

St Mary's School Newsletter



Issue 16 Term 2 6 June 2018

A Child Safe School

From the Principal - Matt Attwater



PBIS Focus of the Week - expectations in and on the Undercover/Verandah/paths/concrete areas of the school

Dear Parents/Carers,

Gospel Summary:

Jesus was a troubling and upsetting figure for many, including those in his own family. His preaching and healing caused people to question the origin of his authority. In this Sunday's gospel Gospel, Jesus addresses those who doubt him. He challenges them to seek forgiveness and cautions them regarding blaspheming against the Holy Spirit. At the conclusion of the Gospel, Jesus makes it clear that his family includes all who do the will of God.

Reflection for Parents:

In Baptism we become members of God's family, the adopted daughters and sons of God. In this Sunday's Gospel, Jesus reminds us that in order to be members of his family we must do the will of God. Take time today to think and pray about the will of God for your life. Are you doing, or fulfilling, that will? How would you define the will of God for your family? What can you do to teach your children and guide your family to do the will of God?

Feast Day Mass:

This Thursday we will celebrate our school's Feast Day with Fr. Carey at 9.30am in the church. I'm sure Fr. Carey will grant the children some extra play as part of our celebration.

Wood Raffle Tickets:

We are running our wood raffle this term. The raffle will be drawn on the last day of term. Each family will receive a raffle book to sell this week. If you need more books to sell they will be available in the office.

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Weekend Mass Times:

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

Important Dates

Wednesday 6th June

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

Monday 11th June

Queen's Birthday - Public Holiday

Tuesday 12th June

Meals On Wheels

Wednesday 13th June

Meals On Wheels
Sporting Schools -
After school sporting program
3.40pm to 4.40pm
(last for Term 2)

Thursday 14th June

Meals On Wheels

75-89 High Street - Rutherglen - Vic - 3685

Phone - 02 6032 9284

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

Email - principal@smrutherglen.catholic.edu.au


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!

Where would you find the Sea of Tranquility?

PBIS Classroom Matrix: As a school we will be focusing on expectations in and on the Under-cover/Verandah/paths/concrete areas of the school. Below is the matrix:

Under-cover/Verandah/paths/concrete	Respect Ourselves	Respect Others	Respect our Environment
	<ul style="list-style-type: none">• Walk on the concrete• Model appropriate behaviour• Keep hands and feet to yourself• Go to where you need to go- don't dawdle	<ul style="list-style-type: none">• Be helpful• Be aware of other classes working• Move quietly around not to distract others• Smile to others when passing them in• Be courteous of classes lining up• Speak appropriately to other people	<ul style="list-style-type: none">• Pick up rubbish if you see it• Walk in appropriate areas



Congratulations to this week's PBIS Winners: Holly O'Donoghue, Teddy Giason & Kasey Rhodes (pictured above).

Thursday 7th June:

School Feast Day mass 9.30am

Have a Great Week!

Matt



Important Calendar Dates 2018

TERM 2

Wednesday 6th June	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Monday 11th June	Queen's Birthday - Public Holiday
Tuesday 12th June	Meals On Wheels
Wednesday 13th June	Meals On Wheels Sporting Schools - After school sporting program 3.40pm to 4.40pm (last for Term 2)
Thursday 14th June	Meals On Wheels
Friday 15th June	Meals On Wheels
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 (6pm for 6.30pm start)
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
Tuesday 14th August	Stage Door
Wednesday 12th September	Dress Rehearsal—School Production
Thursday 13th September	School Production
Friday 21st September	Last Day - Term 3 - Casual Clothes (Gold coin donation)

IT AND DIGITAL CITIZENSHIP NEWSLETTER

[YouTube Facts!](#)



YouTube is a user-generated video sharing platform which allows people to discover, watch and share videos.

Website URL: www.youtube.com

[How to report cyberbullying or abuse to YouTube](#)

How to report cyberbullying or abuse to YouTube -

<https://player.vimeo.com/video/136166367?title=0&byline=0&portrait=0>

[YouTube FAQs](#)

Who can access YouTube?

YouTube is not intended for children under the age of 13. YouTube accounts are available to people over the age of 13. If a YouTube account is created, you then have access to additional functions including uploading and commenting on videos.

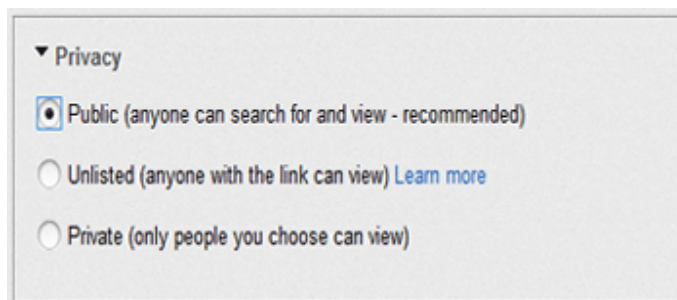
YouTube will not create account for anyone that lists their age as under 13.

