Dear Parents, Carers, Staff, Students and Friends,

Well, the cooler weather has certainly arrived and we are all feeling the cold!

We wish all our precious mothers, grandmothers and special friends a very happy Mother’s Day on Sunday! We also remember our mums who are no longer with us, but whose love we continue to experience every day.

A big thank you to the mums, grandmas, aunts and special friends who joined us for High Tea today. It was lovely to contribute to your celebrations. Thanks also to Jenni K, Chris Minney, John Healy and Lindy Cullinane for their organisation and support of this important event. I am so sad to have missed this gathering due to a Principal’s meeting!

Thanks for a great week!
Have a wonderful weekend with the people you love,

Terrielynn

**IMPORTANT DATES**

**May**

**Week 4**
- 14th May – Christmas Expo Meeting @ 5.30-6pm
- 17th May – Pupil Free Day – School Review

**Week 5**
- 24th May – Assembly – PEG COLLERY AWARDS
- 24th May – Prep Parish Dinner (invitations to arrive from the Parish soon)

**Week 6**
- 27th May – Catholic Education Week
- 27th May – Open Morning 9.30-11am
- 28th May – Catholic Education Week Mass 12 noon at the Monivae Chapel – yet to be confirmed

**31st May – Gr 1 Parish Dinner**

**June**

**Week 7**
- 5th June – Step Into Prep 9.30-11am
- 7th June – Pupil Free Day - RE Professional Learning
- 10th June – Long Weekend
- 12th, 13th & 14th – June – 5/6 Camp
- 16th June – Sacrament of Confirmation
Attachments to this week’s Newsletter:

**Advance Notice:**
21st June – Gr 2 Parish Dinner
2nd August - Grandparent’s Day
9th August – Gr 3 Parish Dinner
19th August – School Photos
23rd August – Gr 4 Parish dinner
30th August - Father’s Day Lunch/Footy Colours
6th September – Gr 5/6 Parish Dinner
12th September – Art Show

**Staff Professional Learning**
14th May – Lindy Cullinane, RE Day
15th May – Ashleigh Watts, Autism and Anxiety PD
23rd May – Chris Minney & Erin Wolfe, Literacy Day

**Congratulations!**
This week we heard the wonderful news that Jonathan Rowe (father of Griet in Gr 5 and Chairperson of our School Advisory Council) has been appointed Principal of Monivae, starting in 2020. Congratulations Jonathan from all of us at St Mary’s. We look forward to continuing our strong partnership.

**Uniform**
All students will be required to be in their correct winter uniform by Monday 13th May please. This includes long pants and long-sleeved shirts for the boys. We know there is an issue with the girl’s kilts so we understand if your daughter is not in the correct uniform.

**NAPLAN**
Next week our Gr 3 and 5 students will complete the National Assessment Program – Literacy and Numeracy (NAPLAN) tests. This is just one aspect of our assessment and reporting process and provides parents and our school with an understanding of how a student is performing at the time of the test. Our children are always very well prepared and supported for this.

**Medication**
With the change in weather we can expect some sickness to bob up too. Just a reminder from our Medication Policy – wherever possible, medication should be scheduled outside school hours, particularly if it is only required three times a day. Thank you for your support with this.

**Work Experience**
It was wonderful to have former student Bailey Borgmeyer back to St Mary’s this week for Work Experience. We thank him for all his hard work.

**Peg Collery Awards**
The Peg Collery Awards are presented to three students, one each from the Junior, Middle and Senior areas of the school. These scholarships are in memory of Peg Collery, a former student and Parish member, established by her husband Joe. These very special awards will be announced at assembly on Friday 24th May.

**CHRISTMAS EXPO/ Fundraising Meeting**
A huge thank you to all those families who completed our recent Expo survey. Some fantastic ideas were put forward and we would love to share them, and other ideas, with you at a meeting on TUESDAY 14th MAY at 5.30 - 6pm in the Meeting Room at school.
At this meeting we will simply share some ideas for families to go away and think about, decisions will be made following that. We promise, you won’t end up with a job if you attend the meeting!

**2018 Annual Report to the Community**
Jo-Anne has completed this report and it is available for you to read on our website and here at school.

**Pupil Free Days**
Friday 17th May will be a pupil free day for our staff to work further through our School Review process.
Friday 7th June will have an RE focus. Please pop those dates in your diary!

