Larkin

DIFFERENT PATHWAYS TO A COMMON OUTCOME

Serve: Elijah Swiggs, Zane McGee and Angus McMahon for helping Mrs Tegg prepare for the Information evening during their recess. Very grateful. Thanks for the help.
Narelle Bourke for putting so much time and energy into relocating our new library and making it look amazing.

INCLUSIVE: Nicole Gillie in the Office who welcomes everyone with a huge smile when they walk in the door.

CELEBRATE /ACHIEVE:
Nate Smith, Darcy Cullen, Lynkoln Richardson, Lacey Smith, Chelsea Swiggs, Elijah Swiggs, Ella Reyne and Cody Reyne all participated in Regional Athletics last weekend. Congratulations on your achievements!

LEARNING CONVERSATIONS

Learning Conversations are an important part of our commitment to Learning, Assessment and Reporting at St Mary's. Please make the most of this opportunity to meet your child's teacher and discuss their strengths, challenges and goals in learning.
Learning conversations will take place on Tuesday 3rd March 8:30am - 6:30pm. Please book using PAM. **BOOKINGS ARE OPEN** If you have any issues making a booking please contact the school reception for assistance.

How to book a Learning Conversation

- Go to http://pam.smechuca.catholic.edu.au/
- Login:
- Click on Parent Teacher Interviews (top right hand corner)
- Select your child
- Select the teacher
- Select convenient time

CSEF (Camps School Excursion Fund): Do you know you that you may be eligible to claim $125.00?
Families who hold a current Health Care Card may be eligible. Please contact the office ASAP. Thank you

PLAYGROUP.

We host a free Playgroup each Monday morning from 8.50 till 10.00am in the Community Room behind Brigidine Centre. Why not come along and enjoy a cuppa, meet some new people and have your pre-schoolers enjoy some craft, storytelling and play.
Please contact Mel Slattery (Home School Liaison)on 0417 822 589 or email mslattery@smechuca.catholic.edu.au if you would like more information about any of these activities.

PANCAKES

Thank you to all those who donated ingredients, time and enthusiasm to make our annual PANCAKE Celebration such a success. It is a highlight on the St Mary's calendar.

IT'S TIME FOR A CARE GROUP COOK UP.

About 4 times during the year we cook meals to fill our freezer so that if families in our community are experiencing a hardship we can show our support and care by simply providing a meal.

If you would like to be involved we would love to see you next **Wednesday morning 4th March** between 9-11am. You only need to be able to chop and stir. Even if you can only spare an hour it would be appreciated. Just come to the Brigidine Centre kitchen first thing.

Could you please text so I'll know if I'll have enough helpers or if you would like any other details give me a call. 0417 822 589

Thanks so much

Mel

THANK YOU MOAMA BAKERY!!

A very big thank you to Moama Bakery who once again was extremely generous in donating all the bread for our Welcome BBQ.

THANK YOU.

Our school community is very grateful to you

2020 SCHOOL CALENDAR	
TERM 1	
27-28 Feb	Grade 5 swimming,
28th Feb	Clean up Australia Day at school
28th Feb	Hockey Clinic Grade 3 & 5
2nd March	Grade 1 Gymnastics
3rd March	Learning Conversations – **School closure day**
6th March	Campaspe Lawn Bowls
13th March	Campaspe Tennis Trials
20th March	St Joes Foundation Day Yr 4
27th March	Caritas K's 9.00 – 10.45am
27th March	End of Term.
14th April	First day of Term 2
24th April	Student free day

CLEAN UP AUSTRALIA DAY

Tomorrow we will be participating in Clean Up Australia Day by picking up rubbish in and around our school. Prep to Grade 4 will pick up rubbish in allocated areas within the school grounds and Grades 5 and 6 will be cleaning up outside the perimeter of our school. Please pack gloves if you would like your child to wear them. If you have a bucket or any recycled plastic bags or bread / potato bags please have your child bring them along also.

parenting ideas

INSIGHTS

Managing separation anxiety at school drop-offs

Going to school for most children is a positive experience however some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.

Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

Tell the story

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

It takes two

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

Give me five

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

Reduce the rush

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

This is the place

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

It's your job

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.

