

St Mary's School Newsletter



Issue 14 Term 2 23 May 2018

A Child Safe School

From the Principal - Matt Attwater



PBIS Focus of the Week - Expectations in the Playground

Dear Parents/Carers,

This Sunday is the feast of **The Most Holy Trinity.**

Gospel Summary:

This Sunday's Gospel passage is the conclusion of Matthew's Gospel. In the Bible, this event is titled The Commissioning of the Disciples. They are indeed commissioned to make disciples of all nations, to baptise, and to teach to others what Christ has taught them. Jesus promised that he would always be with them as they carried out the mission of the Church.

Reflection for Parents

As parents, we are commissioned by the Church to be the first and most significant teachers of the faith for our children. We present our children to the Church for Baptism, we teach them the Commandments and we share with them the Good News of Jesus Christ. We show them how to live as Christ's disciples in the world today. In this way the Church on Earth grows and is strengthened. Take time this week to think about how you are fulfilling your commission to be the first and foremost teacher of the faith for your child. What more can you do to fulfill your role?



Thoughts & Prayers are with Lexie:

Our thoughts and prayers are with Lexie Wilson (*pictured left*) who is recovering at home after surgery in the Royal Children's Hospital this week. We wish Lexie all the best for a swift recovery.

Continued next page

Weekend Mass Times:

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

Important Dates

Wednesday 23rd May

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

Thursday 24th May

Catholic Education Week

Family breakfast from 7.30am

Mass - 9.30am

Monday 28th May

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

Wednesday 30th May

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

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This week is Catholic Education Week

Catholic Education Week is where we reflect on and celebrate what's great about Catholic Education in our Sandhurst Diocese. We will have a real focus tomorrow, **Thursday 24th of May**, with a **family breakfast from 7.30 am in the hall**, a **whole school mass at 9.30am in the church** and a **fun games afternoon for the students**. (I might even knock up my famous bircher muesli for a few early birds at the breakfast.)

Trivia Night:

There is a trivia night coming up on Friday evening 22nd June. This is always an enjoyable and at times "competitive" night. Start getting your teams organised early. It would be advantageous to have team members who know a little about sport, music, local facts, Australian history and movie trivia! Below is a little trivia teaser!

In September, 1860 gold was found near Rutherglen. A town named ??????? appeared overnight as prospectors poured into the area. Shortly afterwards another site was discovered 500 metres to the east. In October this second site was named Rutherglen.

PBIS Classroom Matrix: As a school we will be focusing on expectations when **In the Playground**. Below is the matrix

Playground	Respect Ourselves	Respect Others	Respect our Environment
	<ul style="list-style-type: none"> • Use kind words • Be a good self umpire • Keep hands and feet to myself • Respond to the bell immediately (drink, toilet) • Tell, not do • Be active 	<ul style="list-style-type: none"> • Share with others • Take turns in games • Good Sportsmanship with others • Be inclusive • Be a good role model with others • Be tolerant towards others 	<ul style="list-style-type: none"> • Use equipment appropriately • Pack away sports equipment • Pick up my belongings, eg. drink bottle, jumper. • Put our rubbish in the bin



This week's PBIS Winners are: Penny Hartung, Ryan Barkley and Lucas Zani.

Thursday: Catholic Education Week mass at 9.30 am

Have a Great Week!

Matt



Important Calendar Dates 2018

TERM 2

Wednesday 23rd May	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Thursday 24th May	Family breakfast from 7.30am - Catholic Education Week Mass - 9.30am
Monday 28th May	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Wednesday 30th May	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Monday 4th June	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Wednesday 6th June	Sporting Schools - After school sporting program 3.40pm to 4.40pm (last for Term 2)
Monday 11th June	Queen's Birthday - Public Holiday
Wednesday 20th June	Rutherglen Primary Schools' OPEN DAY
Friday 22nd June	Special Lunch Day (Parent & Friends Team) (no lunch orders on this day) Parents & Friends Trivia Night
Friday 29th June	Last Day Term 2 - Casual Clothes (Gold coin donation) Wood Raffle draw Students dismissed at 2.30pm

TERM 3

Monday 16th July	First Day - Term 3
Friday 20th July	Winter Sports Carnival
Monday 23rd July	Sporting Schools - After school sporting program 3.40pm to 4.40pm (First for the Term)
Wednesday 25th July	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Thursday 13th September	School Production
Friday 21st September	Last Day - Term 3 - Casual Clothes (Gold coin donation)



Catholic Education Week Celebrations

Tomorrow - Family breakfast from 7.30am in the Hall.

Book Club Issue 4 Term 2, 2018

Orders due by Wednesday 30 May, 2018

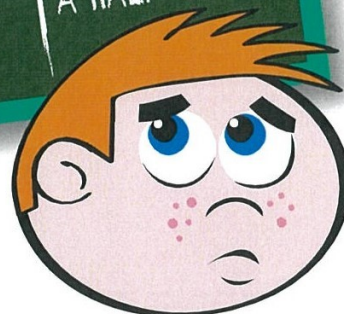
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EVERY MINUTE COUNTS

Just a little bit late doesn't seem much but.....