**Canteen Roster**
Lunch orders are available every Wednesday as long as we have a volunteer. Canteen cannot be offered to our students without our volunteers. If you are interested in helping out, please let the school office know or put your name on the roster at the office.

**Sacramental Program Reminder**
Catechist sessions will begin on Sunday 12th May during 10:30am Mass. The Sacrament of Confirmation will be celebrated on Trinity Sunday, the 16th June at the 10:30am Mass.
If you have not already given your child’s Baptism Certificate to me then please bring it to the meeting.
Also just a reminder that the Sacramental Levy is $50 for the year. Thank you

Noreen McLeish
Sacramental Coordinator 0438531651

Parish News

**MASS TIMES – 2019**

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<tr>
<td>Hamilton:</td>
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Pastoral Care
Hello again, this week I will share more of the Andrew Fuller “Depression proofing your kids” article, I hope you find it of interest.

Lower the amount of stress
Try to identify some of the major sources of stress in your life and develop systems to deal with them. If you can’t avoid the stressful situations at least develop a de-compression strategy. This is a way of winding ourselves down after being revved up. Going for a walk, doing some exercise and being active are some of the best ways.

Find some good friends
Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.

Eat healthily
What we eat changes our moods. For example, countries that eat low levels of fish have higher levels of depression. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats. These are the good fats so if you are hesitant about eating them don’t be. Whole grain oats have been shown to help with depression as they have folic acid and B vitamins and helps with a slow release of energy versus the crash and burn of blood sugar levels that can happen. Foods high in selenium which is found in meat, fish and cereal grains has also been shown to decrease symptoms of depression. Leafy greens have magnesium in them which helps with depression and helps with sleep patterns.

If you have any concerns please contact me on: 0400 994 032 or see your GP.

Kind regards, Lisa Gonnet
Schools Pastoral Care Worker, 0400 994 032

THE SPORT CATCH UP

Division Athletics
Wow, wow, wow! What an incredible day the St Mary’s students had at Division Athletics last Friday! All the students represented us with such incredible pride and enthusiasm. All the participating students finished within the top 10 in their events, such a fantastic achievement!!

Lily Raymond opened the day with an amazing first place in Hurdles and seventh in 200m. Grace Cleaver had an absolutely wonderful day on the track, placing first in Hurdles and second in the 100m. The St Mary’s girls revelled on the track; Ruby Cleaver, Erin Nicholson and Bridget Mailes all placed 10th in their 100m and Holly Rook placed 8th in her 800m. We were well represented in the field events through Jack Roberts placing 6th in Long Jump and Phoebe Dunn placing 5th in Shot Put. Hugh Fitzgerald put on a terrific display across both the track and field, placing third in Triple Jump and fifth in the 100m and 200m. The relays are always a highlight of any athletics day and our relay team in Grace, Bridget, Maddy Maybery and Ava Sobey certainly didn’t let us down- they ran such a marvellous race, finishing third in their heat and fourth overall. Well done to our St Mary’s team, you should be so proud of all your results! Thank you to the parents and grandparents who supported our students at the event. From these results we have three students who have qualified for Regional Athletics! Well done to Lily, Grace and Hugh!!

Cross Country
It is cold, wet and rainy as I write this, true Cross Country weather! However, I know the St Mary’s school community will bring their own sunshine and excitement to our Cross Country! I hope the event this year is enjoyed by many and becomes a prominent event on our school sporting calendar! I look forward to reporting back on the School Cross Country next week and in advance I thank everyone who offered their assistance for this event- as always your support at school, at home and from work is greatly appreciated. Thank you.

Kind regards, Lisa Gonnet
Schools Pastoral Care Worker, 0400 994 032
The Mother's Day Classic is a nation-wide community based event that raises funds for breast cancer research. No matter how large or small the venue, we all come together on Mother's Day to remember, celebrate and honour those touched by breast cancer.

The Hamilton event is in its sixth year & offers participants a 4.2km & 8.4km walk & run! Can’t join us on the day, don’t worry, while you may not be able to join us in body, you can still join us in spirit by registering as a ‘Support us in Spirit’ participant!


Or make a donation toward Breast Cancer research: www.mothersdayclassic.com.au/how-to-donate/

Event Details
WHERE
Boat ramp, Lake Hamilton – Gray Street, Hamilton VIC – **new starting location for 2019
WHEN
Sunday 12 May 2019
DISTANCES
4.2km & 8.4km walk
4.2km & 8.4km run
THE COURSE
The course is along a gravel track which is flat and scenic around Lake Hamilton.