

St Mary's School Newsletter



Issue 20 Term 3 18 July 2018

A Child Safe School

From the Principal - Matt Attwater



PBIS Focus of the Week Expectations in our Learning Spaces

Dear Parents/Carers,

Gospel Summary

In this coming Sunday's gospel, Jesus and the Apostles tried to get away and take time to rest, but the crowds followed them. Jesus saw that the crowds were "like sheep without a shepherd" (Mark 6:34), and so he began to teach them.

Reflection for Parents

In many ways, our children are "like sheep without a shepherd" (Mark 6:34). They need strong shepherds to care for them, to guide them, to keep them from danger, to rescue them when they are lost, and to shepherd them in life and in faith. They look to you for such care and guidance. Take time to reflect on your role in your family as shepherd and guide. Think about the opportunities you have to shape your child's life by the words you say and by the example you give.

Welcome to Semester 2

Welcome back to a chilly start to Term 3. I hope all families had a great break together. This being School Production term means it will be a hectic one. Please keep up to date with the newsletter and all correspondence coming home during the term especially around production time.

School Closure - Tuesday 24th July 2018, due to power outage

Winter School Carnival

The senior students will be travelling to Wodonga this Friday (weather permitting) to participate in football, netball and soccer games against other local schools. The football is held at Wodonga Horse Racing track and the netball and soccer are both held at Kelly Park. Spectators more than welcome.

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Weekend Mass Times:

Chiltern Saturday 6pm
Rutherglen Sunday 9am
Wahgunyah Sunday 10.30am

Important Dates

Thursday 19th July

Assembly - 9.15am

Friday 20th July

Winter Sports Carnival

Monday 23rd July

Sporting Schools - After school sporting program
3.40pm to 4.40pm (First for the Term)

Tuesday 24th July

School Closure Power Outage

Wednesday 25th July

Sporting Schools - After school sporting program
3.40pm to 4.40pm

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Phone - 02 6032 9284


Web - <http://www3.smrutherglen.catholic.edu.au>

Email - principal@smrutherglen.catholic.edu.au

Wood Raffle:

Congratulations to Rhonda Richardson, the winner of our Wood Raffle drawn on the last day of Term 2. A big thanks to Paul Somerville for providing and delivering the wood.

PBIS Classroom Matrix: As a school we will be focussing on expectations when in Classrooms and Learning Spaces this week.

Classrooms and learning spaces	Respect Ourselves	Respect Others	Respect our Environment
	<ul style="list-style-type: none"> • Listen to the person speaking • Do your best work • Have a go at new things • Listen and follow instructions • Be organised • Join in and participate • Be in correct uniform • Be organised • Enter and exit rooms calmly and correctly • Exiting people go first 	<ul style="list-style-type: none"> • Listen to the person speaking • Encourage others • Be inclusive of others • Offer help to others • Take turns • Share equipment • Don't sit in front of them • Be kind to others • Be patient with others • Value differences • Respect people's personal space • Walk • Use your 'inside voice' 	<ul style="list-style-type: none"> • Clean up your workspace when you've finished • Use resources correctly • Put rubbish into the correct bins • Use equipment for the correct purpose

Congratulations to this week's PBIS Winners:

Seve Cottam, Charlie Shaw and George Morris

(pictured below).



Thursday 19th July:

Assembly 9.10am

Have a Great Week!

Matt



Important Calendar Dates 2018

TERM 3

Thursday 19th July	Assembly - 9.15am
Friday 20th July	Winter Sports Carnival
Monday 23rd July	Sporting Schools - After school sporting program 3.40pm to 4.40pm (First for the Term)
Tuesday 24th July	School Closure—Power Outage
Wednesday 25th July	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Thursday 26th July	Whole School Mass St Joseph's Chiltern - Production (whole school excursion)
Friday 27th July	Lions Club Public Speaking
Monday 30th July	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Tuesday 31st July	Board Meeting - 6.30pm
Wednesday 1st August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Thursday 2nd August	Assembly - 9.15am Kinder Transition - 9.30am to 11.00am
Friday 3rd August	St John Ambulance - First Aid training for whole school
Monday 6th August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Wednesday 8th August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Thursday 9th August	Senior Mass - 9.30am
Monday 13th August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Tuesday 14th August	Stage Door
Wednesday 15th August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Monday 20th August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Wednesday 22nd August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Monday 27th August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Wednesday 29th August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Wednesday 12th September	Dress Rehearsal—School Production
Thursday 13th September	School Production
Friday 21st September	Last Day - Term 3 - Casual Clothes (Gold coin donation)

