

St Mary's School Newsletter



Issue 25 Term 3 29 August 2018

A Child Safe School

From the Principal - Matt Attwater



PBIS Focus of the Week Behaviour Expectations in Sport

Dear Parents/Carers,

We wish all our dads a Happy Father's Day this Sunday!

Prayer for *Father's Day*

God our Father,
We give you thanks and praise
for fathers young and old.
We pray for young fathers,
newly embracing their vocation;
May they find courage and perseverance
to balance work, family and faith
in joy and sacrifice.
We pray for Fathers around the world
whose children are lost or suffering;
May they know that the God of compassion
walks with them in their sorrow.
We pray for men who are not fathers
but still mentor and guide us
with fatherly love and advice.
We remember fathers, grandfathers,
and great grandfathers
who are no longer with us
but who live forever in our memory
and nourish us with their love.

Amen.



Parent Code of Conduct:

Last Thursday all families received a hard copy of the **St. Mary's Parent Code of Conduct** that has been developed in close conjunction with all schools in the Sandhurst Diocese, our staff and our School Board. It is a simple document that outlines clear measures that will ensure respectful relationships are maintained at all times in our school community.

Continued next page

Weekend Mass Times:

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

Important Dates

Wednesday 29th August

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

Friday 31st August

Father's Day Stall/Sausage Sizzle
1-2pm/Soccer Match 2pm
Footy Colours Day
No lunch orders today

Sunday 2nd September

Father's Day



Monday 3rd September

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

Tuesday 4th September

Excursion Shepparton - Arts on
Show - Grades 5 & 6

Wednesday 5th September

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

75-89 High Street - Rutherglen - Vic - 3685

Phone - 02 6032 9284

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

Email - principal@smrutherglen.catholic.edu.au

Lions Junior Public Speaking:

A big, big well done to Shaun Gunning (pictured right with his awards) who represented our school and Rutherglen so proudly at the State Lions Junior Public Speaking section last weekend at Tongala. Shaun was runner up in the Year 3&4 section which is a fine achievement at this high standard of competition.

Father's Day Soccer Match & Footy Colours Day This Friday


This coming Friday afternoon is the **Students vs Dads** annual soccer challenge. The day is also our footy colours day where students can dress in their favourite footy colours. There will be a sausage sizzle from 1pm for all students and families prior to the soccer match. The match will start at 2pm. **(Wet Weather Plan: If it does rain on Friday there will be a board game challenge instead. So dads might need to practise up their Ludo skills just in case!!)**

A Gentle Reminder:

Remember to please contact the school via the school app or by phone if your child is going to be absent for any period of time, including a family holiday. This is a legal requirement.



PBIS Classroom Matrix: As a school we will be focussing on expectations when **Playing Sport** his week.

Sport	Respect Ourselves	Respect Others	Respect our Environment
	<ul style="list-style-type: none"> Wear school sports uniform Bring water bottle Try your best Give it a go/be prepared to try new things Be a good sport Collect personal belongings 	<ul style="list-style-type: none"> Listen to instructions Be a team player Respect umpire/referee's decision Respect rules and decisions Encourage others Acknowledge and praise others Help others succeed 	<ul style="list-style-type: none"> Ensure sports equipment is put away Correct use and storage of sports equipment

Congratulations to this week's PBIS Winners:

Matilda Colwell,
Camia Park-
Osborne & Callum
Potter

(pictured right)

School Assembly:

Thursday 30 August
@ 9.10am

Have a Great Week!

