

St Mary's School, Rutherglen (a child safe school)

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Newsletter *Issue 7 - Term 1 - Wednesday 20 March, 2019*

Our Lenten Journey During Lent

Heavenly Father,

As we enter another week of our Lenten journey, guide us to the path that leads to you. Fill our hearts with gratitude, patience, strength, and peace as we strive to become the-best-version-of-ourselves, honestly admitting our shortcomings.

As we renew we resolve each day to become better people, let us hear your voice in the deepest reaches of our hearts. Give us rest in you.

Help us to accept others, showing them your great love instead of casting judgment.

Stay with us through the busy days this Lent and remind us that when we need comfort, solitude, wisdom, or guidance, we can always turn to you.

Help us develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent.

*In your name we pray,
Amen*

Weekend Mass Times:

Chiltern Saturday 6pm

Rutherglen Sunday 9am

Wahgunyah Sunday 10.30am

IMPORTANT DATES

Thursday 21 March

Pinocchio Performance (LOTE)

Friday 22 March

Glenview Visit (Gr F/1 & 2)

Sporting Schools Gymnastics Program (during school hours)

Tuesday 26 March

1st round Hot Cross Bun orders due

Wednesday 27 March

Sacrament of Reconciliation - 6pm

Dear Parents/Carers,

This is Sunday is the 3rd Sunday of Lent.

Data Sharing Sessions

Thanks to all families who found time to sit with teachers this week and work in a partnership to help improve their child's learning. Data shows that positive parent connections with school will improve student outcomes.

Gymnastics

We started a 4 week block of gymnastics for all students last Friday run by FlyAway Gymnastics from Albury. The program is funded by Sporting Schools Australia. All students thoroughly enjoyed the sessions and are eagerly awaiting the next 3 sessions. (photos next page)

Frosty Friday is Back

Frosty Friday is back this term and is run by the Yr. 6 Catholic Identity Team. For 50c students can buy a frozen Zooper Dooper on Fridays at lunch time. Money raised goes to CARITAS.

Wedding Bells

A big, big congratulations to Rhi & Nathan who were married last weekend down by the river. By all accounts it was a fantastic occasion enjoyed by all their family and friends. Rhi now becomes Rhi Cracknell. (photos page 3)



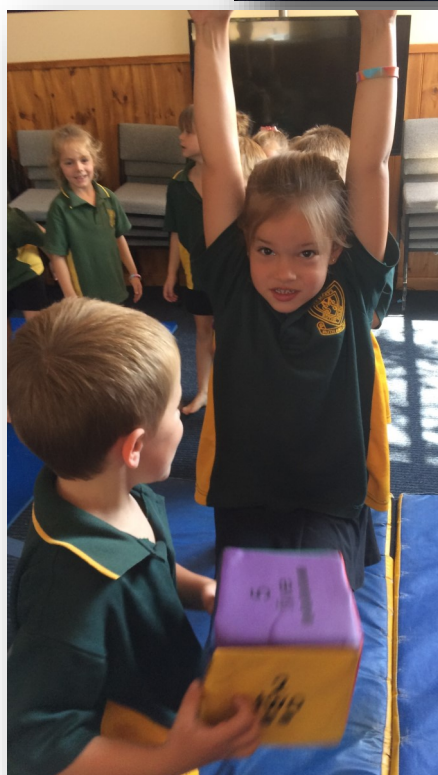
Have a great week,
Matt
Principal





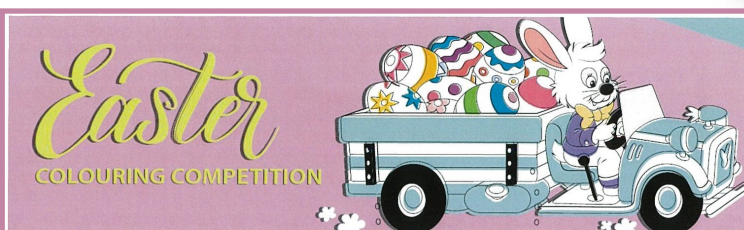
Gymnastics

Gymnastics coached by
FlyAway Gymnastics, Albury.
A program funded by
Sporting Schools.





Jaylen & Noah Cracknell (*above*) with mum and dad, Rhi and Nathan (*right*) on their wedding day.



Miegels Pharmacy Rutherglen

3 categories:

Kinder- Prep

Year 1 - Year 3

Year 4 – Year 6



Each category will have ONE WINNER for an Easter Hamper



Each entry must be brought into the Pharmacy by the child and will be put on display in the pharmacy



Winner will be drawn Wednesday 17/4/19 and announced on our Facebook Page. Winners school will also be notified on Tuesday 23/4/19



Hello everyone,

School holidays are fast approaching and I have just listed the 4 workshops I'll be running over the holidays on my website: <http://www.iandtheothers.com/workshops>

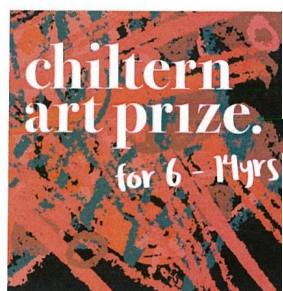
I'm aiming workshops at both primary and high school ages, so if you know someone who may be interested, please feel free to forward this email.