Students dismissed at 2.30pm

Staff email addresses

Matt Attwater (Principal) —mattwater@smrutherglen.catholic.edu.au
 Libby Dickinson (Junior Classroom teacher) - edickinson@smrutherglen.catholic.edu.au
 Hannah Oberin (Junior Classroom teacher) - hoberin@smrutherglen.catholic.edu.au
 Kayla Hibberson (Senior Classroom teacher) - khibberson@smrutherglen.catholic.edu.au
 John McNamara (Senior Classroom teacher) - jmcnamara@smrutherglen.catholic.edu.au
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 Nicole O'Mahony (Learning Diversity Leader) - nomahony@smrutherglen.catholic.edu.au
 Katrina Bridge—(Teacher Aide—Library) - kbridge@smrutherglen.catholic.edu.au
 Amanda Arnot—(Administration Officer) - aarnot@smrutherglen.catholic.edu.au



We send our best wishes to:
Paige Lee-Wood (21/07)
who will be celebrating her birthday this week.

Fundraising report:-

Wood Raffle - \$566.60

End of Term Casual Clothes Day for Sponsor Child - \$90.25

Book Club - Issue 5 - Orders due by Thursday 26th July, 2018.

Phonological Awareness Activities for Chatter Matters:

Term 3 Language genres/ communicating for different social purposes

These activities will help the students to make the necessary adjustments to their language so they can communicate for a variety of purposes eg; to tell stories, recount events, persuade, give instructions and report information. Learning about the language and types of words we use in each of these different contexts supports not only the child's oral language but written language development also.

Giving and listening to instructions;

A key language feature of giving instructions is the use of verbs or action words. For example when reading a recipe you will notice the following action words are used; stir, fold, combine, melt, sift, bake etc. Children benefit from practise identifying these key words in a sentence. As they highlight for the child **what they need to do**.

Here are a number of activities to practise identifying and using actions words/verbs.

- "Simon says" Take turns at being Simon and count how many different verbs each player uses. The one with the most verbs gets a bonus point. For example; **hop** on your left leg, **tickle** your tummy, **point** to the sky, **wiggle** your fingers.
- "read a recipe or list of instructions for a game" Highlight the different verbs used and discuss what they mean, for example "fold" can have a variety of meanings.
- when giving instructions ask your child to repeat the action words. Gradually increase the number of verbs, see how many they can remember for each instruction. For example, **pick up** your socks, **take** them to the laundry, **put** them in the washing machine, **turn on** the machine, **wait** until it's finished.

The following ipad apps are excellent for taking turns to give and follow instructions.



Father's Day Stall

We are looking for some volunteers to help with the wrapping of our Father's Day gifts.

Please contact Briony Taylor or Amanda in the front office if you are available.

Sacramental Program - Reconciliation

We pray for the following students as they prepare to receive the Sacrament of Reconciliation on **July 26th 2018 at 6pm.**

Ryan Barkley, Faith Barkley, Murray Enever-Cooper, Maiya Lee, Arthur Morris, Milligan Morris, Brodie Upton, Flynn Verhulst, Patrick Walsh, Henry Ross, Felicity Hartung, Sam Moloney and Joseph Whelan-Brain

Group Sessions

Below is a list of groups for the Reconciliation sessions.

MONDAYS 3:40pm @ St Mary's 16th July, 23rd July	Felicity Hartung, Brodie Upton, Joseph Whelan - Brain, Ryan Barkley, Faith Barkley
WEDNESDAYS 3:40pm @ St Mary's 27th June, 18th July, 25th July	Arthur Morris, Milligan Morris, Henry Ross, Flynn Verhulst, Sam Moloney, Maiya Lea
THURSDAYS @ Enever-Cooper's Home 28th June, 19th July	Murray Enever-Cooper, Patrick Walsh