Reconciliation, Confirmation and First Eucharist

If you wish for your child to receive the Sacraments of Reconciliation, Confirmation and First Eucharist this year, you must enrol in the program **now!**
All information and enrolment forms are available at http://www.stmarysechuca.org.au/

Go to Parish Info: Reconciliation, Confirmation and First Eucharist.
Any enquiries should be made to St Mary's Parish on 54821127 Tues-Fri.

Enrolments close strictly 13th March and the Commencement Meeting for both parents and children is the 25th March.

St Mary's Parish ECHUCA Growing in faith together

CatholicCare Sandhurst CCS Family & Relationship Services

GRAND OPENING

of our new office at 13 Percy Street, Echuca
This is a family friendly event with free children's activities

Thursday 12th March 2020
3.00pm - 5.00pm

Our service provides family & relationship counselling, children's counselling, family dispute resolution, property mediation, child inclusive mediation, parenting education and programs/workshops

Clean Up

Join St Mary's Parish Community to clean up our special patch of Creation – the Onion Patch.

Clean Up Australia Day

Sunday March 1st 9am

Meet under the bridge behind the Echuca Visitor Information Centre. Bring your sunscreen and sturdy shoes. We will provide gloves, bags and morning tea.

HOOKIN2 HOCKEY

TO REGISTER GO TO HOOKIN2HOCKEY.COM.AU

HOOKIN2HOCKEY IS A BEGINNERS PROGRAM FULL OF FUN AND GAMES!

HIN2H CENTRE: Echuca HC, Echuca Secondary College, Butcher St, Echuca, Vic, 3564
DATE: Thursday, 27 February 2020 **TIME:** 4:00 PM
CONTACT NAME: Ian Wright **CONTACT NUMBER:** 0439821791
CONTACT EMAIL: ijwr@bigpond.net.au

FIRST SESSION IS FREE! CALL OR EMAIL FOR DETAILS
ALL EQUIPMENT PROVIDED

FREE PARTICIPANT PACK WHEN YOU REGISTER

better health • better future • better outcomes

Attendance Matters

What do I miss out on when I am not at school?

Lots!
Class discussions with friends and teachers.
Information and work that you will have to catch up on.
You will also miss out on seeing your friends

SPORTS REPORT

HOCKEY - SPORTING SCHOOLS VICTORIA GRANT

Thanks to Sporting Schools Victoria Grant we have received funding for the Grade 3 & Grade 5's to participate in Hockey for the next 3 Fridays. During this time they will be taught by Ian Wright (Australian Masters Team) on the skills and tactics of Hockey.

We are very lucky to have Ian so close by to be able to do this, and to be able to use this grant to continue to increase our knowledge on different activities that we have access to.

Please find the flyer (page 5) for Hook in 2 Hockey that starts at the College this Thursday 27th.

REGIONAL LITTLE ATHLETICS

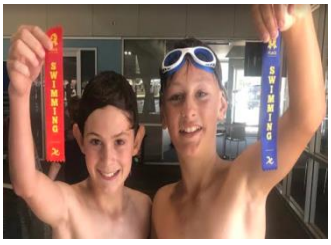
Recently some of our students participated in the Regional Little Athletics Carnival. Congratulations to Cody Reyne, Ella Reyne, Darcy Cullen, Lynkoln Richardson, Nate Smith, Lacey Smith, Chelsea Swiggs & Elijah Swiggs on your participation and medal haul on the day.

Cody Reyne, Nate Smith & Elijah Swiggs will progress now to State. We wish them all the best.

CAMPASPE SWIMMING

Last Friday we had a team of 44 students who participated in the Campaspe Swimming Carnival. Well done to Mr Morris running another smooth carnival for the district. There were lots of smiles, ribbons on the day, and we have 4 individual swimmers and 3 relay teams who now progress to the Regional Swimming Carnival in March.

Congratulations to Will Hatfield, Kristian Fitzsimmons, Xavier Carmichael, Matilda Ball, 10 year old boys, 11 year old girls, and 12/13 Boys relay teams heading to Swan Hill.

UPCOMING SPORTS EVENTS

Thursday 27th & Friday 28th February - Grade 5 Swimming
Monday 2nd March - Gymnastics Grade 1
Friday 6th March - Campaspe Bowls Tournament
Friday 13th March - Campaspe Tennis Trials (State Selection)
Thursday 19th March - Regional Swimming Swan Hill
Wednesday 25th March - Campaspe Team Tennis Tournament