All users of YouTube agree to comply with its [Terms of Service](#) and [Community Guidelines](#).

How can I protect my information?

Default privacy settings for users aged 13 +

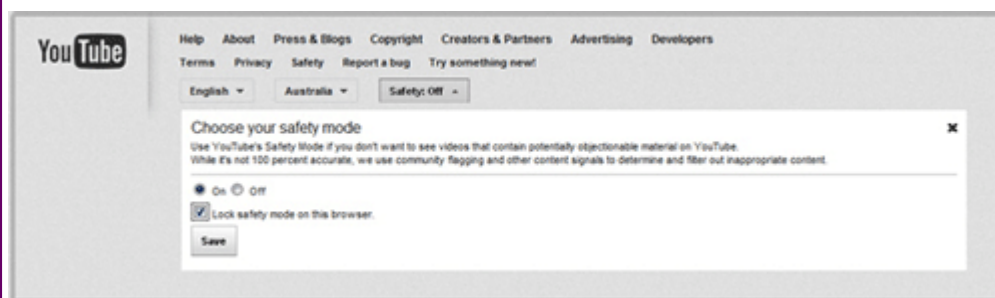
By default, videos that you upload can be seen by anyone. If you upload a video, YouTube allows you to limit the exposure of that video by making it private.



Adjust your privacy settings

If a video is set to private, only the uploader and invited YouTube users can view the video. If a video is set to unlisted, then only users that have the link to the video will be able to see it. Private and unlisted videos will not appear in search results. You can visit YouTube's [Private Videos](#) page to learn how to make your video private.

YouTube Safety mode



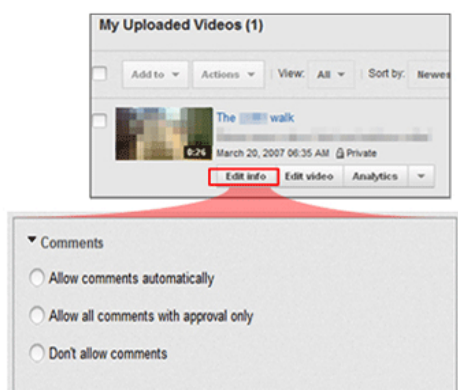
Safety Mode on YouTube is an opt-in setting that can help screen out potentially objectionable content. YouTube uses community flagging and other content signals to filter out inappropriate content.

By default, *Safety Mode* is switched off. To switch on *Safety Mode*, you can:

1. click on *Safety Mode* located at the bottom of the *YouTube* page
2. adjust the relevant settings within the pop-up box.

Comments

You can control which comments appear on your videos. YouTube offers the following three options:



- you can approve each comment before it is posted publicly
- all comments can be posted without approval (default setting)
- comments can be turned off all together.

To access this setting, you can:

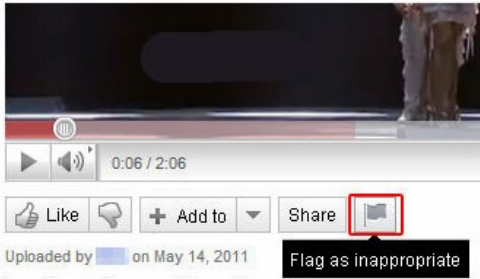
1. log into your account
2. click on the drop-down menu located in the top right-hand corner and select *Video Manager*
3. click on *Edit* next to the video you would like to adjust your settings for
4. click on *Advanced settings* and select one of the three options under *Comments*
5. click *Save Changes* located in the top right-hand corner.

Right: an example of how to control comments on your videos.

More information on controlling your comments is available at YouTube's [Control Commenting on my Videos](#) page.

How can I report cyberbullying or abuse?

You can report content that violates YouTube's Community Guidelines by *flagging it*. *Flagging videos does not take them down straight away, but sends a report back to YouTube staff to review the flagged video.*

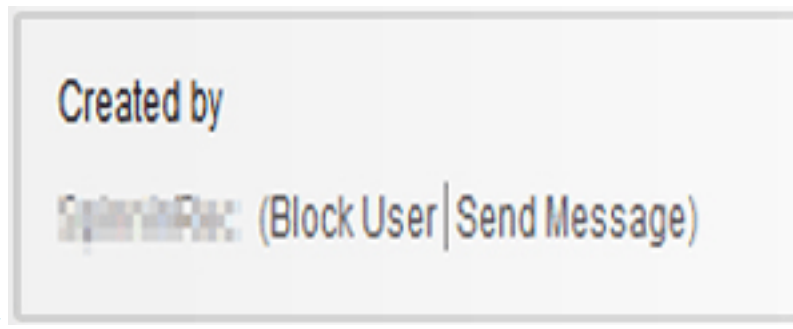


To flag a video, you can:

1. log into your account
2. navigate to the page the video is hosted on
3. click the flag button located under the video player
4. select a reason from the drop down menu and then click flag this video.
5. click Submit.