TERM THREE			
22.7.18	Grace Milthorpe Milly Cheeseman Olivia Cheeseman	9.9.18	Alexandra O'Meara Hayley Barkley Grace Milthorpe
29.7.18	Alexandra O'Meara Emily Price Aleisha Price	16.9.18	Faith O'Donoghue Campbell Smits Jacob Fuge
5.8.18 First Sunday	Akira Bonacci-Law Holly McMahon Jacob Fuge	23.9.18	Akira Bonacci-Law Milly Cheeseman Olivia Cheeseman
12.8.18	Faith O'Donoghue Hayley Barkley Campbell Smits	30.9.18	Sonny Enever-Cooper Jacob Fuge Hayley Barkley
19.8.18	Sonny Enever-Cooper Aleisha Price Emily Price	7.10.18 First Sunday	Alexandra O'Meara Campbell Smits Brayden Field
26.8.18	Grace Milthorpe Holly McMahon Jacob Fuge		
2.9.18 Father's Day /First Sunday	Sonny Enever-Cooper Olivia Cheeseman Milly Cheeseman		

Please remember:

*Arrive at 8:45am through the side door of the Church.

*Fr Carey has requested that at least one adult be present with the children prior to and after Mass for safety purposes.

*If you can't make your rostered Sunday, please make a swap and notify Mel Field.

What's On In Term 3??

Wk 2	26/7: 9:30am Senior School Mass and Baptism (Hartung Girls) - 6pm Sacrament of Reconciliation Liturgy
Wk 4	8/8: St Mary of the Cross Mackillop Feast Day Liturgy 9/8: Senior School Mass - 9:30am
Wk 5	15/8: WHOLE SCHOOL FEAST DAY - Assumption of the Blessed Virgin Mary
Wk 6	23/8: Junior School Mass - 9:30am
Wk 8	6/9: Senior School Mass - 9:30am
Wk 10	20/9: Junior School Mass - 9:30am



IMPORTANT NOTICE

Please remember that it is **inappropriate for parents to post photos, videos and information of or about other students on any form of social media without the direct permission of that child's parents.** This includes photos taken at school events, for example sports days, assembly, masses, book week etc

What Parents Need to Know About Social Media and Anxiety?

Learn to recognize the warning signs of anxiety disorder and help your kid keep social media use healthy and productive. By [Caroline Knorr](#) 4/30/2018

[Topics:](#) [Facebook, Instagram, and Social](#), [Mental Health](#), [Screen Time](#), [Technology Addiction](#)



From cyberbullying to FOMO to cruel comments, social media can be a landmine for kids. Issues we parents never had to worry about, such as an intimate photo texted to the entire school or Instagram videos of a birthday party we weren't invited to, are now a risk for many tweens and teens. With kids' digital well-being a concern, researchers are exploring potential links between social media and [the rise in teen suicide rates](#), [tech addiction](#), and [loss of real-life social skills](#). And many parents are wondering: Is social media causing my kid to have anxiety?

It's an important question -- and one that makes for [compelling headlines](#) for worried parents. While it's [too early to say with certainty](#) (this is, after all, the first generation of "digital natives"), the reality is somewhat nuanced. Some [research](#) has observed a relationship between social media use and anxiety in kids, but it's difficult to know if and when social media is causing anxiety or whether kids who are anxious are turning to social media as a way to soothe themselves or seek support. How kids use social media matters, too: [Social comparison and feedback-seeking behaviors](#) have been associated with depressive symptoms, which often co-occur with anxiety.

Of course, it's common for kids to feel anxious sometimes. But there's a big difference between occasional anxiety and an anxiety disorder that requires professional care. If your kid is overly self-conscious, has uncontrollable and unrealistic anxiety, is unable to make it go away, and avoids things, you may want to seek help. (Learn more about [anxiety in kids at the Child Mind Institute](#).) For these kids, social media may act as a trigger for -- though not the root cause of -- their anxious feelings. There are also kids, who, for a variety of reasons, may be more sensitive to the anxiety-producing effects of social media. For example, kids with social anxiety disorder may [prefer online interactions](#) over face-to-face interactions. Bottom line: You may not know the impact of social media on your kid until issues surface.

Unfortunately, simply cutting off social media isn't necessarily the answer. It's such a huge part of many kids' lives that not having access to social media could take a toll. In fact, [being connected to friends through social media may counterbalance some of its negative effects](#).