Matt



Important Calendar Dates 2018

TERM 3

Wednesday 29th August	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Friday 31st August	Father's Day Stall/Sausage Sizzle 1-2pm/Soccer Match 2pm Footy Colours Day (<i>No tuck shop due to Sausage Sizzle</i>)
Sunday 2nd September	Father's Day
Monday 3rd September	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Tuesday 4th September	Excursion - Arts on Show, Shepparton - Grades 5 & 6
Wednesday 5th September	Sporting Schools - After school sporting program 3.40pm to 4.40pm
Friday 7th September	St Mary's & St Joseph's Cross Country Day @ Chiltern Golf Club
Monday 10th September	Sporting Schools - After school sporting program 3.40pm to 4.40pm (<i>last for the Term</i>)
Wednesday 12th September	Dress Rehearsal—School Production
Thursday 13th September	School Production - Memorial Hall 12 noon - Matinee 7pm - Evening show
Friday 21st September	Last Day - Term 3 - Casual Clothes (Gold coin donation) Students dismissed at 2.30pm

TERM 4

Monday 8th October	First Day - Term 4 Walk to School Month - 8th October through to 2nd November.
Friday 12th October	Division Athletics
Friday 19th October	Regional Athletics
Friday 26th October	Grandparent's Day Walk from Barkley Park (8.30am) to School followed by breakfast
Wednesday 31st October	Grade 6 students—Ancient Societies Day @ Rutherlgen High School
Monday 5th November	Report Writing Day (School Closed)
Tuesday 6th November	Melbourne Cup Public Holiday (School Closed)
Friday 9th November	Responsible Pet Ownership Program
Tuesday 20th November	Foundation transition Day 9.00am - 11.00am
Tuesday 27th November	Foundation transition Day 9.00am - 11.00am
Friday 30th November	Kanga Cricket Carnival - Senior School (3-6)
Wednesday 5th December	CARITAS Just Leadership Day - Gr 5
Monday 10th December	Rutherglen High School transition day Grade 6 to Yr 7
Tuesday 11th December	Grade 6 transition day (all schools)
Friday 14th December	End of Year Mass Reports released 4pm Rutherglen Christmas Carols
Monday 17th December	Grade 6 Graduation Dinner - Corowa RSL

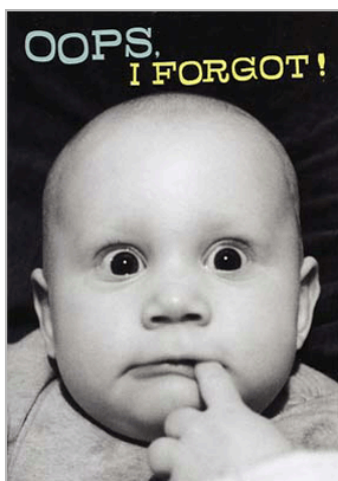
Staff email addresses

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
 Amanda Arnot—(Administration Officer) - aarnot@smrutherglen.catholic.edu.au



We send our best wishes to:
Georgie Upton (1/9) & Caleb Lee-Wood (2/9)
who are celebrating their birthdays this week.

2019 Foundation Enrolments



Do you have a child due to start school next year?
Haven't filled in the paperwork yet?

Enrolment Packs are available at the front office.
Please call Amanda on 02 6032 9284
if you have any questions



**YOUR DIRECT DEBIT
FACILITY**

School Fee payment via Direct Debit
now available at St Mary's
Please contact Amanda in the office for more information.

Phonological Awareness Activities for Chatter Matters:

Narrative

Aim to read one book a day with your child (repeating books is OK!). It is important that during reading, you begin to take turns in talking about what is happening in the pictures and ask your child questions that focus on the elements of the story. Use the following questions to help:

Who is in the story? Where are they? When is the story happening?

