

ST MARY'S PRIMARY SCHOOL



Parish Priest: Fr Paddy Mugavin
SAC Chair: Jonathan Rowe

NEWSLETTER

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Principal 2019: Terrielynn Groves
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FRIDAY 29TH MARCH, 2019

ISSUE 8

PRAYING LENT

Lord Jesus,

May our lives this day bring us to a deeper awareness of your presence amongst us.

May we be moved by heartfelt mercy to take action wherever possible on behalf of all who suffer.

We ask that your justice may reign in our world.

Amen.



Dear Parents, Carers, Staff, Students and Friends,

So hard to believe we are heading into Week 10, the last week of Term 1! The term has been so busy but also extremely positive and productive. We all deserve a rest! A huge thank you to the students, staff, parents and families for the amazing way I have been supported in my new role. I feel truly blessed to be a part of this community.

We have received a very kind invitation from our local RSL branch for our families to join in the ANZAC DAY march and ceremonies. If you would like to participate, families are invited to meet at the corner of Gray and Kennedy Streets at 9.45am on April 25th. Students must be accompanied by an adult. I will be attending with my family as will our School Captains, Jack Roberts and Isabelle Schaap.

Thanks for a great week!

Have a wonderful weekend with the people you love,
Terrielynn

IMPORTANT DATES

April

5th April – End of Term 1 @ 2.15pm

5th April – Easter Egg Raffle Draw @ 1.50pm

23rd April – Beginning of Term 2

24th April – ANZAC Day ceremony at 3pm at Monivae

25th April – ANZAC Day Holiday

26th April – Assembly

May

2nd May – Drum Performance at school

10th May – Mother's Day High Tea

Attachments to this week's Newsletter:

1. School Fees
2. Expo survey

Advance Notice:

24th May - Peg Colliery Awards
 27th May - Beginning of Catholic Education Week
 27th May - Open Morning
 2nd August - Grandparent's Day
 30th August - Father's Day Lunch/Footy Colours

Prayers

We ask that you keep the Clarkson family in your prayers following the recent death of Grant's father in New Zealand. A very sad time for the family.

We are also aware of a number of other families who have loved ones that are unwell and we extend our best wishes and support to them too.

Response to Child Safety

In relation to keeping our children safe at St Mary's we want you to know the following about what roles adults play in doing so.

- Tania Stevens is our Child Protection Officer
- All staff members in any role must have a Working With Children's Check.
- All staff sign a Code of Conduct every year.
- All staff are given a comprehensive presentation on Child Safety at the start of each year.
- All staff are required to complete an assessed online Mandatory Reporting module.
- All staff must indicate each year if they are having contact with young people from our school in a coaching or supervisory capacity in our community.
- All School Advisory Council and Staff meetings have a Child Safety component as a standing item on the agenda.
- All visitors to school must sign in and comply with our Code of Conduct.
- All outside agencies/contractors must have a Working With Children Check if they are working in our school.
- Our Risk Management Registers for activities outside of school include how we will reduce or remove the risk of child abuse.

Next term we will share the work we are doing with our children in keeping themselves safe. If you have any questions please call into school for a chat.

SNOW QUEEN Performance!

What an enjoyable morning we had! This performance was most entertaining and had a very strong message about resilience and making good choices. The show also had a high level of audience participation and our students were very involved! A huge thank you to Monivae for sharing their PAC with us and allowing our school a real performance experience.

Last Day of Term

Next Friday is the last day of Term 1 and our Student Councillors are organising a casual clothes day. The

money raised from the gold coin donation will go towards Project Compassion



It is almost Easter time and we will be having a raffle again this year. Half of the money received from the tickets will purchase the prizes and the other half goes to Project Compassion. There will be 20 prizes which will be drawn at assembly on Friday 5th April (last day of Term 1).

Please have your tickets returned to school by Monday 1st April. We appreciate your support!

Good Friday Appeal Family Bake

The Murphy family is once again undertaking a bake sale to raise money for the Good Friday Appeal and to go towards our Hamilton tally.

The bake sale will be held on Friday the 12th of April from 9am until 12ish or until sold out at the Roxburgh. One dollar from every coffee sold and all proceeds from the bake sale will be donated. There is also a raffle with great prizes to be won.

However, before this can all happen we are asking if you or someone you know is great at cooking and would like to donate baked goods which could be sold on the day, cakes, slices, relish, jams etc... we would be more than grateful if you could help out in any way. Could you please phone Erika or message on 0408721991 by Friday 5th March, if you can help.