Cheers,

Kirrily



INTRODUCTION TO REALISTIC DRAWING (ages 9 - 15)
\$30.00 AUD




CHILTERN ART PRIZE for 6-14yrs
\$50.00 AUD



CREATIVE DRAWING for ages 6-12
\$30.00 AUD

PBIS Awards (Positive Behaviour in Schools):

This week's Focus: Expectations in the Toilets

Toilets	Respect Ourselves	Respect Others	Respect our Environment
	<ul style="list-style-type: none"> • Wash hands after using the toilet • Keep food and drink out of toilets • Enter cubicle only through the door • Exiting people go first 	<ul style="list-style-type: none"> • Walk to toilets without noise • Flush toilet after use • Boys wait your turn at urinals • 1 child in cubicle at all times • Wait your turn outside if the cubicles are full • Walk to toilets without noise 	<ul style="list-style-type: none"> • Paper towels in correct bins • Flush toilet after use • Turn taps off after use • Report any blockages/issues to teachers • Use toilet paper sparingly

Congratulations to this week's PBIS Winners *(pictured below):*

Harper Potter (1/2 LD), Kasey Rhodes (1/2 LD) & Ryan Moore (1/2 LD)

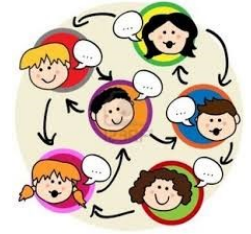


Activity for this Week

PHONOLOGICAL AWARENESS

FIRST SOUND AWARENESS:

The Food Game - Watch what you eat! Each child stands and tells the group the name of a food they like that starts with the same sound as their own name. The activity could be extended to include an item they don't like to eat as well. For example, I'm Fiona and I like to eat fish but I don't like to eat frogs.



Family Problem Solving Tips

It's normal to have problems that need to be discussed as a family. Doing this calmly and respectfully together teaches your children how to manage problems that will come up in their own lives.

- Find a suitable time and schedule it to problem solve together. Try to avoid times when people are tired, hungry or upset.
- Focus on one problem at a time
- State the problem clearly
- Consider the desired behaviour and whether this is realistic. If you feel it is state this goal clearly.
- Encourage imaginative suggestions to achieving this goal and be open to new ideas!
- Evaluate the possible solutions.
- Write down a plan. Be specific!
- Praise your child's efforts in the problem solving process.

Adapted from Carolyn Webster-Stratton

We send our best wishes to:

Logan Chappell (20/3) & Hannah Robins (20/3)
who will be celebrating their birthdays this week.





Rutherglen High School

Grade 5/6 Transition Evening



When...

Wednesday 20th March

From 5.30pm til 6.30pm

Why...

To listen to some information, obtain a booklet outlining the school's policies and requirements and meet the staff.

What to expect...

An information session about Year 7 in 2020 and quick tour of the school grounds.

Hope to see you there!



Our Easter Raffle tickets have now been handed out to your child/ren. We would love you to sell these to have a chance at winning an Easter Egg Hamper.

Please bring your Easter Egg donations into the office. The more donations we receive, the more hampers available to win.

This year, the Parents and Friends Team are running the Hot Cross Bun Fundraiser again. Rutherglen Bakery have kindly jumped on board to supply us with these yummy treats.

We are doing two rounds of ordering. This way you can order on 2 dates so that they stay fresh and have no chance of running out.

The first order delivery will be on Wednesday 27th March. Orders need to be in to school by Tuesday 26th March.

Second round orders need to be placed with the school by Tuesday 2nd April for pick up on Wednesday 3rd April.

Cost:-

\$6.50 per 1/2 dozen - Plain

\$7.00 per 1/2 dozen - Fruit

\$7.50 per 1/2 dozen - Choc Chip

Order forms have been handed to students today.



Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

A Victorian Government Initiative
The Place To Be

Department of Health

A Pleasant Sunday

Rutherglen Memorial Hall

March 24, 2019. 2:30pm



Enjoy a recital of modern orchestral music, including movie themes by John Williams and James Horner.



Murray Conservatorium

\$10 or \$20 a family

Important Calendar Dates - 2019

Term 1

Thursday 21 March	Pinocchio Performance (LOTE)
Friday 22 March	Glenview Visit (<i>Grades F/1 & 2</i>) Sporting Schools Gymnastics Program (during school hours)
Tuesday 26 March	1st round Hot Cross Bun orders due
Wednesday 27 March	Sacrament of Reconciliation - 6pm 1st round Hot Cross Bun orders delivered
Friday 29 March	9.30am - Junior Mass
Tuesday 2 April	Aboriginal Studies - Excursion (<i>Grades 3, 4, 5 & 6</i>) 2nd round Hot Cross Bun orders due
Wednesday 3 April	2nd round Hot Cross Bun orders delivered
Thursday 4 April	Easter Raffle draw
Friday 5 April	Last Day Term 1 (Casual Clothes Day - gold coin donation) Glenview Visit Sporting Schools Gymnastics Program (during school hours)

Term 2

Tuesday 23 April	First Day Term 2
Thursday 25 April	ANZAC Day Public Holiday
Friday 26 April	9.30am - Senior Mass
Tuesday 30 April	3.00pm - Assembly
Wednesday 8 May	Catholic Education Week - School Breakfast
Tuesday 14 May	3.00pm - Assembly

Term 3

Wed 30 October	Canberra Camp (<i>Grades 5 & 6</i>)
Thur 31 October	Canberra Camp (<i>Grades 5 & 6</i>) Borambola Camp (<i>Grades 3 & 4</i>)
Fri 1 November	Canberra Camp (<i>Grades 5 & 6</i>) Borambola Camp (<i>Grades 3 & 4</i>)

Staff email addresses

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