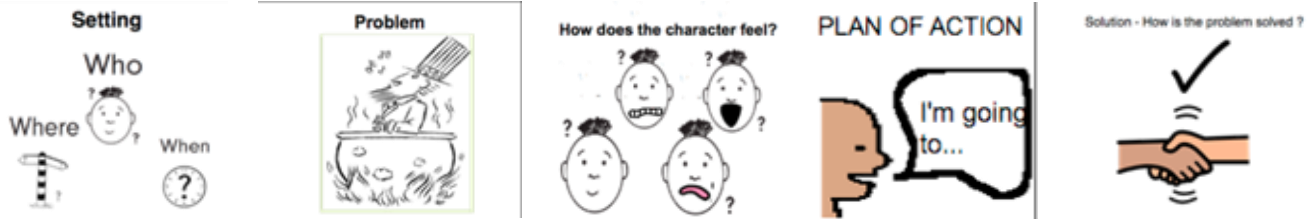
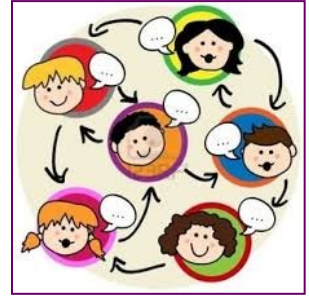
What was the problem?

How did the characters feel?

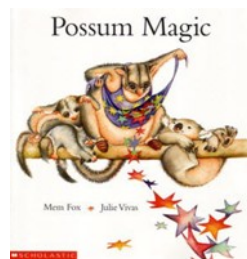
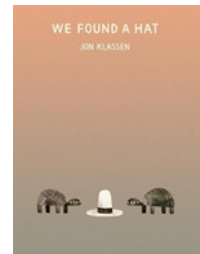
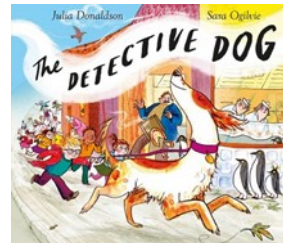
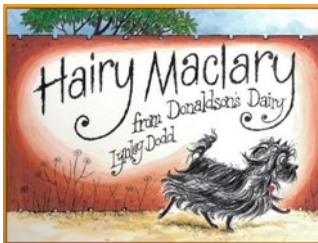
What did the characters decide to do?

What happened next? What was the solution?

How will the story end?



Some fabulous books that you might want to find/ borrow to read with your child include:



Advertising in the St Mary's School Rutherglen
Community Calendar for 2019 is now open.

Please contact Amanda on 02 6032 9284
to register your interest



TERM THREE			
22.7.18	Grace Milthorpe Milly Cheeseman Olivia Cheeseman	2.9.18 Father's Day /First Sunday	Sonny Enever-Cooper Olivia Cheeseman Milly Cheeseman
29.7.18	Alexandra O'Meara Emily Price Aleisha Price	9.9.18	Alexandra O'Meara Hayley Barkley Grace Milthorpe
5.8.18 First Sunday	Akira Bonacci-Law Holly McMahon Jacob Fuge	16.9.18	Faith O'Donoghue Campbell Smits Jacob Fuge
12.8.18	Faith O'Donoghue Hayley Barkley Campbell Smits	23.9.18	Akira Bonacci-Law Milly Cheeseman Olivia Cheeseman
19.8.18	Sonny Enever-Cooper Aleisha Price Emily Price	30.9.18	Sonny Enever-Cooper Jacob Fuge Hayley Barkley
26.8.18	Grace Milthorpe Holly McMahon Jacob Fuge	7.10.18 First Sunday	Alexandra O'Meara Campbell Smits Brayden Field
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 8	6/9: Senior School Mass - 9:30am
Wk 10	20/9: Junior School Mass - 9:30am