Without conclusive research to back up claims that social media causes anxiety -- and some evidence to show it's beneficial -- it's up to you to keep tabs on how your kid's doing. Though it adds an extra layer to your parenting duties, it's a good idea to get a [good sense of your kid's online life](#). Ask kids to give you a tour of their social media world. As they're showing you around, you might hear some of the positive stuff you weren't expecting, as well as some of the problem areas your kid could use help with. Also, add social media to the "wellness checks" that you already do. For example, when you ask how they slept and what they ate, ask how they're feeling about social media. Is it mostly positive, helpful, and supportive, or do they want to step back but aren't sure how? Here are some more tips for keeping social media a positive for kids:

Help kids put social media in perspective. People post stuff that makes their lives look perfect -- not the homework struggles, or the fight they had with their dad, or the hours it took to look as good as possible for the camera. Remind kids that social media leaves the messy stuff out -- and that everyone has ups and downs.

Encourage offline activities. In a world where kids could spend their days lying around [looking at Instagram](#), it's doubly important for them to feel as though they're cultivating their inner lives. Prompt them to balance social media with soul-nourishing activities such as hobbies, exercise, reading, and helping others. Otherwise, what are they going to brag about on social media?

Talk about their feelings. Ask them what it feels like to look at other kids' feeds. Is there a tipping point from when they feel OK to when they start to feel bad about their own lives? Encourage them to stop before that feeling sets in and do something good for themselves instead.

Let them know you're there for them. You may not understand everything about your kid's online social life. But recognizing it's important to them makes your kid feel valued -- and more likely to come to you when they encounter problems.

Get help. If you see any cause for concern, including mood swings that seem to result from social media, not taking pleasure in activities he or she used to enjoy, and having accompanying symptoms such as headaches and stomachaches, visit your kid's pediatrician for a professional opinion.

The Child Mind Institute contributed to this article. Learn more at [childmind.org](https://www.childmind.org).

<https://www.common sense media.org/blog/what-parents-need-to-know-about-social-media-and-anxiety>

INDIGO SHIRE YOUTH AMBASSADOR PROGRAM



Congratulations to Felicity Hartung on being selected by the staff as this years 'Indigo Shire Youth Ambassador.'

Felicity will represent our school at the Youth Ambassador Program across three different meetings.

The focus for the Youth Ambassador Program will be on:

- ◆ Exploring and discovering values
- ◆ What each student feels passionate about and what changes they would like to see in their communities and more broadly.
- ◆ Leadership and communication skills
- ◆ Knowing yourself and self care
- ◆ How to be an effective leader, getting people on board and leading in a compassionate way.
- ◆ Fundraising

The first meeting is being held today at the Old Priory in Beechworth. We look forward to hearing all about Felicity's day and how we can support her in this role.



A HUGE thank you to the Doolan, Milthorpe, O'Meara, Cooke, Buscall and Cracknell families for helping out with the chooks during Term 2.

Your help is greatly appreciated!

Stage Door Celebration of the Arts, 2018.

Dear Parents,

You are invited to attend the **2018 Stage Door – Celebration of Performing Arts.**

The event is a wonderful opportunity for Catholic and other non-government schools to come together to celebrate the amazing talents of our children in the arts, both visual and performing.

Stage Door 2018 will be held on:

TUESDAY 14TH AUGUST and WEDNESDAY 15TH AUGUST 2018

Location: **Victory Lutheran School, 28 Drages Rd Wodonga.**

ENTRY FEE: \$4.00 per adult and children are free!

TIME: 11:30am



St John Ambulance will visit our school on Friday 3rd August, 2018 to deliver free First Aid in Schools training to our students. Through the First Aid in Schools program, trained St John presenters lead students from [insert class details] through tailored sessions on the importance of First Aid and what to do in the event of an emergency. Our junior students learn about how to identify when there is an emergency, keeping themselves safe, and how to call for an ambulance. Senior students learn about delivering CPR (cardiopulmonary resuscitation) and the things they can do to assist in an emergency.

Participating students will be given a special piece of homework for parents to take home and complete. We encourage you to “do your homework” and go online (www.stjohnvic.com.au/quiz) to see how much you know about First Aid.

Are you First Aid READY?

More information about the St John First Aid in Schools program can be found at: www.stjohnvic.com.au/schools