Thank you from the Murphy family

School Fees

School Fees have been sent home with today's newsletter. **Please note that I have had two deposits into our account this month with no name or account numbers as a reference.** Please check your statements and contact Helen if you believe one or both of these deposits belong to you – the amount will then be receipted off your fee balance. If you would like to set up a Direct Debit payment for your school fees, I have included our bank details on your statement. If you have any queries or concerns or you would like help to set up a payment plan, please contact Helen at the office. Thank you.

School Advisory Council AGM

On Wednesday evening we had our SAC AGM. As there were no new members to induct, we were able to elect our office bearers and begin making plans for the coming year. We thank the following people for the commitment they make to our school.

CHAIRPERSON – Jonathan Rowe

VICE – CHAIR – Marie McDonald

PARENTS – John Houlihan, David Knight

SECRETARY – Helen O'Brien
 PARISH – Fr Paddy, John Hockey
 SCHOOL – Terrielynn Groves, Kerry Stevens

Smoke Free

Just a reminder that our school buildings and grounds are smoke free environments. Thank you for your support in this area.

International Competitions and Assessments for Schools (ICAS) 2019

Traditionally I have sent information about these competitions during first term. This year there has been a number of changes and the sitting dates are all in Term 3, so closing dates for entries does not need to be done as early.

The other major difference in 2019 is that the assessments will be done online. The exception to this is the Writing assessment for Grades 3 and 4 which will still be done on paper.

What is ICAS you may ask?

ICAS Assessments are designed to recognise and reward academic excellence.

The assessments are based on the curricula for the relevant year. Students are asked to demonstrate a deeper, integrated, and thorough level of learning. All students receive a certificate and an individual student report indicating which questions they answered correctly and their score compared with the rest of the students tested.

All information about entering the competitions will be in the school newsletter early in Term 3.

Chris Minney

Canteen Roster

Lunch orders are available every Wednesday from now on 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.

03/04/2019 Sue Wilson/Katrina Turnbull

Pastoral Care

Hello again, in week 9 already!, I will share the final piece of information about mindful parenting, which I have taken from the Australian Childhood Foundation booklet Mindful Parenting, it can be found on www.kidscount.com.au.

Mindful Walking

Mindful walking is another brief mindful awareness exercise that, like the 'Stop, Pause, Play' exercise, can be used anytime you feel like you need to anchor yourself in the present in order to respond in a calm and appropriate way with your children. This is a practice that can be incorporated into your morning (eg before your shower, to start the day in a mindful way), or anytime of the day when you need to create peace in yourself.

Paying attention as you walk will help you to connect with the present mindfully - paying attention with flexibility, openness and curiosity.

A simple mindful walking practice is just to breathe in while taking a step with the left foot and breathe out when taking a step with the right foot.

Mindful Walking can be done very slowly or at a normal walking pace. It's simply a matter of synchronising breath and footstep.

Before you start walking it is a good idea to stand quietly and focus on your breathing for 3 breaths and then commence your mindful walking practice.

Walk for 3-5 minutes if time allows. If you are busy, walk for as long as time permits.

Even one minute of mindful walking will help bring you back into the present moment.

The parenting journey

To be the parent you want to be for your children takes courage, persistence and a willingness to be reflective about yourself and your children.

Mindful approaches to parenting assist us to be more self-aware and attuned to the needs of our children, allow us to take a step back and consider what is going on for ourselves and our child and enable us to respond rather than react to our children.

Using mindful approaches in your parenting takes practice. Allow yourself and your child to make mistakes. You are both doing the best you can do. Remember that changing behaviours, habits and ways of thinking takes time and repetition.

A closer connection between you and your child and a calmer, more peaceful family life will be the reward.

I hope this series of articles has been of both interest and help, If you have any questions about this or anything else please call me on 0400 994032 to make an appointment.

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

Parish News

MASS TIMES – 2019

Hamilton:	Saturday 6pm Sunday 10.30am
Dunkeld:	Sunday 8.30am
Glenthompson:	Sunday 8.30am
Penshurst:	Sunday 8.30am
Macarthur:	Sunday 8.30am

Abdominal breathing

Place one hand over your heart and the other over your abdomen. Breathe normally, noticing the rise and fall of your chest and abdomen. Continue this practice for about 10 breaths.

1,2,3.....Sigh!

Count slowly 1..2..3 (either aloud or silently) as you breathe in. Then give a long sigh as you breathe out. Repeat this several times until you feel yourself calming down.