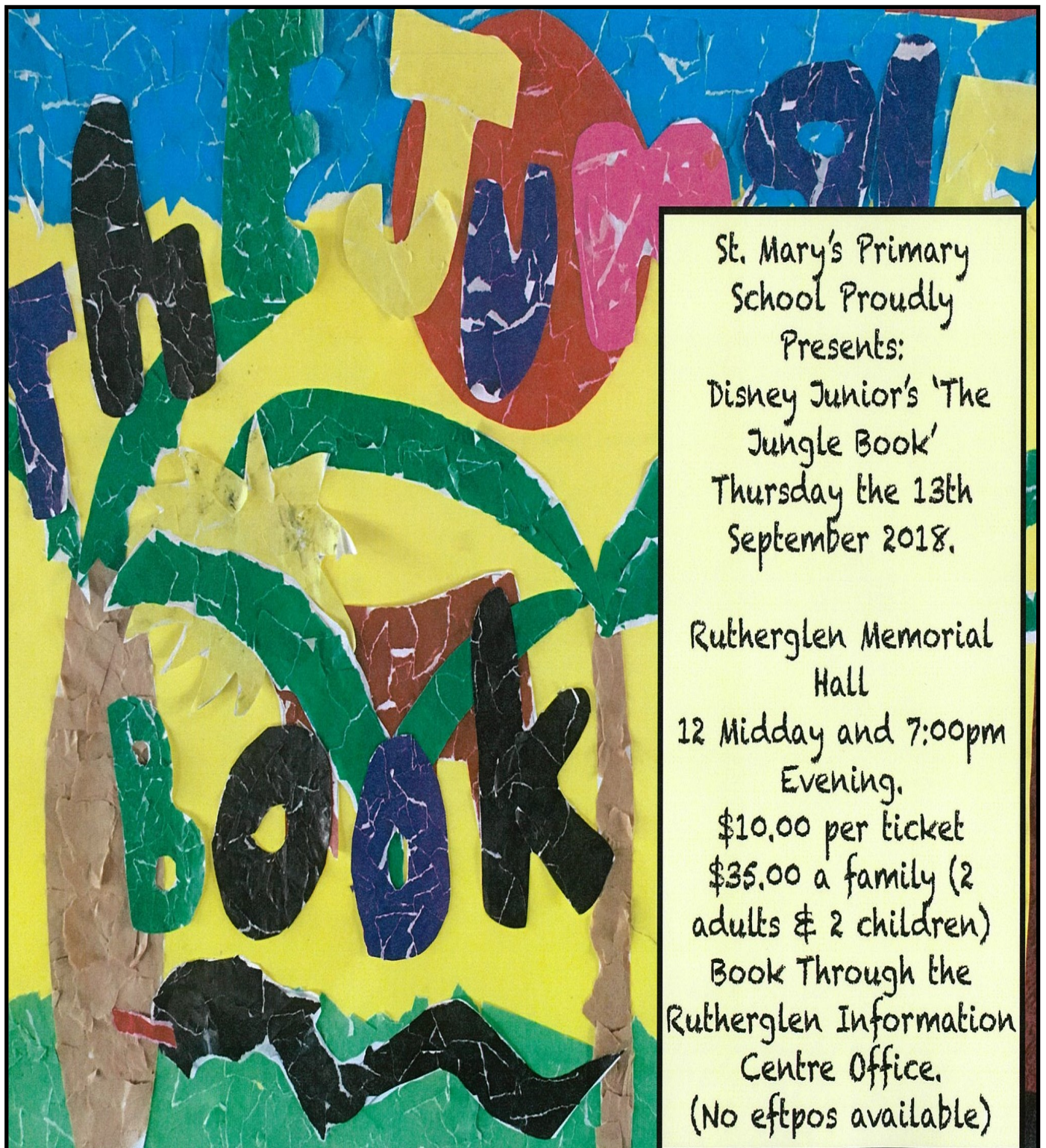
Are you due for your next breast screen? Book your appointment for the school holidays

Your Nearest clinic is at:
Wangaratta,
Northeast Health
35 – 47 Green St
Wangaratta.



To make an appointment for a FREE screening mammogram with BreastScreen Victoria please call **13 20 50** or book online **on www.breastscreen.org.au**

- Regular screening mammograms are the best way to find breast cancer early, before any symptoms are noticed and when treatment is likely to be most successful
- 75% of women diagnosed with breast cancer are over 50
- No doctor's referral required...and we are free
- Women aged 40 and over are eligible for free screening mammograms with BreastScreen Victoria every two years



St. Mary's Primary
School Proudly
Presents:
Disney Junior's 'The
Jungle Book'
Thursday the 13th
September 2018.