He/She is only missing just....	That equals....	Which is.....	over 13 years of schooling. that's....
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly HALF A YEAR
20 minutes per day	1 hour 40 minutes per week	Nearly 2.5 weeks per year	Nearly 1 YEAR
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 AND A HALF YEARS
1 hour per day	1 day per week	8 weeks per year	Nearly 2 AND A HALF YEARS



Did you know your child's best learning time is the start of the school day?

That's when every minute counts the most!



In primary school, some students **miss** on average **3 weeks** of school **per year**. That's **half a year** of school by the end of **year 6**.



EVERY DAY COUNTS

Primary school attendance

Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind.

Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It's vital that students go to school every day – even in the early years of primary school.

What we can do

The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

It's vital that holidays are planned during school holidays where possible, and not during the term if it can be avoided.

"Day off" – Think twice before letting your child have a "day off" as they could fall behind their classmates – every day counts.

Truancy – This is when students choose not to go to school without their parent's permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.

If for any reason your child must miss school, there are things you can do with your school to ensure they don't fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.

- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child's school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Training Regional Director who has authority to follow up attendance issues. Attendance issues that are escalated can lead to an Infringement Notice.

If you're having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

For more information and resources to help address attendance issues, visit:

www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx

Department of Education and Training



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Every day counts – school attendance

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

Missing school can have a major impact on a child's future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they'll have missed more than a year of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Coming to school every day is vital, but if for any reason your child must miss school, there are things we can do together to ensure they don't fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.
- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher early as early as possible.

From 1 March 2014, new laws will mean that parents can be fined for not sending students to school without an acceptable reason.

If you're having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

Yours sincerely,

Matt Attwater
Principal

School Production - Jungle Book

For those students who have indicated that they are able to attend after school production workshops between 3.30pm and 4.40pm, these are the dates for the rest of Term 2

Tuesday 22nd May, Tuesday 29th May. (3.30pm—4.30pm)

Weekend Workshop - Sunday 3rd June (10am—2pm)

Tuesday 5th June, Tuesday 12th June, Tuesday 19th June & Tuesday 26th June



We send our best wishes to:

Molly Colman, Patrick White, Jaylen Cracknell and Jo Somerville

who will be celebrating their birthdays this week.

Phonological Awareness Activities for Chatter Matters:

Play or conversations with your child: Draw your child's attention to the different parts of words during everyday activities and conversations. For example, when playing with or conversing with your child you can occasionally draw some attention to word parts that add additional meaning to words that represent the child's toys. "I have one car, but you have two cars. Cars. I hear the /z/sound at the end of cars. This tells me there is more than one car."



Another example involves talking about a specific prefix or suffix, its meaning, and then "playing" with that prefix or suffix by adding it to words that make up real (or nonsense) words. Consider this interchange between a parent and her child:

Parent: *"That is the tallest man I've seen in a long time. Hmm, I added -est to tall."*

Tall...est. 'est' means the most. That man is the most tall. I said it another way. . . . He is the tallest. If I wanted to say your bedroom was the most clean I've seen, I could say it another way. . . . the cleanest! Cleanest means most clean. Let's think of another way to say most kind. What do you think is another way to say, most kind?"

Child: *"Kindest?"*

Parent: *Yes! Kindest is another way to say, most kind. What about this? What's another way to say hardest?"*

How much is too much screen time???

How much is too much?

How much is too much time online?

There is no magic guideline for the 'right' amount of time for children to spend online. This is a matter for you to decide—but there are guidelines that can help you in addition to factoring in the age of your kids, their maturity level and your family dynamics.



What do the experts suggest is appropriate for entertainment?

A great place to start is understanding what health professionals recommend. The Department of Health has established [Australia's Physical Activity and Sedentary Behaviour Guidelines](#), which include links to brochures, fact sheets and tips for physical entertainment.

Australia's National Physical Activity and Sedentary Behaviour Guidelines *

<u>Your child's age</u>	<u>Recommended screen time</u>
<u>Under 2 years</u>	Zero - Babies and toddlers should not watch any television or other electronic media (DVDs, computers and electronic games).
<u>2 to 5 years</u>	<u>Less than one hour per day.</u> Limit their time sitting and watching TV or using other electronic media to less than one hour per day.
<u>5 to 17 years</u>	<u>Less than two hours per day</u> Limit their use of electronic media for entertainment (i.e. TV, computers and seated electronic games) to no more than two hours per day.

*These guidelines are for entertainment purposes only and do not include screen time for educational purposes.

What about screen time for educational purposes?

The internet is a great tool for educational support and some of the time that your child will spend online will be for this purpose. In fact, more schools are now implementing a 'bring your own device policy' in the classroom to take advantage of online education in the classroom. It is crucial that you help your children strike the right balance between online time for education and online time for entertainment and social networking.

How can I help my kids strike the right balance?

Health experts recommend limiting sedentary behaviour because of risks linked to chronic disease, obesity, sleeping issues, poor academic performance and reduced face-to-face social contact. But screen time in moderation can provide many benefits including enhanced learning experiences, creativity, social interaction, entertainment, support in literacy and numeracy skills and improvement in motor skills. So striking a balance between social activities that include active time away from screens is incredibly important.