More information on flagging videos is available at YouTube's [Community Guidelines Violations](#) page.

To report a case of harassment, privacy or bullying, you can visit YouTube's [Help and Safety Tool](#) page.



Blocking a user

You can block users from making comments on your videos or sending you messages. To block a user, you can:

1. log into your account
2. navigate to the channel page of the person you wish to block
3. click their About tab and click the flag icon
4. click *Block User*.

CATHOLIC IDENTITY NEWSLETTER



FEAST OF THE SACRED HEART
Whole School Mass
Thursday 7th June 2018 @ 9:30am
All Welcome!

Altar Servers - Term 2

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	8.7.18	Emily Price, Aleisha Price and Grace Milthorpe
17.6.18	Jacob Fuge, Brayden Field and Sonny En-ever-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



What is on??

<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



Award winners at last Thursday's assembly:-

Front row - Harper Lee, Molly Colman, Lucas Zani & Jacinta Fisher

Back row - Felicity Hartung, Jo Somerville, Sonny Enever-Cooper & Faith Barkley



Wood raffle

Tickets on sale now:-

\$2.00 per ticket or \$10.00 per book

Tickets are being handed out to students to sell today.

More available at the Front Office

Raffle draw—Friday 29th June, 2018

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
Mel Field (Senior Classroom teacher) - mfield@smrutherglen.catholic.edu.au
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:

Spencer Holland (6 JM) and Flynn Verhulst (3 KH)
who will be celebrating their birthdays this week.

Phonological Awareness Activities for Chatter Matters:

Affixes: Tell your child that affixes are extra parts that are "fixed on" to the root word. The affixes at the beginning of words are called "prefixes" because "pre-" means before, and a "suffix" comes at the end of a root word.

Ask your child to "fix" the broken root words with the correct "affix."

Love	-ful
Treat	-ly
Grate	-less
Mood	-able
Do	-ing
Sad	-tion
Pink	-y
Tempt	-ish
Move	-ed
Aggravate	-ment



Interschool Mentoring Program for Individuals with Autism Spectrum Disorder- (Age guide 11-15 years)

- When:** Weekly on a Thursday afternoon, 4.30pm- 5.30pm
- Dates:** Thursday 19th July – Thursday 20th September (10 Sessions)
- Where:** Building B, Wodonga Tafe
- Registration:** <https://www.trybooking.com/book/event?eid=384059>
- Contact:** kate.moon@icannetwork.com.au

Following successful registration families will be sent more comprehensive intake forms to ensure that each participant is well supported. Frequently utilised funding options for such mentoring programs are school support, NDIS funding (plan managed or self-managed), or individual family contribution.



FOR A HEALTHY LUNCHBOX

PICK&MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1

- FRESH FRUIT**
- Apple
 - Banana
 - Mandarin
 - Orange quarters
 - Passionfruit halves (with spoon)
 - Watermelon, honeydew, rockmelon chunks
 - Pineapple chunks
 - Grapes
 - Plums
 - Nectarines, peaches, Apricots
 - Strawberries
 - Cherries
 - Kiwifruit halves (with spoon)
 - Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK

- In natural juice (not syrup)



VEGETABLES 2

- FRESH CRUNCHY VEGIES**
- Corn cobs
 - Carrot sticks
 - Capsicum sticks
 - Green beans
 - Cucumber sticks
 - Celery sticks
 - Snow peas
 - Tomatoes (e.g. cherry and Roma tomatoes)
 - Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (in small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip: Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats
- (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats
- (e.g. ham, silveride, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebabs sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

Vegetable fritata

- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)

- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

- MAINS**
- Wraps
 - Sandwiches
 - Rolls
 - Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crispbreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)
- Tip:**
- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



*Check your school's policy regarding the use of nuts and products containing nuts.

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: www.heas.healthytgether.vic.gov.au.



Friday 22nd June

St Mary's School,
Rutherglen

Doors open 6.00 pm
For a 6.30 pm start

Tickets \$5 each
(6-8 people per table)

Please contact the school office for more
information or to purchase tickets
(02) 6032 9284

GREAT PRIZES TO BE WON!