Rutherglen Memorial
Hall
12 Midday and 7:00pm
Evening.
\$10.00 per ticket
\$35.00 a family (2
adults & 2 children)
Book Through the
Rutherglen Information
Centre Office.
(No eftpos available)

Tickets selling fast..... All tickets sold
at the Rutherglen Information Centre Office.

Annual St Joseph's/St Mary's Cross Country Event

We aim to start the day at 12noon with a walk around the track followed by the first race at 12.15pm.

The APPROXIMATE TIMES are:

5/6 Year Olds - 1 Lap - 12.15pm

7 Year Olds - 1 Lap - 12.25pm

8 Year Olds - 2 Laps - 12.35pm

9 Year Olds - 2 Laps - 12.50pm

10 Year Olds - 2 Laps - 1.05pm

11 Year Olds - 3 Laps - 1.25pm

12/13 Year Olds - 3 Laps - 1.45pm

Children will need to wear their sports uniform and bring their school hat and sunscreen. Also, the children need to take their play lunch, plenty of water and lunch. The Cross Country event will be a RUBBISH FREE DAY. This means that it will be expected that all rubbish created by the children will be returned home in their lunch-box, so please keep this in mind when preparing your child's lunch for the day.



Rutherglen Kindergarten Open Day

Monday 17th September 2018

10.00am - 12.00pm

&

Tuesday 18th September 2018

5.00pm – 7.00pm

We will have the 2019 Application Forms available (if not already completed)

We look forward to seeing you.

2019 3 year old Kinder will be on Wednesday from 9.00am - 2.00pm

***2019 4 year old Kinder will be on Tuesday, Thursday & Friday
from 9.00am - 2.00pm***

*169 High Street (Postal address: 168 High St Rutherglen)
Rutherglen Victoria 3685*

*Phone: 02 6032 9456
Email: director@rutherglenkinder.com.au*

RUTHERGLEN ROTARY CLUB

34th ANNUAL MUSCAT RUN

HELPING TO SUPPORT LOCAL SCHOOLS

SUNDAY 7th OCTOBER 2018

THERE ARE THREE EVENTS:

1. **The Classic run**, features an exciting 10 km course with some challenging climbs, taking in iconic areas of Rutherglen.
2. **The Challenge** – the 3 km route perfect for the less serious runner, open to all ages
3. **The 1.2 km run** - for the kids, (12 & under only)

For More Information, to pre register & pay online & to skip the queues on event day, go to - www.rutherglenrotary.org

Registrations on the day from 8:30 - 9:45 am
at the Showgrounds Pavilion - High Street, Rutherglen

**All runs commence at 10:00 am
PLUS....**



*For those of you
looking for a little
fun why not dress for
the occasion!! Special
prizes on offer!!*

**Proudly supported by the
Muscat of Rutherglen Group.**



**Entry Cost: 10
km**

**Adults: \$20
Under 18 \$10**

**Entry Cost: 3 km
All entries: \$5**

**Gold Coin donation
for the 1.2km run.**

Over \$500 worth of
prizes are on offer
for the 10km
Muscat Run Classic
including bottles of
Rutherglen Muscat.

**SUPPORT THE LOCAL
SCHOOLS.**

**HALF THE ENTRY
FEE OF EVERY
LOCAL SCHOOL
STUDENT WILL BE
DONATED BACK TO
THEIR SCHOOL.**

**Please note, both the 10 km
& 3 km run are on open
public roads.**

**For your safety, the Rotary
Club, Rutherglen SES and
Police, will provide corner
marshals at key points, plus
traffic control**

FRUIT

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

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

- 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

- 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, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab 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 fritatta

- 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

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

- 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.