How can I tell if my child is online too much?

If your child's online activity appears to be having a negative impact on their personal wellbeing or physical behaviour (or on your family), then consider discussing expectations and time limits. Some of these noticeable changes that can indicate excessive internet use include:

- online activities interfering with general health and wellbeing
- obsession with particular websites or games
- anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- spending increasing amounts of time online
- a declined interest in social activities like meeting friends or playing sport
- excessive tiredness
- decline in academic performance and failing to complete schoolwork
- seemingly isolated or withdrawn
- reduced personal hygiene
- negative changes in their behaviour
- ongoing headaches, eye strain and sleep disturbance.

How can I tell if behavioural changes are just their age?

Some behavioural changes are a normal part of growing up (teenagers, anyone!), but try to find out why your child is struggling, as there may be underlying issues such as cyberbullying, friendship difficulties or mental health issues. As part of your conversation, ask your child about how much time they spend online and explain why it is worrying. Try not to show that you disapprove or they might shut down communication altogether. Talking to their school may also reveal academic or social issues but they may also be able to provide support.

How are you managing your child's screen



It is with great pleasure that we share the news that Sue Harris has been confirmed as the award winner in Victoria, for the 2018 Australian Family Early Education & Care awards My Life My Super, Early Childhood Director of the Year category.

This is a huge testament to the ongoing commitment, dedication and passion of all of our Educators, as they continuously strive to improve their offering of high quality, inclusive care through the delivery of unique learning outcomes for the children attending our Service.

Of course, none of this would be possible without the incredible support that Sue receives from all of our amazing families, friends, peers, loved ones, our devoted community and the awesome Educators that support her in our daily reflective practice.

We thank each and everyone one of you for making this possible and for all of your nominations in this year's Australian Family Early Education & Care awards, it truly is very humbling.

So, what happens next:

National Winners selected: 14.06.18

State Winners are invited to make a presentation in person to members of the judging panel and national winners are selected.

National Winners announced: 16.06.18

One national winner in each category will be announced at the awards gala on 16th June 2018.



District Cross Country

We congratulate the following students for participating in the District Cross Country held at the Yackandandah Sports Park last Friday.

Faith B, Patty D, Murray E-C, Jacinta F, Callum P, Flynn V, Shaun G, Lukas M, Faith O, Alex O, Henry R, Lucinda S, Violet F, Georgie U, Matilda C, Jacob F & Darcie G.



Good luck to: Flynn V, Lukas M, Matilda C, Jacob F & Darcie G, who have all made it through to the next round being held this Friday at Willow Park, Wodonga

THIS WEEK IS: CATHOLIC EDUCATION WEEK

We will be celebrating Catholic Education Week with a whole school mass this Thursday the 24th May at 9:30am. We invite all families and friends to come along and celebrate with us!

Altar Servers - Term 2

Thank you, firstly, to all of our new Altar Servers who have volunteered for Sunday masses. We also thank our "original" Altar Servers who will be spending the next few months training our new Altar Servers. We really value their contribution to our Parish.

If there are any others who might be interested please contact Mrs Field.

TERM TWO ROSTER			
27.5.18	Aleisha Price, Emily Price and Holly McMahon	24.6.18 Youth Mass	Olivia Cheeseman, Aleisha Price and Akira Bonacci-Law
3.6.18 First Sunday	Campbell Smits, Jacob Fuge and Faith O'Donoghue	1.7.18 First Sunday	Hayley Barkley and Alexandra O'Meara
10.6.18	Emily Price, Holly McMahon and Grace Milthorpe	8.7.18	Emily Price, Aleisha Price and Sonny Enever-Cooper
17.6.18	Jacob Fuge, Brayden Field and Sonny Enever-Cooper	15.7.18	Brayden Field, Faith O'Donoghue and Holly McMahon
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.			

SACRAMENTAL PROGRAM - RECONCILIATION

For those children in Grade 3 and grades above who are looking to make their Reconciliation this year please note the date of the initial Parent and Child Night.

Tuesday 19th June 2018 - 6pm

In the Senior Area

Upcoming Events



<u>Wk 6</u>	<u>CATHOLIC EDUCATION WEEK</u> 24/5: Whole School Mass	<u>Wk 9</u>	
<u>Wk 7</u>	<u>RECONCILIATION WEEK</u>	<u>Wk 10</u>	19/6: 6pm - Parent/Candidates Sacrament of Reconciliation Meeting 21/6: 9:30am Senior School Mass
<u>Wk 8</u>	7/6: FEAST OF THE SACRED HEART 9:30am Whole School Mass	<u>Wk 11</u>	24/6: 5:30pm PARISH YOUTH MASS



Sponsors

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Silken Dragonfly
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Albury Autocare
Aquazone

**Thank you to these businesses that
have supported our Trivia Night by
donating prizes.**

**We are still chasing more donations.
If you are able to help out please
contact the school office.**

**A reminder to everyone to start organising
your friends for this fun night out!**

BYO Drinks and nibbles