Assembly

Our next assembly will be Friday 26th April, 2019
in our Learning Street @ 2.40pm.

All welcome!

(Easter egg raffle draw @ 1:45pm April 5th)

THE SPORT CATCH UP

District Athletics

Congratulations to the following students who achieved top 3 results at the recent District Athletics Carnival:

Hugh Fitzgerald – 1st Triple Jump, 2nd Discus, 3rd Shot Put, 2nd 100m, 2nd 200m

Jack Roberts – 3rd High Jump, 1st Long Jump, 1st 800m

Grace Cleaver – 1st High Jump, 2nd Long Jump, 3rd Discus, 2nd Hurdles, 1st 100m

Claire Pearce – 3rd High Jump

Phoebe Dunn – 1st Shot Put

Bridget Mailes – 2nd 100m

Jack Sobey- 2nd Long Jump, 3rd 200m, 1st 800m

Erin Nicholson- 3rd 100m, 3rd 200m, 3rd 800m

Holly Rook- 2nd 800m

Ruby Cleaver – 2nd High Jump, 2nd Discus, 2nd Shot Put, 1st 100m

Lily Raymond- 3rd Long Jump, 1st Hurdles, 3rd 100m, 2nd 200m

Darcy Milne – 2nd Discus

Jobe Dunn- 3rd Long Jump, 3rd Hurdles, 3rd 100m, 3rd 200m, 3rd 800m

Hamish Button – 2nd Shot Put

Ruby Fitzpatrick – 2nd Long Jump, 3rd 400m

Shannon Mhasho – 3rd Discus

LaToya Agnew – 3rd Shot Put

Tahlia Maybery – 2nd 100m

Relays – 1st 12 Year Girls (Grace, Bridget, Ava and Maddy)

- 2nd 10 Year Girls (Ruby Cleaver, Lily Raymond, Chloe Wormald, Taylor Jackson)

Age Champions – Grace Cleaver and Ruby Cleaver



Thank you to Kim Pickford and Chris Minney for their incredible support and organisation on the day. Thank you to Monique Sobey, Anthony Walsh, Brendan Roberts, Deb Fitzgerald, Casey Rook, Georgie and Matt Dunn, Erin Cooper and the Beattie and Alexander families for their assistance on the day setting up equipment, running the High Jump and packing up the equipment. Thank you to the many other parents who attended on the day, to show their support, it was wonderful to have your cheering spirit! Thank you once again to Monivae for allowing us to borrow their High Jump equipment. A tremendous thank you to Tim Burton, at Western District Fertilisers in Dunkeld, for the use of their trailer to transport equipment. We are very grateful for all the support we receive to ensure our students can have such wonderful opportunities!

Division Athletics

We will have 12 students representing St Mary's at Division Athletics in Warrnambool, our largest team in a number of years! The top two athletes in track events and the top athlete in field events, from the 10-12 year old age groups, advance onto Division Athletics. Well done to Lily Raymond, Ruby Cleaver, Holly Rook, Jack Sobey, Erin Nicholson, Hugh Fitzgerald, Jack Roberts, Grace Cleaver, Phoebe Dunn, Bridget Mailes, Ava Sobey and Maddy Maybery who have qualified! We wish them all the best for Division Athletics on Friday 3rd May.

Division Swimming

Congratulations to all our incredible super fish at Division Swimming in Warrnambool. You did a wonderful job and we are very proud of you all! Thank you to the parents and friends who supported our swimmers at this event. The following students must be commended for achieving top 10 results:

Lily Raymond- 10th Breaststroke, 8th Backstroke

Griet Rowe - 8th Breaststroke

Holly Rook - 9th Freestyle, 9th Backstroke

Our 10 Year Old Girl Freestyle Relay team (Holly Rook, Charlie Young, Lily Raymond and Ruby Cleaver) came 1st, which is an incredible achievement!!

Regional Swimming

The 10 Year Old Girl Relay team- Holly Rook, Charlie Young, Ruby Cleaver and Lily Raymond- advanced to the Regional Swimming last Friday in Horsham. They represented our school unbelievably well and achieved a fantastic result, SECOND place!! Well done girls!!

Dunkeld Free youth Art Workshop
Age range to 11 -17 years. We are extremely lucky to be able to offer ALL TUTORING AND MATERIALS AT NO COST.

The workshops will:

- ☞ Develop graphic artistic and general creative skills.
- ☞ Develop personal art folios.
- ☞ Develop an ability for self-expression, enhancing personal growth and feelings of well-being.

